

# April 2018

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. There are no assigned/reserved seats in our dining room.

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 18. 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
<b>2</b> 10:00 Meditation (p. 12) 10:00 Handicrafters 10:00 Blood Pressure Checks (p. 12) <b>12:00 Lunch: Sloppy Joe</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	<b>3</b> Tech. Training Appts. (p. 9) 10:00 Hand & Foot Cards 10:30 Escape Room Trip (p. 14) <b>12:00 Lunch: Ham &amp; Potato Casserole</b> 2:00 Painting Class SHARE Orders Due (p. 7)	<b>4</b> ZB Massage (p. 12) Haircuts AARP Tax Aide Billiards Home vs. Ben Wilson 10:00 Bowling <b>12:00 Lunch: Pork &amp; Sauerkraut</b> 1:00 Hasenpfeffer Choir Chimes to Lifequest	<b>5</b> Expanding Horizons (p. 3) ZB Massage 10:00 Acupuncture (p.12) <b>12:00 Lunch: Stuffed Peppers</b> 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7)	<b>6</b> AARP Tax Aide <b>12:00 Lunch: Flounder</b> 12:30 Mahjong Choraleers to Gwynedd Square 7:00 Evening Dance with Gary Dee (p. 8)	<b>7</b> 9:45 Showboat at Dutch Apple Theatre Trip (p. 14)
<b>9</b> 10:00 Meditation (p. 12) 10:00 Handicrafters <b>12:00 Lunch: Beef Stew</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Five Crowns Card Game (p. 9) 1:30 Choraleers	<b>10</b> 8:45 Wells Fargo Center Trip Billiards Home vs Pennridge Tech. Training Appts. (p. 9) 10:30 Captivated by Color 11:00 Caregivers Support (p. 7) 11:00 Reverse Mortgage (p. 4) <b>12:00 Lunch: Salisbury Steak</b> 1:30 Bingo (p. 8) 2:00 Painting Class	<b>11</b> ZB Massage (p. 12) Haircuts AARP Tax Aide 10:00 Bowling 9:30 Meditation/Healing (p. 12) <b>12:00 Lunch: Spaghetti with Meat Sauce</b> Choir Chimes to Kyffin Grove 1:00 Hasenpfeffer 2:00 Spelling Bee (p. 1)	<b>12</b> Expanding Horizons (p. 3) <b>12:00 Lunch: Chicken Pot Pie</b> 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	<b>13</b> Reflexology AARP Tax Aide <b>12:00 Lunch: Pizza</b> 12:30 Mahjong 7:00 Friday in the Cafe (p. 1)	<b>14</b>
<b>16</b> 10:00 Meditation (p. 12) 10:00 Handicrafters 10:00 Medications & Safety (p. 4) 11-1 Drug Take-Back (p. 6) <b>12:00 Lunch: Stuffed Cabbage</b> 12:15 Duplicate Bridge 1:00 Memoirs No Choraleers Today	<b>17</b> 8:00 Newsletter Mailing (p.9) Billiards Away vs Arb. Square Tech. Training Appts. (p. 9) 10:00 Hand & Foot Cards <b>12:00 Lunch: Pulled Pork Sandwich</b> 12:45 Origami (p. 9) Choraleers to Frederick Living 2:00 Painting Class	<b>18</b> ZB Massage (p. 12) Haircuts 10:00 Bowling 10:00 RSVP Info. Session (p. 7) 10:15 Choir Chimes 11:00 Pines Dinner Theatre <b>12:00 Lunch: Salmon &amp; B-days</b> 1:00 Hasenpfeffer Financial Counseling (p. 7) 1:30 Book Club with Judy: <i>Beneath a Scarlet Sky</i> (p. 8)	<b>19</b> Expanding Horizons (p. 3) Podiatric Appointments (p. 12) <b>12:00 Lunch: Dijon Chicken</b> 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	<b>20</b> Billiards Home vs Arbour Square ZB Massage (p. 12) AARP Safe Driving Full (p. 4) <b>12:00 Lunch: Meatball Sub</b> 12:30 Mahjong	<b>21</b> 9:30 Hike: Union Canal (p. 14)
<b>23</b> 10:00 Meditation (p. 12) 10:00 Handicrafters Hearing Checks (p. 12) <b>12:00 Lunch: Meatloaf</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Five Crowns Cards (p. 9) 1:30 Choraleers	<b>24</b> 10:30 Captivated by Color Technology Training (p. 9) <b>12:00 Lunch: Crab Cake</b> 1:30 Bingo 2:00 Painting Class	<b>25</b> ZB Massage (p. 12) Haircuts Red Hat to Queen's Council (p. 9) 9:30 Meditation & Healing (p. 12) 10:00 Meaty Movie Screening at IVPL <i>Going in Style</i> (p. 3) 10-Bowling 10:15 Choir Chimes 12:00 Lunch: Swedish Meatballs 1:00 Hasenpfeffer 12:30 Play it Out Demos (p. 6) 2:00 Tea at Two: Play it Out (p. 6)	<b>26</b> Expanding Horizons (p. 3) 10:00 What is Reiki? (p. 13) Reiki Appointments (p. 12) <b>12:00 Lunch: Chicken A La King</b> 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing	<b>27</b> 9:15 Mystery Trip (p. 14) Reflexology AARP Safe Driving Full (p. 4) <b>12:00 Lunch: All American Burger</b> 12:30 Mahjong 7:00 Evening Bingo (p. 8)	<b>28</b>
<b>30</b> 10:00 Meditation 10:00 Handicrafters <b>12:00 Lunch: Sloppy Joe</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers					

## SCHEDULE ANNOUNCEMENTS

**8** All events are subject to change.

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

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

**TUESDAYS:**  
 9:00 Sit, Stretch, Flex  
 9:00 Gentle Yoga

**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

