

April 2017

OUR NOON MEAL

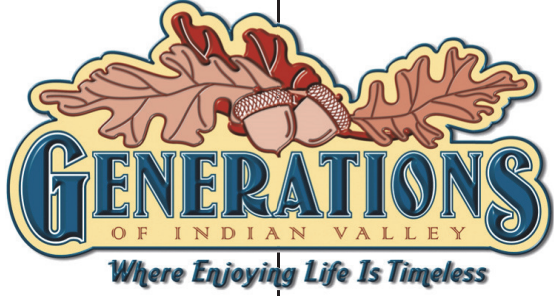

Menu items are listed on the calendar. RESERVATIONS ARE REQUIRED. Please sign your name in the lunch book at the front desk or call 215-723-5841 three business days ahead of time. Upon arrival, please swipe your key card and place your anonymous donation (\$2.00 suggested) in the collection box.

TAKE-OUT MEALS are \$4 each. To order, visit our front desk or call 215-723-5841 three business days ahead of time. Pick up and pay at our front desk from 12:15pm-12:45pm.

HAPPY BIRTHDAY Celebrate birthdays with us on Wed., April 19! Lunch includes birthday cake for dessert, and Martha leads the singing!

OUR CAFÉ

The Café is open Mon.-Fri. from 9:00am-1:00pm and features an à la carte breakfast & lunch menu and daily specials. No need to order, just stop by!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
					
3	4	5	6	7	8
10:00 Handicrafters 10:00 Blood Pressure Checks(p. 12) 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Chicken Parmesan 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	10:00 Hand & Foot Cards 12:00 Lunch: Pulled Pork Sandwich 1:30 Wine & Chocolate Trip 2:00 Painting Class SHARE Orders Due (p. 9)	AARP Tax Aide Billiards Home vs Ben Wilson ZB Massage 9:00 Haircuts 10:00 Bowling Chimes to Columbia Cottage 12:00 Lunch: Salmon 12:45 BuxMont 55+ (p. 9) 1:00 Hasenpfeffer	Expanding Horizons (p. 3) 9:15 Easter Cards with Linda (p.4) 11:00 Acupuncture (p.12) 12:00 Lunch: Cheesesteak 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7)	AARP Tax Aide 12:00 Lunch: Sloppy Joes 12:30 Mahjong 7:00 Evening Dance with Gary Dee	9
10	11	12	13	GOOD FRIDAY GENERATIONS CLOSED	15
10:00 Handicrafters 10:00 Glucose Checks (p. 12) 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Smoked Sausage 12:15 Duplicate Bridge 11:00 Ups & Downs of Downsizing (p. 1) 1:30 Choraleers	Billiards Home vs Penridge Reflexology 10:30 Captivated by Color 11:00 Caregivers Support(p. 7) 12:00 Lunch: Crab Cake 1:30 Bingo 2:00 Painting Class	AARP Tax Aide ZB Massage 9:00 Haircuts 8:30-2:30 Healthy Steps for Older Adults 10:00 Meditation & Self Healing 10:00 Bowling 1:00 Hasenpfeffer	Expanding Horizons (p. 3) 12:00 Lunch: Hot Dogs 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	9:30 Hike: Limerick Outlets 	16
17	18	19	20	21	22
10:00 Handicrafters 10:00 Asthma & Allergies (p. 4) 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Meatloaf 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	8:00 Newsletter Mailing Billiards Away vs Arbour Square 10:00 Hand & Foot Cards 12:00 Lunch: Dijon Chicken Choraleers to Gwynedd Square 2:00 Painting Class	9:00 Haircuts ZB Massage 9:30 Beginner Mahjong Class (p. 9) Billiards Home vs Ambler 10:00 Bowling 12:00 Lunch: Pork & Sauerkraut Birthday Cake 12:45 Origami (p. 9) Choir Chimes to Frederick Living 1:00 Hasenpfeffer Financial Counseling (p. 7) 2:00 Your Constitution (p. 4)	Expanding Horizons (p. 3) 10:00 Souper Foods (p. 1) Diabetic Shoe Fittings (p. 12) 12:00 Lunch: Ham Steak 12:15 Bridge 12:45 Pinochle 1:00 Great Trains Meeting (p. 16) Legal Aid (p. 7) SHARE Order Pick Up (p. 9)	ZB Massage 11:00 QVC Trip 12:00 Lunch: Roasted Chicken Sandwich 12:30 Mahjong 12:30 Bridge Class (p. 5)	23
24	25	26	27	28	29
10:00 Handicrafters 10:00 Hearing Checks (p. 12) 10:30 Veterans Shuttle (p. 7) 10:00 Treasure Hunt (p. 1) 12:00 Lunch: Mac & Cheese 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	10:30 Captivated by Color 12:00 Lunch: BBQ Chicken 1:30 Bingo 1:30 Book Club with Judy: <i>Stones from the River</i> (p. 8) 2:00 Painting Class	9:00 Haircuts ZB Massage 10:00 Bowling 10:00 Meditation & Self Healing 12:00 Lunch: American Burger 12:45 Common Aches & Pains (p. 6) Choir Chimes to Anne's Choice 1:00 Hasenpfeffer	Expanding Horizons (p. 3) Reiki (p. 12) 12:00 Lunch: Open-Faced Roast Beef 12:15 Bridge 12:45 Pinochle	9:30 Safe Driving (p.6) Reflexology 10:30 AMT Legends Trip 12:00 Lunch: Roasted Chicken Sandwich 12:30 Mahjong 12:30 Bridge Class (p. 5) 7:00 Evening Bingo (p. 8)	30

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no Memoirs Group on April 10.

There will no Step Aerobics, Choir Chimes, or Noon Meal on Wednesday, April 12 due to the Healthy Steps for Older Adults program.

Generations will be closed on Friday, April 14.

WEEKLY FITNESS OFFERINGS

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

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

TUESDAYS:
 9:00 Sit, Stretch, Flex
 9:00 Gentle Yoga
 7:00 Zumba Gold

WEDNESDAYS:
 9:00 Step Aerobics

THURSDAYS:
 9:00 Sit, Stretch, Flex
 9:00 Stretch & Renew
 10:00 Dancefit

FRIDAYS:
 9:00 Flexercise
 10:30 Tai Chi