

Friendship Dining Center Activity & Menu Calendar

March 2026



Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

All meals are served with 8oz of 1% low-fat milk and one slice of whole wheat bread.
811 23rd Avenue East, Bradenton, FL 34208
(941) 747-4655 | MealsOnWheelsPLUS.org

Senior programs partially funded with support from:



Monday	Tuesday	Wednesday	Thursday	Friday
At: Church of Hope & Parrish United Methodist Coffee & Conversation 2 Nutrition Education: Know Your Portions "Old Stuff Day" Show & Tell (PCH) Card Game: Golf (PCH) Meal: Raspberry BBQ Grilled Chicken	At: Meals on Wheels PLUS Coffee & Conversation 3 Sunshine State Day Florida Spelling Bee Chair Yoga w/Uneeda Card Game: Sweep Meal: Beef Goulash	At: Parrish United Methodist & Meals on Wheels PLUS Coffee & Conversation 4 Chair Yoga (PUM) Table Games Craft: Lil' Leprechaun Pins (MOWP) Meal: Homestyle Turkey & Stuffing	At: Meals on Wheels PLUS Coffee & Conversation 5 Nutrition Education: Know Your Portions Hit the Target Day "Who Am I?" Target Games Meal: Cheese Pizza	At: Myakka Family Worship Coffee & Conversation 6 Nutrition Education: Know Your Portions Table Games Bingo Meal: Swiss Steak
Coffee & Conversation 9 Bingo Procrastination Week Begins Tim Urban Ted Talk (PCH) Craft: Lil' Leprechaun Pins (PCH) Meal: Chicken Parmesan	Coffee & Conversation 10 Jeopardy Trivia "What Am I" Chair Yoga w/Uneeda Table Games/Bingo Meal: Country Fried Steak	Coffee & Conversation 11 Active Game (PUM) Craft: Origami/Nature Prints (MOWP) Bingo (PUM) Meal: Turkey Noodle Stew	Coffee & Conversation 12 History of Dominoes Game: Dominoes Craft: Diamond Art Meal: Chicken A La Bleu	Coffee & Conversation 13 Craft Table Games Bingo Meal: Beef & Bean Chili
Coffee & Conversation 16 Act Happy Week Begins Craft: Smile-sicles Card Game: Golf Bingo Meal: BBQ Seasoned Pork	Coffee & Conversation 17 St. Patrick's Day Celebration Games: Truth or Blarney Fun with Limericks Chair Yoga w/Uneeda Meal: Thai Ginger Curry Chicken	Coffee & Conversation 18 Chair Yoga (PUM) Table Games Craft: Metal Lawn Art (MOWP) Meal: Salisbury Steak	Coffee & Conversation 19 Brain Health Awareness "Caffeine and Alzheimer's" Game: Cranium Crunches Table Games/Bingo Meal: Shrimp Scampi	Coffee & Conversation 20 Craft Table Games Bingo Meal: Korean Meatballs
Coffee & Conversation 23 Craft: Metal Lawn Art (PCH) Table Games/Bingo Meal: Classic Meatloaf	Coffee & Conversation 24 Kahoot! Traveling Chair: Greece Chair Yoga w/ Uneeda Table Games/Bingo Meal: Mac & Cheese w/Chicken	Coffee & Conversation 25 Active Game (PUM) Craft: Jewelry Making (MOWP) Card Game: Trash (PUM) Meal: French Onion-Breaded Pork Chop	Coffee & Conversation 26 Word Up! True or False Synonyms Table Games/Bingo Meal: Butter Chicken & Lentil Stew	Coffee & Conversation 27 Craft Table Games Meal: Italian Cheese Lasagna
Coffee & Conversation 30 Mythology Monday (PCH) Jeopardy Trivia (PCH) Craft: Garden Stakes Meal: Raspberry BBQ Grilled Chicken	Coffee & Conversation 31 Slam the Scam Chair Yoga w/Uneeda Table Games/Bingo Meal: Beef Goulash			

LOCATIONS: Church of Hope (COH) 1701 10th Street West Palmetto, FL 34221 Monday 9am-1pm
 Meals on Wheels PLUS of Manatee (MOWP) 811 23rd Avenue East Bradenton, FL 34208 Tuesday, Wednesday, & Thursday 9am-1pm
 Parrish United Methodist (PUM) 12180 US-301 Parrish, FL 34219 Monday & Wednesday 9am-1pm
 Myakka Family Worship Center (MFWC) 33420 Singletary Road Myakka City, FL Friday 9am-1pm

Know your PORTIONS

It's hard to recognize correct portions with larger plates and super-sized portions. Adding to the confusion, packaged food can contain multiple servings so we must look at the nutrition facts closely to determine what a single serving is.

You can estimate healthy portions anywhere by using your hands as a guide (see chart for additional portions):

- **Protein (meat, poultry, fish):** palm of your hand
- **Grains/starches (rice, pasta, potatoes):** one cupped hand
- **Fruits & Vegetables:** one whole fist
- **Fats (oil, butter, nut butter):** one thumb tip
- **Snacks (nuts, dried fruit):** one small cupped hand

Why DOES Portion Control Matter?

It helps regulate calorie intake, supports balanced nutrition throughout the day and prevents mindless overeating. It also encourages mindful eating habits, and helps manage blood sugar and energy levels!

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Serving Size vs. Portion Size

- Serving size is a standardized amount listed on a Nutrition Facts label
- Portion size is the amount you choose to eat, which may be more or less than one serving

Word Search ST. PATRICK'S DAY

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P O T O F G O L D B E E T S L
O S F R A C H G C U I V E L U
S O H B O W S C L O V E R E W
T A M A R C H R A D O W S P I
L R U C M U C K Y L O E P R A
U C W I K R A I N B O W K E Y
K A T R S G O N D U R L U C K
T H E T G O S C P L E R P H A
C T O I R N T D K O G M R A I
C O R N E D B E E F R C A U R
E T I R E L A N D O S H E N I
W O W N N D O W T L K Y D O S
L E A I S T H P A R A D E T H
T R A D I T I O N R O P C E D
A P A T R I C K M A F C T H A
    
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CLOVER
COINS
CORNED BEEF
TRADITION
GREEN

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK



REMINDER:

If you are experiencing any symptoms of illness such as fever, body aches, coughing, vomiting, chills, etc., or have tested positive for flu/COVID, please do not attend the program, but please call us at 941-747-4655 to let us know.