


PROGRAMS –MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #e0f2f7; width: fit-content; margin: 10px auto;"> <p style="text-align: center; color: red; font-weight: bold;">THANKS FOR YOUR BIRTHDAY SPONSORSHIP!!</p> </div>		<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 11-1 Rep. Committa Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 1:00 ALZHEIMER'S SUPPORT</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 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</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 12:30 SLEEP PRESENTATION</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 12:45 GRAND FRIENDS</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 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 11:00 BALANCE CLASS 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French 1:00 AARP</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 11-2:30 Sen. Dinniman Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 "YOU BE THE JUDGE" 12:45 Pinochle MORNING SPA DAY</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</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 RITEAID</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 12:45 GARDEN CLUB TEA PARTY</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 12:30 DR. TOM GARG VMD 12:45 Knitting 12:45 French</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 12:00 BIRTHDAY LUNCH 12:45 Pinochle GRAND FRIENDS CELEBRATION</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 CORN HOLE TOURNAMENT 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 TRIVIA CONTEST 12:30 Bridge CHESTER COUNTY SENIOR GAMES @ WCASC</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</p>
<p>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</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>8:00 Breakfast 9:00 Silver Sneakers 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 10:30 SHOP RITE 11:15 Bingo/Silver Sneakers Classic 11-1 Sen. Killion Constituent Outreach 12:30 Bingo 12:45 Pinochle</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>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</p>
<p style="font-size: 2em; color: red; font-weight: bold;">27</p> <p style="font-size: 2em; color: red; font-weight: bold;">CLOSED</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 11:00 BALANCE CLASS 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French</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</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>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</p>

MENU –MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; background-color: #c8e6c9; padding: 10px; margin: 0 auto; width: 80%;"> <p style="text-align: center;">*Menus Always Subject to Change PLEASE RESERVE ONE WEEK IN ADVANCE</p> </div>		<p style="text-align: right;">1</p> <p>MEATLOAF WITH GRAVY MASHED POTATOES GREEN BEANS W/ TOMATOES RICE RAISIN PUDDING</p>	<p style="text-align: right;">2</p> <p>ROASTED PORK LOIN BAKED SWEET POTATO BROCCOLI FLORETS CINNAMON APPLESAUCE</p>	<p style="text-align: right;">3</p> <p>CHEESEBURGER STEAK FRIES PARSLIED CARROTS HONEYDEW CHUNKS</p>
<p style="text-align: right;">6</p> <p>CHICKEN CORDON BLEU MIXED VEGETABLE WHITE & WILD RICE MANDARIN ORANGES</p>	<p style="text-align: right;">7</p> <p>BEEF STROGANOFF ROMAINE/ONION SALAD PARSLIED NOODLES FRUITED JELLO</p>	<p style="text-align: right;">8</p> <p>ROAST TURKEY YAMS BRUSSEL SPROUTS HOT SPICED APPLES</p>	<p style="text-align: right;">9</p> <p>PENNE W/ MEATBALLS MARINARA SAUCE SPINACH SALAD PEAR HALVES</p>	<p style="text-align: right;">10</p> <p style="color: red;">MOTHER'S DAY CELEBRATION</p> <p>CHICKEN PICCATA WILD RICE SPRING MIX LEMON MERINGUE PIE</p>
<p style="text-align: right;">13</p> <p>CHICKEN LO MEIN ORIENTAL BLEND VEG SLICED CARROTS VEGETABLE EGG ROLLS FORTUNE COOKIE</p>	<p style="text-align: right;">14</p> <p>BAKED POLLOCK PINEAPPLE SALSA RED POTATOES CALIFORNIA BLEND VEG</p>	<p style="text-align: right;">15</p> <p style="color: red;">BIRTHDAY & GRAND FRIENDS LUNCH</p> <p>PEPPER STEAK BROWN RICE SUGAR SNAP PEAS W/ SHREDDED CARROTS VANILLA ICE CREAM CUP</p>	<p style="text-align: right;">16</p> <p>CHICKEN CACCIATORE MARINARA SAUCE TURSCAN BLEND VEG SLICED APRICOTS</p>	<p style="text-align: right;">17</p> <p>OPEN-FACED ROAST BEEF MASHED POTATOES ZUCCHINI ORANGE SECTIONS</p>
<p style="text-align: right;">20</p> <p>"PULLED BBQ TURKEY SANDWICH" CORN COBBETTE BROCCOLI WATERMELON & CANTALOUPE CHUNCKS</p>	<p style="text-align: right;">21</p> <p>CHICKEN MARSALA ROASTED POTATOES GREEN BEANS SPINACH SALAD</p>	<p style="text-align: right;">22</p> <p>ROTISSERIE CHICKEN ALFREDO NOODLES WINTER BLEND VEG PEACHES & CREAM</p>	<p style="text-align: right;">23</p> <p>SAUSAGE PEPPERS & ONIONS GREEN BEANS & TOMATOES PARSLIED NOODLES HONEYDEW CHUNKS</p>	<p style="text-align: right;">24</p> <p>BEEF STEW ROMAINE & ONION SALAD FRUITED MANDARIN JELLO</p>
<p style="text-align: right;">27</p> <p style="color: red; font-size: 1.2em;">CLOSED</p>	<p style="text-align: right;">28</p> <p>GLAZED TURKEY HAM RED POTATOES ZUCCHINI W/ PEPPERS & ONIONS APPLESAUCE</p>	<p style="text-align: right;">29</p> <p>BEEF STEW ROMAINE & ONION SALAD FRUITED MANDARIN JELLO</p>	<p style="text-align: right;">30</p> <p>SWEET N SOUR CHICKEN FRIED RICE W/ EGG ORIENTAL BLEND VEG MANDARIN ORANGES</p>	<p style="text-align: right;">31</p> <p>BREADED FISH SANDWICH PASTA SALAD BRUSSEL SPROUTS CANTALOUPE CHUNKS</p>