

PROGRAMS – AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:00 Breakfast 9:00 Pinochle 9:00 Silver Sneakers Cardio Circuit 1 9:30 Blood Pressure 9:45 Stretching 10:00 German Club 10:30 Arthritis Exercise Class 11-1 Rep. Committa Outreach 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle	8:00 Breakfast 2 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	8:00 Breakfast 3 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 VIRTUAL DEMENTIA SIMULATION 12:45 Bingo/Pinochle/Crafts
8:00 Breakfast 9:00 Pinochle 6 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 12:30 BELLINGHAM PRESENTATION	8:00 Breakfast 7 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:30 Healthy Steps 10:00 Int. Spanish 10:30 Current Events 10:30 Computer Q&A 11:00 Balance Class 11:30 Yoga 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French	8:00 Breakfast 9:00 Pinochle 8 9:00 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 9:45 Stretching 10:00 German Club 10:30 Arthritis Exercise Class 11:00 Sen. Dinniman Constituent Outreach 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:30 VISION CORPS 12:45 Pinochle	8:00 Breakfast 9 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	8:00 Breakfast 10 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 PAIN MGMT. & ARTHRITIS 12:45 Bingo/Pinochle/Crafts
8:00 Breakfast 9:00 Pinochle 13 9:30 Silver Sneakers Cardio 10:00 CHESCO LIB. LIBBY PROG. 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 TOMATO TASTING	8:00 Breakfast 14 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 Mahjong 12:45 Knitting 12:45 French	8:00 Breakfast 9:00 Pinochle 15 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	8:00 Breakfast 16 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	8:00 Breakfast 17 8:00 Poker 9:00 Pinochle 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 12:30 CLARIFI
8:00 Breakfast 20 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 SHOPRITE	8:00 Breakfast 21 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 Mahjong 12:45 Knitting 12:45 French	8:00 Breakfast 9:00 Silver Sneakers 22 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11:00 Sen. Killion Constituent Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 RIGHT BRAIN ACTIVITY 12:45 Pinochle	8:00 Breakfast 23 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	8:00 Breakfast 24 8:00 Poker 9:00 Pinochle 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 12:30 RITEAID
8:00 Breakfast 9:00 Pinochle 27 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	8:00 Breakfast 28 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 12:30 Mahjong 12:45 Knitting 12:45 French	8:00 Breakfast 29 9:00 Silver Sneakers 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	8:00 Breakfast 30 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	8:00 Breakfast 31 8:00 Poker 9:00 Pinochle 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

MENU – AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 10px; background-color: #00a0c0; color: white; font-weight: bold; font-size: 1.2em;"> PLEASE SIGN UP 3 DAYS IN ADVANCE </div>		1 PORK CARNITA TACO RICE W/CHIVES CORN TORTILLA FRESH MELON	2 SWEET & SOUR MEATBALLS PENNE PASTA HAWAIIAN COLESLAW SLICED PEARS	3 STEAK SANDWICH RANCH SEASONED POTATOES FRESH SEASONAL FRUIT
6 ORANGE GLAZED PORK VEGETABLE RICE PILAF CAULIFLOWER APPLESAUCE	7 CHICKEN PRIMAVERA PENNE PASTA TOSSED SALAD SLICED PEARS	8 SALISBURY STEAK CHEESY WHIPPED POTATOES SWEET PEAS BROWNIE	9 CREAMY CHICKEN SALAD CROISSANT TOMATO SOUP FRESH SEASONAL FRUIT	10 BAKED SALMON PARSLEY POTATOES BROCCOLI & CARROTS COOKIE
13 ROASTED TURKEY WHIPPED POTATOES PEAS & CARROTS GELATIN	14 KIELBASA BBQ BUTTERBEANS MACARONI SALAD FRESH SEASONAL FRUIT	15 BIRTHDAY LUNCH BREADED CHICKEN CUTLET AU GRATIN POTATOES SWEET PEAS BIRTHDAY CAKE	16 TUNA SALAD SANDWICH W/LETTUCE & TOMATO CREAMY POTATO SOUP PINEAPPLE & CHERRIES	17 TACO SALAD BLACK BEAN SOUP NACHO CHIPS SHERBET
20 PIZZA DAY! PIZZA SLICE TOSSED SALAD CINNAMON APPLESAUCE	21 HAMBURGER W/LETTUCE & TOMATO SWEET POTATO BITES CORN FRESH SEASONAL FRUIT	22 CHICKEN PARMESAN ROTINI PASTA W/SAUCE ITALIAN GREEN BEANS FRESH SEASONAL FRUIT	23 OPEN FACED ROAST BEEF SANDWICH WHIPPED POTATOES COIN CARROTS BROWNIE	24 PORK RIBETTE BAKED POTATO W/MARGARINE CREAMY COLESLAW SLICED PEACHES
27 SWEET SAUSAGE SANDWICH W/PEPPERS & SAUCE CHEESY HASHBROWNS YELLOW BEANS COOKIE	28 SOUTHWESTERN CHICKEN SALAD CAULIFLOWER SOUP GELATIN	29 PASTA & MEATBALLS ITALIAN GREEN BEANS SLICED PEACHES	30 CHICKEN CORDON BLEU SANDWICH PARMESAN POTATOES TOMATO & CUCUMBER SALAD ORANGE DREAM CAKE	31 BAKED HADDOCK CONFETTI RICE BROCCOLI & CAULIFLOWER BLEND APPLESAUCE