



PROGRAMS – APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00 Breakfast 3 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 VISION CORPS 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/ShopRite:Seeds</p>	<p>8:00 Breakfast 4 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 1:00 AARP</p>	<p>8:00 Breakfast 5 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 11:15 ACERACARE; SPRING CHECK UP 10:30 Arthritis Exercise Class 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle 12:45 HEALTH PARTNERS PLANS: BULLYING</p>	<p>8:00 Breakfast 6 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 1:00 Chorus</p>	<p>8:00 Breakfast 7 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</p>
<p>8:00 Breakfast 9:00 Pinochle 10 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 11 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 PLANNING COUNCIL 11:30 Yoga 12:00 Lunch 12:30 WCU NUTRITION 12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 12 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 DR. KISTLER: NUTRITION 101 12:45 Pinochle</p>	<p>8:00 Breakfast 13 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 1:00 Chorus</p>	<p style="font-size: 2em; color: red; font-weight: bold;">CLOSED GOOD FRIDAY</p>
<p>8:00 Breakfast 17 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</p>	<p>8:00 Breakfast 18 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 VOLUNTEER LUNCHEON 12:45 Knitting 12:45 French</p> 	<p>8:00 Breakfast 9:00 Pinochle 19 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 VILLANOVA NURSING 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 BIRTHDAY LUNCH 12:30 Bingo 12:45 Pinochle</p>  	<p>8:00 Breakfast 20 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 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Computer Forum 1:00 Chorus</p>	<p>8:00 Breakfast 21 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 CLARIFI: REVERSE MORTGAGE</p>
<p>8:00 Breakfast 9:00 Pinochle 24 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 12:00 PHOENIX PT 1:00 Grand Friends</p>	<p>8:00 Breakfast 25 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</p>	<p>8:00 Breakfast 26 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 12:30 MAKE DERBY HATS 12:45 Pinochle 1:00 PARKINSON'S SUPPORT</p>	<p>8:00 Breakfast 27 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 1:00 Chorus</p>	<p>8:00 Breakfast 8:00 Poker 28 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 11-1 MINI CULTURE FAIR</p>

GRAND FRIENDS

MONDAY APRIL 3- SHOP RITE / ADDING SEEDS TO OUR DIET

MONDAY APRIL 10- GARDEN CLUB/ PLANTING SEEDS

THURSDAY APRIL 20- READING

MONDAY APRIL 24- SHAPES

THURSDAY APRIL 27- RITE AID/ SLEEP & SKIN CARE




MENU – APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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3	4	5	6	7
<p style="text-align: center;">CHICKEN MARSALA GARLIC & PARMESAN ORZO CRINKLE CUT CARROTS WHITE BREAD PINEAPPLE DELIGHT</p>	<p style="text-align: center;">BREADED CHICKEN CUTLET W/LETTUCE & TOMATO CREAMY POTATO SOUP SANDWICH ROLL FRESH FRUIT</p>	<p style="text-align: center;">BAKED HAM SLICE W/FRUIT SAUCE MASHED POTATOES W/CHIVES SUMMER BEET SALAD WHEAT BREAD CHOCOLATE PUDDING</p>	<p style="text-align: center;">BEEF BURRITO SPANISH RICE CORN & BLACK BEAN SALAD TORTILLA APRICOTS</p>	<p style="text-align: center;">BBQ CHICKEN BAKED POTATO LIMA BEANS WHEAT BREAD FRESH FRUIT</p>
10	11	12	13	14
<p style="text-align: center;">SAVORY SAUSAGE SCRAMBLE BREAKFAST POTATOES WHEAT BREAD W/JELLY FRESH BANANA</p>	<p style="text-align: center;">CHICKEN SALAD SANDWICH PASTA FLORENTINE SOUP SUNSET PEACHES</p>	<p style="text-align: center;">HONEY MUSTARD GLAZED PORK LOIN MASHED POTATOES W/CHIVES BRAISED CABBAGE LEMON CRÈME CAKE</p>	<p style="text-align: center;">ROAST BEEF STROGANOFF BUTTERED NOODLES 1 PEAS & CARROTS WHITE BREAD APPLESAUCE</p>	<p style="color: red; font-size: 1.2em; font-weight: bold;">CLOSED GOOD FRIDAY</p>
17	18	19	20	21
<p style="text-align: center;">PEPPER STEAK W/PEPPERS & GRAVY SEASONED REDSKINS MIXED VEGETABLE MEDLEY FRESH BAKED COOKIE</p>	<p style="text-align: center; color: orange;">VOLUNTEER LUNCH STUFFED PEPPER MASHED POTATOES SWEET CORN FRUIT CRISP</p>	<p style="text-align: center; color: orange;">BIRTHDAY LUNCH BAKED HAM MASHED SWEET POTATOES MIXED VEGETABLES BIRTHDAY CAKE & ICE CREAM</p>	<p style="text-align: center;">SWEET TURKEY SAUSAGE MINESTRONE BOWTIE NOODLES GREEN BEANS FRESH FRUIT</p>	<p style="text-align: center;">MUSHROOM SWISS BURGER HOT GERMAN POTATO SALAD BAKED BEANS BROWNIE</p>
24	25	26	27	28
<p style="text-align: center;">SWEET & SOUR MEATBALLS RICE PILAF VEGETABLE MEDLEY APPLESAUCE</p>	<p style="text-align: center;">CHICKEN PARMESAN ROTINI PASTA TOSSED SALAD SLICED PEACHES</p>	<p style="text-align: center;">CLUB SANDWICH CREAMY CAULIFLOWER SOUP FRESH FRUIT</p>	<p style="text-align: center;">VEAL ROULADE W/BEEF GRAVY MASHED POTATOES SLICED CARROTS FRESH BAKED COOKIE</p>	<p style="text-align: center;">POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES PINEAPPLES & ORANGES</p>



THANKS FOR YOUR BIRTHDAY SPONSORSHIP!!

PLEASE SIGN UP 3 DAYS IN ADVANCE