



Color of the Month:
Green

Monday	Tuesday	Wednesday	Thursday	Friday
				01 10:00am
04 10:00am 	05. 10:00am 12:00pm Exercise	06.10:00AM 	7	8 10:00am
11. 10:00AM 	12. 10:00am 12:00pm Exercise	13. 	14. March fro Meals 10:30 	15 @ 9AM HEALTHY Cooking Demonstrations
18.. 	19 10:00am 	20 10:00am	21 	22. Diabetic Shoes Presentation 10:00am
25 	26 10:00 . Let's Celebrate March Birthdays 12:00pm Exercise	27. 10:00am	28. 10:30 	

Menu subject to change due to availability of items. Funds in whole or in part for this publication were provided through an award from Age Option under title 111 of the older Americans Act as administered through the Illinois Department on Aging and federal administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act the age Discrimination in Employment