

# November 2014 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
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/Rhythm of Life <b>12:45 Nutrition: Healthy Thanksgiving Tips</b>	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	8:00 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 1:00 Pinochle/Bingo/French <b>1:00 Top 5 Aging Myths</b>	8:00 Breakfast <b>9-3 Medicare Enrollment Event</b> 9:30 Low Impact Aerobics 10:00 Ping Pong/ <b>Ipad Club</b> 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 1:00 Chorus	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
<b>10</b>	<b>WCASC CLOSED</b>	<b>12</b>	<b>13</b>	<b>14</b>
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 <b>12:45 Garden Club</b>		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 <b>12:30 Sen. Dinniman's Outreach Representative</b> 12:45 Pinochle/Bingo <b>12:45 Nutrition Program: Diabetes</b> 1:00 French Class	8:00 Breakfast 9:30 Low Impact Aerobics/Bible Study 10:00 Art Appreciation/Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge <b>12:00 90 + Birthday Celebration</b> <b>12:45 Healthier Life Support Group</b> <b>7:00 Empowering Caregivers: Finding Home Healthcare</b>	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/Craft <b>12:45 Laundromat Library League Presentation</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
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 <b>12:45 Growing Up in the 40s</b>	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	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 <b>12:00 Birthday Party &amp; Entertainment</b> 12:45 Pinochle 1:00 French Class	8:00 Breakfast <b>9-2 Holiday Bazaar!</b> <b>9-3 Medicare Enrollment Event</b> 9:30 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 1:00 Chorus	8:00 Breakfast <b>9-2 Holiday Bazaar!</b> 9:00 Tai Chi/ Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Bingo/Pinochle/Crafts
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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	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 <b>12:45 Movie: Captain Phillips</b>	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 Pinochle/Bingo 1:00 French Class	<b>COMMUNITY THANKSGIVING DINNER 12-3</b>	<b>WCASC CLOSED</b>
	<b><u>HOLIDAY BAZAAR</u></b>  <b>NOV. 20,21,22 9 TO 2</b>			

# November 2014 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Grape Juice Roast Turkey & Gravy Brown Rice Brussel Sprouts Whole Wheat Dinner Roll Applesauce	<b>4</b> Tossed Salad with Tomato Tuna Noodle Casserole Graham Crackers Pound Cake, Blueberries,& Whipped Topping	<b>5</b> Veal Parmesan Tater Tots Green Beans Whole Wheat Bun Mandarin Orange	<b>6</b> Lentil Soup Roast Beef Au Jus Potato Salad Wheat Kaiser Roll Fruit Cocktail	<b>7</b> Lemon Chicken White Rice Broccoli Fresh Apple Slices
<b>10</b> Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding	<b>11</b>  <b>WCASC CLOSED</b>	<b>12</b> Cranberry Juice Baked Tilapia& Red Creole Sauce Baked Potato Green Beans Graham Crackers Granola Bar	<b>13</b> Tossed Salad with Tomato Beef a Roni Seasoned Italian Blend Wheat Breadstick Tapioca Pudding	<b>14</b> Orange Juice Southwest Chicken Seasoned Corn Corn Mufin Sliced Peaches
<b>17</b> Tossed Salad Meatball Sub Provolone Cheese Fresh Apple	<b>18</b> Vegetable Soup Cheeseburger Lettuce & Tomato Cole Slaw Grapes	<b>19</b> <i><b>Thanksgiving &amp; Birthday Broccoli &amp; Cheese Soup Roast Turkey &amp; Gravy Stuffing &amp; Glazed Carrots Mashed Red Bliss Potatoes Sweet Potato Pie</b></i>	<b>20</b> Cranberry Juice Crab Cakes Green Beans Macaroni & Cheese Diced Pears	<b>21</b> Grape Juice Roast Pork Sauerkraut Baked Sweet Potato Wheat Roll Applesauce
<b>24</b> Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges	<b>25</b> Mushroom Barley Soup Tossed Salad BBQ Chicken Sandwich Vegetarian Baked Beans Grapes	<b>26</b> Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Vanilla Wafers	<b>27</b>  <b>COMMUNITY THANKSGIVING DINNER 12-3</b>	<b>28</b>  <b>WCASC CLOSED</b>
	<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>		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.	

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE