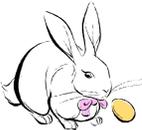
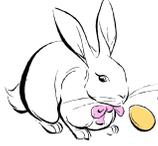


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1 style="font-size: 2em; color: purple; margin: 0;">APRIL 2016</h1>				<b>1</b> 9:00am...Zumba Gold 9:00am...Benefit Rep 10:00am...Scrabble Club 1:00pm...Yoga
<b>4</b> 9:00am...Chair Yoga 10:15am...Artist in You 12:30pm...Bridge 12:30pm...Mah Jong 1:00pm...Beginners Mah Jong 1:00pm...Arm Chair Travel 1:00pm...Alzheimer's Support 6:45pm...Duplicate Bridge	<b>5</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Current Events 1:00pm...Chorus	<b>6</b> 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Beginners Bridge 10:00am...Line Dancing 12:30pm...Bridge 1:00pm...Beginners Mah Jong 1:15pm...Shopping at Shaw's	<b>7</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 11:00am...AARP Tax Assistance 1:00pm...Bingo 1:15pm...Shopping at Shaw's	<b>8</b> 9:00am...Zumba Gold 9:00am...Benefit Rep 10:00am...Scrabble Club 1:00pm...Yoga
<b>11</b> 9:00am...Chair Yoga 10:30am...Hot Topics 12:30pm...Bridge 12:30pm...Mah Jong 1:00pm...Beginners Mah Jong 6:45pm...Duplicate Bridge	<b>12</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 11:30 am...Volunteer Luncheon 1:00pm... Bridge 1:00pm...Chorus	<b>13</b> 9:00am... Chair Yoga 10:00am...Knitting 10:00am...Beginners Bridge 10:00am...Line Dancing 12:30pm...Bridge 1:00pm...Beginners Mah Jong 1:15pm...Shopping at Shaw's	<b>14</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 11:00am...AARP Tax Assistance 1:00pm...Bingo 1:15pm...Shopping at Shaw's	<b>15</b> 9:00am...Zumba Gold 9:00am...Benefit Rep 10:00am...Scrabble Club 1:00pm...Yoga
<b>18</b> 9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jong 1:00pm...Beginners Mah Jong 6:45pm...Duplicate Bridge	<b>19</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Current Events 10:30am...Fused Glass Design 1:00pm...Chorus	<b>20</b> 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Beginners Bridge 10:00am...Line Dancing 12:30pm...Bridge 1:00pm...Beginners Mah Jong 1:15pm...Shopping at Shaw's	<b>21</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping at Shaw's	<b>22</b> 9:00am...Zumba Gold 9:00am...Benefit Rep 10:00am...Scrabble Club 1:00pm...Flowers for Everyone 1:00pm...Yoga
<b>25</b> 9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jong 1:00pm...Beginners Mah Jong 1:00pm...Egret's Landing Cafe 6:45pm...Duplicate Bridge	<b>26</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 1:00pm...Bridge 1:00pm...Chorus	<b>27</b> 9:00am... Chair Yoga 10:00am...Knitting 10:00am...Beginners Bridge 10:00am...Line Dancing 12:30pm...Bridge 1:00pm...Beginners Mah Jong 1:15pm...Shopping at Shaw's	<b>28</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am... Blood Pressure 1:00pm...Bingo 1:15pm...Shopping at Shaw's	<b>29</b> 9:00am...Zumba Gold 9:00am...Benefit Rep 10:00am...Scrabble Club 1:00pm... Old Time Radio Play 1:00pm...Yoga

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1 data-bbox="420 203 919 276">APRIL 2016</h1>			<p data-bbox="1253 183 1591 272"><i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</i></p>	<p data-bbox="1621 159 1915 321"><b>1</b> Red Chowder <b>Grilled Chicken</b> Caesar Salad Lorna Doone Cookies Garlic Bread <i>(Bologna &amp; Cheese on Wheat)</i></p>
<p data-bbox="102 378 478 511"><b>4</b> Italian Wedding Soup <b>Stuffed Cabbage w/Sauce</b> California Blend Vegetables Butterscotch Pudding <i>(Smoked Turkey w/Cheddar on Wheat)</i></p>	<p data-bbox="493 378 825 511"><b>5</b> Brunch OJ Scrambled Eggs w/Sliced Tomato <b>Baked Virginia Ham</b> Fresh Fruit Cup</p>	<p data-bbox="879 378 1115 511"><b>6</b> Chicken Soup <b>Meatball Sub on a Roll</b> Garden Salad Chocolate Chip Cookies <i>(Egg Salad on a Roll)</i></p>	<p data-bbox="1253 378 1493 537"><b>7</b> Beef Noodle Soup <b>Chicken Marsala</b> Seasoned Rice Brussel Sprouts Sherbet <i>(Ham Salad on 9-Grain)</i></p>	<p data-bbox="1621 378 1919 537"><b>8</b> Turkey Chili <b>Fish Cake with Tartar Sauce</b> Mashed Potatoes Broccoli Slaw Fresh Fruit <i>(Chicken Salad on Wheat)</i></p>
<p data-bbox="102 638 327 797"><b>11</b> Lemonade <b>Low Sodium Hot Dog</b> BBQ Baked Beans Carrot Raisin Salad Vanilla Pudding <i>(Hamburger on a Roll)</i></p>	<p data-bbox="493 638 753 797"><b>12</b> Chicken Soup <b>Glazed Boneless Chicken</b> Rice Pilaf Wax Beans with Pimentos Sliced Peaches <i>(Tuna Salad on Oatmeal)</i></p>	<p data-bbox="879 638 1146 797"><b>13</b> Lentil Soup <b>Italian Sausage on a Roll</b> Peppers &amp; Onions Cole Slaw Ice Cream <i>(Turkey on Swiss on a Roll)</i></p>	<p data-bbox="1253 638 1539 797"><b>14</b> Kale &amp; Bean Soup <b>Meatloaf with Onion Gravy</b> Mashed Potatoes Peas &amp; Mushrooms Cantaloupe Slice <i>(Shrimp Salad on Roll)</i></p>	<p data-bbox="1621 638 1900 797"><b>15</b> Beef Barley Soup <b>Rosemary Chicken Leg</b> Roasted Potatoes Broccoli Fruit Cocktail <i>(Meatloaf on Pumpernickel)</i></p>
<p data-bbox="102 906 346 1065"><b>18</b> Venus de Milo Soup <b>French Meat Pie</b> Brussel Sprouts Sun Chips Sliced Pears <i>(Italian Tuna on Wheat)</i></p>	<p data-bbox="493 906 762 1065"><b>19</b> Chicken Escarole Soup <b>Veal Parmesan</b> Seasoned Ziti Tossed Salad w/Dressing Pudding <i>(Turkey &amp; Swiss on a Roll)</i></p>	<p data-bbox="879 906 1125 1065"><b>20</b> Beef &amp; Rice Soup <b>Chicken Cordon Bleu</b> Wild Rice Winter Blend Vegetables Fresh Fruit <i>(Seafood Salad on White)</i></p>	<p data-bbox="1253 906 1478 1065"><b>21</b> Onion Soup <b>Pot Roast with Gravy</b> Mashed Potatoes Mixed Vegetables Frosted Cupcake <i>(Egg Salad on Marble)</i></p>	<p data-bbox="1621 906 1902 1065"><b>22</b> Shrimp and Corn Bisque <b>Tuna Salad</b> 3-Bean Salad Corn Relish Apple Pie <i>(Italian Grinder)</i></p>
<p data-bbox="102 1226 436 1385"><b>25</b> Pasta and Bean Soup <b>Chicken Fried Steak with Gravy</b> Mashed Sweet Potatoes Green Beans Mandarin Oranges <i>(Honey Ham &amp; Cheese on Italian)</i></p>	<p data-bbox="493 1226 800 1359"><b>26</b> <b>Tomato Soup</b> <b>Stuffed Pork Chop</b> Mixed Vegetables Butterscotch Pudding <i>(Turkey with Stuffing on a Roll)</i></p>	<p data-bbox="879 1226 1152 1385"><b>27</b> Chicken Gumbo Soup <b>Beef Wellington</b> Au Groton Potatoes California Blend Vegetables Pound Cake <i>(Tuna on Wheat)</i></p>	<p data-bbox="1253 1226 1539 1385"><b>28</b> Vegetable Soup <b>Kielbasa</b> Lyonnais Potatoes Zucchini Fresh Fruit <i>(Chicken and Cheese on Rye)</i></p>	<p data-bbox="1621 1226 1934 1385"><b>29</b> Clear Chowder <b>Florentine Fish</b> Rice Pilaf Sliced Carrots Ice Cream <i>(Corned Beef &amp; Cheese on Roll)</i></p>