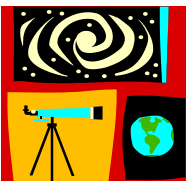


PROGRAMS - JUNE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:45 Bingo/ Rhythm of Life 12:45 "SUMMER FRUITS" 1	8:00 Breakfast 9:30Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q&A 10:30 Heathy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 1:00 AARP GENERAL MEETING & ... 2	8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circu 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 --"CARING FOR THE CAREGIVER " 12:45 Pinochle 7:00 PM ASTRONOMY WORKSHOP 3	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00Ping Pong/ART 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:45 GRAND FRIENDS CLUB 1:00 Chorus 4	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts 5
8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:45 Bingo/ Rhythm of Life 12:45 "THE BASICS OF ALZHEIMER'S" 12:45 Reminiscing 8	8:00 Breakfast 9:30Low Impact Aerobics 10:00 Planning Council/Nurse 10:30 Current Events/Computer Q&A 10:30 Heathy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 1:00 GRAND FRIENDS CLUB 9	8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 PM - "ANTI - INFLAMMATORY FOODS "PRESENTATION 12:45 Pinochle 10	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00Ping Pong/ART 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:45 GRAND FRIENDS CLUB 1:00 Chorus 11	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts 12:45 "THE POWER OF NUTRITION" BY CAROL SWEENEY 12
8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:45 Bingo/ Rhythm of Life 12:45 "BOOSTING YOUR IMMUNE SYSTEM" 12:45 Reminiscing 15	8:00 Breakfast 9:30Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q&A 10:30 Heathy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 2:00 French Club 16	8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German/ Nurse 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 "BIRTHDAY LUNCH & WCASC FASHION SHOW" 12:45 Pinochle 17	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 PHOTO CLUB/ ART 10:00 Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:45 Read the Classics Book Club 1:00 Chorus/ Computer Forum 18	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts 12:45 MOVIE TIME & SNACKS 19
8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 & 11:15 PRESENTATIONS BY VILLANOVA NURSING STUDENTS 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/ Silver Sneakers Classic 12:30 Bridge 12:45 Bingo /Rhythm of Life/Reminiscing 22	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q &A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club 12:45 "HIPS & KNEES" BY NOVA CARE 23	8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/SilverSneakers Classic 1:15 PARKINSON'S SUPPORT GROUP 2:00 Pinochle 24	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 ART 10:30 Healthy Steps In Motion 11:30 Yoga 12:30 Bridge 12:45 Read the Classics Book Club 2:00 Pinochle / Computer Forum 7:00 PM MRS. G'S HEAVENLY TREATS 25	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts 26
8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/ Silver Sneakers Classic 12:30 Bridge 12:45 Bingo /Rhythm of Life/Reminiscing 29	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q&A 10:30 Healthy Steps In Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club 30		ALL ABOUT SUMMER FRUITS — JUNE 1ST @ 12:45 	 ASTRONOMY WORKSHOP — JUNE 3RD @ 7 PM

MENU – JUNE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FISH PATTY SANDWICH 1 Fish Patty WW. Hamburger Bun Lettuce/Tomato Cole Slaw/Tartar sauce Pound cake w/Blueberries Whipped Topping/Milk	VEAL PARMESAN 2 Veal Patty Marinara Sauce / Rotini Pasta/ Green Beans WW Bun Mozzarella Cheese Milk/ Fresh Orange	ROAST BEEF AU JUS 3 Roast Beef & Au Jus Wheat Kaiser Roll Mashed Potatoes Tropical Fruit Milk Horseradish Sauce	HONEY LEMON CHICKEN 4 Chicken Breast Honey Lemon Sauce Brown Rice Pilaf Broccoli Margarine/Milk/ Saltines Fresh Apple Slices/Lentil	BEEF STEW 5 Beef Cubes Gravy/Potatoes Carrots/Margarine Whole Wheat Roll Red Jell-O Graham Crackers & Milk
TURKEY A LA KING 8 Roasted Turkey Mixed Vegetables Cream Sauce/ Egg Noodles Wheat Bread Stick Margarine/Milk Mixed Fruit Juice	BAKED TILAPIA 9 Tilapia Red Creole Sauce Baked Potato/Sour Cream Wheatsworth Crackers Margarine	BEEF A RONI 10 Ground Beef & Veggies Elbow Macaroni Marinara Sauce Tossed Salad w/ Tomatoes Tapioca Pudding	CHICKEN CORDON BLEU 11 Chicken Breast/Ham/ Swiss Cheese Collard Greens WW Roll/ Margarine Parslied Noodles/Milk Pineapple Chunks	CHEESEBURGER 12 Ground Beef Burger American Cheese Shredded Lettuce &Tomato Cole Slaw/Whole Wheat Bun Milk / Peach Halves
ROAST TURKEY DINNER 1 Carrots& Stuffing WW Roll/ Margarine Milk Cranberry Sauce & Grape Juice	CRAB CAKES 16 Crab Cakes& Cocktail sauce Macaroni & Cheese Stewed Tomatoes Margarine/Fresh Orange Cranberry Juice/Milk	BIRTHDAY LUNCH OVEN FRIED CHICKEN 17 Romaine Salad/Tomatoes Scalloped Potatoes Roasted Baby Carrots Roll w/ Margarine Chocolate Cake 1% Milk	CHICKEN CACCIASTORE 18 Chicken Breast Green Beans/ White Rice Corn Muffin/Margarine Orange Juice Milk	ZITI & MEATBALLS 19 Marinara Sauce Italian Bread/Italian Dressing Tossed Salad w/Tomato Italian Blend Vegetables Oatmeal Cookies & Milk
Italian Sausage w/Pepper Sandwich 2 Minestrone Soup 4" Club Roll Wedge Fries Margarine/Milk & Diced Pear	CHICKEN CHEESE STEAK 23 Chicken Steak/ Am. Cheese Corn Cobbett/4" Club Roll Margarine/Wheat Crackers Mandarin Oranges Tomato Soup	BEEF STROGANOFF 24 Beef Cubes & Gravy Sour Cream/ Brown Rice Whole Wheat Bread Margarine Carrots/Milk Oranges	BBQ CHICKEN SANDWICH 25 WW Hamburger Bun Vegetarian Baked Beans Tossed Salad/Italian Dressing WW Crackers/Milk	MEATLOAF W. GRAVY 26 Roast Beef & Gravy Mashed Potatoes& Green Beans WW Roll/Margarine Vanilla Wafers/Milk Orange Juice
ROAST TURKEY 29 Carrots & Stuffing WW Roll/ Margarine/Peas Milk/Grape Juice Applesauce Masked Sweet Potatoes	SALISBURY STEAK 30 Steak / Brown Gravy Mashed Potatoes/Spinach WW Roll/Margarine Yogurt w. Granola Mixed Fruit Juice / Milk	 WCASC FASHION SHOW- JUNE 17 @ 12:45		