



# PROGRAMS –NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:00 Breakfast 9:00 Pinochle 9:00 Silver Sneakers Cardio Circuit <b>1</b> 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 <b>12:30 ALZ ASSOC. THE BASICS</b> 12:45 Pinochle	8:00 Breakfast <b>2</b> 9:30 Low Impact Aerobics 9:30 Blood Pressure 10:00 Art Club 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	8:00 Breakfast <b>3</b> 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
8:00 Breakfast <b>6</b> 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit <b>10:00 VALLEY YOUTH HOUSE</b> 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 1:00 Grand Friends	8:00 Breakfast <b>7</b> 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 1:00 Drumming Grand Friends	8:00 Breakfast 9:00 Pinochle <b>8</b> 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 <b>12:30 CLARIFI</b> 12:45 Pinochle	8:00 Breakfast <b>9</b> 9:30 Low Impact Aerobics 9:30 Bible Study 9:30 Blood Pressure 10:00 Art Club 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	<b style="color: red; font-size: 1.2em;">CLOSED</b> <b style="color: red; font-size: 1.2em;">In Observance of</b> <b style="color: red; font-size: 1.2em;">Veteran's Day</b>
8:00 Breakfast <b>13</b> 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 <b>12:45 GARDEN CLUB</b> 1:00 Grand Friends	8:00 Breakfast <b>14</b> 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse <b>10:00 CCDAS BARBARA MYERS</b> 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 <b>12:45 SR. LAW CENTER</b>	8:00 Breakfast 9:00 Pinochle <b>15</b> 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 <b>12:00 BIRTHDAY LUNCH</b> 12:30 Bingo 12:45 Pinochle  <b>DELAWARE THEATRE PERFORMANCE</b> <b>12:45</b>	8:00 Breakfast 9:30 Blood Pressure <b>16</b> 9:30 Low Impact Aerobics 10:00 Art Club 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 1:00 Grand Friends- Food Bank	8:00 Breakfast <b>17</b> 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 <b>12:45 DON SCOTT: ENTERTAINER</b>
8:00 Breakfast <b>20</b> 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 <b>12:30 BRYN MAWR REHAB</b>	8:00 Breakfast <b>21</b> 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	8:00 Breakfast <b>22</b> 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		<b style="color: red; font-size: 1.5em;">CLOSED</b>
8:00 Breakfast <b>27</b> 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	8:00 Breakfast <b>28</b> 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	8:00 Breakfast <b>29</b> 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 <b>12:30 BRYN MAWR REHAB</b> 12:45 Pinochle <b>1:00 PARKINSON'S SUPPORT</b>	8:00 Breakfast 9:30 Blood Pressure <b>30</b> 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Photo Club 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 1:00 Chorus 12:30 Bridge 1:00 Grand Friends	

# MENU – NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; background-color: #d9ead3; padding: 10px; margin: 10px auto; width: 80%;">                     PLEASE SIGN UP 3 DAYS IN ADVANCE                 </div>		1 CHICKEN ALFREDO PENNE PASTA W/SAUCE ITALIAN GREEN BEANS FRESH SEASONAL FRUIT	2 BEEF BURRITO WARM FIESTA CORN SPANISH RICE BAKED PINEAPPLE	3 KIELBASA LOADED DICED POTATOES BAKED BEANS FRESH SEASONAL FRUIT
6 ROASTED PORK LOIN W/ GRAVY SEASONED POTATOES GREEN BEANS FRESH SEASONAL FRUIT	7 CREAMY CHICKEN PICATTA EGG NOODLES CALIFORNIA BLEND VEGETABLES APPLESAUCE	8 BAKED SWEET SAUSAGE SANDWICH PEPPERS & SAUCE MOZZ. AU GRATIN POTATOES GREEN BEANS	9 HONEY ORANGE CHICKEN THIGH BLENDED RICE PILAF ORIENTAL VEGETABLE PINEAPPLE DELIGHT	10 <b>CLOSED</b> In Observance of Veteran's Day
13 CHICKEN & DUMPLINGS- PEPPER SLAW BUTTERMILK BISCUIT WARM PEACHES	14 BAKED MEATLOAF W/GRAVY WHIPPED POTATOES CREAMED CORN SLICED APPLES	15 BIRTHDAY LUNCH ROASTED TURKEY  W/GRAVY HOMEMADE STUFFING MASHED POTATOES SLICED CARROTS CRANBERRY SAUCE BIRTHDAY CAKE & ICE CREAM	16 BRATWURST PARSLIED POTATOES PEAS & ONIONS SUGAR COOKIE	17 CHICKEN MARSALA GARLIC & PARMESAN PASTA TOSSED SALAD MANDARIN ORANGES
20 BAKED HAM W/ FRUIT SAUCE WHIPPED SWEET POTATOES CAULIFLOWER BROWNIE	21 CHICKEN PHILLY PITA W/ONIONS, PEPPERS, CHEESE CREAMY POTATO SOUP W/CRACKERS BLUSHED PEARS	22 SWEDISH TURKEY SWEETIES GRAVY BUTTER BOWTIES BROCCOLI & CARROTS FRESH SEASONAL FRUIT	23 	24 <b>CLOSED</b>
27 BREADED CHICKEN CUTLET AU GRATIN POTATOES SWEET PEAS MANDARIN ORANGES	28 MUSHROOM SWISS BURGER CAULIFLOWER SOUP FRESH SEASONAL FRUIT	29 OPEN FACE TURKEY SANDWICH W/GRAVY WHIPPED POTATOES W/CHIVES SLICED CARROTS SPICE CAKE W/ ICING	30 BAKED ZITI W/MEATBALLS MARINARA SAUCE CHEESE TOPPING CAESAR SALAD TROPICAL FRUIT SALAD	