


# PROGRAMS –DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Breakfast 9:00 Pinochle 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 <b>1:00 GRAND FRIENDS</b>	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 <b>1:00 AARP HOLIDAY PARTY</b>	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 2:30 Rep. Comitta Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 12:45 Book Club 1:30 Yoga <b>1:00 PARKINSON'S HOLIDAY PRTY</b> <b>1:00 ALZHEIMER'S SUPPORT</b>	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 12:45 Quilting	8:00 Breakfast 8:00 Poker 9:00 Pinochle 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  <b>1:00-3PM HOLIDAY PALOOZA</b>
8:00 Breakfast 9:00 Pinochle 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 <b>12:45 GARDEN CLUB</b>	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	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 2:30 Sen. Dinniman Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 1:30 Yoga <b>12:00 BIRTHDAY LUNCH</b>	8:00 Breakfast 9:30 Low Impact Aerobics 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	8:00 Breakfast 8:00 Poker 9:00 Pinochle 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 <b>12:30 BRANDYWINE CONCIERGE</b>
8:00 Breakfast 9:00 Pinochle 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	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	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 <b>12:00 HOLIDAY LUNCH W/ GRATEFUL ALIVE &amp; CHORUS</b> 12:45 Pinochle 1:30 Yoga	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 12:45 Quilting	8:00 Breakfast 8:00 Poker 9:00 Pinochle 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
8:00 Continental Breakfast 9:00 Pinochle 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	8:00 Continental Breakfast 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 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  <b>WE WILL CLOSE @ 1:30</b>	<b>25</b>	<b>26</b>	<b>27</b>
8:00 Continental Breakfast 9:00 Pinochle 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	8:00 Continental Breakfast 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 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  <b>WE WILL CLOSE @ 1:30</b>	<div style="border: 2px solid red; padding: 10px; background-color: #800000; color: white; text-align: center;"> <h2 style="margin: 0;">CLOSED</h2> <p style="margin: 0; font-size: 1.2em;">Happy Holidays to our members, volunteers, &amp; staff!</p> </div>		
8:00 Continental Breakfast 9:00 Pinochle 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	8:00 Continental Breakfast 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 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  <b>WE WILL CLOSE @ 1:30</b>	<div style="display: flex; justify-content: space-around; align-items: center;">  <div style="border: 1px solid blue; padding: 5px; background-color: white; text-align: center;"> <p style="margin: 0;"><b>Winter Storm Advisory</b></p> <p style="margin: 0; font-size: 0.8em;">The WCASC will be closed due to weather conditions in accordance with the West Chester Area School District @ <a href="http://www.home.wcasd.net">www.home.wcasd.net</a>. If the schools are closed or opening late the WCASC will be closed and there will be no Rover Service. Please tune to your local TV station for a list of school closings. There is also a link to the school district on our website.</p> </div> </div>		

# MENU – DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<b>CHEESEBURGER</b> STEAK FRIES COLE SLAW MANDARIN ORANGES	<b>BAKED PORK CHOP</b> BAKED POTATO SAUERKRAUT MINI CORN MUFFIN CINNAMON APPLESAUCE	<b>CHICKEN PARM</b> WW SPAGHETTI CAULIFLOWER ROMAINE & ONION SALAD PINEAPPLE	<b>STUFFED PEPPER</b> CAESAR SALAD ITALIAN BREAD CHOC MOUSSE	<b>CHEESESTEAK</b> SAUTÉED ONIONS SWEET POTATO FRIES PEAR HALVES CHIC ORZO SOUP
9	10	11	12	13
<b>CHILI</b> BROWN RICE GREEN BEANS MINI CORN MUFFIN FRUITED JELLO	<b>TURKEY BLT</b> ROAST TURKEY COLE SLAW HOT SPICED APPLES NAVY BEAN HAM SOUP	<b>BIRTHDAY LUNCH</b> <b>MEATLOAF WITH GRAVY</b> MASHED POTATOES BRUSSEL SPROUTS RICE RAISIN PUDDING	<b>HOT HAM &amp; CHEESE</b> GREEN BEANS PINEAPPLE TOMATO SOUP	<b>TUNA NOODLE CASSEROLE</b> CALIFORNIA BLEND VEG OATMEAL COOKIES
16	17	18	19	20
<b>SALISBURY STEAK</b> MASHED POTATOES PEAS & CARROTS SUGAR COOKIE	<b>BREADED FISH FILLET</b> MACARONI & CHEESE STEWED TOMATOES BRUSSEL SPROUTS CHERRY CRISP	<b>HOLIDAY CELEBRATION</b> <b>CRANBERRY GLAZED HAM</b> SCALLOPED POTATOES GREEN BEAN BLEND DINNER ROLL CARROT CAKE CREAM CHEESE ICING	<b>SPAGHETTI W/ MEATBALLS</b> SPINACH SALAD BLUEBERRY BLOSSOM	<b>SWEET N SOUR CHICKEN</b> BROWN RICE VEGETABLE EGG ROLL ORIENTAL VEG MIX MANDARIN ORANGES
23	24	25	26	27
<b>SWEET N SOUR CHICKEN</b> BROWN RICE VEGETABLE EGG ROLL ORIENTAL VEG MIX W/ EDAMAME MANDARIN ORANGES	<b>CHICKEN MARSALA</b> ROASTED POTATOES ITALIAN MIX VEG TAPIOCA PUDDING	<h2 style="margin: 0;">CLOSED</h2> <p style="margin: 0;">Happy Holidays to our members, volunteers, &amp; staff!</p>		
30	31	<p style="margin: 0;"><b>If you've signed up and cannot be here, please call us at 610.431.4242 to let us know!</b></p>		
<b>LASAGNA BAKE</b> MARINARA SAUCE GREEN BEANS TROPICAL FRUIT	<b>BAKED HAM</b> RED ROASTED POTATOES BRUSSEL SPROUTS CINN APPLESAUCE			