

PROGRAMS –NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px; background-color: #e0f0ff;"> SENATOR ANDY DINNIMAN'S OFFICE 90+ BIRTHDAY LUNCH FRIDAY OCTOBER 7, 12:00 NOON </div>		<div style="border: 1px solid black; padding: 5px; background-color: #ffe0e0;"> CRAFT SALE WEDNESDAY, NOV. 14TH 10AM-1PM </div>	<p>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</p> <p style="text-align: right;">1</p>	<p>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 12:45 Bingo/'Pinochle/Crafts</p> <p style="text-align: right;">2</p>
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 10:30 Italian Class 12:30WHAT IS REFLEXOLOGY? 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:30 CRIME VICTIMS 12:45 Rhythm of Life 1:00 Grand Friends</p> <p style="text-align: right;">5</p>	<p>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 1:00 AARP</p> <p style="text-align: right;">6</p>	<p>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 Representative Comitta's Outreach 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 BIRTHDAY LUNCH/90+ BIRTHDAY 12:30 Bingo 12:45 Pinochle</p> <p style="text-align: right;">7</p>	<p>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</p> <p style="text-align: right;">8</p>	<p>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 LIFE STORY ORIGINALS 12:45 Bingo/'Pinochle/Crafts</p> <p style="text-align: right;">9</p>
<p style="font-size: 1.2em; color: red;">CLOSED IN OBSERVANCE OF VETERANS DAY</p> <p style="text-align: right;">12</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beg Spanish 10:00 Nurse 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</p> <p style="text-align: right;">13</p>	<p>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 11-12:30 Senator Dinniman Outreach 12:30 DEL. THEATRE PERFORMANCE 12:30 Bingo 12:45 Pinochle</p> <p style="text-align: right;">14</p>	<p>8:00 Breakfast 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 style="text-align: right;">15</p>	<p>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 WHAT IS REIKI?</p> <p style="text-align: right;">16</p>
<p>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 CC FOOD BANK 12:45 Rhythm of Life 1:00 Grand Friends</p> <p style="text-align: right;">19</p>	<p>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</p> <p style="text-align: right;">20</p>	<p>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 UPTOWN SINGERS 12:30 Bingo 12:45 Pinochle</p> <p style="text-align: right;">21</p>	<p style="font-size: 1.5em; color: red;">CLOSED HAPPY THANKSGIVING!</p> <p style="text-align: right;">22</p>	<p style="font-size: 1.5em; color: red;">CLOSED</p> <p style="text-align: right;">23</p>
<p>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</p> <p style="text-align: right;">26</p>	<p>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</p> <p style="text-align: right;">27</p>	<p>8:00 Breakfast 9:00 Silver Sneakers 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11-1 Sen. Killion Constituent Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 RITE AID 12:45 Pinochle 1:00 Parkinson's Support</p> <p style="text-align: right;">28</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 1:00 Grand Friends</p> <p style="text-align: right;">29</p>	<p>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 HEALTHY HOLIDAY EATING</p> <p style="text-align: right;">30</p>

MENU – NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 10px; background-color: #e0f0ff;"> <p>DELAWARE THEATRE FINAL PERFORMANCE WEDNESDAY, NOVEMBER 14TH</p> <p>IMMEDIATELY FOLLOWING LUNCH</p> </div>			1 WARM HAM & CHEESE ON CIABATTA CREAMY TOMATO BISQUE FRESH FRUIT	2 BURGUNDY MEATBALLS W/MUSHROOMS PENNE PASTA CARROTS MIXED FRUIT SALAD
5 HAWAIIAN PORK CHOP BLENDED RICE PILAF MIXED VEGETABLES SLICED APPLES	6 SLOPPY JOE RANCH POTATOES GREEN BEANS COOKIE	7 BIRTHDAY LUNCH CHICKEN PICATTA BOWTIES TOSSED SLICED PEACHES BIRTHDAY CAKE	8 ROAST BEEF SANDWICH CHEESE & AU JUS VEGETABLE SOUP PINEAPPLE TIDBITS	9 COUNTRY FRIED CHICKEN CREAMY GRAVY WHIPPED POTATOES PEAS & CARROTS FRESH FRUIT
12 BAKED MEATLOAF MARINARA GARLIC WHIPPED POTATOES PARMESAN CORN BANANA PUDDING & NILLA WAFERS	13 GREEK CHICKEN SALAD MIXED GREENS BEAN SOUP COOKIE	14 ROASTED TURKEY STUFFING WHIPPED POTATOES CARROTS PUMPKIN PIE SLICE CRANBERRY SAUCE	15 BRATWURST W/KRAUT CREAMED POTATOES & PEAS CINNAMON APPLESAUCE	16 CREAMY CHICKEN DIVAN WHITE RICE TOSSED SALAD MANDARIN ORANGES
19 PORK RIBETTE SEASONED POTATOES BAKED BEANS SLICED PEACHES	20 GRILLED CHICKEN BACON & SWISS CLUB CREAMY POTATO SOUP BLUSHED PEARS	21 BAKED ZITI W/MEATBALLS CAESAR SALAD GARLIC BREADSTICK MIXED FRUIT SALAD	22 CLOSED HAPPY THANKSGIVING!	23 CLOSED
26 BAKED SALMON W/WHITE WINE CREAM WHITE RICE BROCCOLI PINEAPPLE TIDBITS	27 HOT TURKEY SANDWICH WHIPPED POTATOES W/CHIVES CRINKLE CUT CARROTS APPLESAUCE	28 SMOKEY BBQ BURGER SWEET POTATO BITES BRIOCHE BUN FRESH SEASONAL FRUIT	29 CHICKEN & DUMPLINGS PEPPER SLAW WARM PEACHES	30 BAKED MEATLOAF BAKED POTATO W/MARGARINE MIXED BEAN MEDLEY CHERRY CHIP CAKE