

# December 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 Weds Dec. 16! 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
	<b>1</b> Touch of Peace Massage Eye Care Appointments (p. 12) 10:00 Hand & Foot Cards <b>12:00 Lunch: Spinach Cranberry Chicken</b> 2:00 Painting Class SHARE Orders Due (p. 7)	<b>2</b> ZB Massage 9:00 Haircuts Choir Chimes to Rockhill Mennonite Com. 10:00 Bowling—Earl Bowl <b>12:00 Lunch: White Wine Salmon</b> 1:00 Hasenpfeffer 1:00 RSVP Open House (p. 6)	<b>3</b> ZB Massage 11:00 Acupuncture Appt.(p.12) 11:30 Red Hat Party (p. 9) <b>12:00 Lunch: Philly Chicken Cheesesteak</b> Choir Chimes to Jerusalem Lutheran 12:30 Bridge 12:45 Pinochle Apprise Appointments	<b>4</b> Touch of Peace Massage 12:00 Bridge Through Play (p.5) <b>12:00 Lunch: Salisbury Steak</b> 12:30 Mah Jong	<b>5</b> Reindeer Run/Walk (p. 5) 3:00 Gingerbread Tea (p. 8) Hanukkah Begins @ Sundown
	<b>7</b> Generations Closed 3:30 Longwood Gardens Trip	<b>8</b> Billiards at Pennridge 11:00 Caregivers Support Group (p.5) <b>12:00 Lunch: Crab Cake Sliders</b> 1:30 Bingo 2:00 Painting Class	<b>9</b> ZB Massage 9:00 Haircuts 10:00 Bowling—Earl Bowl 10:15 Choir Chimes <b>12:00 Lunch: Chicken Vindaloo</b>	<b>10</b> 10:00 Beginner Quilting 11:00 American Music Theatre 12:00 Lunch: <b>Seared Pork Loins</b> 12:30 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	<b>11</b> Reflexology 12:00 Bridge Through Play (p.5) 11:30 JROTC Presentation (p. 5) <b>12:00 Lunch: Southwest Meatball Sub</b> 12:30 Mah Jong Touch of Peace Massage
<b>14</b> 10-1 Handicrafters Sale (p. 3) Personal Care Item Donations Due (p. 4) Hearing Checks (p. 12) Technology Training (p. 9) 10:30 Veterans Shuttle (p.7) <b>12:00 Lunch: Parmesan Fusilli</b> 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers <b>Bella Notte/Carusos (p. 1)</b>	<b>15</b> 8:00 Newsletter Mailing 9:00 Brandywine Christmas Trip Billiards @ Arbour Square 10:00 Hand & Foot Cards <b>12:00 Lunch: Spinach Taco Turkey Burger</b> 2:00 Painting Class Choraleers to Valley Vista	<b>16</b> ZB Massage 9:00 Haircuts Technology Training (p. 9) 10:00 Bowling—Earl Bowl 10:00 Mohegan Sun Casino <b>12:00 Lunch: Pork &amp; Sauerkraut &amp; B-day Cake</b> 1:00 Hasenpfeffer Chimes to Gwynedd Square Cntr Financial Counseling (p. 7) Choir Chimes to Meadowood	<b>17</b> Billiards Home vs. Ambler 8:15 A Festive Tradition Tour <b>12:00 Lunch: Beef Stroganoff</b> 12:30 Bridge 12:45 Pinochle Legal Aid SHARE Pick Up (p. 7)	<b>18</b> ZB Massage Billiards Home vs Arbour Square 12:00 Bridge Through Play (p.5) <b>12:00 Lunch: Grilled BBQ Chicken</b> 12:30 Mah Jong Touch of Peace Massage	<b>19</b> 9:30 Indoor Hike: King of Prussia Mall 20
<b>21</b> 10:00 Branson Country Xmas Trip 10:00 Blood Pressure Checks 10:00 Stay in Circulation (p.4) Technology Training (p. 9) 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) <b>12:00 Lunch: Margherita Pizza</b> 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers 7:00 The Longest Night (p. 6)	<b>22</b> Touch of Peace Massage <b>12:00 Lunch: Roasted Chicken</b> 1:30 Bingo 2:00 Painting Class	<b>23</b> ZB Massage 9:00 Haircuts Technology Training (p. 9) 10:00 Bowling—Earl Bowl <b>12:00 Lunch: Baked Flounder</b>	<b>24</b> 10:00 Christmas Eve Brunch <b>Generations Closes at 12:00pm</b>	<b>25</b> Generations Closed 	<b>26</b> 27
<b>28</b> <b>Holiday Closing:</b> Generations will close at 12:00pm on Thursday, December 24 and remain closed through Sunday, January 3. We will re-open on Monday, January 4, 2016. There will be no Meals on Wheels deliveries on December 24, 25, 31 and January 1. If you are a MOW driver and are unable to drive during the holiday season, please call our MOW office and let them know.	<b>29</b>	<b>30</b>	<b>31</b>	<b>Who's Calling?</b> 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!	

## SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Generations will be closed on Monday, December 7.

There will be no fitness classes, Quilting Class, Pinochle, Bridge or on Thursday, December 24. Please see full holiday closing schedule below.

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  
 9:00 Gentle Yoga

WEDNESDAYS:  
 9:00 Step Aerobics

THURSDAYS:  
 8:15 Low & Go  
 9:00 Sit, Stretch, Flex  
 9:00 Gentle Yoga  
 10:00 Dancercise

FRIDAYS:  
 9:00 Flexercise  
 10:30 Tai Chi