

PROGRAMS - DECEMBER 2015



MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

<p>STOP BY THE SENIOR CENTER ON SATURDAY DEC. 5, 2015 7:30 AM -11 AM FOR THE WEST CHESTER LIONS CLUB PANCAKE BREAKFAST WITH SANTA.</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 AARP LUNCHEON 1:00 ART W/GRANDFRIENDS</p> <p style="text-align: right;">1</p>	<p>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 12:00 Lunch 12:45 Pinochle 1:30 PARKINSON'S HOLIDAY LUNCH</p> <p style="text-align: right;">2</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 ART / IPAD CLUB 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 12:45 NUTCRACKER-BRANDYWINE BALLET</p> <p style="text-align: right;">3</p>	<p>8:00 Breakfast 9:00 Pinochle 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 SLEEP HEALTH W/DANA FANELLI 12:45 Bingo/Pinochle/Crafts</p> <p style="text-align: right;">4</p>
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:00 Lunch 12:45 Bingo/ Rhythm of Life</p> <p style="text-align: right;">7</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:15 Planning Council 11:30 Yoga 12:00 Lunch 12:45 Knitting 1:00 DRUMMING</p> <p style="text-align: right;">8</p>	<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German/Nurse 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:00 Lunch 12:45 Pinochle 12:45 LIGHTEN UP HOLIDAY EATING-GIANT NUTRITIONIST</p> <p style="text-align: right;">9</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 ART APPRECIATION W/GRANDFRIENDS 1:00 CHORUS</p> <p style="text-align: right;">10</p>	<p>8:00 Breakfast 9:00 Pinochle 9:30 Meditation & Breathing 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic/Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts</p> <p style="text-align: right;">11</p>
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Bingo/Rhythm of Life 12:45 ACUPRESSURE POINTS THAT HELP WITH STRESS RELIEF BY TRI COUNTY CHIROPRACTORS</p> <p style="text-align: right;">14</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:15 Planning Council 11:30 Yoga 12:00 Lunch 12:45 Knitting</p> <p style="text-align: right;">15</p>	<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German/Nurse 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:00 Lunch 12:45 Pinochle 12:45 HOLIDAY BIRTHDAY PARTY W/ ENTERTAINMENT</p> <p style="text-align: right;">16</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge</p> <p style="text-align: right;">17</p>	<p>8:00 Breakfast 9:00 Pinochle 9:30 Meditation & Breathing 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts 12:45 MENTAL HEALTH PROGRAM BY WALGREENS</p> <p style="text-align: right;">18</p>
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Bingo/Rhythm of Life 12:45 CRANBERRIES-SHOP RITE NUTRITIONIST</p> <p style="text-align: right;">21</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q &A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:00 Lunch 12:45 Knitting Club</p> <p style="text-align: right;">22</p>	<p>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 12:00 Lunch 2:00 Pinochle</p> <p style="text-align: right;">23</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge</p> <p style="text-align: right;">24</p>	 <p style="font-size: 1.2em; color: red;"><i>Merry Christmas!</i></p> <p style="text-align: right;">25</p>
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/ Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Bingo /Rhythm of Life</p> <p style="text-align: right;">28</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q &A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:00 Lunch 12:45 Knitting Club</p> <p style="text-align: right;">29</p>	<p>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 12:00 Lunch 2:00 Pinochle</p> <p style="text-align: right;">30</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge</p> <p style="text-align: right;">31</p>	 <p style="text-align: right;">31</p>

MENU – DECEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">Breakfast will be continental style on days we are open beginning Dec. 23. Full breakfast available beginning Jan. 5.</p>	<p style="text-align: center;">MEATBALL SANDWICH ¹ MEATBALLS PROVOLONE CHEESE 6" ROLL CUCUMBER SALAD ORANGE SPINACH/MILK</p>	<p style="text-align: center;">ROAST TURKEY DINNER ² ROAST TURKEY WITH GRAVY SWEET POTATO CAULIFLOWER W/ RED PEPPERS SPINACH SALAD W/ DRESSING WHOLE WHEAT BREAD MARGARINE MILK</p>	<p style="text-align: center;">CHEESEBURGER ³ HAMBURGER PATTY AMERICAN CHEESE LETTUCE/TOMATO WHOLE WHEAT BUN COLESLAW CANTALOUPE VEGETABLE SOUP MILK</p>	<p style="text-align: center;">BAKED FISH ⁴ BAKED FISH MACARONI & CHEESE GREEN BEANS W/TOMATOES ROLL PINEAPPLE MILK</p>
<p style="text-align: center;">BBQ CHICKEN BREAS' ⁷ CHICKEN BREAST BBQ SAUCE MACARONI SALAD BROCCOLI FRESH PEAR WHOLE WHEAT BREAD MILK</p>	<p style="text-align: center;">BEEF STROGANOFF ⁸ BEEF W/CREAM SAUCE & MUSHROOMS BUTTERED NOODLES PEAS & CARROTS MANDARIN ORANGES TOSSED SALAD & DRESSING ROLL MILK</p>	<p style="text-align: center;">ROASTED PORK LOIN ⁹ PORK LOIN BAKED SWEET POTATO SAUERKRAUT CRANBERRY SAUCE APRICOTS WHOLE WHEAT ROLL MILK</p>	<p style="text-align: center;">MEATLOAF & GRAVY ¹⁰ GROUND BEEF & TURKEY MASHED POTATOES/GRAVY GREEN BEANS SPINACH SALAD/DRESSING VANILLA WAFERS WHOLE WHEAT BREAD MILK</p>	<p style="text-align: center;">CHICKEN CORDON BLEU CASSEROLE ¹¹ CHICKEN BREAST HAM/SWISS CHEESE HONEY MUSTARD SAUCE COLLARD GREENS MINI CORN MUFFIN RICE PILAF PEACHES/MILK</p>
<p style="text-align: center;">PEPPER STEAK ¹⁴ MARINATED STEAK W/PEPPERS RICE TOSSED SALAD W/TOMATOES ORIENTAL DRESSING MANDARIN ORANGES MILK</p>	<p style="text-align: center;">GRILLED LEMON CHICKEN BREAST ¹⁵ CHICKEN BREAST W/LEMON SAUCE OVEN BROWNED POTATOES CALIFORNIA BLEND VEGETABLES PINEAPPLES WHOLE WHEAT ROLL MILK/MARGARINE</p>	<p style="text-align: center;">HOLIDAY LUNCH CRANBERRY GLAZED HAM ¹⁶ SCALLOPED POTATOES GREEN BEAN BLEND MIXED GREEN SALAD W/ DRESSING DINNER ROLL/MARGARINE CARROT CAKE W/ CREAM CHEESE ICING 1% MILK</p>	<p style="text-align: center;">VEAL PARMESAN ¹⁷ BREADED VEAL PATTY MARINARA SAUCE MOZZARELLA CHEESE GREEN BEANS ROTINI W/SAUCE FRESH ORANGE MILK</p>	<p style="text-align: center;">SALISBURY STEAK ¹⁸ SALISBURY STEAK MASHED POTATOES/GRAVY SEASONED SPINACH WHOLE WHEAT BREAD APRICOTS MARGARINE MILK</p>
<p style="text-align: center;">HONEY CHICKEN ²¹ CHICKEN BREAST W/HONEY SAUCE RICE PILAF/BROCCOLI SLICED APPLES OATMEAL COOKIES MIXED FRUIT JUICE/MILK</p>	<p style="text-align: center;">OPEN FACED HOT ROAST ²² BEEF ROAST BEEF/GRAVY WHOLE WHEAT BREAD MASHED POTATOES PEAS & ONIONS MILK /APRICOTS</p>	<p style="text-align: center;">TURKEY A LA KING ²³ ROASTED TURKEY/CREAM SAUCE MIXED CAPRI VEGETABLES MUSHROOMS/EGG NOODLES CANTALOUPE/TOSSED SALAD WHOLE WHEAT ROLL/MILK</p>	<p style="text-align: center;">BEEF STEW ²⁴ BEEF CUBES/GRAVY OVEN BROWNED POTATOES CARROTS PEACHES BREAD STICKS MILK</p>	<p style="font-size: 2em; font-weight: bold; color: green;">CHRISTMAS</p> 
<p style="text-align: center;">BEEF A RONI ²⁸ GROUND BEEF/ELBOW MACARONI/TOMATO SAUCE TOSSED SALADW/TOMATOES COOKED SPINACH ORANGE SECTIONS MILK</p>	<p style="text-align: center;">ROAST TURKEY DINNER ²⁹ ROAST TURKEY WITH GRAVY SPINACH/STUFFING CRANBERRY SAUCE SCALLOPED APPLES MILK</p>	<p style="text-align: center;">SOUTHWEST CHICKEN FAJITA ³⁰ CHICKEN BREAST SHREDDED CHEDDAR/SALSA PEPPERS & ONION/TORTILLA MEXICAN CORN TOSSED SALAD/PEACHES MILK</p>	<p style="text-align: center;">MEATBALL SANDWICH ³¹ MEATBALLS PROVOLONE CHEESE/6" ROLL CUCUMBER SALAD ORANGE SPINACH/MILK</p>	<p style="font-size: 1.5em; font-weight: bold; color: purple;">HAPPY NEW YEAR!</p> 