

Meals served at 11:30 am

August 2010

Semcac Dining 664-3735

Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Meatloaf</u> 2</p> <p>1p Travel Committee 1p Popcorn & Movie</p> <p>5:30 AARP Driver Safety Class 914</p>	<p><u>Chicken ala King</u> 3</p> <p>9:30 Org. My Computer</p> <p>10a Blood Pres. Check 12:30 Foot Care 1:30 Conversational Spanish</p>	<p><u>Ht Beef Sandw</u> 4</p> <p>1:30 NATC Comm.</p> <p>6p Fitness Orient.</p>	<p><u>Spaghetti</u> 5</p> <p>9:30 Org. My Computer 1:30 Conversational Spanish</p>	<p><u>BBQ Pork on Bun</u> 6</p> <p>9:30 Fitness Orientation 9:30 Medicare Consults 1p Kid Friendly Movie</p> <p>6-8 Open card & game night</p>	<p>7</p> <p>10a Fitness Orient.</p>
<p><u>Meatballs</u> 9</p> <p>8:30 Retired Teachers</p> <p>1p Popcorn & Movie</p>	<p><u>Beef Pot Roast</u> 10</p> <p>9:30a Intro Int. & e-mail 10a Woodcarvers</p> <p>1:30 Conversational Spanish</p>	<p><u>Crab Salad</u> 11</p> <p>6:30 Fitness Orient.</p>	<p><u>Taco Casserole</u> 12</p> <p>9:30a Intro Int. & e-mail</p> <p>9:30a Matter of Balance 1:30 Conversational Spanish</p>	<p><u>Chicken Brocc. Bk</u>13</p> <p>9a Joy of Quilting 9:30a Fitness Orient. 10:30a Book Club</p> <p>6-8 Open card & game night</p>	<p>14</p> <p>11:25a Metro Art History Tour Como Lake</p>
<p><u>BBQ Ribs</u> 16</p> <p>11a Young Talent</p> <p>1p Popcorn & Movie 1:30p Card Making Grp.</p> <p>POOL CLOSED</p>	<p><u>Salisbury Steak</u> 17</p> <p>9a The Dead Sea Scrolls Trip 9:30a Intermediate Internet & e-mail 1:30 Conversational Spanish 5p Fitness Orientation</p> <p>POOL CLOSED</p>	<p><u>Pork Sandw.</u> 18</p> <p>1:30 NATC Committee</p> <p>6p Fitness Orient</p> <p>POOL CLOSED</p>	<p><u>Baked Chicken</u> 19</p> <p>9:30a Intermediate Internet & e-mail 9:30 Finance Com. 11a Orlo Otteson/Writing Your Life's Stories 1:30 Conversational Spanish</p> <p>POOL CLOSED</p>	<p><u>Meatballs</u> 20</p> <p>9:30 Medicare Consults 9:30a Fitness Orientation</p> <p>2p Wonderful World of Reptiles 6-8 Open card & game night</p> <p>POOL CLOSED</p>	<p>21</p> <p>10a Fitness Orient.</p> <p>POOL CLOSED</p>
<p><u>Ham/or Turkey</u> 23</p> <p>1p Popcorn & Movie</p> <p>POOL CLOSED</p>	<p><u>Veg. Beef Soup</u> 24</p> <p>10a Woodcarvers 1:30 Conversational Spanish</p> <p>POOL CLOSED</p>	<p><u>Meat Lasagna</u>25</p> <p>6:30 Fitness Orient.</p> <p>POOL CLOSED</p>	<p><u>Roast Beef</u> 26</p> <p>1:30 Conversational Spanish 3p Board Meeting</p> <p>POOL CLOSED</p>	<p><u>Swiss Steak</u> 27</p> <p>9:00 Joy of Quilting 9:30 Fitness Orientation 9:30 Digital Camera Grp 1p Kid Friendly Movie 6-8 Open card & game night</p> <p>POOL CLOSED</p>	<p>28</p> <p>7:55a Woodland Nature Hike Frontenac State Pk</p> <p>POOL CLOSED</p>
<p><u>Spaghetti</u> 30</p> <p>1p Popcorn & Movie</p>	<p><u>Pork Roast</u> 31</p>				

SEMCAC SENIOR DINING
 Mon-Fri Meals served at 11:30.
 Call 664-3735 by noon of the previous day for a reservation.

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 6:15-7:15p Classical Yoga 6a-8p Fitness Rm Open</p> <p><u>GROUP ACTIVITIES</u> 8:30a Bike Club Rides 1p 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. 10:30-11:15 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 1:15-3:15-3 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</p> <p>POOL CLOSED Aug 15-29 POOL OPEN 2nd Wed this month (Aug 11)</p> <p><u>FITNESS CLASSES</u> 8:30-9:15a Tai Chi 10:30-11:30a SilverSneakers MSROM 12:00-1:15p Slo Flo Hatha Yoga 6-6:45p Zumba 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</p> <p><u>COMPUTER LAB</u> 9:30-11:30a Open Lab</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 7:00-7:45p Water Volleyball</p> <p><u>FITNESS CLASSES</u> 8:05-8:50a Core & Strength 9:30-10:30 Circuit Tr. 10:30-11:30 Gentle Yoga 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>SERVICES</u> 8-11:30 Massage Therapy</p> <p><u>GROUP ACTIVITIES</u> 12:45-2:15 Chime Choir 1:00-3p Open Ping Pong All levels 7-10p Duplicate Bridge 7-7:45 Water Volleyball</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/ Grandchild Swim 5-7:45p Open Swim</p> <p><u>FITNESS CLASSES</u> 10:30-11:30 Silver-Sneakers MSROM 6a-8p Fitness Rm Open</p> <p><u>GROUP ACTIVITIES</u> 12:30-3p "500" cards 6-8p Card and Game Night</p>	<p><u>POOL ACTIVITIES</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> 9-:15-10a Zumba 6a-4p Fitness Rm Open</p> <p><u>GROUP ACTIVITIES</u> 10-12p Adv. Open Ping Pong</p>