

# August 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., Aug. 16! 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>1</b> Technology Training (p. 9) 10:00 Hand & Foot Cards <b>12:00 Be a Hot Dog Lunch!</b> (p. 1) 2:00 Painting Class Touch of Peace Massage	<b>2</b> ZB Massage 9:00 Haircuts Billiards Home vs Ben Wilson 9:30 Shuffleboard 10:00 Bowling <b>12:00 Lunch: Pork &amp; Sauerkraut</b> 1:00 Hasenpfeffer Touch of Peace Massage	<b>3</b> ZB Massage Technology Training (p. 9) 11:00 Acupuncture (p.12) <b>12:00 Lunch: Sweet &amp; Sour Chicken</b> 12:15 Bridge 12:45 Pinochle Apprise Appointments (p. 7) 7:00 Turning 65 Seminar (p. 7)	<b>4</b> Touch of Peace Massage 9:15 Sadie's & Shady Maple 10:00 Summer Slides Line Dancing (p. 6) <b>12:00 Lunch: Pizza &amp; Tossed Salad</b> 12:30 Mahjong 7:00 Evening Dance with Gary Dee	<b>5</b>          <b>6</b>
<b>7</b> 10:00 Handicrafters 10:00 Blood Pressure Checks (p. 12) 10:30 Veterans Shuttle (p. 7) <b>12:00 Lunch: Mac &amp; Cheese</b> 12:15 Duplicate Bridge 1:00 Memoirs Touch of Peace Massage	<b>8</b> Billiards Home vs Pennridge Reflexology Technology Training (p. 9) 9:15 Maple Acres Farm Trip 10:30 Captivated by Color 11:00 Caregivers Support (p. 7) <b>12:00 Lunch: Stuffed Cabbage</b> 1:30 Bingo 2:00 Painting Class SHARE Orders Due (p. 7)	<b>9</b> 9:00 Haircuts 9:30 Shuffleboard 10:00 Bowling 10:00 Meditation/Self Healing <b>12:00 Lunch: Pulled Pork Sandwich</b> 12:45 Home Safety (p. 5) 1:00 Hasenpfeffer Touch of Peace Massage	<b>10</b> 9:30 Footnotes with IV Podiatry (p. 3) Technology Training (p. 9) 11:00 Bucks Co. Playhouse <b>12:00 Lunch: Salmon</b> 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	<b>11</b> Reflexology 9:15 Eastern State Trip 10:00 Summer Slides Line Dancing (p. 6) <b>12:00 Lunch: Dijon Chicken</b> 12:30 Mahjong Touch of Peace Massage	<b>12</b>          <b>13</b>
<b>14</b> 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) <b>12:00 Lunch: Turkey Sandwich Beef Barley Soup</b> 12:15 Duplicate Bridge 1:00 Memoirs Touch of Peace Massage	<b>15</b> 8:00 Newsletter Mailing(p.9) 9:15 Grounds for Sculpture Trip <b>Billiards Away vs Arbour Square</b> Technology Training (p. 9) 10:00 Hand & Foot Cards <b>12:00 Lunch: Swedish Meatballs</b> 2:00 Painting Class Touch of Peace Massage	<b>16</b> 9:00 Haircuts ZB Massage 9:30 Shuffleboard 10:00 Bowling Billiards Home vs Ambler <b>12:00 Lunch: Crab Cake &amp; Birthday Cake</b> 12:45 Origami (p. 9) 1:00 Hasenpfeffer Financial Counseling (p. 7)	<b>17</b> Technology Training Diabetic Shoe Fittings (p. 12) 10:00 Eating Out with Health in Mind (p. 4) <b>12:00 Lunch: Ham Steak</b> 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7)	<b>18</b> Billiards Home vs Arbour Square ZB Massage 10:00 Summer Slides Line Dancing (p. 6) <b>12:00 Lunch: All American Burger</b> 12:30 Mahjong	<b>19</b> 9:30 Hike: Skippack Trail (Trail Challenge see p. 6)          <b>20</b>
<b>21</b> 10:00 Handicrafters 10:00 Fiend for Caffeine (p. 4) 10:30 Veterans Shuttle (p. 7) <b>12:00 Lunch: Sloppy Joe</b> 12:15 Duplicate Bridge 1:00 Memoirs	<b>22</b> 10:30 Captivated by Color <b>12:00 Lunch: Salisbury Steak</b> 1:30 Bingo 1:30 Book Club with Judy: <u>From Sand &amp; Ash</u> 2:00 Painting Class	<b>23</b> 9:00 Haircuts ZB Massage 9:30 Shuffleboard 10:00 Bowling 10:00 Meditation & Self Healing <b>12:00 Lunch: Open-Faced Turkey Sandwich</b> 1:00 Hasenpfeffer	<b>24</b> Reiki (p. 12) <b>12:00 Lunch: Sausage &amp; Peppers</b> 12:15 Bridge 12:45 Pinochle SHARE Order Pick Up (p. 7)	<b>25</b> Reflexology 10:00 Summer Slides Line Dancing (p. 3) <b>12:00 Lunch: Flounder</b> 12:30 Mahjong Touch of Peace Massage 7:00 Family Night Bingo (p. 6)	<b>26</b>          <b>27</b>
<b>28</b> Hearing Checks (p. 12) 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) <b>12:00 Lunch: Chili &amp; Cornbread</b> 12:15 Duplicate Bridge 1:00 Memoirs Touch of Peace Massage	<b>29</b> Touch of Peace Massage 10:00 Osteoporosis (p. 5) <b>12:00 Lunch: Chef Salad</b> 2:00 Painting Class	<b>30</b> 9:00 Haircuts ZB Massage 9:30 Shuffleboard 10:00 Bowling <b>12:00 Boardwalk Lunch (p. 5)</b> 1:00 Hasenpfeffer Touch of Peace Massage	<b>31</b> <b>12:00 Lunch: Sweet &amp; Sour Chicken</b> 12:15 Bridge 12:45 Pinochle		

## SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no regular noon meal on Tue., Aug. 1. Join us for our Be a Hot Dog Lunch! More details on p. 1).

There will be no regular noon meal on Wed., Aug. 30. Join us for our Boardwalk Lunch! More details on p. 5).

There will be no Stretch & Renew on August 10 or 17.

There will be no Yoga on August 15 or 22.

There will be no Tai Chi on August 11, 14, 18, or 21.

## 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

**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