

PROGRAMS –JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MOVIE DAY WEDNESDAY JUNE 14TH 		8:00 Breakfast 1 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	8:00 Breakfast 8:00 Poker 2 9:00 Pinochle 9:30 Brain Aerobics 10:00 REFIREMENT 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 IDENTITY THEFT 12:45 Bingo/Pinochle/Crafts
8:00 Breakfast 9:00 Pinochle 5 9:30 Silver Sneakers Cardio Circuit 10:00 VILLANOVA NURSING 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	8:00 Breakfast 6 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 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	8:00 Breakfast 7 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 VILLANOVA NURSING 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 12:45 Pinochle	8:00 Breakfast 8 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	8:00 Breakfast 8:00 Poker 9 9:00 Pinochle 9:30 Brain Aerobics 10:00 REFIREMENT 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo 12:45Pinochle 12:45 Crafts
8:00 Breakfast 12 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 VILLANOVA NURSING 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	8:00 Breakfast 13 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Current Events/Computer Q&A 11:15 PLANNING COUNCIL 11:30 Yoga 12:45 Knitting 12:45 French	8:00 Breakfast 9:00 Pinochle 14 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 VILLANOVA NURSING 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 12:45 MOVIE DAY	8:00 Breakfast 15 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 Computer Forum	8:00 Breakfast 8:00 Poker 16 9:00 Pinochle 9:30 Brain Aerobics 10:00 YOGA AND MEDITATION 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts
8:00 Breakfast9:00 Pinochle 19 9:30 Silver Sneakers Cardio 10:00 VILLANOVA NURSING 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:30 THE WILL TO BELIEVE 12:45Rhythm of Life	8:00 Breakfast 20 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Current Events/Computer Q&A 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French	8:00 Breakfast 21 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German 10:30 Arthritis Exercise 10:00 VILLANOVA NURSING 11:15 Bingo/Silver Sneakers Classic 12:00 BIRTHDAY LUNCH/FASHION SHOW 12:30 Bingo12:30 Book Club Regular 12:45 Pinochle 	8:00 Breakfast 22 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	8:00 Breakfast 8:00 Poker 23 9:00 Pinochle 9:30 Brain Aerobics 10:00 CELLULAR HEALTH 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo 12:30 Pinochle/Crafts
8:00 Breakfast9:00 Pinochle 26 9:30 Silver Sneakers Cardio 10:00 VILLANOVA NURSING 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 Rhythm of Life	8:00 Breakfast 27 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Current Events/Computer Q&A 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French	8:00 Breakfast 28 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German 10:30 Arthritis Exercise 10:00 VILLANOVA NURSING 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle	8:00 Breakfast 29 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:00 Art Club 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	8:00 Breakfast 8:00 Poker 23 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

MENU –JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE SIGN UP 3 DAYS IN ADVANCE			1 ROAST BEEF STROGANOFF BUTTERED NOODLES PEAS & CARROTS APPLESAUCE	2 BAKED SALMON WILD RICE SWEET PEAS SLICED PEARS
5 MUSHROOM SWISS BURGER HOT GERMAN POTATO SALAD BAKED BEANS BROWNIE	6 SWEET TURKEY SAUSAGE MINESTRONE BOWTIE NOODLES GREEN BEANS FRESH FRUIT	7 PEPPER STEAK W/PEPPERS & GRAVY GARLIC MASHED POTATOES MIXED VEGETABLE MEDLEY SUGAR COOKIE	8 CHICKEN COBB SALAD NOODLE SOUP 1 PINEAPPLE TIDBITS	9 STUFFED PEPPER MASHED POTATOES SWEET CORN FRUIT CRISP
12 BEEF BRASCIOLE W/GRAVY MASHED POTATOES SLICED CARROTS WHITE BREAD SUGAR COOKIE	13 SWEET & SOUR MEATBALLS RICE PILAF VEGETABLE MEDLEY APPLESAUCE	14 CHICKEN PARMESAN ROTINI PASTA TOSSED SALAD SLICED PEACHES	15 CLUB SANDWICH CREAMY CAULIFLOWER SOUP FRESH FRUIT	16 POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES PINEAPPLES & ORANGES
19 BBQ PORK RIBETTE SWEET POTATO BITES MIXED VEGETABLES FRESH FRUIT	20 CHEF SALAD WEDDING SOUP BREADSTICK SLICED PEARS	21 BIRTHDAY LUNCH HOT DOG W/SAUERKRAUT POTATO SALAD BAKED BEANS BIRTHDAY CAKE ICE CREAM 	22 ROASTED TURKEY W/GRAVY MASHED POTATOES PEAS & CARROTS VANILLA ICE CREAM	23 MEATBALL SANDWICH W/SAUCE & CHEESE SEASONED REDSKINS MIXED BEAN MEDLEY BROWNIE
26 HOT ROAST BEEF DINNER WHIPPED POTATOES MIXED VEGETABLES APPLESAUCE	27 CRAB CAKE PARMESAN NOODLES ITALIAN BEANS SLICED PEARS	28 TERIYAKI CHICKEN BREAST WHITE RICE ISLAND BLEND VEGETABLES SLICED APPLES	29 SALISBURY STEAK W/GRAVY BAKED POTATO COLESLAW MIXED FRUIT SALAD	30 BAKED SWEET SAUSAGE W/PEPPERS & SAUCE SEASONED REDSKINS GREEN BEANS SUGAR COOKIE