




PROGRAMS –JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>CLOSED</div> <div>Happy New Year!</div>	<div>3</div> <div>8:00 Breakfast</div> <div>9:30 Low Impact Aerobics</div> <div>10:00 Nurse</div> <div>10:15 Spanish Class</div> <div>10:30 Current Events/Computer Q&A</div> <div>10:30 Healthy Steps in Motion</div> <div>11:30 Yoga 12:00 Lunch</div> <div>12:45 Knitting 12:45 French</div> <div>12:45 Latin Dance 1:00 AARP</div>	<div>4</div> <div>8:00 Breakfast</div> <div>9:00 Pinochle 9:30 Blood Pressure</div> <div>9:30 Silver Sneakers Cardio Circuit</div> <div>10:00 German Club</div> <div>10:30 Arthritis Exercise Class</div> <div>11:15 Bingo</div> <div>11:15 Silver Sneakers Classic</div> <div>12:00 Lunch 12:30 Bingo</div> <div>12:45 Pinochle</div>	<div>5</div> <div>8:00 Breakfast</div> <div>9:30 Low Impact Aerobics</div> <div>10:00 Art Club</div> <div>10:00 Tablet & Cells Phone</div> <div>10:30 Healthy Steps in Motion</div> <div>11:15 Tai Chi</div> <div>12:00 Lunch</div> <div>12:30 Bridge 1:00 Chorus</div> <div>1:00 Grand Friends</div>	<div>6</div> <div>8:00 Breakfast 9:00 Pinochle</div> <div>9:30 Brain Aerobics</div> <div>9:30 Meditation & Breathing</div> <div>10:30 Arthritis Exercise Class</div> <div>11:15 Silver Sneakers Classic</div> <div>11:15 Bingo 12:00 Lunch</div> <div>12:45 Bingo/Pinochle/Crafts</div>
<div>9</div> <div>8:00 Breakfast</div> <div>9:00 Pinochle</div> <div>9:30 Silver Sneakers Cardio Circuit</div> <div>10:30 Arthritis Exercise Class</div> <div>10:30 Italian Club</div> <div>11:15 Bingo/Silver Sneakers Classic</div> <div>12:00 Lunch 12:30 Bridge</div> <div>12:45Rhythm of Life</div> <div>12:45 GARDEN CLUB</div> <div>1:00 Grand Friends</div>	<div>10</div> <div>8:00 Breakfast</div> <div>9:30 Low Impact Aerobics</div> <div>10:00 Nurse</div> <div>10:15 Spanish Class</div> <div>10:30 Current Events/Computer Q&A</div> <div>10:30 Healthy Steps in Motion</div> <div>11:15 Planning Council</div> <div>11:30 Yoga 12:00 Lunch</div> <div>12:45 Knitting 12:45 French</div> <div>12:45 Latin Dance</div>	<div>11</div> <div>8:00 Breakfast</div> <div>9:00 Pinochle 9:30 Blood Pressure</div> <div>9:30 Silver Sneakers Cardio Circuit</div> <div>10:00 German Club</div> <div>10:30 Arthritis Exercise Class</div> <div>11:15 Bingo</div> <div>11:15 Silver Sneakers Classic</div> <div>12:00 Lunch 12:30 Bingo</div> <div>12:30 CVM DENTAL PRESENTATION</div> <div>12:45 Pinochle</div>	<div>12</div> <div>8:00 Breakfast</div> <div>9:30 Low Impact Aerobics</div> <div>9:30 Bible Study</div> <div>9:30 MEDICARE FRAUD PREVENTION</div> <div>10:00 Art Club</div> <div>10:00 Art Appreciation</div> <div>10:30 Healthy Steps in Motion</div> <div>11:15 Tai Chi 12:00 Lunch</div> <div>12:30 Bridge 1:00 Grand Friends</div> <div>1:00 Chorus</div>	<div>13</div> <div>8:00 Breakfast</div> <div>9:00 Pinochle</div> <div>9:00 Food Box</div> <div>9:30 Brain Aerobics</div> <div>9:30 Meditation & Breathing</div> <div>10:30 Arthritis Exercise Class</div> <div>11:15 Silver Sneakers Classic</div> <div>11:15 Bingo 12:00 Lunch</div> <div>12:30 Bingo/Pinochle/Crafts</div> <div>12:45 TRI-COUNTY CHIROPRACTIC</div>
<div>16</div> <div>CLOSED</div> <div>MLK DAY</div>	<div>17</div> <div>8:00 Breakfast</div> <div>9:30 Low Impact Aerobics</div> <div>10:00 Nurse</div> <div>10:15 Spanish Class</div> <div>10:30 Current Events/Computer Q&A</div> <div>10:30 Healthy Steps in Motion</div> <div>11:30 Yoga</div> <div>12:00 Lunch 12:45 Knitting</div> <div>12:45 French 12:45 Latin Dance</div>	<div>18</div> <div>8:00 Breakfast 9:00 Pinochle</div> <div>9:30 Blood Pressure</div> <div>9:30 Silver Sneakers Cardio Circuit</div> <div>10:00 German Club</div> <div>10:00 PNEUMONIA SHOT Q & A</div> <div>10:30 Arthritis Exercise Class</div> <div>11:15 Bingo/Silver Sneakers Classic</div> <div>12:00 BIRTHDAY LUNCH</div> <div>12:30 Bingo</div> <div>12:45 Pinochle</div> <div></div>	<div>19</div> <div>8:00 Breakfast</div> <div>9:30 Low Impact Aerobics</div> <div>10:00 Art Club</div> <div>10:00 Photo Club</div> <div>10:30 Healthy Steps in Motion</div> <div>11:15 Tai Chi</div> <div>11:15 Book Club Classic</div> <div>12:00 Lunch12:30 Bridge</div> <div>1:00 Grand Friends</div> <div>1:00 Computer Forum 1:00 Chorus</div>	<div>20</div> <div>8:00 Breakfast</div> <div>9:00 Pinochle</div> <div>9:30 Brain Aerobics</div> <div>9:30 Meditation & Breathing</div> <div>10:30 Arthritis Exercise Class</div> <div>11:15 Silver Sneakers Classic</div> <div>11:15 Bingo 12:00 Lunch</div> <div>12:30 Bingo/Pinochle/Crafts</div> <div>12:30 MOVIE DAY</div>
<div>23</div> <div>8:00 Breakfast9:00 Pinochle</div> <div>9:30 Silver Sneakers Cardio</div> <div>10:30 Arthritis Exercise Class</div> <div>10:30 Italian Club</div> <div>11:15 Bingo/Silver Sneakers Classic</div> <div>12:00 Lunch 12:30 Bridge</div> <div>12:30 Bingo/Rhythm of Life</div> <div>12:45 RITEAid</div> <div>1:00 Grand Friends</div>	<div>24</div> <div>8:00 Breakfast</div> <div>9:30 Low Impact Aerobics</div> <div>10:00 Nurse</div> <div>10:15 Spanish Class</div> <div>10:30 Current Events/Computer Q&A</div> <div>10:30 Healthy Steps in Motion</div> <div>11:30 Yoga 12:00 Lunch</div> <div>12:45 Knitting 12:45 French</div>	<div>25</div> <div>8:00 Continental Breakfast</div> <div>9:00 Pinochle 9:30 Blood Pressure</div> <div>9:30 Silver Sneakers Cardio Circuit</div> <div>10:00 German</div> <div>10:00 PNEUMONIA SHOTS</div> <div>10:30 Arthritis Exercise</div> <div>11:15 Bingo/Silver Sneakers Classic</div> <div>12:30 Bingo 12:30 Book Club Regular</div> <div>12:45 Pinochle</div>	<div>26</div> <div>8:00 Continental Breakfast</div> <div>9:30 Low Impact Aerobics</div> <div>9:30 Bible Study</div> <div>10:00 Art Club</div> <div>10:30 Healthy Steps in Motion</div> <div>11:15 Tai Chi</div> <div>12:00 Lunch12:30 Bridge</div> <div>1:00 Grand Friends</div> <div>1:00 Computer Forum 1:00 Chorus</div>	<div>27</div> <div>8:00 Breakfast 9:00 Pinochle</div> <div>9:30 Brain Aerobics</div> <div>9:30 Meditation & Breathing</div> <div>10:30 Arthritis Exercise Class</div> <div>11:15 Silver Sneakers Classic</div> <div>11:15 Bingo 12:00 Lunch</div> <div>12:30 Bingo/Pinochle/Crafts</div> <div>12:30 GAME DAY</div>
<div>30</div> <div>8:00 Breakfast9:00 Pinochle</div> <div>9:30 Silver Sneakers Cardio</div> <div>10:30 Arthritis Exercise Class</div> <div>10:30 Italian Club</div> <div>11:15 Bingo/Silver Sneakers Classic</div> <div>12:00 Lunch 12:30 Bridge</div> <div>12:30 Bingo/Rhythm of Life</div> <div>12:45 SHOPRITE</div> <div>1:00 Grand Friends</div>	<div>31</div> <div>8:00 Continental Breakfast</div> <div>9:30 Low Impact Aerobics</div> <div>10:00 Nurse</div> <div>10:15 Spanish Class</div> <div>10:30 Current Events/Computer Q&A</div> <div>10:30 Healthy Steps in Motion</div> <div>11:30 Yoga</div> <div>12:00 Lunch</div> <div>12:45 Knitting 12:45 French</div>	<div><div><div></div><div>CLASSIC BOOK CLUB</div><div>ANIMAL FARM BY GEORGE ORWELL</div></div><div><div>BOOK CLUB</div><div>A SPOOL OF BLUE THREAD BY ANNE TAYLOR</div><div></div></div></div>		

MENU – JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 BREAKFAST FOR LUNCH EGG OMELET BREAKFAST SAUSAGE BREAKFAST POTATOES WHITE BREAD W/ JELLY FRESH NAVEL ORANGE	4 ROAST PORK LOIN WHIPPED POTATOES SAUERKRAUT PUDDING DESSERT	5 STUFFED STEAK BRACIOLE W/ GRAVY WHIPPED POTATOES SLICED CARROTS LIME GELATIN W/ TOPPING	6 BREADED FISH SANDWICH W/ CHEESE CHEESY BACON & CHIVE POTATOES GREEN BEANS PINEAPPLE & ORANGES
9 PEPPER STEAK W/ PEPPERS ONIONS & GRAVY PARSLEY POTATOES BABY CARROTS APPLESAUCE	10 BREADED CHICKEN FILLET SANDWICH VEGETABLE SOUP PINEAPPLE TIDBITS & MANDARIN ORANGES	11 OVEN ROASTED HOT BEEF W/ GRAVY BAKED POTATO W/ SOUR CREAM SWEET & SOUR COLESLAW GELATIN W/ TOPPING	12 POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES FRESH SEASONAL FRUIT	13 HOT DOG WHIPPED POTATOES SAUERKRAUT CHOCOLATE BROWNIE
16 CLOSED	17 CHEF SALAD MIXED GREENS NOODLE SOUP PEACHES	18 BIRTHDAY LUNCH STUFFED PEPPER CUP W/ TOMATO SAUCE WHIPPED POTATOES YELLOW BEANS DICED PEARS	19 ITALIAN MEATBALL HOAGIE W/ SAUCE & CHEESE SEASONED NEW POTATOES MIXED BEAN MEDLEY TAPIOCA PUDDING	20 CREAMY PARMESAN GARLIC CHICKEN W/ CREAM SAUCE PENNE PASTA VEGETABLE MEDLEY APPLESAUCE
23 BAKED HAM SLICE W/ SAUCE ORANGE KISSED MASHED SWEET POTATOES BRUSSEL SPROUTS VANILLA ICE CREAM	24 BBQ CHICKEN RED POTATOES COUNTRY VEGETABLE BLEND SUGAR COOKIE	25 CHILI MAC W/ CHEDDAR CHEESE TOPPING MIXED GREENS APPLESAUCE	26 TURKEY & SWISS SANDWICH CHEESY BROCCOLI SOUP FRESH SEASONAL FRUIT	27 BREADED LEMON PEPPER POLLOCK PARSLEY POTATOES GARDEN SALAD SLICED PEACHES W/ OATMEAL TOPPING
30 MEATLOAF W/ GRAVY WHIPPED POTATOES ITALIAN BEANS BANANA PUDDING FLUFF	31 BAKED VEGETABLE LASAGNA MIXED GREENS GARLIC BREAD STICK SLICED APPLES W/ OATMEAL TOPPING	