



# PROGRAMS -JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				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
<b>4</b>  <b>Closed In Observance of 4th of July</b>  	<b>5</b> 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 <b>12:45 MOVIE DAY</b>	<b>6</b> 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 <b>12:45 HOLCOMB: GAMBLING</b>	<b>7</b> 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Tablet & Cell Phone Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	<b>8</b> 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 <b>12:45 WALGREENS: OTC STOMACH MEDS</b>
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Rhythm of Life <b>12:45 SHOPRITE: WHAT TO EAT AND WHEN TO EAT IT</b>	<b>11</b> <b>12</b> 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	<b>13</b> 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 <b>12:45 INTERIM: HOME HEALTH VS. HOME CARE AGENCIES</b>	<b>14</b> 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 1:00 Computer Forum	<b>15</b> 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 <b>12:45 MOVIE DAY: THE BLIND SIDE</b>
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo/Rhythm of Life <b>12:45 DELLAVECCHIA: END OF LIFE PLANNING</b>	<b>18</b> <b>19</b> 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	<b>20</b> 8:00 Breakfast 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 <b>12:00 BIRTHDAY LUNCH</b> 12:45 Pinochle 12:00 Lunch 12:30 Bingo	<b>21</b> 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	<b>22</b> 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 <b>12:45 WILLOWTREE: HOSPICE VS PALLIATIVE CARE</b>
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo/Rhythm of Life <b>12:45 TRI-COUNTY: TREATMENTS FOR ARTHRITIC PAIN</b>	<b>25</b> <b>26</b> 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	<b>27</b> 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 <b>12:45 BASIC BUDGETING</b> <b>1:00 PARKINSON'S SUPPORT</b>	<b>28</b> 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	<b>29</b> 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

# MENU – JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div>PLEASE REMEMBER TO SIGN UP FOR LUNCH <u>3 DAYS IN ADVANCE</u></div>			<div>1</div> <div>PIZZA BURGER W/ SAUCE AND CHEESE POTATO SALAD BEAN SALAD HOT DOG ROLL SEASONAL MELON</div>
<div>4</div> <div>Closed In Observance of 4th of July</div> <div></div>	<div>5</div> <div>HOT ROAST BEEF PARSLEY NOODLES BABY CARROTS PINEAPPLE TIDBITS &amp; MANDARIN ORANGES</div>	<div>6</div> <div>ROAST TURKEY W/ SPINACH AND CREAM SAUCE WHIPPED POTATOES SWEET PEAS BANANA PUDDING</div>	<div>7</div> <div>CHEF SALAD (HAM, TURKEY, EGG, CHEESES) MIXED GREENS W/ TOMATO PICKLED BEETS FRESH SEASONAL FRUIT GELATIN</div>	<div>8</div> <div>BREADED FISH SANDWICH W/ CHEESE SCALLOPED POTATOES FRESH COLESLAW FRESH NAVEL ORANGE</div>
<div>11</div> <div>BBQ CHICKEN BREAST CHEESY NOODLES ITALIAN VEGETABLE MEDLEY FRESH SEASONAL FRUIT</div>	<div>12</div> <div>BAKED MEATLOAF W/ GRAVY WHIPPED POTATOES GREEN BEANS VANILLA ICE CREAM</div>	<div>13</div> <div>BAKED HAM SLICE W/ PINEAPPLE SAUCE SCALLOPED POTATOES COUNTRY MEADOW BLEND TAPIOCA PUDDING</div>	<div>14</div> <div>CHEESEBURGER FRESH BROCCOLI SALAD SLICED PEACHES</div>	<div>15</div> <div>BAKED CRAB CAKE BAKED POTATO W/ SOUR CREAM SWEET PEAS BROWNIE SQUARE</div>
<div>18</div> <div>MEATBALL HOAGIE SEASONED RED POTATOES ITALIAN BEANS FRESH SEASONAL FRUIT</div>	<div>19</div> <div>TURKEY BREAST &amp; SWISS SANDWICH CHEESY CAULIFLOWER SOUP FRESH COLESLAW MIXED FRUIT SALAD</div>	<div>20</div> <div>BIRTHDAY LUNCH CHICKEN CACCIATORE W/ PASTA BROCCOLI FRESH SEASONAL FRUIT BIRTHDAY CAKE</div>	<div>21</div> <div>BAKED PIZZA CASSEROLE TOSS SALAD GARLIC STICK BREAD SHERBET</div>	<div>22</div> <div>BAKED CHICKEN BREAST W/ GRAVY BLENDED RICE PILAF CALIFORNIA MEDLEY SUNSET PINEAPPLE</div>
<div>25</div> <div>BBQ PULLED PORK SANDWICH BAKED BEANS FRESH CONFETTI COLESLAW SEASONAL MELON</div>	<div>26</div> <div>CARIBBEAN GRILLED CHICKEN SALAD MANDARIN ORANGES SALAD GARLIC BREAD STICK LIME FROSTED PEARS</div>	<div>27</div> <div>BAKE SALISBURY STEAK WHIPPED POTATOES SLICED CARROTS SHERBET</div>	<div>28</div> <div>TUNA SALAD SANDWICH CREAM OF TOMATO SOUP FRESH SEASONAL FRUIT SUGAR COOKIE</div>	<div>29</div> <div>SPAGHETTI &amp; MEATBALLS SALAD ITALIAN BREAD APPLESAUCE</div>