

April 2016

OUR NOON MEAL

Menu items are listed on the calendar. RESERVATIONS ARE REQUIRED. Please sign your name in the lunch book at the front desk or call 215-723-5841 by Friday of the week prior to desired days. Upon arrival, please swipe your key card and place your anonymous donation (\$2.00 suggested) in the collection box.

TAKE-OUT MEALS


are \$4 each. To order, visit our front desk or call 215-723-5841 by Friday of the week prior to desired days. Pick up and pay at our front desk from 12:15-12:45.

HAPPY BIRTHDAY

Celebrate birthdays with us on Thurs. April 21! Lunch includes birthday cake for dessert and Martha leads the singing!

OUR CAFE

The Café is open Mon-Fri from 9am-1pm and features an a la carte breakfast & lunch menu. No need to order, just stop by!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
					
Who's Calling? We sometimes use an automated phone system to relay schedule information to our participants. If you receive a call from a "617" (Massachusetts) area code, it might be us! Please answer the phone or let your machine pick it up to hear important information (you may hear a pause first). Phone lists are generated from our participant sign-ins so be sure to swipe your key card when you visit!					
4 10:00 Blood Pressure Checks 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Pizza 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	5 8:45 September Farms Trip Touch of Peace Massage 10:00 Hand & Foot Cards 11:00 Captivated by Color (p.9) 12:00 Lunch: Dijon Chicken 2:00 Painting Class SHARE Orders Due (p. 7)	6 ZB Massage Billiards @.Normandy Farms 9:00 Haircuts AARP Tax Aide Appts. 10:00 Bowling—Earl Bowl Chimes Choir to Lutheran Community 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer	7 ZB Massage Expanding Horizons (p. 3) 11:00 Acupuncture (p.12) 12:00 Lunch: Ham 12:15 Bridge 12:45 Pinochle Apprise Appointments	1 AARP Tax Aide Appts. 12:00 Lunch: Southwest Meatball Sub 12:30 Mah Jong Touch of Peace Massage 7:00 Evening Dance with Gary Dee	2 <hr style="border: 1px solid black;"/> 3
11 8:45 Reading Railroad Trip 10:00 Glucose Checks 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Flounder 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking 1:30 Choraleers Touch of Peace Massage	12 Billiards Home vs. Pennridge 9:00 Thomas Massey House Trip 11:00 Caregivers Support(p.7) 12:00 Lunch: Chicken Pot Pie 1:30 Bingo 2:00 Painting Class Touch of Peace Massage	13 ZB Massage 9:00 Haircuts AARP Tax Aide Appts. 10:00 Bowling—Earl Bowl 10:00 Mohegan Sun Casino 10:15 Chimes Choir 12:00 Lunch: Beef Bourbon Tips	14 Expanding Horizons (p. 3) 12:00: Taco Turkey Burger 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing Choraleers to Manatawny Manor 3:30 Board Meeting	8 Reflexology AARP Tax Aide Appts. 12:00 Lunch: Baseball Picnic (p.1) 12:30 Mah Jong Touch of Peace Massage	9 <hr style="border: 1px solid black;"/> 10
18 Touch of Peace Massage 10:00 Handicrafters 10:00A Better Night's Rest(p. 4) 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Pasta with Meatballs 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	19 8:30 Masonic Temple Trip Billiards @ Arbour Square 8:00 Newsletter Mailing 10:00 Beginner Quilting 10:00 Hand & Foot Cards 12:00 Lunch: Open Faced Roast Beef 2:00 Painting Class Touch of Peace Massage	20 Billiards Home vs. Ambler 9:00 Haircuts ZB Massage 10:00 Bowling—Earl Bowl 10:15 Chimes Choir 1:00 Hasenpfeffer Financial Counseling (p. 7) 5:30-7:30 Music Through The Generations (p. 1)	21 Expanding Horizons (p. 3) Diabetic Shoe Evals.(p. 12) Red Hat Trip to Wilkes Barre 12:00 Lunch: Mango Chicken & Birthday Cake 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	15 Billiards Home vs. A. Square ZB Massage AARP Tax Aide Appts. 12:00 Lunch: Chicken Tortilla Taco 12:30 Mah Jong Touch of Peace Massage	16 9:30 Hike: Peace Valley Park <hr style="border: 1px solid black;"/> 17
25 Touch of Peace Massage 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) Hearing Checks (p. 12) 11:45 Tilly Mint's Trip 12:00 Lunch: Chicken Parm. 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	26 Touch of Peace Massage 12:00 Lunch: Pulled Pork Slider 1:30 Bingo 1:30 Book Club (p. 8) 2:00 Painting Class	27 ZB Massage 9:00 Haircuts. 10:00 Bowling—Earl Bowl 10:15 Chimes Choir 12:00 Lunch: White Wine Salmon 12:30 Family & Friends CPR (p. 6)	28 Expanding Horizons (p. 3) Billiards Home vs. Ben Wilson 12:00 Lunch: Chicken Cheesesteak 12:15 Bridge 12:45 Crooners at AMT Trip 1:00 Creative Writing	22 Reflexology AARP Safe Driving Refresher (p. 4) Billiards @. Ben Wilson 12:00 Lunch: Greek Burger 12:30 Mah Jong Touch of Peace Massage 7:00 Evening Bingo	23 <hr style="border: 1px solid black;"/> 24
30 Touch of Peace Massage 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) Hearing Checks (p. 12) 11:45 Tilly Mint's Trip 12:00 Lunch: Chicken Parm. 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	26 Touch of Peace Massage 12:00 Lunch: Pulled Pork Slider 1:30 Bingo 1:30 Book Club (p. 8) 2:00 Painting Class	27 ZB Massage 9:00 Haircuts. 10:00 Bowling—Earl Bowl 10:15 Chimes Choir 12:00 Lunch: White Wine Salmon 12:30 Family & Friends CPR (p. 6)	28 Expanding Horizons (p. 3) Billiards Home vs. Ben Wilson 12:00 Lunch: Chicken Cheesesteak 12:15 Bridge 12:45 Crooners at AMT Trip 1:00 Creative Writing	29 9:15 Meals on Wheels Volunteer Breakfast (p. 1) 12:30 Mah Jong Touch of Peace Massage	30 9:45 Out to Lunch: Moshulu <hr style="border: 1px solid black;"/> May 1

SCHEDULE ANNOUNCEMENTS

All events are subject to change.
 There will be no noon meal on Wednesday, April 20.
 There will be no Pinochle on Thursday, April 28.
 There will be no Flexercise or Noon Meal on Friday, April 29.

WEEKLY FITNESS OFFERINGS:

(held each week at the corresponding day & time unless noted above). See page 13 for full descriptions.

MONDAYS:
 9:00 Flexercise
 10:00 Meditation
 10:30 Tai Chi

TUESDAYS:
 8:15 Low & Go
 9:00 Sit, Stretch, Flex
 9:00 Gentle Yoga

WEDNESDAYS:
 9:00 Step Aerobics

THURSDAYS:
 8:15 Low & Go
 9:00 Sit, Stretch, Flex
 9:00 Gentle Yoga
 10:00 Dancefit

FRIDAYS:
 9:00 Flexercise
 10:30 Tai Chi