

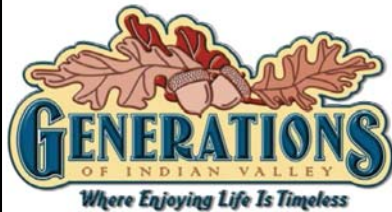
# August 2018

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., Aug. 22. 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>Montgomery County farmers market vouchers available while supplies last (more info. &amp; distribution schedule on p. 7)</b>		<b>1</b> ZB Massage Haircuts (p. 12) Billiards Home vs Ben Wilson (p. 8) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:00 Meaty Movie Discussion: <u>Florence Foster Jenkins</u> (p. 3) <b>12:00 Lunch: Seafood Chowder &amp; Biscuit</b> 12:45 Mats that Matter (p. 6) 1:00 Hasenpfeffer (p. 9)	<b>2</b> ZB Massage (p. 12) Acupuncture (p. 12) 9:45 Wizard of Oz Trip (p. 14) <b>12:00 Lunch: Pizza Burger</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)	<b>3</b> 9:30 Scrabble (p. 9) <b>12:00 Lunch: Crab Cake &amp; Pierogies</b> 12:30 Mahjong (p. 9) 7:00 Evening Dance with Gary Dee (p. 8)	<b>4</b> / <b>5</b> 12:00 Cirque du Soleil Trip (p. 14)
<b>6</b> 10:00 Handicrafters (p. 9) 10:00 Blood Pressure Checks (p. 12) <b>12:00 Lunch: Fried Chicken</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9)	<b>7</b> Tech. Training Appts. (p. 9) 10:00 Hand & Foot Cards (p. 9) <b>12:00 Lunch: French Toast &amp; Sausage</b> 2:00 Painting Class (p. 9) SHARE Orders Due (p. 7)	<b>8</b> ZB Massage (p. 12) Haircuts (p. 12) 9:30 Meditation/Healing (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) <b>12:00 Lunch: Pork &amp; Sauerkraut</b> 1:00 Hasenpfeffer (p. 9)	<b>9</b> 12:00 Lunch: White Wine Cod 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	<b>10</b> Billiards Away vs Brittany Pointe Reflexology (p. 12) <b>12:00 Lunch: Turkey on a Croissant &amp; Soup</b> 12:30 Mahjong (p. 9)	<b>11</b> / <b>12</b> 3:30 Canal Dinner Cruise Trip (p.14)
<b>13</b> 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) <b>12:00 Lunch: Grilled Chicken Caesar Salad</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 9)	<b>14</b> Billiards Home vs Pennridge Tech. Training Appts. (p. 9) 11:00 Caregivers Support (p. 7) <b>12:00 Lunch: Salmon</b> 1:30 Bingo (p. 8) 2:00 Painting Class (p. 9)	<b>15</b> ZB Massage (p. 12) Haircuts (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Mohegan Sun Casino (p. 14) 10:00 Bowling (p. 8) <b>12:00 Boardwalk Lunch (p. 1)</b> 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	<b>16</b> 12:00 Lunch: Spaghetti & Meatballs 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7)	<b>17</b> Billiards Home vs Arbour Square 9:30 Scrabble (p. 9) 10:15 Rivercruise/Railroad Trip (p. 14) <b>12:00 Lunch: Fish &amp; Chips</b> 12:30 Mahjong (p. 9)	<b>18</b> 9:30 Wissahickon Valley Park (p. 14) / <b>19</b>
<b>20</b> 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Pallative vs. Hospice Care (p. 4) <b>12:00 Lunch: Sausage, Peppers &amp; Onions</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9)	<b>21</b> 8:00 Newsletter Mailing (p.9) Billiards Away vs Arb. Square Tech. Training Appts. (p. 9) 10:00 Hand & Foot Cards (p. 9) <b>12:00 Lunch: Stuffed Cabbage</b> 12:45 Origami (p. 9) 2:00 Painting Class (p. 9)	<b>22</b> ZB Massage Haircuts (p. 12) 9:30 Meditation & Healing (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:00 Meaty Movie at IVPL: <u>The Bucket List</u> (p. 3) <b>12:00 Lunch: Swedish Meatballs &amp; Birthday Cake</b> <b>Red Hat Auction (p. 9)</b> 1:00 Hasenpfeffer (p. 9)	<b>23</b> Podiatry Appointments <b>12:00 Lunch: Mac &amp; Cheese</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) SHARE Order Pick Up (p. 7)	<b>24</b> Reflexology (p. 12) 9:15 Sadie's Bakery & Shady Maple Trip (p. 15) <b>12:00 Lunch: Chef Salad</b> 12:30 Mahjong (p. 9) 7:00 Family Night Bingo (p. 4)	<b>25</b> / <b>26</b>
<b>27</b> Massage Therapy (p. 12) Hearing Check Appts. (p. 12) 10:00 Handicrafters (p. 9) <b>12:00 Lunch: Chili with Cornbread</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 9)	<b>28</b> Tech. Training Appts. (p. 9) <b>12:00 Lunch: Hot Dog with Kraut</b> 1:30 Bingo (p. 8) 2:00 Painting Class (p. 9)	<b>29</b> ZB Massage Haircuts (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:00 Meaty Movie Discussion (p. 3) <u>The Bucket List</u> (p. 3) <b>12:00 Lunch: Seafood Chowder &amp; Biscuit</b> 1:00 Hasenpfeffer (p. 9)	<b>30</b> Reiki Appts (p. 12) <b>12:00 Lunch: Pizza Burger</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9)	<b>31</b> 12:00 Lunch: Crab Cake & Pierogies 12:30 Mahjong (p. 9) 7:00 Fifth Friday in the Cafe with Courtney Coletti (p. 1)	

## SCHEDULE ANNOUNCEMENTS

All events are subject to change.

\*There will be no Tai Chi from July 20-August 10

There will be no Monday Meditation from July 23-August 6

There will be no regular noon meal on August 15. Join us for our Boardwalk Lunch (see. p. 1)!

## 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

WEDNESDAYS:  
9:00 Step Aerobics

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

FRIDAYS:  
9:00 Flexercise  
10:30 Tai Chi\*