



PROGRAMS – FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				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 12:45 MOVIE DAY: OUR GANG
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 12:45 GRAND FRIENDS	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 12:30 SHOP RITE PHARMACY 12:45 Knitting 12:45 French	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 11-1 Rep. Committa Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 12:45 ADJUSTING TO BLINDNESS 1:00-2:00 DEMENTIA SUPPORT	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 12:45 GRAND FRIENDS 1:00 Chorus	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 12:45 MOVIE DAY: ST. VALENTINE
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 "SEEING RED"-VILLANOVA 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	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	8:00 Breakfast 9:00 Silver Sneakers 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11-12:30 Senator Dinniman Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle	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 GRAND FRIENDS 	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 12:45 DEMENTIA AROUND THE WORLD 12:45 MOVIE DAY: GREASE PT. 1
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 LOWER BACK W/ KYOKO 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	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	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 12:30 Bingo 12:45 Pinochle During Lunch African American History Celebration	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	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 10:30 MUSIC APPRECIATION 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:45 MOVIE DAY: GREASE PT. 2
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 12:45 GRAND FRIENDS	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	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 12:45 Book Club 12:45 Pinochle 1:00 Parkinson's Support	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 GRAND FRIENDS- SHOPRITE	

MENU – FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	1 BEEF BURRITO BOWL SEASONED CORN & BLACK BEANS CILANTRO RICE TACO SAUCE PINEAPPLE TIDBITS
HOT DOG CHEESY POTATOES SWEET PEAS FRESH SEASONAL FRUIT	VEGETABLE LASAGNA W/PARMESAN CREAM TOSSED SALAD COTTAGE CHEESE & DICED PEACHES	CHILI CON CARNE BAKED POTATO WARM APPLES	BURGUNDY MEATBALLS W/MUSHROOMS EGG NOODLES BROCCOLI & CARROTS MIXED FRUIT SALAD	8 WARM HAM & CHEESE CREAMY TOMATO BISQUE W/CRACKERS FRESH FRUIT
11	12	13	14  HAPPY VALENTINE'S DAY	15
PULLED TURKEY W/GRAVY WHIPPED POTATOES GREEN BEANS APPLESAUCE	SLOPPY JOE RANCH POTATOES COLESLAW COOKIE	HAWAIIAN PORK CHOP BLENDED RICE PILAF MIXED VEGETABLES FRESH FRUIT	CHICKEN ROSA BAKED POTATO SWEET PEAS & ONIONS STRAWBERRY FLUFF	WARM ROAST BEEF SANDWICH VEGETABLE SOUP PINEAPPLE TIDBITS
18	19	20	21	22
CREAMY CHICKEN DIVAN WHITE RICE SLICED CARROTS BREADSTICK MANDARIN ORANGES	BRATWURST SAUERKRAUT WHIPPED POTATOES CINNAMON APPLESauce	BIRTHDAY LUNCH BAKED MEATLOAF MARINARA WHIPPED POTATOES PARMESAN CORN BIRTHDAY CAKE	GREEK CHICKEN SALAD BEAN SOUP DINNER ROLL COOKIE	BAKED HAM W/ RAISIN SAUCE WHIPPED SWEET POTATOES HARVARD BEETS FRESH FRUIT
25	26	27	28	
PORK RIBETTE SEASONED POTATOES BAKED BEANS SLICED PEACHES	BAKED ZITI W/MEATBALLS MARINARA SAUCE CAESAR SALAD MIXED FRUIT SALAD	SWISS STEAK W/ ONION GRAVY CABBAGE & NOODLES DICED CARROTS PINEAPPLE DELIGHT	GRILLED CHICKEN CREAMY POTATO SOUP W/CRACKERS BLUSHED PEARS	