

PROGRAMS –JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 3 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 THE GROUP L' OLIVAR DANCERS</p>	<p>8:00 Breakfast 4 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 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 5 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 12:15 REAL ID INFO SESSION 12:30 Bingo 12:45 Pinochle 12:30 YOU BE THE JUDGE 1:00 ALZHEIMER'S SUPPORT</p>	<p>8:00 Breakfast 6 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge</p>	<p>8:00 Breakfast 7 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:30 CATARACT PRESENTATION</p>
<p>8:00 Breakfast 10 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</p>	<p>8:00 Breakfast 11 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 12 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 11-1 Sen. Dinniman Outreach 12:30 Bingo 12:30 GETTING READY TO SELL YOUR HOUSE 12:45 Pinochle</p>	<p>8:00 Breakfast 13 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</p>	<p>8:00 Breakfast 14 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 11:00 JOURNEY INTO SENIOR LIVING</p>
<p>8:00 Breakfast 9:00 Pinochle 17 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 HYDRATION PRESENTATION 12:45 Rhythm of Life</p>	<p>8:00 Breakfast 18 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 19 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 12:45 FASHION SHOW 12:30 Bingo 12:45 Pinochle</p>	<p>8:00 Breakfast 20 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 12:45 MUSIC PERFORMANCE W/ GRATEFUL ALIVE, WCASC CHORUS AND RHYTHM OF LIFE</p>	<p>8:00 Breakfast 21 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:30 HYDRATION PRESENTATION</p>
<p>8:00 Breakfast 9:00 Pinochle 24 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 SELF DEFENSE 12:45 Rhythm of Life</p>	<p>8:00 Breakfast 25 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 SHOP RITE 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 26 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 Pinochle 1:00 Parkinson's Support</p>	<p>8:00 Breakfast 27 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</p>	<p>8:00 Breakfast 28 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 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 – JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
MEATLOAF WITH GRAVY MASHED POTATOES GREEN BEANS W/ TOMATOES RICE RAISIN PUDDING	ROASTED PORK LOIN BROCCOLI FLORETS MINI CORN MUFFIN MARGARINE CINNAMON APPLESAUCE	CHEESEBURGER STEAK FRIES PARSLIED CARROTS HONEYDEW CHUNKS	CHICKEN CORDON BLEU MIXED VEGETABLE WHITE & WILD RICE MANDARIN ORANGES	STUFFED TILAPIA WG MAC N CHEESE STEWED TOMATOES ROMAINE & ONION SALAD SLICED STRAWBERRIES, W/ WHIPPED TOPPING
10	11	12	13	14
BEEF STROGANOFF ROMAINE & ONION SALAD PARSLIED NOODLES FRUITED JELLO	ROAST TURKEY YAMS BRUSSEL SPROUTS HOT SPICED APPLES	OPEN-FACED ROAST BEEF MASHED POTATOES ZUCCHINI ORANGE SECTIONS	CHICKEN LO MEIN CHICKEN BREAST ORIENTAL BLEND VEG SLICED CARROTS VEGETABLE EGG ROLLS FORTUNE COOKIE	BAKED POLLOCK PINEAPPLE SALSA ROASTED RED POTATOES CALIFORNIA BLEND VEG
17	18	19	20	21
PEPPER STEAK BROWN RICE SUGAR SNAP PEAS W/ SHREDDED CARROTS VANILLA ICE CREAM CUP	BBQ TURKEY CORN COBBETTE BROCCOLI WATERMELON & CANTALOUPE CHUNCKS	BIRTHDAY & FASHION SHOW MEATBALLS PENNE PASTA MARINARA SAUCE SPINACH SALAD	CHICKEN CACIATORE PENNE PASTA TURSCAN BLEND VEG SLICED APRICOTS	CHOPPED STEAK MUSHROOM GRAVY BAKED POTATO W/ SOUR CREAM & CHEDDAR BROCCOLI BOSTON CREAM PIE
24	25	26	27	28
CHICKEN MARSALA ROASTED POTATOES GREEN BEANS SPINACH SALAD TAPIOCA PUDDING	ROTISSERIE CHICKEN ALFREDO NOODLES WINTER BLEND VEG	ITALIAN SAUSAGE PEPPERS & ONIONS GREEN BEANS & TOMATOES PARSLIED NOODLES	GLAZED TURKEY HAM RED ROASTED POTATOES ZUCCHINI W/ PEPPERS & ONIONS	BEEF STEW ROMAINE & ONION SALAD BISCUIT

JUNE BIRTHDAY PARTY & FASHION SHOW WEDNESDAY, JUNE 19, 2019

1-June Siney Johnson Hildegard Weiser Elisa Vargas	11-June Clair Brooks	20-June Neil Bell
2-June Mary Kay O'Rourke Linda Toner	12-June C. Broadbelt Diane Donato Charles Popelak Mary Anne Newman	21-June Joan Godlewski Alice Casner Kay Ricker Anna Mary Burnett
3-June Elizabeth Mitchell Joyce O'Brien	13-June Don Eill Antoinette Schorn	23-June Leon Parson Dawn Bailey
4-June Dawn Flewellen Robin Lloyd	14-June Edward Sutter John Rickenbach	24-June Kurt Fehrle John Keslick
5-June Erwin Zeller Anthony Bullotta Carol Money Alan Thomas Joyce Nagata	15-June Barbara Pennington Elizabeth Gincley Robert Mccarter Linda Wise	25-June Antoinette Pryor Uma Venkatesalu Sylvia Hartman Jean Romano
6-June Emily Beck Bruce Thomas Peter Hebble Deborah Tanksley-Brown	16-June Kusum A. Misser Dick Palmquist Gail Franz Eva Foster	26-June Norma Morgan Bernita Saar Peggy Pillard Rosemary Sullivan
7-June Dennis Arias Stanley Petersen Dean Rasmussen David Marsh	17-June Don Kirkpatrick Joseph Resko Harry Chen William Whelan	27-June Gertrude Kelly Margaret Gale Ann Messina Carrie Campbell-Wood
8-June Leroy Goldsmith	18-June Constance Worth A. Caroline Dow Michael Kirschling Michael Benesta Judith Gariano	29-June Carol Ann Thomas Ruth Chambers Francenia Canion Sam Massarella
9-June Stella John Dom Deorio Harold Borkowski Frank Calzaretta	19-June Janey Lucine Jan Karney Karen Williams	30-June Ray Euler William Johnston William Evans John Crisanti
10-June Patricia Damiri Kevin Maggs Edward Carney		

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