

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>April 2021</h1> <p>Meals on Wheels and Grab n Go Lunch Menu</p>			<p>1 11 Countries adopt the Euro as common currency</p> <p>Hot Dog</p>	<p>2 Windfall act on Oil Industries High Profits</p> <p>Fish Sticks</p>
<p>5 Fox Broadcasting makes its Prime Time Debut 1987</p> <p>Roasted Turkey</p>	<p>6 America enters World War I in 1917</p> <p>BBQ Pulled Pork</p>	<p>7 The World Health Organization (WHO) is established 1948</p> <p>Stuffed Chicken Broccoli</p>	<p>8 Long Acre Square in Manhattan, NY was renamed Times Square. 1904</p> <p>Spring Celebration Ham & Asparagus Quiche</p>	<p>9 America's First Astronauts introduced 1959</p> <p>Ravioli</p>
<p>12 First Space Shuttle Columbia Launched 1981</p> <p>Apple Glazed Pork Loin</p>	<p>13 Boulder Dam completed 1936</p> <p>Chicken Pot Pie</p>	<p>14 Apollo 13 explosion 1970</p> <p>American Chop Suey</p>	<p>15 President Lincoln is shot and mortally wounded 1865</p> <p>Roasted Turkey w/gravy</p>	<p>16 The Queen launches the Royal Yacht Britannia 1953</p> <p>Beef Shepherd's Pie</p>
<p>19 Very first Boston Marathon is run 1897</p> <p>Happy Patriots Day Senior Center Closed</p>	<p>20 Deepwater Horizon explodes in the Gulf of Mexico 2010</p> <p>Pot Roast</p>	<p>21 Student Protest and Massacre in Tiananmen Square 1989</p> <p>Meatball Sub (chicken)</p>	<p>22 First Earth Day Observance 1970</p> <p>Chicken w/vegetables</p>	<p>23 New Coca Cola formula is released 1985</p> <p>Meatloaf</p>
<p>26 Nuclear Meltdown in #4 Reactor at Chernobyl 1986</p> <p>Honey Roasted Pork</p>	<p>27 Nelson Mandela voted in as South Africa President 1994</p> <p>Chicken w/Mushrooms</p>	<p>28 Kon-Tiki Expedition starts in 1947</p> <p>Steak & Cheese Sub</p>	<p>29 US Troops Invade Cambodia 1970</p> <p>Stuffed Pepper</p>	<p>30 George Washington inaugurated as First President of the United States 1789</p> <p>Salmon</p>

Don't stop moving!
Nia with Linda Wilkes—No Impact Fitness for Any Age. It's easy!
Studio 1623—Channel 12
Mon, Wed, Fri, Sun at 8:00 a.m. & Tues, Thur, Sat at 6:00 p.m.