


# PROGRAMS –JULY 2019

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| <p>8:00 Breakfast 9:00 Pinochle<br/>9:30 Silver Sneakers Cardio<br/><b>10:00 VILLANOVA NURSING</b><br/>10:30 Arthritis Exercise Class<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:00 Lunch<br/>12:30 Bridge 12:30 Bingo</p> <p style="text-align: right;"><b>1</b></p>                             | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>9:30-10 Beg Spanish 10:00 Nurse<br/>10:30 Healthy Steps in Motion<br/>10-11:30 Int. Spanish<br/>10:30 Current Events/Computer Q&amp;A<br/>12:00 Lunch 12:30 Mahjong<br/>12:45 Knitting 12:45 French<br/>1:00 AARP</p> <p style="text-align: right;"><b>2</b></p>   | <p>8:00 Breakfast 9:00 Pinochle<br/>9:00 Silver Sneakers Cardio Circuit<br/>9:30 Blood Pressure 9:45 Stretching<br/>10:00 German Club<br/><b>10:00 VILLANOVA NURSING</b><br/>10:30 Arthritis Exercise<br/><b>11-1 Rep. Committa Outreach</b><br/>11:15 Bingo/Silver Sneakers Classic<br/>12:30 Bingo 12:45 Pinochle<br/><b>1:00 ALZHEIMER'S SUPPORT</b></p> <p style="text-align: right;"><b>3</b></p> | <div style="border: 2px solid black; background-color: #f0f0f0; padding: 10px; width: fit-content; margin: 0 auto;"> <p style="margin: 0;"><b>Closed in Observance of<br/>July 4th</b></p> </div> |  |
| <p>8:00 Breakfast 9:00 Pinochle<br/>9:30 Silver Sneakers Cardio<br/><b>10:00 VILLANOVA NURSING</b><br/>10:30 Arthritis Exercise Class<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:00 Lunch<br/>12:30 Bridge 12:30 Bingo<br/><b>12:30 CORN HOLE</b></p> <p style="text-align: right;"><b>8</b></p>  | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>9:30-10 Beg Spanish 10:00 Nurse<br/>10:30 Healthy Steps in Motion<br/>10-11:30 Int. Spanish<br/>10:30 Current Events/Computer Q&amp;A<br/>12:00 Lunch 12:30 Mahjong<br/>12:45 Knitting 12:45 French<br/>1:00 AARP</p> <p style="text-align: right;"><b>9</b></p>   | <p>8:00 Breakfast 9:00 Pinochle<br/>9:00 Silver Sneakers Cardio Circuit<br/>9:30 Blood Pressure 9:45 Stretching<br/><b>10:00 VILLANOVA NURSING</b><br/>10:00 German Club 10:30 Arthritis Exercise<br/><b>11-1 Sen. Dinniman Outreach</b><br/>11:15 Bingo/Silver Sneakers Classic<br/>12:30 Bingo 12:45 Pinochle<br/><b>12:30 YOU BE THE JUDGE</b></p> <p style="text-align: right;"><b>10</b></p>      | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>10:15 Healthy Steps in Motion<br/>11:15 Tai Chi<br/>12:00 Lunch<br/>12:30 Bridge</p> <p style="text-align: right;"><b>11</b></p>               | <p>8:00 Breakfast<br/>8:00 Poker 9:00 Pinochle<br/>10:30 Arthritis Exercise Class<br/>11:15 Silver Sneakers Classic<br/>11:15 Bingo 12:00 Lunch<br/>12:30 Bingo/Pinochle/Crafts</p> <p style="text-align: right;"><b>12</b></p>                      |
| <p>8:00 Breakfast<br/>9:00 Pinochle<br/>9:30 Silver Sneakers Cardio<br/><b>10:00 VILLANOVA NURSING</b><br/>10:30 Arthritis Exercise Class<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:00 Lunch 12:30 Bridge 12:30 Bingo</p> <p style="text-align: right;"><b>15</b></p>                            | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>9:30-10 Beginning Spanish 10:00 Nurse<br/>10:15 Spanish Class<br/>10:30 Healthy Steps in Motion<br/>10-11:30 Int. Spanish<br/>10:30 Current Events/Computer Q&amp;A<br/><b>11:00 BALANCE CLASS</b><br/>12:00 Lunch 12:30 Mahjong<br/>12:45 Knitting 12:45 French</p> <p style="text-align: right;"><b>16</b></p> | <p>8:00 Breakfast 9:00 Silver Sneakers<br/>9:00 Pinochle 9:30 Blood Pressure<br/>9:45 Stretching 10:00 German<br/><b>10:00 VILLANOVA NURSING</b><br/>10:30 Arthritis Exercise<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:30 Bingo<br/><b>12:00 BIRTHDAY LUNCH</b><br/>12:45 Pinochle</p> <p style="text-align: right;"><b>17</b></p>   | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>10:15 Healthy Steps in Motion<br/>11:15 Tai Chi<br/>12:00 Lunch<br/>12:30 Bridge</p> <p style="text-align: right;"><b>18</b></p>               | <p>8:00 Breakfast<br/>8:00 Poker<br/>9:00 Pinochle<br/>10:30 Arthritis Exercise Class<br/>11:15 Silver Sneakers Classic<br/>11:15 Bingo 12:00 Lunch<br/>12:30 Bingo/Pinochle/Crafts</p> <p style="text-align: right;"><b>19</b></p>                  |
| <p>8:00 Breakfast 9:00 Pinochle<br/>9:30 Silver Sneakers Cardio<br/><b>10:00 VILLANOVA NURSING</b><br/>10:30 Arthritis Exercise Class<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:00 Lunch<br/>12:30 Bridge 12:30 Bingo<br/><b>12:30 CORN HOLE</b></p> <p style="text-align: right;"><b>22</b></p> | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>9:30-10 Beginning Spanish 10:00 Nurse<br/>10:15 Spanish Class<br/>10:30 Healthy Steps in Motion<br/><b>10:45 BALANCE CLASS</b><br/>10-11:30 Int. Spanish<br/>10:30 Current Events/Computer Q&amp;A<br/>12:00 Lunch 12:30 Mahjong<br/>12:45 Knitting 12:45 French</p> <p style="text-align: right;"><b>23</b></p> | <p>8:00 Breakfast<br/>9:00 Silver Sneakers 9:00 Pinochle<br/>9:30 Blood Pressure<br/>9:45 Stretching<br/><b>10:00 VILLANOVA NURSING</b><br/>10:00 German<br/>10:30 Arthritis Exercise<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:45 Book Club<br/>12:30 Bingo 12:45 Pinochle</p> <p style="text-align: right;"><b>24</b></p>   | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>10:15 Healthy Steps in Motion<br/>11:15 Tai Chi<br/>12:00 Lunch<br/>12:30 Bridge</p> <p style="text-align: right;"><b>25</b></p>               | <p>8:00 Breakfast<br/>8:00 Poker<br/>9:00 Pinochle<br/>9:15 Qi Gong<br/>10:30 Arthritis Exercise Class<br/>11:15 Silver Sneakers Classic<br/>11:15 Bingo 12:00 Lunch<br/>12:30 Bingo/Pinochle/Crafts</p> <p style="text-align: right;"><b>26</b></p> |
| <p>8:00 Breakfast<br/>9:00 Pinochle<br/>9:30 Silver Sneakers Cardio<br/><b>10:00 SHOP RITE</b><br/>10:30 Arthritis Exercise Class<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:00 Lunch<br/>12:30 Bridge 12:30 Bingo</p> <p style="text-align: right;"><b>29</b></p>                                | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>9:30-10 Beginning Spanish 10:00 Nurse<br/>10:15 Spanish Class<br/>10:30 Healthy Steps in Motion<br/>10-11:30 Int. Spanish<br/>10:30 Current Events/Computer Q&amp;A<br/><br/>12:00 Lunch 12:30 Mahjong<br/>12:45 Knitting 12:45 French</p> <p style="text-align: right;"><b>30</b></p>                           | <p>8:00 Breakfast<br/>9:00 Silver Sneakers 9:00 Pinochle<br/>9:30 Blood Pressure<br/>9:45 Stretching 10:00 German<br/>10:30 Arthritis Exercise<br/><b>11-1 Sen. Killion Constituent Outreach</b><br/>11:15 Bingo/Silver Sneakers Classic<br/>12:30 Bingo 12:45 Pinochle<br/><b>12:45 "WILLS ON WHEELS"</b><br/>1:00 Parkinson's Support</p> <p style="text-align: right;"><b>31</b></p>                |   |  |

# MENU – JULY 2019

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
| 1   | 2  | 3  | 4   | 5   |
| CHICKEN STUFFED W/<br>BROCCOLI & SWISS<br>MIXED VEGETABLE<br>WHITE & WILD RICE<br>CANTALOUPE    | MEATLOAF WITH GRAVY<br>MASHED POTATOES<br>GREEN BEANS W/<br>TOMATOES<br>RICE RAISIN PUDDING            | BBQ PULLED PORK<br>COLE SLAW<br>BAKED BEANS<br>STRAWBERRY SHORTCAKE<br>PARFAIT   | <b>Closed in Observance of<br/>July 4th</b>   |   |
| 8   | 9  | 10   | 11  | 12  |
| PENNE W/ MEATBALLS<br>SPINACH SALAD<br>PEAR HALVES  | ROAST TURKEY<br>BRUSSEL SPROUTS<br>HOT SPICED APPLES   | STUFFED PEPPER<br>GARBANZO BEAN SALAD<br>CHOC MOUSSE   | BAKED POLLOCK<br>PINEAPPLE SALSA<br>ROASTED RED POTATOES<br>CALIFORNIA BLEND VEG              | CHEESEBURGER<br>STEAK FRIES<br>COLE SLAW<br>HONEYDEW CHUNKS                 |
| 15  | 16   | 17   | 18  | 19  |
| BBQ TURKEY<br>SANDWICH<br>CORN COBBETTE<br>BROCCOLI<br>WATERMELON &<br>CANTALOUPE               | SLICED ROAST BEEF<br>MASHED POTATOES<br>SPINACH<br>WATERMELON &<br>CANTALOUPE CHUNKS                   |  <b>ST. MARTHA CENTER</b><br><small>FOR REHABILITATION &amp; HEALTHCARE</small><br><small>400 WASHINGTON LANE BETHESDA MD 20814</small><br><b>BIRTHDAY LUNCH</b><br><b>CHICKEN MARSALA</b><br>OVEN ROASTED POTATOES<br>GREEN BEANS<br>SPINACH SALAD | PEPPER STEAK<br>BROWN RICE<br>SUGAR SNAP PEAS<br>W/ SHREDDED CARROTS<br>VANILLA ICE CREAM CUP | CHICKEN CACCIATORE<br>TURSCAN BLEND VEG<br>SLICED APRICOTS                  |
| 22  | 24   | 24   | 25  | 26  |
| SAUSAGE PEPPERS &<br>ONIONS<br>GREEN BEANS &<br>TOMATOES<br>PARSLIED NOODLES<br>HONEYDEW CHUNKS | ROTISSERIE CHICKEN<br>ALFREDO NOODLES<br>WINTER BLEND VEG<br>PEACHES & CREAM                           | GLAZED TURKEY HAM<br>RED ROASTED POTATOES<br>ZUCCHINI W/ PEPPERS &<br>ONIONS<br>CINN APPLESAUCE  | LIVER & ONIONS<br>MASHED POTATOES<br>CARROTS<br>SUGAR COOKIE                                  | SWEET N SOUR CHICKEN<br>ORIENTAL FRIED RICE W/<br>EGG<br>ORIENTAL MIXED VEG |
| 29  | 30   | 31   |   |   |
| BREADED FISH FILLET<br>LETTUCE & TOMATO<br>PASTA SALAD<br>BRUSSEL SPROUTS<br>CANTALOUPE CHUNKS  | ROASTED PORK LOIN<br>BAKED SWEET POTATO<br>BROCCOLI FLORETS<br>MINI CORN MUFFIN<br>CINNAMON APPLESAUCE | CHICKEN PARM<br>SPAGHETTI<br>CAULIFLOWER<br>ROMAINE SALAD W/<br>DRESSING<br>STRAWBERRIES   |   |   |