

MARCH FOR MEALS

If you are not going to be available to receive your meal, please call 24 hours in advance.

Cancelations: 913-758-6718

Requested donation amount is \$3. | 1% milk served with all meals. | If your dietary needs change, please call the number above. | Menu items are subject to change based on availability.

MARCH 2025

Happy
St. Patrick's
Day












COUNCIL ON AGING
711 Marshall Street, Suite 100
Leavenworth, KS 66048
Office: 913-684-0777


did you know?

“March” is named for the Roman god of war, Mars. This was the time of year to resume military campaigns that had been interrupted by winter.

In the early Roman calendar, March (or Martius) was the first month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of new beginnings.

March became the third month when January and February, which were added to the end of the Roman calendar around 700 BCE, instead became the first and second months around 450 BCE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger/Bun 3 Oven Brown Potatoes Mixed Vegetables Orange Lettuce, tomato, onion & pickle	County Chicken 4 Mashed Potatoes/Gravy Green Beans Roll  Fruit Rice Krispy Treat	Egg Casserole 5 Biscuit & Gravy Cinnamon Apples Jell- O Salad V-8 Juice	Chicken Dumplings 6 Cauliflower Cucumber Salad Roll  Fruit Cookie	Tuna Casserole 7 California Blend Veggie Bread Stick Tossed Salad Fruit
Chicken Cordon Bleu 10 Rice  Beets Roll Banana	Smothered Pork Chop 11 Cheesy Potatoes Zucchini Corn Bread Fruit Pudding	Smoked Turkey 12 Baked Potato Green Beans Biscuit  Fruit	Meatloaf 13 Mashed potatoes Carrots Corn Bread Fruit	Beef & Noodles 14 Brussel Sprouts Roll Caesar Salad Fruit Cake
Country Steak 17 Mashed Potatoes & Gravy Green Beans Orange Roll	Turkey Burger 18 Tator Tots Broccoli Fruit Lettuce, tomato, onion, pickle Cookie	Ham & Beans 19 Corn Bread Roasted Tomato Cucumber Salad Fruit	Baked Chicken 20 Baked Sweet Potato Peas & Mushrooms Cinnamon Roll  Fruit	Pot Roast Beef 21 Potatoes & Carrots Corn Roll Fruit Cobbler
Spaghetti & Meatballs 24 Broccoli Bread Stick Tossed Salad  Banana	Italian Pork Chop 25 Noodles Peas & Mushrooms Roll Fruit	Grilled Chicken 26 Wild Rice Green Beans Roll  Fruit Cookie	Turkey Chili 27 Brussel Sprouts Corn Bread Spinach Salad Fruit	Fish Sticks 28 Tator Tots Cream Peas Roll Fruit Cream Puff
Hamburger/Bun 31 Oven Brown Potatoes Mixed Vegetables Fruit Lettuce, tomato, onion & pickle	 HAPPY BIRTHDAY To all those celebrating a birthday this month!		 MEALS on WHEELS EASTERN KANSAS	




Every hour of every day, residents of the 23 counties surrounding Kansas City call United Way 211 or look to 211KC.org in search of essential human services. United Way's 211 services are the only Inform USA regionally accredited information and referral service available locally. Simply dial 211 to connect with caring Community Resource Navigators who are trained to search a database of more than 7,000 community services. In 2024, navigators handled more than 476,000 contacts and met 83% of needs.

RESOURCE CATEGORIES

Crisis Services	Education	Employment
Financial Assistance	Food	Health Care
Household Goods	Legal	Mental Health
New Housing	Shelter/Unhoused Services	Transportation

The **211 HELPLINE** is here 24/7/365. Dial 2-1-1 or search the directory at unitedwaygkc.org.

*Our menu is also posted on our website @www.leavenworthcounty.gov/COA

*Follow us on Facebook – www.facebook.com/LVCOUNTYCOA

MARCH

D W U L T R A N S P O R T A T I O N H X
 I W L A M J Y N W K C I R T A P T S C C
 J G V R V K Y H O U S I N G U L C L W X
 M F R R J J M Q Q P Z P L G J K Y I Z C
 G A S E J Q D O G D S O P A R T Y C A L
 S O X F E H U F P K A E I X Y U K L T J
 S L O E R N M W S E C I V R E S E U N U
 G T N R T O E N I L P L E H I N F C E L
 N A I C O M M U N I T Y U G D E A C M I
 I E U U D B Z W Q B M D I A C A V G Y E
 L M Q N N I F J R I F V R H C A N N O T
 P B E F N I Y L L Z X Q A Z Y T O X L Y
 M G M I Y T T I D O M I N O S E R T P V
 U I L C C X T E Q I R O T Y M Q G F M G
 D Y Y A K A Z B D S J M T A M H G A E S
 C N V F R S C X I W A E G Z X Q B L B Z
 Q O A Y L Z W D B R A K E L B B A R C S
 O K A M H W E F C K G Y D I N U L L U X
 J C T H O V N H E I H G P W A P D O H M
 A P O H M R X A D F J T A Q J O W Y Y F

Word List	
CALENDAR	
CHAIRSIDE	<p>Chairside Yoga: NEW CLASS TIME Mondays at 8:30AM</p> <p>We've added a third yoga class on Mondays at 8:30am. Chairside yoga is a gentle form of yoga that can be practiced while seated or using a chair for balance. This class aims to improve flexibility, balance and strength while increasing focus and muscle tone.</p>
COMMUNITY	
DOMINOS	
DUMPLINGS	
EMPLOYMENT	
EQUINOX	
GAME ON	<p>Game On 2nd and 4th Mondays at 1:00PM</p> <p>Join fellow unplugged" gamers from 1:00-2:30pm on the 2nd and 4th Mondays of each month for anything from Dominos, Scrabble, Uno, Chess, Jenga, or cards, to the latest game craze of your choice. Spread the word and invite your friends ages 50+. COA will provide the space and a few game options. Bring your own snacks and drinks.</p>
GREEN	
HELPLINE	
HOUSING	
JULIET	
MARCH	
MEATLOAF	
MILITARY	<p>Knowledge @ Noon: Green Themed Tuesday, February 11th, 2025 at 12:00PM</p> <p>This class includes all green-inspired recipes in preparation for spring events. If you miss this colorful and vibrant class, you'll be "green with envy" that you missed out!</p>
PARTY	
REFERRAL	
ROMAN	
SCRABBLE	<p>St. Patrick's Day Party Monday, March 17th, 2025 at 1:00PM</p> <p>Join us for some St. Patrick's Day shenanigans and treats. Sign up and prepay \$4 by 3/10.</p>
SERVICES	
ST PATRICK	
TRANSPORTATION	<p>Lunch & a Movie: Letters to Juliet Friday, February 28th, 2025 at 11:30AM</p> <p>Enjoy an Italian -inspired menu of chicken parmesan, bread stick, veggie & dessert followed by the movie, Letters to Juliet, set in Verona, Italy. Popcorn and soda during intermission. Deadline 3/17: \$10 due at signup. Max 30.</p>
UNITED WAY	
YOGA	