

# PROGRAMS – SEPTEMBER 2018

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**THE FEE FOR TAI CHI,  
QIGONG & YOGA IS \$5,**

**ALL EXERCISE CLASSES ON  
THURSDAY, SEPTEMBER 20<sup>TH</sup>  
ARE CANCELED TO ACCOMMODATE THE  
PENN MEDICINE FALL PREVENTION  
AWARENESS EXPO**

<p><b>3</b></p> <p style="color: red; font-weight: bold; text-align: center;">CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>8:00 Breakfast <b>4</b></p> <p>9:30 Low Impact Aerobics</p> <p>9:30 Beginning Spanish 10:00 Nurse</p> <p>10:30 Healthy Steps 10:00 Int. Spanish</p> <p>10:30 Current Events</p> <p>10:30 Computer Q&amp;A</p> <p>11:00 Balance Class</p> <p>11:30 Yoga 12:00 Lunch</p> <p>12:30 Mahjong</p> <p>12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 9:00 Pinochle <b>5</b></p> <p>9:00 Silver Sneakers Cardio Circuit</p> <p>9:30 Blood Pressure</p> <p>9:45 Stretching 10:00 German Club</p> <p>10:30 Arthritis Exercise Class</p> <p style="color: red;">11-1 Rep. Comitta Outreach</p> <p>11:15 Bingo 11:15 Silver Sneakers Classic</p> <p>12:00 Lunch 12:30 Bingo</p> <p style="color: red;">12:30 NURSE ANGELS LLC</p> <p>12:45 Pinochle</p>	<p>8:00 Breakfast <b>6</b></p> <p>9:30 Low Impact Aerobics</p> <p>10:00 Cell Phone and Tablet</p> <p>10:15 Healthy Steps in Motion</p> <p>11:15 Tai Chi</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:00 Chorus</p>	<p>8:00 Breakfast <b>7</b></p> <p>8:00 Poker 9:00 Pinochle</p> <p>9:15 Qi Gong 9:30 Brain Aerobics</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo 12:00 Lunch</p> <p style="color: red;">12:30 SELF DEFENSE CLASS</p> <p>12:45 Bingo/'Pinochle/Crafts</p>
<p>8:00 Breakfast 9:00 Pinochle <b>10</b></p> <p>9:30 Silver Sneakers Cardio</p> <p>10:30 Arthritis Exercise Class</p> <p>10:30 Italian Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 Lunch</p> <p>12:30 Bridge 12:30 Bingo</p> <p>12:45 Rhythm of Life</p> <p style="color: red;">12:45 GARDEN CLUB</p>	<p>8:00 Breakfast <b>11</b></p> <p>9:30 Low Impact Aerobics</p> <p>9:30 Beginning Spanish</p> <p>10:00 Nurse</p> <p>10:30 Healthy Steps in Motion</p> <p>10:30 Intermediate Spanish Class</p> <p>10:30 Current Events/Computer Q&amp;A</p> <p>11:30 Yoga 12:00 Lunch</p> <p>12:30 Mahjong</p> <p>12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 9:00 Pinochle <b>12</b></p> <p>9:00 Silver Sneakers Cardio Circuit</p> <p>9:30 Blood Pressure</p> <p>9:30-11 Rite Aid Flu Shots</p> <p>9:45 Stretching</p> <p>10:00 German Club</p> <p>10:30 Arthritis Exercise Class</p> <p style="color: red;">11-12:30 Senator Dinniman Outreach</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:30 Bingo 12:45 Pinochle</p>	<p>8:00 Breakfast <b>13</b></p> <p>9:30 Low Impact Aerobics</p> <p>9:30 Bible Study</p> <p>10:00 Art Appreciation</p> <p>10:15 Healthy Steps in Motion</p> <p>11:15 Tai Chi</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:00 Chorus</p>	<p>8:00 Breakfast <b>14</b></p> <p>8:00 Poker 9:00 Pinochle</p> <p>9:15 Qi Gong 9:30 Brain Aerobics</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo</p> <p>12:00 Lunch</p> <p>12:30 Bingo/Pinochle/Crafts</p> <p style="color: red;">12:30 FOOD AS MEDICINE</p>
<p>8:00 Breakfast <b>17</b></p> <p>9:00 Pinochle</p> <p>9:30 Silver Sneakers Cardio</p> <p>10:30 Arthritis Exercise Class</p> <p>10:30 Italian Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>12:30 Bingo 12:45 Rhythm of Life</p> <p style="color: red;">12:30 DID YOU KNOW THE VA CAN PAY FOR YOUR HOME CARE?</p>	<p>8:00 Breakfast <b>18</b></p> <p>9:30 Low Impact Aerobics</p> <p>9:30 Beginning Spanish 10:00 Nurse</p> <p>10:15 Spanish Class</p> <p>10:30 Healthy Steps in Motion</p> <p>10:30 Intermediate Spanish Class</p> <p>10:30 Current Events/Computer Q&amp;A</p> <p>11:00 Balance Class</p> <p>11:30 Yoga 12:00 Lunch 12:30 Mahjong</p> <p>12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 9:00 Silver Sneakers <b>19</b></p> <p>9:00 Pinochle 9:30 Blood Pressure</p> <p style="color: red;">12:00 SOUTH EASTERN VETERANS CENTER</p> <p>9:45 Stretching 10:00 German</p> <p>10:30 Arthritis Exercise</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:30 Bingo</p> <p style="color: red;">12:00 BIRTHDAY LUNCH 12:30 TALENT SHOW</p> <p>12:45 Pinochle</p>	<p>8:00 Breakfast <b>20</b></p> <p>10:00 Photo Club</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:00 Chorus</p> <p style="color: red; text-align: center;">Penn Medicine Fall Expo 9:30-12</p>	<p>8:00 Breakfast <b>21</b></p> <p>8:00 Poker</p> <p>9:00 Pinochle</p> <p>9:15 Qi Gong 9:30 Brain Aerobics</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo 12:00 Lunch</p> <p>12:30 Bingo/Pinochle/Crafts</p> <p style="color: red;">12:30 VIRTUAL TOUR OF WINTERTHUR W/ RAY DOYLE</p>
<p>8:00 Breakfast 9:00 Pinochle <b>24</b></p> <p>9:30 Silver Sneakers Cardio</p> <p>10:30 Arthritis Exercise Class</p> <p>10:30 Italian Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>12:30 Bingo</p> <p>12:45 Rhythm of Life</p> <p style="color: red;">12:45 GRANDFRIENDS STARTS</p>	<p>8:00 Breakfast <b>25</b></p> <p>9:30 Low Impact Aerobics</p> <p>9:30 Beginning Spanish 10:00 Nurse</p> <p>10:15 Spanish Class</p> <p>10:30 Healthy Steps in Motion</p> <p>10:30 Intermediate Spanish Class</p> <p>10:30 Current Events/Computer Q&amp;A</p> <p>11:30 Yoga 12:00 Lunch 12:30 Mahjong</p> <p>12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast <b>26</b></p> <p>9:00 Silver Sneakers</p> <p>9:00 Pinochle</p> <p>9:30 Blood Pressure</p> <p>9:45 Stretching 10:00 German</p> <p style="color: red;">11:00 Sen. Killion Constituent Outreach</p> <p style="color: red;">12:30 PHOENIX PT</p> <p>10:30 Arthritis Exercise</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:30 Bingo 12:45 Pinochle</p> <p>1:00 Parkinson's Support</p>	<p>8:00 Breakfast <b>27</b></p> <p>9:30 Low Impact Aerobics</p> <p>9:30 Bible Study</p> <p>10:15 Healthy Steps in Motion</p> <p>11:15 Tai Chi</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p style="color: red;">12:45 GRANDFRIENDS</p> <p>1:00 Chorus</p> <p style="color: red; text-align: center;">POT LUCK 4-6</p>	<p>8:00 Breakfast <b>28</b></p> <p>8:00 Poker</p> <p>9:00 Pinochle</p> <p>9:15 Qi Gong 9:30 Brain Aerobics</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo 12:00 Lunch</p> <p>12:30 Bingo/Pinochle/Crafts</p>

# MENU – SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="font-size: 1.2em; margin: 0;">PLEASE SIGN UP 3 DAYS IN ADVANCE</p>				
<p>3</p> <p style="color: red; font-weight: bold; text-align: center;">CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>4</p> <p style="text-align: center;">HOT DOG W/SAUERKRAUT POTATO SALAD BAKED BEANS TROPICAL FRUIT SALAD</p>	<p>5</p> <p style="text-align: center;">CHICKEN MARSALA BUTTERED BOWTIES BROCCOLI &amp; CARROTS SLICED PEARS</p>	<p>6</p> <p style="text-align: center;">ANTIPASTO SALAD WEDDING SOUP SUNSET PEACHES</p>	<p>7</p> <p style="text-align: center;">POTATO CRUSTED POLLOCK CHEESY TWISTS STEWED TOMATOES FRESH SEASONAL FRUIT</p>
<p>10</p> <p style="text-align: center;">BEEF STROGANOFF W/ GRAVY BUTTERED BOWTIES MIXED VEGETABLES FRESH SEASONAL FRUIT(MELON)</p>	<p>11</p> <p style="text-align: center;">PINEAPPLE GLAZED HAM WHIPPED SWEET POTATOES CREAMY COLESLAW CHOCOLATE PUDDING</p>	<p>12</p> <p style="text-align: center;">STUFFED PEPPER GARLIC WHIPPED POTATOES COIN CARROTS STRAWBERRY SHORTCAKE</p>	<p>13</p> <p style="text-align: center;">CHICKEN CAESAR SALAD MINISTRONE SOUP SLICED PEACHES</p>	<p>14</p> <p style="text-align: center;">HOT TURKEY, BACON, &amp; CHEESE JR. CLUB CREAM OF BROCCOLI APPLESAUCE</p>
<p>17</p> <p style="text-align: center;">SWEET &amp; SOUR MEATBALLS EGG NOODLES HAWAIIAN COLESLAW SLICED PEARS</p>	<p>18</p> <p style="text-align: center;">CHICKEN, SPINACH &amp; CRANBERRY SALAD SPINACH W/CUCUMBER PICKLED DICED BEETS COOKIE</p>	<p>19</p> <p style="color: red; font-weight: bold; text-align: center;">BIRTHDAY LUNCH</p> <p style="text-align: center;">MEATLOAF W/GRAVY WHIPPED POTATOES GREEN BEANS BIRTHDAY CAKE</p>	<p>20</p> <p style="text-align: center;">PORK CARNITA TACO TOPPED W/SWEET &amp; SOUR SLAW RICE W/CHIVES CORN FRESH MELON</p>	<p>21</p> <p style="text-align: center;">STEAK SANDWICH W/ONIONS, PEPPERS, RANCH POTATOES FRESH SEASONAL FRUIT (MELON)</p>
<p>24</p> <p style="text-align: center;">SALISBURY STEAK W/GRAVY CHEESY WHIPPED POTATOES SWEET PEAS BROWNIE</p>	<p>25</p> <p style="text-align: center;">ORANGE GLAZED PORK LOIN VEGETABLE RICE PILAF CAULIFLOWER APPLESAUCE</p>	<p>26</p> <p style="text-align: center;">BAKED SALMON W/DILL SAUCE BAKED POTATO BROCCOLI &amp; CARROTS COOKIE</p>	<p>27</p> <p style="text-align: center;">CREAMY CHICKEN SALAD TOMATO SOUP CROISSANT FRESH SEASONAL FRUIT</p>	<p>28</p> <p style="text-align: center;">CHICKEN PRIMAVERA PENNE PASTA TOSSED SALAD GARLIC BREADSTICK SLICED PEARS</p>