



PROGRAMS -MAY 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| <p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 2 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo/Rhythm of Life 12:45 FUEL UP FOR THE GREAT RACE :SHOPRITE 1:15 MEDITATION FOR THE GREAT RACE</p> | <p>8:00 Breakfast 3 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/French 12:45 French 1:00 AARP 1:00 GRAND FRIENDS</p> | <p>8:00 Breakfast 4 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle</p> | <p>8:00 Breakfast 5 9:30 Low Impact Aerobics 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:30 Bridge 1:00 GRAND FRIENDS</p> | <p>8:00 Breakfast 6 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 9 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo/Rhythm of Life 12:45 GARDEN CLUB</p> | <p>8:00 Breakfast 10 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 11:15 Planning Council 11:30 Yoga 12:45 Knitting 12:45 French 1:00 GRAND FRIENDS</p> | <p>8:00 Breakfast 11 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:00 Tyler : Senator Dinniman's Office 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 DOCTORS BEST 12:45 Pinochle</p> | <p>8:00 Breakfast 12 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club 10:00 iPad Club 10:00 Art Appreciation 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:30 Bridge 1:00 GRAND FRIENDS</p> | <p>8:00 Breakfast 9:00 Pinochle 13 9:30 Brain Aerobics 9:30 Meditation & Breathing 10-11:30 SPRING HEALTH EXPO 8:30-9:30 VETERANS COFFEE HOUR 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic11:15 Bingo 12:30 Bingo/Pinochle/Crafts</p> |
| <p>8:00 Breakfast 16 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45Rhythm of Life 12:45 PERSONAL SAFETY :RED LION HOME CARE</p> | <p>8:00 Breakfast 17 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 12:45 Knitting 12:45 French 1:00 GRAND FRIENDS</p> | <p>8:00 Breakfast 18 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 BIRTHDAY LUNCH  12:30 Bingo 12:45 Pinochle</p> | <p>8:00 Breakfast 19 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Photo Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 11:15 Book Club Classic 12:30 Bridge 1:00 Computer Forum SENIOR PICNIC & GAMES</p> | <p>8:00 Breakfast 20 9:00 Pinochle 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 MOVIE DAY 12:30 Bingo/Pinochle/Crafts JEWELRY AND ACCESSORY EXCHANGE 10-12PM</p> |
| <p>8:00 Breakfast 23 9:00 Pinochle 9:30 Silver Sneakers 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 TIPS & TRICKS FOR DAILY LIVING 12:30 Bingo/Rhythm of Life</p> | <p>8:00 Breakfast 24 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 12:45 Knitting 12:45 French 1:00 GRAND FRIENDS</p> | <p>8:00 Breakfast 25 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:30 Book Club 12:45 Pinochle 12:30 Bingo 1:00 GAME DAY 1:00 PARKINSON'S SUPPORT GROUP</p> | <p>8:00 Breakfast 26 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:30 Bridge</p> | <p>8:00 Breakfast 27 9:00 Pinochle 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:30 Bingo/Pinochle/Crafts</p> |
| <p>30 CLOSED MEMORIAL DAY</p> | <p>31 8:00 Breakfast 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 12:45 Knitting 12:45 French 1:00 GRAND FRIENDS</p> | <p>EXTON SENIOR LIVING </p> | | <p>THANKS FOR YOUR BIRTHDAY SPONSORSHIP!!</p> |
| <p>Movie Day theultimategift  Friday May 20th</p> | | | | |

MENU – MAY 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| 2 | 3 | 4 | 5 | 6 |
| <p style="text-align: center;">BAKED CHICKEN SUPREME BROWN RICE BROCCOLI WHOLE WHEAT BREAD MANDARIN ORANGE</p> | <p style="text-align: center;">PENNE PASTA W/ MEATBALLS PASTA & MARINARA TOSS SALAD W/ TOMATO CARROTS, RED CABBAGE & DRESS WARM APPLE SLICES</p> | <p style="text-align: center;">ROAST TURKEY W/ GRAVY HOMEMADE STUFFING VEGETABLES MEDLEY WHOLE WHEAT BREAD SEASONAL FRUIT</p> | <p style="text-align: center;">SLOPPY JOE SANDWICH HOMEMADE VEGGIE SOUP SANDWICH ROLL BEAN SALAD SLICED PEACHES</p> | <p style="text-align: center;">BAKED SWISS STEAK W/ MUSHROOM GRAVY O'BRIEN POTATOES BUTTER BEANS WHOLE WHEAT BREAD MIXED FRUIT SALAD</p> |
| 9 | 10 | 11 | 12 | 13 |
| <p style="text-align: center;">MOCK BBQ SPARE RIBS SEASONED NEW POTATOES GLAZED CARROTS SANDWICH ROLL PINEAPPLE TIDBITS</p> | <p style="text-align: center;">BAKED SALISBURY STEAK BAKED POTATO W/ SOUR CREAM SWEET PEAS & CARROTS WHOLE WHEAT BREAD SEASONAL FRUIT</p> | <p style="text-align: center;">ROAST PORK WHIPPED POTATOES SAUERKRAUT RYE BREAD APPLESAUCE</p> | <p style="text-align: center;">TUNA SALAD SANDWICH CHEESY BROCCOLI SOUP WHOLE WHEAT BREAD MIXED FRUIT SALAD</p> | <p style="text-align: center;">BAKED BEEF LASAGNA TOSS SALAD W/ TOMATO CARROT & DRESSING ITALIAN BREAD SUGAR COOKIE FRUIT JUICE</p> |
| 16 | 17 | 18 | 19 | 20 |
| <p style="text-align: center;">BAKED HAM SLICE W/ CLOVES SCALLOPED POTATOES BROCCOLI W/RED PEPPERS RYE BREAD TAPIOCA PUDDING</p> | <p style="text-align: center;">CHICKEN CAESAR SALAD HOMEMADE NOODLE SOUP FRUIT JUICE WHOLE WHEAT BREAD DICED PEARS</p> | <p style="text-align: center; color: magenta;">BIRTHDAY LUNCH BAKED ITALIAN MEATLOAF GARLIC WHIPPED POTATOES YELLOW BEANS WHOLE WHEAT BREAD BIRTHDAY CAKE</p> | <p style="text-align: center;">CHICKEN & GRAVY OVER BISCUIT FRESH PEPPER SLAW BABY CARROTS SLICED PEACHES</p> | <p style="text-align: center;">ROAST BEEF REDSKIN POTATOES ITALIAN VEGETABLES WHOLE WHEAT BREAD FRESH SEASONAL FRUIT</p> |
| 23 | 24 | 25 | 26 | 27 |
| <p style="text-align: center;">BAKED CHICKEN BREAST CREAMY RANCH NOODLES GREEN BEANS MIXED FRUIT</p> | <p style="text-align: center;">BAKED ONION STEAK RICE PILAF BRUSSEL SPROUTS WHOLE WHEAT BREAD FRESH SEASONAL FRUIT</p> | <p style="text-align: center;">CHICKEN POT PIE SWEET PEAS FRESH COLESLAW OATMEAL COOKIE</p> | <p style="text-align: center;">POTATO CRUSTED FISH MACARONI & CHEESE GLAZED CARROTS SANDWICH ROLL PINEAPPLE TIDBITS</p> | <p style="text-align: center;">CHEESEBURGER LETTUCE TOMATO POTATO SALAD PICKLED BEETS SANDWICH ROLL SEASONAL MELLON</p> |
| 30 | 31 | | | |
| <p style="text-align: center; color: red;">CLOSED</p>  | <p style="text-align: center;">BAKED CHICKEN SUPREME BROWN RICE BROCCOLI WHOLE WHEAT BREAD MANDARIN ORANGE</p> | <div style="border: 1px solid black; background-color: #e0e0e0; padding: 10px; width: fit-content; margin: 0 auto;"> <p style="margin: 0;">PLEASE REMEMBER TO SIGN UP FOR LUNCH</p> <p style="margin: 0; color: red;"><u>3 DAYS IN ADVANCE</u></p> </div> | | |