

# PROGRAMS – FEBRUARY 2020

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Winter Storm Advisory**

The WCASC will be closed due to weather conditions in accordance with the *West Chester Area School District* @ [www.home.wcasd.net](http://www.home.wcasd.net). 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.

JOIN THE GARDEN CLUB FEB. 10<sup>TH</sup> @ 12:45PM AND ENJOY A VIRTUAL GARDEN TOUR WITH POPCORN!

<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo <b>12:30 FRAUD PREVENTION</b> 12:45 Rhythm of Life 1:00 Grand Friends</p>	<b>3</b>	<p>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&amp;A 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 AARP</p>	<b>4</b>	<p>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. Comitta Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo <b>12:30 BRYN MAWR REHAB</b> 12:45 Pinochle</p>	<b>5</b>	<p>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</p>	<b>6</b>	<p>8:00 Breakfast 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 COMPASSIONATE HOSPICE</b></p>	<b>7</b>
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 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 <b>12:45 GARDEN CLUB</b> 1:00 Grand Friends</p>	<b>10</b>	<p>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&amp;A 12:00 Lunch 12:30 Mahjong 12:45 Knitting</p>	<b>11</b>	<p>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 11-12:30 Sen. Dinniman Outreach 12:45 Pinochle</p>	<b>12</b>	<p>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 12:45 Quilting 1:00 Grand Friends</p>	<b>13</b>	<p>8:00 Breakfast 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 RITE AID</b></p>	<b>14</b>
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 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 <b>CCYO PERFORMANCE AFTER LUNCH</b></p>	<b>17</b>	<p>8:00 Continental Breakfast 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion <b>10:30 SHOPRITE</b> 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&amp;A 12:00 Lunch 12:45 Knitting</p>	<b>18</b>	<p>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 BRYN MAWR REHAB</b> 12:45 Pinochle</p>	<b>19</b>	<p>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</p>	<b>20</b>	<p>8:00 Breakfast 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 SWEET HOME HEALTHCARE</b> 12:30 Bingo/Pinochle/Crafts</p>	<b>21</b>
<p>8:00 Continental Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo <b>12:30 AVETURA AT PEMBROKE</b> 12:45 Rhythm of Life 1:00 Grand Friends</p>	<b>24</b>	<p>8:00 Continental Breakfast 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion <b>10:30 SHOPRITE</b> 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&amp;A 12:00 Lunch 12:45 Knitting</p>	<b>25</b>	<p>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 Senator Tom Killion outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo <b>12:30 YOU BE THE JUDGE</b> 12:45 Pinochle</p>	<b>26</b>	<p>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</p>	<b>27</b>	<p>8:00 Breakfast 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 12:30 Bingo/Pinochle/Crafts</p>	<b>28</b>

# MENU – FEBRUARY 2020

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**If you've signed up and cannot be here, please call us at 610.431.4242 to let us know!**

3

CHEDDAR CHEESE  
OMELET  
HOME FRIES  
FRENCH TOAST STICKS  
ORANGE SECTIONS

4

BAKED PORK CHOP  
BAKED POTATO  
SAUERKRAUT  
MINI CORN MUFFIN  
CINNAMON APPLESAUCE

5

BREADED FISH FILLET  
MACARONI & CHEESE  
STEWED TOMATOES  
BRUSSELS SPROUTS  
CHERRY CRISP

6

PHILLY STEAK MEAT  
SAUTÉED ONIONS  
CHICKEN ORZO SOUP  
SWEET POTATO FRIES  
CHILLED PEAR HALVES

7

BAKED CHICKEN BREAST  
MOZZARELLA CHEESE  
ROMAINE & ONION SALAD  
PARSLEY CAULIFLOWER  
CHILLED PINEAPPLE

10

CHICKEN & VEGETABLES  
SALAD  
RANCH DRESSING  
JELLO W/ FRUIT

11

ROAST TURKEY BLT  
NAVY BEAN & HAM SOUP  
COLE SLAW  
FRUIT COCKTAIL

12

CHICKEN CORDON BLEU  
RICE PILAF  
PEAS & PEARL ONIONS  
BISCUIT  
CHERRY PIE

13

STUFFED PEPPER  
CAESAR SALAD  
ITALIAN BREAD  
CHOCOLATE MOUSSE

14

TUNA NOODLE  
CASSEROLE  
CALIFORNIA BLEND  
VEGETABLES  
OATMEAL COOKIES

17

CHICKEN CACCIATORE  
TUSCAN MIX VEGETABLES  
CHILLED APRICOTS

18

PRETZEL MELT  
BUFFET HAM  
AMERICAN CHEESE  
LS TOMATO SOUP  
GREEN BEANS  
CHILLED PINEAPPLE

19

**BIRTHDAY LUNCH**  
**CHICKEN BREAST**  
AU GRATIN POTATOES  
VEGETABLES  
BANANA PUDDING

20

ROAST TURKEY  
SWEET POTATOES  
BROCCOLI FLORETS  
MIXED FRUIT

21

BAKED HAM  
WHITE & WILD RICE  
BRUSSELS SPROUTS  
CINNAMON APPLESAUCE

24

HAMBURGER  
STEAK FRIES  
COLESLAW  
CHILLED MANDARIN  
ORANGES

25

GRILLED CHICKEN  
BREAST SANDWICH  
CREAM BROCCOLI SOUP  
MARINATED CUCUMBERS  
CHILLED APRICOTS

26

PERSONAL CHEESE PIZZA  
SALAD  
BLUEBERRY YOGURT  
PARFAIT

27

SALISBURY STEAK  
MASHED POTATOES  
PEAS & CARROTS  
SUGAR COOKIES

28

BAKED PENNE PASTA  
SEASONED GREEN BEANS  
TROPICAL FRUIT