

# Active Adults

**2019**  
**MARCH-APRIL**  
Newsletter

**YOU BELONG HERE.**

Weekly Programming | Healthy Recipes  
Member Appreciation | T.O.P.S.



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**[KROCHAMPTONROADS.ORG](http://KROCHAMPTONROADS.ORG)**





# MARK YOUR CALENDAR

## WEEKLY COMMUNITY MEETINGS

**Mondays**  
Golden Hearts | 10am-12pm

**Wednesdays**  
Bible Study | 6:30pm-7:30pm

**Thursdays**  
Home League | 10am-12pm

## FREE BLOOD PRESSURE & GLUCOSE CHECKS

Wednesday, March 13, 2019  
11am-12:30pm

## THE KROC CENTER'S 5TH BIRTHDAY CELEBRATION

Saturday, April 27, 2019  
11am-2pm  
Join us as we celebrate 5 years of being the heartbeat of the community!

## SPECIAL DATES

**MEMBER APPRECIATION WEEK**  
March 4-8

**DAYLIGHT SAVING TIME**  
March 10

**ST. PATRICK'S DAY**  
March 17

**PALM SUNDAY**  
April 14

**GOOD FRIDAY**  
April 19  
CLOSED

**PASSOVER**  
April 20

**EASTER**  
April 21  
(CLOSED)

Get Active



## ACTIVE ADULT WEDNESDAY PROGRAM

### MARCH

- 6. St. Patrick's Day Wreath
- 13. BINGO - Bring a prize to play
- 20. Farkle - Dice Game Fun
- 27. Words of Encouragement

### APRIL

- 2. Decorative Shell Cross Craft
- 10. BINGO - Bring a prize to play
- 17. Easter Program
- 24. Words of Encouragement

## FLAVORED ICE CUBES



### QUICK SNACK!

1 cup sugar  
2 cups water  
1 cup blackberries  
kiwi-strawberry:  
2 kiwis, peeled and diced  
6 diced strawberries,  
¼ cup blueberries  
1 ½ cups kiwi-strawberry sparkling  
water

## Light Lunch Option



### Mediterranean Tuna Antipasto Salad

1 15- to 19-ounce can beans,  
(chickpeas, black-eyed peas or kidney beans)  
2 cans chunk tuna,  
1 large red bell pepper, diced  
½ cup chopped red onion  
½ cup chopped parsley, divided  
4 teaspoons capers  
1½ teaspoons rosemary  
½ cup lemon juice,  
4 tablespoons extra-virgin olive oil,  
Freshly ground pepper, to taste

### T.O.P.S

#### TAKING OFF POUNDS SENSIBLY

TOPS (Take Off Pounds Sensibly) is the short name for TOPS Club, Inc., the original nonprofit, noncommercial network of weight-loss support groups and wellness education organization. TOPS offers tools and programs for healthy living and weight management, with exceptional group fellowship and recognition.

**THURSDAYS**  
**Weigh-in : 9:30AM**  
**Meetings: 10AM**





For more information on Active Adult Programs, please contact Assistant Program Director  
Marleen Mallory at 757-622-KROC X64341

**Hampton Roads Kroc Center**  
**1401 Ballentine Blvd, Norfolk, VA 23504**