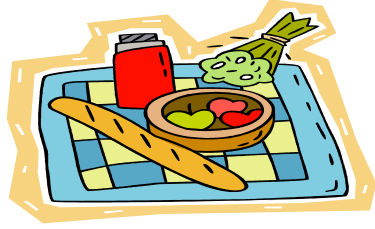
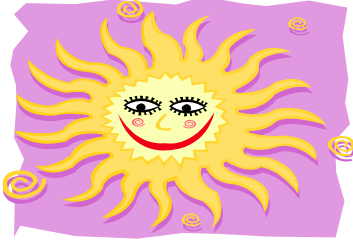


August 2014 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cold lunch menu on page 7. Also available at the Center or online @ www.wcseniors.org. Please sign up for lunches at least 5 days in advance.		Senior Center membership is not required for individuals 60 and older to participate in the congregate meal program. All Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost to you for the meal but you must contact the Senior Center to reserve your meal two days in advance of meal service. A voluntary confidential contribution is appreciated toward the cost of the meal but is not required.		1 Chicken Cordon Bleu Honey Mustard Sauce Collard Greens Parslied Noodles Whole Wheat Roll Pineapple
4 Fruit Juice Salisbury Steak Mashed Potatoes Spinach Whole wheat Roll Yogurt with Geanola	5 Tomato Soup Roasted Chicken Quarter Potato Wedges Whole Wheat Roll Pineapple	6 Grape Juice Roast Turkey & Gravy Brown Rice Brussel Sprouts Whole Wheat Dinner Roll Applesauce	7 Tossed Salad with Tomato Tuna Noodle Casserole Graham Crackers Pound Cake, Strawberries, & Whipped Topping	8 Veal Parmesan Tater Tots Green Beans Whole Wheat Bun Orange
11 Lentil Soup Roast Beef Au Jus Potato Salad Wheat Kaiser Roll Fruit Cocktail	12 Lemon Chicken Pasta Salad Broccoli Fresh Apple Slices	13 Mixed Fruit Juice Turkey Ala King Egg Noodles Mixed Vegetables Bread Stick Melon	14 Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding	15 Cranberry Juice Baked Tilapia& Red Creole Sauce Baked Potato Green Beans Graham Crackers Granola Bar
18 Tossed Salad with Tomato Beef a Roni Seasoned Italian Blend Wheat Breadstick Tapioca Pudding	19 Orange Juice Southwest Chicken Seasoned Corn Corn Mufin Peaches	20 <i>Birthday Party Tossed Salad Meatball Sub Provolone Cheese Cake & Ice Cream</i>	21 Roast Turkey & Gravy Carrots Stuffing Cranberry Sauce Whole Wheat Roll Mandarin Oranges	22 Vegetable Soup Cheeseburger Lettuce & Tomato Cole Slaw Grapes
25 Cranberry Juice Crab Cakes Green Beans Macaroni & Cheese Diced Pears	26 Grape Juice Roast Pork Sauerkraut Baked Sweet Potato Wheat Roll Applesauce	27 Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges	28 Mushroom Barley Soup Turkey Burger Vegetarian Baked Beans Whole Wheat Roll Melon	29 Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Vanilla Wafers

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

August 2014 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Walking 12:45 Bingo/Pinochle
4 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:00 Bridge 12:45 Bingo/ Reminiscing 12:45 Rhythm of Life/ Nutrition Program	5 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting	6 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class/ESL Class 11:15 Bingo/ Silver Sneakers 12:45 Pinochle/Bingo 12:45 Meet the Tesla!	7 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong/ Ipad Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge	8 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Walking 12:45 Bingo/Pinochle
11 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Walking/Reminiscing 12:45 Garden Club Tomato Tasting	12 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club	13 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class/ESL Class 11:15 Bingo/ Silver Sneakers 12:30 Sen. Dinniman's Outreach Representative 12:45 Pinochle 12:45 Nutrition Program: Super Foods	14 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge	15 8:00 Breakfast 9:00 Tai Chi/ Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Walking 12:45 Bingo/Pinochle 12:45 Accessory Exchange
18 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 After Lunch Entertainment 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Walking/Reminiscing	19 8:00 Breakfast 8:30 4 Hour 55 Alive 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club	20 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class/ESL Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Lunch & Entertainment 12:30 Walking 12:45 Pinochle/Bingo	21 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong/ Photo Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 1:00 Computer Forum	22 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Bingo/ Pinochle 12:45 Movie: Gravity
25 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Walking 12:45 Rhythm of Life/ Reminiscing 12:45 Annette Smith's Cooking Class	26 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club	27 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class/ESL Class 11:15 Bingo/ Silver Sneakers 12:30 Walking 12:45 Pinochle/Bingo /Book Club 1:15 Parkinson's Support Group	28 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge	29 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Bingo/ Pinochle

Rover Transportation Available