

# MORE THAN JUST A MEAL

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

**Cancelations: 913-758-6718**



# MARCH 2026



# COUNCIL ON AGING

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

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.

**DID YOU KNOW?**  
**2026 Public Hearing**  
**March 18, 2026**  
**1:30-2:30PM**  
Public Hearings are great opportunities to learn about programs and/or give feedback regarding senior services in Leavenworth County.  
\*Anyone requiring accommodation (i.e. qualified interpreter, large print reader and hearing assistance) in order to attend this meeting is requested to notify the Council on Aging at 913-684-0777 no later than 48 hours prior to the hearing.  
**Pedicures for Paws**  
The COA will partner with Bad to the Bone Boarding and Grooming for Pedicures for Paws again this year! Nail trim fundraisers will be held at the Council on Aging on April 18<sup>th</sup>, June 13<sup>th</sup> and September 26<sup>th</sup>. These events help raise funds to support the COA's pet programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Spaghetti/Meatballs</b> 2 California Blend Veggie Bread Stick Tossed Salad Fruit	<b>Chicken Strips</b> 3 Cheesy Potatoes Peas & Carrots Roll Fruit Pudding	<b>Egg Casserole</b> 4 Biscuit & Gravy Cinnamon Apples V-8 Nature Bar	<b>Chili</b> 5 Broccoli Cucumber Salad Corn Bread Fruit Cookie	<b>Hamburger Steak</b> 6 Mashed Potatoes & Gravy Green Beans Roll Fruit Cake
<b>Sausage &amp; Kraut</b> 9 Oven Brown Potatoes Beets Corn Bread Fruit Cookie	<b>Hawaiian Chicken</b> 10 Rice Broccoli Roll Fruit	<b>Meatloaf</b> 11 Mashed Potatoes & Gravy Green Beans Roll Fruit	<b>Chicken Noodle Bake</b> 12 Stewed Tomatoes Bread Stick Jello Salad Fruit & Cobbler	<b>Sirloin Steak</b> 13 Baked Potato Carrots Roll Fruit
<b>Italian Chicken</b> 16 Noodles Brussel Sprouts Roll Fruit	<b>Philly Steak</b> 17 Tater Tots Cheese Cauliflower Fruit Cookie	<b>Chicken Enchilada Casserole</b> 18 Rice Beans Fruit	<b>Apple Pork Chop</b> 19 Smashed Potatoes Carrots Roll Fruit	<b>Brisket</b> 20 Potatoes Green Beans Fruit Pie
<b>Pork Tenderloin</b> 23 Sweet Potatoes Peas Lettuce, tomato, onion & pickle Fruit & Cake	<b>Smothered Chicken</b> 24 Rice Broccoli Roll Fruit	<b>Pot Roast</b> 25 Potatoes & Carrots Green Beans Roll Fruit	<b>Fajitas</b> 26 Rice & Beans Flour Tortilla Jello Fruit	<b>BBQ Chicken</b> 27 Baked Beans Cheesy Potatoes Roll Fruit Dessert
<b>Hamburger</b> 30 Oven Brown Potatoes Mixed Veggie Lettuce, tomato, onion & pickle Fruit	<b>Ham &amp; Beans</b> 31 Carrots Corn Bread Fruit Cookie	<b>What's Happening?</b> <b>Daylight Saving Time Begins - March 8</b> <b>First Day of Spring - March 20</b>		 <b>HAPPY BIRTHDAY</b> To all those celebrating a birthday this month!

**March for Meals**

March for Meals is a nationwide campaign aimed at raising awareness and support for senior nutrition programs, particularly through Meals on Wheels, with events scheduled throughout March.

**Here's a message from the Council on Aging Nutrition Coordinator, Georgia Moore:**

It feels like we just rang in the New Year and here we are in March! March is transitional as it heralds the arrival of spring and longer days. March is also a time when the Meals on Wheels program at the Council on Aging opens our car doors and invite leaders in our community to deliver meals during **Champions Week: March 23 - March 27.** Champions Week provides an opportunity for government officials to experience the real-time impacts a hot nutritious meal, a kind word and a warm smile have on the seniors in Leavenworth County. My **staff of 17** along with **95 volunteers delivered 94,209 meals to homebound seniors** facing food insecurity daily. Last year was the first time we've had a waitlist to get on the Meals on Wheels program. With the support of the Leavenworth County Commissioners, volunteers with hearts as big as the sky, and route reconfiguration, we were able to reduce our waitlist significantly.

The **#EndtheWait** campaign is ongoing and we are working hard to ensure the wait for the seniors of Leavenworth County is short. I am excited for spring, longer days and Champions Week! If you have any questions, please feel free to call me at 913.684.0776.



# ST. PATRICK'S DAY - MARCH 17

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

## Word List

BAGPIPE  
 CABBAGE  
 CHARM  
 CLOVER  
 COINS  
 COLCANNON  
 CORNED BEEF  
 DANCING  
 DUBLIN  
 EMERALD  
 FESTIVE  
 GOLD  
 GREEN  
 IRISH  
 LEPRECHAUN  
 LUCKY  
 MARCH  
 PARADE  
 PATRICK  
 PINCH  
 RAINBOW  
 SEVENTEENTH  
 SHAMROCK  
 TREASURE

## UPCOMING EVENTS

### Chairside Karate with Slo Mo Do Jo

Tuesday, March 3<sup>rd</sup> 2026. 11:15AM.

Looking for a low impact, martial arts-based exercise class? *Slo Mo Do Jo* combines martial arts techniques with strengthening, balance, and flexibility. If you like chair yoga, you'll like this!

### Senior Impact Series: Cyber Security, LVCO Register of Deeds, Understanding New Tax Updates

Monday, March 9<sup>th</sup> 2026. 11:30AM.

The COA is excited to launch the *Senior Impact Series*; a series of presentations that are intended to keep our 50+ population in the know about matters that impact their daily lives. Each session will feature guest speakers from local organizations to discuss updates about projects, programs, and resources. Each session provides a Q&A after each presentation.

### Knowledge @ Noon: Garden Party

Tuesday, March 10<sup>th</sup> 2026. 12:00PM.

With sunnier days ahead, you'll want to start thinking about fresh produce picked straight from the garden. Join us for some garden-fresh recipes that will "turnip the beet" to any spring party. No cost; Tonganoxie Library.

### Gather Around: March Madness

Friday, March 13<sup>th</sup> 2026. 10AM and 12:30PM.

It's that time of year when we all get a bit crazy for college basketball. What better way to watch the games than with munchies that can be a meal? You won't be "upset" with these tasty treats of Ham Jam Sandwiches, Outrageously-Good Stuffed Celery, Zucchini Bread Sticks, and Giant Peanut Butter and M&M Cookies. Come show your school spirit while cooking and preparing for the big dance. \$10 due at sign-up; deadline March 13. Class min. 18, max 24.