

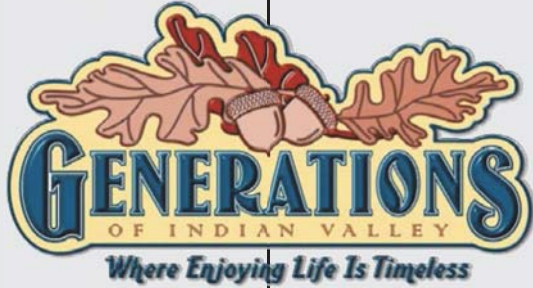
December 2017

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. 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., Dec. 20. 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 |
|--|--|---|--|--|---|
|  | | | | | |
| <div style="background-color: #004a7c; color: white; padding: 5px; display: inline-block;"> Generations Cookbooks make great holiday gifts. Purchase yours at our front desk for \$10! </div> | | | | | |
| | | | | 1 9:00-4:00 Reindeer Run/Walk Bag Pick Up 12:00 Lunch: Dijon Chicken 12:30 Mahjong | 2 8:00 Reindeer Run/Walk (p. 1) |
| 4 | 5 | 6 | 7 | 8 | 3 |
| Generations Closed | 10:00 Hand & Foot Cards 12:00 Lunch: Swedish Meatballs 2:00 Painting Class | 9:00 Haircuts Billiards Home vs Ben Wilson 10:00 Bowling 10:30 Radio City Rockettes Trip Choir Chimes to Encore Exp. 12:00 Lunch: Crab Cake 1:00 Hasenpfeffer 2:00 Christmas Tea at Two (p. 1) | 8:00 Old Order Mennonite Trip 10:00 Acupuncture (p.12) 11:30 Red Hat Xmas Party (p. 9) 12:00 Lunch: Ham 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7) | Reflexology 9:15 AARP Safe Driving Refresher (p. 4) 10:45 AMT Xmas Show Trip 12:00 Lunch: All American Burger 12:30 Mahjong | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 |
| 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Sloppy Joe 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers | Billiards Home vs Pennridge 10:30 Captivated by Color 11:00 Caregivers Support (p. 7) 12:00 Lunch: Salisbury Steak NO BINGO Choraleers to Valley Vista 2:00 Painting Class | 9:00 Haircuts 10:00 Bowling 9:30 Meditation/Healing (p. 12) 12:00 Lunch: Open-Face Turkey Sandwich 1:00 Hasenpfeffer Choir Chimes to Arbour Square Bella Notte at Caruso (p. 5) | 12:00 Lunch: Sausage & Peppers 12:15 Bridge 12:45 Pinochle Choraleers to Golden Age Club 1:00 Creative Writing ZB Massage 3:30 Board Meeting SHARE Order Pick Up (p. 7) | ZB Massage Billiards Home vs Arbour Square 12:00 Lunch: Flounder 12:30 Mahjong | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 |
| 10:00 Handicrafters 10:00 Blood Pressure Checks (p. 12) 10-Sensory Impairments (p. 4) 10:30 Veterans Shuttle (p. 7) Hearing Checks (p. 12) 12:00 Lunch: Chili & Cornbread 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers | Billiards Away vs Arb. Square 8:00 Newsletter Mailing (p.9) 10:00 Hand & Foot Cards 12:00 Lunch: Chef Salad 12:45 Origami (p. 9) 1:30 Book Club with Judy: <i>The Silent Wife</i> (p. 8) 2:00 Painting Class | 9:00 Haircuts ZB Massage Billiards Home vs Ambler 10:00 Bowling Choraleers to Golden Age Club 12:00 Lunch: Pork & Sauerkraut & Birthday Cake 1:00 Hasenpfeffer Financial Counseling (p. 7) 7:00 Spirit Journeys: <i>The Longest Night</i> (p. 6) | 8:00 Old Order Mennonite Trip 12:00 Lunch: Sweet & Sour Chicken 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) | Reflexology 10:00 Christmas Brunch (p. 1) Generations Closes at 12:30pm | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |
| <div style="background-color: #004a7c; color: white; padding: 10px;"> Holiday Closing: Generations will close at 12:30pm on Friday, December 22 and remain closed through Monday, January 1. We will re-open on Tuesday, January 2, 2018. There will be no Meals on Wheels deliveries on December 25 or January 1. If you are a MOW driver and are unable to drive during the holiday season, please call our MOW office and let us know: 215-723-8555. </div> | | | | | |
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SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Generations will be closed on Monday, December 4.

There will be no Bingo on Tuesday, December 12 due to a rental.

There will be no Tai Chi on Fri., Dec. 22. See below for Holiday closing announcements.

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