



PROGRAMS –MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Book Club March 22nd America's First Daughter Dray & Kamoie</p>	<p>Book Club Classic March 16th Endless Night Agatha Christie</p>	<p>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 12:45 PHOENIX PT</p>	<p>8:00 Breakfast 2 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:00 Art Club 10:00 Tablet & Cells Phone 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 3 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts 12:45 GRAND PARENTING</p>
<p>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 12:45Rhythm of Life 1:00 Grand Friends</p>	<p>8:00 Breakfast 7 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:15 Healthy Steps in Motion 10:30 Current Events/Computer Q&A 11:00 Meditation & Breathing 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 12:45 Latin Dance 1:00 AARP</p>	<p>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 Pinochle 12:45 THRIVENT-LONG TERM CARE</p>	<p>8:00 Breakfast 9 9:30 Low Impact Aerobics 9:30 Bible Study 10:15 Healthy Steps in Motion 10:00 Art Club 10:00 Art Appreciation 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Chorus</p>	<p>8:00 Breakfast 10 9:00 Pinochle 9:00 Food Box 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:45 RITEAID- DRUG INTERACTIONS</p>
<p>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 12:45Rhythm of Life 12:45 GARDEN CLUB 1:00 Grand Friends</p>	<p>8:00 Breakfast 14 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:15 Healthy Steps in Motion 10:30 Current Events/Computer Q&A 11:00 Meditation & Breathing 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 9:00 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 12:45 COMPASSES VOLUNTEER SEMINAR</p> 	<p>8:00 Breakfast 16 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:00 Art Club 10:00 WCU NUTRITION PROGRAM 10:00 Photo Club 11:15 Tai Chi 11:15 Book Club Classic 12:00 Lunch12:30 Bridge 1:00 Grand Friends 1:00 Computer Forum 1:00 Chorus</p>	<p>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 DR. FORT- DENTAL PRESENTATION</p> 
<p>8:00 Breakfast9:00 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 1:00 Grand Friends</p>	<p>8:00 Breakfast 21 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:15 Healthy Steps in Motion 10:30 Current Events/Computer Q&A 11:00 Meditation & Breathing 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 12:45 Latin Dance 12:45 HPP-ASTHMA</p>	<p>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 12:45 DR. KISTLER- CHIROPRACTOR</p>	<p>8:00 Breakfast 23 9:30 Low Impact Aerobics 9:30 Bible Study 10:15 Healthy Steps in Motion 10:00 Art Club 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Chorus</p>	<p>8:00 Breakfast 9:00 Pinochle 24 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo 12:30 Pinochle/Crafts 12:45 GAME DAY</p>
<p>8:00 Breakfast9:00 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</p>	<p>8:00 Breakfast 28 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:15 Healthy Steps in Motion 10:30 Current Events/Computer Q&A 11:00 Meditation & Breathing 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 12:45 Latin Dance</p>	<p>8:00 Breakfast 29 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 12:45 KELLER WILLIAMS- GETTING YOUR HOME READY TO SELL 1:00 PARKINSON'S SUPPORT GROUP</p>	<p>8:00 Breakfast 30 9:30 Low Impact Aerobics 10:00 Art Club 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Chorus</p>	<p>8:00 Breakfast 9:00 Pinochle 31 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo 12:30 Pinochle 12:30 Crafts</p>

MENU – MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; background-color: #d9ead3; padding: 5px; margin: 10px auto; width: 80%;">PLEASE SIGN UP 3 DAYS IN ADVANCE</div>		1 BAKED CRAB CAKE CHEESY NOODLES ITALIAN VEGETABLE MEDLEY SLICED PEACHES	2 HOT DOG WHIPPED POTATOES SAUERKRAUT CHOCOLATE BROWNIE	3 BAKED TUNA PATTY W/DILL SAUCE WILD RICE SWEET PEAS FRESH SEASONAL FRUIT
6 PORK LOIN W/ GRAVY SCALLOPED POTATOES SWEET PEAS & ONIONS FRESH SEASONAL FRUIT	7 ITALIAN MEATBALL HOAGIE W/ SAUCE & CHEESE SEASONED NEW POTATOES MIXED BEAN MEDLEY PINEAPPLE TIDBITS	8 STUFFED CABBAGE ROLL W/ TOMATO SAUCE WHIPPED POTATOES YELLOW BEANS	9 CHEF SALAD MIXED GREENS W/ TOMATO NOODLE SOUP WHOLE SLICED PEACHES	10 POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES FRESH SEASONAL FRUIT
13 BAKED HAM SLICE W/FRUIT SAUCE ORANGE KISSED MASHED SWEET POTATOES BRUSSEL SPROUTS VANILLA ICE CREAM	14 BBQ CHICKEN BREAST SEASONED REDSKIN POTATOES COUNTRY VEGETABLE BLEND FRESH BAKED COOKIE	15 BIRTHDAY LUNCH CORNED BEEF W/CABBAGE MASHED POTATOES GREEN BEANS DINNER ROLL PISTACHIO PUDDING	16 TURKEY & SWISS SANDWICH CHEESY BROCCOLI SOUP FRESH SEASONAL FRUIT	17 BREADED LEMON PEPPER POLLOCK PARSLEY POTATOES GARDEN SALAD W/ TOMATO PEACH CRISP
20 MEATLOAF W/ GRAVY WHIPPED POTATOES ITALIAN BEANS BANANA PUDDING FLUFF	21 HAM & SCALLOPED POTATO CASSEROLE BRAISED CABBAGE COIN CARROTS STRAWBERRY ICE CREAM	22 BBQ PULLED PORK SOUTHWEST RICE & BLACK BEANS FRESH COLESLAW FRESH SEASONAL FRUIT	23 GRILLED CHICKEN CAESAR SALAD MIXED GREENS W/ TOMATO NAVY BEAN SOUP W/ CRACKERS DICED PEARS	24 BAKED VEGETABLE LASAGNA W/ PARMESAN CREAM SAUCE MIXED GREENS SLICED APPLES
27 ROAST TURKEY & GRAVY HOMEMADE STUFFING BABY CARROTS APPLESAUCE	28 PENNE PASTA W/MEATBALLS PASTA W/ SAUCE MIXED GREENS SLICED PEACHES	29 OPEN FACE ROAST BEEF SANDWICH WHIPPED POTATOES SWEET PEAS & CARROTS FRESH BAKED COOKIE	30 CHEESEBURGER OVEN BROWN POTATOES FRESH COLESLAW FRESH SEASONAL FRUIT	31 BAKED POLLOCK W/ DILL SAUCE WILD RICE HARVARD BEETS MIXED FRUIT SALAD