


PROGRAMS –MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Breakfast 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 <div style="text-align: right; font-weight: bold;">1</div>	8:00 Breakfast 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 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 1:00 AARP <div style="text-align: right; font-weight: bold;">2</div>	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:00-9:45 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 German Club 10:00 German Club 11:15 Bingo 12:00 Lunch 12:30 Bingo 12:30 Bingo 12:45 Pinochle 10:00-9:45 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 German Club 11:15 Bingo 12:00 Lunch 12:30 Bingo 12:30 Bingo 12:45 Pinochle <div style="text-align: right; font-weight: bold;">3</div>	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 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 <div style="text-align: right; font-weight: bold;">4</div>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bridge 12:45 Bingo/Pinochle/Crafts 12:45 French 1:00 AARP <div style="text-align: right; font-weight: bold;">5</div> <p style="text-align: center; color: red; font-weight: bold;">WEAR YOUR DERBY HATS</p>
8:00 Breakfast 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 French 1:00 Grand Friends <div style="text-align: right; font-weight: bold;">8</div>	8:00 Breakfast 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 11:15 Spanish Class 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French <div style="text-align: right; font-weight: bold;">9</div>	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 11:00 Sen Dinniman Constituent Outreach 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:30 Bingo 12:45 Pinochle <div style="text-align: right; font-weight: bold;">10</div>	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:00 Art Club 10:00 Art Appreciation 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 12:45 Pinochle <div style="text-align: right; font-weight: bold;">11</div>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo 12:45 Pinochle 12:45 Crafts <div style="text-align: right; font-weight: bold;">12</div> <p style="text-align: center; color: red; font-weight: bold;">10:00 HONOR FLIGHT PRESENTATION</p>
8:00 Breakfast 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 <div style="text-align: right; font-weight: bold;">15</div>	8:00 Breakfast 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 11:30 Yoga 12:45 Knitting 12:45 French <div style="text-align: right; font-weight: bold;">16</div>	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 12:00 Lunch 12:30 Bingo 12:30 Bingo 12:45 Pinochle <div style="text-align: right; font-weight: bold;">17</div>	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:00 Art Club 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 <div style="text-align: right; font-weight: bold;">18</div> <p style="text-align: center; color: red; font-weight: bold;">SENIORS GAMES</p>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 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 Pinochle <div style="text-align: right; font-weight: bold;">19</div> <p style="text-align: center; color: red; font-weight: bold;">12:30 ADVANCE DIRECTIVE CARE</p>
8:00 Breakfast9:00 Pinochle 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 12:30 Bingo/Rhythm of Life 1:00 Grand Friends <div style="text-align: right; font-weight: bold;">22</div> <p style="text-align: center; color: red; font-weight: bold;">12:30 READY, SET, GROW IN THE GARDEN</p>	8:00 Breakfast 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 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French <div style="text-align: right; font-weight: bold;">23</div>	8:00 Breakfast 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 <div style="text-align: right; font-weight: bold;">24</div>	8:00 Breakfast 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/RiteAid <div style="text-align: right; font-weight: bold;">25</div>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 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 <div style="text-align: right; font-weight: bold;">26</div>
8:00 Breakfast9:00 Pinochle 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 <div style="text-align: right; font-weight: bold;">29</div>	8:00 Breakfast 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 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French <div style="text-align: right; font-weight: bold;">30</div>	8:00 Breakfast 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 12:30 Book Club Regular 12:45 Pinochle 12:45 Pinochle <div style="text-align: right; font-weight: bold;">31</div> <p style="text-align: center; color: red; font-weight: bold;">12:30 COMPASSUS VOLUNTEER 1:00 PARKINSON'S SUPPORT</p>	<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p style="font-weight: bold; font-size: 1.2em;">Book Club Classic</p> <p style="font-weight: bold; font-size: 1.2em;">Thurs, May 18th</p> <p style="font-weight: bold; font-size: 1.2em;">PLANNING SESSION</p> </div> <div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%; margin-top: 10px;"> <p style="font-weight: bold; font-size: 1.2em;">Book Club</p> <p style="font-weight: bold; font-size: 1.2em;">Wed, May 31st</p> <p style="font-weight: bold; font-size: 1.2em;">Dead Wake: Last Crossing By Eric Larson</p> </div>	

MENU –MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<p>MEATBALL SANDWICH W/SAUCE & CHEESE SEASONED REDSKINS MIXED BEAN MEDLEY FRESH FRUIT</p>	<p>ROASTED TURKEY W/GRAVY MASHED POTATOES PEAS & CARROTS 1 VANILLA ICE CREAM</p>	<p>BAKED LEMON PEPPER CHICKEN THIGH W/GRAVY WILD RICE BRUSSEL SPROUTS APRICOTS</p>	<p>CHEF SALAD (HAM, TURKEY, CHEESE, & EGG) WEDDING SOUP SLICED PEARS</p>	<p>BBQ BEEF RIBETTE SWEET POTATO BITES MIXED VEGETABLES BROWNIE</p>
8	9	10	11	12
<p>TERIYAKI CHICKEN BREAST WHITE RICE ISLAND BLEND VEGETABLES APPLESAUCE</p>	<p>SALISBURY STEAK W/GRAVY BAKED POTATO COLESLAW MIXED FRUIT SALAD</p>	<p>BAKED SWEET SAUSAGE W/PEPPERS & SAUCE SEASONED REDSKINS GREEN BEANS FRESH BAKED COOKIE</p>	<p>TUNA SALAD SANDWICH W/LETTUCE & TOMATO CREAMY BROCCOLI SOUP FRESH FRUIT</p>	<p>TUSCAN CHICKEN W/SUN DRIED TOMATO CREAM SAUCE PENNE PASTA TOSSED SALAD SLICED PEACHES</p>
15	16	17	18	19
<p>MEATLOAF W/GRAVY MASHED POTATOES PEAS & CARROTS SHERBET</p>	<p>SOUTHWESTERN CHICKEN WRAP VEGETABLE BARLEY SOUP APRICOTS</p>	<p style="text-align: center;">BIRTHDAY & GRAND FRIENDS LUNCH</p> <p>VEGETABLE LASAGNA TOSSED SALAD APPLESAUCE BIRTHDAY CAKE & ICE CREAM</p>	<p>KIELBASA W/SAUERKRAUT MASHED POTATOES SWEET CORN BROWNIE</p>	<p>BREADED LEMON PEPPER POLLOCK RICE PILAF SWEET & SOUR COLESLAW FRESH FRUIT</p>
22	23	24	25	26
<p>CHICKEN MARSALA GARLIC & PARMESAN ORZO CRINKLE CUT CARROTS PINEAPPLE DELIGHT</p>	<p>BAKED HAM SLICE W/FRUIT SAUCE MASHED POTATOES W/CHIVES GREEN BEANS CHOCOLATE PUDDING</p>	<p>BBQ CHICKEN BAKED POTATO LIMA BEANS FRESH FRUIT</p>	<p>TACO SALAD CORN & BLACK BEAN SALAD NACHO CHIPS APRICOTS</p>	<p>CHEESEBURGER POTATO SALAD BEETS FRESH MELON</p>
29	30	31	<div style="background-color: #c8e6c9; border: 1px solid black; padding: 10px; display: inline-block;"> <p>PLEASE SIGN UP 3 DAYS IN ADVANCE</p> </div>	
<div style="text-align: center;">  <p>Memorial Day</p> </div>	<p>CHICKEN SALAD SANDWICH PASTA FLORENTINE SOUP SUNSET PEACHES</p>	<p>HONEY MUSTARD GLAZED PORK LOIN MASHED POTATOES W/CHIVES BRAISED CABBAGE LEMON CRÈME CAKE</p>		