

PROGRAMS –MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEAR RED FOR THE PHILLIES HOME OPENER THURS, 3/28	WEAR GREEN FOR ST. PADDYS DAY FRI., 3/15			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 1
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 SLEEP WORKSHOP 12:45 Rhythm of Life 4	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 1:00 AARP 5	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 1:00-2:00 DEMENTIA SUPPORT 6	8:00 Breakfast 10:00 Art Appreciation 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 1:00 Chorus 7	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 YOU BE THE JUDGE 8
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 GRAND FRIENDS 12:45 Rhythm of Life 11	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 12	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 12:30 CRAFTING W/ PARK LANE 12:45 Pinochle 13	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 12:45 GRAND FRIENDS 14	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 NEW APPLICATIONS FOR DEMENTIA 15
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 SHOULDERS 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 12:30 LIVING W/ LOSS 12:45 GRAND FRIENDS 18	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 12:30 WCU NUTRITION 12:45 Knitting 12:45 French 19	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 W/ GRATEFUL ALIVE 12:30 Bingo 12:45 Pinochle 20	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 21	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 FULL RANGE PT 22
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 12:30 THE HELLO GAME 12:45 GRAND FRIENDS 25	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 26	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 27	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 12:45 GRAND FRIENDS WEAR RED FOR THE PHILLIES HOME OPENER 28	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 29

MENU – MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; background-color: #c8e6c9; padding: 5px; display: inline-block;">*Menus Subject to Change</div>				1 BAKED CHICKEN W/GRAVY WHIPPED POTATOES PEPPER SLAW BUTTERMILK BISCUIT WARM PEACHES
4 SMOKEY BBQ BURGER RANCH POTATOES FRESH SEASONAL FRUIT	5 OPEN FACE HOT TURKEY SANDWICH W/GRAVY WHIPPED POTATOES CRINKLE CUT CARROTS APPLESAUCE	6 BREADED FISH SANDWICH MACARONI & CHEESE STEWED TOMATOES FRESH FRUIT	7 BAKED MEATLOAF W/GRAVY BAKED POTATO MIXED BEAN MEDLEY CHERRY CHIP CAKE	8 BAKED SALMON W/WHITE WINE CREAM WHITE RICE MIXED VEGETABLES PINEAPPLE TIDBITS
11 BREADED CHICKEN SANDWICH PARSLEY POTATOES MANDARIN ORANGES	12 ROASTED PORK LOIN W/ GRAVY WHIPPED POTATOES W/CHIVES LIMA BEANS SLICED APPLES	13 BAKED PORCUPINE BALL W/ TOMATO SAUCE WHIPPED POTATOES CORN PUDDING	14 LEMON PEPPER CHICKEN W/GRAVY WILD RICE BRUSSEL SPROUTS FRESH FRUIT	15 TUNA SALAD SANDWICH W/LETTUCE & TOMATO CHEESY BROCCOLI SOUP PEARS
18 ST PATRICK'S DAY SPECIAL CORNED BEEF & CABBAGE MASHED POTATOES GREEN BEANS PISTACHIO PUDDING	19 MANGO BBQ CHICKEN BREAST BROWN RICE CREAMY COLESLAW APPLE CRANBERRY CRISP	20 BIRTHDAY LUNCH POT ROAST W/ GRAVY BAKED POTATO SLICED CARROTS	21 MUSHROOM SWISS BURGER CAULIFLOWER SOUP FRESH FRUIT	22 CRAB CAKE CHEESY TWISTS BAKED BEANS WG DINNER ROLL MANDARIN ORANGES
25 HOT DOG CHEESY WHIPPED POTATOES SWEET PEAS FRESH SEASONAL FRUIT	26 CHILI CON CARNE TOSSED SALAD BAKED POTATO COOKIE	27 BURGUNDY MEATBALLS W/MUSHROOMS EGG NOODLES CARROTS MIXED FRUIT SALAD	28 WARM HAM & CHEESE ON CIABATTA CREAMY TOMATO BISQUE FRESH FRUIT	29 VEGETABLE LASAGNA W/ CREAM SAUCE TOSSED SALAD COTTAGE CHEESE & DICED PEACHES