


PROGRAMS -OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00 Breakfast 3 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 12:45 Rhythm of Life 1:00 Grand Friends</p>	<p>8:00 Breakfast 4 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</p>	<p>8:00 Breakfast 5 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 Nurse 10:00 German Club 10:30 Arthritis Exercise Class 10:30 DELAWARE THEATRE 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle 12:45 AUTISM AWARENESS</p>	<p>8:00 Breakfast 6 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 1:00 Chorus 1:00 Grand Friends</p>	<p>8:00 Breakfast 9:00 Pinochle 7 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 10 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 12:45 Rhythm of Life 1:00 Grand Friends 1:00 GARDEN CLUB</p>	<p>8:00 Breakfast 11 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 11:15 Planning Council 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 12:45 GAME DAY</p>	<p>8:00 Breakfast 12 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 Nurse 10:00 German Club 10:30 Arthritis Exercise Class 10:30 DELAWARE THEATRE 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle 12:45 INTERIM: UNDERSTANDING DRUG INTERACTIONS</p>	<p>8:00 Breakfast 13 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club 10:30 Art Appreciation 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Chorus ***MEMORIAL SERVICE*** 1PM</p>	<p>8:00 Breakfast 9:00 Pinochle 14 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 90+ BIRTHDAY CELEBRATION 12:30 Bingo/Pinochle/Crafts 12:45 DELLAVECCHIA</p>
<p>8:00 Breakfast 17 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 12:45 Rhythm of Life 1:00 Grand Friends</p>	<p>8:00 Breakfast 18 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</p>	<p>8:00 Breakfast 9:00 Pinochle 19 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 Nurse 10:00 German Club 10:30 DELAWARE THEATRE 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 BIRTHDAY LUNCH 12:30 Bingo 12:45 Pinochle ***TALENT SHOW*** 12:45PM</p>	<p>8:00 Breakfast 20 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Photo Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 11:15 Book Club Classic 11:15 Book Club Classic 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Computer Forum 1:00 Chorus</p>	<p>8:00 Breakfast 21 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 TRI COUNTY: TREATMENT FOR ARTHRITIC PAIN</p>
<p>8:00 Breakfast 9:00 Pinochle 24 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 SHOPRITE 1:00 Grand Friends</p>	<p>8:00 Breakfast 25 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</p>	<p>8:00 Breakfast 26 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 Nurse 10:00 German Club 10:30 Arthritis Exercise 10:30 DELAWARE THEATRE 11:15 Bingo/Silver Sneakers Classic 12:45 Pinochle 12:30 Bingo 12:30 Book Club 12:45 DIVINE SERVICES</p>	<p>8:00 Breakfast 27 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 Grand Friends 1:00 Computer Forum 1:00 Chorus</p>	<p>8:00 Breakfast 28 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</p>
<p>8:00 Breakfast 9:00 Pinochle 31 9:30 Silver Sneakers Cardio Circuit 10:00 FEED YOUR BRAIN 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:30 Rhythm of Life 1:00 Grand Friends</p>	<p style="text-align: center;">Book Club Classic</p> <p style="text-align: center;">Maggie, a Girl of the Streets By Stephen Crane</p>	<p style="text-align: center;">Book Club</p> <p style="text-align: center;">The Aviator's Wife By Melanie Benjamin</p>		

MENU – OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3	4	5	6	7	
<p style="text-align: center;">PEPPER STEAK W/ PEPPERS ONIONS & GRAVY 1 PARSLEY POTATOES BABY CARROTS APPLESAUCE</p>	<p style="text-align: center;">BREADED CHICKEN FILLET SANDWICH HOMEMADE VEGETABLE SOUP PINEAPPLE & ORANGES</p>	<p style="text-align: center;">OVEN ROASTED HOT BEEF W/ GRAVY BAKED POTATO SWEET & SOUR COLESLAW GELATIN W/ TOPPING</p>	<p style="text-align: center;">POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES FRESH SEASONAL FRUIT</p>	<p style="text-align: center;">HOT DOG WHIPPED POTATOES SAUERKRAUT HOT DOG BUN CHOCOLATE BROWNIE</p>	
10	11	12	13	14	
<p style="text-align: center;">PORK LOIN W/ GRAVY SCALLOPED POTATOES SWEET PEAS & ONIONS DINNER ROLL FRESH SEASONAL FRUIT</p>	<p style="text-align: center;">ITALIAN MEATBALL HOAGIE W/ SAUCE & CHEESE SEASONED NEW POTATOES MIXED BEAN MEDLEY TAPIOCA PUDDING</p>	<p style="text-align: center;">STUFFED PEPPER CASSEROLE W/ TOMATO SAUCE WHIPPED POTATOES YELLOW BEANS WHOLE WHEAT BREAD DICED PEARS</p>	<p style="text-align: center;">CHEF SALAD (HAM, TURKEY, EGG & CHEESES) MIXED GREENS PICKLED NOODLE SOUP PEACHES</p>	<p style="text-align: center;">CREAMY PARMESAN GARLIC CHICKEN W/ CREAM SAUCE PENNE PASTA ITALIAN VEGETABLE MEDLEY CINNAMON APPLESAUCE</p>	
17	18	19	20	21	
<p style="text-align: center;">BAKED HAM SLICE W/ SAUCE ORANGE KISSED MASHED SWEET POTATOES BRUSSEL SPROUTS VANILLA ICE CREAM</p>	<p style="text-align: center;">BBQ CHICKEN BREAST SEASONED REDSKIN POTATOES COUNTRY VEGETABLE BLEND SUGAR COOKIE</p>	<p style="text-align: center;">BIRTHDAY LUNCH ROAST TURKEY & GRAVY HOMEMADE STUFFING BABY CARROTS WARM CINNAMON APPLESAUCE "BIRTHDAY CAKE"</p>	<p style="text-align: center;">TURKEY & SWISS SANDWICH CHEESY BROCCOLI SOUP FRESH SEASONAL FRUIT</p>	<p style="text-align: center;">BREADED LEMON PEPPER POLLOCK BAKED POTATO W/ SOUR CREAM GARDEN SALAD SLICED PEACHES W/ OATMEAL TOPPING</p>	
24	25	26	27	28	
<p style="text-align: center;">MEATLOAF W/ GRAVY WHIPPED POTATOES ITALIAN BEANS WHOLE WHEAT BREAD BANANA PUDDING FLUFF</p>	<p style="text-align: center;">BAKED VEGETABLE LASAGNA MIXED GREENS SLICED APPLES W/ OATMEAL TOPPING</p>	<p style="text-align: center;">BBQ PULLED PORK SANDWICH SOUTHWEST RICE & BLACK BEANS FRESH COLESLAW FRESH SEASONAL FRUIT</p>	<p style="text-align: center;">GRILLED CHICKEN CAESAR SALAD MIXED GREENS NAVY BEAN SOUP PEARS</p>	<p style="text-align: center;">HAM & SCALLOPED POTATO CASSEROLE BRAISED CABBAGE GREEN BEANS STRAWBERRY ICE CREAM</p>	
31	<div style="border: 2px solid orange; background-color: #f4a460; padding: 10px; margin: 0 auto; width: 80%;"> <p style="text-align: center; margin: 0;"><i>Please remember to sign up for your lunch <u>3 days in advance!</u></i></p> </div>				
<p style="text-align: center;">ROAST TURKEY & GRAVY HOMEMADE STUFFING BABY CARROTS WARM CINNAMON APPLESAUCE</p>					