


PROGRAMS -JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 Villanova Nursing Students 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle 12:45 DEVINE SERVICE: HEALTHY EATING	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Tablet & Cell Phone Club 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	8:00 Breakfast 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 Lunch 12:45 Bingo/Pinochle/Crafts
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 Villanova Nursing Students 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	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 12:00 Lunch 12:45 Knitting 12:45 French 1:00 AARP	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:00 Tyler : Senator Dinniman's Office 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle 12:45 HEART 360	8:00 Breakfast 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	8:00 Breakfast 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 Lunch 12:30 Bingo/Pinochle/Crafts 12:45 SHOPRITE: YOGURT
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Rhythm of Life 12:45 GARDEN CLUB	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 11:15 Planning Council 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 11:15 Book Club Classic 12:00 Lunch 12:30 Bridge 1:00 Computer Forum	8:00 Breakfast 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 Lunch 12:30 Bingo/Pinochle/Crafts 1:00 MOVIE DAY
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 Villanova Nursing Students 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 RED LION: EMERGENCY PREPAREDNESS	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 12:00 Lunch 12:45 Knitting 12:45 French	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 VILLANOVA NURSING STUDENTS: SKIN CHECKS 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:30 Book Club 12:45 Pinochle 12:00 Lunch 12:30 Bingo	8:00 Breakfast 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	8:00 Breakfast 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 Lunch 12:30 Bingo/Pinochle/Crafts 12:45 EXPLORE YOUR HEART'S TOOLBOX
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 Villanova Nursing Students 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	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 12:00 Lunch 12:45 Knitting 12:45 French	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:30 Book Club 12:45 Pinochle 12:30 Bingo 12:00 Lunch	8:00 Breakfast 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	Movie Day Friday June 17th 

MENU – JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1		1	2	3
		BAKED SWISS STEAK W/ MUSHROOM GRAVY O'BRIEN POTATOES BUTTER BEANS WHOLE WHEAT BREAD MIXED FRUIT SALAD	PENNE PASTA W/ MEATBALLS PASTA & MARINARA TOSS SALAD WARM CINNAMON APPLE	ROAST TURKEY W/ GRAVY HOMEMADE STUFFING VEGETABLES MEDLEY WHOLE WHEAT BREAD SEASONAL FRUIT
6	7	8	9	10
MOCK BBQ SPARE RIBS SEASONED NEW POTATOES GLAZED CARROTS SANDWICH ROLL PINEAPPLE TIDBITS	BAKED SALISBURY STEAK BAKED POTATO W/ SOUR CREAM SWEET PEAS & CARROTS WHOLE WHEAT BREAD SEASONAL FRUIT	BAKED BEEF & CHEESE LASAGNA TOSS SALAD FRUIT JUICE GARLIC BREAD STICK APPLESAUCE	TUNA SALAD SANDWICH CHEESY BROCCOLI SOUP WHOLE WHEAT BREAD MANDARIN SALAD	ROAST PORK W/GRAVY WHIPPED POTATOES SAUERKRAUT RYE BREAD APPLESAUCE
13	14	15	16	17
BAKED ONION STEAK RICE PILAF BRUSSEL SPROUTS WHOLE WHEAT BREAD SEASONAL FRUIT	CHICKEN CAESAR SALAD HOMEMADE VEGETABLE SOUP FRUIT JUICE WHOLE WHEAT BREAD DICED PEARS	BIRTHDAY LUNCH CHEESEBURGER POTATO SALAD BEAN SALAD SANDWICH ROLL ***BIRTHDAY CAKE***	BAKED CHICKEN BREAST W/GRAVY RANCH NOODLES GREEN BEANS TROPICAL FRUIT SALAD	POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES PINEAPPLE TIDBITS & MANDARIN ORANGES
20	21	22	23	24
BAKED HAM SLICE W/CLOVES SCALLOPED POTATOES BROCCOLI W/RED PEPPERS TAPIOCA PUDDING	BAKED ITALIAN MEATLOAF GARLIC WHIPPED POTATOES YELLOW BEANS FRUIT CRISP	CHICKEN & BISCUIT PEPPER SLAW BABY CARROTS SLICED PEACHES	CHILI CON CARNE TOSSED SALAD CORN BREAD SQUARE APPLESAUCE	OPEN FACED HOT ROAST BEEF REDSKIN POTATOES ITALIAN VEGETABLE MEDLEY SEASONAL FRUIT
27	28	29	30	<div style="border: 1px solid black; background-color: #e0e0e0; padding: 10px; text-align: center;"> PLEASE REMEMBER TO SIGN UP FOR LUNCH 3 DAYS IN ADVANCE </div>
ROAST TURKEY W/ GRAVY HOMEMADE STUFFING COUNTRY VEGETABLE BLEND SEASONAL FRUIT	BAKED SWISS STEAK W/ MUSHROOM GRAVY HOME FRIES POTATOES W/ PEPPERS AND ONIONS BRAISED CABBAGE FRUIT SALAD	BAKED PIZZA CASSEROLE TOSS SALAD GARLIC STICK BREAD SEASONAL MELON	HOT DOG POTATO SALAD BEAN SALAD SEASONAL MELON	