



# September 2014 Programs at the Senior Center

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <b>1</b><br><b>WCASC CLOSED FOR LABOR DAY</b>   | <b>2</b><br>8:00 Breakfast<br>9:15 Low Impact Aerobics<br>10:00 Nurse<br>10:30 Current Events/ Computer Q &A/ HSIM<br>10:45 Spanish Class<br>11:30 Yoga<br>12:45 Knitting   | <b>3</b><br>8:00 Breakfast<br>9:00 Pinochle<br>9:15 Silver Sneakers Cardio Circuit<br>10:00 German Club/ Blood Pressures<br>10:30 Arthritis Exercise Class<br>11:15 Bingo/ Silver Sneakers<br>12:45 Pinochle/Bingo<br><b>1:00 French Class</b>  | <b>4</b><br>8:00 Breakfast<br>9:15 Low Impact Aerobics<br>10:00 Ping Pong/ <b>Ipad Club</b><br>10:30 Healthy Steps in Motion<br>11:30 Yoga<br>12:00 Bridge            | <b>5</b><br>8:00 Breakfast<br>9:00 Tai Chi/ Pinochle<br>9:30 Brain Aerobics<br>10:30 Arthritis Exercise Class<br>11:15 SilverSneakers<br>11:15 Bingo<br>12:30 Walking<br>12:45 Bingo/Pinochle/Crafts                     |
| <b>8</b><br>8:00 Breakfast<br>9:00 Pinochle<br>9:15 Silver Sneakers Cardio Circuit<br>10:30 Arthritis Exercise Class/ Italian Class<br>11:15 Bingo/Silver Sneakers<br>12:00 Bridge<br>12:45 Bingo/ Reminiscing<br>12:45 Rhythm of Life/<br><b>12:45 Garden Club: Apple Extrazaganza!</b>                | <b>9</b><br>8:00 Breakfast<br>9:15 Low Impact Aerobics<br>10:00 Nurse<br>10:30 Current Events/ Computer Q &A/ HSIM<br>10:45 Spanish Class<br>11:30 Yoga<br>12:45 Knitting<br><b>6:00 Bingo</b>  | <b>10</b><br>8:00 Breakfast<br>9:00 Pinochle<br>9:15 Silver Sneakers Cardio Circuit<br>10:00 German Club/ Blood Pressures<br>10:30 Arthritis Exercise Class<br>11:15 Bingo/ Silver Sneakers<br><b>12:30 Sen. Dinniman's Outreach Representative</b><br>12:45 Pinochle/Bingo<br><b>1:00 French Class</b>     | <b>11</b><br>8:00 Breakfast<br>9:15 Low Impact Aerobics<br>9:30 Bible Study<br>10:00 Ping Pong<br>10:30 Healthy Steps in Motion<br>11:30 Yoga<br>12:00 Bridge         | <b>12</b><br>8:00 Breakfast<br>9:00 Tai Chi/ Pinochle<br>9:30 Brain Aerobics<br>10:30 Arthritis Exercise Class<br>11:15 SilverSneakers<br>11:15 Bingo<br>12:30 Walking<br>12:45 Bingo/Pinochle/Crafts                    |
| <b>15</b><br>8:00 Breakfast<br>9:00 Pinochle<br>9:15 Silver Sneakers Cardio Circuit<br>10:30 Arthritis Exercise Class/ Italian Class<br>11:15 Bingo/Silver Sneakers<br>12:45 Bingo/ Rummikub/Rhythm of Life<br>12:45 Walking/Reminiscing<br><b>12:45 Medication Management</b>                          | <b>16</b><br>8:00 Breakfast<br>9:15 Low Impact Aerobics<br>10:00 Nurse<br>10:30 Current Events/ Computer Q &A/HSIM<br>10:45 Spanish Class<br>11:30 Yoga<br><b>12:00 Lunch &amp; Learn</b><br>12:45 Knitting Club                                  | <b>17</b><br>8:00 Breakfast<br>9:00 Pinochle<br>9:15 Silver Sneakers Cardio Circuit<br>10:00 German Club<br>10:30 Arthritis Exercise Class<br>11:15 Bingo/ Silver Sneakers<br><b>12:00 Birthday Party &amp; Talent Show</b><br>12:45 Pinochle<br><b>1:00 French Class</b>                                   | <b>18</b><br>8:00 Breakfast<br>9:15 Low Impact Aerobics<br>10:00 Ping Pong<br>10:30 Healthy Steps in Motion<br>11:30 Yoga<br>12:00 Bridge<br>1:00 Computer Forum      | <b>19</b><br>8:00 Breakfast<br>9:00 Tai Chi/ Pinochle<br>10:30 Arthritis Exercise Class<br>11:15 SilverSneakers<br>11:15 Bingo<br>12:30 Walking<br>12:45 Bingo/Pinochle/Crafts<br><b>12:45 Movie: Heaven is for Real</b> |
| <b>22</b><br>8:00 Breakfast<br>9:00 Pinochle<br>9:15 Silver Sneakers Cardio Circuit<br>10:30 Arthritis Exercise Class/ Italian Class<br>11:15 Bingo/ Silver Sneakers<br>12:00 Bridge<br>12:45 Bingo/ Rummikub/Rhythm of Life<br>12:45 Walking/Reminiscing<br><b>1:00 Medicare Fraud Presentation</b>    | <b>23</b><br>8:00 Breakfast<br>9:15 Low Impact Aerobics<br>10:00 Nurse<br>10:30 Current Events/ Computer Q &A/HSIM<br>10:45 Spanish Class<br>11:30 Yoga<br>12:45 Knitting Club<br><b>2:00 Living a Healthy Life Workshop</b><br><b>6:00 Bingo</b> | <b>24</b><br>8:00 Breakfast<br>9:00 Pinochle<br><b>9 -12 – Flu Shot Clinic</b><br>9:15 Silver Sneakers Cardio Circuit<br>10:00 German Club/ Blood Pressures<br>10:30 Arthritis Exercise Class<br>11:15 Bingo/ Silver Sneakers<br><b>12:30 Book Club</b><br>12:45 Pinochle/Bingo<br><b>1:00 French Class</b> | <b>25</b><br>8:00 Breakfast<br><b>9:30 - 12:00 Fall Prevention Expo</b><br>9:30 Bible Study<br>10:00 Ping Pong<br>12:00 Bridge<br><b>12:45 Healthy Lifestyle Club</b> | <b>26</b><br>8:00 Breakfast<br>9:00 Tai Chi/ Pinochle<br>9:30 Brain Aerobics<br>10:30 Arthritis Exercise Class<br>11:15 SilverSneakers<br>11:15 Bingo<br>12:45 Bingo/ Pinochle/Crafts                                    |
| <b>29</b><br>8:00 Breakfast<br>9:00 Pinochle<br>9:15 Silver Sneakers Cardio Circuit<br>10:30 Arthritis Exercise Class/ Italian Class<br>11:15 Bingo/Silver Sneakers<br>12:00 Bridge<br>12:45 Bingo/ Rummikub/Walking<br>12:45 Rhythm of Life/ Reminiscing<br><b>12:45 Annette Smith's Cooking Class</b> | <b>30</b><br>8:00 Breakfast<br>9:15 Low Impact Aerobics<br>10:00 Nurse<br>10:30 Current Events/ Computer Q &A/HSIM<br>10:45 Spanish Class<br>11:30 Yoga<br>12:45 Knitting Club<br><b>2:00 Living a Healthy Life Workshop</b>                      |   |    |  |

Rover Transportation Available

# September 2014 Menu

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| <b>1</b><br><b>WCASC CLOSED</b><br><b>FOR</b><br><b>LABOR DAY</b>  | <b>2</b><br>Fruit Juice<br>Salisbury Steak<br>Mashed Potatoes<br>Spinach<br>Whole wheat Roll<br>Yogurt with Granola            | <b>3</b><br>Tomato Soup<br>Roasted Chicken Quarter<br>Potato Wedges<br>Whole Wheat Roll<br>Pineapple  | <b>4</b><br>Grape Juice<br>Roast Turkey & Gravy<br>Brown Rice<br>Brussel Sprouts<br>Whole Wheat Dinner Roll<br>Applesauce   | <b>5</b><br>Tossed Salad with Tomato<br>Tuna Noodle Casserole<br>Graham Crackers<br>Pound Cake, Strawberries, &<br>Whipped Topping  |
| <b>8</b><br>Chickenl Parmesan<br>Tater Tots<br>Green Beans<br>Whole Wheat Bun<br>Orange  | <b>9</b><br>Lentil Soup<br>Roast Beef Au Jus<br>Potato Salad<br>Wheat Kaiser Roll<br>Fruit Cocktail                            | <b>10</b><br>Lemon Chicken<br>Pasta Salad<br>Broccoli<br>Fresh Apple Slices   | <b>11</b><br>Mixed Fruit Juice<br>Turkey Ala King<br>Egg Noodles<br>Mixed Vegetables<br>Bread Stick<br>Melon  | <b>12</b><br>Beef Stew<br>Potatoes<br>Peas & Carrots<br>Whole Wheat Roll<br>Vanilla Pudding   |
| <b>15</b><br>Cranberry Juice<br>Baked Tilapia& Red Creole Sauce<br>Baked Potato<br>Green Beans<br>Graham Crackers<br>Granola Bar | <b>16</b><br>Tossed Salad with Tomato<br>Beef a Roni<br>Seasoned Italian Blend<br>Wheat Breadstick<br>Tapioca Pudding          | <b>17</b><br><i><b>Birthday Party</b></i><br><i><b>Orange Juice</b></i><br><i><b>Southwest Chicken</b></i><br><i><b>Seasoned Corn</b></i><br><i><b>Corn Mufin</b></i><br><i><b>Cake &amp; Ice Cream</b></i> | <b>18</b><br>Tossed Salad<br>Meatball Sub<br>Provolone Cheese<br>Fresh Apple Slices   | <b>19</b><br>Roast Turkey & Gravy<br>Carrots<br>Stuffing<br>Cranberry Sauce<br>Whole Wheat Roll<br>Mandarin Oranges   |
| <b>22</b><br>Vegetable Soup<br>Cheeseburger<br>Lettuce & Tomato<br>Cole Slaw<br>Grapes   | <b>23</b><br>Cranberry Juice<br>Crab Cakes<br>Green Beans<br>Macaroni & Cheese<br>Diced Pears                                  | <b>24</b><br>Grape Juice<br>Roast Pork<br>Sauerkraut<br>Baked Sweet Potato<br>Wheat Roll<br>Applesauce  | <b>25</b><br>Beef Stroganoff<br>Oriental Blend Vegetables<br>White Rice<br>Whole Wheat Bread<br>Mandarin Oranges  | <b>26</b><br>Mushroom Barley Soup<br>Turkey Burger<br>Vegetarian Baked Beans<br>Whole Wheat Roll<br>Melon   |
| <b>29</b><br>Orange Juice<br>Home-Style Meatloaf & Gravy<br>Mashed Potatoes<br>Green Beans<br>Whole Wheat Roll<br>Vanilla Wafers | <b>30</b><br>Chicken Cordon Bleu<br>Honey Mustard Sauce<br>Collard Greens<br>Parslied Noodles<br>Whole Wheat Roll<br>Pineapple |   | 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. | <b>Cold lunch menu on page 7. Also available at the Center or online @ <a href="http://www.wcseniors.org">www.wcseniors.org</a>. Please sign up for lunches at least 5 days in advance.</b> |

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.