

Meals served at 11:30 am

March 2010

Semcac Dining 664-3735

Mon	Tue	Wed	Thu	Fri	Sat
<u>Goulash</u> 1 1:00p Travel Committee 1:00p Movie 6-10p CPR	<u>Chicken Breast</u> 2 9:30 Intro spreadsheets 10a Blood Pressure Chk 11a Atty P. Beaumaster 11:30 Waist Management 12:30-Foot Care 6P Fitness Orient 6-10p CPR-PR	<u>Meatballs</u> 3 10a Rodgers & Hammerstein Story 1:30 NATC Committee 2-4 Fiber Weaving Class 6-10p CPR-PR	<u>Beef Tips in Gravy</u> 4 9:30- Intro spreadsheets 12-1 Kari Berit, Brain Health 5:30 AARP Driver Safety 6-8p Bridging the Digital Divide	<u>Tuna Casserole</u> 5 9:30-Medicare Consults 10a Fitness Orient 6:30-8:30 Game Night	6
<u>Cntry Fried Steak</u> 8 8:30 Retired Teachers 9:30 Digital Snapshots 11:15 Read w/ 4th Gr. 1:00 Movie	<u>Chili con Carne</u> 9 9a ABC'S of Medicare 9:30 Present. Software 10-12 Woodcarvers 11:30 Waist Management 12:30-Foot Care	<u>Pork Roast</u> 10 10a Rodgers & Hammerstein Story 1p POOL CLOSED 6:30 Fitness Orient.	<u>Beef Stew</u> 11 9:30 Present. Software 10:45 Trip 12-1 Kari Berit, Brain Health 6p How To Stay Young 6-8p Bridging the Digital Divide	<u>Bkd Fish/Pk Stk</u> 12 9-noon Joy of Quilting 9:30 CPR Short Course 10a Fitness Orientation 10:30-12 Book Club 1p Pool Orientation 6:30-8:30 Game Night	13 10a Fitness Orient
<u>Salisbury Steak</u> 15 9:30 Digital Snapshots 1:00 Movie 1:30 Greeting Card Grp <i>NIA Break Week</i> 5:30p AARP Driver Safety Class	<u>Beef Pot Roast</u> 16 10:45 Fitness Orientation 11:30 Waist Management 6p Fitness Orientation	<u>Chicken ala King</u> 17 10a How To Stay Young 12p Out To Lunch 1:30 NATC Committee	<u>Taco Salad</u> 18 9:30-11:30 Finance Mtg. 10:30 JFK 6-8p Bridging the Digital Divide	<u>Corned Beef/Cod</u> 19 9:30 Tech Time 9:30-Medicare Consults 11a Blue Grass 6:30-8:30 Game Night	20
<u>Ham Balls</u> 22 9:30 Camera Beyond Point & Shoot 12p Pool Orient. 1:00p Movie <i>NIA Break Week</i>	<u>Roast Beef</u> 23 9:30 Word Processing I 10-12 Woodcarvers 11:30 Waist Management 10:45 Fitness Orientation 2:30 Tap Dancing 4:30 Seasoned Singers	<u>Baked Chicken</u> 24 6:30p—Fitness Orientation	<u>Pork Steak</u> 25 9:30 Word Processing I 3pm- Board Meeting 6-8p Bridging the Digital Divide	<u>Salmon Loaf</u> 26 9-noon Joy of Quilting 9:30 First Aid Training 6:30-8:30 Game Night	27 10a Fitness Orient
<u>Beef Stk & onions</u> 29 9:30 Camera Beyond Point & Shoot <i>NIA Break Week</i> 1:00p Movie 6p Fitness Orient	<u>Chicken Pot Pie</u> 30 9:30 Word Processing I 10:45 Fitness Orientation 2:30 Tap Dancing 2:30-4 Grandparent , Grandchild Water VB 4:30 Seasoned Singers	<u>Baked Ham/Bf Stk</u> 31 2:30p Mini-Memory Book	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>SEMCAC SENIOR DINING Mon-Fri Meals served at 11:30 Call 664-3735 By noon of the preceding day for a reservation</p> </div>		

On-going Weekly Activities

Mon	Tue	Wed	Thu	Fri	Sat
<p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-7:45a Aqua Sunrisers 8:15-9a Aqua Ageless 9:15-10 Aqua Fit 'n' Tone 10a-7:45p Open Swim</p> <p><u>FITNESS CLASSES</u> 8:30-9:15a Tai Chi 9:30-10:15 Body Wakeup 10:30-11:30a SilverSneakers MSROM 5:15-6p NIA 6:15-7:15p Classical Yoga 6a-8p Fitness Rm Open</p> <p><u>GROUP ACTIVITIES</u> 9:30a Bike Club Walks Meet offsite 1pm Popcorn & A Movie</p>	<p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-8a Early Bird Aqua 8a-5:30p Open Swim 5:30-6:30 Evening Aqua 6:30-7:45 Open Swim</p> <p><u>FITNESS CLASSES</u> 8:30-9:15a Core & More 9:30-10:30a Circuit Tr. 10:30-11:30 Gentle Yoga 6:30-7:30p Mindful Yoga 6-6:45 Strength Circuit 6-9:30a Fitn. Rm Open 10:30a-6p Fitness Rm Open 6:45-8P Fitn Rm Open</p> <p><u>GROUP ACTIVITIES</u> 12:30-3p Euchre 1:15-3:15 Int/Adv. Open Ping Pong 1-3p Hook, Yarn & needle 1-4p Duplicate Bridge</p>	<p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-7:45a Aqua Sunrisers 8:15-9a Aqua Ageless 9:15-10a Aqua Fit 'n' Tone 10a-7:45p OPEN SWIM POOL CLOSED 1PM CLEANING 2ND WED.</p> <p><u>FITNESS CLASSES</u> 8:30-9:15a Tai Chi 9:30-10:15 Country Line 10:30-11:30a SilverSneakers MSROM 12:00-1:15p Slo Flo Hatha Yoga 6-6:45- Zumba Gold 6a-8p Fitness Rm Open</p> <p><u>SERVICES</u> 8-11:30 Massage Therapy</p> <p><u>GROUP ACTIVITIES</u> 1-4p Social Bridge 3-5p Open Ping Pong All Levels <u>COMPUTER LAB</u> 9:30-11:30 Open Lab Time</p>	<p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-8a Early Bird Aqua 8a-5:30p Open Swim 1-4 HOT TUB CLOSED 5:30-6:30p Evening Aqua 7-7:45p Water Volleyball</p> <p><u>FITNESS CLASSES</u> 8:05-8:50a Core & Strength 9:30-10:30 Circuit Training 10:30-11:30 Gentle Yoga 12 - 1 QiGong 1:15-2 Pilates 6-6:45 Strength Circuit 6-9:30a Fitn Rm Open 10:30a-6p Fitness Rm Open 6:45-8P Fitn Rm Open</p> <p><u>GROUP ACTIVITIES</u> 12:45-2:15 Chime Choir 1:00-3p Open Ping Pong All Levels 7-10p Duplicate Bridge</p>	<p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-7:45a Aqua Sunrisers 8:15-9a Aqua Ageless 9:15-10a Aqua Fit 'n' Tone 10a-3:15p Open Swim 3:15-5p Grandparent Swim 5-7:45p Open Swim</p> <p><u>FITNESS CLASSES</u> 7-8am Morning Yoga 10:30-11:30 Silver-Sneakers MSROM 6a-8p Fitness Rm Open</p> <p><u>GROUP ACTIVITIES</u> 12:30-3p "500" cards 6:30-8:30p Card and Game Night</p>	<p><u>POOL</u> 6a-10:15 Open Swim 10:15 -11a Aqua Fitness Fusion 11:00-2p Open Swim 2:00-3:45 Family Swim Time</p> <p><u>FITNESS CLASSES</u> 8:15-9 Pilates Core Fusion 9:15-10 Zumba 6a-4p Fitness Rm Open</p> <p><u>GROUP ACTIV.</u> 10-12p Adv. Open Ping Pong</p>