MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1		**2**		**3**		**4**		**5**
				9:30	Aerobic Exercise/Richard Simons				
9:30	Aerobic Exercise/Richard Simons	8:45	Cardio/Aerobic Exercise w/ Nancy	10:30	Exercise w/ Karen	8:45	Cardio/Aerobic Exercise w/ Nancy	8:15	Exercise
10:30	Exercise w/ Karen	9:30	Busy Hands	12:30	Decorative Painting Class	9:30	Busy Hands	9:00	Zumba
11:30	Tai Chi Arthritis	9:45	Woodcarvers	**12:30**	***Movie- Inglorious Basterds***	10:00	Computer Aides	9:00	Bridge
1:00	Scrabble/Skat/Uno	1:00	Poker/Bridge/Skat/Unc	1:00	Scrabble/Whist	10:30	Exercise w/ Karen	9:30	Needlework Group
1:00	Art Class	1:00	Strong Women	2:00	Poker/Cards	11:45	Tai Chi	10:00	Line Dancing
1:00	Market Basket					1:00	Bingo	10:15	Mark Falzone's Rep
1:30	Yoga					1:00	Bridge	11:00	Katherine Clark
Lunch 11:45	**Chicken Cordon Bleu or Roast Beef**	**Lunch 11:45**	**Salisbury Steak or Egg Salad**	**Lunch 11:45**	**American Chop Suey or Seafood Salad**	**Lunch 11:45**	**Roast Pork or Tuna Salad**	**Lunch 11:30**	**Breaded Fish or Sliced Turkey**
	8		**9**		**10**		**11**		**12**
				9:30	Aerobic Exercise/Richard Simons				
9:30	Aerobic Exercise/Richard Simons	8:45	Cardio/Aerobic Exercise w/ Nancy	9:30-11:30	Blood Pressure Clinic	8:45	Cardio/Aerobic Exercise w/ Nancy	8:15	Exercise
10:30	Exercise w/ Karen	9:30	Busy Hands	10:30	***Book Club***	9:30	Busy Hands	9:00	Zumba
11:30	Tai Chi Arthritis	9:45	Woodcarvers	10:30	Exercise w/ Karen	10:00	Computer Aides	9:00	Bridge
1:00	Scrabble/Skat/Uno	1:00	Poker/Bridge/Skat/Unc	12:30	Decorative Painting Class	10:30	Exercise w/ Karen	9:30	Needlework Group
1:00	Art Class	1:00	Strong Women	**12:30**	***Movie-The Accidental Husband***	11:45	Tai Chi	10:00	Line Dancing
1:00	Market Basket			1:00	Scrabble/Whist	1:00	Bingo	10:15	Mark Falzone's Rep
1:30	Yoga			2:00	Poker/Cards	1:00	Bridge		
Lunch 11:45	**Turkey Broccoli Penne or Egg Salad**	**Lunch 11:45**	**Mac & Cheese or Chicken Salad**	**Lunch 11:45**	**Meatloaf or Seafood Salad**	**Lunch 11:45**	**Chicken with Apple Stuffing**	**Lunch 11:30**	**Salmon Bowl or Roast Beef**
	15		**16**		**17**		**18**		**19**
				9:30	Aerobic Exercise/Richard Simons				
		8:45	Cardio/Aerobic Exercise w/ Nancy	10:30	Exercise w/ Karen	8:45	Cardio/Aerobic Exercise w/ Nancy	8:15	Exercise
		9:30	*Hairdresser*	10:30	Book Group	9:30	Busy Hands	9:00	Zumba
	Presidents Day	9:30	Busy Hands	11:00	Jeweler	10:00	Computer Aides	9:00	Bridge
	Closed	9:45	Woodcarvers	12:30	Decorative Painting Class	10:30	Exercise w/ Karen	9:30	Needlework Group
		1:00	Poker/Bridge/Skat/Unc	**12:30**	***Movie- The Invention of Lying***	11:45	Tai Chi	10:00	Line Dancing
		1:00	Strong Women	1:00	Scrabble/Whist	1:00	Bingo	10:15	Mark Falzone's Rep
		1:00	Target	2:00	Poker/Cards	1:00	Bridge		
		Lunch 11:45	**Chicken Marsala or Breaded Chicken Patty**	**Lunch 11:45**	**Pier 17 Fish or Egg Salad**	**Lunch 11:45**	**Hot Dog or Turkey Salad**	**Lunch ll:30**	**Crab Cakes or Tuna Salad**
	22		**23**		**24**		**25**		**26**
9:30	Aerobic Exercise/Richard Simons							8:15	Exercise
10:30	Exercise w/ Karen	8:45	Cardio/Aerobic Exercise w/ Nancy	9:30	Aerobic Exercise/Richard Simons	8:45	Cardio/Aerobic Exercise w/ Nancy	9:00	Zumba
11:30	Tai Chi Arthritis	9:30	Busy Hands	9:30 11:30	Blood Pressure	9:30	Busy Hands	9:00	Bridge
1:00	Podiatrist	9:45	Woodcarvers	10:30	Exercise w/ Karen	10:00	Computer Aides	9:30	Needlework Group
1:00	Scrabble/Skat/Uno	1:00	Poker/Bridge/Skat/Unc	12:30	Decorative Painting Class	10:30	Exercise w/ Karen	10:00	Line Dancing
1:00	Art Class	1:00	Strong Women	**12:30**	***Movie- The Time Travelers Wife***	11:45	Tai Chi	10:15	Mark Falzone's Rep
1:00	Market Basket	1:00	Shaws	1:00	Scrabble/Whist	1:00	Bingo		
1:30	Yoga			2:00	Poker/Cards	1:00	Bridge		
Lunch 11:45	**Stuffed Pepper or Turkey Sandwich**	**Lunch 11:45**	**Pot Roast or Chicken Salad**	**Lunch 11:45**	**Baked Chicken or Roast Beef**	**Lunch 11:45**	**Baked Ziti or Tuna Salad**	**Lunch 11:30**	**Breaded Fish or Egg Salad**

The first meal listed is the hot meal the second is the cold. If you need more detailed information regarding the lunch please call the center. Full menu available in the office

Reserved for Sponsors