

PROGRAMS - NOVEMBER 2015

MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

<p>8:00 Breakfast 2</p> <p>9:00 Pinochle</p> <p>9:30 SilverSneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class/Italian Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:30 Bridge</p> <p>12:45 Bingo/Rhythm of Life/Reminiscing</p> <p>12:45 SWEET & SAVORY OF SWEET POTATOES</p>	<p>8:00 Breakfast 3</p> <p>9-12 BAZAAR WHITE ELEPHANT DROP-OFF</p> <p>9:30Low Impact Aerobics 10:00 Nurse</p> <p>10:30 Current Events/Computer Q&A</p> <p>10:30 Healthy Steps in Motion</p> <p>10:45 Spanish Class 11:15 Planning Council</p> <p>11:30 Yoga 12:45 Knitting</p> <p>12:45 HEALTHY HEART & COMMON HEART 1 - 3 MATTER OF BALANCE</p> <p>1:00 GRANDFRIENDS</p>	<p>8:00 Breakfast 4</p> <p>9:00 Pinochle</p> <p>9:30 Silver Sneakers Cardio Circuit</p> <p>10:00 German Club/Blood Pressure</p> <p>10:30 Arthritis Exercise Class/PLAYWRITING</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:45 Pinochle</p> <p>12:45 STROKES</p>	<p>8:00 Breakfast 5</p> <p>9:30 Low Impact Aerobics</p> <p>10:00 ART / IPAD CLUB</p> <p>10:30 Healthy Steps in Motion</p> <p>11:15 Tai Chi</p> <p>12-2 BAZAAR DROP-OFF</p> <p>12:30 Bridge</p>	<p>8:00 Breakfast 6</p> <p>9:00 Pinochle</p> <p>9:30 Brain Aerobics</p> <p>9:30 MEDITATION & BREATHING</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo</p> <p>12:45 Bingo/Pinochle/Crafts</p> <p>12:45 NECK & SHOULDER STRENGTH</p>
<p>8:00 Breakfast 9</p> <p>9:00 Pinochle</p> <p>9:30 SilverSneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class/Italian Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:30 Bridge</p> <p>12:45 Bingo/ Rhythm of Life</p> <p>12:45 Reminiscing</p> <p>12:45 GARDEN CLUB/</p> <p>12:45 AARP MEETING</p>	<p>8:00 Breakfast 10</p> <p>9:30Low Impact Aerobics</p> <p>10:00 Nurse</p> <p>10:30 Current Events/Computer Q&A</p> <p>10:30 Healthy Steps in Motion</p> <p>10:45 Spanish Class 11:15 Planning Council</p> <p>11:30 Yoga 12:45 Knitting</p> <p>12:45 GIANT NUTRITIONIST - DIABETES 1 - 3 MATTER OF BALANCE</p> <p>1:00 GRANDFRIENDS: DRUMMING</p>	<p>VETERAN'S DAY 11</p> <p>CLOSED</p> 	<p>8:00 Breakfast 12</p> <p>9:30 Low Impact Aerobics</p> <p>9:30 BIBLE STUDY</p> <p>10:00 ART & ART APPRECIATION</p> <p>10 - 12 VETERAN'S EXPO?</p> <p>10:30 Healthy Steps in Motion</p> <p>11:15 Tai Chi</p> <p>12:00 90+ BIRTHDAY LUNCH</p> <p>12:30 Bridge</p> <p>1:00 CHORUS</p>	<p>8:00 Breakfast 9:00 Pinochle 13</p> <p>9-12 FOOD BOX DAY</p> <p>9:30 MEDITATION & BREATHING</p> <p>9:30 Brain Aerobics</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic/Bingo</p> <p>12:45 Bingo/Pinochle/Crafts</p> <p>12:45 ROOT VEGGIES</p>
<p>8:00 Breakfast 16</p> <p>9:00 Pinochle</p> <p>9:30 SilverSneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class/Italian Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:30 Bridge</p> <p>12:45 Bingo/Rhythm of Life/Reminiscing</p> <p>12:45 MEMORY ENHANCING FOODS</p>	<p>8:00 Breakfast 17</p> <p>9:30Low Impact Aerobics</p> <p>10:00 Nurse 10 - 10:30 AGING PROGRAM</p> <p>10:30 Current Events/Computer Q&A</p> <p>10:30 Healthy Steps in Motion</p> <p>10:45 Spanish Class</p> <p>11:15 Planning Council 11:30 Yoga</p> <p>12:45 Knitting</p> <p>1 - 3 MATTER OF BALANCE</p> <p>1:00 GRANDFRIENDS-DRUMMING</p>	<p>8:00 Breakfast 9:00 Pinochle 18</p> <p>9:30 Silver Sneakers Cardio Circuit</p> <p>9-12 BAZAAR BAKED GOODS DROP-OFF</p> <p>10:00 German/Nurse</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Bingo/ Silver Sneakers Classic</p> <p>12:00 BIRTHDAY LUNCH</p> <p>W/PLAYWRITING PERFORMANCE</p> <p>12:30 BOOKCLUB W/ SHAARON</p> <p>12:45 Pinochle</p>	<p>8:00 Breakfast 19</p> <p>9:30 Low Impact Aerobics</p> <p>10:00 PHOTO CLUB /ART</p> <p>10 - 2 HOLIDAY BAZAAR</p> <p>10:30 Healthy Steps in Motion</p> <p>11:15 Tai Chi</p> <p>12:30 Bridge</p>	<p>8:00 Breakfast 9:00 Pinochle 20</p> <p>9:30 MEDITATION & BREATHING</p> <p>9:30 Brain Aerobics</p> <p>10 - 2 HOLIDAY BAZAAR</p> <p>10 IMMACULATA NURSES PROGRAM</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo</p> <p>12:45 Bingo/Pinochle/Crafts</p> <p>12:45 ALL ABOUT DIABETES</p>
<p>8:00 Breakfast 23</p> <p>9:00 Pinochle</p> <p>9:30 SilverSneakers Cardio Circuit</p> <p>10 - 2 HOLIDAY BAZAAR</p> <p>10:30 Arthritis Exercise Class/Italian Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:30 Bridge</p> <p>12:45 Bingo/Rhythm of Life/Reminiscing</p> <p>12:45 OSTEOPOROSIS/OSTEOPENIA</p>	<p>8:00 Breakfast 24</p> <p>9:30 Low Impact Aerobics</p> <p>10:00 Nurse</p> <p>10:30 Current Events/Computer Q &A</p> <p>10:30 Healthy Steps in Motion</p> <p>10:45 Spanish Class</p> <p>11:30 Yoga</p> <p>12:30 FOODS THAT EFFECT DRY MOUTH</p> <p>12:45 Knitting Club</p>	<p>8:00 Breakfast 25</p> <p>9:00 Pinochle</p> <p>9:30 SilverSneakers Cardio Circuit</p> <p>10:00 German Club/Blood Pressure</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Bingo/SilverSneakers Classic</p> <p>2:00 Pinochle</p>	<p>26</p> <p>THANKSGIVING HOLIDAY</p> <p>CLOSED</p> 	<p>27</p> <p>THANKSGIVING HOLIDAY</p> <p>CLOSED</p>
<p>8:00 Breakfast 30</p> <p>9:00 Pinochle</p> <p>9:30 SilverSneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class</p> <p>10:30 Italian Class</p> <p>11:15 Bingo/ Silver Sneakers Classic</p> <p>12:30 Bridge</p> <p>12:45 Bingo /Rhythm of Life/Reminiscing</p>	<p>HOLIDAY CRAFT BAZAAR</p> <p>THURSDAY, NOVEMBER 19, 20 & 23 - 10 AM - 2 PM</p> <p>COME JOIN THE FUN AT OUR 2015 BAZAAR</p> <p>SEE PROGRAM CALENDAR ABOVE FOR ITEM DROP OFF DATES</p>			

MENU – NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEESEBURGER ² HAMBURGER PATTY AMERICAN CHEESE LETTUCE/TOMATO WHOLE WHEAT BUN COLESLAW/CANTALOUPE VEGETABLE SOUP MILK	BAKED FISH ³ BAKED FISH MACARONI & CHEESE GREEN BEANS W/TOMATO PINEAPPLES ROLL/MILK	BBQ CHICKEN BREAST ⁴ CHICKEN BREAST BBQ SAUCE MACARONI SALAD BROCCOLI FRESH PEAR WHOLE WHEAT BREAD/MILK	BEEF STROGANOFF ⁵ BEEF W/CREAM SAUCE & MUSHROOMS BUTTERED NOODLES PEAS & CARROTS MANDARIN ORANGES TOSSED SALAD & DRESSING ROLL/MILK	ROASTED PORK LOIN ⁶ 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 CASSEROLE ¹⁰ CHICKEN BREAST T.HAM/SWISS CHEESE HONEY MUSTARD SAUCE COLLARD GREENS MINI CORN MUFFIN/RICE PILAF PEACHES/MILK	VETERAN'S DAY ¹¹ CLOSED 	PEPPER STEAK ¹² MARINATED STEAK W/PEPPERS RICE TOSSED SALAD W/TOMATOES ORIENTAL DRESSING MANDARIN ORANGES MILK	GRILLED LEMON CHICKEN BREAST ¹³ CHICKEN BREAST W/LEMON SAUCE OVEN BROWNED POTATOES CALIFORNIA BLEND VEGETABLES PINEAPPLES WHOLE WHEAT ROLL/MILK
VEAL PARMESAN ¹⁵ BREADED VEAL PATTY MARINARA SAUCE MOZZARELLA CHEESE GREEN BEANS ROTINI W/SAUCE FRESH ORANGE MILK	SALISBURY STEAK ¹⁷ SALISBURY STEAK MASHED POTATOES/GRAVY SEASONED SPINACH WHOLE WHEAT BREAD APRICOTS MILK	THANKSGIVING THEME ¹⁸ ROAST TURKEY STUFFING & GRAVY ROASTED POTATOES CRANBERRY SAUCE GLAZED CARROTS SALAD W/DRESSING SWEET POTATO PIE W/ WHIPPED CREAM/MILK	OPEN FACED HOT ROAST BEEF ¹⁹ ROAST BEEF W/GRAVY WHOLE WHEAT BREAD MASHED POTATOES PEAS & ONIONS APRICOTS MILK	TURKEY A LA KING ²⁰ 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	BAKED TILAPIA ²⁴ TILAPIA/CARIBBEAN SAUCE BROWN RICE GREEN BEANS/TOSSED SALAD W/TOMATOES SALAD DRESSING/WATER ICE MILK	BEEF A RONI ²⁵ GROUND BEEF/ELBOW MACARONI/TOMATO SAUCE TOSSED SALAD W/TOMATOES COOKED SPINACH ORANGE SECTIONS MILK	THANKSGIVING HOLIDAY ²⁶ CLOSED 	THANKSGIVING HOLIDAY ²⁷ CLOSED
ROAST TURKEY DINNER ³⁰ ROAST TURKEY WITH GRAVY BROCCOLI SALAD STUFFING CRANBERRY SAUCE SCALLOPED APPLES MILK	<div> Please remember to sign up for your hot or cold lunch order 3 days in advance! </div>			