

PROGRAMS – JANUARY 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| Check back for Grand Friends dates! | CLOSED HAPPY NEW YEAR! | <p style="text-align: right; font-weight: bold;">2</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 11:15 Bingo 11:15 Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle</p> | <p style="text-align: right; font-weight: bold;">3</p> <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</p> | <p style="text-align: right; font-weight: bold;">4</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 12:45 Bingo/'Pinochle/Crafts</p> |
| <p style="text-align: right; font-weight: bold;">7</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 Garden Club 12:45 Rhythm of Life</p> | <p style="text-align: right; font-weight: bold;">8</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30-10 Beg Spanish 10:00 Nurse 10:30 Healthy Steps in Motion 11:00 BE WELL BALANCE 10-11:30 Int. Spanish 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="text-align: right; font-weight: bold;">9</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 11-12:30 Senator Dinniman Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 HEALTHY WEIGHT LOSS 12:30 Bingo 12:45 Pinochle</p> | <p style="text-align: right; font-weight: bold;">10</p> <p>8:00 Breakfast 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 style="text-align: right; font-weight: bold;">11</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 SCAMS & FRAUD 12:30 Mahjong</p> |
| <p style="text-align: right; font-weight: bold;">14</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 CHECK YOUR MEDS 12:45 GARDEN CLUB 12:45 Rhythm of Life</p> | <p style="text-align: right; font-weight: bold;">15</p> <p>8:00 Breakfast 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 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French</p> | <p style="text-align: right; font-weight: bold;">16</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 12:00 BIRTHDAY LUNCH 12:00 WEATHER THE WEATHER DISTRIBUTION 12:30 Bingo 12:45 Pinochle</p> | <p style="text-align: right; font-weight: bold;">17</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; font-weight: bold;">18</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 YOU BE THE JUDGE 12:30 Bingo/Pinochle/Crafts</p> |
| <p style="text-align: right; font-weight: bold;">21</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</p> | <p style="text-align: right; font-weight: bold;">22</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 11:00 BE WELL BALANCE 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&A 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French</p> | <p style="text-align: right; font-weight: bold;">23</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 ARE YOU PREPARED? 12:45 Pinochle</p> | <p style="text-align: right; font-weight: bold;">24</p> <p>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</p> | <p style="text-align: right; font-weight: bold;">25</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 NECKS & SHOULDERS</p> |
| <p style="text-align: right; font-weight: bold;">28</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</p> | <p style="text-align: right; font-weight: bold;">29</p> <p>8:00 Breakfast 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 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French</p> | <p style="text-align: right; font-weight: bold;">30</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 Bingo 12:45 Pinochle 1:00 Parkinson's Support</p> | <p style="text-align: right; font-weight: bold;">31</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> | |

MENU – JANUARY 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 1 | CLOSED HAPPY NEW YEAR! | 2 | 3 | 4 |
| | | <p style="text-align: center;">BAKED MEATLOAF MARINARA WHIPPED POTATOES PARMESAN CORN BANANA PUDDING & NILLA WAFERS</p> | <p style="text-align: center;">CREAMY CHICKEN DIVAN OVER WHITE RICE TOSSED SALAD BREADSTICK MANDARIN ORANGES</p> | <p style="text-align: center;">BAKED HAM W/ FRUIT SAUCE WHIPPED SWEET POTATOES HARVARD BEETS FRESH FRUIT</p> |
| 7 | 8 | 9 | 10 | 11 |
| <p style="text-align: center;">PORK RIBETTE SEASONED POTATOES BAKED BEANS SLICED PEACHES</p> | <p style="text-align: center;">SWISS STEAK W/ ONION GRAVY CABBAGE & NOODLES DICED CARROTS PINEAPPLE DELIGHT</p> | <p style="text-align: center;">HAPPY NEW YEAR! ROASTED PORK LOIN WHIPPED POTATOES PINEAPPLE UPSIDE DOWN CAKE</p> | <p style="text-align: center;">GRILLED CHICKEN BACON & SWISS CLUB CREAMY POTATO SOUP BLUSHED PEARS</p> | <p style="text-align: center;">BREADED FISH SQUARE MACARONI & CHEESE STEWED TOMATOES FRESH FRUIT</p> |
| 14 | 15 | 16 | 17 | 18 |
| <p style="text-align: center;">BAKED MEATLOAF BAKED POTATO MIXED BEAN MEDLEY APPLESAUCE</p> | <p style="text-align: center;">SMOKEY BBQ BURGER CRISPY ONIONS SWEET POTATO BITES FRESH SEASONAL FRUIT</p> | <p style="text-align: center;">BIRTHDAY LUNCH HOT TURKEY SANDWICH WHIPPED POTATOES CRINKLE CUT CARROTS CHERRY CHIP CAKE W/ TOPPING</p> | <p style="text-align: center;">CHICKEN & DUMPLINGS PEPPER SLAW WHOLE GRAIN BUTTERMILK BISCUIT WARM PEACHES</p> | <p style="text-align: center;">BAKED SALMON W/WHITE WINE CREAM SAUCE WHITE RICE BROCCOLI PINEAPPLE TIDBITS</p> |
| 24 | 22 | 23 | 24 | 25 |
| <p style="text-align: center;">PORCUPINE BALL WHIPPED POTATOES CORN PUDDING</p> | <p style="text-align: center;">TURKEY & PROVOLONE SANDWICH BROCCOLI SOUP FRESH FRUIT</p> | <p style="text-align: center;">CENTER CUT PORK CHOP WHIPPED POTATOES LIMA BEANS SLICED APPLES</p> | <p style="text-align: center;">REUBEN SANDWICH HOT POTATO SALAD WARM PEACHES</p> | <p style="text-align: center;">LEMON PEPPER CHICKEN WILD RICE BRUSSEL SPROUTS FRESH FRUIT</p> |
| 28 | 29 | 30 | 31 | |
| <p style="text-align: center;">MUSHROOM SWISS BURGER CREAMY CAULIFLOWER SOUP FRESH FRUIT</p> | <p style="text-align: center;">MANGO BBQ CHICKEN BREAST BROWN RICE CREAMY COLESLAW APPLE CRANBERRY CRISP</p> | <p style="text-align: center;">POT ROAST BAKED POTATO SLICED CARROTS COOKIE</p> | <p style="text-align: center;">CRAB CAKE CHEESY TWISTS BAKED BEANS MANDARIN ORANGES</p> | |