



PROGRAMS –MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>8:00 Breakfast 9:30 Low Impact Aerobics 1 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 11:00 BALANCE CLASS 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 1:00 AARP</p>	<p>8:00 Breakfast 9:00 Pinochle 9:00 Silver Sneakers Cardio Circuit 2 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 FOUNTAIN OF YOUTH 12:45 Pinochle 11:00-1:00 Comitta Constituent Outreach</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 3 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</p>	<p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 4 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 12:45 DECORATING TIPS</p>
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 7 10:00 FUGITT PERFORMANCE 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" 12:40 WHEN TO CALL 911</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 8 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</p>	<p>8:00 Breakfast 9:00 Pinochle 9:00 Silver Sneakers Cardio Circuit 9 9:30 Blood Pressure 9:45 Stretching 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo 11:15 Silver Sneakers Classic 11:00 Tyler Arkatin Constituent Outreach 12:00 Lunch 12:30 Bingo 12:45 Pinochle</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10 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</p>	<p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 11 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 TOUR THE LOUVRE 12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 14 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 "Rhythm of Life" 12:45 GARDEN CLUB 1:00 Grand Friends</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 15 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 11:00 BALANCE CLASS 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 9:00 Pinochle 9:00 Silver Sneakers Cardio Circuit 16 9:30 Blood Pressure 9:45 Stretching 10:00 German Club 10:30 Arthritis Exercise Class 12:00 BIRTHDAY LUNCH Entertainment by Chris Holt 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle SPRING HEALTH FAIR 9:30-11:30</p> 	<p>8:00 Breakfast 9:30 Blood Pressure 17 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 SENIOR GAMES</p>	<p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 18 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 "HEARTS TOOLBOX"</p>
<p>8:00 Breakfast 9:00 Pinochle 21 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 "Rhythm of Life" 1:00 SANDERSON MUSEUM</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 22 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</p>	<p>8:00 Breakfast 9:00 Silver Sneakers Cardio Circuit 23 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 12:30 DIFFERENCE IN PT</p>	<p>8:00 Breakfast 9:30 Blood Pressure 24 9:30 Low Impact Aerobics 9:30 Bible Study 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 1:00 Chorus 12:30 Bridge</p>	<p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 25 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</p>
<p style="text-align: center;">28</p> <p style="text-align: center; font-size: 2em; color: red;">CLOSED</p> 	<p style="text-align: center;">29</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 1:00 Grand Friends</p>	<p style="text-align: center;">30</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 12:30 Regular Book Club 12:45 Pinochle 1:00 Parkinson's Support Group</p>	<p style="text-align: center;">31</p> <p>8:00 Breakfast 9:30 Blood Pressure 9:30 Low Impact Aerobics 9:30 Bible Study 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 1:00 Chorus 12:30 Bridge</p>	

MENU –MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
1	BAKED SALMON PARSLEY POTATOES BROCCOLI & SLICED CARROTS	2	ORANGE GLAZED PORK VEGETABLE RICE PILAF CAULIFLOWER WHEAT BREAD APPLESAUCE	3	CREAMY CHICKEN SALAD CROISSANT TOMATO SOUP FRESH FRUIT	4	CHICKEN PRIMAVERA W/ CREAM SAUCE PENNE PASTA TOSSED SALAD SLICED PEARS		
7	ROASTED TURKEY WHIPPED POTATOES PEAS & CARROTS GELATIN	8	HAMBURGER SWEET POTATO BITES GREEN BEANS FRESH MELON	9	TUNA SALAD SANDWICH CREAMY POTATO SOUP PINEAPPLE & CHERRIES	10	BAKED BREADED CHICKEN CUTLET AU GRATIN POTATOES SWEET PEAS COOKIE		
14	ROASTED PORK LOIN SAUERKRAUT WHIPPED POTATOES CINNAMON APPLESAUCE	15	TACO SALAD BLACK BEAN SOUP NACHO CHIPS PINEAPPLE TIDBITS	16	 BIRTHDAY LUNCH CHICKEN PARMESAN ROTINI PASTA W/SAUCE PARMESAN ZUCCHINI CORN FRESH SEASONAL FRUIT BIRTHDAY CAKE	17	ROAST BEEF W/GRAVY- WHIPPED POTATOES GREEN BEANS BROWNIE	18	PORK RIBETTE BAKED POTATO W/MARGARINE CREAMY COLESLAW SLICED PEACHES
21	SWEET SAUSAGE SANDWICH CHEESY HASHBROWNS YELLOW BEANS COOKIE	22	SOUTHWESTERN CHICKEN SALAD CAULIFLOWER SOUP GELATIN	23	BBQ PULLED PORK SANDWICH POTATO SALAD BAKED BEANS FRESH SEASONAL FRUIT	24	PASTA & MEATBALLS ITALIAN GREEN BEANS ITALIAN BREAD SLICED PEACHES	25	CHILI CHEESE HOT DOG SWEET POTATO BITES APRICOTS W/OATMEAL TOPPING
28	CLOSED 	29	EGG OMELET SAUSAGE PATTY ENGLISH MUFFIN ORANGE JUICE FRESH BANANA	30	CHICKEN MARSALA BUTTERED BOWTIES BROCCOLI & CARROTS SLICED PEARS	31	ANTIPASTO SALAD WEDDING SOUP BREADSTICK SUNSET PEACHES	<div style="border: 2px solid #008080; padding: 10px; background-color: #008080; color: white; text-align: center;"> PLEASE SIGN UP 3 DAYS IN ADVANCE </div>	