



July

**Generations
of
Indian Valley**

Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
<p>To order lunch, please call 215-723-5841 by Friday of the week prior to desired day(s).</p> <p>Lunch is \$2.00 (except a special event)</p>	<p>NOTE: Items in Red are indicate a correction from the mailed copies of</p>		<p>1</p> <p>8:15 Low & Go 9:00 Sit/Stretch/Flex 10:00 Yoga 12:00 Lunch: Pork 1:00 Pinochle/Bridge 7:00 Evening Toning</p>	<p>2</p> <p>SHARE orders due</p> <p>9:00 Flexercise 10:30 Wii play/ Tai Chi 12:00 Lunch: Picnic! (\$3.00) 12:30 Mah Jongg 1:00 Line Dancing 2:15-4:00 piano lessons by appt. 7:00-10:00 Dance: Gary Dee</p>	<p>3</p> <p style="text-align: right;">4</p>
<p>5</p> <p>Closed for Independence Day Holiday</p>	<p>6</p> <p>8:15 Low & Go 9:00 Sit/Stretch/Flex 10:00 Hatha Yoga 10:00 Hand & Foot 12:00 Lunch: Meatloaf 12:30 State of the Center meeting</p>	<p>7</p> <p>9:00 Step Interval/Shuffleboard 9:00-11:00 Haircuts 10:00 Bowling 12:00 Lunch: Eggplant Parmesan 12:30 Balanced Moves 1:30 Hassenpfeffer 5:00 Iron Pigs trip departs</p>	<p>8</p> <p>8:15 Low & Go 9:00 Sit/Stretch/Flex 9:00-12:00 Massage by appt. 10:00 Yoga 10:00-1:00 VA counselor appts. 12:00 Lunch: Breaded Cod 1:00 Pinochle/Bridge 1:00 Creative Writing 3:30 Board meeting 7:00 Evening Toning</p>	<p>9</p> <p>9:00 Flexercise 9:00-1:00 Reflexology by appt. 10:30 Wii play/ Tai Chi 12:00 Lunch: Chicken 12:30 For the Health of It 12:30 Mah Jongg 1:00 Line Dancing 2:15-4:00 piano lessons by appt.</p>	<p>10</p> <p style="text-align: right;">11</p>
<p>12</p> <p>9:00 Zumba Gold 10:00 Handicrafters 10:00-11:30 BP Checks 10:30 Tai Chi 12:00 Lunch: Pasta Alfredo w/chicken 12:30 Duplicate Bridge 1:00 Memoirs</p>	<p>13</p> <p>8:15 Low & Go 9:00 Sit/Stretch/Flex 9:00-11:00 Glucose Checks 10:00-12:00 Family Caregiver Group 12:00 Lunch: Cheeseburger 12:30-1:30 Creamsicle Floats in Café! 1:30 Bingo</p>	<p>14</p> <p>9:00 Step Interval/Shuffleboard 9:00-11:00 Haircuts 9:30 "The King & I" trip departs 10:00 Bowling 12:00 Lunch: Salmon 12:30 Balanced Moves</p>	<p>15</p> <p>8:15 Low & Go 9:00 Sit/Stretch/Flex 9:00-1:30 Massage by appt. 10:00 Yoga 12:00 Lunch: Turkey 1:00-4:00 Legal Aid appts. 1:00 Pinochle/Bridge 7:00 Evening Toning</p>	<p>16</p> <p>9:00 Flexercise 10:30 Wii Play/ Tai Chi 11:30-4:00 AARP Refresher Course 12:00 Lunch: Chicken Sandwich 12:30 Mah Jongg 1:00 Line Dancing 2:15-4:00 piano lessons by appt</p>	<p>17</p> <p>9:00 Hike: Evansburg State Park</p> <p style="text-align: right;">6:00 "Merry Wives of Windsor" trip departs</p> <p style="text-align: right;">Generations host Concert Sundaes</p> <p style="text-align: right;">18</p>
<p>19</p> <p>9:00 Zumba Gold 10:00 Handicrafters 10:30 Tai Chi 12:00 Lunch: Sandwich Steak 12:30 Duplicate Bridge 1:00 Memoirs</p>	<p>20</p> <p>8:00 Newsletter mailing 8:15 Low & Go 9:00 Sit/Stretch/Flex 10:00 Hatha Yoga 12:00 Lunch: Chicken Tortilla</p>	<p>21</p> <p>8:45 Casino trip departs 9:00 Step Interval/Shuffleboard 9:00-11:00 Haircuts 9:00-1:30 Massage by appt. 10:00 Bowling 11:00 Out to Lunch trip departs 12:00 Lunch: Spinach Quiche and July birthdays! 12:30 Balanced Moves 1:00-4:00 Financial Counseling appts</p>	<p>22</p> <p>8:15 Low & Go/ 9:00 Sit/Stretch/Flex 10:00 Yoga 10:00-12:00 Reiki or Head/Neck Shoulder 12:00 Lunch: Pork & Sauerkraut 12:00-3:15 Diabetic Shoe appts. 1:00 Pinochle/Bridge 1:00 Creative Writing 2:30 SHARE pick-ups 7:00 Evening Toning</p>	<p>23</p> <p>9:00 Flexercise 9:00-1:00 Reflexology by appt. 10:30 Wii play/Tai Chi 12:00 Lunch: Soup & Sandwich 12:30 Mah Jongg 1:00 Line Dancing 2:00 Addus Health program 2:15-4:00 piano lessons by appt 7:00-9:00 Family Night Bingo</p>	<p>24</p> <p>Senior Day at Indian Valley Farmers Market</p> <p style="text-align: right;">25</p>
<p>26</p> <p>9:00 Zumba Gold 10:00-12:00 Hearing Checks 10:00 Handicrafters 10:30 Tai Chi 12:00 Lunch: Chicken or Turkey 12:30 Duplicate Bridge 1:00 Memoirs</p>	<p>27</p> <p>8:15 Low & Go 9:00 Sit/Stretch/Flex 10:00 Hatha Yoga 12:00 Lunch: Meatballs 1:30 Bingo</p>	<p>28</p> <p>9:00 Step Interval/Shuffleboard 9:00-11:00 Haircuts 10:00 Bowling 12:00 Lunch: Chef's Salad 12:30 Balanced Moves</p>	<p>29</p> <p>8:15 Low & Go 9:00 Sit/Stretch/Flex 10:00 Yoga 12:00 Lunch: Turkey Loaf 12:00-3:15 Diabetic Shoe appts. 1:00 Pinochle/Bridge 1:00 Creative Writing 2:00 SHARE pick-ups 7:00 Evening Toning</p>	<p>30</p> <p>9:00 Flexercise 9:00 Bartram's Garden trip departs 9:00-1:00 Reflexology by appt. 10:30 Wii play/Tai Chi 12:00 Lunch: Tilapia Filet 12:30 Mah Jongg 1:00 Line Dancing 2:15-4:00 piano lessons by appt</p>	<p>31</p>