

August 2015

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 Wed., August 19! 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? If you receive a call from a "617" 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 at our welcome computers when you visit!					1
3 9:15 Hortulus Farm Trip 10:00 Handicrafters 10:00 Blood Pressure ✓✓ 12:00 Lunch: Margherita Pizza 12:30 Duplicate Bridge Touch of Peace Massage 1:00 Memoirs	4 Touch of Peace Massage 10:00 Hand & Foot Cards 12:00 Lunch: Roasted Chicken Sandwich 2:00 Painting Class SHARE Orders Due (p. 7)	5 ZB Massage 9:00 Haircuts 9:30 Shuffleboard—Soud. Park Technology Training (p. 9) 10:00 Bowling—Earl Bowl 12:00 Lunch: Baked Flounder 1:00 Hasenpfeffer Touch of Peace Massage 3:00 Banquet in a Cornfield Trip	6 ZB Massage 11:00 Acupuncture 12:00 Lunch: Chicken Tortilla Taco 12:30 Bridge 12:45 Pinochle Afternoon Apprise Appts. 7:00 Turning 65 (p. 7)	7 9:15 Shady Maple Trip 12:00 Lunch: Turkey Pot Pie 12:30 Mah Jong 7:00 Evening Dance with The Blue Notes	2
10 10:00 Handicrafters 12:00 Lunch: Pasta 12:30 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking (p. 9)	11 Billiards @ Penridge 12:00 Lunch: Citrus Chicken 1:30 Bingo 2:00 Painting Class	12 ZB Massage 9:00 Haircuts 9:30 Shuffleboard—Soud. Park Technology Training (p. 9) 10:00 Bowling—Earl Bowl 12:00 Lunch: Honey Chipotle Pork	13 Billiards home vs Ambler 10:00 Beginner Quilting 12:00 Lunch: Greek Burger 12:30 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	14 Reflexology 10:00 Hampton Winds Trip 12:00 Lunch: Pizza 12:30 Mah Jong Touch of Peace Massage	9
17 10:00 Congestive Heart Failure (p.4) 10:00 Handicrafters 12:00 Lunch: Quinoa Southwest Roll 12:30 Duplicate Bridge 1:00 Memoirs	18 8:00 Newsletter Mailing Billiards @ Arbour Square Reflexology 10:00 Hand & Foot Cards 12:00 Lunch: Spinach Cranberry Chicken 2:00 Painting Class	19 ZB Massage 9:00 Haircuts 9:30 Shuffleboard—Soud. Park Technology Training (p. 9) 10:00 Bowling—Earl Bowl 10:00 Mohegan Sun Casino 10:00 What's in Your Suitcase? (p. 8) 12:00 Lunch: Salmon & B-day Cake 1:00 Hasenpfeffer 1:00 Financial Counseling (p. 7)	20 10:00 Quilting (p. 9) Diabetic Shoe Fittings 12:00 Lunch: Philly Chicken Cheesesteak 12:30 Bridge 12:45 Pinochle 1:00 Legal Aid SHARE Pick Up (p. 7)	21 Flexercise ZB Massage 12:00 Lunch: Salisbury Steak 12:30 Mah Jong Touch of Peace Massage	16
24 Hearing Checks (p. 12) 10:00 Handicrafters Generations closes at noon.	25 Touch of Peace Massage 12:00 Lunch: Crab Cake Sliders 1:30 Bingo 2:00 Painting Class	26 ZB Massage 9:00 Haircuts 9:30 Shuffleboard—Soud. Park 9:45 West Side Story Trip 10:00 Bowling—Earl Bowl 12:00 Lunch: Chicken Vindaloo 2:00 Ice Cream Social (p.5)	27 10:00 Beginner Quilting 12:00 Lunch: Pork Loins 12:30 Bridge 12:45 Pinochle 1:00 Creative Writing	28 Reflexology 12:00 Lunch: Southwest Meatball Sub 12:30 Mah Jong Touch of Peace Massage 7:00 Family Night Bingo	23
10-Handicrafters 12:00 Lunch: Parmesan Fusilli 12:30 Dup. Bridge 1:00 Memoirs 31					30

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no Tai Chi on August 10, 14, 17 or 21. There will be no Meditation on August 10 or 17.

There will be no Zumba in August.

Generations will close at noon on Monday, August 24 for a staff training.

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
 10:00 Hatha Yoga

WEDNESDAYS:
 9:00 Step Aerobics
 2:00 Line Dancing

THURSDAYS:
 8:15 Low & Go
 9:00 Sit, Stretch, Flex
 10:00 Hatha Yoga
 No Zumba in August.

FRIDAYS:
 9:00 Flexercise
 10:30 Tai Chi