February 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 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 Feb. 17! 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
1 10:00 Blood Pressure Screenings 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) **12:00 Lunch: Flounder** 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	**2** Touch of Peace Massage 10:00 Healthy Heart, Healthy You (p. 6) 10:00 Hand & Foot Cards **12:00 Lunch: Chicken Pot Pie** 2:00 Painting Class	**3** ZB Massage 9:00 Haircuts AARP Tax Aide Appts. 10:00 Bowling—Earl Bowl **12:00 Lunch: Beef Bourbon Tips** 1:00 Hasenpfeffer	**4** ZB Massage 11:00 Acupuncture (p.12) **12:00 Lunch: Taco Turkey Burger** 12:30 Bridge 12:45 Pinochle Apprise Appointments	**5** AARP Tax Aide Appts. 9:15 AARP Safe Driving 9:15 Apps for Senior Class 9:30 Roadside America Trip 11:00 Beginner Facebook **12:00 Lunch: Chix Tortilla Taco** 12:30 Mah Jong Touch of Peace Massage	**6** **7**
8 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) **12:00 Lunch: Pasta with Meatballs** 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking 1:30 Choraleers	**9** Mardis Gras Fastnachts & Coffee (p. 3) Billiards Home vs. Pennridge 11:00 Caregivers Support(p.3) **12:00 Lunch: Open Faced Roast Beef** 1:30 Bingo 2:00 Painting Class Touch of Peace Massage	**10** ZB Massage 9:00 Red Hat Pajama Party (p.9) 9:00 Haircuts AARP Tax Aide Appts. 10:00 Bowling—Earl Bowl 10:15 Chimes Choir **12:00 Lunch:Sausage & Peppers** 2:00-San Antonio Presentation (p. 16)	**11** 12:00 Lunch: **Mango Chicken** 12:30 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	**12** Reflexology Billiards Home vs. Ben Wilson AARP Tax Aide Appts. 9:15 AARP Safe Driving **12:00 Valentine Lunch (p. 1)** 12:30 Mah Jong Touch of Peace Massage	**13** Valentines Day **14**
15 Presidents Day Touch of Peace Massage 10:00 Handicrafters 10:00 Making Your Mark (p. 4) 10:30 Veterans Shuttle (p.7) **12:00 Lunch: Chicken Parm** 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	**16** Billiards @ Arbour Square 8:00 Newsletter Mailing 10:00 Hand & Foot Cards **12:00 Lunch: Pulled Pork Slider** 12:30 Zentangle 2:00 Painting Class Touch of Peace Massage	**17** Billiards Home vs. Ambler 9:00 Haircuts AARP Tax Aide Appts. 10:00 Bowling—Earl Bowl 10:00 Mohegan Sun Casino 10:15 Chimes Choir **12:00 Lunch: White Wine Salmon & Birthday Cake** 1:00 Hasenpfeffer Financial Counseling (p. 7)	**18** **12:00 Lunch: Chicken Cheesesteak** 12:30 Bridge 12:45 Pinochle Legal Aid	**19** Billiards Home vs. A. Square ZB Massage AARP Tax Aide Appts. **12:00 Lunch: Salisbury Steak** 12:30 Mah Jong Touch of Peace Massage	**20** 9:30 Indoor Hike: Ikea **21**
22 Touch of Peace Massage 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 10:45 Hearing Checks **12:00 Lunch: Chef's Choice** 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking 1:30 Choraleers	**23** Touch of Peace Massage 11:00 Victor Cafe Trip **12:00 Lunch: Crab Cake** 1:30 Bingo 2:00 Painting Class	**24** ZB Massage 9:00 Haircuts AARP Tax Aide Appts. 10:00 Bowling—Earl Bowl 10:15 Chimes Choir **12:00 Lunch: Grilled BBQ Chicken** 1:30 Book Club with Judy (p. 8)	**25** 12:00 Lunch: **Veggie Lasagne Roll** 12:30 Bridge 12:45 Pinochle 1:00 Creative Writing	**26** Reflexology AARP Tax Aide Appts. 11:00 Diabetes and Your Feet (p.6) **12:00 Lunch: Southwest Meatball Sub** 12:30 Mah Jong Touch of Peace Massage	**27** 2:15 WDVR Radio Trip **28**
29 10:00 Spreading it Around Trip 10:00 Handicrafters **12:00 Lunch: Pizza** 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage					

GENERATIONS OF INDIAN VALLEY
Where Enjoying Life Is Timeless

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 so be sure to swipe your key card when you visit!

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no Step Aerobics or Chimes Choir on Wednesday, Feb. 3

Please see back cover for our weather closing policy.

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 Dancefit

FRIDAYS:
9:00 Flexercise
10:30 Tai Chi