

October 2014 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
1		1 8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Nutrition: Portion Control 1:00 Pinochle/Bingo/French 7:00 Celebrate the 3rd Phase of Life Workshop	2 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Ping Pong/ Ipad Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 1:00 Chorus	3 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/Crafts
6 8:00 Breakfast 9:00 Pinochle 9:30 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/ 12:45 Nutrition: The Power of the Pumpkin	7 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting	8 8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Sen. Dinniman's Outreach Representative 12:45 Pinochle/Bingo 12:45 Nutrition: Food Labels 1:00 French Class	9 8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation 10:00 Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 1:00 Chorus	10 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/Crafts
13 8:00 Breakfast 9:00 Pinochle 9:30 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:	14 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse/ Planning Council 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:00 Lunch & Learn 12:45 Knitting Club 6:00 Bingo	15 8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Party & Entertainment 12:45 Pinochle 1:00 French Class	16 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Ping Pong 10:00 Photo Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:30 Movie: The Fault in Our Stars 1:00 Chorus	17 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/Crafts
20 8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Walking/Reminiscing	21 8:00 Breakfast 9:30 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	22 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Book Club 12:45 Nutrition: Antioxidants 12:45 Pinochle/Bingo 1:00 French Class	23 8:00 Breakfast 9:30 Low Impact Aerobics/Bible Study 10:00 Ping Pong 10:00 Photo Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 1:00 Computer Forum 1:00 Chorus	24 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/Crafts
27 8:00 Breakfast 9:00 Pinochle 9:30 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	28 8:00 Breakfast 9:30 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 6:00 Bingo	29 8:00 Breakfast 9-3 Medicare Enrollment Event 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Pinochle/Bingo 1:00 French Class	30 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 1:00 Chorus	31 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:00 Halloween Party! 12:45 Bingo/ Pinochle/Crafts

Rover Transportation Available

October 2014 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p>	<p>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.</p>	<p>1</p> <p>Fruit Juice Salisbury Steak Mashed Potatoes Spinach Whole wheat Roll Yogurt with Granola</p>	<p>2</p> <p>Tomato Soup Roasted Chicken Quarter Potato Wedges Whole Wheat Roll Pineapple</p>	<p>3</p> <p>Grape Juice Roast Turkey & Gravy Brown Rice Brussel Sprouts Whole Wheat Dinner Roll Applesauce</p>
<p>6</p> <p>Tossed Salad with Tomato Tuna Noodle Casserole Graham Crackers Pound Cake, Strawberries, & Whipped Topping</p>	<p>7</p> <p>Veal Parmesan Tater Tots Green Beans Whole Wheat Bun Mandarin Orange</p>	<p>8</p> <p>Lentil Soup Roast Beef Au Jus Potato Salad Wheat Kaiser Roll Fruit Cocktail</p>	<p>9</p> <p>Lemon Chicken White Rice Broccoli Fresh Apple Slices</p>	<p>10</p> <p>Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding</p>
<p>13</p> <p>Mixed Fruit Juice Turkey Ala King Egg Noodles Mixed Vegetables Bread Stick Pear</p>	<p>14</p> <p>Cranberry Juice Baked Tilapia& Red Creole Sauce Baked Potato Green Beans Graham Crackers Granola Bar</p>	<p>15</p> <p><i><u>Birthday Party</u></i> <i>Tossed Salad with Tomato</i> <i>Beef a Roni</i> <i>Seasoned Italian Blend</i> <i>Wheat Breadstick</i> <i>Tapioca Pudding</i> <i>Cake & Ice Cream</i></p>	<p>16</p> <p>Orange Juice Southwest Chicken Seasoned Corn Corn Mufin Sliced Peaches</p>	<p>17</p> <p>Tossed Salad Meatball Sub Provolone Cheese Fresh Apple</p>
<p>20</p> <p>Roast Turkey & Gravy Carrots Stuffing Cranberry Sauce Whole Wheat Roll Mandarin Oranges</p>	<p>21</p> <p>Vegetable Soup Cheeseburger Lettuce & Tomato Cole Slaw Grapes</p>	<p>22</p> <p>Cranberry Juice Crab Cakes Green Beans Macaroni & Cheese Diced Pears</p>	<p>23</p> <p>Grape Juice Roast Pork Sauerkraut Baked Sweet Potato Wheat Roll Applesauce</p>	<p>24</p> <p>Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges</p>
<p>27</p> <p>Mushroom Barley Soup Tossed Salad BBQ Chicken Sandwich Vegetarian Baked Beans Grapes</p>	<p>28</p> <p>Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Vanilla Wafers</p>	<p>29</p> <p>Chicken Cordon Bleu Honey Mustard Sauce Collard Greens Parslied Noodles Whole Wheat Roll Pineapple</p>	<p>30</p> <p>Fruit Juice Salisbury Steak Mashed Potatoes Spinach Whole wheat Roll Yogurt with Granola</p>	<p>31</p> <p>Tomato Soup Roasted Chicken Quarter Potato Wedges Whole Wheat Roll Pineapple</p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.