

PROGRAMS -NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>8:00 Breakfast 1 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 12:45 Latin Dance 12:45 AARP</p>	<p>8:00 Breakfast 2 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 10:30 DELAWARE THEATRE 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle 12:45 HOW TO TRAVEL AFFORDABLY</p>	<p>8:00 Breakfast 3 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Tablet & Cells Phone 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 4 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:00 EATING HEALTHY ON A BUDGET 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 7 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Rhythm of Life 1:00 Grand Friends</p>	<p>8:00 Breakfast 8 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 12:45 Latin Dance</p>	<p>8:00 Breakfast 9 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 10:30 DELAWARE THEATRE 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle 12:45 UNDERSTANDING YOUR CREDIT</p>	<p>8:00 Breakfast 10 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club 10:00 Art Appreciation 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Chorus</p>	<p style="font-size: 2em; color: red;">CLOSED</p> <p style="color: red;">In Observance of Veteran's Day</p>
<p>8:00 Breakfast 14 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Rhythm of Life 12:45 GARDEN CLUB 1:00 Grand Friends</p>	<p>8:00 Breakfast 15 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 12:45 Latin Dance 12:45 LAUNDROMAT LIBRARY LEAGUE & SECOND READING</p>	<p>8:00 Breakfast 9:00 Pinochle 16 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 12:45 DELAWARE THEATRE FINAL PERFORMANCE</p>	<p>8:00 Breakfast 17 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 11:15 Book Club Classic 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Computer Forum 1:00 Chorus</p>	<p>8:00 Breakfast 18 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</p>
<p>8:00 Breakfast 9:00 Pinochle 21 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo/Rhythm of Life 12:45 SHOPRITE 1:00 Grand Friends</p>	<p>8:00 Breakfast 22 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</p>	<p>8:00 Breakfast 23 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 12:45 Pinochle 12:30 Bingo 12:30 Book Club</p>		<p style="font-size: 2em; color: red;">CLOSED</p>
<p>8:00 Breakfast 9:00 Pinochle 28 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:30 Rhythm of Life 1:00 Grand Friends RiteAid 1:00 CAREFUL WITH THE COLD</p>	<p>8:00 Breakfast 29 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</p>	<p>8:00 Breakfast 30 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 12:45 Pinochle 12:30 Bingo 1:15 Parkinson's Support Group 1:00 CVIM DENTAL WELLNESS</p>	<p>Book Club Classic</p> <p>The Color Purple</p> <p>By Alice Walker</p> <p>November 17th @ 11:15</p>	<p>Book Club</p> <p>The Weight of Water</p> <p>By Anita Shreeve</p> <p>November 23rd @ 12:30</p>

MENU – NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right; margin: 0;">1</p> <p style="text-align: center; margin: 0;">PEPPER STEAK W/ PEPPERS ONIONS & GRAVY 1 PARSLEY POTATOES BABY CARROTS APPLESAUCE</p>	<p style="text-align: right; margin: 0;">2</p> <p style="text-align: center; margin: 0;">PASTA W/ MEATBALLS MIXED GREENS SLICED PEACHES</p>	<p style="text-align: right; margin: 0;">3</p> <p style="text-align: center; margin: 0;">BAKED POLLOCK W/ DILL SAUCE BAKED POTATO W/ S. CREAM HARVARD BEETS TROPICAL FRUIT SALAD</p>	<p style="text-align: right; margin: 0;">4</p> <p style="text-align: center; margin: 0;">HOT ROAST BEEF SANDWICH W/ GRAVY WHIPPED POTATOES SWEET PEAS & CARROTS SUGAR COOKIE</p>	<p style="text-align: right; margin: 0;">5</p> <p style="text-align: center; margin: 0;">CHEESEBURGER OVEN BROWN POTATOES COLESLAW FRESH SEASONAL FRUIT</p>
<p style="text-align: right; margin: 0;">7</p> <p style="text-align: center; margin: 0;">SWEET SAUSAGE W/ PEPPERS & ONIONS REDSKIN POTATOES GREEN BEANS CHOCOLATE ICE CREAM</p>	<p style="text-align: right; margin: 0;">8</p> <p style="text-align: center; margin: 0;">SHEPHERD'S PIE W/ GRAVY PEAS & CARROTS FRESH COLESLAW LIME FROSTED PEARS</p>	<p style="text-align: right; margin: 0;">9</p> <p style="text-align: center; margin: 0;">HOUSE BLEND SEASONED CHICKEN BREAST W/ GRAVY LYONNAISE POTATOES BABY CARROTS</p>	<p style="text-align: right; margin: 0;">10</p> <p style="text-align: center; margin: 0;">SLOPPY JOE SANDWICH BAKED POTATO SOUP W/ CRACKERS PINEAPPLE TIDBITS</p>	<p style="text-align: right; margin: 0;">11</p> <p style="text-align: center; margin: 0;">CLOSED Veteran's Day</p>
<p style="text-align: right; margin: 0;">14</p> <p style="text-align: center; margin: 0;">BAKED SWISS STEAK W/ MUSHROOM GRAVY CREAMED POTATOES BABY LIMA BEANS BUTTERSCOTCH PUDDING</p>	<p style="text-align: right; margin: 0;">15</p> <p style="text-align: center; margin: 0;">EGG OMELET W/ CHEESE BREAKFAST SAUSAGE BREAKFAST POTATOES FRESH NAVEL ORANGE</p>	<p style="text-align: right; margin: 0;">16</p> <p style="text-align: center; margin: 0;">BIRTHDAY LUNCH ROAST TURKEY & GRAVY HOMEMADE STUFFING WHIPPED POTATOES SLICED CARROTS CRANBERRY SAUCE "BIRTHDAY CAKE"</p>	<p style="text-align: right; margin: 0;">17</p> <p style="text-align: center; margin: 0;">BEEF STEW MIXED GREENS WARM APPLESAUCE</p>	<p style="text-align: right; margin: 0;">18</p> <p style="text-align: center; margin: 0;">BREADED FISH SANDWICH W/ CHEESE CHEESY BACON & CHIVE POTATOES GREEN BEANS PINEAPPLE & ORANGES</p>
<p style="text-align: right; margin: 0;">21</p> <p style="text-align: center; margin: 0;">PEPPER STEAK W/ PEPPERS ONIONS & GRAVY PARSLEY POTATOES BABY CARROTS APPLESAUCE</p>	<p style="text-align: right; margin: 0;">22</p> <p style="text-align: center; margin: 0;">BAKED CRAB CAKE CHEESY NOODLES W/ BROCCOLI FALL VEGETABLE MEDLEY SLICED PEACHES</p>	<p style="text-align: right; margin: 0;">23</p> <p style="text-align: center; margin: 0;">CHICKEN MARSALA W/ MUSHROOM BLENDE RICE ITALIAN GREEN BEANS TROPICAL FRUIT SALAD</p>	<p style="text-align: right; margin: 0;">24</p> <p style="text-align: center; margin: 0;"></p>	<p style="text-align: right; margin: 0;">25</p> <p style="text-align: center; margin: 0;">CLOSED</p>
<p style="text-align: right; margin: 0;">28</p> <p style="text-align: center; margin: 0;">ITALIAN MEATBALL HOAGIE W/ SAUCE & CHEESE SEASONED NEW POTATOES MIXED BEAN MEDLEY TAPIOCA PUDDING</p>	<p style="text-align: right; margin: 0;">29</p> <p style="text-align: center; margin: 0;">PORK LOIN W/ GRAVY SCALLOPED POTATOES SWEET PEAS & ONIONS FRESH SEASONAL FRUIT</p>	<p style="text-align: right; margin: 0;">30</p> <p style="text-align: center; margin: 0;">STUFFED PEPPER CUP W/ TOMATO SAUCE WHIPPED POTATOES YELLOW BEANS DICED PEARS</p>	<div style="border: 1px solid black; background-color: #f4a460; padding: 10px; margin: 0 auto; width: 80%;"> <p style="text-align: center; margin: 0;"><i>Please remember to sign up for your lunch <u>3 days in advance!</u></i></p> </div>	