

PROGRAMS – SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	<p>8:00 Breakfast</p> <p>9:30 Low Impact Aerobics 3</p> <p>9:30-10 Beg Spanish 10:00 Nurse</p> <p>10:15 Healthy Steps in Motion</p> <p>10-11:30 Int. Spanish</p> <p>10:30 Current Events/Computer Q&A</p> <p>12:00 Lunch 12:30 Mahjong</p> <p>12:45 Knitting 12:45 French</p> <p>1:00 AARP</p>	<p>8:00 Breakfast 9:00 Pinochle</p> <p>9:00 Silver Sneakers Cardio Circuit 4</p> <p>9:30 Blood Pressure 9:45 Stretching</p> <p>10:00 German Club</p> <p>10:30 Arthritis Exercise</p> <p>11-1 Rep. Committa Outreach</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:30 Bingo 12:45 Pinochle</p> <p>1:00 ALZHEIMER'S SUPPORT</p>	<p>8:00 Breakfast</p> <p>9:30 Low Impact Aerobics 5</p> <p>9:30 Bible Study</p> <p>10:15 Healthy Steps in Motion</p> <p>11:15 Tai Chi</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 6</p> <p>8:00 Poker 9:00 Pinochle</p> <p>9:15 Qi Gong</p> <p>9:30 Brain Aerobics</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo 12:00 Lunch</p> <p>12:30 Bingo/Pinochle/Crafts</p> <p>12:30 JEOPARDY</p>
CLOSED IN OBSERVANCE OF LABOR DAY	<p>8:00 Breakfast</p> <p>9:30 Low Impact Aerobics 10</p> <p>9:30-10 Beg Spanish 10:00 Nurse</p> <p>10:15 Healthy Steps in Motion</p> <p>10-11:30 Int. Spanish</p> <p>10:30 Current Events/Computer Q&A</p> <p>10:45 BALANCE CLASS</p> <p>12:00 Lunch 12:30 Mahjong</p> <p>12:45 Knitting 12:45 French</p> <p>1:00 AARP</p>	<p>8:00 Breakfast 9:00 Pinochle</p> <p>9:00 Silver Sneakers Cardio Circuit 11</p> <p>9:30 Blood Pressure 9:45 Stretching</p> <p>10:00 German Club</p> <p>10-11 Flu Shots</p> <p>10:30 Arthritis Exercise</p> <p>11-1 2:30 Sen. Dinniman Outreach</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:30 Bingo 12:45 Pinochle</p> <p>12:30 SARAH CARE</p>	<p>8:00 Breakfast 12</p> <p>9:30 Low Impact Aerobics</p> <p>10:00 Art Appreciation</p> <p>10:15 Healthy Steps in Motion</p> <p>11:15 Tai Chi</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 13</p> <p>8:00 Poker 9:00 Pinochle</p> <p>9:15 Qi Gong</p> <p>9:30 Brain Aerobics</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo 12:00 Lunch</p> <p>12:30 Bingo/Pinochle/Crafts</p> <p>12:30 ARBOR TERRACE</p>
<p>8:00 Breakfast 9:00 Pinochle</p> <p>9:30 Silver Sneakers Cardio 9</p> <p>10:30 Arthritis Exercise Class</p> <p>10:30 Italian Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 Lunch</p> <p>12:30 Bridge 12:30 Bingo</p> <p>12:45 Rhythm of Life</p> <p>12:30 CHAMBERLAIN CHIRO</p> <p>12:45 GARDEN CLUB</p> <p>1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast</p> <p>9:30 Low Impact Aerobics 17</p> <p>9:30-10 Beginning Spanish 10:00 Nurse</p> <p>10:15 Spanish Class</p> <p>10:30 Healthy Steps in Motion</p> <p>10-11:30 Int. Spanish</p> <p>10:30 Current Events/Computer Q&A</p> <p>12:00 Lunch 12:30 Mahjong</p> <p>12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 9:00 Silver Sneakers</p> <p>9:00 Pinochle 9:30 Blood Pressure 18</p> <p>9:45 Stretching 10:00 German</p> <p>10:30 Arthritis Exercise</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:30 Bingo</p> <p>12:00 BIRTHDAY LUNCH SPONSORED BY DAYLESFORD CROSSING</p> <p>12:30 TALENT SHOW</p> <p>12:45 Pinochle</p>	<p>8:00 Breakfast</p> <p>9:30 Low Impact Aerobics 19</p> <p>9:30 Bible Study</p> <p>10:15 Healthy Steps in Motion</p> <p>11:15 Tai Chi</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>12:45 MEMORIAL SERVICE</p>	<p>8:00 Breakfast</p> <p>8:00 Poker 20</p> <p>9:00 Pinochle</p> <p>9:15 Qi Gong</p> <p>9:30 Brain Aerobics</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo 12:00 Lunch</p> <p>12:30 SENIOR HELPERS</p> <p>12:30 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 9:00 Pinochle</p> <p>9:30 Silver Sneakers Cardio 23</p> <p>10:30 Italian Class</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 Lunch</p> <p>12:30 Bridge 12:30 Bingo</p> <p>12:45 Rhythm of Life</p> <p>1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast</p> <p>9:30 Low Impact Aerobics 24</p> <p>9:30-10 Beginning Spanish 10:00 Nurse</p> <p>10:15 Spanish Class</p> <p>10:30 Healthy Steps in Motion</p> <p>10-11:30 Int. Spanish</p> <p>10:30 Current Events/Computer Q&A</p> <p>12:00 Lunch 12:30 Mahjong</p> <p>12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast</p> <p>9:00 Silver Sneakers 9:00 Pinochle 25</p> <p>9:30 Blood Pressure</p> <p>9:45 Stretching 10:00 German</p> <p>10:30 Arthritis Exercise</p> <p>11-1 Sen. Killion Constituent Outreach</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:30 Bingo 12:45 Pinochle</p> <p>12:45 PARKINSON'S SUPPORT</p>	<p>8:00 Breakfast</p> <p>9:30 Low Impact Aerobics 26</p> <p>10:15 Healthy Steps in Motion</p> <p>11:15 Tai Chi</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast</p> <p>8:00 Poker 27</p> <p>9:00 Pinochle 9:15 Qi Gong</p> <p>9:30 Brain Aerobics</p> <p>10:30 Arthritis Exercise Class</p> <p>10:30 Music Appreciation</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo 12:00 Lunch</p> <p>12:30 Bingo/Pinochle/Crafts</p> <p>12:30 "YOU BE THE JUDGE"</p>
<p>8:00 Breakfast</p> <p>9:00 Pinochle 30</p> <p>9:30 Silver Sneakers Cardio</p> <p>10:30 Italian Class</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 Lunch 12:30 Bridge 12:30 Bingo</p> <p>12:45 Rhythm of Life</p> <p>12:45 SHOP RITE</p>	<p>WE ARE HAPPY TO ANNOUNCE THAT GRAND FRIENDS WILL BE RETURNING MONDAY, SEPTEMBER 9TH @ 1 PM</p> <p>GRAND FRIENDS WILL TAKE PLACE ON MONDAYS AND THURSDAYS AT 1 PM WITH OUR YOUNG FRIENDS FROM CHESTER COUNTY FAMILY ACADEMY</p> <p>PLEASE STAY TUNED FOR A LIST OF INTERGENERATIONAL ACTIVITIES!</p>			

MENU – SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p style="color: red; font-weight: bold;">CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>3</p> <p>CHICKEN STUFFED W/ BROCCOLI & SWISS MIXED VEGETABLE WHITE & WILD RICE MANDARIN ORANGES</p>	<p>4</p> <p>TURKEY BURGER W/ SWISS, MUSHROOMS & ONIONS SWEET POTATO FRIES BROCCOLI SALAD WATER ICE</p>	<p>5</p> <p>ROAST TURKEY YAMS BRUSSEL SPROUTS HOT SPICED APPLES</p>	<p>6</p> <p>STUFFED PEPPER GARBANZO BEAN SALAD CHOC MOUSSE</p>
<p>9</p> <p>POLLOCK PINEAPPLE SALSA ROASTED RED POTATOES CALIFORNIA BLEND VEG</p>	<p>10</p> <p>BEEF STROGANOFF ROMAINE & ONION SALAD PARSLIED NOODLES FRUITED JELLO</p>	<p>11</p> <p>CHICKEN MARSALA OVEN ROASTED POTATOES GREEN BEANS SPINACH SALAD TAPIOCA PUDDING</p>	<p>12</p> <p>SLICED ROAST BEEF MASHED POTATOES SPINACH CANTALOUPE CHUNKS</p>	<p>13</p> <p>PULLED BBQ TURKEY SANDWICH CORN COBBETTE BROCCOLI WATERMELON CHUNKS</p>
<p>15</p> <p>PEPPER STEAK W/ ONIONS & PEPPERS BROWN RICE SEASONED SNAP PEAS & SHREDDED CARROTS VANILLA ICE CREAM</p>	<p>16</p> <p>CHICKEN CACIATORE WW SPAGHETTI MARINARA SAUCE TUSCAN BLEND VEG SLICED APRICOTS</p>	<p>17</p> <p style="color: red; font-weight: bold;">BIRTHDAY LUNCH</p> <p>ITALIAN SAUSAGE PEPPERS & ONIONS GREEN BEANS & TOMATOES PARSLIED NOODLES HONEYDEW CHUNKS</p>	<p>18</p> <p>LIVER & ONIONS MASHED POTATOES CARROTS SUGAR COOKIE</p>	<p>19</p> <p>ROTISSERIE CHICKEN ALFREDO NOODLES WINTER BLEND VEG PEACHES & CREAM</p>
<p>23</p> <p>GLAZED TURKEY HAM RED ROASTED POTATOES BRUSSEL SPROUTS APPLESAUCE</p>	<p>24</p> <p>SWEET N SOUR CHICKEN ORIENTAL FRIED RICE ORIENTAL MIXED VEG MANDARIN ORANGES</p>	<p>25</p> <p>BREADED FISH PASTA SALAD BRUSSEL SPROUTS CANTALOUPE CHUNKS</p>	<p>26</p> <p>MEATLOAF MASHED POTATOES GREEN BEANS W/ TOMATOES RICE RAISIN PUDDING</p>	<p>27</p> <p>CHICKEN PARM WG SPAGHETTI CAULIFLOWER ROMAINE SALAD STRAWBERRIES</p>
<p>30</p> <p>PORK LOIN BAKED SWEET POTATO BROCCOLI FLORETS MINI CORN MUFFIN APPLESAUCE</p>	<div style="background-color: #f4a460; padding: 10px; border: 1px solid black; font-weight: bold; font-size: 1.2em;"> <p>If you've signed up and cannot be here, please call us at 610.431.4242 to let us know!</p> </div>			