

# PROGRAMS –OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
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 1:00 Grand Friends	<b>1</b>	8:00 Breakfast 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 12:45 Knitting 12:45 French 1:00 AARP	<b>2</b>	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 11-1 Rep. Comitta Outreach 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle	<b>3</b>	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Cell Phone and Tablet 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 1:00 Grand Friends	<b>4</b>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Mahjong 12:30 BRYN MAWR REHAB 12:45 Bingo/Pinochle/Crafts	<b>5</b>
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 GARDEN CLUB 12:45 Rhythm of Life 1:00 Grand Friends- Nurses Angels	<b>8</b>	8:00 Breakfast 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 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French	<b>9</b>	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 11-12:30 Senator Dinniman Outreach 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:30 AARP Vol. Info Session 12:45 Pinochle	<b>10</b>	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 1:00 Grand Friends	<b>11</b>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Mahjong 12:30 SARAH CARE 12:45 Bingo/Pinochle/Crafts	<b>12</b>
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 1:00 Grand Friends- Shop Rite	<b>15</b>	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beg Spanish 10:00 Nurse 10:00 CCDAS 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	<b>16</b>	8:00 Breakfast 9:00 Pinochle 9:00 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 9:30-11 Rite Aid Flu Shots 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	<b>17</b>	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 12:45 MEMORIAL SERVICE 1:00 Chorus	<b>18</b>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:30 Mahjong 12:30 CLARIFI	<b>19</b>
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 12:30 CRAFTING W/ PARK LANE 12:45 Rhythm of Life 1:00 Grand Friends	<b>22</b>	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	<b>23</b>	8:00 Breakfast 9:00 Silver Sneakers 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 1:00 Sen. Killion Constituent Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 CC FOOD BANK 12:45 Pinochle  9:30-11:30 Veterans Expo	<b>24</b>	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 1:00 Chorus 1:00 Grand Friends	<b>25</b>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Mahjong 12:30 Bingo/Pinochle/Crafts 12:30 VIRTUAL TOUR W/ RAY	<b>26</b>
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 1:00 Grand Friends	<b>29</b>	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	<b>30</b>	8:00 Breakfast 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 12:30 SHOP RITE 12:45 Pinochle 1:00 Parkinson's Support	<b>31</b>	<div style="background-color: #d3d3d3; padding: 10px; border: 1px solid black;"> <h2 style="margin: 0;">THE FEE FOR TAI CHI, QIGONG &amp; YOGA IS \$5,</h2> </div>			

# MENU –OCTOBER 2018

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1	2	3	4	5
<p style="text-align: center;"><b>BAKED ZITI</b> W/MEATBALLS <b>MARINARA SAUCE</b> CHEESE TOPPING CAESAR SALAD GARLIC BREADSTICK MIXED FRUIT SALAD</p>	<p style="text-align: center;"><b>PORK RIBETTE</b> SEASONED POTATOES BAKED BEANS SLICED PEACHES</p>	<p style="text-align: center;"><b>SWISS STEAK</b> W/ ONION GRAVY CABBAGE &amp; NOODLES DICED CARROTS PINEAPPLE DELIGHT</p>	<p style="text-align: center;"><b>GRILLED CHICKEN</b> BACON &amp; SWISS CLUB CREAMY POTATO SOUP BLUSHED PEARS</p>	<p style="text-align: center;"><b>POTATO CRUSTED FISH</b> MACARONI &amp; CHEESE STEWED TOMATOES FRESH FRUIT</p>
8	9	10	11	12
<p style="text-align: center;"><b>COUNTRY FRIED CHICKEN</b> W/ <b>CREAMY GRAVY</b> WHIPPED POTATOES PEAS &amp; CARROTS FRESH FRUIT</p>	<p style="text-align: center;"><b>SLOPPY JOE</b> RANCH SEASONED POTATOES GREEN BEANS COOKIE</p>	<p style="text-align: center;"><b>HAWAIIAN PORK CHOP</b> BLENDED RICE PILAF ISLAND BLEND VEGETABLES SLICED APPLES</p>	<p style="text-align: center;"><b>CHICKEN PICATTA</b> BOWTIES TOSSED SALAD SLICED PEACHES</p>	<p style="text-align: center;"><b>WARM ROAST BEEF</b> <b>SANDWICH</b> W/<b>CHEESE &amp; AU JUS</b> VEGETABLE SOUP PINEAPPLE TIDBITS</p>
15	16	17	18	19
<p style="text-align: center;"><b>BAKED MEATLOAF</b> BAKED POTATO MIXED BEAN MEDLEY CHERRY CHIP CAKE W/ TOPPING</p>	<p style="text-align: center;"><b>BAKED SALMON</b> WHITE RICE BROCCOLI PINEAPPLE TIDBITS</p>	<p style="text-align: center;"><b>BIRTHDAY LUNCH</b> <b>HOT TURKEY SANDWICH</b> WHIPPED POTATOES W/CHIVES CRINKLE CUT CARROTS BIRTHDAY CAKE</p>	<p style="text-align: center;"><b>SMOKEY BBQ BURGER</b> SWEET POTATO BITES FRESH SEASONAL FRUIT</p>	<p style="text-align: center;"><b>CHICKEN &amp; DUMPLINGS-</b> PEPPER SLAW BUTTERMILK BISCUIT WARM PEACHES</p>
22	23	24	25	26
<p style="text-align: center;"><b>MUSHROOM SWISS</b> <b>BURGER</b> CREAMY CAULIFLOWER SOUP FRESH FRUIT</p>	<p style="text-align: center;"><b>MANGO BBQ CHICKEN</b> <b>BREAST</b> BROWN RICE CREAMY COLESLAW APPLE CRAN CRISP</p>	<p style="text-align: center;"><b>POT ROAST W/ GRAVY</b> SEASONED POTATOES SLICED CARROTS COOKIE</p>	<p style="text-align: center;"><b>CRAB CAKE SLIDER</b> CHEESY TWISTS BAKED BEANS MANDARIN ORANGES</p>	<p style="text-align: center;"><b>BEEF BURRITO BOWL</b> SEASONED CORN &amp; BLACKBEANS CILANTRO RICE BAKED PINEAPPLE</p>
29	30	31	<div style="border: 2px solid #008080; background-color: #008080; color: white; padding: 10px; text-align: center; font-size: 1.2em; font-weight: bold;">             PLEASE SIGN UP 3 DAYS IN ADVANCE           </div>	
<p style="text-align: center;"><b>VEGETABLE LASAGNA</b> TOSSED SALAD BREADSTICK COTTAGE CHEESE &amp; DICED PEACHES</p>	<p style="text-align: center;"><b>KIELBASA</b> CHEESY PIEROGI CASSEROLE SWEET PEAS FRESH SEASONAL FRUIT</p>	<p style="text-align: center;"><b>GHOSTLY CHILI</b> ANT &amp; FINGER SALAD MOLDY BISCUIT HOCUS POCUS JUICE SPOOKY PUMPKIN POTION</p>		