

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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"The Earth Laughs in Flowers." – Ralph Waldo Emerson



Baked Haddock, Rice Pilaf,
Vegetable Medley, Cookie,
Milk

10am Wii Sports or Jeopardy
12:30pm Table Toppers*
1pm Rummy*
1:30pm Stretch & Tone (\$4)

1

Sweet & Tangy Cranberry
Chicken, Brown Rice, Broccoli,
Fruit Cup, Milk

Grilled Cheese on
Whole Grain Bread, Low Sodium
Vegetable Soup, Peaches, Milk

Fish & Chips with Tartar Sauce,
Glazed Carrots, Pineapple
Slaw, Pudding, Milk

Meatloaf with Mushroom Gravy,
Mashed Potatoes, Green Beans,
Whole Grain Roll & Butter, Cookie,
Milk

Mixed Greens with Grilled
Chicken, Cranberries, Pepitas, &
Feta Pear Salad, Corn Muffin,
Mandarin Oranges, Milk

9:15am Tai Chi (\$5)
1:30pm Art Class (\$5)
1:30pm Bingo for Bucks

4

9-10:20am Haircuts (\$10)*
9:15am Pilates Strength (\$4)
9:30am Group Trivia
10am Stamp Club*
12:30pm Pinochle
1pm Mahjong
1:30pm Dance w/
Lysandra (\$4)

5

8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
9:30am-2pm Social Services
Appts w/ Tara**
10am Wii Wheel of Fortune*
10:30am-12pm Ed's Tech Appts**
1pm Rummikub
1pm Helpful Tips for
Selling Your Home
with Janine*

6

9am Wood Carving
9:30am Stitch & Chat
9:30-10:45am Free Blood
Pressure Screenings
11am Help Yourself to
Healthy Living: "911 Stroke!"
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Tone &
Balance (\$4)

7

10am Wii Sports or Jeopardy
11am State Rep. Scheuren
Office Resource Hour**
1pm Plastic Mat Project*
1pm Rummy*
1:30pm Stretch & Tone (\$4)

8

Hot Turkey with Bread Stuffing
and Gravy, Cranberry Sauce,
Mixed Vegetables, Peaches, Milk

Special Lunch \$10: Chicken
Teriyaki, Rice, Asian Vegetables,
Strawberry Shortcake, Milk

Shepherd's Pie, Green Salad,
Applesauce, Milk

Tilapia, Green Salad, Whole
Grain Roll & Butter, Cookie,
Milk

Spaghetti with Marinara Sauce,
Italian Sausage, Caesar Salad,
Fruit Cup, Milk

9:15am Tai Chi (\$5)
1:30pm Art Class (\$5)
1:30pm Bingo for Bucks

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9:15am Pilates Strength (\$4)
9:30am Group Trivia
10:30am-12pm Cash for Gold*
12-1:30pm Special Lunch with
Korean Dancers (\$10)*
12:30pm Pinochle
1pm Tasty Tuesday*
1pm Mahjong
1:30pm Book Club*
1:30pm Dance w/
Lysandra (\$4)

12

8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
9:30am-2pm Social Services
Appts w/ Tara**
10am Ping Pong*
10:30am-12pm Ed's Tech Appts**
1pm Rummikub
1pm Springtime Karaoke
Party w/ Arbour Square*

13

Theme Thursday: Patriotic*
9am Wood Carving
9am Medicare Counseling
Appts**
9:30am Stitch & Chat
12:30pm Advisory Council**
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Tone &
Balance (\$4)

14

10am Wii Sports or Jeopardy
1pm PA Health & Wellness
Bday Celebration & Health
Talk*
1pm Rummy*
1:30pm Stretch & Tone (\$4)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Beef Taco Salad, Brown & Whole Grain Rice, Tortilla Chips, Pineapple, Cookie, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Class (\$5) 1:30pm Bingo for Bucks</p> <p>18</p>	<p>ELECTION DAY: NO LUNCH OR AFTERNOON ACTIVITIES</p> <p>9-10:20am Haircuts (\$10)* 9am-2pm Tasty Tuesday* 9:15am Pilates Strength (\$4) 9:30am Group Trivia</p>  <p>19</p>	<p>Crab Cake with Old Bay Mayo, Whole Grain Dinner Roll & Butter, Lettuce & Tomato, Sweet Potato Fries, Mandarin Oranges, Milk</p> <p>8am Chess 9am B'fast Club @ Franconia Heritage Restaurant* 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Serv. Appts** 10am Wii Wheel of Fortune* 10:30am-12pm Ed's Tech Appts* 1pm Rummikub 1pm AstroPhotography w/ Ed*</p> <p>20</p>	<p>Roast Pork w/ Gravy, Mashed Potatoes, Sauerkraut, Green Salad, Whole Grain Dinner Roll & Butter, Pudding, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 12:30pm Table Toppers* 12:30pm Bridge 12:30pm Skip- Bo 1:30pm Tone & Balance (\$4)</p> <p>21</p>	<p>Meatball Sandwich with Marinara & Parmesan, Roasted Potatoes, Green Salad, Fruit, Milk</p> <p>10am Wii Sports or Jeopardy 1pm Nova Care Rehab, Aging and Balance w/ Karen* 1pm Rummy* 1:30pm Stretch & Tone (\$4)</p> <p>22</p>
<p>CLOSED FOR MEMORIAL DAY</p>  <p>25</p>	<p>Chicken Marsala, Long Grain & Wild Rice, Green Beans & Carrots, Peaches, Whole Grain Roll & Butter, Milk</p> <p>9:15am Pilates Strength (\$4) 9:30am Group Trivia 12:30pm Pinochle 1pm Mahjong 1:30pm Dance w/ Lysandra (\$4)</p> <p>26</p>	<p>Sloppy Joe on Whole Grain Bun, Chips, Coleslaw, Cookie, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am Social Services Appts w/ Tara** 10am Ping Pong* 10:30am-12pm Ed's Tech Appts** 1pm Rummikub 1pm Music Bingo w/ Kathleen & Gracen*</p> <p>27</p>	<p>Chicken Pot Pie in Puff Pastry, Green Beans, Pudding, Milk</p> <p>9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 4:30pm Dinner Outing @ JJ Asian*</p> <p>28</p>	<p>Baked Haddock, Rice Pilaf, Vegetable Medley, Cookie, Milk</p> <p>9:30am Veterans' Coffee Catch-Up* 10am Wii Sports or Jeopardy 12:30pm PA Senator Pennyucick: Resources for Seniors* 1pm Rummy* 1:30pm Stretch & Tone (\$4)</p> <p>29</p>

- **Items with *** are Special Programming for this month. Additional information is available in the "Special Program Descriptions" section of our newsletter or at the front desk of either Center.
- **Items with **** are Resources & Services with additional information available in the "Illuminate Your Options" section of our website or electronic newsletter.
- Our center is open 8am - 4pm, Mon-Fri, including access to our fitness room, library, pool table, and ample space for relaxing, socializing, game playing, puzzling etc.

Programs are free unless otherwise indicated.



Scan me

Detailed descriptions for all of our regular and recurring programming can be found on our website:
www.sparkseniorcenters.org
or scan the QR code.