


Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Sweet & Tangy Cranberry Boneless Chicken Thigh, Brown Rice, Broccoli, Pudding, Milk</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10am Stamp Club* 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance with Lysandra" Class (\$4)</p> <p style="text-align: right;">1</p>	<p>Vegetarian 3 Bean Chili, Green Salad, Fruit Cup, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Autism Awareness- Meet Connor Feeney* 2:30pm NEW! Chair Yoga with Lysandra* (\$4)</p> <p style="text-align: right;">2</p>	<p>Ground Beef Stroganoff, Egg Noodles, Steamed Green Beans, Cookie, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 9:30-10:45am BP Screenings 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 11am Help Yourself to Healthy Living: What's that Therapy? * 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">3</p>	<p>Baked Lemon Fish, Brown Rice, Vegetable Medley, Whole Grain Roll & Butter, Cookie, Milk</p> <p>10am Wii Sports or Jeopardy 10am Walk with Ease* 12:30pm Table Toppers* NO Happy? Ya! Ya! Crew Today 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">4</p>
<p>Hot Open Face Turkey & Gravy on Wheat Bread, Tuscan Vegetables, Cranberry Sauce, Milk</p> <p>9:15am Tai Chi (\$5) 10:30am-12pm Cash for Gold* 1:30pm Art Club NEW TIME 1:30pm Bingo for Bucks</p> <p style="text-align: right;">7</p>	<p>Sausage, Peppers, & Onions Served w/ Roasted Potatoes & Tomato Sauce, Fruit, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Book Club* 1:30pm "Dance with Lysandra" class (\$4)</p> <p style="text-align: right;">8</p>	<p>Chicken & Broccoli over Pasta Alfredo, Garden Salad, Brownie, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Fire Safety for Seniors*</p> <p style="text-align: right;">9</p>	<p>Cheeseburger on Whole Grain Bun, Lettuce, Tomato, Baked Beans, Mandarin Oranges, Milk</p> <p>9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 12:30pm Advisory Council ** 12:30pm Bridge or Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">10</p>	<p>Crab Cake, Sweet Potato Fries, Mixed Vegetable, Fruit, Milk</p> <p>9am B'fast Club @ 5 Star Diner* 10am Wii Sports or Jeopardy 10am Walk with Ease* 11am State Rep. Scheuren Office Hour** 1pm The Happy? Ya! Ya! Crew-National Pet Day* 1pm Marley Maina Pet Therapy Session * 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">11</p>
<p>Whole Grain French Toast Sticks, Scrambled Eggs w/ Cheese, Turkey Sausage, Peaches, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Club NEW TIME 1:30pm Bingo for Bucks 4:30pm Dinner Outing @ PJ Whelihan's*</p> <p style="text-align: right;">14</p>	<p>SPECIAL LUNCH: Philly Cheesesteaks w/ Onions & Side of Marinara, French Fries, Garden Salad, Ice Cream Sandwich</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:00-1:30pm Special Phillies Cheesesteak Lunch & Games (\$8)* 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance w/ Lysandra" Class (\$4)</p> <p style="text-align: right;">15</p>	<p>Mixed Greens w/ Grilled Chicken, Pears, Pecans, & Cranberries, Cheddar Biscuit, Fruit Cup, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10-11:30am Covenant Insurance Info Table* 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Arts and Crafts: Easter Egg Decorating*</p> <p style="text-align: right;">16</p>	<p>Sloppy Joe, Whole Grain Bun, French Fries, Garden Salad, Pineapple, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat NO GMUSLP Students Today 12:30pm Bridge 12:30pm Skip-Bo NO Tone & Balance Today</p> <p style="text-align: right;">17</p>	<p style="text-align: center;">Closed for Good Friday</p>  <p style="text-align: right;">18</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Roast Beef, Mashed Potatoes, Carrots, Roll & Butter, Applesauce, Milk</p> <p>9:15am Tai Chi (\$5) 12-4pm Photo Shoot Day* 1pm PA Health & Wellness Bday Celebration/Program* Special Time 1-2:45pm Art Club NEW TIME 1:30pm Bingo for Bucks 3pm FREE "Dance with Lysandra" Class trial* 21</p>	<p>BBQ Pulled Pork Stuffed Sweet Potato, Green Beans, Cookie, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance with Lysandra" Class (\$4) 22</p>	<p>Roasted Vegetable Pizza, Soup Du Jour, Mandarin Oranges, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am Weatherization Talk* 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Peter Wentz- The PA German Past* 2:30pm NEW! Chair Yoga with Lysandra* (\$4) 23</p>	<p>Chicken Pot Pie in Puff Pastry, Green Salad, Fruit, Milk</p> <p>9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 12:30pm Bridge or Skip-Bo 1:30pm Tone & Balance (\$4) 24</p>	<p>Salmon Crouquette, Tartar Sauce, Rice Pilaf, Carrots & Peas, Peaches, Milk</p> <p>9:30am Veteran's Coffee Catch-up* 10am Wii Sports or Jeopardy 10am Walk with Ease* 1pm The Happy? Ya! Ya! Crew- Nat'l Telephone Day* 1:30pm Stretch & Tone (\$4) 25</p>
<p>Quiche Lorraine (bacon), Mixed Vegetables, Applesauce, Whole Grain Roll & Butter, Milk</p> <p>9am-3pm Sen. Pennycuik's Office- Property Tax/Rent Rebates* 9:15am Tai Chi (\$5) 1:30pm Art Club NEW TIME 1:30pm Bingo for Bucks 28</p>	<p>Sweet & Tangy Cranberry Boneless Chicken Thigh, Brown Rice, Broccoli, Pudding, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance with Lysandra" Class (\$4) 29</p>	<p>Vegetarian 3 Bean Chili, Green Salad, Fruit Cup, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10-11:45am Balance & Fall Prevention Workshop* 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm FREE NPHS Musical (offsite)* 30</p>	<p><i>This Month We Celebrate:</i></p> <p> Wednesday, April 2nd - World Autism Day  Sunday, April 13th - Passover (Judaism)  Sunday, April 13th - Palm Sunday (Christianity)  Friday, April 18th - Good Friday (Christianity)  Sunday, April 20th - Easter (Christianity)  Tuesday, April 22nd - Earth Day</p>   	

Orange with * Indicates special programming with additional information available at our front desk or online

Blue with ** Indicates Resources & Services with additional info available at our front desk or online

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



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