

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>Latrobe Center for Active Adults 15 Avenue C, Latrobe, PA 15650 724-539-0237 Supervisor: Vivian Johnes</p> 	
<p>2 8 Breakfast 10 Bingo 11:45 Nutrition Ed 12 Billiards 12 Ping Pong</p> <p>Meatballs & Sauce on Semi-Hard Roll, Midori Vegetables, Orange</p>	<p>3 8 Breakfast 9-12 Income Tax Assist 9:30 Arts & Crafts 10:30 Speaker 12 Billiards / Cards 12:30-2:30 Jam Session</p> <p>Roast Beef w/Gravy, Whipped Potatoes, Green Beans, Rye Bread, Apple</p>	<p>4 8 Breakfast 9 Basic Computers 9:15 Tai Chi 10 Noodle Making 10:15 Line Dancing</p> <p>Pizza, Salad, Banana</p>	<p>5 8 Breakfast 9:30 Arts & Crafts 10 Bingo 10 Knitting 12 Cards / Billiards 1 Peach Cobbler</p> <p>Meatloaf & Gravy, Whipped Ranch Potatoes, Creamed Corn, 12 Grain Bread, Tangerine</p>	<p>6 8 Breakfast 9:30 Quilting 10 HSIM – Exercise / Chair Exercise 11 Aqua Aerobics 12 Billiards / Ping Pong</p> <p>Lemon Pepper Pollock, Wild Rice, Coleslaw, Wheat Bread, Applesauce</p>
<p>9 8 Breakfast 10 Bingo 11:45 Nutrition Ed. 12 Billiards / Ping Pong 12:45 Council Meeting</p> <p>I talian Chicken Breast, Parsley Potatoes, Capri Veggies, Dinner Roll, Cookie</p>	<p>10 8 Breakfast 9-12 Income Tax Assist 10 Speaker – Real ID 10:30 Trivia 12 Cards / Billiards</p> <p>Pot Roast Au Jus with Diced Potatoes & carrots, Tossed Salad, 12 Grain Bread, Brownie</p>	<p>11 8 Breakfast 9 Basic Computers 9:15 Tai Chi 10 Noodle Making 10:15 Line Dancing</p> <p>Pizza Burger w/ Sauce & Onions on Bun, Sweet Potato Bites, Winter Vegetable, Applesauce</p>	<p>12 7:45 LAPA 8 Breakfast 10 Knitting 10 Senior Life Bingo 12 Cards 12 Billiards</p> <p>Potato Soup, Corned Beef & Swiss on Wheat Bun, Coleslaw, Lime Gelatin</p>	<p>13 8 Breakfast 9:30 Quilting 10 HSIM Exercise / Chair Exercise 11 Aqua Aerobics 12 Billiards / Ping Pong</p> <p>Salmon w/Teriyaki Sauce, Brown Rice, Broccoli, White Bread, Pineapples</p>
<p>16 8 Breakfast 10 Bingo 11:45 Nutrition Ed. 12 Billiards 12 Ping Pong</p> <p>Turkey Breast, Whipped Potatoes, Glazed Carrots, Wheat Bread, Orange</p>	<p>17 8 Breakfast 9-12 Income Tax Assist 9:30 Arts & Crafts 12 Cards / Billiards 12:30-2:30 Jam Session</p> <p>Cauliflower Soup, Roast Beef & Swiss on Wheat, Three Bean Salad, Applesauce</p>	<p>18 8 Breakfast 9 Basic Computers 9:15 Tai Chi 10 WCAAA Focus Group Meeting 10 Noodle Making 10:15 Line Dancing</p> <p>Breaded Chicken Cutlet, Au Gratin Potatoes, Corn, Wheat Bread, Fruit Salad</p>	<p>19 8 Breakfast 9:30 Arts & Crafts 10 Knitting 10:30 Heritage Bingo 12 Cards / Billiards 12:30 Lady Luck</p> <p>Hamburger w/ Swiss on Multi-Grain Bun, Shredded Lettuce & Tomatoes, Baked Beans, Pineapple</p>	<p>20 8 Breakfast 9:30 Quilting 10 HSIM Exercise / Chair Exercise 11 Aqua Aerobics 12 Billiards / Ping Pong</p> <p>Breaded Fish on Bun, Macaroni & Cheese, Stewed Tomatoes, Pears</p>
<p>23 8 Breakfast 10 Bingo 11 Nutrition Ed. 12 Billiards 12 Ping Pong</p> <p>Stuffed Pepper, Whipped Potatoes, Brussel Sprouts, Wheat Bread, Cookie</p>	<p>24 8 Breakfast 9-12 Income Tax Assist 10:30 Speaker – Health Chat 12 Billiards 12 Cards</p> <p>Broccoli Soup, Chicken Patty / Cheese on Wheat Bun, Zucchini & Yellow Squash, Apple</p>	<p>25 8 Breakfast 9 Basic Computers 9:15 Tai Chi 10 Noodle Making 10:15 Line Dancing 1 Cinnamon Roll</p> <p>Egg Omelet, Sausage Patty, English Muffin, Orange Juice, cantaloupe</p>	<p>26 8 Breakfast 10 Bingo 10 Knitting 12 Cards 12 Billiards</p> <p>Pizza, Salad, Apricots</p>	<p>27 8 Breakfast 9:30 Quilting 10 Nutrition - Scott Robel, RD 10 HSIM 11 Aqua Aerobics 12 Billiards / Ping Pong Potato Crusted Pollock, Rosemary Redskins, Green Beans, Dinner Roll, Banana</p>
<p>30 8 Breakfast 10 Bingo 11 Nutrition Ed 12 Billiards 12 Ping Pong</p> <p>Beef Stew, Biscuit, Tossed Salad, Apple</p>	<p>31 8 Breakfast 9-12 Income Tax Assist 9:30 Arts & Crafts 12 Billiards / Cards 12:30 Kennametal Retirees 7pm – Lottery Ticket</p> <p>Chicken Marsala, Garlic & parmesan Noodles, Salad, Wheat Bread, Pears & Oranges</p>	 <p>Get your Questions about Real ID answered – 3/10/20 At 10am</p>	 <p>Tai - Chi Wednesdays 9:15am</p>	 <p>HSIM Exercise/ Chair Exercise Fridays at 10am</p>

LATROBE CENTER NEWS

Donna Ott, President-Board of Directors
Vivian Johnes, Latrobe Supervisor

Jody Fields, Director
Beverly LaGorga, Mt. Pleasant Supervisor

March HIGHLIGHTS

Breakfast 8am-9am / Lunch served daily at 11:30am.

Every Tuesday – 9-12 Income Tax Assistance, by appointment only.

3/3 – 10:30 Speaker – Senior Helpers, Understanding Blood Sugars

3/3 & 3/17 – 12:30-2:30 Senior Jam Session. Bring your own instrument and get ready to JAM!!!

3/3, 3/5, 3/17, 3/19 & 3/31 – 9:30 -10:30 Arts & Crafts Class with Jen from Latrobe Art Center.

3/ 4, 3/11, 3/18 & 3/25 – 9am Basic Computer Class

3/6, 3/13, 3/20 & 3/27- 10 HSIM Exercise / Chair Exercise 8 - week program continues thru 4/17.

3/9 – 12:45 Council Meeting

3/10 – Speaker – Real ID

3/12 – 7:45 LAPA Meeting

3/12 – 10:30 Senior Life Bingo

3/18 – 10 Westmoreland Co. AAA Focus Group Meeting

3/19 – 12:30 Lady Luck Casino Trip

3/19 – 10:30 Heritage Hospice Bingo w/Shannon

3/24 – 10:30 Speaker - Health Chat w/Dawn

3/27 – 10 Scott Robel, Nutrition, Inc. Dietician – Nutrition Ed

3/31 – 12 Kennametal Retirees Meeting



Our Breakfast is open to all ages and Everyone is welcome!!



Arts & Crafts Class with Jen from Latrobe Art Center- 9:30 – 10:30 every other Tuesday & Thursday. \$3.00 fee per craft. A sign-up sheet & a picture of the next craft item is at the front desk.



**February / March Fundraiser
CASH BONANZA STRIP TICKET**

\$10 Donation / Win \$1,000.00
7pm PA Lottery - March 31, 2020
Get them while they last!!!!!!

Homemade Noodles available daily

Only \$2.25 per lb.

Noodle Makers Needed!!!!

Call Westmoreland Transit Authority a day in advance for transportation. Toll free:
1-800-242-2706

Westmoreland Multi-Service Centers, Inc.
15 Avenue C
Latrobe, PA 15650

Corporate Office:
424 Washington Street
Mt. Pleasant, PA 15666

