

PROGRAMS - OCTOBER 2015

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

POT LUCK DINNER
ALL SENIOR CENTER MEMBERS INVITED!
THURSDAY, OCTOBER 8, 2015 ~ 5-6:30 PM IN THE DINING ROOM

*Come out and have some fun with friends before Daylight Savings time comes in early November.
 Sign-up sheets will be posted in the Lobby so be thinking about what you'd like to bring to share.....*

<p>8:00 Breakfast 5 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 1:00 AUTUMN SQUASH & APPLES</p>	<p>8:00 Breakfast 6 9:30Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:15 Planning Council 11:30 Yoga 12:45 Knitting 12:45 CANNING WITH ANNETTE SMITH 1:00 SPANISH W/GRANDFRIENDS CLUB</p>	<p>8:00 Breakfast 7 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class/PLAYWRITING 11:15 Bingo/Silver Sneakers Classic 12:45 Pinochle 12:45 FIRE SAFETY PROGRAM</p>	<p style="text-align: right;">1</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 ART / IPAD CLUB 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:30 Bridge 1:00 HORACE PIPPIN-ART APPRECIATION WITH GRANDFRIENDS/CHORUS</p>	<p style="text-align: right;">2</p> <p>8:00 Breakfast 9:00 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>8:00 Breakfast 12 8:30 AARP SAFETY DRIVING CLASS 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 12:45 GARDEN CLUB</p>	<p>8:00 Breakfast 13 9:30Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:15 Planning Council 11:30 Yoga 12:45 Knitting 1:00 FALL CRAFT & STORY W/GRANDFRIENDS</p>	<p>8:00 Breakfast 14 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German/Nurse 10:30 Arthritis Exercise Class/PLAYWRITING 11:15 Bingo/ Silver Sneakers Classic 12:45 Pinochle 12:45 THINK PINK/EAT WELL</p>	<p>8:00 Breakfast 15 9:30 Low Impact Aerobics 10:00 PHOTO CLUB /ART 10:30 Healthy Steps in Motion 11:15 Tai Chi & CLASSIC BOOK CLUB 12:30 Bridge 12:45 MEMORIAL SERVICE</p>	<p>8:00 Breakfast 16 9:00 Pinochle 9:30 MEDITATION & BREATHING 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 19 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 12:45 ROAD SCHOLAR</p>	<p>8:00 Breakfast 20 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 12:40 MEDICARE & YOU 12:45 AMERICAN PLATE CHALLENGE 12:45 Knitting Club 1:00 CANNING WITH GRANDFRIENDS</p>	<p>8:00 Breakfast 21 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class/PLAYWRITING 11:15 Bingo/SilverSneakers Classic 12:00 BIRTHDAY LUNCH 2:00 Pinochle</p> <div style="text-align: center;">  <p>St. MARTHA VILLA for INDEPENDENT & RETIREMENT LIVING <i>A Continuing Care Retirement Community</i></p> </div> <p style="text-align: center;">Thank you for your sponsorship!</p>	<p>8:00 Breakfast 22 9:30 Low Impact Aerobics 10:00 ART 10:00 NOVA CARE-NECK, ETC. 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:30 Bridge 1:00 CHORUS 1:00 COLD WEATHER VEGGIES W/GRANDFRIENDS 2:00 Pinochle</p>	<p>8:00 Breakfast 23 9:00 Pinochle 9:30 Brain Aerobics 9:30 MEDITATION & BREATHING 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 26 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>8:00 Breakfast 27 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 1:00 MUSIC W/GRANDFRIENDS</p>	<p>8:00 Breakfast 28 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class/PLAYWRITING 11:15 Bingo/SilverSneakers Classic 12:30 BOOKCLUB WITH SHAARON 1:15 PARKINSON'S SUPPORT GROUP 2:00 Pinochle</p>	<p style="text-align: right;">29</p> <p>APPRISE ANNUAL ENROLLMENT EVENT</p> <p>8:00 Breakfast 10:00 ART 9:30 Low Impact Aerobics 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:30 Bridge 1:00 CHORUS 1:00 MAKING MASKS WITH G.F. 2:00 Pinochle</p>	<p>8:00 Breakfast 30 9:00 Pinochle 9:30 MEDITATION & BREATHING 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic/Bingo 12:45 Bingo/Pinochle/Crafts</p>

MENU – OCTOBER 2015

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

ROAST TURKEY DINNER ¹
ROAST TURKEY WITH GRAVY
SPINACH
STUFFING
CRANBERRY SAUCE
SCALLOPED APPLES
MILK

CHEESEBURGER ²
HAMBURGER PATTY
AMERICAN CHEESE
LETTUCE/TOMATO
COLESLAW/CANTALOUPE
VEGETABLE SOUP
MILK

BAKED FISH ⁵
BAKED FISH
MACARONI & CHEESE
ITALIAN GREEN BEANS
W/TOMATO
PINEAPPLES W/WHIPPED
CREAM
ROLL/MILK

BBQ CHICKEN BREAST ⁶
CHICKEN BREAST
BBQ SAUCE
MACARONI SALAD
BROCCOLI
WHOLE WHEAT BREAD/MILK

BEEF STROGANOFF ⁷
BEEF W/CREAM SAUCE &
MUSHROOMS
BUTTERED NOODLES
PEAS & CARROTS
MANDARIN ORANGES
TOSSED SALAD & DRESSING
ROLL/MILK

ROASTED PORK LOIN ⁸
PORK LOIN
BAKED SWEET POTATO
SAUERKRAUT
CRANBERRY SAUCE
APRICOTS
WHOLE WHEAT ROLL/MILK

MEATLOAF & GRAVY ⁹
GROUND BEEF & TURKEY
MASHED POTATOES/GRAVY
GREEN BEANS
SPINACH SALAD/DRESSING
VANILLA WAFERS
WHOLE WHEAT BREAD/MILK

CHICKEN CORDON BLEU ¹²
CHICKEN BREAST
T.HAM/SWISS CHEESE
HONEY MUSTARD SAUCE
COLLARD GREENS
MINI CORN MUFFIN
STEAMED WHITE RICE
PEACHES/MILK

ROAST TURKEY ¹³
ROAST TURKEY BREAST
SWEET POTATO
CAULIFLOWER W/RED PEPPER
SPINACH SALAD W/DRESSING
CRANBERRY SAUCE/BERRIES
WHOLE WHEAT BREAD/MILK

PEPPER STEAK ¹⁴
MARINATED STEAK W/PEPPERS
RICE
TOSSED SALAD W/ORIENTAL
DRESSING
MANDARIN ORANGES
MILK

**GRILLED LEMON CHICKEN
BREAST ¹⁵**
CHICKEN BREAST W/LEMON
SAUCE
OVEN BROWNED POTATOES
CALIFORNIA BLEND VEGETABLES
PINEAPPLES
WHOLE WHEAT ROLL/MILK

VEAL PARMESAN ¹⁶
BREADED VEAL PATTY
MARINARA SAUCE
MOZZARELLA CHEESE
GREEN BEANS
ROTINI W/SAUCE
FRESH ORANGE
MILK

SALISBURY STEAK ¹⁹
SALISBURY STEAK
MASHED POTATOES/GRAVY
SEASONED SPINACH
WHOLE WHEAT BREAD
APRICOTS
MILK

HONEY CHICKEN ²⁰
CHICKEN BREAST W/HONEY
SAUCE
RICE PILAF/BROCCOLI
SLICED APPLES
OATMEAL COOKIES
MIXED FRUIT JUICE/MILK

COLUMBUS DAY ²¹
SPAGHETTI & MEATBALLS
ROMAINE SALAD
ITALIAN DRESSING
ITALIAN BLEND VEGETABLES
GARLIC BREAD
APPLE CRISP/MILK

TURKEY A LA KING ²²
ROASTED TURKEY/CREAM
SAUCE
MIXED CAPRI VEGETABLES
MUSHROOMS/EGG NOODLES
CANTALOUPE/TOSSED SALAD
WHOLE WHEAT ROLL/MILK

BEEF STEW ²³
BEEF CUBES/GRAVY
OVEN BROWNED POTATOES
CARROTS
PEACHES
BREAD STICKS
MILK

MEATBALL SANDWICH ²⁶
MEATBALLS
PROVOLONE CHEESE
6" ROLL
CUCUMBER SALAD
ORANGE
SPINACH/MILK

BEEF A RONI ²⁷
GROUND BEEF/ELBOW
MACARONI/TOMATO SAUCE
TOSSED SALADW/TOMATOES
COOKED SPINACH
ORANGE SECTIONS
MILK

**SOUTHWEST CHICKEN
FAJITA ²⁸**
CHICKEN BREAST
SHREDDED CHEDDAR/SALSA
PEPPERS & ONION/TORTILLA
MEXICAN CORN
TOSSED SALAD/PEACHES
MILK

BAKED TILAPIA ²⁹
TILAPIA/CARIBBEAN SAUCE
BROWN RICE
GREEN BEANS/TOSSED SALAD
W/TOMATOES
SALAD DRESSING/WATER ICE

ROAST TURKEY DINNER ³⁰
ROAST TURKEY WITH GRAVY
SPINACH
STUFFING
CRANBERRY SAUCE
SCALLOPED APPLES
MILK