

April 2018 Daily Activities

Mon	Tue	Wed	Thu	Fri
2. Individual Computer Training-10:30am Tai Chi—11am Drama Class—11am Arts & Crafts— 11:30	3. Beading –11am Dancercise 12-2pm Stretching 1-1:30pm Discussion Group 2pm	4 <u>Fall Prevention Workshop 12:45</u> Chair Exercise-11am Drama Class– 11-12pm Choir Group 11-12pm Crocheting-11am	5. Tai Chi– 11-12pm Dancercise-12-2pm Music for Memory 11-12pm Movie Review1-3pm Discussion Group 1:30pm	6 <u>Fan Food—10AM</u> <u>Cake Sale –10AM</u> Tai Yoga 11-12pm Latch Hook-11:30 How to use your Devices 10am-2pm
9. <u>Home Care Services Workshop 12:45</u> Individual Computer Training-10:30am Tai Chi—11am Drama Class—11am Arts & Crafts— 11:30	10. <u>Bay Plaza Mall 10:30</u> Beading –11am Dancercise 12-2pm Stretching 1-1:30pm Discussion Group 2pm	11. Chair Exercise-11am Drama Class– 11-12pm Choir Group 11-12pm Crocheting-11am Stretching 1-1:30pm	12. Tai Chi– 11-12pm Dancercise-12-2pm Music for Memory 11-12pm Movie Review1-3pm Discussion Group 1:30pm	13. <u>Game Night 5-7:30PM</u> <u>Advisory Council Mtg. 11AM</u> Tai Yoga 11-12pm Latch Hook-11:30 How to use your
16. Individual Computer Training-10:30am Tai Chi—11am Drama Class—11am Arts & Crafts— 11:30	17. <u>Trivia With Alicia 12:45</u> Beading –11am Dancercise 12-2pm Stretching 1-1:30pm Discussion Group 2pm	18. Chair Exercise-11am Drama Class– 11-12pm Choir Group 11-12pm Crocheting-11am Stretching 1-1:30pm Discussion Group 2pm	19. Tai Chi– 11-12pm Dancercise-12-2pm Music for Memory 11-12pm Movie Review 1-3pm Discussion Group 1:30pm	20. <u>Atlantic City Resorts 8:30 AM</u> Tai Yoga 11-12pm Latch Hook-11:30 How to use your Devices 10am-2pm
23 Individual Computer Training-10:30am Tai Chi—11am Drama Class—11am Arts & Crafts— 11:30	24. <u>Sammy's Restaurant 10:30</u> <u>Nutrition Workshop 12:45</u> Beading –11am Dancercise 12-2pm Stretching 1-1:30pm Discussion Group 2pm	25. <u>Birthday Celebration Mini Concert 12:45</u> Chair Exercise-11am Drama Class– 11-12pm Choir Group 11-12pm Crocheting-11am Stretching 1-1:30pm Discussion Group 2pm	26. Tai Chi– 11-12pm Dancercise-12-2pm Music for Memory 11-12pm Movie Review 1-3pm Discussion Group 1:30pm	27. <u>General Membership Mtg. 12:45</u> <u>Movement Speaks 11-12pm</u> Tai Yoga 11-12pm Latch Hook-11:30 How to use your Devices 10am-2pm
30 Individual Computer Training-10:30am Tai Chi—11am Drama Class—11am Arts & Crafts— 11:30	Funded by the Department for the Aging			

April 2018 Daily Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2 Baked Turkey Breast Sweet Potatoes Collard Greens Dessert Milk	3 Turkey Stuffed Peppers Yellow Squash Dessert Milk	4 Baked Chicken Quarters Baked Mac & Cheese Green Beans Dessert Milk	5. Per nil/ Roast Pork (Chicken Substitute) Brown Rice and Beans Cabbage w/ Shredded Carrot Dessert Milk	6 Baked Breaded Fish Macaroni Salad Broccoli Milk Dessert
9. Beef Salisbury Steak Mashed Potatoes Carrots & Broccoli Dessert Milk	10 Oven Baked Pork Chops (Chicken Substitute) Yellow Rice and Peas Sautéed Spinach Dessert Milk	11. Beef Pot Roast Baked Potato's Green Beans Dessert Milk	12 BBQ Chicken Leg Quarters Baked Sweet Yams California Blend Veggies Dessert Milk	13 Baked Fish Corn Steamed Broccoli Dessert Milk
16. Vegetable Soup Chicken Salad Pasta Salad Beet Salad Dessert Milk	17. Baked Ziti Garlic Bread Cucumber & Tomato Salad Dessert Milk	18 Baked Turkey Wings Potato Salad Mustard Greens Dessert Milk	19Asian Style Chicken Chinese Style Spaghetti Steamed Broccoli Dessert Milk	20Baked Breaded Fish Red Rice Shredded Cabbage& Carrots Dessert Milk
23 Hamburgers French Fries Garden Salad Dessert Milk	24. Beef and Broccoli) White Rice Winter Blend Veggies Dessert Milk	25. <i>Pork Spare Ribs</i> (Chicken Substitute) Potato Salad Collard Greens Dessert Milk	26. Turkey Meatloaf Brown Rice Green Beans Dessert Milk	27. Baked Fish Potato Wedges Kale Salad Dessert Milk
30.Breaded Chicken Cutlet Baked Mac & Cheese Green Beans Dessert Milk				

- All Meals are Subject to Change.
- All Pork Meals will include a Substitute, for those who do not eat pork.
- Approved by The Department for The Aging

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