



PROGRAMS – JANUARY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
|  | <p style="text-align: right;">2</p> <p>8:00 Continental Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 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</p> | <p style="text-align: right;">3</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 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle</p> | <p style="text-align: right;">4</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 9:30 Blood Pressure 10:00 Tablet & Cell Phone Club 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bingo 12:30 Bridge 1:00 Chorus</p> | <p style="text-align: right;">5</p> <p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:45 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/'Pinochle/Crafts</p> |
| <p style="text-align: right;">8</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 1:00 Grand Friends</p> | <p style="text-align: right;">9</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 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</p> | <p style="text-align: right;">10</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 Tyler Arkatin Constituent Outreach 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:30 SENIOR ABUSE 12:45 Pinochle</p> | <p style="text-align: right;">11</p> <p>8:00 Breakfast 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 11:15 Classic Book Club 12:00 Lunch 12:30 Bridge 1:00 Chorus 1:00 Grand Friends</p> | <p style="text-align: right;">12</p> <p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:45 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 VIRTUAL TOUR OF PHL ART MUSEUM 12:45 Bingo/'Pinochle/Crafts</p> |
| <p style="font-size: 2em; color: red;">CLOSED</p> <p style="font-size: 2em; color: red;">MLK Day</p> | <p style="text-align: right;">16</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 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</p> | <p style="text-align: right;">17</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 11:15 Bingo/Silver Sneakers Classic 12:00 BIRTHDAY LUNCH 12:30 Bingo 12:45 Pinochle ***FOOD BAG DISTRIBUTION***</p>  | <p style="text-align: right;">18</p> <p>8:00 Breakfast 9:30 Blood Pressure 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</p> | <p style="text-align: right;">19</p> <p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:45 Qi Gong 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</p> |
| <p style="text-align: right;">22</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 Shop Rite/German Food 12:30 Bridge 12:30 Bingo 1:00 Grand Friends 12:30 SHOPRITE: CANNED FOODS</p> | <p style="text-align: right;">23</p> <p>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</p> | <p style="text-align: right;">24</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 BASIC PODIATRY 12:30 Bingo 12:30 Regular Book Club 12:45 Pinochle</p> | <p style="text-align: right;">25</p> <p>8:00 Breakfast 9:30 Blood Pressure 9:30 Low Impact Aerobics 10:00 Art Club 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 1:00 Chorus 12:30 Bridge 1:00 Grand Friends</p> | <p style="text-align: right;">26</p> <p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:45 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:30 CLARIFY</p> |
| <p style="text-align: right;">29</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 Shop Rite/German Food 12:30 Bridge 12:30 Bingo 1:00 Grand Friends</p> | <p style="text-align: right;">30</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:30 Healthy Steps in Motion 10:30 Intermediate Spanish Class 10:30 Current Events/Computer Q&A 11:30 Yoga 12:00 Lunch 12:30 IMMACULATA 12:45 Knitting 12:45 French</p> | <p style="text-align: right;">31</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 PARKINSON'S SUPPORT</p> | <div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p style="text-align: center;">Breakfast will be continental only Wednesday, December 27th – Tuesday, January 2nd. Full breakfast will resume Wednesday, January 3rd.</p> </div> | |

MENU – JANUARY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| <p>1</p>  | <p>2</p> <p>COUNTRY FRIED STEAK CREAMY GRAVY CHEESY POTATOES PEAS & CARROTS SUGAR COOKIE</p> | <p>3</p> <p>NEW YEAR'S SPECIAL ROASTED PORK LOIN WHIPPED POTATOES SAUERKRAUT PINEAPPLE CAKE</p> | <p>4</p> <p>CREAMY CHICKEN PICATTA EGG NOODLES CALIFORNIA BLEND VEGETABLES APPLESAUCE</p> | <p>5</p> <p>WARM ROAST BEEF SANDWICH W/CHEESE & AU JUS VEGETABLE SOUP FRESH SEASONAL FRUIT</p> |
| <p>8</p> <p>BRATWURST PARSLIED POTATOES PEAS & ONIONS SUGAR COOKIE</p> | <p>9</p> <p>CHICKEN MARSALA GARLIC PARM PASTA TOSSED SALAD MANDARIN ORANGES</p> | <p>10</p> <p>BAKED MEATLOAF W/GRAVY WHIPPED POTATOES CREAMED CORN SLICED APPLES</p> | <p>11</p> <p>CHICKEN & DUMPLINGS PEPPER SLAW WARM PEACHES</p> | <p>12</p> <p>BAKED CHICKEN FLORENTINE VEGETABLE RICE PILAF BROCCOLI & CARROTS BAKED PEAR CRISP</p> |
| <p>15</p> <p>CLOSED MLK Day</p> | <p>16</p> <p>BBQ BEEF RIBETTE CHEESY HASH BROWNS GREEN BEANS SANDWICH ROLL SLICED PEACHES</p> | <p>17</p> <p>BIRTHDAY LUNCH BAKED HAM W/RAISIN SAUCE WHIPPED SWEET POTATOES CAULIFLOWER BIRTHDAY CAKE</p> | <p>18</p> <p>CHICKEN PHILLY SANDWICH CREAMY POTATO SOUP HOAGIE ROLL BLUSHED PEARS</p> | <p>19</p> <p>VEGETABLE LASAGNA PARMESAN CHEESE SAUCE TOSSED SALAD PINEAPPLES & ORANGES</p> |
| <p>22</p> <p>ROASTED TURKEY WHIPPED POTATOES W/CHIVES 1 SLICED CARROTS SPICE CAKE W/ ICING</p> | <p>23</p> <p>BAKED ZITI W/MEATBALLS MARINARA SAUCE CHEESE TOPPING CAESAR SALAD MIXED FRUIT</p> | <p>24</p> <p>BREADED CHICKEN CUTLET AU GRATIN POTATOES SWEET PEAS MANDARIN ORANGES</p> | <p>25</p> <p>MUSHROOM SWISS BURGER CAULIFLOWER SOUP W/2 CRACKERS SEASONAL FRUIT</p> | <p>26</p> <p>BAKED SALMON W/DILL SAUCE BROWN RICE GREEN BEANS PINEAPPLE TIDBITS</p> |
| <p>29</p> <p>BBQ CHICKEN BREAST- SCALLOPED POTATOES SWEET & SOUR COLESLAW BROWNIE</p> | <p>30</p> <p>BEEF BRASCIOLE W/ GRAVY MASHED POTATOES COIN CARROTS COTTAGE CHEESE W/SLICED PEACHES</p> | <p>31</p> <p>PORCUPINE BALL W/ TOMATO SAUCE GARLIC WHIPPED POTATOES CORN CINNAMON APPLES</p> | <div style="background-color: #4682b4; color: white; padding: 10px; border: 1px solid black;"> <p style="margin: 0;">PLEASE SIGN UP 3 DAYS IN ADVANCE</p> </div> | |