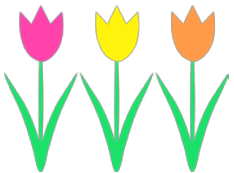



PROGRAMS -APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>8:00 Breakfast 1 9:00 Pinochle 9:30 Meditation & Breathing 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts 12:45 VERTIGO: DR. CURTIN</p>
<p>8:00 Breakfast 4 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 SHOPRITE: FASCINATED W/ FARRO 12:45 Bingo/ Rhythm of Life</p>	<p>8:00 Breakfast 5 9:30Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 1:00 AARP 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 6 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 10:00 German 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:00 Lunch 12:45 Pinochle</p>	<p>8:00 Breakfast 7 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Ipad Club 10:30 Drawing Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 9:00 Pinochle 8 9:30 Meditation & Breathing 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic/Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts 12:30 WALGREENS: OVER THE COUNTER TRAVEL MEDS 1:00 DANCE PARTY!!</p>
<p>8:00 Breakfast9:00 Pinochle 11 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 12:45 Garden Club PHILLIES THEME DAY WEAR YOUR PHILLIES GEAR</p>	<p>8:00 Breakfast 12 9:30Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 9:00 Pinochle 13 9:30 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 10:00 German 10:30 Arthritis Exercise Class 11:00 TYLER FROM SEN. DINNIMAN'S OFFICE 12:45 INTERIM: AIDS TO DAILY LIVING 11:15 Bingo/ Silver Sneakers Classic 12:45 Pinochle</p>	<p>8:00 Breakfast 14 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Art Appreciation 10:30 Healthy Steps in Motion /Drawing 11:15 Tai Chi 11:15 Classic Book Club 12:00 Lunch 12:30 Bridge 1:00Chorus 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 9:00 Pinochle 15 9:30 Meditation & 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 12:45 MOVIE DAY: THE BUCKET LIST 12:45 TINNITUS: DR. CURTIN</p>
<p>8:00 Breakfast 18 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</p>	<p>8:00 Breakfast 19 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q &A 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Lunch 12:45 Knitting Club 12:45 French 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 9:00 Pinochle 20 9:30 SilverSneakers Cardio Circuit 9:30Blood Pressure 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/SilverSneakers Classic 12:30 Book Club 2:00 Pinochle 12:00 APRIL BIRTHDAY LUNCH</p>	<p>8:00 Breakfast 21 9:30 Bible Study 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Photo Club 10:30 Healthy Steps in Motion/Drawing 11:15 Tai Chi 12:00 VOLUNTEER APPRECIATION LUNCH 12:30 Bridge 1:00 GRAND FRIENDS 1:00 Chorus/ Computer Forum</p>	<p>8:00 Breakfast 9:00 Pinochle 22 9:30 Meditation & Breathing 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic/Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 9:00 Pinochle 25 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 12:45 10 STEPS TO HEALTHY LEGS</p>	<p>8:00 Breakfast 26 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q &A 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Lunch 12:45 Knitting Club 12:45 French</p>	<p>8:00 Breakfast 9:00 Pinochle 27 9:30 Silver Sneakers Cardio 9:30Blood Pressure 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/SilverSneakers Classic 12:45 GAME DAY 1:00 PARKINSON'S SUPPORT GROUP 2:00 Pinochle</p>	<p>8:00 Breakfast 28 9:30 Low Impact Aerobics 10:00 Art Club 10:30 Healthy Steps in Motion/Drawing 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 1:00 Computer Forum</p>	<p>8:00 Breakfast 9:00 Pinochle 29 9:30 Meditation & Breathing 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic/Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts</p>

MENU – APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHILI CON CARNE TOSS SALAD W/ TOMATO CARROT, RED CABBAGE & DRESSING CORN BREAD SQUARE CINNAMON APPLESAUCE
4 BAKED SWISS STEAK W/ MUSHROOM GRAVY O'BRIEN POTATOES BUTTER BEANS WHOLE WHEAT BREAD MIXED FRUIT SALAD	5 ROAST TURKEY W/ GRAVY HOMEMADE STUFFING VEGETABLES BLEND WHOLE WHEAT BREAD SEASONAL FRUIT	6 PENNE PASTA W/ MEATBALLS PASTA & MARINARA TOSS SALAD W/ TOMATO CARROTS, RED CABBAGE & DRESS WARM APPLE SLICES	7 SLOPPY JOE SANDWICH HOMEMADE VEGGIE SOUP SANDWICH ROLL BEAN SALAD SLICED PEACHES	8 BAKED CHICKEN SUPREME BROWN RICE BROCCOLI WHOLE WHEAT BREAD MANDARIN SALAD
11 MOCK BBQ SPARE RIBS SEASONED NEW POTATOES GLAZED CARROTS SANDWICH ROLL PINEAPPLE TIDBITS	12 BEEF & CHEESE LASAGNA TOSS SALAD FRUIT JUICE GARLIC BREAD STICK COOKIE	13 SLICED ROAST PORK WHIPPED POTATOES SAUERKRAUT RYE BREAD APPLESAUCE	14 TUNA SALAD SANDWICH CHEESY CAULIFLOWER SOUP WHOLE WHEAT BREAD TROPICAL FRUIT SALAD	15 BAKED SALISBURY STEAK BAKED POTATO W/ SOUR CREAM SWEET PEAS & ONIONS WHOLE WHEAT BREAD SEASONAL FRUIT
18 BAKED ONION STEAK RICE PILAF BRUSSEL SPROUTS WHOLE WHEAT BREAD FRESH SEASONAL FRUIT	19 CHICKEN POT PIE SWEET PEAS FRESH PEPPER SLAW OATMEAL COOKIE	20 BIRTHDAY LUNCH BAKED CABBAGE ROLL CASSEROLE WHIPPED POTATOES YELLOW BEANS WHOLE WHEAT BREAD BIRTHDAY CAKE	21 CHEESEBURGER LETTUCE TOMATO HOMEMADE POTATO SOUP W/ CRACKERS WHEAT SANDWICH ROLL LIME FROSTED PEARS	22 POTATO CRUSTED FISH MACARONI & CHEESE GLAZED CARROTS SANDWICH ROLL PINEAPPLE TIDBITS
25 CHICKEN & GRAVY OVER BISCUIT FRESH CONFETTI COLESLAW BABY CARROTS SLICED PEACHES	26 BAKED ITALIAN MEATLOAF GARLIC WHIPPED POTATOES MIXED BEAN MEDLEY WHOLE WHEAT BREAD FRUIT CRISP	27 BAKED HAM SLICE W/ CLES SCALLOPED POTATOES BROCCOLI W/RED PEPPERS WHEAT BREAD FRUIT CRISP/ TOPPINGS	28 GRILLED CHICKEN CAESAR SALAD MIXED GREENS HOMEMADE VEGGIE SOUP WHEAT BREAD DICED PEARS	29 OPEN FACE HOT ROAST BEEF SANDWICH RED SKIN POTATOES ISLAND VEGGIE MEDLEY WHOLE WHEAT BREAD FRESH SEASONAL FRUIT