

HRDC MOBILE SENIOR CENTER

FRIDAY, MARCH 20, 2026

11:45AM-1:45 pM

AT THE LAVALE LIBRARY

815 National Hwy

Lavale Md.

**MENU: Lasagna, California Medley, Spinach, Garlic Bread,
Apple Sauce, Juice & Milk**

Suggested Donation of \$3.75

**Activities: Chair Exercises, Spring Craft
Exercise your brain with BRAIN Games**

**For additional information and to reserve a meal
contact Carralee at 301-783-1709 or
emailing csilka@alleganyhrdc.org
by Thursday, April 9th**