

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Greek Salad with Grilled Chicken, Whole Grain Roll & Butter, Cookie, Milk 9am Wood Carving 9:30am Stitch & Chat 9:30-10:45am Free BP Screens* 11am Help Yourself to Healthy Living- Success in Disease Prevention & Health Promotion* 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Stretch & Tone (\$4)	Meatloaf w/ Mushroom Gravy, Mashed Potatoes, Green Beans, Whole Grain Roll & Butter, Apple Sauce, Milk 10am Wii "Who Wants to Be a Millionaire?" * 12:30pm Table Toppers* 1pm Rummy 1pm Plastic Mat Service Project* 1:30pm Weights & Cardio Intervals with Jean (\$4)*
Grilled Ham & Swiss on Rye, Beet Salad, Chips, Mandarin Oranges, Milk 9:15am Tai Chi (\$5) 10am Mindwell Cognitive Wellness Program Series w/ GMU: Memory Strategies* 11am-2pm 1:1 Appts with GMU SLP Students* 1:30pm Art Class (\$5) 1:30pm Bingo for Bucks	Shrimp Caesar Salad, Whole Grain Roll & Butter, Mixed Fruit, Milk 9-10:20am Haircuts (\$10) 9:15am Pilates Strength (\$4) 9:30am Group Trivia 10am Stamp Club* 12:30pm Pinochle 12:30pm Mahjong 1:30pm Dance with Lysandra (\$4) 2:30pm Brand Ambassador Training Pt 1*	Grilled Chicken Breast w/ Roasted Red Peppers, Spinach, Tomato, Pesto, & Mozzarella, Potato Salad, Apple Slices, Milk 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** 12:30pm Energy Efficiency Trivia* 1pm Rummikub 1pm Apps for Smart Phones* 1:30pm NEW Chair Yoga w/ Lysandra (\$4)*	Swedish Meatballs Over Egg Noodles, Broccoli & Carrots, Pudding, Milk 9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 12:30pm Advisory Council** 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Stretch & Tone (\$4) 2:30pm Brand Ambassador Training Pt 2*	Baked Cod, Stewed Tomatoes, Macaroni & Cheese, Cookie, Milk 9am B'fast Club @ BDM Cafe* 10am Wii "Are You Smarter than a 5th Grader?" * 11am State Rep. Scheuren Office Resource Hour** 1pm Rummy 1:30pm Weights & Cardio Intervals with Jean (\$4)*
Chicken & Broccoli Pasta w/ Spinach Alfredo Sauce, Caesar Salad, Fruit, Milk 9:15am Tai Chi (\$5) 11am-2pm GMU SLP Students 1:30pm Art Class (\$5) 1:30pm Bingo for Bucks	Crab Cake w/ Old Bay Mayo, Whole Grain Dinner Roll, French Fries, Green Beans, Melon, Milk 9:15am Pilates Strength (\$4) 9:30am Group Trivia 10:30am-12pm Cash for Gold* 12:30pm Pinochle 12:30pm Mahjong 1pm Tasty Tuesday* 1:30pm Book Club* 1:30pm Dance with Lysandra (\$4)	Taco Salad, Tortilla Chips, Pineapple, Cookie, Milk 8am Chess 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 History, Music, and Medicare Trivia w/ Jamey* 1pm Rummikub 1:30pm NEW Chair Yoga w/ Lysandra (\$4)* 4:30pm Dine & Donate @ The Pour House*	Bday Lunch: BBQ Pulled Pork Stuffed Sweet Potato w/ Cheddar, Cole Slaw, Mixed Vegetables, Milk 9am Wood Carving 9:30am Stitch & Chat 12:30pm Bridge 12:30pm Skip-Bo 12:30pm Table Toppers* 1pm PA Health & Wellness Bday Celebration* 1:30pm Stretch & Tone (\$4)	Lemon Fish, Rice Pilaf, Parslied Carrots, Mandarin Oranges, Milk 10am Wii "Who Wants to Be a Millionaire?" * 1pm Rummy 1pm Plastic Mat Service Project* 1:30pm Weights & Cardio Intervals with Jean (\$4)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian Chili, Cheddar Corn Bread, Green Salad, Pudding, Milk 9:15am Tai Chi (\$5) 10am Mindwell Cognitive Wellness Program Series w/ GMU: Planning & Organization Strategies* 11am-2pm 1:1 Appts with GMU SLP Students* 1:30pm Art Class (\$5) 1:30pm Bingo for Bucks 19	Italian Chicken Stew, Brown Rice, Green Salad, Peaches, Milk 9-10:20am Haircuts (\$10) 9:15am Pilates Strength (\$4) 9:30am Group Trivia 12:30pm Pinochle 12:30pm Mahjong 1:30pm Dance w/ Lysandra (\$4) 6pm PA Medi: Almost 65? Come learn about Medicare* 20	Cheese Burger on Whole Grain Bun with Spinach, Tomato & Onion, Baked Beans, Fruit, Milk 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 Pie Tasting w/ Home Instead* 1:30pm NEW Chair Yoga w/ Lysandra (\$4)* 21	Apricot Glazed Salmon, Long Grain & Wild Rice w/ Sauteed Spinach, Vegetable Medley, Cookie, Milk 9am Wood Carving 9:30am Stitch & Chat 10am PA Medi Presents: Medicare 2027 Update* 12:30pm Bridge 12:30pm Skip- Bo 1pm Medicare Counseling by Appt** 1:30pm Stretch & Tone (\$4) 22	Chicken Salad Stuffed Tomato on Lettuce Bed, Whole Grain Roll & Butter, Mandarin Oranges, Milk 10am Wii "Are You Smarter than a 5th Grader?" * 1pm Rummy 1:30pm Weights & Cardio Intervals with Jean (\$4)* 23
Pineapple Chicken over Brown Rice w/ Shredded Carrots, Vegetable Egg Roll, Mandarin Oranges, Fortune Cookie, Milk 9:15am Tai Chi (\$5) 10am Mindwell Cognitive Wellness Program Series w/ GMU: Organization & Attention Strategies* 11am-2pm 1:1 Appts with GMU SLP Students* 1:30pm Art Class (\$5) 1:30pm Bingo for Bucks 26	Tuna Salad with Cheddar on Multi-Grain Bread, Lettuce & Tomato, Tomato Soup, Peaches, Milk 9:15am Pilates Strength (\$4) 9:30am Group Trivia 12:30pm Pinochle 12:30pm Mahjong 1:30pm Dance w/ Lysandra (\$4) 27	Special Lunch \$10, Vets Free: Spring Mix Salad w/ Vinaigrette, Filet Mignon w/ Bordelaise Sauce, Twice Baked Potato, Vegetable Medley, Roll & Butter, Apple or Cherry Pie 8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am Social Serv. Appts** 10am Wii "Wheel of Fortune" * 10:30am-12pm Ed's Tech Appts** 12-1:30pm Vets' Special Lunch & Quartet (\$10, Free for Vets)* 1pm Rummikub 1:30pm NEW Chair Yoga w/ Lysandra (\$4)* 28	Greek Salad with Grilled Chicken, Whole Grain Roll & Butter, Cookie, Milk 9am Wood Carving 9:30am Stitch & Chat 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Stretch & Tone (\$4) 29	Stuffed Shells w/ Marinara, Caesar Salad, Mixed Fruit, Milk Theme Day: Halloween* 9:30am Veterans' Coffee Catch-Up* 10am Wii "Jeopardy" * 10:15am YMCA Halloween Parade* 1pm Aetna Halloween Bingo* 1pm Rummy 1:30 Weights and Cardio Intervals with Jean (\$4)* 30

- **Items in red with *** are Special Programs for this month. Call our front desk or download our full newsletter online for more information on these offerings.
- **Items with **** are Social Services & Resources, with additional information available under the "See what we offer" tab of our website or in our 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.