



PROGRAMS – AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 BRYN MAWR REHAB</p> <p style="text-align: right; font-weight: bold;">7</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Current Events 11:30 Yoga 12:00 Lunch 12:45 Knitting</p> <p style="text-align: right; font-weight: bold;">1</p>	<p>8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:00 Silver Sneakers Cardio Circuit 9:45 Stretching 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</p> <p style="text-align: right; font-weight: bold;">2</p>	<p>8:00 Breakfast 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</p> <p style="text-align: right; font-weight: bold;">3</p>	<p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 MOVIE DAY 12:45 Bingo/'Pinochle/Crafts</p> <p style="text-align: right; font-weight: bold;">4</p>
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 BRYN MAWR REHAB</p> <p style="text-align: right; font-weight: bold;">7</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Current Events 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French</p> <p style="text-align: right; font-weight: bold;">8</p>	<p>8:00 Breakfast 9:00 Pinochle 9:00 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 9:45 Stretching 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 GAME DAY 12:45 Pinochle</p> <p style="text-align: right; font-weight: bold;">9</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge</p> <p style="text-align: right; font-weight: bold;">10</p>	<p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 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 12:45 MOVIE DAY</p> <p style="text-align: right; font-weight: bold;">11</p>
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 GARDEN CLUB</p> <p style="text-align: right; font-weight: bold;">14</p>	<p>8:00 Breakfast 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</p> <p style="text-align: right; font-weight: bold;">15</p>	<p>8:00 Breakfast 9:00 Pinochle 900 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 9:45 Stretching 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</p> <p style="text-align: right; font-weight: bold;">16</p> 	<p>8:00 Breakfast 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 1:00 Computer Forum</p> <p style="text-align: right; font-weight: bold;">17</p>	<p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:45 MOVIE DAY</p> <p style="text-align: right; font-weight: bold;">18</p>
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:30 SHOPRITE</p> <p style="text-align: right; font-weight: bold;">21</p>	<p>8:00 Breakfast 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</p> <p style="text-align: right; font-weight: bold;">22</p>	<p>8:00 Breakfast 9:00 Silver Sneakers Cardio Circuit 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 PHOENIX PT 12:45 Pinochle</p> <p style="text-align: right; font-weight: bold;">23</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge</p> <p style="text-align: right; font-weight: bold;">24</p>	<p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 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 MOVIE DAY</p> <p style="text-align: right; font-weight: bold;">25</p>
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo</p> <p style="text-align: right; font-weight: bold;">28</p>	<p>8:00 Breakfast 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</p> <p style="text-align: right; font-weight: bold;">29</p>	<p>8:00 Breakfast 9:00 Silver Sneakers Cardio Circuit 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 1:00 NO PARKINSON'S SUPPORT</p> <p style="text-align: right; font-weight: bold;">30</p>	<p>8:00 Breakfast 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</p> <p style="text-align: right; font-weight: bold;">31</p>	<p style="color: blue; font-weight: bold; font-size: 1.2em;">SEE LOBBY FOR LIST OF MOVIES</p> 

MENU – AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHICKEN PARMESAN ROTINI PASTA TOSSED SALAD SLICED PEACHES	2 SWISS STEAK W/GRAVY MASHED POTATOES SLICED CARROTS SUGAR COOKIE	3 CLUB SANDWICH CAULIFLOWER SOUP W/CRACKERS FRESH FRUIT	4 POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES PINEAPPLES & ORANGES
7 BAKED LEMON PEPPER CHICKEN THIGH W/GRAVY WILD RICE LIMA BEANS APRICOTS	8 MEATBALL SANDWICH W/SAUCE & CHEESE SEASONED REDSKINS MIXED BEAN MEDLEY BROWNIE	9 ROASTED TURKEY W/GRAVY MASHED POTATOES PEAS & CARROTS VANILLA ICE CREAM	10 CHEF SALAD WEDDING SOUP W/CRACKERS BREADSTICK SLICED PEARS	11 BBQ BEEF RIBETTE SWEET POTATO BITES MIXED VEGETABLES BUTTERMILK BISCUIT FRESH FRUIT
14 CRAB CAKE BUTTERED NOODLES ITALIAN BEANS PINEAPPLE TIDBITS	15 HOT ROAST BEEF W/GRAVY WHIPPED POTATOES MIXED VEGETABLES APPLESAUCE	16 BIRTHDAY LUNCH CHICKEN FLORENTINE PENNE PASTA TOSSED SALAD BREADSTICK BIRTHDAY CAKE & ICE CREAM	17 BAKED SWEET SAUSAGE W/PEPPERS & SAUCE PARSLEY POTATOES GREEN BEANS SUGAR COOKIE	18 SALISBURY STEAK W/GRAVY BAKED POTATO COLESLAW MIXED FRUIT SALAD
21 KIELBASA W/SAUERKRAUT MASHED POTATOES SWEET CORN BROWNIE	22 SOUTHWESTERN CHICKEN WRAP VEGETABLE BARLEY SOUP APRICOTS	23 BREADED LEMON PEPPER POLLOCK BLENDED RICE PILAF SWEET & SOUR COLESLAW DICED PEACHES	24 MEATLOAF W/GRAVY MASHED POTATOES PEAS & CARROTS SHERBET	25 SPAGHETTI & MEATBALLS PASTA W/SAUCE TOSSED SALAD W/TOMATO BLUSHED PEARS
28 CHICKEN MARSALA GARLIC PARMESAN PASTA CRINKLE CUT CARROTS PINEAPPLE DELIGHT	29 CHEESEBURGER W/LETTUCE & TOMATO CREAMY POTATO SOUP APPLESAUCE	30 BBQ CHICKEN BREAST OVEN ROASTED POTATOES COLESLAW WHEAT BREAD MIXED FRUIT SALAD	31 BAKED HAM SLICE W/FRUIT SAUCE MASHED POTATOES SUMMER BEET SALAD CHOCOLATE PUDDING	<div style="border: 1px solid black; background-color: #d4edda; padding: 5px; width: fit-content; margin: auto;"> PLEASE SIGN UP 3 DAYS IN ADVANCE </div>