

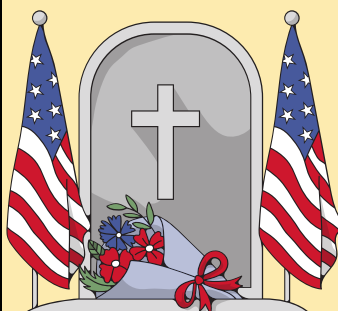
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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COLD MEAL: Tuna Salad Sandwich, Coleslaw, Fruit Salad, Milk
10am Healthy Steps in Motion (Pre-Reg. only)
11am-1pm Tech Tutor Appts**
12:30pm Bingo
12:30pm Korean Beg. Drums
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Sax

<p>Mini Pancakes w/ Syrup, Turkey Sausage, Scrambled Eggs, Spinach, Milk</p> <p>10am Fit for the Future (\$4)</p> <p>10am Whist/Other Games</p> <p>12:30pm Peace & Serenity Through Organizing*</p> <p>2pm Korean Bong Sul</p> <p>3pm Korean Table Tennis</p> <p>4pm Korean Choir Class</p> <p style="text-align: right;">4</p>	<p>COLD MEAL: Tossed Green Salad, Turkey Salad with Craisins, Cornbread, Milk</p> <p>10am Tai Chi (\$4)</p> <p>10am Crafts with Friends (\$4)*</p> <p>1pm Game Club</p> <p>1pm Korean Dance & Drums</p> <p>1:30pm Korean Origami</p> <p>3:30pm Korean Smart Phone Class</p> <p style="text-align: right;">5</p>	<p>Roasted Chicken Thighs, Sweet Potatoes, Cauliflower, Blueberry Buckle, Milk</p> <p>10am Wii Bowling</p> <p>10am Fit for the Future (\$4)</p> <p>10am Medicare Counseling Appts**</p> <p>11:15am Tai Chi w/ Xixin</p> <p>12:30pm News & Media Roundtable w/ WHYY*</p> <p>12:45pm Progressive Pinochle</p> <p>2pm Korean Bong Sul</p> <p>2:30pm Korean Drawing</p> <p>3:30pm Korean Sax</p> <p style="text-align: right;">6</p>	<p>Cheese Stuffed Shells, Crushed Tomato Sauce, Broccoli, Mixed Vegetables, Whole Fruit, Milk</p> <p>9am Gentle Yoga w/ Beth (\$4)</p> <p>10:15am Chair Yoga w/ Beth (\$4)</p> <p>12:30pm Cooking Demo w/ Terri from MCOAS*</p> <p>1pm Korean Women's Bong Sul</p> <p>2pm Korean Line Dancing</p> <p>3pm ESL for Koreans</p> <p>3pm Korean Sax</p> <p>4pm Korean Creative Music Talk</p> <p style="text-align: right;">7</p>	<p>Crab Cake Sandwich with Tartar Sauce, Peas and Carrots, Poached Pear, Milk</p> <p>10am Healthy Steps in Motion (Pre-Reg. only)</p> <p>10:30am Grief Support</p> <p>11am-1pm Tech Tutor Appts**</p> <p>12:30pm Bingo</p> <p>12:30pm Korean Beg. Drums</p> <p>1:30pm Korean Kalimba</p> <p>2pm Korean Bong Sul</p> <p>3pm Korean Book Club</p> <p>3pm Korean Sax</p> <p style="text-align: right;">8</p>
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<p>Philly Roast Pork Sandwich, Cauliflower, Cold Peaches, Milk</p> <p>10am Fit for the Future (\$4)</p> <p>10am Whist/Other Games</p> <p>12:30pm Prayer Care</p> <p>2pm Korean Bong Sul</p> <p>3pm Korean Table Tennis</p> <p>4pm Korean Choir Class</p> <p style="text-align: right;">11</p>	<p>Chicken Pot Pie, Apple Crumble, Green Beans, Milk</p> <p>10am Tai Chi (\$4)</p> <p>10am Storytime w/ Josephine*</p> <p>10am-12pm State Rep. Malagari Office Hours**</p> <p>1pm Game Club</p> <p>1pm Korean Dance & Drums</p> <p>1:30pm Korean Origami</p> <p>3:30pm Korean Smart Phone Class</p> <p style="text-align: right;">12</p>	<p>Special Lunch \$5: Sloppy Joes, Coleslaw, Fruit Salad, Sugar Cookies, Milk</p> <p>10am Wii Bowling</p> <p>10am Fit for the Future (\$4)</p> <p>10am Medicare Counseling Appts**</p> <p>11:15am Tai Chi w/ Xixin</p> <p>11:30am-1:30pm Special Lunch & SPARK Talent Show (\$5)*</p> <p>12:45pm Progressive Pinochle</p> <p>2pm Korean Bong Sul</p> <p>2:30pm Korean Drawing</p> <p>3:30pm Korean Sax</p> <p style="text-align: right;">13</p>	<p>Baked Mac and Cheese, Stewed Tomatoes, Steamed Green Beans, Whole Fruit, Milk</p> <p>9am Gentle Yoga w/ Beth (\$4)</p> <p>10:15am Chair Yoga w/ Beth (\$4)</p> <p>12pm Birthday Celebration & Health Presentation w/ PA Health & Wellness*</p> <p>1pm Korean Women's Bong Sul</p> <p>2pm Korean Line Dancing</p> <p>3pm ESL for Koreans</p> <p>3pm Korean Sax</p> <p>4pm Korean Creative Music Talk</p> <p style="text-align: right;">14</p>	<p>Roasted Tilapia with Lemon Rice, Capri Vegetables, Apple Crumble, Milk</p> <p>10am Healthy Steps in Motion (Pre-Reg. only)</p> <p>11am-1pm Tech Tutor Appts**</p> <p>12:30pm Bingo</p> <p>12:30pm Korean Beg. Drums</p> <p>1:30pm Korean Kalimba</p> <p>2pm Korean Bong Sul</p> <p>3pm Korean Book Club</p> <p>3pm Korean Sax</p> <p style="text-align: right;">15</p>
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Beef Stroganoff with Egg Noodles, Mixed Vegetables, Cold Peaches, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 12:30pm Veterans' Resource Group w/ Rob Gardener* 12:30pm Music Bingo w/ Transcend Home Care* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class</p> <p style="text-align: right;">18</p>	<p>Pot Roast Dinner, Steamed Green Beans, Oven Roasted Tomatoes Pudding, Milk</p> <p>10am Tai Chi (\$4) 10am Free BP Checks* 10:30am Help Yourself to Healthy Living- 911 Stroke Awareness* 1pm Game Club 1pm Korean Dance/Drums 1:30pm Korean Origami 3:30pm Korean Smart Phone Class</p> <p style="text-align: right;">19</p>	<p>COLD MEAL: Turkey and Cheddar Slider, Carolina Coleslaw, Applesauce, Milk</p> <p>9am B'Fast Club @ Franconi Heritage* 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 11:15am Tai Chi w/ Xixin 12:45 Advisory Council** 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax</p> <p style="text-align: right;">20</p>	<p>Pasta with Meatballs, Peas, Poached Pears, Milk</p> <p>THEME THURSDAY: FLORALS* 9am Gentle Yoga w/ Beth (\$4) 10:15am Chair Yoga w/ Beth (\$4) 12:45pm Trivia with Nancy 12:30pm MontCo Assoc/Blind 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 3pm Korean Sax 4pm Korean Creative Music Talk</p> <p style="text-align: right;">21</p>	<p>Caribbean Flounder over Dirty Rice, Roasted Potatoes, Broccoli, Milk</p> <p>10am Healthy Steps in Motion (Pre-Reg. only) 10:30am Grief Support 11am-1pm Tech Tutor Appts** 12:30pm Bingo 12:30pm Korean Beg. Drums 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Sax</p> <p style="text-align: right;">22</p>
<p>CLOSED FOR MEMORIAL DAY</p>  <p style="text-align: right;">25</p>	<p>COLD MEAL: Dagwood Sandwich, Potato Salad, Fruit Cocktail, Milk</p> <p>10am Tai Chi (\$4) 10:30am Springtime Craft w/ YMCA Preschoolers* 12pm Legal Consultations** 12pm Book Club* 1pm Game Club 1pm Korean Dance & Drums 1:30pm Korean Origami 3:30pm Korean Smart Phone Class</p> <p style="text-align: right;">26</p>	<p>Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables, Whole Fruit, Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 10am-12pm State Sen. Collett Office Hours** 11:15am Tai Chi w/ Xixin 12:30pm Rest Easy in Retirement Panel & Ice Cream Social* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax</p> <p style="text-align: right;">27</p>	<p>Sweet Italian Sausage & Peppers, Roasted Potatoes, Steamed Peas, Milk</p> <p>9am Gentle Yoga w/ Beth (\$4) 10:15am Chair Yoga w/ Beth (\$4) 12:30pm Maximize your Health w/ Dr. Darby* 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 3pm Korean Sax 4pm Korean Creative Music Talk 4:30pm Dinner Outing @ JJ Asian*</p> <p style="text-align: right;">28</p>	<p>Paprika Chicken with Brown and Wild Rice Pilaf, Cauliflower, Poached Pears, Milk</p> <p>11am-1pm Tech Tutor Appts** 12:30pm Bingo 12:30pm Korean Beg. Drums 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Sax</p> <p style="text-align: right;">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, with access to self-organized Rummikub, Puzzles, Card Games, Chess, and Creative Coloring. See Sabrina or a greeter at the front desk for questions or to access materials.

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.