

# PROGRAMS –JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <b>Winter Storm Advisory</b>  The WCASC will be closed due to weather conditions in accordance with the <i>West Chester Area School District</i> @ <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. </div>		<div> <b>CLOSED</b>  Happy New Year to our members, volunteers, &amp; staff! </div>		
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 1:00 Grand Friends	8:00 Breakfast 9:30 Low Impact Aerobics 9:30-10 Beg Spanish 10:00 Nurse 10:15 Healthy Steps in Motion <b>10:30 SHOPRITE</b> 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 <b>12:30 ADVENTURA AT PEMBROKE</b> 12:45 Pinochle 1:30 Yoga	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 1:00 Grand Friends	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 <b>12:30 BENEFITS OF MASSAGE</b> 12:30 Bingo/Pinochle/Crafts
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> 1:00 Grand Friends	8:00 Breakfast 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 10:00 Nurse 10:15 Spanish Class <b>10:30 SHOPRITE</b> 10:30 Healthy Steps in Motion 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&A <b>10:45 BALANCE CLASS</b> 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 <b>12:00 BIRTHDAY LUNCH &amp; WEATHER THE WEATHER DISTRIBUTION!</b> 12:30 Bingo 12:45 Pinochle 1:30 Yoga	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 1:00 Grand Friends	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 <b>12:30 CLARIFI</b> 12:30 Bingo/Pinochle/Crafts
<b>20</b> <b>Breakfast &amp; Lunch will be served. Then we'll have volunteer service opportunities; NO PROGRAMS</b> <b>MLK DAY OF SERVICE</b>	8:00 Continental Breakfast 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Healthy Steps in Motion <b>10:30 SHOPRITE</b> 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&A 12:00 Lunch	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>12:30 CVCC</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 1:00 Grand Friends	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 <b>12:30 COMPASSIONATE HOSPICE</b> 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 <b>10:00 COUNTY SERVICES</b> 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 Rhythm of Life 1:00 Grand Friends	8:00 Continental Breakfast 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Healthy Steps in Motion <b>10:30 SHOPRITE</b> 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&A <b>10:45 BALANCE CLASS</b> 12:00 Lunch	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 12:45 Pinochle 1:30 Yoga	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 1:00 Grand Friends	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 10:30 Music Appreciation 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch <b>12:30 RITEAID</b> 12:30 Bingo/Pinochle/Crafts

# MENU –JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>If you've signed up and cannot be here, please call us at 610.431.4242 to let us know!</b></p>		1	2	3
		<p><b>CLOSED</b> Happy New Year to our members, volunteers, &amp; staff!</p>	<p>CHILI BROWN RICE GREEN BEANS MINI CORN MUFFIN FRUITED JELLO</p>	<p>CHEESESTEAK SWEET POTATO FRIES PEAR HALVES CHICKEN ORZO SOUP</p>
6	7	8	9	10
<p>STUFFED PEPPER CAESAR SALAD CHOC MOUSSE</p>	<p>TURKEY BLT SLICED TOMATOES COLE SLAW HOT SPICED APPLES NAVY BEAN/HAM SOUP</p>	<p>OVEN FRIED CHICKEN MACARONI &amp; CHEESE STEWED TOMATOES CORN MUFFIN W APPLE PIE</p>	<p>HAM &amp; CHEESE MELT GREEN BEANS PINEAPPLE TOMATO SOUP</p>	<p>TUNA NOODLE CASSEROLE CALIFORNIA BLEND VEG OATMEAL COOKIES</p>
13	14	15	16	17
<p>SALISBURY STEAK MASHED POTATOES PEAS &amp; CARROTS SUGAR COOKIE</p>	<p>BREADED FISH FILLET MACARONI &amp; CHEESE STEWED TOMATOES BRUSSEL SPROUTS CHERRY CRISP</p>	<p><b>BIRTHDAY LUNCH</b> <b>ROTISSERIE CHICKEN</b> STUFFING WINTER BLEND VEG BANANA PUDDING</p>	<p>SPAGHETTI W/ MEATBALLS SPINACH SALAD BLUEBERRY BLOSSOM</p>	<p>SWEET N SOUR CHICKEN BROWN RICE VEGETABLE EGG ROLL ORIENTAL VEG MIX MANDARIN ORANGES</p>
20	21	22	23	24
<p>CHICKEN SANDWICH MARINATED CUCUMBERS SLICED APRICOTS LS CREAM OF BROCCOLI</p>	<p>CHICKEN MARSALA ROASTED POTATOES ITALIAN MIX VEG TAPIOCA PUDDING</p>	<p>MEATLOAF MASHED POTATOES BRUSSEL SPROUTS RICE RAISIN PUDDING</p>	<p>CHICKEN CACCIATORE SPAGHETTI TUSCAN BLEND VEG APRICOTS</p>	<p>BAKED PORK CHOP BAKED POTATO SAUERKRAUT CINNAMON APPLESAUCE</p>
27	28	29	28	28
<p>LASAGNA BAKE MARINARA SAUCE GREEN BEANS TROPICAL FRUIT</p>	<p>BAKED HAM RED ROASTED POTATOES BRUSSEL SPROUTS CINN APPLESAUCE</p>	<p>CHEESEBURGER STEAK FRIES COLE SLAW MANDARIN ORANGES</p>	<p>CHICKEN PARM SPAGHETTI CAULIFLOWER ROMAINE/ONION SALAD PINEAPPLE</p>	<p>ROAST TURKEY SWEET POTATOES BROCCOLI MIXED FRUIT</p>