
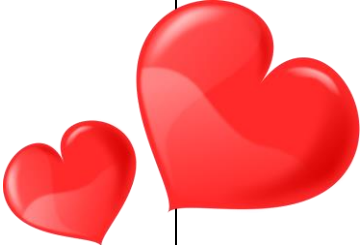
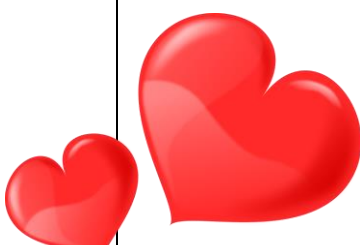


PROGRAMS – FEBRUARY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| | | | 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 Bridge 1:00 Chorus 1 | 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/Pinocle/Crafts 2 |
| 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 5 | 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 12:30 IMMACULATA NURSING 12:45 Knitting 6 | 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 ELDER ABUSE 12:45 Pinochle 7 | 8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 9:30 Blood Pressure 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 8 | 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 MEDICAL/ NON-MEDICAL 12:45 Bingo/Pinocle/Crafts 9 |
| 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 12:45 GARDEN CLUB 1:00 Grand Friends 12 | 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 NURSING 12:45 Knitting 13 | 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 12:30 Bingo 12:45 Pinochle HAPPY VALENTINE'S DAY! 14 | 8:00 Breakfast 9:30 Blood Pressure 9:30 Low Impact Aerobics 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 15 | 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 ALL ABOUT THE BARNES 12:30 Bingo/Pinocle/Crafts 16 |
| 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 12:30 WC STUDIO PERFORMERS 19 | 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 1:00 Grand Friends Drumming 20 | 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 12:00 BIRTHDAY LUNCH 12:30 DIVINE SERVICES 12:45 Pinochle 21  | 8:00 Breakfast 9:30 Blood Pressure 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 1:00 Chorus 12:30 Bridge 1:00 Grand Friends 22 | 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/Pinocle/Crafts 12:30 WCU NURSING 23 |
| 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 26 | 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 27 | 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 28 | <div style="border: 1px solid black; padding: 10px; background-color: #e6f2ff;"> <p>NO ART CLASS IN FEBRUARY. Please see announcement on Pg.1</p> </div> | |

MENU – FEBRUARY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
|  |  | | <p style="text-align: right; margin-right: 10px;">1</p> TOMATO & WHITE WINE BRAISED CHICKEN BREAST RICE PILAF MIXED BEAN MEDLEY FRESH SEASONAL FRUIT | <p style="text-align: right; margin-right: 10px;">2</p> BREADED FISH SANDWICH W/CHEESE MACARONI & CHEESE STEWED TOMATOES SLICED PEARS |
| <p style="text-align: right; margin-right: 10px;">5</p> PIZZA BURGER BAKED SWEET POTATO BITES CREAMY COLESLAW SHERBET | <p style="text-align: right; margin-right: 10px;">6</p> CHICKEN & WHITE BEAN CHILI TOSSED SALAD BAKED POTATO BISCUIT MANDARIN ORANGES | <p style="text-align: right; margin-right: 10px;">7</p> BURGUNDY BEEF W/MUSHROOMS EGG NOODLES BROCCOLI & CARROTS MIXED FRUIT SALAD | <p style="text-align: right; margin-right: 10px;">8</p> CENTER CUT PORK CHOP & GRAVY WHIPPED POTATOES W/CHIVES SWEET PEAS APPLE CRANBERRY | <p style="text-align: right; margin-right: 10px;">9</p> CHICKEN ALFREDO PENNE PASTA W/SAUCE ITALIAN GREEN BEANS FRESH SEASONAL FRUIT |
| <p style="text-align: right; margin-right: 10px;">12</p> POT ROAST W/ GRAVY BAKED POTATO SLICED CARROTS SUGAR COOKIE | <p style="text-align: right; margin-right: 10px;">13</p> TURKEY ROLL UP W/STUFFING & GRAVY WHIPPED POTATOES MIXED VEGETABLE MEDLEY APPLESAUCE | <p style="text-align: right; margin-right: 10px;">14</p> <div style="text-align: center; color: red;"> HAPPY VALENTINE'S DAY! </div> CHEESE LASAGNA TOSSED SALAD STRAWBERRY FLUFF | <p style="text-align: right; margin-right: 10px;">15</p> BEEF BURRITO WARM FIESTA CORN SPANISH RICE BAKED PINEAPPLE | <p style="text-align: right; margin-right: 10px;">16</p> POTATO CRUSTED POLLOCK CHEESY SHELLS SWEET PEAS FRESH SEASONAL FRUIT |
| <p style="text-align: right; margin-right: 10px;">19</p> SWISS STEAK W/ONION GRAVY WHIPPED POTATOES LIMA BEANS SLICED PEARS | <p style="text-align: right; margin-right: 10px;">20</p> BAKED SWEET SAUSAGE SANDWICH PEPPERS & SAUCE AUGRATIN POTATOES GREEN BEANS PEACH COBBLER | <p style="text-align: right; margin-right: 10px;">21</p> <div style="text-align: center; color: red;"> BIRTHDAY LUNCH </div> ROASTED PORKLOIN ROSEMARY SEASONED REDSKINS GREEN BEANS BISCUIT W/APPLE BUTTER | <p style="text-align: right; margin-right: 10px;">22</p> WARM ROAST BEEF SANDWICH VEGETABLE SOUP W/CRACKERS FRESH SEASONAL FRUIT | <p style="text-align: right; margin-right: 10px;">23</p> VEGETABLE LASAGNA PARMESAN CREAM SAUCE TOSSED SALAD ORANGE JUICE |
| <p style="text-align: right; margin-right: 10px;">26</p> BRATWURST SEASONED POTATOES PEAS & ONIONS SUGAR COOKIE | <p style="text-align: right; margin-right: 10px;">27</p> CHICKEN MARSALA GARLIC & PARMESAN PASTA TOSSED SALAD MANDARIN ORANGES | <p style="text-align: right; margin-right: 10px;">28</p> BAKED MEATLOAF W/GRAVY WHIPPED POTATOES CREAMED CORN SLICED APPLES | <div style="background-color: #00a0c0; color: white; padding: 10px; border: 1px solid black;"> <p style="margin: 0;">PLEASE SIGN UP 3 DAYS IN ADVANCE</p> </div> | |