




PROGRAMS - SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FREE FALL PREVENTION EXPO -Sept.24 -9-12 PM Blood Pressure, Hydration Screening, Hearing, Vision, Foot and Fall Risk etc. screenings will be offered. Sign up at the front desk.</p>	<p>8:00 Breakfast 1 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Beginners Painting Class 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting</p>	<p>8:00 Breakfast 2 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:00 ALL ABOUT DENTAL - PRESENTATION BY DR. FORT 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 Pinochle/ Research on Walking</p>	<p>8:00 Breakfast 3 9:30 Low Impact Aerobics 10:00 Ping Pong/ART 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:30 Bridge</p>	<p>8:00 Breakfast 4 9:00 Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts</p>
<p style="text-align: center;">Center Closed 7 LABOR DAY </p>	<p>8:00 Breakfast 8 9:30 Low Impact Aerobics 10:00 Nurse 10:00 FALL PLAYWRITING WORKSHOP 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 10:30 Beginners Painting Class 10:45 Spanish Class 11:15 Planning Council 11:30 Yoga 12:45 Knitting 1:00 GRANDFRIENDS</p>	<p>8:00 Breakfast 9 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 Pinochle 12:45 GIANT NUTRITIONIST</p>	<p>8:00 Breakfast 10 9:30 Low Impact Aerobics 9:30 BIBLE STUDY 10:00 Ping Pong/ART 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:30 Bridge 12:45 THE CLASSIC BOOK CLUB 1:00 GRANDFRIENDS CLUB</p>	<p>8:00 Breakfast 11 9:00 Pinochle 9:30 MEDITATION & BREATHING 9-12 FOOD BOX DAY 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 14 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/Italian Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:45 Bingo/ Rhythm of Life 12:45 Reminiscing 1:15 GARDEN CLUB</p>	<p>8:00 Breakfast 15 9:30 Low Impact Aerobics 10:00 Nurse 10-11:30 Flu Shots by Rite Aid 10:30 Beginners Painting Class 10:30 Current Events 10:30 Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 AARP MEETING 1:00 GRANDFRIENDS 12:45 Knitting</p>	<p>8:00 Breakfast 16 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German/Nurse 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 "BIRTHDAY LUNCH & WCASC TALENT SHOW 12:45 Pinochle  THANK YOU FOR YOUR SPONSORSHIP</p>	<p>8:00 Breakfast 17 9:30 Low Impact Aerobics 10:00 PHOTO CLUB / ART 10:00 Ping Pong 10-12 ROVER COMMUNITY TRANSPORTATION 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:30 Bridge 1:00 CHORUS&COMPUTER FORUM&GRANDFRIENDS CLUB</p>	<p>8:00 Breakfast 18 9:00 Pinochle 9:30 MEDITATION & BREATHING 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 21 9:00 Pinochle 10:00 Flu 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/ Silver Sneakers Classic 12:30 Bridge 12:45 Bingo /Rhythm of Life/Reminiscing 12:45 ANTI-INFLAMMATORY FOOD</p>	<p>8:00 Breakfast 22 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Beginners Painting Class 10:30 Current Events/Computer Q &A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club 1:00 GRANDFRIENDS</p>	<p>8:00 Breakfast 23 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:30 BOOK CLUB WITH SHAARON 12:30 HOMEMADE GRANOLA 2:00 Pinochle</p>	<p style="text-align: center;">ALL DAY FALL PREVENTION EXPO 24 8:00 Breakfast 10:00 ART 12:00 Lunch 12:30 Bridge 1:00 CHORUS 2:00 Pinochle</p>	<p>8:00 Breakfast 25 9:00 Pinochle 9:30 MEDITATION & BREATHING 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 28 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/ Silver Sneakers Classic 12:30 Bridge 12:45 MOVIE & SNACKS 12:45 Bingo /Rhythm of Life/Reminiscing</p>	<p>8:00 Breakfast 29 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Beginners Painting Class 10:30 Current Events/Computer Q &A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 1:00 MOB* 12:45 Knitting Club 1:00 GRANDFRIENDS</p>	<p>ALL DAY VIDEO SHOOTING 30 8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 1:15 PARKINSON'S SUPPORT GROUP 2:00 Pinochle</p>	<p style="text-align: center; color: purple;">JOIN US IN OUR NEW MEDITATION AND BREATHING CLASS FRIDAY MORNINGS AT 9:30 AM.</p>	<p style="text-align: center; color: red;">STARTING TUE., SEP.29 FROM 1-3 PM - MATTER OF BALANCE CLASS* - WILL BE OFFERED! SIGN UP AT THE FRONT DESK!</p>

MENU – SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">ANNUAL TALENT SHOW IS SCHEDULED FOR SEPTEMBER 16TH @ 12:45 PM DON'T MISS IT!!</p>	<p style="text-align: center;">MEATBALL SANDWICH 1 MEATBALLS PROVOLONE CHEESE 4" WHITE ROLL LS MARINARA SAUCE CUCUMBER SALAD BROCCOLI MILK</p>	<p style="text-align: center;">ALL BEEF HOT DOGS 2 MUSTARD, RELISH KETCHUP & DICED ONIONS BAKED BEANS CORN COBBETTE MARGARINE PASTA SALAD WATERMELON SLICE MILK</p>	<p style="text-align: center;">CHEESEBURGER 3 HAMBURGER PATTY AMERICAN CHEESE LETTUCE & TOMATO COLE SLAW CANTALOUPE WHOLE WHEAT ROLL VEGETABLE SOUP/MILK</p>	<p style="text-align: center;">BAKED FISH 4 MACARONI & CHEESE GREEN BEANS/TOMATOES ROLL STRAWBERRIES WHIPPED TOPPING MILK</p>
<p style="text-align: center;">LABOR DAY 7 </p>	<p style="text-align: center;">BEEF STROGANOFF 8 BEEF W/CREAM SAUCE MUSHROOMS/BUTTERED NOODLES PEAS & CARROTS STRAWBERRIES/TOSSED SALAD ROLL/MILK</p>	<p style="text-align: center;">ROASTED PORK LOIN 9 PORK LOIN SWEET POTATO/SAUERKRAUT HONEYDEW MELON CRANBERRY SAUCE WHOLE WHEAT ROLL/MILK</p>	<p style="text-align: center;">MEATLOAF WITH GRAVY 10 GROUND BEEF & TURKEY MASHED POTATOES/GRAVY GREEN BEANS/SPINACH SALAD VANILLA WAFERS WHOLE WHEAT BREAD/MILK</p>	<p style="text-align: center;">CHICKEN CORDON BLEU 11 CHICKEN BREAST W/HAM & SWISS CHEESE COLLARD GREENS STEAMED WHITE RICE PEACHES MINI CORN MUFFIN/MILK</p>
<p style="text-align: center;">ROAST TURKEY 14 ROAST TURKEY BREAST SWEET POTATO CAULIFLOWER W/RED PEPPER SPINACH SALAD/CRANBERRY SAUCE BERRIES WHOLE WHEAT BREAD/MILK</p>	<p style="text-align: center;">PEPPER STEAK 15 MARINATED STEAK W/PEPPERS RICE TOSSED SALAD MANDARIN ORANGES MILK</p>	<p style="text-align: center;">GRILLED LEMON CHICKEN BREAST 16 Chicken Breast w/Lemon Sauce Oven Browned Potatoes California Blend Vegetables Pineapple Whole Wheat Bread/Milk</p>	<p style="text-align: center;">VEAL PARMESAN 17 BREADED VEAL PATTY MARINARA SAUCE/MOZZARELLA CHEESE GREEN BEANS BUTTERED ROTINI FRESH ORANGE MILK</p>	<p style="text-align: center;">SALISBURY STEAK 18 SALISBURY STEAK LS GRAVY MASHED POTATOES SEASONED SPINACH WHOLE WHEAT BREAD APRICOTS MILK</p>
<p style="text-align: center;">HONEY CHICKEN 21 CHICKEN BREAST W/HONEY SAUCE RICE PILAF/BROCCOLI SLICED APPLES GINGERSNAP COOKIES MIXED FRUIT JUICE/MILK</p>	<p style="text-align: center;">TURKEY A LA KING 22 ROASTED TURKEY W/CREAM SAUCE MIXED CAPRI VEGETABLES MUSHROOMS/EGG NOODLES TOSSED SALAD/CANTALOUPE WHOLE WHEAT ROLL/MILK</p>	<p style="text-align: center;">TURKEY A LA KING 23 ROASTED TURKEY W/CREAM SAUCE MIXED CAPRI VEGETABLES</p>	<p style="text-align: center;">BEEF STEW 24 BEEF CUBES W/GRAVY OVEN BROWNED POTATOES CARROTS FRESH PLUM BREADSTICK/MILK</p>	<p style="text-align: center;">BAKED TILAPIA 25 TILAPIA W/CARIBBEAN SAUCE BROWN RICE GREEN BEANS TOSSED SALAD WATER ICE MILK</p>
<p style="text-align: center;">BEEF A RONI 28 GROUND BEEF ELBOW MACARONI/ TOMATO SAUCE TOSSED SALAD W/TOMATOES COOKED SPINACH ORANGE SECTIONS/MILK</p>	<p style="text-align: center;">SOUTHWEST CHICKEN FAJITAS 29 CHICKEN BREAST SHREDDED CHEDDAR/SALSA PEPPERS & ONIONS MEXICAN CORN TORTILLA TOSSED SALAD PEACHES/MILK</p>	<p style="text-align: center;">MEATBALL SANDWICH 30 MEATBALLS PROVOLONE CHEESE 4" WHITE ROLL LS MARINARA SAUCE CUCUMBER SALAD BROCCOLI MILK</p>	<p style="font-size: 1.2em;">Please remember to sign up for your hot or cold lunch order <u>3 days in advance!</u></p>	