

PROGRAMS – AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	8	9
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 DIABETES SERIES 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 COMPASSIONATE CARE	8:00 Breakfast 9:30 Low Impact Aerobics 9:30-10 Beg Spanish 10:00 Nurse 10:15 Healthy Steps in Motion 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&A 10:45 BALANCE CLASS 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 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	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	8:00 Breakfast 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 "YOU BE THE JUDGE"
12	13	14	15	16
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 DIABETES SERIES 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 GARDEN CLUB	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	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 2:30 Sen. Dinniman Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 SARAH CARE 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	8:00 Breakfast 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 12-1:00 SHOP RITE PHARMACY 12:30 Bingo/Pinochle/Crafts
19	20	21	22	23
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 DIABETES SERIES 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 URBAN AFFAIRS COMMISSION	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	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 12:45 Book Club 12:30 Bingo 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	8:00 Breakfast 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 RITE AID
26	27	28	29	30
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:30 RIGHT SIZE RELOCATION	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	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 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	8:00 Breakfast 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

MENU – AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			CHICKEN STUFFED W/ BROCCOLI & SWISS MIXED VEGETABLE WHITE & WILD RICE CANTALOUPE	BEEF STROGANOFF ROMAINE & ONION SALAD PARSLIED NOODLES FRUITED JELLO
5	6	7	8	9
PENNE W/ MEATBALLS SPINACH SALAD PEAR HALVES	ROAST TURKEY YAMS BRUSSEL SPROUTS HOT SPICED APPLES	STUFFED PEPPER GARBANZO BEAN SALAD CHOC MOUSSE	BAKED POLLOCK PINEAPPLE SALSA ROASTED RED POTATOES CALIFORNIA BLEND VEG OATMEAL COOKIE	CHEESEBURGER STEAK FRIES COLE SLAW HONEYDEW CHUNKS
12	13	14	15	16
BBQ TURKEY SANDWICH CORN COBBETTE BROCCOLI WATERMELON & CANTALOUPE	CHICKEN MARSALA ROASTED POTATOES GREEN BEANS SPINACH SALAD TAPIOCA PUDDING	ITALIAN HOAGIE POTATO SALAD TOMATO BASIL SALAD BANANA PUDDING PARFAIT	SLICED ROAST BEEF BROWN GRAVY MASHED POTATOES SPINACH CANTALOUPE CHUNKS	CHICKEN CACCIATORE TURSCAN BLEND VEG SLICED APRICOTS
19	20	21	22	23
SAUSAGE PEPPERS & ONIONS GREEN BEANS & TOMATOES PARSLIED NOODLES HONEYDEW CHUNKS	LIVER & ONIONS MASHED POTATOES CARROTS SUGAR COOKIE	BIRTHDAY LUNCH	GLAZED TURKEY HAM RED ROASTED POTATOES BRUSSELL SPROUTS CINN APPLESAUCE	SWEET N SOUR CHICKEN FRIED RICE W/ EGG ORIENTAL MIXED VEG MANDARIN ORANGES
26	27	28	29	30
BREADED FISH FILLET LETTUCE & TOMATO PASTA SALAD BRUSSEL SPROUTS CANTALOUPE CHUNKS	ROASTED PORK LOIN BAKED SWEET POTATO BROCCOLI FLORETS MINI CORN MUFFIN CINNAMON APPLESAUCE	CHICKEN PARM CAULIFLOWER ROMAINE SALAD STRAWBERRIES	MEATLOAF WITH GRAVY MASHED POTATOES RICE RAISIN PUDDING	CHICKEN MARSALA OVEN ROASTED POTATOES GREEN BEANS SPINACH SALAD TAPIOCA PUDDING