


PROGRAMS –JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/'Pinochle/Crafts 1
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 "Rhythm of Life" 4	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:30 Healthy Steps in Motion 10:00 Intermediate Spanish Class 10:30 Current Events 10:30 Computer Q&A 11:00 BALANCE CLASS 11:30 Yoga 12:00 Lunch 12:30 MAH JONG 12:45 Knitting 12:45 French 5	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 11:00 Committa Constituent Outreach 12:00 Lunch 12:30 Bingo 12:30 MAN & RELIGION 12:45 Pinochle 6	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 7	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 RITE AID HYDRATION 12:45 Bingo/'Pinochle/Crafts 8
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 12:30 Bridge 12:30 Bingo 12:45 "Rhythm of Life" 12:45 GARDEN CLUB 11	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 MAH JONG 12:45 Knitting 12:45 French 12	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 12:30 MIDDLE EAST 12:30 Bingo 12:45 Pinochle 13	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 14	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 15
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Clas 10:30 Italian Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 "Rhythm of Life" 12:30 EYE DOCTOR OF CC 18	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 11:00 BALANCE CLASS 11:30 Yoga 12:00 Lunch 12:30 MAH JONG 12:45 Knitting 12:45 French 19	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 FASHION SHOW 12:30 Bingo 12:45 Pinochle 20 	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 21	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 22
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 12:30 Bridge 12:30 Bingo 12:45 "Rhythm of Life" 25	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 26	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 11:00 Rover 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 Regular Book Club 12:30 GETTING HOME READY TO SELL 12:45 Pinochle 1:00 Parkinson's Support 27	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 12:30 Bridge 28	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 29

MENU – JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; background-color: #add8e6; padding: 5px; width: fit-content; margin: auto;"> PLEASE SIGN UP 3 DAYS IN ADVANCE </div>				4 PORK LOIN W/GRAVY WHIPPED POTATOES GREEN BEANS COOKIE
4 BEEF STROGANOFF W/ GRAVY BUTTERED BOWTIES MIXED VEGETABLES FRUIT(MELON)	5 CHICKEN CAESAR SALAD CHICKEN MIXED GREENS MINISTRONE SOUP SLICED PEACHES	6 STUFFED PEPPER W/TOMATO SAUCE GARLIC WHIPPED POTATOES COIN CARROTS STRAWBERRY SHORTCAKE	7 CLUB SANDWICH CREAM OF BROCCOLI SOUP APPLESAUCE	8 PINEAPPLE GLAZED HAM WHIPPED SWEET POTATOES CREAMY COLESLAW WHEAT BREAD CHOCOLATE PUDDING
11 PORK CARNITA TACO SWEET & SOUR SLAW RICE W/CHIVES CORN FRESH MELON	12 SWEET & SOUR MEATBALLS PENNE PASTA HAWAIIAN COLESLAW SLICED PEARS	13 MEATLOAF WHIPPED POTATOES GREEN BEANS BANANA PUDDING NILLA WAFERS	14 CHICKEN, SPINACH & CRANBERRY SALAD MIXED GREENS & SPINACH W/CUCUMBER PICKLED DICED BEETS COOKIE	15 STEAK SANDWICH W/ONIONS, PEPPERS RANCH SEASONED POTATOES FRESH SEASONAL FRUIT
18 BAKED SALMON PARSLEY POTATOES BROCCOLI & CARROTS COOKIE	19 CREAMY CHICKEN SALAD CROISSANT TOMATO SOUP FRESH SEASONAL FRUIT	20 BIRTHDAY LUNCH ORANGE GLAZED PORK VEGETABLE RICE PILAF CAULIFLOWER APPLESAUCE BIRTHDAY CAKE	21 CHICKEN PRIMAVERA CREAM SAUCE PENNE PASTA TOSSED SALAD SLICED PEARS	22 SALISBURY STEAK WHIPPED POTATOES SWEET PEAS BROWNIE
25 ROASTED TURKEY WHIPPED POTATOES W/GRAVY PEAS & CARROTS GELATIN	26 HAMBURGER SWEET POTATO BITES GREEN BEANS FRESH SEASONAL FRUIT	27 BREADED CHICKEN CUTLET AU GRATIN POTATOES SWEET PEAS COOKIE	28 TUNA SALAD SANDWICH CREAMY POTATO SOUP PINEAPPLE & CHERRIES	29 CHICKEN PRIMAVERA VEGETABLE CREAM SAUCE PENNE PASTA TOSSED SALAD SLICED PEARS