


# March 2024

# Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Local service hours are 7:45am-4:15pm, Monday through Friday. 701-256-2828	All out-of-town trips must be scheduled at least 3 business days ahead of trip. NO EXCEPTIONS	<b>BUS TRIPS ARE SUBJECT TO CHANGE</b>	Cavalier County Senior Meals and Services Board Meetings are open to the public.		1 Dollar General Run – 1pm	2
3	4 Grand Forks Run	5 Grocery Delivery	6 Leevers Run–1pm Grand Forks Run <i>“Is it Fake?”</i> -2:30 Foot Care: 7:30am-3pm	7 Bonco – 12:30pm	8 Dollar General Run – 1pm	9
10	11 Grand Forks Run	12 Grocery Delivery	13 Leevers Run–1pm Grand Forks Run	14	15 Dollar General Run – 1pm	16
17	18 Grand Forks Run	19 Grocery Delivery	20 Leevers Run-1pm Grand Forks Run	21 <i>“Staying Home Longer”</i> -10am Bonco – 12:30pm	22 Dollar General Run – 1pm	23
24  31	25 Devils Lake Run	26 Grocery Delivery	27 Leevers Run & Dollar Gen–1pm  Grand Forks Run	28	29 	30

Note of discrimination: If you are otherwise qualified, your rights-without regard to race, color, religion, sex, national origin, age, or handicap-to receive the services or benefits provided at Cavalier County Senior Meals & Services are protected by Federal Law.