



PROGRAMS – SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BOOK CLUB REGULAR</p> <p>THE BOYS IN THE BOAT: GOLD BY DAN BROWN</p> <p>SEPTEMBER 27TH</p>	<p>BOOK CLUB CLASSIC</p> <p>SENSE & SENSIBILITY BY JANE AUSTIN</p> <p>SEPTEMBER 21ST</p>	<p>SEPTEMBER IS NATIONAL SENIOR CENTER MONTH THIS YEAR'S THEME IS "MASTERS OF AGING"</p> <p>CHECK OUT ALL OF THE GREAT PROGRAMS HAPPENING THIS MONTH</p>		<p>8:00 Breakfast 1 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/Pinochle/Crafts</p>
<p>CLOSED</p> 	<p>8:00 Breakfast 5 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>8:00 Breakfast 9:00 Pinochle 6 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 12:45 Pinochle</p>	<p>8:00 Breakfast 7 9:30 Low Impact Aerobics 10:00 Art Club –Come meet Nancy! 10:00 Tablet & Cells Phone 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge</p>	<p>8:00 Breakfast 8 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 11 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 1:00 Grand Friends</p>	<p>8:00 Breakfast 12 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 12:00 Lunch 12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 9:00 Pinochle 13 9:00 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 9:45 Stretching 10:00 German Club 10:30 DELAWARE THEATRE 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 12:30 PHOENIX PT 1:00 TRANSPORTATION MEETING</p>	<p>8:00 Breakfast 14 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club–Come meet Nancy! 10:00 Art Appreciation 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 12:30 BRYN MAWR REHAB</p>	<p>8:00 Breakfast 15 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</p>
<p>8:00 Breakfast 18 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 1:00 Grand Friends</p>	<p>8:00 Breakfast 19 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>8:00 Breakfast 20 9:00 Silver Sneakers Cardio Circuit 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 DELAWARE THEATRE 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 12:00 BIRTHDAY LUNCH 12:30 Bingo 12:45 Pinochle TALENT SHOW@12:30!!</p> 	<p>8:00 Breakfast 21 10:00 Art Club–Come meet Nancy! 10:00 Photo Club 11:15 Book Club Classic 12:00 Lunch 12:30 Bridge 1:00 Computer Forum FALL PREVENTION EXPO 9:30-12</p>	<p>8:00 Breakfast 22 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 12:30 MAIN LINE VASCULAR</p>
<p>8:00 Breakfast 25 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 1:00 Grand Friends</p>	<p>8:00 Breakfast 26 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>8:00 Breakfast 27 9:00 Silver Sneakers Cardio Circuit 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 DELAWARE THEATRE 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 12:30 Book Club Regular 12:30 WALK WITH EASE 1:00 PARKINSON'S SUPPORT</p>	<p>8:00 Breakfast 28 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club–Come meet Nancy! 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends</p>	<p>8:00 Breakfast 29 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 12:30 WALK WITH EASE</p>

MENU – SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><small>*All Menus Subject to Change</small></p>	<div style="border: 1px solid black; background-color: #d4edda; padding: 10px; display: inline-block;"> <p>PLEASE SIGN UP 3 DAYS IN ADVANCE</p> </div>			<p>1</p> <p>BEEF BURRITO SEASONED BEEF & CHEESE SPANISH RICE WARM FIESTA CORN APRICOTS</p>
<p>4</p> <div style="text-align: center;"> <p>CLOSED</p>  </div>	<p>5</p> <p>HOT DOG SAUERKRAUT POTATO SALAD TROPICAL FRUIT SALAD</p>	<p>6</p> <p>ROAST BEEF STROGANOFF BUTTERED NOODLES PEAS & CARROTS FRESH FRUIT</p>	<p>7</p> <p>CHICKEN SALAD SANDWICH PASTA FLORENTINE SOUP SUNSET PEACHES</p>	<p>8</p> <p>BAKED POLLOCK W/ DILL SAUCE BUTTERED POTATOES CREAMY COLESLAW SLICED PEARS</p>
<p>11</p> <p>SALISBURY STEAK W/ GRAVY GARLIC MASHED POTATOES MIXED VEGETABLE MEDLEY</p>	<p>12</p> <p>SWEET TURKEY SAUSAGE MINESTRONE BOWTIE NOODLES GREEN BEANS FRESH FRUIT</p>	<p>13</p> <p>STUFFED PEPPER MASHED POTATOES SWEET CORN FRUIT CRISP</p>	<p>14</p> <p>CHICKEN COBB SALAD SPRINKLE OF BACON BITS NOODLE SOUP PINEAPPLE TIDBITS</p>	<p>15</p> <p>MUSHROOM SWISS BURGER HOT GERMAN POTATO SALAD BAKED BEANS APRICOTS</p>
<p>18</p> <p>SWEET & SOUR MEATBALLS RICE PILAF VEGETABLE MEDLEY APPLESAUCE</p>	<p>19</p> <p>VEAL ROULADE W/ GRAVY MASHED POTATOES SLICED CARROTS SUGAR COOKIE</p>	<p>20</p> <p>BIRTHDAY LUNCH CHICKEN PARMESAN ROTINI PASTA W/ SAUCE & CHEESE  TOSSED SALAD BIRTHDAY CAKE & ICE CREAM</p>	<p>21</p> <p>CLUB SANDWICH CREAMY CAULIFLOWER SOUP SLICED APPLES</p>	<p>22</p> <p>POTATO CRUSTED FISH MACARONI & CHEESE SWEET & SOUR COLESLAW PINEAPPLES & ORANGES</p>
<p>25</p> <p>MEATBALL SANDWICH W/ SAUCE & CHEESE PARSLEY POTATOES MIXED BEAN MEDLEY BROWNIE</p>	<p>26</p> <p>ROASTED TURKEY W/ GRAVY 1 MASHED POTATOES PEAS & CARROTS VANILLA ICE CREAM</p>	<p>27</p> <p>BAKED LEMON PEPPER CHICKEN THIGH WILD RICE LIMA BEANS APRICOTS</p>	<p>28</p> <p>CHEF SALAD WEDDING SOUP SLICED PEARS</p>	<p>29</p> <p>BBQ PORK RIBETTE W/ SAUCE SWEET POTATO BITES CREAMY COLESLAW BUTTERMILK BISCUIT APPLESAUCE</p>