

PROGRAMS –MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Blood Pressure 10:00 Art Club 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 1:00 Grand Friends	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
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 "Rhythm of Life" 1:00 Grand Friends	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 10:30 Computer Q&A 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 1:00 AARP	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 ADVANCED DIRECTIVE 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 9:30 Blood Pressure 10:00 PREPAREDNESS BUDDY 10:00 Art Appreciation 10:00 Art Club 10:15 Healthy Steps in Motion 11:15 Tai Chi 11:15 Classic Book Club 12:00 Lunch 12:30 Bridge 1:00 Chorus	8:00 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 AFTER CARE 12:45 Bingo//Pinochle/Crafts
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch Shop Rite/German Food 12:30 Bridge 12:30 Bingo 12:45 GARDEN CLUB 12:45 "Rhythm of Life" 1:00 Grand Friends	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	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/Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle	8:00 Breakfast 9:30 Blood Pressure 9:30 Low Impact Aerobics 10:00 Photo Club 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	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 BRANDYWINE RIVER MUSEUM 12:30 RITEAID 12:30 Bingo/Pinochle/Crafts ***WEAR YOUR GREEN***
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch Shop Rite/German Food 12:30 Bridge 12:30 Bingo 12:30 TRI COUNTY CHIROPRACTIC 12:45 "Rhythm of Life"	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 1:00 Grand Friends	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 Bingo 12:30 Regular Book Club 1:00 SANDERSON MUSEUM 12:45 Pinochle	8:00 Breakfast 9:30 Blood Pressure 9:30 Low Impact Aerobics 9:30 Bible Study 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	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 CC DOMESTIC ABUSE
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Italian Class 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 "Rhythm of Life" 1:00 Grand Friends	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	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 Lunch 12:30 Bingo 12:45 Pinochle 1:00 PARKINSON'S SUPPORT	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	<p style="font-size: 2em; color: blue; margin: 0;">CLOSED IN OBSERVANCE OF GOOD FRIDAY</p>



MENU – MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	PLEASE SIGN UP 3 DAYS IN ADVANCE		1 CHICKEN & DUMPLINGS PEPPER SLAW BUTTERMILK BISCUIT WARM PEACHES	2 BAKED HADDOCK FLORENTINE RICE PILAF YELLOW BEANS APPLE CRANBERRY CRISP
5 BBQ BEEF RIBETTE CHEESY HASH BROWNS GREEN BEANS SLICED PEACHES	6 BAKED HAM W/ RAISIN SAUCE WHIPPED SWEET POTATOES CAULIFLOWER BROWNIE	7 MEATBALL MINESTRONE W/PEPPERS, ONIONS, AND SAUCE BUTTER BOWTIES BROCCOLI & CARROTS FRESH SEASONAL FRUIT	8 CHICKEN SANDWICH W/ONIONS, PEPPERS, CHEESE CREAMY POTATO SOUP BLUSHED PEARS	9 BAKED TUNA CAKE W/DILL SAUCE VEGETABLE RICE PILAF CREAMY COLESLAW APPLESAUCE
12 BREADED CHICKEN CUTLET AU GRATIN POTATOES PEAS & CARROTS MANDARIN ORANGES	13 BAKED ZITI/ MARINARA SAUCE & CHEESE TOPPING CAESAR SALAD TROPICAL FRUIT SALAD	14 ROASTED TURKEY W/ GRAVY WHIPPED POTATOES SLICED CARROTS SPICE CAKE W/ICING CRANBERRY SAUCE	15 MUSHROOM SWISS BURGER CREAMY CAULIFLOWER SOUP FRESH SEASONAL FRUIT	16 ST PATRICK'S DAY SPECIAL CORNED BEEF CABBAGE MASHED POTATOES GREEN BEANS PISTACHIO PUDDING
19 BBQ CHICKEN BREAST SCALLOPED POTATOES SWEET & SOUR COLESLAW BROWNIE	20 BEEF BRASCIOLE W/GRAVY MASHED POTATOES COIN CARROTS COTTAGE CHEESE SLICED PEACHES	21 BIRTHDAY LUNCH TOMATO & WHITE WINE BRAISED CHICKEN BREAST RICE PILAF MIXED BEAN MEDLEY FRESH SEASONAL FRUIT BIRTHDAY CAKE	22 PORCUPINE BALL GARLIC WHIPPED POTATOES CORN CINNAMON APPLES	23 TUNA SALAD SANDWICH CREAMY BROCCOLI SOUP SLICED PEARS
26 BURGUNDY BEEF W/ EGG NOODLES CARROTS MIXED FRUIT SALAD	27 CENTER CUT PORK CHOP W/ GRAVY WHIPPED POTATOES BRAISED RED CABBAGE APPLE CRANBERRY CRISP	28 PIZZA BURGER BAKED SWEET POTATO BITES CREAMY COLESLAW ICE CREAM	29 TOSSED SALAD BAKED POTATO BISCUIT MANDARIN ORANGES	30 CLOSED IN OBSERVANCE OF GOOD FRIDAY