

February 2015 Menu - Revised

Monday	Tuesday	Wednesday	Thursday	Friday
2 Roast Turkey & Gravy Brussel Sprouts Brown Rice Whole Wheat Roll Applesauce Cranberry Sauce	3 Mixed Fruit Juice Salisbury Steak & Gravy Mashed Potatoes Spinach Whole Wheat Roll Yogurt & Granola	4 Veal Parmesan Potato Wedges Green Beans Whole Wheat Bun Orange	5 Roast Beef Au Jus Wheat Kaiser Roll Mashed Potatoes Tropical Fruit	6 Lentil Soup Honey Lemon Chicken White Rice Broccoli Fresh Apple Slices
9 Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding Graham Crackers	10 Mixed Fruit Juice Turkey Ala King Egg Noodles Mixed Vegetables Bread Stick Fresh Pear	11 <i>Valentine's Day Dinner</i> <i>Baked Meat Lasagna</i> <i>Green Bean Almondine</i> <i>Caesar Salad</i> <i>Garlic Bread</i> <i>Layered Tiramisu</i>	12 Tossed Salad with Tomato Beef a Roni Seasoned Italian Blend Wheat Breadstick Tapioca Pudding	13 Orange Juice Chicken Cacciatore Green Beans Corn Muffin White Rice Pear Halves
16 Tossed Salad Ziti & Meatballs Italian Bread Italian Blend Vegetables Oatmeal Cookie	17 Roast Turkey & Gravy Stuffing Carrots Whole Wheat Roll Fruit Cocktail Cranberry Sauce	18 <i>Birthday Party</i> <i>Vegetable Navy Bean Soup</i> <i>Tilapia in Red Creole Sauce</i> <i>Baked Potato</i> <i>Green Beans</i> <i>Granola Bar</i> <i>Cake & Ice Cream</i>	19 Minestrone Soup Italian Sausage, Peppers, & Onion Sandwich Oven Browned Potatoes Diced Pears	20 Cranberry Juice Crab Cakes Macaroni & Cheese Stewed Tomatoes Orange
23 Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges	24 Tossed Salad Mushroom Barley Soup BBQ Chicken Sandwich Vegetarian Baked Beans Apple	25 Orange Juice Meatloaf with Gravy Mashed Potatoes Green Beans Vanilla Wafers	26 Chicken Cordon Bleu Honey Mustard Sauce Collard Greens Parslied Noodles Whole Wheat Roll Pineapple	27 Tossed Salad with Tomatoes Tuna Noodle Casserole Whole Wheat Roll Pound Cake with Blueberries
<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>		

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

February 2015 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
8:00 Breakfast 9:00 Pinochle 9:30 Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:30 Bridge 12:45 Bingo/ Reminiscing 12:45 Rhythm of Life	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 12:30 Fall Prevention Program 12:45 Knitting 1:00 AARP General Meeting	8:00 Breakfast 9:00 Pinochle 9:30 Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo 11:15 Silver Sneakers 12:45 Pinochle/Bingo	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 iPad Club/Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:30 Fall Prevention Program 12:45 Healthier Life Support Group 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
9	10	11	12	13
8:00 Breakfast 9:00 Pinochle 9:30 Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:30 Bridge 12:45 Bingo/ Reminiscing 12:45 Rhythm of Life 12:45 Garden Club	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Planning Council/Nurse 10:30 Current Events/ Computer Q &A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:30 Fall Prevention Program 12:45 Knitting	8:00 Breakfast 9:00 Pinochle 9:15 Art from the Heart 9:30 Cardio Circuit 10:00 German Club/ Blood Pressures 10:00 MindMatters Lecture 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Sen. Dinniman's Outreach Representative 12:45 Pinochle/Bingo	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation/Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:30 Fall Prevention Program 12:45 Read the Classics Book Club 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
16	17	18	19	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 12:30 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Reminiscing 12:45 Nutrition & My Vision	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 12:30 Fall Prevention Program 12:45 Knitting	8:00 Breakfast 9:00 Pinochle 9:15 Art from the Heart 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	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:30 Fall Prevention Program 12:45 Healthier Life Support Group 1:00 Chorus/ Computer Forum	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 12:45 Movie: The 100 Foot Journey
23	24	25	26	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 12:30 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 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 12:30 Fall Prevention Program 12:45 Knitting Club	8:00 Breakfast 9:00 Pinochle 9:15 Art from the Heart 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 Living in Retirement Workshop	8:00 Breakfast 9:30 Low Impact Aerobics/Bible Study 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:30 Fall Prevention Program 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
				