


PROGRAMS – FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 1 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle	8:00 Breakfast 2 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	8:00 Breakfast 9:00 Pinochle 3 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 6 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	8:00 Breakfast 7 9:30 Low Impact Aerobics 10:00 Nurse 10:00 IMMACULATA PRESENTATION 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	8:00 Breakfast 8 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 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 PHOENIX P.T.; KNEES 12:45 Pinochle	8:00 Breakfast 9 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	8:00 Breakfast 10 9:00 Pinochle 9:00 Food Box 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 DESSERT SOCIAL
8:00 Breakfast 13 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 RITEAID GRAND FRIENDS	8:00 Breakfast 14 9:30 Low Impact Aerobics 10:00 Nurse 10:00 IMMACULATA PRESENTATION 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	8:00 Breakfast 9:00 Pinochle 15 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	8:00 Breakfast 16 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 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Computer Forum 1:00 Chorus	8:00 Breakfast 17 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 CLARIFI: ARE YOU PREPARED; END OF LIFE CHOICES
8:00 Breakfast 9:00 Pinochle 20 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: HEART HEALTHY 1:00 Grand Friends	8:00 Breakfast 21 9:30 Low Impact Aerobics 10:00 Nurse 10:00 IMMACULATA PRESENTATION 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 22 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 12:30 Bingo 12:30 Book Club Regular 12:45 Pinochle	8:00 Breakfast 23 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Chorus	8:00 Breakfast 9:00 Pinochle 24 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
8:00 Breakfast 9:00 Pinochle 27 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 1:00 Grand Friends	8:00 Breakfast 28 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	BOOK CLUB CLASSIC FEBRUARY 16TH CANNERY ROW BY JOHN STEINBECK		BOOK CLUB REGULAR FEBRUARY 22ND A SPOOL OF BLUE THREAD BY ANNE TAYLOR

MENU – FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ PULLED PORK SANDWICH SOUTHWEST RICE & BLACK BEANS FRESH COLESLAW CORN DROP BISCUIT FRESH SEASONAL FRUIT	2 GRILLED CHICKEN CAESAR SALAD CHICKEN & PARMESAN MIXED GREENS NAVY BEAN DICED PEARS	3 HAM & SCALLOPED POTATO CASSEROLE BRAISED CABBAGE GREEN BEANS STRAWBERRY ICE CREAM
6 ROAST TURKEY & GRAVY HOMEMADE STUFFING BABY CARROTS CINNAMON APPLESAUCE	7 BAKED POLLOCK W/ DILL SAUCE BLENDED RICE HARVARD BEETS MIXED FRUIT SALAD	8 SPAGHETTI W/ MEATBALLS PASTA W/ SAUCE MIXED GREENS	9 OPEN FACE ROAST BEEF SANDWICH W/ GRAVY WHIPPED POTATOES SWEET PEAS & CARROTS SUGAR COOKIE	10 CHEESEBURGER OVEN BROWN POTATOES FRESH COLESLAW FRESH SEASONAL FRUIT
13 SWEET SAUSAGE W/ PEPPERS & ONIONS REDSKIN POTATOES GREEN BEANS CHOCOLATE ICE CREAM	14 BAKED LASAGNA W/ MARINARA SAUCE MIXED CROUTONS WARM APPLESAUCE	15 BIRTHDAY LUNCH CHICKEN ROSA BAKED POTATO W/ SOUR CREAM SWEET PEAS W/ ONIONS STRAWBERRY FLUFF	16 SLOPPY JOE SANDWICH BAKED POTATO SOUP W/ CRACKERS PINEAPPLE TIDBITS	17 SHEPHERD'S PIE W/ GRAVY PEAS & CARROTS FRESH COLESLAW LIME FROSTED SLICED PEARS
20 BAKED SWISS STEAK W/ MUSHROOM GRAVY CREAMED POTATOES WINTER VEGETABLE BUTTERSCOTCH PUDDING	21 BAKED TURKEY POT PIE W/ POTATOES & VEGETABLES FRESH COLESLAW BUTTERMILK BISCUIT MIXED FRUIT SALAD	22 STUFFED STEAK BRICOLE W/ GRAVY WHIPPED POTATOES SLICED CARROTS CHERRY GELATIN	23 BREAKFAST FOR LUNCH EGG OMELET W/ CHEESE BREAKFAST SAUSAGE BREAKFAST POTATOES FRESH NAVEL ORANGE	24 BREADED FISH SANDWICH W/ CHEESE CHEESY BACON & CHIVE POTATOES GREEN BEANS PINEAPPLE & ORANGES
27 CHICKEN MARSALA W/ MUSHROOMS BLENDED RICE PEAS FRUIT COCKTAIL	28 BEEF STEW W/ POTATOES & VEGETABLES MIXED GREENS BISCUIT WARM APPLESAUCE	