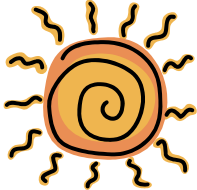


August 2013 Programs at the Senior Center

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| <p><u>Technology Tuesdays</u></p> <p>9:00 – iPad, Windows 8, Digital Photo Assistance</p> <p>10:30 – Computer Q & A</p> <p>1:00 – Computer Assistance</p> | |  | 1 | 2 |
| | | | <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong 10:30 Drawing/HSiM 11:30 Yoga 12:00 Bridge 12:45 Wii Bowling 1:00 Chorus 2:00 Zumba</p> | <p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Crafts/Bingo/Pinochle</p> |
| 5 | 6 | 7 | 8 | 9 |
| <p>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 Navigating Health Care Barriers</p> | <p>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</p> | <p>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 Quiz Master Team Trivia Game!</p> | <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong 10:30 Drawing/HSiM 11:30 Yoga 12:00 Bridge 12:45 Wii Bowling 1:00 Chorus 2:00 Zumba</p> | <p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Crafts/Bingo/Pinochle</p> |
| 12 | 13 | 14 | 15 | 16 |
| <p>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 Garden Club</p> | <p>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</p> | <p>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 12:45 Pinochle 12:45 Low Back Pain & Posture Program</p> | <p>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</p> | <p>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</p> |
| 19 | 20 | 21 | 22 | 23 |
| <p>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 – Bring your yearbook !</p> | <p>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</p> | <p>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 12:00 Birthday Lunch & Grateful Alive 12:45 Pinochle/Bingo/ Rummikub</p> | <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion/Drawing 11:30 Yoga 12:00 Bridge 12:45 Wii Bowling 1:00 Chorus 2:00 Zumba</p> | <p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Crafts/Bingo/Pinochle</p> |
| 26 | 27 | 28 | 29 | 23 |
| <p>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</p> | <p>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</p> | <p>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 Movie: Argo</p> | <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion/Drawing 11:30 Yoga 12:00 Bridge 12:45 Wii Bowling 1:00 Chorus 2:00 Zumba</p> | <p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Crafts/Bingo/Pinochle</p> |

Rover Transportation Available

August 2013 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| <p>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> | <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> | | <p style="text-align: right;">1</p> <p>Carrot & Raisin Salad Ham & Swiss Melt on Rye Peas Strawberry Fruit Bar</p> | <p style="text-align: right;">2</p> <p>Tomato Soup Hot Dog on Bun Coleslaw Steak Fries Chocolate Chip Cookie</p> |
| <p style="text-align: right;">5</p> <p>Grape Juice Manicotti Mixed Vegetables Breadstick Apple</p> | <p style="text-align: right;">6</p> <p>Mushroom Barley Soup Tuna Melt on Rye Stewed Tomato Apple Orchard Bar</p> | <p style="text-align: right;">7</p> <p>Fruit Punch Macaroni & Cheese & Ham Green Beans with Almonds Peas Pineapple Chunks</p> | <p style="text-align: right;">8</p> <p>Orange Juice Baked Chicken Fingers Honey Mustard French Fries Applesauce</p> | <p style="text-align: right;">9</p> <p>Cranberry Juice Chicken Salad on Wheat Roll Pickled Beets Garden Pea Salad Fruit Cup</p> |
| <p style="text-align: right;">12</p> <p>Tuna Salad Sandwich Green Peas Pickled Beets Orange</p> | <p style="text-align: right;">13</p> <p>Cranberry Juice Italian Hoagie Pasta Salad Carrot & Celery Sticks Chocolate Pudding</p> | <p style="text-align: right;">14</p> <p>Orange Juice Tossed Salad Pepperoni Pizza Potato Chips Diced Peaches</p> | <p style="text-align: right;">15</p> <p>Baked Fish Vegetable Medley Tater Tots Applesauce</p> | <p style="text-align: right;">16</p> <p>Apple Juice Chicken & Broccoli Casserole Steamed Carrots Whole Wheat Roll Cherry Gelatin</p> |
| <p style="text-align: right;">19</p> <p>Pineapple Juice Turkey Chili Succotash White Rice Apple</p> | <p style="text-align: right;">20</p> <p>Cranberry Juice Caesar Salad Meatball Sub Green Beans Orange</p> | <p style="text-align: right;">21</p> <p style="text-align: center;"><u>Birthday Party</u> Fruit Punch Spaghetti & Meatballs Breadstick Zucchini Cake & Ice Cream</p> | <p style="text-align: right;">22</p> <p>Black Bean Soup Turkey Burger Corn Lettuce & Tomato Vanilla Pudding</p> | <p style="text-align: right;">23</p> <p>Tossed Salad Broccoli & Cheddar Quiche Coleslaw Roll Shortbread Cookies</p> |
| <p style="text-align: right;">26</p> <p>Caesar Salad Cheese Ravioli Green Beans Breadstick Apple</p> | <p style="text-align: right;">27</p> <p>Fruit Punch Sloppy Joe Tater Tots Broccoli Yellow Cake</p> | <p style="text-align: right;">28</p> <p style="text-align: center;"><u>Summer Celebration</u> Apple Juice Hamburger & Cheese Potato Salad Green Beans Cake & Ice Cream</p> | <p style="text-align: right;">29</p> <p>Carrot & Raisin Salad Ham & Swiss Melt on Rye Peas Strawberry Fruit Bar</p> | <p style="text-align: right;">30</p> <p>Tomato Soup Hot Dog on Bun Coleslaw Steak Fries Chocolate Chip Cookie</p> |

*over 650 mg of sodium per serving