

Bridge Happenings



March 2018



The Bridge will be
CLOSED
Monday, Mar. 26th in
observance of
Seward's Day

Don't forget Daylight
Savings Time begins on
March 11th, 2018



Holidays for March 2018:
Women's History Month
Saint Patrick's Day

Happy St. Patrick's Day!

NOW ACCEPTING NEW PARTICIPANTS

We need your help! We are still looking to increase program participation. If you know of a senior or a caregiver who could benefit from The Bridge Program, please let us know. The Bridge is the only adult day program in Juneau, and is a reliable care option for many seniors. Call today to set up a free visit. **463-6171**



March Menu 2018



Juneau Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
26 ½ egg & tomato sandwich Clam chowder Honey mustard cole slaw	27 Ham Stewed tomato Pea & onion salad roll	28 Beef burritos Black beans Spanish rice Fruit cup	1 Chicken & rice casserole Broccoli Spinach salad	2 Pork stew Tossed salad Biscuit
5 Baked fish Rice Carrots w/ orange sauce romaine & radish salad	6 Chinese pork Rice Broccoli Fruit slaw	7 Pineapple/ lemon chicken Pasta Green beans Sukiyaki salad	8 Meat loaf w/ mushroom gravy & potatoes Mixed veggies Garden salad	9 Liver & onions Parsley potatoes Succotash Tossed salad
12 Ham Sweet potato Peas Spinach salad roll	13 Chicken Tahitian w/ rice Zucchini Honey mustard cole slaw	14 Corned beef w/ carrots & potato Tossed salad Biscuit	15 ½ Tuna sandwich Broccoli, cheese & rice casserole Apricot salad	16 COOK'S CHOICE
19 Chicken adobo Rice Oriental veggies Honey orange slaw	20 Pork chops w/ apples Sweet potatoes Green beans Sunshine salad	21 Spaghetti w/ meat sauce Pasta Mediterranean veggies Garden salad	22 Baked fish Rice pilaf Peas Carrot & pineapple salad	23 Mexicali Beef Black beans SW corn Tomato & zucchini salad
26 SEWARD's DAY NO LUNCH PANCAKE BREAKFAST	27 Sweet & sour pork Rice Carrots Tossed salad	28 Sloppy Joes on bun Mixed veggies Potato salad	29 Chicken pot pie Cucumber & onion salad Herb biscuit	30 Chicken chop suey Rice Peach salad

March 2018: Carefully Planned Activities to Keep you Healthy and Active		
Daily Exercises	Mid Day Meal	Socialization
<p>1. Morning walk</p> <p>2. Yoga</p> <p>3. Tai Chi</p> <p>4. Gardening</p> <p>5. Walking dog</p> <p>6. Swimming</p> <p>7. Biking</p> <p>8. Playing tennis</p> <p>9. Playing golf</p> <p>10. Playing basketball</p> <p>11. Playing soccer</p> <p>12. Playing volleyball</p> <p>13. Playing badminton</p> <p>14. Playing table tennis</p> <p>15. Playing chess</p> <p>16. Playing cards</p> <p>17. Playing board games</p> <p>18. Playing video games</p> <p>19. Playing computer games</p> <p>20. Playing mobile games</p> <p>21. Playing online games</p> <p>22. Playing offline games</p> <p>23. Playing single player games</p> <p>24. Playing multi player games</p> <p>25. Playing cooperative games</p> <p>26. Playing competitive games</p> <p>27. Playing casual games</p> <p>28. Playing hardcore games</p> <p>29. Playing strategy games</p> <p>30. Playing action games</p> <p>31. Playing adventure games</p> <p>32. Playing simulation games</p> <p>33. Playing sports games</p> <p>34. Playing music games</p> <p>35. Playing puzzle games</p> <p>36. Playing logic games</p> <p>37. Playing word games</p> <p>38. Playing number games</p> <p>39. Playing math games</p> <p>40. Playing science games</p> <p>41. Playing history games</p> <p>42. Playing geography games</p> <p>43. Playing language games</p> <p>44. Playing art games</p> <p>45. Playing music games</p> <p>46. Playing puzzle games</p> <p>47. Playing logic games</p> <p>48. Playing word games</p> <p>49. Playing number games</p> <p>50. Playing math games</p> <p>51. Playing science games</p> <p>52. Playing history games</p> <p>53. Playing geography games</p> <p>54. Playing language games</p> <p>55. Playing art games</p> <p>56. Playing music games</p> <p>57. Playing puzzle games</p> <p>58. Playing logic games</p> <p>59. Playing word games</p> <p>60. Playing number games</p> <p>61. Playing math games</p> <p>62. Playing science games</p> <p>63. Playing history games</p> <p>64. Playing geography games</p> <p>65. Playing language games</p> <p>66. 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Playing geography games</p> <p>98. Playing language games</p> <p>99. Playing art games</p> <p>100. Playing music games</p>	<p>1. Breakfast</p> <p>2. Lunch</p> <p>3. Dinner</p> <p>4. Snacks</p> <p>5. Beverages</p> <p>6. Desserts</p> <p>7. Salads</p> <p>8. Soups</p> <p>9. Sandwiches</p> <p>10. Burgers</p> <p>11. Pizzas</p> <p>12. Pastas</p> <p>13. Rice</p> <p>14. Bread</p> <p>15. Fruits</p> <p>16. Vegetables</p> <p>17. Nuts</p> <p>18. Seeds</p> <p>19. Grains</p> <p>20. Legumes</p> <p>21. Dairy</p> <p>22. Meat</p> <p>23. Fish</p> <p>24. Eggs</p> <p>25. Shellfish</p> <p>26. Poultry</p> <p>27. Game meat</p> <p>28. Organ meat</p> <p>29. Bones</p> <p>30. Tails</p> <p>31. Hooves</p> <p>32. Horns</p> <p>33. Antlers</p> <p>34. Claws</p> <p>35. Scales</p> <p>36. Fur</p> <p>37. Hair</p> <p>38. Skin</p> <p>39. Bones</p> <p>40. Tails</p> <p>41. Hooves</p> <p>42. Horns</p> <p>43. Antlers</p> <p>44. Claws</p> <p>45. Scales</p> <p>46. Fur</p> <p>47. Hair</p> <p>48. Skin</p> <p>49. Bones</p> <p>50. 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Club</p> <p>9. Team</p> <p>10. Group</p> <p>11. Organization</p> <p>12. Association</p> <p>13. Society</p> <p>14. Culture</p> <p>15. Tradition</p> <p>16. Custom</p> <p>17. Habit</p> <p>18. Routine</p> <p>19. Pattern</p> <p>20. Cycle</p> <p>21. Loop</p> <p>22. Circle</p> <p>23. Ring</p> <p>24. Band</p> <p>25. Strand</p> <p>26. Thread</p> <p>27. Line</p> <p>28. Path</p> <p>29. Trail</p> <p>30. Route</p> <p>31. Way</p> <p>32. Road</p> <p>33. Street</p> <p>34. Avenue</p> <p>35. Boulevard</p> <p>36. Highway</p> <p>37. Expressway</p> <p>38. Freeway</p> <p>39. Turnpike</p> <p>40. Interchange</p> <p>41. Junction</p> <p>42. Roundabout</p> <p>43. Roundabout</p> <p>44. Roundabout</p> <p>45. Roundabout</p> <p>46. Roundabout</p> <p>47. Roundabout</p> <p>48. Roundabout</p> <p>49. Roundabout</p> <p>50. Roundabout</p> <p>51. Roundabout</p> <p>52. Roundabout</p> <p>53. Roundabout</p> <p>54. Roundabout</p> <p>55. Roundabout</p> <p>56. Roundabout</p> <p>57. Roundabout</p> <p>58. Roundabout</p> <p>59. 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Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Farkle Croquet Art	Uno Horseshoes Music w/ Rita
5	6	7	8	9
Mastermind Library Fun w/ Felicite Seven Up	Popcorn Toss Po-Ke-No Parlor Time	Beanbag Toss Word within a Word BINGO	50/20/10 Art Movies and Popcorn	Corn Hole Toss Hangman Music w/ Jacque
12	13	14	15	16
Bagball Accordion w/ Dale Library Fun w/ Felicite	Ring Toss Alphabet Game Name 10 Things	Golf Charades BINGO	Table Games Popcorn Toss Art	Croquet Music w/ Rita Farkle
19	20	21	22	23
Basketball Library Fun w/ Felicite Karaoke	Corn Hole Toss Lawn Darts Shuffleboard	Basketball Hangman BINGO	Mastermind Art Karaoke	Password Music w/ Jacque Velcro Toss
26	27	28	29	30
SEWARD'S DAY CLOSED	Jingo Ring Toss Hangman	Golf Shuffleboard BINGO		



*Did you know it's National
Potato Chip Day on
March 14th?*



SPRING 2018

Spring begins March 20th

Wish List

The Bridge is in need of the following items:

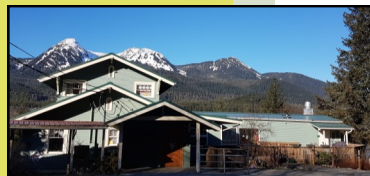
Bottled water
Handheld flashlights
Batteries (any size)
Quick bread mixes
Paper plates
Plastic utensils
Watercolor paper
Cardstock



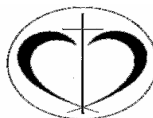
The Bridge Adult Day Program

**1803 Glacier Hwy
(907) 463-6170**

**Hours:
7:30am-5:30pm Mon-Fri**



The Bridge Program receives financial support from the Juneau Community Foundation's CBJ Social Service Grants and the State of Alaska, Senior & Disabilities Services



Southeast Senior Services is a Division of Catholic Community Service
Accredited by the Council on Accreditation