

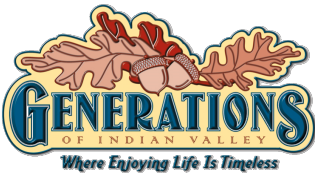

December 2016

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., Dec. 21! 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
	Who's Calling? We sometimes use an automated phone system to relay schedule information to our participants. If you receive a call from a "617" (Massachusetts) 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.		1 ZB Massage 10:30 Tony Orlando's Xmas 11:00 Acupuncture (p.12) 11:30 Red Hat Holiday Lunch 12:00 Lunch: Philly Cheesesteak 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7)	2 San Antonio Trip Departs Touch of Peace Massage 12:00 Lunch: Veggie Lasagne Roll 12:30 Mahjong	3 8:00 Reindeer Run/ Fun Walk (p. 1)
	5 Generations Closed	6 San Antonio Trip Returns Touch of Peace Massage 9:30 Pearl Buck House Trip 10:00 Hand & Foot Cards 10:00 Smart Phone/Tablet (p. 5) 12:00 Lunch: Crab Cake 12:15 iPhone/iPad (p.5) 2:00 Painting Class	7 ZB Massage 9:00 Haircuts 10:00 Bowling 10:00 Organizing Your Home For Health & Safety (p.4) 12:00 Lunch: Grilled BBQ Chicken 1:00 Hasenpfeffer	8 9:30 Holiday Card Making (p. 4) 12:00 Lunch: Ham 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	9 Reflexology Billiards Home vs Ben Wilson 12:00 Lunch: Meatball Sub 12:30 Mahjong Touch of Peace Massage
12 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Dijon Chicken 12:15 Duplicate Bridge 12:45 Canned Culinary (p. 5) 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	13 Billiards Home vs Pennridge 10:00 Smart Phone/Tablet (p. 5) 10:30 Captivated by Color (p.8) 10:45 Stokesay Castle Trip 11:00 Caregivers Support (p.7) 12:00 Lunch: Pizza 12:15 iPhone/iPad (p.5) Choraleers to Valley Vista 1:30 Bingo 2:00 Painting Class 6:00 Candlelit Christmas (p. 1)	14 ZB Massage 9:00 Haircuts 10:00 Bowling 10:00 Meditation & Self Healing (p.12) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer Choir Chimes to Gwynedd Square	15 Diabetic Shoe Evals (p. 12) 12:00 Lunch: Roasted Chicken Sandwich 12:15 Bridge 12:45 Pinochle 1:00 RSVP Open House (p. 6) Choraleers to Gwynedd Square Legal Aid (p. 7) 2:00 Coin Collectors Club (p. 8) SHARE Order Pick Up (p. 7)	16 ZB Massage Billiards Home vs Arb. Square 12:00 Lunch: Salisbury Steak 12:30 Mahjong Touch of Peace Massage	11
19 Touch of Peace Massage 10:00 Handicrafters 10:00 Back to The Future (p. 4) 10:00 Blood Pressure Checks(p. 12) 10:30 Veterans Shuttle (p.7) 10:45 Hearing Checks (p. 12) 12:00 Lunch: Flounder 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	20 8:00 Newsletter Mailing Billiards Away vs Arb. Square 10:00 Hand & Foot Cards 12:00 Lunch: Open-Faced Turkey Sandwich 2:00 Painting Class ZB Massage 3:00 Koziar's Christmas Villiage Trip	21 Soup Sale (p. 6) 9:00 Haircuts ZB Massage Billiards Home vs Ambler 10:00 Bowling 12:00 Lunch: Chef's Choice & Birthday Cake 12:45 Origami (p. 9) 1:00 Hasenpfeffer Financial Counseling (p. 7) 7:00 Spirit Journeys: The Longest Night (p. 3)	22 12:00 Lunch: Chicken Pot Pie 12:15 Bridge 12:45 Pinochle Choraleers to Elmwood Terrace	23 Reflexology 10:00 Christmas Brunch (p. 1) Generations Closes at 12:30pm	17 9:30 Indoor Hike: King of Prussia Mall 9:30 Scrooge at Spring Lake Theatre 18
26	27	28	29	30	24 Generations Cookbooks make great holiday gifts. Purchase yours at our front desk for \$10!  HAPPY HOLIDAYS!
31 HOLIDAYS! Jan. 1					

SCHEDULE ANNOUNCEMENTS
All events are subject to change.
Effective 11/3, Thursday Yoga has been discontinued.
There will be no Zumba Gold on Tues., December 13.
Schedule Changes for Friday, December 23: The Café will be closed. Brunch will be served at 10:00am. There will be no noon meal. Generations will close at 12:30pm.

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
7:00 Zumba Gold

WEDNESDAYS:
9:00 Step Aerobics

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

FRIDAYS:
9:00 Flexercise
10:30 Tai Chi