

March 2026

MHSDC Newsletter



651 Old State Route 74, Cincinnati, OH 45245

www.MHSDayCenter.com

513.528.0014

Staffing Change

February brought staffing changes to Margaret's Heart Senior Day Center.

Ashley Roush, our center assistant, has moved on to a different position. Her last day was February 20th. We are grateful for everything Ashley did behind the scenes and for our participants.

We would like to welcome Becky Tippitt as a new assistant. Becky comes to us with 18 years experience as an STNA. We are glad to have her as a member of the Margaret's Heart Senior Day Center Team!



National Dog Biscuit Day

February 23rd was National Dog Biscuit Day. Participants spent the morning making homemade dog treats. After lunch, we took a short field trip to visit our neighbors, Tailwaggers Doggy Daycare.



Thank you to Owner Lynn Ayers for giving us a tour of the facility while when we dropped off the dog treats!



Crafts with Gen and Cheryl



John Lewis Magic Show

On February 24th we enjoyed a performance by John Lewis, Magician. We were treated to comedy, live animals, and of course magic!



Thank you so much to Gen from Assisting Hands Home Care and Cheryl from The Ashton at Anderson for consistently inspiring our participants with fantastic art and craft ideas every month. We are always happy to have you at Margaret's Heart Senior Day Center!



Don't forget to "spring forward" your clocks on March 8th!



March 2026 Seniors' CHOICE menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>turkey Ham & Beans - 9062 (ch b) chicken stew ch7022 Mixed Vegetables (2 servings) Cornbread Fruit Cocktail Wheat Roll / Margarine Diet: same</p>	<p>Sloppy Joe - 9060 (ch b) chicken big ch7002 Peas Bun Chuckwagon Corn Diet: same</p>	<p>Salisbury Steak w/ Mushroom Gravy - 9029 (ch b) chicken w/gravy ch7008 Parslief Potatoes Mixed Vegetables Pineapple Tibbits Wheat Bread (2 slices) Margarine Diet: same</p>	<p>Orange Chicken - 9105 (ch b) baked fish ch7048 Brown Rice Green Beans Carrots Mandarin Oranges Wheat Bread / Margarine Diet: same</p>	<p>Fish Sticks w/ Tartar Sauce - 9028 (ch b) macaroni & cheese ch7065 Peas Potato Wedges Peaches Wheat Bread (2 slices) Margarine Diet: same</p>
<p>Cincinnati Style Chili - 9112 w/ Spaghetti (ch b) roast beef w/gravy ch7025 Kidney Beans Broccoli Cinnamon Applesauce Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same</p>	<p>Roast Turkey w/Gravy - 9005 (ch b) country fried steak w/gravy ch7054 Mashed Potatoes Vegetable Medley Apricots Wheat Bread (2 slices) Margarine Diet: same</p>	<p>Hamburger - 9071 (ch b) hot deli ham ch7005 w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tibbits Mustard / Ketchup Diet: same</p>	<p>Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 California Blend Vegetables (2 servings) Grape Juice 100% Wheat Bread (2 slices) Margarine Diet: same</p>	<p>Cheese Lasagna - 9316 (ch b) beef & noodles ch7062 Italian Vegetables Yellow Squash Apple Juice 100% 1 Wheat Bread / Margarine (ch a only) Diet: same</p>
<p>Beef Vegetable Stew - 9001 (ch b) chicken stew ch7022 w/ Peas, Carrots, & Red Skin Potatoes Green Beans Spiced Peas w/ Cranberries Wheat Bread (2 slices) Margarine Diet: same</p>	<p>Happy St. Patrick's Day! Corned Beef & Cabbage - 9096 (ch b) roast pork loin w/ gravy ch7068 Colcannon* Carrots Baked Cinnamon Apples Rye Bread (2 slices) Margarine</p>	<p>Baked Chicken w/ Gravy - 9075 (ch b) roast turkey w/gravy ch7003 Herb Dressing Broccoli Cauliflower Fruit Cocktail Wheat Bread / Margarine Diet: same</p>	<p>BBQ Beef - 9051 (ch b) grilled chicken breast ch7026 Peas & Onions Potato Wedges Bun Fruit Cocktail Diet: same</p>	<p>Grilled Cheese Sandwich - 9132 (ch b) fish sticks ch7067 Green Beans Stewed Tomatoes Wheat Bread/Margarine (2) (ch b only) Sponge Cake Fruit Punch 100% Diet: same <i>Happy March Birthday!</i></p>
<p>Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7002 Mashed Potatoes Carrots Peaches Wheat Bread (2 slices) Margarine Diet: same</p>	<p>Roast Pork Loin w/ Gravy - 9115 (ch b) chicken w/gravy ch7008 Brown Rice Vegetable Medley (2 servings) Peas Wheat Bread / Margarine Diet: same</p>	<p>Chicken Alfredo over Spaghetti - 9065 (ch b) mediterranean glazed salmon ch7068 Broccoli Carrots Baked Cinnamon Apples 1 Wheat Bread / Margarine (ch b only) Diet: same</p>	<p>Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7073 Roasted Sweet Potatoes Peas Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same</p>	<p>Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Peaches Wheat Bread / Margarine Margarine Diet: same</p>
<p>Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan (ch b) chicken Alfredo w/ broccoli ch7067 Italian Vegetables Spinach / Vinegar Orange Juice 100% Diet: same</p>	<p>Chicken Fajita Bowl - 9004 (ch b) Taco Bowl ch7010 Brown Rice Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same</p>	<p>Spring Ahead! Remember to Move Your Clocks Forward Sunday, March 8th</p>	<p>*Colcannon is a traditional Irish dish of Mashed Potatoes mixed with greens</p>	<p>Coicannon is a traditional Irish dish of Mashed Potatoes mixed with greens</p>

March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Music Time 2 Name that Tune Today's History Stretch & Flex Lunch Parachute Fun Dr. Seuss' Birthday <i>Banana Cream Pie Day</i>	News of the Day 3 Guess the TV Tune Coloring/Word Search Stretch & Flex Lunch World Wildlife Day Puzzle Time <i>Cold Cuts Day</i>	Morning Chat 4 Puzzles & Games Stretch & Flex Lunch Spa Sessions Sing-a-long <i>Pound Cake Day</i>	Today's History 5 Where in the World? Trivia Time Stretch & Flex Lunch Bean Bag Toss History of Snack Food <i>Cheese Doodle Day</i>	Morning Games 6 History of Oreos News of the Day Stretch & Flex Lunch Bingo Oreo Taste Test <i>Oreo Cookie Day</i>
Music Time 9 Ed Sullivan Clips Today's History Stretch & Flex Lunch Bingo Spa Sessions <i>Meatball Day</i>	News of the Day 10 Jeopardy Learn about Bagpipes Stretch & Flex Lunch Word Games Fun with Colors <i>Bagpipe Day</i>	Morning Chat 11 Puzzles & Games Stretch & Flex Lunch Women's History Month Karaoke	Today's History 12 Coca-Cola History Coloring/Word Search Stretch & Flex Lunch Bean Bag Toss Plant Flower Seeds <i>Plant a Flower Day</i>	Morning Games 13 Travel to Ireland News of the Day Stretch & Flex Lunch Putt Putt Golf Theme Bingo
Music Time 16 Cooking Club Today's History Stretch & Flex Lunch Parachute Fun Craft Time	News of the Day 17 Irish Sing-a-long Coloring/Word Search Stretch & Flex Lunch The Emerald Isle St Patrick's Day Party <i>St Patrick's Day</i>	Morning Chat 18 Puzzles & Games Stretch & Flex Lunch Spa Sessions Sing-a-long <i>Sloppy Joe Day</i>	Today's History 19 Fun with Flowers Spring Fun Stretch & Flex Lunch Bean Bag Toss Famous Gardens <i>Spring Begins</i>	Morning Games 20 How It's Made News of the Day Stretch & Flex Lunch Parachute Fun Springtime Bingo <i>Ravioli Day</i>
Music Time 23 Today's History Stretch & Flex Lunch Bingo Chips and Dip Snack Spa Sessions <i>Chip Dip Day</i>	News of the Day 24 Fun with Art Word Games Stretch & Flex Lunch Coloring & Puzzles Sing-a-long <i>Chocolate Covered Raisin Day</i>	Morning Chat 25 Puzzles & Games Stretch & Flex Lunch Where in the World? Karaoke	Today's History 26 Coloring/Word Search Stretch & Flex Lunch Bean Bag Toss Cincinnati Reds History <i>Red's Opening Day</i>	Morning Games 27 National Parks News of the Day Stretch & Flex Lunch Putt Putt Golf Off to the Races
Music Time 30 Make Butter Today's History Stretch & Flex Lunch Parachute Fun Biscuits & Butter Karaoke	News of the Day 31 Travel to London Coloring/Word Search Stretch & Flex Lunch Make Potato Candy Potato Facts <i>Tater Day</i>	 <p>Margaret's Heart — SENIOR DAY CENTER —</p> 		

Activities are subject to change based on the number of participants.