

PROGRAMS –APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 1 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 ADVANCED DIRECTIVES 12:45 Rhythm of Life 12:45 GRAND FRIENDS	9:00 Breakfast 9:30 Low Impact Aerobics 2 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 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French 1:00 AARP	8:00 Breakfast 9:00 Pinochle 9:00 Silver Sneakers Cardio Circuit 3 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 MINDFULNESS 12:30 Bingo 12:45 Pinochle 1:00 ALZHEIMER'S SUPPORT	8:00 Breakfast 9:30 Low Impact Aerobics 4 10:00 iPad Club 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 12:45 GRAND FRIENDS	8:00 Breakfast 8:00 Poker 9:00 Pinochle 5 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 12:30 RITEAID
8:00 Breakfast 9:00 Pinochle 8 9:30 Silver Sneakers Cardio 10:00 CCDAS PRESENTATION 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	8:00 Breakfast 9:30 Low Impact Aerobics 9 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 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 10 10:00 German Club 11-12:30 Senator Dinniman Outreach 12:30 Bingo 12:45 Pinochle 12:30 DIVINE SERVICES SPRING HEALTH EXPO 9:30-11:30	8:00 Breakfast 11 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 12:45 GRAND FRIENDS	8:00 Breakfast 8:00 Poker 9:00 Pinochle 12 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 CERNER DAY OF SERVICE THANKS CERNER!!
8:00 Breakfast 15 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 FULL RANGE PT 12:45 GRAND FRIENDS	8:00 Breakfast 16 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 17 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:00 BIRTHDAY LUNCH 12:45 Pinochle VOLUNTEER LUNCHEON	8:00 Breakfast 18 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	CLOSED
8:00 Breakfast 9:00 Pinochle 22 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	8:00 Breakfast 23 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 24 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 11-1 Sen. Killion Constituent Outreach 12:30 Bingo 12:45 Pinochle	8:00 Breakfast 25 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 26 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 12:30 HOW TO WRITE YOUR MEMOIR
8:00 Breakfast 9:00 Pinochle 29 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	8:00 Breakfast 30 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	ALL AM CLASSES ARE CANCELED ON WEDNESDAY, APRIL 10TH. PLEASE VISIT OUR HEALTH FAIR!!		On FRIDAY April 12th we will have volunteers painting our Wellness Room and Exercise Room. If you are sensitive to the smell of paint, please plan accordingly for April 12th. Sorry for any inconvenience that this may cause.
				THANK YOU VOLUNTEERS FROM CERNER, VOYA, VENERABLE & ST. ELIZABETH PARISH!!

MENU – APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<p>MEATLOAF WITH GRAVY MASHED POTATOES GREEN BEANS W/ TOMATOES RICE RAISIN PUDDING</p>	<p>ROASTED PORK LOIN PORK LOIN BAKED SWEET POTATO BROCCOLI FLORETS MINI CORN MUFFIN CINNAMON APPLESAUCE</p>	<p>CHEESEBURGER FRIES PARSLIED CARROTS HONEYDEW CHUNKS</p>	<p>CHICKEN CORDON BLEU MIXED VEGETABLE WHITE & WILD RICE WHEAT MANDARIN ORANGES</p>	<p>STUFFED TILAPIA MAC N CHEESE STEWED TOMATOES SALAD SLICED STRAWBERRIES, W/ WHIPPED TOPPING</p>
8	9	10	11	12
<p>BEEF STROGANOFF ROMAINE & ONION SALAD PARSLIED NOODLES FRUITED JELLO</p>	<p>ROAST TURKEY ROAST TURKEY GRAVY YAMS BRUSSEL SPROUTS</p>	<p>PENNE W/ MEATBALLS SPINACH SALAD BREADSTICK PEAR HALVES</p>	<p>CHICKEN LO MEIN BLEND VEG SLICED CARROTS VEGETABLE EGG ROLLS</p>	<p>BAKED POLLOCK PINEAPPLE SALSA ROASTED RED POTATOES CALIFORNIA BLEND VEG</p>
15	16	17	18	19
<p>PEPPER STEAK BROWN RICE SUGAR SNAP PEAS W/ SHREDDED CARROTS</p>	<p>CHICKEN CACCIATORE PENNE PASTA MARINARA TUSCAN VEG BLEND</p>	<p>BIRTHDAY LUNCH OPEN-FACED ROAST BEEF ROAST BEEF GRAVY MASHED POTATOES ZUCCHINI</p>	<p>BBQ TURKEY SANDWICH CORN COBBETTE BROCCOLI WATERMELON & CANTALOUPE</p>	<p style="color: red; font-size: 1.2em;">CLOSED</p>
22	23	24	25	26
<p>CHICKEN MARSALA ROASTED POTATOES GREEN BEANS SPINACH SALAD MARGARINE TAPIOCA PUDDING</p>	<p>ROTISSERIE CHICKEN ALFREDO NOODLES WINTER BLEND VEG WG MARGARINE PEACHES & CREAM</p>	<p>SAUSAGE PEPPERS & ONIONS GREEN BEANS & TOMATOES PARSLIED NOODLES HONEYDEW CHUNKS</p>	<p>GLAZED TURKEY HAM RED ROASTED POTATOES ZUCCHINI W/ PEPPERS & ONIONS APPLESAUCE</p>	<p>BEEF STEW ROMAINE & ONION SALAD FRUITED MANDARIN JELLO</p>
29	30		<div style="border: 1px solid black; background-color: #c8e6c9; padding: 10px; width: fit-content; margin: auto;"> <p>*Menus Always Subject to Change PLEASE RESERVE ONE WEEK IN ADVANCE</p> </div>	
<p>SWEET N SOUR CHICKEN FRIED RICE W/ EGG ORIENTAL BLEND VEG MANDARIN ORANGES</p>	<p>FISH FILLET SANDWICH PASTA SALAD BRUSSEL SPROUTS CANTALOUPE CHUNKS</p>			