



**February  
2010**

**Generations  
of  
Indian Valley**

Many thanks to the  
volunteers who  
helped with year-  
end cleaning and  
maintenance  
projects during the  
last week of  
December, 2009!

To order lunch, please  
call 215-723-5841  
by Friday of the week  
prior to desired day(s).

Lunch is \$2.00  
(except a special event)

**Café Hours**

**Monday - Friday  
9:00 am - 1:00 pm**



Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
<p><b>1</b></p> <p>9:00 Zumba Gold 10:00 Handicrafters 10:00-11:30 BP Screenings 10:30 Tai Chi <b>12:00 Lunch: Pasta Chicken Primavera</b> 12:30 Duplicate Bridge 1:00 Memoirs 1:45 Water Walking RH</p>	<p><b>2</b></p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex 10:00 Hatha Yoga 10:15 Hands &amp; Feet <b>12:00 Lunch: Roast Beef</b> 1:00-4:00 piano lessons by appt. 2:00 Painting</p>	<p><b>3</b></p> <p>9:00 Flexercise 9:00-11:00 Haircuts <b>9:00-1:30 Massage by appt.</b> 10:00 Bowling 10:15 Choir Chimes rehearsal <b>12:00 Lunch: Veg/Cheese Lasagna</b> 12:30 Balanced Moves 1:30 Hassenpfeffer 2:00 Water Walking RH</p>	<p><b>4</b></p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex 10:00-1:00 VA counselor appts. 10:00 Pottsgrove Manor trip departs 10:00 Yoga <b>12:00 Lunch: Ham</b> 1:00 Pinochle/Bridge <b>1:00-4:00 Apprise by appt.</b> 7:00 Evening Toning</p>	<p><b>5</b></p> <p>10/10 Drawing #5 9:00 Flexercise <b>9:00-1:00 Reflexology by appt.</b> 10:15 Gourmet Weight Wise 10:30 Wii play 10:30 Tai Chi <b>12:00 Lunch: BBQ Chicken</b> 12:30 Mah Jongg 1:00 Line Dancing 2:00 Water Walking RH 2:15-4:00 piano lessons by appt.</p>	<p><b>6</b></p>
<p><b>8</b></p> <p>9:00 Zumba Gold 10:00 Handicrafters 10:30 Tai Chi <b>12:00 Lunch: Ham</b> 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers reh. 1:45 Water Walking RH</p>	<p><b>9</b></p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex 9:30-11:00 Glucose Clinic 10:00 Hatha Yoga 11:30 Out to Lunch trip departs <b>12:00 Lunch: Turkey Stew</b> 1:30 Bingo 2:00 Painting</p>	<p><b>10</b></p> <p>9:00 Flexercise 9:00-11:00 Haircuts <b>9:00-1:30 Massage by appt.</b> 10:00 Bowling 10:15 Choir Chimes rehearsal <b>12:00 Lunch: Salisbury Steak</b> 12:30 Balanced Moves 1:30 Hassenpfeffer 2:00 Water Walking RH</p>	<p><b>11</b></p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex 10:00 Yoga <b>12:00 Lunch: Pork &amp; Sauerkraut</b> 1:00 Pinochle/Bridge 7:00 Evening Toning</p>	<p><b>12</b></p> <p>10/10 Drawing #6 9:00 Flexercise <b>9:00-1:00 Reflexology by appt.</b> 10:15 Gourmet Weight Wise 10:30 Wii play/ Tai Chi <b>12:00 Valentine's Luncheon, \$3.00</b> 12:30 Mah Jongg/For the Health of It program 1:00 Line Dancing 2:00 Water Walking RH 2:15-4:00 piano lessons by appt.</p>	<p><b>13</b></p> <p>9:30 Hike: Perkiomen Trail</p>
<p><b>15</b></p> <p>9:00 Zumba Gold 10:00 Handicrafters 10:30 Tai Chi <b>12:00 Lunch: Chicken Croquettes</b> 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers reh. 1:45 Water Walking RH</p>	<p><b>16</b> DONUT DAY in the CAFÉ!</p> <p>8:00 Newsletter mailing 8:15 Walkercise 9:00 Sit/Stretch/Flex 10:00 Hatha Yoga 10:15 Hands &amp; Feet 11:30 Diabetes Chat <b>12:00 Lunch: Meatballs</b> 1:00-4:00 piano lessons by appt.</p>	<p><b>17</b></p> <p>9:00 Flexercise 9:00-11:00 Haircuts 10:00 Bowling <b>12:00 Lunch: Turkey Loaf</b> 12:30 Balanced Moves 1:00 Caregivers mtg. 1:00 Financial Counseling appts 1:30 Hassenpfeffer 2:00 Water Walking</p>	<p><b>18</b></p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex <b>9:00-1:30 Massage by appt.</b> 10:00 Yoga <b>12:00 Lunch: Sausage Patty</b> 1:00 Creative Writing, Pinochle/Bridge 1:00-4:00 Legal Aid appts. 7:00 Evening Toning</p>	<p><b>19</b></p> <p>10/10 Drawing #7 9:00 Flexercise 10:15 Gourmet Weight Wise 10:30 Wii Play/ Tai Chi <b>12:00 Lunch: Stuffed Shells</b> 12:00-4:00 AARP Refresher Course 12:30 Mah Jongg 1:00 Line Dancing 2:00 Water Walking RH 2:15-4:00 piano lessons by appt</p>	<p><b>20</b></p> <p>12:45 Philly POPS trip departs</p>
<p><b>22</b></p> <p>Washington's Birthday: <b>CHERRY PIE in the CAFÉ!</b></p> <p>9:00 Zumba Gold 10:00 Handicrafters 10:30 Tai Chi <b>12:00 Lunch: Stuffed Cabbage</b> 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers reh. 1:45 Water Walking RH</p>	<p><b>23</b></p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex 10:00 Hatha Yoga <b>12:00 Lunch: Turkey</b> 1:30 Bingo 2:00 Painting</p>	<p><b>24</b></p> <p>9:00 Flexercise <b>9:00-1:30 Massage by appt.</b> 9:00-11:00 Haircuts/10:00 Bowling 10:15 Choir Chimes rehearsal <b>12:00 Lunch: Beef Casserole</b> 12:30 Balanced Moves 1:30 Hassenpfeffer</p>	<p><b>25</b></p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex/ 10:00 Yoga <b>10:00-12:00 Reiki, Head/Neck Shoulder</b> <b>12:00 Lunch: Grilled Chicken</b> <b>12:00-3:15 Diabetic Shoe evaluations</b> 1:00 Pinochle/Bridge 2:00 SHARE pick-ups 7:00 Evening Toning</p>	<p><b>26</b></p> <p>10/10 Drawing #8 9:00 Flexercise 10:15 Gourmet Weight Wise 10:30 Wii play/Tai Chi <b>12:00 Lunch: Breaded Cod</b> 12:30 Mah Jongg/For the Health of It program 1:00 Line Dancing 2:00 Water Walking RH 2:15-4:00 piano lessons by appt</p>	<p><b>27</b></p>
					<p><b>28</b></p>