

PROGRAMS –DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>8:00 Breakfast 9:00 Pinochle 3 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 10:30 Italian Class 12:30 MUSIC THERAPY 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 4 9:30-10 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:30 Healthy Steps 10-11:30 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</p>	<p>8:00 Breakfast 9:00 Pinochle 5 9:00 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 9:45 Stretching 10:00 German Club 10:30 Arthritis Exercise Class 11-1 Representative Comitta's Outreach 11:15 Bingo 11:15 Silver Sneakers Classic 12:30 Bingo 12:30 STRESS MGMT. 12:45 Pinochle</p>	<p>8:00 Breakfast 6 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</p>	<p>8:00 Breakfast 7 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 CCF A HOLIDAY PARTY 12:45 Bingo/'Pinochle/Crafts</p>	
<p>8:00 Breakfast 9:00 Pinochle 10 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</p>	<p>8:00 Breakfast 11 9:30 Low Impact Aerobics 9:30-10 Beg Spanish 10:00 Nurse 10:30 Healthy Steps in Motion 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&A 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 9:00 Pinochle 12 900 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 9:45 Stretching 10:00 German Club 10:30 Arthritis Exercise 11-12:30 Senator Dinniman Outreach 11:15 Bingo/Silver Sneakers Classic 12:00 BIRTHDAY LUNCH W/ ENTERTAINMENT BY CHRIS HOLT & SPONSORED BY FREEDOM VILALGE 12:30 Bingo 12:45 Pinochle</p>	<p>8:00 Breakfast 13 10:00 Art Appreciation 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</p>	<p>8:00 Breakfast 14 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 HOLIDAY PHOTO BOOTH W/ RAY DOYLE</p>	
<p>8:00 Breakfast 17 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 CHECK YOUR MEDS 12:45 Rhythm of Life</p>	<p>8:00 Breakfast 18 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&A 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 9:00 Silver Sneakers 19 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 HOLIDAY LUNCH 12:30 Bingo 12:40 GRATEFUL ALIVE PERFORMANCE 12:45 Pinochle</p>	<p>8:00 Breakfast 20 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus</p>	<p>8:00 Breakfast 21 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</p>	
CLOSED 24	CLOSED 25 MERRY CHRISTMAS!	<p>8:00 Breakfast 26 9:00 Silver Sneakers 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11-1 Sen. Killion Constituent Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 1:00 Parkinson's Support</p>	<p>8:00 Breakfast 27 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</p>	<p>8:00 Breakfast 28 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 HEALTHY HOLIDAY EATING</p>	
CLOSED 31	JANUARY 1ST CLOSED HAPPY NEW YEAR	<div style="border: 1px solid black; padding: 10px; background-color: #f5f5dc;"> <p>Breakfast will be continental only Wednesday, December 26th – Tuesday, January 1st. Full breakfast will resume Wednesday, January 2nd.</p> </div>			

MENU – DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CENTER CUT PORK CHOP WHIPPED POTATOES LIMA BEANS WHITE BREAD SLICED APPLES	4 REUBEN WRAP HOT POTATO SALAD WARM PEACHES	5 LEMON PEPPER CHICKEN WILD RICE BRUSSEL SPROUTS FRESH FRUIT	6 TURKEY & PROVOLONE SANDWICH BROCCOLI SOUP FRESH FRUIT	7 BAKED PORCUPINE BALL W/ TOMATO SAUCE WHIPPED POTATOES CORN CINNAMON RAISIN BREAD PUDDING
10 MUSHROOM SWISS BURGER CAULIFLOWER SOUP FRESH FRUIT	11 MANGO BBQ CHICKEN BREAST BROWN RICE CREAMY COLESLAW APPLE CRAN CRISP	12 BIRTHDAY LUNCH POT ROAST BAKED POTATO SLICED CARROTS BIRTHDAY CAKE	13 BEEF BURRITO BOWL SEASONED CORN & BLACK BEANS CILANTRO RICE BAKED PINEAPPLE	14 CRAB CAKE CHEESY TWISTS BAKED BEANS MANDARIN ORANGES
17 PORK RIBETTE SEASONED POTATOES BAKED BEANS SLICED PEACHES	18 GRILLED CHICKEN BACON & SWISS CLUB CREAMY POTATO SOUP BLUSHED PEARS	19 HOLIDAY SPECIAL CHICKEN CORDON BLEU HOMEMADE STUFFING WHIPPED POTATOES PEAS & CARROTS BOSTON CRÈME PIE	20 KIELBASA CHEESY POTATOES SWEET PEAS FRESH SEASONAL FRUIT	21 WHITE CHICKEN CHILI TOSSED SALAD BAKED POTATO WG MINI BISCUIT COOKIE
24 CLOSED	25 CLOSED MERRY CHRISTMAS!	26 SMOKEY BBQ BURGER SWEET POTATO BITES BRIOCHE BUN FRESH SEASONAL FRUIT	27 CHICKEN PICATTA BOWTIES TOSSED SALAD SLICED PEACHES	28 ROAST BEEF SANDWICH W/CHEESE & AU JUS VEGETABLE SOUP PINEAPPLE TIDBITS
31 CLOSED			<div style="border: 2px solid blue; padding: 10px;"> <p style="text-align: center; color: red; margin: 0;">Winter Storm Advisory</p> <p style="text-align: center; font-size: small; margin: 0;">The WCASC will be closed due to weather conditions in accordance with the <i>West Chester Area School District</i> @ www.home.wcasd.net. If the schools are closed or opening late the WCASC will be closed and there will be no Rover Service. Please tune to your local TV station for a list of school closings. There is also a link to the school district on our website.</p> </div>	