


PROGRAMS –OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 1:00 Grand Friends 2	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:30 Intermediate Spanish Class 10:30 Healthy Steps in Motion 10:30 Current Events 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 3	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 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:30 DIVINE SERVICES 12:45 Pinochle 4	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Blood Pressure 10:00 Art Club— Come meet Nancy! 10:00 Tablet & Cell Phone 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 1:00 Grand Friends 5	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/ Pinochle/Crafts 6
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 9	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Intermediate Spanish Class 10:30 Current Events 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 10	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 CLARIFI 12:45 Pinochle 11	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 9:30 Blood Pressure 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 Chorus 1:00 Grand Friends 12	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 HEARTLAND HOSPICE 12:45 Bingo 12:45 Pinochle 12:45 Crafts 13
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 1:00 Grand Friends 16	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Intermediate Spanish Class 10:30 Current Events/Computer Q&A 11:15 Planning Council 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 17	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 11:15 Bingo/Silver Sneakers Classic 12:00 BIRTHDAY LUNCH 12:30 Bingo 12:45 Pinochle  18	8:00 Breakfast 9:30 Blood Pressure 9:30 Low Impact Aerobics 10:00 Art Club— Come meet Nancy! 10:00 Photo Club 10:15 Healthy Steps in Motion 11:15 Book Club Classic 11:15 Tai Chi 12:00 Lunch 1:00 Chorus 12:30 Bridge TBA-Grand Friends MEMORIAL SERVICE @ 12:45PM 19	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 BRYN MAWR REHAB 12:30 Bingo/Pinochle/Crafts 20
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 10:00 WHAT IS QI GONG? 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 SHOPRITE 1:00 Grand Friends 23	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Intermediate Spanish Class 10:30 Current Events/Computer Q&A 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 24	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 Regular Book Club 12:45 Pinochle 12:45 PHOENIX PT 1:00 PARKINSON'S SUPPORT 25	8:00 Breakfast 9:30 Blood Pressure 9:30 Low Impact Aerobics 10:00 Art Club— Come meet Nancy! 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 26	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 27
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 1:00 Grand Friends 30	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Intermediate Spanish Class 10:30 Current Events/Computer Q&A 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 31	REGULAR BOOK CLUB WEDNESDAY, OCT. 25TH @ 12:30 DREAM LOVER BY ELIZA BERG	CLASSIC BOOK CLUB THURSDAY, OCT. 19TH @ 11:15 INCIDENTS IN THE LIFE OF A SLAVE GIRL BY HARRIET JACOBS	

MENU –OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ROASTED PORK LOIN W/ GRAVY WHIPPED POTATOES W/CHIVES SLICED CARROTS SPICE CAKE W/ ICING	3 BAKED ZITI W/MEATBALLS CAESAR SALAD TROPICAL FRUIT SALAD	4 BREADED CHICKEN CUTLET AU GRATIN POTATOES SWEET PEAS MANDARIN ORANGES	5 MUSHROOM SWISS BURGER CREAMY CAULIFLOWER SOUP W/CRACKERS FRESH SEASONAL FRUIT	6 BAKED SALMON W/TERIYAKI GLAZE BROWN RICE BROCCOLI PINEAPPLE TIDBITS
9 SWEDISH TURKEY SWEETIES BUTTER BOWTIES BROCCOLI & CARROTS FRESH SEASONAL FRUIT	10 BBQ BEEF RIBETTE CHEESY HASH BROWNS GREEN BEANS SLICED PEACHES	11 BAKED HAM W/RAISIN SAUCE WHIPPED SWEET POTATOES CAULIFLOWER MIXED FRUIT SALAD	12 CHICKEN PHILLY PITA CREAMY POTATO SOUP W/CRACKERS PITA BREAD BLUSHED PEARS	13 BREADED LEMON PEPPER POLLOCK WILD RICE CREAMY COLESLAW APPLESAUCE
16 PORCUPINE BALL GARLIC WHIPPED POTATOES CORN CINNAMON APPLES	17 BBQ CHICKEN BREAST SCALLOPED POTATOES SWEET & SOUR COLESLAW BROWNIE	18 BIRTHDAY LUNCH BEEF BRASCIOLE  MASHED POTATOES COIN CARROTS BIRTHDAY CAKE & ICE CREAM	19 TOMATO & WHITE WINE BRAISED CHICKEN THIGH RICE PILAF MIXED BEAN MEDLEY FRESH SEASONAL FRUIT	20 BREADED FISH SANDWICH MACARONI & CHEESE STEWED TOMATOES SLICED PEARS
23 BURGUNDY BEEF W/MUSHROOMS EGG NOODLES BROCCOLI & CARROTS MIXED FRUIT SALAD	24 CHICKEN & WHITE BEAN CHILI TOSSED SALAD BAKED POTATO MANDARIN ORANGES	25 PIZZA BURGER SWEET POTATO BITES CREAMY COLESLAW SHERBET	26 CENTER CUT PORK CHOP WHIPPED POTATOES W/CHIVES BRAISED RED CABBAGE APPLE CRANBERRY CRISP	27 BAKED CRAB CAKE CHEESY SHELLS SWEET PEAS TROPICAL FRUIT
30 POT ROAST BAKED POTATO SLICED CARROTS SUGAR COOKIE	31 GHOSTLY CHILI ANT & FINGER SALAD HOCUS POCUS JUICE SPOOKY PUMPKIN POTION	<div style="border: 1px solid black; background-color: #c8e6c9; padding: 10px; display: inline-block;"> <p style="margin: 0;">PLEASE SIGN UP 3 DAYS IN ADVANCE</p> </div>		