

PROGRAMS –NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px; background-color: #e0f0e0;"> <p>INTERESTED IN LEARNING MAHJONG OR SHARPENING YOUR CURRENT SKILLS? JOIN OUR MAHJONG GROUP EVERY TUESDAY @ 12:30PM</p> <p style="color: red; font-weight: bold;">ALL ARE WELCOME!!!</p> </div>				<p>8:00 Breakfast 1 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</p>
<p>8:00 Breakfast 9:00 Pinochle 4 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 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 5 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</p>	<p>8:00 Breakfast 9:00 Pinochle 6 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 1:00 ALZHEIMER'S SUPPORT</p>	<p>8:00 Breakfast 7 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 12:45 Quilting 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 8 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 TEAM TRIVIA</p>
<div style="border: 1px solid black; padding: 10px; background-color: #ffcc99; font-size: 2em; color: red; font-weight: bold;"> CLOSED </div>	<p>8:00 Breakfast 11 9:30 Low Impact Aerobics 12 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 1:00 AARP</p>	<p>8:00 Breakfast 9:00 Silver Sneakers 13 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 W/ CHRIS HOLT 12:45 Pinochle</p>	<p>8:00 Breakfast 14 9:30 Low Impact Aerobics 14 9:30 Bible Study 10:00 Art Appreciation 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 12:45 Quilting 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 15 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 RITEAID 12:30 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 9:00 Pinochle 18 9:30 Silver Sneakers Cardio 10:30 Italian Class 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 Rhythm of Life 12:30 SARAH CARE 1:00 GRAND FRIENDS SHOPRITE</p>	<p>8:00 Breakfast 19 9:30 Low Impact Aerobics 19 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</p>	<p>8:00 Breakfast 20 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 HOLIDAY LUNCH 12:30 DE THEATRE PERFORMANCE 12:45 Pinochle</p>	<p>8:00 Breakfast 21 9:30 Low Impact Aerobics 21 10:15 Healthy Steps in Motion 10:30 Music Appreciation 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 12:45 Quilting 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 22 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 9:30 Brain Aerobics 10:30 Music Appreciation 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</p>
<p>8:00 Breakfast 9:00 Pinochle 25 9:30 Silver Sneakers Cardio 10:30 Italian Class 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 Rhythm of Life 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 26 9:30 Low Impact Aerobics 26 9:30-10 Beginning Spanish 10:00 Nurse 10:00 CCDAS BARBRA MYERS 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 27 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</p>	<div style="border: 1px solid black; padding: 10px; background-color: #ffcc99; font-size: 3em; color: red; font-weight: bold;"> CLOSED </div>	

MENU – NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>If you've signed up and cannot be here, please call us at 610.431.4242 to let us know!</p>				<p style="text-align: right;">4</p> <p>MEATLOAF WITH GRAVY MASHED POTATOES BRUSSEL SPROUTS RICE RAISIN PUDDING</p>
<p style="text-align: right;">4</p> <p>BAKED PORK CHOP BAKED POTATO MINI CORN MUFFIN CINNAMON APPLESAUCE</p>	<p style="text-align: right;">5</p> <p>CHEESEBURGER STEAK FRIES COLE SLAW MANDARIN ORANGES</p>	<p style="text-align: right;">6</p> <p>STUFFED PEPPER CAESAR SALAD CHOC MOUSSE</p>	<p style="text-align: right;">7</p> <p>CHEESESTEAK SWEET POTATO FRIES PEAR HALVES CHIX ORZO SOUP</p>	<p style="text-align: right;">8</p> <p>TUNA NOODLE CASSEROLE CALIFORNIA BLEND VEG OATMEAL COOKIES</p>
<p style="text-align: right;">11</p> <div style="background-color: #ff9933; color: white; padding: 10px; text-align: center; font-weight: bold; font-size: 1.2em;"> CLOSED </div>	<p style="text-align: right;">12</p> <p>TURKEY BLT COLE SLAW HOT SPICED APPLES NAVY BEAN W/ HAM SOUP</p>	<p style="text-align: right;">13</p> <p style="color: red; font-weight: bold;">BIRTHDAY LUNCH</p> <p>CHICKEN PARM CAULIFLOWER ROMAINE & ONION SALAD PINEAPPLE</p>	<p style="text-align: right;">14</p> <p>HOT HAM & CHEESE GREEN BEANS PINEAPPLE TOMATO SOUP</p>	<p style="text-align: right;">15</p> <p>SPAGHETTI W/ MEATBALLS SPINACH SALAD BLUEBERRY BLOSSOM</p>
<p style="text-align: right;">18</p> <p>SWEET N SOUR CHICKEN BROWN RICE VEGETABLE EGG ROLL ORIENTAL VEG MIX W/ EDAMAME MANDARIN ORANGES</p>	<p style="text-align: right;">19</p> <p>CHICKEN MARSALA ROASTED POTATOES ITALIAN MIX VEG TAPIOCA PUDDING</p>	<p style="text-align: right;">20</p> <p style="color: orange; font-weight: bold;">THANKSGIVING CELEBRATION</p> <p>ROAST TURKEY CRANBERRY SAUCE CANDIED YAMS GREEN BEAN SWEET POTATO PIE</p>	<p style="text-align: right;">21</p> <p>SALISBURY STEAK MASHED POTATOES PEAS & CARROTS SUGAR COOKIE</p>	<p style="text-align: right;">22</p> <p>ROTISSERIE CHICKEN STUFFING WINTER BLEND VEG BANANA PUDDING</p>
<p style="text-align: right;">25</p> <p>LASAGNA BAKE MARINARA SAUCE GREEN BEANS TROPICAL FRUIT</p>	<p style="text-align: right;">26</p> <p>BAKED HAM RED ROASTED POTATOES BRUSSELL SPROUTS CINN APPLESAUCE</p>	<p style="text-align: right;">27</p> <p>GRILLED CHICKEN ROASTED RED PEPPERS PROVOLONE CHEESE MARNATED CUCUMBERS SLICED APRICOTS CREAM OF BROCCOLI</p>	<div style="font-size: 2em; color: red; font-weight: bold; padding: 20px;"> CLOSED </div>	