

July 2013 Programs at the Senior Center

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| 1 | 2 | 3 | WCASC CLOSED | WCASC CLOSED |
| 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 Rhythm of Life 12:45 Reminiscing group | 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club/ Computer Assistance 2:00 Zumba | 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Bingo/ Rummikub/Pinochle | | |
| 8 | 9 | 10 | 11 | 12 |
| 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 Rhythm of Life 12:45 Reminiscing group 12:45 How to Stretch | 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club/ Computer Assistance 2:00 Zumba | 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Pinochle/Bingo/ Rummikub 12:45 Vitamins vs. Supplements | 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Ping Pong 10:30 Drawing/HSiM 11:15 Fishing Club Meeting 11:30 Yoga 12:00 Bridge 12:45 Wii Bowling 1:00 Chorus 2:00 Zumba | 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 11:15 Bingo 12:45 Crafts/Bingo/Pinochle |
| 15 | 16 | 17 | 18 | 19 |
| 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Reminiscing group | 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club/ Computer Assistance 2:00 Zumba | 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Lunch 12:45 Pinochle | 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong/Photo Club 10:30 Healthy Steps in Motion/Drawing 11:30 Yoga 12:00 Bridge 1:00 Wii Bowling/ Chorus/Computer Forum 2:00 Zumba | 8:00 Breakfast 9:00 Tai Chi/Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts/Bingo |
| 22 | 23 | 24 | 25 | 26 |
| 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Reminiscing group 12:45 Dehydration Program | 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club/ Computer Assistance 2:00 Zumba | 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Pinochle/Bingo/ Rummikub 12:45 Book Club 12:45 Reiki | 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:30 Healthy Steps in Motion/Drawing 11:30 Yoga 12:00 Bridge 12:45 Wii Bowling 1:00 Chorus 2:00 Zumba | 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 11:15 Bingo 12:45 Crafts/Bingo/Pinochle 12:45 Movie: Quartet |
| 29 | 30 | 31 | <u>Technology Tuesdays</u> | |
| 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Reminiscing group 12:45 Magnified Healing 12:45 WC Film Program | 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club/ Computer Assistance 2:00 Zumba | 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Pinochle/Bingo/ Rummikub | 9:00 – iPad, Windows 8, Digital Photo Assistance 10:30 – Computer Q & A 1:00 – Computer Assistance | |

Rover Transportation Available

July 2013 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| 1 Caesar Salad Cheese Ravioli Green Beans Breadstick Apple | 2 Fruit Punch Sloppy Joe Tater Tots Broccoli Yellow Cake | 3 Caesar Salad Potato Salad Grilled Hamburger Green Beans Cake & Ice Cream | 4 WCASC CLOSED | 5 WCASC CLOSED |
| 8 Grape Juice Manicotti Mixed Vegetables Breadstick Apple | 9 Mushroom Barley Soup Tuna Melt on Rye Stewed Tomato Apple Orchard Bar | 10 Fruit Punch Macaroni & Cheese with Ham Green Beans with Almond Peas Pineapple Chunks | 11 Orange Juice Baked Chicken Fingers Honey Mustard French Fries Applesauce | 12 Cranberry Juice Garden Pea Salad Chicken Salad on Wheat Roll Picked Beets Fruit Cup |
| 15 Tuna Salad Sandwich Green Peas Picked Beets Orange | 16 Cranberry Juice Italian Hoagie Pasta Salad Carrot & Celery Sticks Chocolate Pudding | 17 <u>Birthday Party</u> Tomato Soup Pot Roast Baked Potato Broccoli Florets Cake & Ice Cream | 18 Baked Fish Vegetable Medley Tater Tots Applesauce | 19 Apple Juice Chicken & Broccoli Casserole Steamed Carrots Whole Wheat Roll Cherry Gelatin |
| 22 Pineapple Juice Turkey Chili Succotash White Rice Apple | 23 Cranberry Juice Caesar Salad Meatball Sub Green Beans Orange | 24 Orange Juice Crunchy Fish Stewed Tomato Macaroni Salad Citrus Gelatin with Fruit | 25 Black Bean Soup Turkey Burger Corn Lettuce & Tomato Vanilla Pudding | 26 Tossed Salad Broccoli & Cheddar Quiche Coleslaw Shortbread Cookies |
| 29 Caesar Salad Cheese Ravioli Green Beans Breadstick Apple | 30 Tossed Salad Sloppy Joe Baked Potato Broccoli Yellow Cake | 31 Orange Juice Baked Fish Buttered Noodles Green Beans Pineapple Chunks | Cold lunch menu on page 7. Also available at the Center or online @ www.wcseniors.org . Please sign up for lunches at least 3 days in advance. | |
| <p>Senior Center membership is not required for individuals 60 and older to participate in the congregate meal program. All Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost to you for the meal but you must contact the Senior Center to reserve your meal two days in advance of meal service. A voluntary confidential contribution is appreciated toward the cost of the meal but is not required.</p> | | | | |