

MARCH 2022



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3/1 Oven Fried Chicken Drumstick Cabbage Roll Soup Whipped Yams Green Beans Peach Cobbler	3/2 Tuna Salad Sandwich w/Lettuce, Tomato, and Onion on a Thin Bun Tomato Basil Soup 4 Bean Salad C Citrus Fruit	3/3 Beef Lo Mein Bean Medley C Cauliflower Fruit Punch Sherbet	3/4 Roasted Herb Chicken over Rice Steamed Spinach Tossed Salad w/Dressing C Fresh Orange
3/7 Beer Battered Fish Clam Chowder Potato Wedges C California Vegetables Tartar Sauce, Vinegar Pudding	3/8 Turkey & Cheese Wrap w/Lettuce, Tomato, and Onion Mushroom Barley Soup Carrot Raisin Salad Mustard, Mayonnaise C Mandarin Oranges	3/9 Spaghetti & Meatballs w/Parmesan Cheese Mixed Vegetables Italian Green Beans Dinner Roll w/Butter C Tropical Fruit	3/10 BBQ Pulled Pork on a Bun Chicken Orzo Soup Potato Salad C Broccoli Seasonal Fresh Fruit Apricots	3/11 + Bean & Cheese Burrito w/Enchilada Sauce and Cheese Mexicali Corn Tossed Salad w/Dressing C Citrus Fruit
3/14 Baked Ziti w/Turkey Bean Medley Green Salad w/Dressing C Tropical Fruit	3/15 Alaskan Salmon Patty w/Dill Sauce Scandinavian Vegetables C Cauliflower C Tangerine	3/16 + Ham & Swiss Sandwich Lettuce, Tomato, Onion on Rye Bread Split Pea Soup Potato Salad Marinated Beets & Onions Mustard, Mayonnaise C Citrus Fruit	3/17 Irish Beef Stew Biscuit w/Butter Green Beans Tossed Salad w/Dressing C Orange Juice Pistachio Fluff	3/18 Chicken Florentine C Mashed Potatoes Asparagus Spears Italian Vegetables Dinner Roll w/Butter Ice Cream
3/21 BBQ Chicken Breast Corn Chowder Green Beans Sliced Carrots Dinner Roll w/Butter C Fresh Orange	3/22 Cheeseburger Lettuce, Tomato, Onion Hearty Vegetable Soup Coleslaw w/Carrots Baked Beans Hamburger Bun Catsup, Mustard, Mayo Cherry Gelatin w/Mixed Fruit	3/23 Turkey Divan over Rice Pilaf Scandinavian Vegetables Tossed Salad w/Dressing C Mandarin Oranges	3/24 Mock Crab Salad Lettuce, Tomato, Onion on French Bread Chicken Orzo Soup 3 Bean Salad C Citrus Fruit	3/25 Pork Carnitas w/Salsa Pinto Beans Green Salad w/Dressing Tortilla C Tropical Fruit
3/28 Breaded Pollock w/Tartar Sauce Mixed Vegetables Cheesy Scalloped Potatoes Coleslaw C Seasonal Fresh Fruit Ice Cream	3/29 Asian Chicken Salad (Sliced Chicken Breast, Spring Mix, Sesame Seed Dressing, Crispy Noodles) C Mandarin Oranges Egg Drop Soup Garden Pea Salad Dinner Roll w/Butter Pudding	3/30 Pork Posole Soup w/Tortilla Chips Mexicali Corn Spinach Salad w/Ranch Dressing C Fresh Orange	3/31 Meatloaf w/Gravy C Mashed Potatoes Bean Medley Roll w/Butter Sliced Peaches	

ANTIOCH SENIOR CENTER

M-F 8AM-4PM

925-778-1158



A Matter of Balance—Beginning in March!

Tuesdays from 9am to 11am

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. This is a free 8--week course, classes held once a week for 2 hours. The class will run from March 8--April 26. Spots are limited—Sign up at the Front Desk!



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Rivertown Belles Celebrate Mardi Gras—Tuesday, March 1st at 12:15pm

Red Hats are having lunch at the Solid Rock Cafe, across the street on 2nd Street. They are offering a "Fat Tuesday" special for \$6.00 per person. It will include fish or fried chicken, one side, and a drink. There is no obligation to order the special; they have an extensive menu, but the special is the best deal. You do NOT need to be a Rivertown Belle to attend, but if you are a member of the Rivertown Belles, you will receive a free beignet. You may decide that one is not enough and may want an order [3 of them] for yourself. Please sign up at the front desk [pay at the restaurant] by Friday 2/26. If you don't sign up, you're still welcome, but it will be a 20-30 minute wait for beignets.



NOTES All meals served with lowfat milk.

Vitamin A
C Vitamin C
+ Higher in sodium
^ Dessert of Choice

VEGETARIAN OPTIONS NOW AVAILABLE! SEE NUTRITION DESK FOR VEGETARIAN MENU.

Call (925)757-7325 to reserve. Must reserve by 11:15am the business day prior.

HICAP

(Appointment Only)
 (925) 655-1393
 3rd Tuesday of
 Every Month
 1:00pm-4:00pm

LEGAL ASSISTANCE

(Appointment Only)
 (925) 778-1158

General Legal Advice
 2nd Monday of
 Every Month
 9:00am-12:00pm

Will Services
 Matthew Hart, JD
 March 21, 2022
 10:00am-12:00pm

SPECIAL INTEREST

A Matter of Balance
Sign-Up required.
 Tuesdays (English)
 Thursdays (Spanish)
 9:00-11:00am
Trinkets & Treasure
 Every 1st Thursday
 of the Month
 9:00-11:00am
Hop Into Springtime
 March 23
 10:00am-1:00pm

March 2022

Monday	Tuesday	Wednesday
	1 8:00am Billiards 10:00am Musicise 12:30pm Social Knitting Club	2 8:00am Billiards 9:00am Tai Chi 10:00am Ukulele 10:00am Run, Walk & Roll 10:30am Beg. Exercise 12:00pm Painting Class
7 8:00am Billiards 9:00am Tai Chi 10:00am Run, Walk & Roll 10:00am Cane-do 10:00am Painting Class 10:30am Beg. Exercise	8 8:00am Billiards 9:00am A Matter of Balance 10:00am Musicise 12:30pm Social Knitting Club	9 8:00am Billiards 9:00am Tai Chi 10:00am Ukulele 10:00am Run, Walk & Roll 10:30am Beg. Exercise 12:00pm Painting Class
14 8:00am Billiards 9:00am Gen. Legal Advice 9:00am Tai Chi 10:00am Run, Walk & Roll 10:00am Cane-do 10:00am Painting Class	15 8:00am Billiards 9:00am A Matter of Balance 10:00am Musicise 12:30pm Social Knitting Club 1:00pm HICAP	16 8:00am Billiards 9:00am Tai Chi 10:00am Ukulele 10:00am Run, Walk & Roll 10:30am Beg. Exercise
21 8:00am Billiards 9:00am Tai Chi 10:00am Will Services 10:00am Run, Walk & Roll 10:00am Cane-do 10:00am Painting Class Membership 12:00pm Meeting	22 8:00am Billiards 9:00am A Matter of Balance 10:00am Musicise 12:30pm Social Knitting Club	23 8:00am Billiards 9:00am Tai Chi Hop Into Springtime Event 10:00am Ukulele 10:00am Run, Walk & Roll 10:30am Beg. Exercise 12:00pm Painting Class
28 8:00am Billiards 9:00am Tai Chi 10:00am Run, Walk & Roll 10:00am Cane-do 10:00am Painting Class 10:30am Beg. Exercise	29 8:00am Billiards 9:00am A Matter of Balance 10:00am Musicise 12:30pm Social Knitting Club	30 8:00am Billiards 9:00am Tai Chi 10:00am Ukulele 10:00am Run, Walk & Roll 10:30am Beg. Exercise 12:00pm Painting Class

<p align="center">COVID-19 Testing Site Antioch Community Center Call 833-829-2626 to make an appointment. Monday-Sunday 11:00-3:00pm, 4:00-7:00pm</p>	<p align="center">COVID-19 Vaccination Clinic Nick Rodriguez Community Center Call 833-829-2626 to make an appointment. Tuesdays-Saturdays 8:00—3:00pm</p>
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*****All program dates and class times are subject to change*****

Thursday	Friday
3 8:00am Billiards 9:00am Trinkets & Treasure	4 8:00am Billiards 9:30am Arts & Crafts
9:00am Hula 10:00am Line Dance 1:00pm Bingo	10:30am Beg. Exercise 12:00pm Movies
10 8:00am Billiards 9:00am Hula 10:00am Line Dance 1:00pm Bingo	11 8:00am Billiards 9:30am Arts & Crafts 10:30am Beg. Exercise 12:00pm Movies
17 8:00am Billiards 9:00am Hula 10:00am Line Dance 1:00pm Bingo	18 8:00am Billiards 9:30am Arts & Crafts 10:30am Beg. Exercise 12:00pm Movies
24 8:00am Billiards 9:00am Hula 10:00am Line Dance 1:00pm Bingo	25 8:00am Billiards 9:30am Arts & Crafts 10:30am Beg. Exercise 12:00pm Movies
31 8:00am Billiards 9:00am Hula 10:00am Line Dance 1:00pm Bingo	



New Activity!!

Intro to Arts & Crafts—Every Friday from 9:30am-10:30am

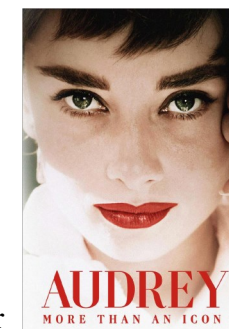
Start getting creative with hands-on activities with us! Improve motor, social and cognitive skills with arts & crafts. We will be working on a new craft every week. Supplies will be provided, so please sign up for the class to reserve your spot and supplies.

MOVIES AT THE CENTER

March 4: The Giver (2014)
 Duration— 1hr 37 min
 Cast: Brenton Thwaites, Jeff Bridges, Meryl Streep
 In a future society without hardship or free choice, young Jonas discovers a powerful truth and becomes determined to expose it.



March 11: Audrey (2020)
 Duration— 1 hr 40 min
 Cast: Audrey Hepburn
 An intimate portrait of legendary Hollywood actress, fashion icon and humanitarian Audrey Hepburn, who stood for love above all else.



March 18: St. Vincent (2014)
 Duration— 1 hr 42 min
 Cast: Bill Murray, Melissa McCarthy, Naomi Watts
 With his parents preoccupied with their divorce, lonely 12-year old Oliver strikes up a friendship with his war-veteran neighbor Vincent.



March 25: Finding Ohana (2021)
 Duration— 2 hr 3 min
 Cast: Kea Peahu, Alex Aiono, Lindsay Watson
 On O'ahu for the summer, two siblings from Brooklyn connect with their Hawaiian heritage—and their family— on a daring quest for long-lost treasure.

