



PROGRAMS -AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45Rhythm of Life 12:45 SHOPRITE: FUELING UP FOR THE OLYMPICS	1	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French	2	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle	3	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Tablet & Cells Phone 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	4	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 12:00 OLYMPIC OPENING CEREMONY 12:45 Bingo/Pinochle/Crafts	5
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45Rhythm of Life 1:00 GARDEN CLUB TOMATO TASTING	8	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French	9	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 11:00 Tyler : Senator Dinniman's Office 12:00 Lunch 12:30 Bingo 12:45 Pinochle	10	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	11	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 Bingo/Pinochle/Crafts 12:45 OLYMPIC CLOSING CEREMONY	12
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45Rhythm of Life 12:45 REDLION: ARTHRITIS	15	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 12:45 MOVIE DAY	16	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 BIRTHDAY LUNCH 12:30 Bingo 12:45 Pinochle 12:45 GAME DAY	17	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Computer Forum	18	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 Bingo/Pinochle/Crafts 12:45 WALGREENS: IMPORTANCE OF GETTING FLU AND PNEUMONIA SHOTS	19
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/Rhythm of Life 12:45 BRYN MAWR REHAB: STROKE PREVENTION	22	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French	23	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:45 Pinochle 12:00 Lunch 12:30 Bingo 12:45 HEALTH PARTNERS: ASTHMA	24	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	25	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 Bingo/Pinochle/Crafts 12:45 MOVIE DAY	26
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo/Rhythm of Life 12:45 COOKING WITH JESSICA	29	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French	30	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:45 Pinochle 12:30 Bingo 12:00 Lunch 12:45 GAME DAY	31	<div style="display: flex; align-items: center; justify-content: center;">  <div style="margin-left: 10px;"> <p>Movie Day</p> <p>Tuesday, August 16th</p> <p>12:45 PM</p> </div> </div>	<div style="display: flex; align-items: center; justify-content: center;">  <div style="margin-left: 10px;"> <p>Movie Day</p> <p>Friday, August 26th</p> <p>12:45 PM</p> </div> </div>		

MENU – AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ROAST BEEF & GRAVY PARSLEY NOODLES BABY CARROTS DINNER ROLL PINEAPPLE TIDBITS & MANDARIN ORANGES	2 EGG OMELET W/ CHEESE BREAKFAST SAUSAGE HOME FRIES W/ ONIONS FRESH SEASONAL FRUIT	3 BAKED CHICKEN PARMESAN PASTA W/ SAUCE MIXED GREENS CINNAMON APPLESAUCE	4 CHEF SALAD (HAM, TURKEY, EGG, CHEESES) MIXED GREENS PICKLED BEETS FRESH SEASONAL MELON GELATIN	5 POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES SALAD SEASONAL FRUIT
8 BAKED HAM SLICE W/ PINEAPPLE SAUCE SCALLOPED POTATOES COUNTRY MEADOW BLEND WHOLE WHEAT BREAD TAPIOCA PUDDING	9 BAKED MEATLOAF W/ GRAVY WHIPPED POTATOES GREEN BEANS VANILLA ICE CREAM	10 CHEESEBURGER BROCCOLI SALAD SLICED PEACHES	11 BBQ CHICKEN BREAST CHEESY NOODLES ITALIAN VEGETABLE MEDLEY FRESH SEASONAL FRUIT	12 BAKED CRAB CAKE BAKED POTATO W/ SOUR CREAM SWEET PEAS BROWNIE SQUARE
15 CHICKEN CACCIATORE OVER PASTA VEGETABLE IN ENTRÉE BROCCOLI FRESH SEASONAL FRUIT	16 MEATBALL HOAGIE SEASONED RED POTATOES ITALIAN BEANS FRESH SEASONAL FRUIT	17 BIRTHDAY LUNCH BAKED CHICKEN BREAST W/ GRAVY BLENDED RICE PILAF CALIFORNIA MEDLEY SUNSET PINEAPPLE BIRTHDAY CAKE	18 TURKEY BREAST & SWISS SANDWICH CHEESY CAULIFLOWER SOUP FRESH COLESLAW MIXED FRUIT SALAD	19 BAKED PIZZA CASSEROLE W/ CHEESE TOPPING MIXED GREENS W/ TOMATO GARLIC BREAD STICK ORANGE SHERBET
22 OPEN FACE ROAST BEEF SANDWICH W/ GRAVY O'BRIEN POTATOES MIXED BEAN MEDLEY CHOCOLATE PUDDING	23 BAKED VEGETABLE LASAGNA W/ PARMESAN CREAM SAUCE MIXED GREENS ITALIAN BREAD PINEAPPLE TIDBITS	24 CHICKEN SANDWICH CREAM OF BROCCOLI SOUP APPLE JUICE FRESH MELON	25 ITALIAN HOAGIE POTATO SALAD FRESH PEPPER SLAW FRESH SEASONAL FRUIT (MELON)	26 ROAST TURKEY W/ SPINACH AND CREAM SAUCE WHIPPED POTATOES SWEET PEAS BANANA PUDDING
29 BAKE SALISBURY STEAK WHIPPED POTATOES SLICED CARROTS SHERBET	30 SPAGHETTI & MEATBALLS SALAD ITALIAN BREAD APPLESAUCE	31 CARIBBEAN GRILLED CHICKEN SALAD MANDARIN ORANGES SALAD GARLIC BREAD STICK LIME FROSTED PEARS	<div style="border: 1px solid black; background-color: #e6f2ff; padding: 10px; width: fit-content; margin: auto;"> PLEASE REMEMBER TO SIGN UP FOR LUNCH 3 DAYS IN ADVANCE </div>	