

REPEAT ACTIVITIES - SUBJECT TO CHANGE PLEASE CHECK WEBSITE FOR UPDATES - www.hermanpriorcentre.com

Herman Prior Activity Center

MARCH 2023

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

REPEAT ACTIVITIES - SUBJECT TO CHANGE PLEASE CHECK WEBSITE FOR UPDATES - www.hermanpriorcentre.com

10:00 - Line Dancing	9:00 - Painting		10:00- HPC Tai Chi		Foot Care Nurse Dates: March: 2,3,9,10,16,17,23,24,30 & 31 Dr. Belmont March 14th.
10:30 - Resistance Band	12:30 - Bridge	12:10 - Chair Yoga	1:00 - Bridge	10:00-Floor Curling	
1:00 - Chair Yoga	1:00 - Quilting Queens	1:00 - Cribbage	1:00 - Yoga	1:00-Floor Shuffleboard	
1:00 - Cribbage	2:15 pm Senior Fitness	1:00 - P.LaP. Monopoly 3rd Wed of each month	1:00 - Weaving	1:00- Senior Fitness	
	6:30 - Line Dancing		1:00-Whist		
6:00 pm Clogging	6:30-Geneology last Tues each month	6:30-8:30 pm 1st & 3rd Wed. Prairie Strummers Ukulele Club	6:30 - PickleBall 7:00 Pairs & Squares		

NOON MEAL MENU Eat in \$8; take-out & delivery \$10 phone day before to order your meal 204-857-6951

		1-Chicken Teriyaki with Rice	2- Chicken Pot Pie	3- Salmon en crouete (puffed pastry wrapped)	March 4: Paint Day (Sign up sheet at front desk) Scrapbooking: March 10,11 & 12th Starting March 15-P.LaP. Monopoly at 1:00 pm Spring Craft Sale & Flea Market March 31 & April 1: tables available to rent
6-Chicken Alfredo	7-- Roast Pork	8- Sloppy Joes	9- Roast Chicken	10-Fish or Liver & Onions	
13- Lasagna	14 -Pickerel	15- Perogies & Farmer Sausage	16- Roast Chicken	 17- Irish Beef Stew/Biscuits/Irish Flag Salad/Bread Pudding	
20- Chicken Pesto	21 - Roast Beef	22 - Shepards Pie	23 - Roast Chicken	24- Salmon Patties or Liver & Onions	
27- Macaroni & Cheese Meatloaf	28- Beef Pot Pie	29-Ham & Scallop Potatoes	30-Roast Chicken	31-Cajun Shrimp	