

WEEKLY WORD: STAY CONNECTED EDITION

MARCH 4 — MARCH 8

NEWS

BE KIND TO EACH OTHER

HOUSE MEETING

| | | |
|---|---|--|
| <p><u>UPCOMING SOCIALS</u></p> <p>Adam's social is to the Asheville Outlets on March 9th! This will be a double so up to 16 can attend!</p> <p>Maggie's social on March 23rd! Inhouse pizza party!</p> | <p>St. Patrick's Day and March birthday/anniversary celebrations will be the Friday before on March 15th! Shamrock shakes and <i>green velvet</i> cake.</p> <p>We'll be connecting people with resources to get taxes done. Let us know if you need this service!</p> <p>First Bank will come to do a finance and budgeting class. Details soon.</p> <p>Follow the rules and be responsible in the smoking area. We are a tobacco free county building and a smoking area is a privilege. If rules are not followed, the smoking area could get shut down for a period of time.</p> <p>Make sure you are being respectful in your interactions with peers and staff.</p> | <p><u>WELLNESS TIPS FROM MEMBERS</u></p> <p>"Get plenty of sleep and go to bed on time."</p> <p>"Exercise up to five days a week. Do all kinds of exercises to keep it different."</p> <p>"Walk daily."</p> |
| <p><u>UPCOMING CLOSURES</u></p> <p>None</p> | | |

THRIVE CAFÉ: MENU



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| Monday | Quiche and Roasted Veggies |
| Tuesday | Veggie Curry and Rice |
| Wednesday | Tuscan Soup |
| Thursday | Egg Roll in a Bowl |
| Friday | Swedish Meatballs and Zucchini Noodles |

Luck of the Irish

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

Legend

Mulligan Stew

Celtic

Parade

Green

Laughter

Shamrock

Ale

St. Patricks Day

Rainbow

Pot of gold

Wee

Cabbage

Lucky Charms

Irish

Four leaf clover

Corned Beef

Party

Coffee

Leprechaun