

PROGRAMS –MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
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 12:30 CHESTER COUNTY FOOD BANK 12:45 Rhythm of Life 1:00 Grand Friends	2	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 AARP 12:45 French	3	8:00 Breakfast 9:00 Pinochle 9:00 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 9:45 Stretching 10-1 ATTORNEY GENERAL 10:00 German Club 10:30 Arthritis Exercise 11-1 Rep. Comitta Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 BRYN MAWR REHAB 12:45 Pinochle	4	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	5	8:00 Breakfast 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 CIGNA	6
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	9	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	10	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 11-12:30 Sen. Dinniman Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 SARAH CARE 12:45 Pinochle	11	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	12	8:00 Breakfast 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 YOU BE THE JUDGE	13
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	16	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	17	8:00 Breakfast 9:00 Silver Sneakers 9:00 Pinochle 9:30 Blood Pressure 10:00 German 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 12:30 BRYN MAWR REHAB 12:30 Bingo 12:45 Pinochle	18	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	19	8:00 Breakfast 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	20
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	23	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 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&A 12:00 Lunch 12:45 Knitting 12:45 French	24	8:00 Breakfast 9:00 Silver Sneakers 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11:00 Senator Killian 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 SARAH CARE 12:45 Pinochle 1:00 Parkinson's Support	25	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	26	8:00 Breakfast 9:00 Pinochle 9:15 Qi Gong 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	27
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 12:45 Rhythm of Life 1:00 Grand Friends	30	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 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&A 12:00 Lunch 12:45 Knitting 12:45 French	31	<div style="border: 2px solid blue; padding: 10px; width: fit-content; margin: auto;"> <p style="text-align: center; color: red; font-weight: bold; margin: 0;">Winter Storm Advisory</p> <p style="text-align: center; font-size: 0.8em; margin: 0;">The WCASC will be closed due to weather conditions in accordance with the <i>West Chester Area School District</i> @ 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.</p> </div>					

MENU – MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHICKEN MARSALA RED POTATOES ITALIAN MIX VEG TAPIOCA PUDDING	3 BAKED PORK CHOP BAKED POTATO SAUERKRAUT MINI CORN MUFFIN APPLESAUCE	4 CHICKEN PARMESAN SALAD SPAGHETTI PARSLEY CAULIFLOWER CHILLED PINEAPPLE	5 PHILLY STEAK SAUTÉED ONIONS CHICKEN ORZO SOUP SWEET POTATO FRIES CHILLED PEAR HALVES	6 FISH FILLET MACARONI & CHEESE STEWED TOMATOES BRUSSELS SPROUTS CHERRY CRISP
9 CHICKEN & VEGETABLES BISCUIT SALAD JELLO W/ FRUIT	10 ROAST TURKEY BLT NAVY BEAN & HAM SOUP COLE SLAW FRUIT COCKTAIL	11 CHEDDAR CHEESE OMELET HOME FRIES FRENCH TOAST STICKS ORANGE SECTIONS	12 STUFFED PEPPER CAESAR SALAD CHOCOLATE MOUSSE	13 BAKED PENNE PASTA SEASONED GREEN BEANS TROPICAL FRUIT
16 CHICKEN & VEGETABLES SALAD RANCH DRESSING JELLO W/ FRUIT	17 PRETZEL MELT BUFFET HAM AMERICAN CHEESE LS TOMATO SOUP GREEN BEANS CHILLED PINEAPPLE	18 BIRTHDAY LUNCH CHEDDAR CHEESE OMELET HOME FRIES FRENCH TOAST STICKS ORANGE SECTIONS	19 STUFFED PEPPER CAESAR SALAD ITALIAN BREAD CHOCOLATE MOUSSE	20 PERSONAL CHEESE PIZZA SALAD BLUEBERRY YOGURT PARFAIT
23 CHICKEN CACCIATORE SPAGHETTI TUSCAN MIX VEGETABLES CHILLED APRICOTS	24 GRILLED CHICKEN BREAST SANDWICH CREAM BROCCOLI SOUP MARINATED CUCUMBERS CHILLED APRICOTS	25 ROAST TURKEY SWEET POTATOES BROCCOLI FLORETS	26 SALISBURY STEAK MASHED POTATOES PEAS & CARROTS	27 TUNA NOODLE CASSEROLE CALIFORNIA VEGETABLES OATMEAL COOKIES
30 PASTA W/ MEATBALLS SPINACH SALAD BLUEBERRY BLOSSOM BALSAMIC VINAIGRETTE	31 HAM WHITE & WILD RICE BRUSSEL SPROUTS APPLESAUCE			