

# PROGRAMS -FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00 Breakfast <span style="float: right;"><b>1</b></span>            9:00 Pinochle            9:30 SilverSneakers Cardio Circuit            10:30 Arthritis Exercise Class/            10:30 Italian Social Club            11:15 Bingo/Silver Sneakers Classic            12:00 Lunch 12:30 Bridge  <b>12:45 CHESCO WELLNESS- HERBAL MEDICINE &amp; DIETARY THERAPY</b>            12:45 Bingo/ Rhythm of Life</p>	<p>8:00 Breakfast <span style="float: right;"><b>2</b></span>            9:30Low Impact Aerobics            10:00 Nurse            10:15 Spanish Class            10:30 Current Events/Computer Q&amp;A            10:30 Healthy Steps in Motion            11:15 Planning Council            11:30 Yoga            12:00 Lunch 12:45 Knitting  <b>12:45 HOLCOMB BEHAVIORAL - GAMBLING</b>  <b>1:00 GRANDFRIENDS 1:00 FRENCH</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>3</b></span>            9:00 Pinochle            9:30 Silver Sneakers Cardio Circuit            10:00 German/Nurse            10:30 Arthritis Exercise Class            11:15 Bingo/ Silver Sneakers Classic            12:00 Lunch  <b>12:45 BALANCE &amp; FALL PREVENTION</b>            12:45 Pinochle</p>	<p>8:00 Breakfast <span style="float: right;"><b>4</b></span>            9:30 Low Impact Aerobics            10:00 Art Club  <b>10:00 IPAD</b>            10:30 Healthy Steps in Motion            11:15 Tai Chi            12:00 Lunch 12:30 Bridge            12:45 Chorus  <b>12:45 IMMACULATA DIETICIAN – HIDDEN SODIUM</b>  <b>1:00 GRANDFRIENDS</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>5</b></span>            9:00 Pinochle            9:30 Meditation &amp; Breathing            9:30 Brain Aerobics            10:30 Arthritis Exercise Class            11:15 Silver Sneakers Classic            11:15 Bingo 12:00 Lunch            12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast <span style="float: right;"><b>8</b></span>            9:00 Pinochle            9:30 SilverSneakers Cardio Circuit            10:30 Arthritis Exercise Class/            10:30 Italian Social Club            11:15 Bingo/Silver Sneakers Classic            12:00 Lunch 12:30 Bridge            12:45 Bingo/ Rhythm of Life  <b>12:45 GARDEN CLUB</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>9</b></span>            9:30Low Impact Aerobics            10:00 Nurse            10:15 Spanish Class            10:30 Current Events/Computer Q&amp;A            10:30 Healthy Steps in Motion            11:30 Yoga            12:00 Lunch            12:45 Knitting <b>12:45 REIKI</b>  <b>1:00 GRANDFRIENDS 1:00 French</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>10</b></span>            9:00 Pinochle            9:30 Silver Sneakers Cardio Circuit            10:00 German/Nurse            10:30 Arthritis Exercise Class            11:15 Bingo/ Silver Sneakers Classic            12:00 Lunch            12:45 Pinochle</p>	<p>8:00 Breakfast <span style="float: right;"><b>11</b></span>            9:30 Low Impact Aerobics/Bible Study            10:00 Art Club <b>10:00 PHOTO CLUB</b>  <b>10:00 ART APPRECIATION</b>            10:30 Healthy Steps in Motion            11:15 Tai Chi            12:00 Lunch 12:30 Bridge            12:45 Chorus 12:45 IMMACULATA DIETICIAN – OMEGA 3's  <b>1:00 GRANDFRIENDS</b></p>	<p>8:00 Breakfast 9:00 Pinochle <span style="float: right;"><b>12</b></span>            9:30 Meditation &amp; Breathing            9:30 Brain Aerobics            10:30 Arthritis Exercise Class            11:15 Silver Sneakers Classic/Bingo            12:00 Lunch            12:45 Bingo/Pinochle/Crafts  <b>12:45 DR. CURTIN-PERSONAL AMPLIFICATION SYSTEMS VS HEARING AIDS</b>  <b>THEME DAY WEAR YOUR RED!!!</b></p>
<p>8:00 Breakfast <span style="float: right;"><b>15</b></span>            9:00 Pinochle            9:30 SilverSneakers Cardio Circuit            10:30 Arthritis Exercise Class            10:30 Italian Social Club            11:15 Bingo/Silver Sneakers Classic            12:00 Lunch 12:30 Bridge            12:45 Bingo/Rhythm of Life  <b>12:45 SHOPRITE- HEART HEALTH &amp; MEDITERRANEAN DIET</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>16</b></span>            9:30Low Impact Aerobics            10:00 Nurse            10:15 Spanish Class            10:30 Current Events/Computer Q&amp;A            10:30 Healthy Steps in Motion            11:15 Planning Council 11:30 Yoga            12:00 Lunch            12:45 Knitting  <b>1:00 GRANDFRIENDS 1:00 French</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>17</b></span>            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>12:00 FEBRUARY BIRTHDAY LUNCH: GRANDFRIENDS</b>            12:45 Pinochle</p>	<p>8:00 Breakfast <span style="float: right;"><b>18</b></span>            9:30 Low Impact Aerobics            10:00 Art Club            10:30 Healthy Steps in Motion            11:15 Tai Chi            12:00 Lunch 12:30 Bridge            12:30 Classic Book Club 12:45 Chorus  <b>12:45 IMMACULATA DIETICIAN – HEALTHY SOUPS &amp; SALADS</b>  <b>1:00 GRANDFRIENDS</b></p>	<p>8:00 Breakfast 9:00 Pinochle <span style="float: right;"><b>19</b></span>            9:30 Meditation &amp; Breathing            9:30 Brain Aerobics            10:30 Arthritis Exercise Class            11:15 Silver Sneakers Classic            11:15 Bingo 12:00 Lunch            12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast <span style="float: right;"><b>22</b></span>            9:00 Pinochle            9:30 SilverSneakers Cardio Circuit              10:30 Italian Social Club            11:15 Bingo/Silver Sneakers Classic            12:00 Lunch 12:30 Bridge            12:45 Bingo/ Rhythm of Life</p>	<p>8:00 Breakfast <span style="float: right;"><b>23</b></span>            9:30 Low Impact Aerobics            10:00 Nurse            10:15 Spanish Class            10:30 Current Events/Computer Q &amp;A            10:30 Healthy Steps in Motion            11:30 Yoga            12:00 Lunch 12:45 Knitting Club  <b>1:00 GRANDFRIENDS 1:00 French</b></p>	<p>8:00 Breakfast 9:00 Pinochle <span style="float: right;"><b>24</b></span>            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</b>  <b>12:45 GAME DAY</b>            2:00 Pinochle</p>	<p>8:00 Breakfast <span style="float: right;"><b>25</b></span>            9:30 Bible Study/Low Impact Aerobics            10:00 Art Club            10:30 Healthy Steps in Motion            11:15 Tai Chi  <b>11:15 CLASSIC BOOK CLUB</b>            12:00 Lunch 12:30 Bridge 12:45 Chorus  <b>1:00 COMPUTER FORUM</b>  <b>1:00 GRANDFRIENDS</b></p>	<p>8:00 Breakfast 9:00 Pinochle <span style="float: right;"><b>26</b></span>            9:30 Meditation &amp; Breathing            9:30 Brain Aerobics            10:30 Arthritis Exercise Class            11:15 Silver Sneakers Classic            11:15 Bingo            12:00 Lunch            12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 9:00 Pinochle <span style="float: right;"><b>29</b></span>            9:30 SilverSneakers Cardio Circuit            10:30 Arthritis Exercise Class            10:30 Italian Social Club            11:15 Bingo/ Silver Sneakers Classic            12:00 Lunch 12:30 Bridge            12:45 Bingo /Rhythm of Life  <b>12:45 TRI COUNTY: HOW TO MAINTAIN A HEALTHY BACK</b></p>				

# MENU – FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>ROAST BEEF W/ GRAVY</b> REDSKIN POTATOES ITALIAN VEGETABLE MEDLEY WHOLE WHEAT BREAD FRESH SEASONAL FRUIT	<b>2</b> <b>BAKED ITALIAN MEATLOAF</b> <b>W/ SAUCE</b> WHIPPED POTATOES YELLOW BEANS WHOLE WHEAT BREAD CHERRY CRISP	<b>3</b> <b>BAKED HAM SLICE</b> <b>W/ PINEAPPLE SAUCE</b> SCALLOPED POTATOES BROCCOLI W/ PEPPERS RYE BREAD TAPIOCA PUDDING	<b>4</b> <b>CHICKEN &amp; GRAVY</b> BABY CARROTS FRESH PEPPER SLAW BUTTERMILK BISCUIT SLICED PEACHES	<b>5</b> <b>CHILI CON CARNE</b> TOSS SALAD W/ TOMATO CARROT, RED CABBAGE & DRESSING CORN BREAD SQUARE CINNAMON APPLESAUCE
<b>8</b> <b>BAKED CHICKEN</b> <b>SUPREME</b> BROWN RICE BROCCOLI WHOLE WHEAT BREAD MANDARIN SALAD	<b>9</b> <b>BAKED SWISS</b> <b>STEAK</b> <b>W/ MUSHROOM GRAVY</b> O'BRIEN POTATOES BUTTER BEANS WHOLE WHEAT BREAD MIXED FRUIT SALAD	<b>10</b> <b>POTATO CRUSTED FISH</b> MACARONI & CHEESE STEWED TOMATOES MULTI GRAIN BREAD PINEAPPLE TIDBITS W/ CHERRIES	<b>11</b> <b>SLOPPY JOE SANDWICH</b> HOMEMADE VEGETABLE SOUP W/ CRACKERS 3 BEAN SALAD SANDWICH ROLL DICED PEARS	<b>12</b> <b>PENNE PASTA W/</b> <b>MEATBALLS</b> PASTA & MARINARA TOSS SALAD W/ TOMATO CARROTS, RED CABBAGE & DRESS WARM APPLE SLICES
<b>15</b>  <b>TBD</b>	<b>16</b> <b>ROAST PORK</b> WHIPPED POTATOES SAUERKRAUT RYE BREAD APPLESAUCE	<b>17</b> <b>BIRTHDAY LUNCH</b> <b>BAKED BEEF &amp; CHEESE</b> <b>LASAGNA</b> TOSS SALAD W/ TOMATO CARROTS, CABBAGE & DRESS FRUIT JUICE/ITALIAN BREAD BIRTHDAY CAKE	<b>18</b> <b>TUNA SALAD SANDWICH</b> LETTUCE TOMATO CHEESY CAULIFLOWER SOUP W/ CRACKERS WHOLE WHEAT BREAD TROPICAL FRUIT SALAD	<b>19</b> <b>MOCK BBQ PORK RIBS</b> SEASONED NEW POTATOES GLAZED CARROTS SANDWICH ROLL SLICED PEACHES
<b>22</b> <b>BAKED BBQ CHICKEN</b> <b>BREAST</b> RANCH NOODLES GREEN BEANS WHOLE WHEAT BREAD TROPICAL FRUIT SALAD	<b>23</b> <b>BAKED PIZZA CASSEROLE</b> <b>W/ CHEESE TOPPING</b> TOSS SALAD W/ TOMATO CARROTS, RED CABBAGE GARLIC BREAD STICK FRESH SEASONAL FRUIT	<b>24</b> <b>ROAST TURKEY</b> <b>W/ GRAVY</b> HOMEMADE STUFFING MEADOW BLEND VEGETABLES WHOLE WHEAT BREAD MANDARIN SALAD	<b>25</b> <b>CHEESEBURGER</b> LETTUCE TOMATO CREAMY POTATO SOUP W/ CRACKERS WHEAT SANDWICH ROLL LIME FROSTED PEARS	<b>26</b> <b>BAKED ONION STEAK</b> <b>W/ ONION GRAVY</b> RICE PILAF BRUSSEL SPROUTS WHOLE WHEAT BREAD FRESH SEASONAL FRUIT
<b>29</b> <b>BAKED HAM SLICE</b> <b>W/ PEACH SAUCE</b> SWEET POTATOES BROCCOLI W/ RED PEPPERS RYE BREAD LEMON PUDDING				