

# February 2017

## OUR NOON MEAL

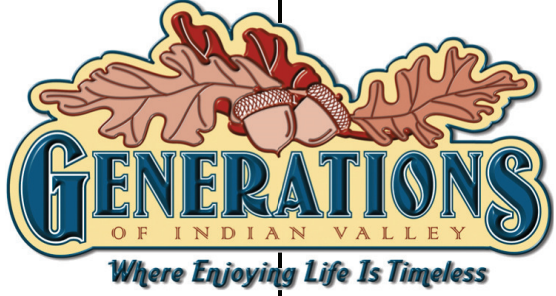
Menu items are listed on the calendar. RESERVATIONS ARE REQUIRED. Please sign your name in the lunch book at the front desk or call 215-723-5841 three business days ahead of time. Upon arrival, please swipe your key card and place your anonymous donation (\$2.00 suggested) in the collection box.

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., Feb. 15! 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
		<b>1</b> AARP Tax Aide Billiards Home vs Ben Wilson ZB Massage 9:00 Haircuts 10:00 Bowling 10:15 Choir Chimes <b>12:00 Lunch: American Burger</b> 1:00 Hasenpfeffer	<b>2</b> 9:15 Valentine Card Making (p. 4) 11:00 Acupuncture (p.12) <b>12:00 Lunch: Open-Faced Roast Beef</b> 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7) 7:00 Turning 65 (p. 7)	<b>3</b> AARP Tax Aide Touch of Peace Massage 10:00 Shady Maple Trip <b>12:00 Lunch: Sausage &amp; Peppers</b> 12:30 Mahjong	<b>4</b>
<b>6</b> 10:00 Handicrafters 10:00 Blood Pressure Checks(p. 12) 10:30 Veterans Shuttle (p. 7) <b>12:00 Lunch: Chicken Parmesan</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	<b>7</b> Touch of Peace Massage 9:30 Aldie Mansion Trip 10:00 Hand & Foot Cards 10:00 Android Apps (p. 3) 12:15 Apple Apps (p. 3) <b>12:00 Lunch: Pulled Pork Sandwich</b> 2:00 Painting Class SHARE Orders Due (p. 9)	<b>8</b> AARP Tax Aide ZB Massage 9:00 Haircuts 10:00 Bowling 10:15 Choir Chimes <b>12:00 Lunch: Salmon</b> 1:00 Hasenpfeffer Touch of Peace Massage	<b>9</b> <b>12:00 Lunch: Cheese Steak</b> 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	<b>10</b> AARP Tax Aide Reflexology <b>12:00 Valentine Lunch(p. 1)</b> 12:30 Mahjong Touch of Peace Massage	<b>5</b>
<b>13</b> 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) 11:00 Train Your Brain (p. 2) <b>12:00 Lunch: Smoked Sausage</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	<b>14</b> Billiards Home vs Penridge Reflexology 10:30 Captivated by Color 11:00 Caregivers Support(p. 7) <b>12:00 Lunch: Crab Cake</b> 1:30 Bingo 2:00 Painting Class	<b>15</b> AARP Tax Aide 9:00 Haircuts ZB Massage Billiards Home vs Ambler 10:00 Bowling 10:15 Choir Chimes 11:00 Long Term Care Insurance(p. 4) <b>12:00 Lunch: Chicken Alfredo &amp; Birthday Cake</b> 12:45 Origami (p. 9) 1:00 Hasenpfeffer Financial Counseling (p. 7)	<b>16</b> Diabetic Shoe Evals (p. 12) <b>12:00 Lunch: Hot Dog</b> 12:15 Bridge 12:45 Pinochle 2:00 Coin Collectors Club (p. 8) Legal Aid (p. 7)	<b>17</b> AARP Tax Aide ZB Massage 8:00 Ringling Bros. Circus Billiards Home vs Arb. Square <b>12:00 Lunch: Meatball Sub</b> 12:30 Mahjong Touch of Peace Massage	<b>18</b>
<b>20</b> Touch of Peace Massage 10:00 Handicrafters 10:00 Is It An Emergency? (p. 4) 10:30 Veterans Shuttle (p. 7) <b>12:00 Lunch: Meatloaf</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	<b>21</b> 8:00 Newsletter Mailing Billiards Away vs Arb. Square 10:00 Hand & Foot Cards <b>12:00 Lunch: Dijon Chicken</b> 2:00 Painting Class	<b>22</b> AARP Tax Aide 9:00 Haircuts ZB Massage 10:00 Bowling 10:00 Meditation & Self Healing 10:15 Choir Chimes <b>12:00 Lunch: Pork &amp; Sauerkraut</b> 1:00 Hasenpfeffer	<b>23</b> Reiki (p. 12) <b>12:00 Lunch: Ham Steak</b> 12:15 Bridge 12:45 Pinochle SHARE Order Pick Up (p. 9)	<b>24</b> AARP Tax Aide Reflexology <b>12:00 Lunch: Roasted Chicken Sandwich</b> 12:30 Mahjong Touch of Peace Massage	<b>19</b>
<b>27</b> Touch of Peace Massage 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) 10:45 Hearing Checks (p. 12) <b>12:00 Lunch: Mac &amp; Cheese</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	<b>28</b> Touch of Peace Massage 10:30 Captivated by Color <b>12:00 Lunch: BBQ Chicken</b> 1:30 Bingo 1:30 Book Club with Ginger: <u>The Bungalow</u> (p. 8) 2:00 Painting Class <b>p. 10</b>				<b>26</b>

## SCHEDULE ANNOUNCEMENTS

All events are subject to change.  
 There will be no Step Aerobics or Meditation & Self Healing on Wednesday, Feb. 8.  
 There will be no Tai Chi or noon meal on Friday, February 10. See p. 1.  
 See p. 20 for our full weather-related closing/delay policy.

## 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  
 9:00 Stretch & Renew  
 10:00 Dancefit

FRIDAYS:  
 9:00 Flexercise  
 10:30 Tai Chi