

PROGRAMS –OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
INTERESTED IN LEARNING MAHJONG OR SHARPENING YOUR CURRENT SKILLS? JOIN OUR MAHJONG GROUP EVERY TUESDAY @ 12:30PM ALL ARE WELCOME!!!	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 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French 1:00 AARP 1	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 2	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 GRAND FRIENDS BERKSHIRE HATHAWAY DAY OF SERVICE 3	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 NAME THAT TUNE 4
	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 10:45-11:30 Balance Class 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French 8	8:00 Breakfast 9:00 Pinochle 9:00 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 9:45 Stretching 10:00 German Club 10-11 Flu Shots 10:30 Arthritis Exercise 11-1 2:30 Sen. Dinniman Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 12:30 BRYN MAWR REHAB 9	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Appreciation 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 GRAND FRIENDS 10	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 ARBOR TERRACE 11
	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 15	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 16	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 GRAND FRIENDS 17	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 CHRIS HOLT 12:30 Bingo/Pinochle/Crafts 18
	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 10:45-11:30 Balance Class 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French 22	8:00 Breakfast 9:00 Silver Sneakers 9:00 Pinochle 9:30 Blood Pressure 9:30-11:45 VETERANS EXPO 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 23	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:30 Music Appreciation 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 GRAND FRIENDS 24	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:00 TRIVIA 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:30 SENIOR LAW CENTER 25
	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 29	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 12:45 PARKINSON'S SUPPORT 30	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:30 Music Appreciation 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 GRAND FRIENDS 31	
	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 28	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 29	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 28	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 28

MENU –OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 PENNE W/ MEATBALLS SPINACH SALAD BREADSTICK PEAR HALVES	2 BAKED POLLOCK PINEAPPLE SALSA ROASTED RED POTATOES CALIFORNIA BLEND VEG OATMEAL COOKIE	3 ROAST TURKEY YAMS BRUSSEL SPROUTS HOT SPICED APPLES	4 STUFFED PEPPER GARBANZO BEAN SALAD CHOC MOUSSE
7 BEEF STROGANOFF ROMAINE & ONION SALAD PARSLIED NOODLES FRUITED JELLO	8 ITALIAN SAUSAGE PEPPERS & ONIONS GREEN BEANS & TOMATOES PARSLIED NOODLES HONEYDEW CHUNKS	9 GLAZED TURKEY HAM RED ROASTED POTATOES BRUSSEL SPROUTS APPLESAUCE	10 PEPPER STEAK W/ ONIONS & PEPPERS BROWN RICE SEASONED SNAP PEAS & SHREDDED CARROTS VANILLA ICE CREAM	11 CHICKEN CACIATORE WW SPAGHETTI MARINARA SAUCE TUSCAN BLEND VEG SLICED APRICOTS
14 MEATBALL FLORENTINE ITALIAN GREEN BEANS GARDEN SALAD TIRAMISU DESSERT	15 SWEET N SOUR CHICKEN ORIENTAL FRIED RICE ORIENTAL MIXED VEG MANDARIN ORANGES	BIRTHDAY LUNCH 16 CHICKEN MARSALA OVEN ROASTED POTATOES GREEN BEANS SPINACH SALAD TAPIOCA PUDDING	17 SALISBURY STEAK MASHED POTATOES CARROTS SUGAR COOKIE	18 CHICKEN PARM WG SPAGHETTI CAULIFLOWER ROMAINE SALAD STRAWBERRIES
21 CHEESEBURGER STEAK FRIES COLE SLAW PINEAPPLES	22 ROTISSERIE CHICKEN ALFREDO NOODLES WINTER BLEND VEG BUTTERSCOTCH PUDDING	23 BREADED FISH PASTA SALAD BRUSSEL SPROUTS CANTALOUPE CHUNKS	24 MEATLOAF MASHED POTATOES GREEN BEANS W/ TOMATOES RICE RAISIN PUDDING	25 PORK LOIN BAKED SWEET POTATO BROCCOLI FLORETS MINI CORN MUFFIN APPLESAUCE
28 CHICKEN STUFFED W/ BROCCOLI & SWISS MIXED VEG WHITE & WILD RICE CITRUS SALAD	29 PULLED BBQ TURKEY CORN COBETTE BROCCOLI SUGAR COOKIE	30 PENNE W/ MEATBALLS SPINACH SALAD BREADSTICK	31 ROAST BEEF MASHED POTATOES SPINACH PEACHES & CREAM	If you've signed up and cannot be here, please call us at 610.431.4242 to let us know!