


# PROGRAMS - AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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 Reminiscing <b>12:45 SUMMER SQUASH/VEGETTI</b></p> <p><b>3</b></p>	<p>8:00 Breakfast 9:30Low Impact Aerobics 10:00 Nurse <i>10:30 Beginners Painting Class</i> 10:30 Current Events/Computer Q&amp;A 10:30 Healthy Steps in Motion 10:45 Spanish Class <b>11:00" LIAS' MOTHER"</b> 11:30 Yoga 12:45 Knitting <b>12:45 AARP GENERAL MEETING</b> 2:00 French Club</p> <p><b>4</b></p>	<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/Blood Pressure <b>10-11:30 ROVER COMMUNITY TRANSPORTATION</b> 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 Pinochle</p> <p><b>5</b></p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00Ping Pong/<b>ART</b> 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge</p> <p><b>6</b></p>	<p>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</p> <p><b>7</b></p>
<p>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 <b>12:45 GARDEN CLUB-TOMATO TASTING</b> 12:45 Reminiscing</p> <p><b>10</b></p>	<p>8:00 Breakfast 9:30Low Impact Aerobics 10:00 Planning Council/Nurse 10:30 Current Events/Computer Q&amp;A 10:30 Healthy Steps in Motion <i>10:30 Beginners Painting Class</i> 10:45 Spanish Class 11:30 Yoga 12:45 Knitting <b>12:45 DEMENTIA CONVERSATIONS</b> 2:00 French Club</p> <p><b>11</b></p>	<p>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 <b>12:45 HEALTHY &amp; UNHEALTHY FATS</b> 12:45 Pinochle</p> <p><b>12</b></p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00Ping Pong/<b>ART</b> 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge</p> <p><b>13</b></p>	<p>8:00 Breakfast 9:00 Tai Chi/ Pinochle <b>9-12 FOOD BOX DAY</b> 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts</p> <p><b>14</b></p>
<p>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 Reminiscing</p> <p><b>17</b></p>	<p>8:00 Breakfast 9:30Low Impact Aerobics 10:00 Nurse <i>10:30 Beginners Painting Class</i> 10:30 Current Events 10:30 Computer Q&amp;A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 2:00 French Club</p> <p><b>18</b></p>	<p>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 <b>12:45 "BIRTHDAY LUNCH &amp; ENTERTAINMENT"</b> 12:45 Pinochle</p> <p><b>19</b></p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics <b>10:00 PHOTO CLUB /ART</b> 10:00 Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge <b>1:00 COMPUTER FORUM</b></p> <p><b>20</b></p>	<p>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 <b>12:45 NATIONAL SENIOR CITIZEN'S DAY --BRAG BOARD &amp; ICE CREAM SOCIAL</b></p> <p><b>21</b></p>
<p>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 <b>12:45 ARTHRITIS PREVENTION &amp; MANAGEMENT</b> 12:45 Bingo /Rhythm of Life/Reminiscing</p> <p><b>24</b></p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse <i>10:30 Beginners Painting Class</i> 10:30 Current Events/Computer Q &amp;A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club 2:00 French Club</p> <p><b>25</b></p>	<p>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 <b>12:30 BOOK CLUB W/SHAARON</b> <b>1:15 PARKINSON'S SUPPORT GROUP</b> 2:00 Pinochle</p> <p><b>26</b></p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics <b>10:00 ART</b> 10:30 Healthy Steps In Motion 11:30 Yoga 12:30 Bridge 2:00 Pinochle</p> <p><b>27</b></p>	<p>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</p> <p><b>28</b></p>
<p>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</p> <p><b>31</b></p>	<p><b>PLEASE REMEMBER TO PRE- SIGN UP FOR TAI CHI - FOR ARTHRITIS CLASSES!</b></p>		<p><b>WE ARE LOOKING FOR TALENTS! PLEASE SIGN UP AT THE FRONT DESK!</b></p>	<p><b>NEW THIS MONTH: TUESDAYS @ 10:30 AM BEGINNERS' PAINTING CLASS</b></p>

# MENU – AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEATBALL SANDWICH</b> 3 MEATBALLS, PROVOLONE CHEESE 4" WHITE ROLL, MARINARA SAUCE CUCUMBER SALAD BROCCOLI ORANGE SECTIONS/MILK	<b>ROAST TURKEY DINNER</b> 4 ROAST TURKEY W/GRAVY STUFFING/SPINACH CRANBERRY SAUCE SCALLOPED APPLES MILK	<b>CHEESEBURGER</b> 5 HAMBURGER PATTY W/AMERICAN CHEESE LETTUCE/TOMATO/WHOLE WHEAT BUN COLE SLAW/ VEGETABLE SOUP CANTALOUPE/MILK	<b>BAKED FISH</b> 6 BAKED FISH MACARONI & CHEESE GREEN BEANS W/TOMATOES STRAWBERRIES/WHIPPED TOPPING ROLL/MILK	<b>BBQ CHICKEN BREAST</b> 7 CHICKEN BREAST BBQ SAUCE MACARONI SALAD/BROCCOLI PINEAPPLE WHOLE WHEAT BREAD/MILK
<b>BEEF STROGANOFF</b> 10 BEEF W/CREAM SAUCE MUSHROOMS/BUTTERED NOODLES PEAS & CARROTS STRAWBERRIES/TOSSED SALAD ROLL/MILK	<b>ROASTED PORK LOIN</b> 11 PORK LOIN SWEET POTATO/SAUERKRAUT HONEYDEW MELON CRANBERRY SAUCE WHOLE WHEAT ROLL/MILK	<b>MEATLOAF WITH GRAVY</b> 12 GROUND BEEF & TURKEY MASHED POTATOES/GRAVY GREEN BEANS/SPINACH SALAD VANILLA WAFERS WHOLE WHEAT BREAD/MILK	<b>CHICKEN CORDAN BLEU</b> 13 CHICKEN BREAST W/ HAM & SWISS CHEESE COLLARD GREENS STEAMED WHITE RICE PEACHES MINI CORN MUFFIN/MILK	<b>PEPPER STEAK</b> 14 MARINATED STEAK W/PEPPERS RICE TOSSED SALAD W/ORIENTAL DRESSING MANDARIN ORANGES MILK
<b>GRILLED LEMON CHICKEN BREAST</b> 17 CHICKEN BREAST W/LEMON SAUCE OVEN BROWNED POTATOES CALIFORNIA BLEND VEGETABLES PINEAPPLE WHOLE WHEAT BREAD/MILK	<b>ROAST TURKEY</b> 18 ROAST TURKEY BREAST SWEET POTATO CAULIFLOWER W/RED PEPPER SPINACH SALAD/CRANBERRY SAUCE BERRIES WHOLE WHEAT BREAD/MILK	<b>BIRTHDAY LUNCH SUMMER BARBEQUE</b> 19 BBQ CHICKEN QUARTER GREEN BEAN SALAD MACARONI SALAD WATER ICE DINNER ROLL/MILK	<b>VEAL PARMESAN</b> 20 BREADED VEAL PATTY MARINARA SAUCE/MOZZARELLA CHEESE GREEN BEANS BUTTERED ROTINI FRESH ORANGE MILK	<b>OPEN FACED HOT ROAST BEEF</b> 21 ROAST BEEF W/MASHED POTATOES GRAVY /WHOLE WHEAT BREAD PEAS & ONIONS STRAWBERRIES MILK
<b>HONEY CHICKEN</b> 24 CHICKEN BREAST W/HONEY SAUCE RICE PILAF/BROCCOLI SLICED APPLES GINGERSNAP COOKIES MIXED FRUIT JUICE/MILK	<b>TURKEY A LA KING</b> 25 ROASTED TURKEY W/CREAM SAUCE MIXED CAPRI VEGETABLES MUSHROOMS/EGG NOODLES TOSSED SALAD/CANTALOUPE WHOLE WHEAT ROLL/MILK	<b>BEEF STEW</b> 26 BEEF CUBES W/GRAVY OVEN BROWNED POTATOES CARROTS FRESH PLUM BREADSTICK/MILK	<b>BAKED TILAPIA</b> 27 TILAPIA W/CARIBBEAN SAUCE BROWN RICE GREEN BEANS/TOSSED SALAD WATER ICE MILK	<b>BEEF A RONI</b> 28 GROUND BEEF ELBOW MACARONI/ TOMATO SAUCE TOSSED SALAD W/TOMATOES COOKED SPINACH ORANGE SECTIONS/MILK
<b>SOUTHWEST CHICKEN FAJITAS</b> 31 CHICKEN BREAST SHREDDED CHEDDAR/SALSA PEPPERS & ONIONS MEXICAN CORN TORTILLA TOSSED SALAD PEACHES/MILK	<b>NEW THIS MONTH:</b> <b>TUESDAYS @ 10:30 AM</b> <b>BEGINNERS'</b> <b>PAINTING CLASS</b>	<b>Please make sure to sign up</b> <b>3 DAYS IN ADVANCE</b> <b>for your hot or cold lunch meals to ensure</b>	We are looking for a volunteer Art Instructor for our Thursday class. Please contact Jim Mobile if you are interested.	

**Please remember to sign up for your hot or cold lunch order 3 days in**