

January

2012

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



Celebrate January birthdays with us on **Wednesday, January 18**. Lunch with birthday cake for dessert - and Magnificent Martha leads the singing!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
<p>Generations will close at 2:00 pm on Friday, December 23 and reopen on Tuesday, January 3, 2012. Please note that this is an updated announcement which includes staff holidays on December 26 and January 2 . <i>Our kitchen will still prepare Meals-on-Wheels, so if you are a volunteer for that program, please plan to be here to pack, deliver or help as typically scheduled with the exception of December 26 and January 2. Call Pat, as usual, if you are unable to volunteer.</i></p>					1
<p>2 Generations Closed 1:00 Smithville, NJ Trip Departs</p>	<p>3 10:00 Blood Pressure Checks 10:15 Hand & Foot Cards 12-Lunch: <i>Pork & Sauerkraut</i> 1-4:00 Apprise Appointments 2:00 Painting</p>	<p>4 8:30-2:00 ZB Massage by appt. 9:00-11:00 Haircuts 10:00 Bowling—Earl Bowl NO CHOIR CHIMES 12:00 Lunch: <i>Spaghetti & Meatballs</i> NO Hasenpfeffer Music Lessons by Appointment</p>	<p>5 9:30 Glucose testing 12:00 Lunch: <i>Hot Turkey Sandwich</i> 12:30 Bridge 1:00 Pinochle</p>	<p>6 12:00 Lunch: <i>Pizza & Salad</i> 12:30 Mah Jongg Reflexology by Appointment</p>	7
<p>9 9:30-11:30 Eye Care Appts. 10:00 Handicrafters 12-Lunch: <i>Chicken Cordon Bleu</i> 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Rehearsal</p>	<p>10 <i>Pool Players at Pennridge</i> 10:00 Caregivers Group 12:00 Lunch: <i>Baked Ham</i> 12:30 Parade Committee Mtg. 1:30 Bingo 2:00 Painting <i>Share Orders Due</i></p>	<p>11 NO ZB Massage 9:00 PA Farm Show Trip Departs 9:00-11:00 Haircuts 10:00 Bowling—Earl Bowl NO CHOIR CHIMES 12:00 Lunch: <i>Sloppy Joes</i> Music Lessons by Appointment</p>	<p>12 Hoagle Sale No Noon Lunch 12:30 Bridge 1:00 Pinochle 1:00 Creative Writing 3:30 Board Meeting</p>	<p>13 11:30 AARP Safe Driver Refresher Course 12:00 Lunch: <i>Crab Cakes</i> 12:30 Mah Jongg</p>	14
<p>16 10:00 Handicrafters 12:00 Lunch: <i>Fettucini Alfredo</i> 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Rehearsal <i>Martin Luther King Day</i></p>	<p>17 8:00 Newsletter Mailing 10:15 Hand & Foot Cards 12:00 Lunch: <i>Cheeseburgers</i> 2:00 Painting</p>	<p>18 8:30-2:00 ZB Massage 8:30 <i>Mohegan Sun Casino Trip Departs</i> 9:00-11:00 Haircuts 10:00 Bowling 10:15 Choir Chimes 12 – <i>Chicken Stew/B-day Cake</i> 1:00-4:00 Financial Counseling Music Lessons by Appointment</p>	<p>19 12:30 Bridge 1:00 Pinochle 1:00 Legal Aid Lunch: <i>Sausage Patty</i> 2:00 SHARE pick-ups 6:00 Gourmet WW Cardio</p>	<p>20 12:00 Lunch: <i>Catch of the Day</i> 12:30 Mah Jongg <i>Reflexology by Appointment</i></p>	21 9:00 Hike: <i>Irontrail Rail Trail</i>
<p>23 10:00 Handicrafters 10:00 Hearing Aid Checks 12:00 Lunch: <i>Swedish Meatballs</i> 12:30 Duplicate Bridge 10:00 Bridge Handicrafters 1:00 Memoirs 12:00 Lunch: <i>Quiche Lorraine</i> 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers</p>	<p>24 8:00 Railroad Museum Trip 9:15 Gourmet WW Bone 12:00 Lunch: <i>Turkey Chili</i> 1:30 Bingo 2:00 Painting 9:15 Gourmet WW Bone Health 12:00 Lunch: <i>BBQ Chicken</i> 2:00 Painting</p>	<p>25 8:30-2:00 ZB Massage 9:00 <i>Patsy Cline at Dutch Apple</i> 9:00-11:00 Haircuts 10:00 Bowling 10:15 Choir Chimes Lunch: <i>Chicken Cattiatore</i> Music Lessons by Appointment</p>	<p>26 12:30 Bridge 1:00 Pinochle Lunch: <i>Meatloaf</i> 1:00 Creative Writing <i>Share Order Pick Up</i></p>	<p>27 12:30 Mah Jongg 12:00 Lunch: <i>Chef's Choice</i> 2:00 Gourmet WW Bone Health</p>	28
30	31				29

Important Scheduling Announcements:

- Fitness classes are shown below and are offered each week on the corresponding date & time unless otherwise noted.
- There will be no Diabetic Shoe Fittings in January.
- There will be no congregate meal/noon lunch on Jan. 12.
- January SHARE orders are due the 2nd Tuesday instead of the 1st Tuesday.

- Weekly Fitness Offerings:**
- MONDAYS:**
9:00 Flexercise
10:30 Tai Chi
 - TUESDAYS:**
8:15 Low & Go
9:00 Sit/Stretch Flex
10:00 Hatha Yoga
 - WEDNESDAYS:**
9:00 Step Interval
1:00 Balanced Moves
4:00 Balletone
 - THURSDAYS:**
8:15 Low & Go
9:00 Sit/Stretch/Flex
10:00 Yoga
7:00 Eve.Toning
 - FRIDAYS:**
9:00 Flexercise
10:30 Tai Chi
1:00 Line Dancing