

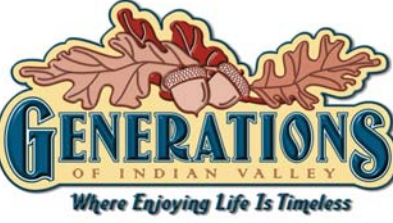
August 2019

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. 21. Lunch includes birthday cake for dessert.

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	
Farmers Market Voucher Schedule		See p. 3 for info.			1 Nail Art Appointments (p. 6) 12:00 Lunch: Chili w/ Cornbread 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE APPOINTMENTS	2 9:30 Scrabble (p. 9) 12:00 Lunch: Stuffed Peppers 12:30 Mahjong (p. 9)	/	
Monday	11:00am-1:00pm					3		
Tuesday	11:00am-1:00pm					4		
Wednesday	9:30am-11:30am							
Thursday	11:00am-1:00pm							
Friday	11:00am-1:00pm							
5 10:00 Blood Pressure ✓ (p. 12) 10:00 Handcrafters (p. 9) 12:00 Lunch: Chick. Cord. Bleu 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Bux Mont Senior Golf (p. 6)	6 Technology Tips Appts. (p. 9) 9:15 Hand & Foot Cards (p. 8) 12:00 Lunch: Cheeseburger & Fries 1:45 Painting Class SHARE Orders Due (p. 7)	7 Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 9:30 Bear Mt. Trip (p. 14) 10:00 Bowling (p. 8) 12:00 Lunch: Spaghetti w/ Meat Sauce 1:00 Hasenpfeffer (p. 9) 2:00 Holland & Belgium Rivercruise Info. (p. 17)	8 12:00 Lunch: Fish & Chips 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 1:00 Mats That Matter (p. 9) 3:30 Board Meeting	9 9:00 Rutgers Gardens Trip (p. 14) Reflexology (p. 12) 12:00 Lunch: Sausage & Peppers 12:30 Mahjong (p. 9)	/	11		
12 10:00 Handcrafters (p. 9) 12:00 Lunch: Seafood Chowder 12:15 Duplicate Bridge (p. 8) 1:00 Meet and Greet w/Rep. Malagari 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) Bux Mont Senior Golf (p. 6)	13 Billiards home vs Penridge 10:00 Caregivers Support (p. 7) Technology Tips Appts. (p. 9) 12:00 Lunch: Chicken Parm. Sandwich Nail Art Appointments (p. 6) 1:30 Bingo (p. 8) 1:45 Painting Class	14 Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10:00 Dining w/Diabetes Followup 12:00 Lunch: Cheesesteak 1:00 Hasenpfeffer (p. 9)	15 Acupuncture (p. 12) 9:00 Divorce Southern Style Trip (p. 14) 12:00 Lunch: Mac & Cheese 11:30-1 Drug Take Back (p. 6) 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7)	16 Billiards Home vs Arbour Sq. 9:30 Scrabble (p. 9) 12:00 Lunch: Stuffed Cabbage 12:30 Mahjong (p. 9) 1:45 Figure Drawing (p. 3)			/	18
19 10:00 Handcrafters (p. 9) 10:00 Grief & Loss Support (p. 4) 12:00 Lunch: Pizza 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:45 Figure Drawing (p. 3) Bux Mont Senior Golf (p. 6)	20 Billiards Away vs Arb. Sq. 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 8) 12:00 Lunch: Sweet & Sour Chicken 12:45 Origami (p. 9) 1:45 Painting Class	21 Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:30 Nutrition Info. B12 (p.4) 11:30 Red Hat to Franconia Cafe & Ashers 12:00 Lunch: Salmon & Bday Cake 1:00 Hasenpfeffer (p. 9)	22 12:00 Lunch: Ham Salad Sandwich 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Mats that Matter (p. 9) 1:00 Creative Writing (p. 8) SHARE Order Pick Up (p. 7)	23 Billiards Home vs Penridge 9:30 No. 9 Mine Trip (p. 14) Reflexology (p. 12) 11:00 Cancer Support (p. 3) 12:00 Lunch: French Toast & Sausage 12:30 Mahjong (p. 9) 1:45 Figure Drawing (p. 3) 7:00 Family Night Bingo (p. 8)				
26 10:00 Handcrafters (p. 9) Hearing Checks (p. 12) 12:00 Lunch: Hot Dog & Baked Beans 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:45 Figure Drawing (p. 3) Bux Mont Senior Golf (p. 6)	27 Technology Tips Appts. (p. 9) 11:00 Bucks County Riverboat Cruise Trip (p. 14) 12:00 Caesar Chicken Sandwich 1:30 Bingo (p. 8) 1:45 Painting Class	28 Haircuts (p. 12) Massage (p. 12) 9:00 Shuffleboard (p. 9) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 12:00 Lunch: Pork and Sauerkraut 1:00 Hasenpfeffer (p. 9)	29 12:00 Lunch: Chili w/ Cornbread 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9)	30 Billiards Home vs Brittany Pt. 12:00 Lunch: Stuffed Peppers 12:30 Mahjong (p. 9) 7:00 Fifth Friday in the Cafe with Bruce Copp (p. 1)	/	SEPT. 1		

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no Tai Chi or Monday Meditation in August.

WEEKLY FITNESS OFFERINGS

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

MONDAYS:
9:00 Flexercise

TUESDAYS:
9:00 Sit, Stretch, Flex

WEDNESDAYS:
9:00 Step Aerobics

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

FRIDAYS:
9:00 Flexercise