

PROGRAMS –JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 2 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"</p>	<p>8:00 Breakfast 3 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 11:30 Yoga 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French</p>	<p>4</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">CLOSED IN OBSERVANCE OF JULY 4th</p>	<p>8:00 Breakfast 5 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</p>	<p>8:00 Breakfast 6 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</p>	
<p>8:00 Breakfast 9:00 Pinochle 9 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" 12:45 MIND DIET</p>	<p>8:00 Breakfast 10 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</p>	<p>8:00 Breakfast 9:00 Pinochle 11 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 DO YOU KNOW WHAT YOUR POLICY IS WORTH? 12:45 Pinochle</p>	<p>8:00 Breakfast 12 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</p>	<p>8:00 Breakfast 13 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</p>	
<p>8:00 Breakfast 9:00 Pinochle 16 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 12:30 DELICIOUS DEMO 12:45 "Rhythm of Life"</p>	<p>8:00 Breakfast 17 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</p>	<p>8:00 Breakfast 9:00 Pinochle 18 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 BIRTHDAY LUNCH 12:30 Bingo 12:45 Pinochle</p>	<p>8:00 Breakfast 19 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</p>	<p>8:00 Breakfast 20 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 12:30 SUN CARE</p>	
<p>8:00 Breakfast 23 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"</p>	<p>8:00 Breakfast 24 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</p>	<p>8:00 Breakfast 9:00 Silver Sneakers 25 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:00 STRESS REDUCTION 10:30 Arthritis Exercise 11:00 Killion Constituent Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 CRIME & HOW IT AFFECTS YOUR COMMUNITY 12:45 Pinochle</p>	<p>8:00 Breakfast 26 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge</p>	<p>8:00 Breakfast 27 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</p>	
<p>8:00 Breakfast 9:00 Pinochle 30 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"</p>	<p>8:00 Breakfast 31 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</p>	<p style="font-weight: bold; font-size: 1.2em;">THE FEE FOR TAI CHI, QIGONG & YOGA HAS BEEN INCREASED TO \$5, EFFECTIVE IMMEDIATELY.</p>			

MENU – JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p style="text-align: center;">CHEESEBURGER COLESLAW FRENCH FRIES SHERBET</p>	<p style="text-align: center;">CHICKEN PARMESAN ROTINI PASTA W/ SAUCE PARM ZUCCHINI & CORN FRESH SEASONAL FRUIT</p>	<p style="color: red;">CLOSED IN OBSERVANCE OF JULY 4th</p>	<p style="text-align: center;">PULLED PORK SANDWICH POTATO SALAD BAKED BEANS WATERMELON</p>	<p style="text-align: center;">ROAST BEEF W/ GRAVY WHIPPED POTATOES GREEN BEANS BROWNIE</p>
9	10	11	12	13
<p style="text-align: center;">SPAGHETTI & MEATBALLS PASTA W/ SAUCE/ PARM ITALIAN GREEN BEANS SLICED PEACHES</p>	<p style="text-align: center;">CHICKEN COBB SALAD VEG. NOODLE SOUP PINEAPPLE TIDBITS</p>	<p style="text-align: center;">BAKED HADDOCK W/ WHITE WINE SAUCE CONFETTI RICE BROCCOLI & CAULIFLOWER CINNAMON APPLESAUCE</p>	<p style="text-align: center;">CHICKEN CORDON BLEU SANDWICH PARMESAN POTATOES TOMATO & CUCUMBER SALAD ORANGE DREAM CAKE</p>	<p style="text-align: center;">CHILI CHEESE HOT DOG SWEET POTATO BITES APRICOTS W/ OATMEAL TOPPING</p>
16	17	18	19	20
<p style="text-align: center;">EGG OMELET SAUSAGE PATTY ENGLISH MUFFIN ORANGE JUICE FRESH BANANA</p>	<p style="text-align: center;">ROASTED PORK LOIN W/ GRAVY WHIPPED POTATOES GREEN BEANS COOKIE</p>	<p style="text-align: center;">BIRTHDAY LUNCH CHICKEN MARSALA BUTTERED BOWTIES BROCCOLI & CARROTS SLICED PEARS BIRTHDAY CAKE</p>	<p style="text-align: center;">ANTIPASTO SALAD TOSSED SALAD WEDDING SOUP SUNSET PEACHES</p>	<p style="text-align: center;">POTATO CRUSTED POLLOCK CHEESY TWISTS 1 STEWED TOMATOES FRESH SEASONAL FRUIT (ORANGE)</p>
23	24	25	26	27
<p style="text-align: center;">PINEAPPLE GLAZED HAM WHIPPED SWEET POTATOES CREAMY COLESLAW CHOCOLATE PUDDING</p>	<p style="text-align: center;">CHICKEN CAESAR SALAD MINISTRONE SOUP SLICED PEACHES</p>	<p style="text-align: center;">BEEF STROGANOFF W/ GRAVY BUTTERED BOWTIES MIXED VEGETABLES FRESH SEASONAL FRUIT(MELON)</p>	<p style="text-align: center;">TURKEY, BACON, & CHEESE JR. CLUB SANDWICH CREAM OF BROCCOLI APPLESAUCE</p>	<p style="text-align: center;">STUFFED PEPPER W/ TOMATO SAUCE GARLIC WHIPPED POTATOES COIN CARROTS STRAWBERRY SHORTCAKE</p>
30	31	<div style="border: 2px solid black; background-color: #4682b4; color: white; padding: 10px; margin: 0 auto; width: 80%;"> <p style="text-align: center; font-size: 1.2em; margin: 0;">PLEASE SIGN UP 3 DAYS IN ADVANCE</p> </div>		
<p style="text-align: center;">MEATLOAF W/ GRAVY WHIPPED POTATOES GREEN BEANS BANANA PUDDING NILLA WAFERS</p>	<p style="text-align: center;">CHICKEN, SPINACH & CRANBERRY SALAD PICKLED DICED BEETS COOKIE</p>			