

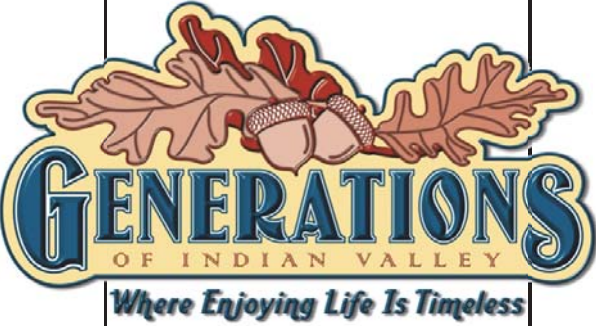
February 2018

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., Feb. 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
			1 9:30 Rainbow's Comedy Playhouse Trip 10:00 Acupuncture (p.12) 12:00 Lunch: Chicken a la King 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7)	2 12:00 Lunch: All American Burger 12:30 Mahjong	3
5 10:00 Handicrafters 10:00 Blood Pressure Checks (p. 12) 12:00 Lunch: Sloppy Joe 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	6 Technology Training Appts. (p. 9) 10:00 Hand & Foot Cards 11:00 The Making of Laymen Playmen's Peter Pan (p. 4) 12:00 Lunch: Ham & Potato Casserole 2:00 Painting Class SHARE Orders Due (p. 7)	7 Billiards Home vs. Ben Wilson ZB Massage 9:00 Haircuts AARP Tax Aide (p. 5) 10:00 Bowling 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer	8 12:00 Lunch: Stuffed Peppers 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	9 Billiards Away vs. Brittany Pointe Reflexology AARP Tax Aide (p. 5) 12:00 Lunch: Flounder 12:30 Mahjong	4
12 10:00 Handicrafters 12:00 Lunch: Beef Stew 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Five Crowns Card Game (p. 9) 1:30 Choraleers	13 Billiards Home vs Pennridge Technology Training Appts. (p. 9) 9:00 Terracotta Warriors Trip Mardi Gras Cafe Special (p. 6) 10:30 Captivated by Color 11:00 Caregivers Support (p. 7) 12:00 Lunch: Salisbury Steak 1:30 Bingo 2:00 Painting Class	14 ZB Massage 9:00 Haircuts AARP Tax Aide (p. 5) 10:00 Bowling 9:30 Meditation/Healing (p. 12) 11:00 Valentine Brunch (p. 4) Choir Chimes 1:00 Hasenpfeffer	15 Podiatric Appointments (p. 12) 12:00 Lunch: Chicken Pot Pie 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	16 Billiards Home vs Arbour Square ZB Massage AARP Tax Aide (p. 5) 11:30 Out to Lunch: Easton Buffet 12:00 Lunch: Pizza 12:30 Mahjong	10
19 Presidents Day 10:00 Handicrafters 10:00 Life Saving Signs (p. 4) 12:00 Lunch: Stuffed Cabbage 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	20 8:00 Newsletter Mailing (p.9) Billiards Away vs Arbour Square Technology Training Appts. (p. 9) 10:00 Hand & Foot Cards 12:00 Lunch: Pulled Pork Sandwich 12:45 Origami (p. 9) 2:00 Painting Class ZB Massage	21 9:00 Haircuts ZB Massage AARP Tax Aide (p. 5) 10:00 Bowling 10:15 Choir Chimes 12:00 Lunch: Salmon & Bday 1:00 Hasenpfeffer Financial Counseling (p. 7) 2:00 Tea at Two with Julie Henning (p. 5)	22 Reiki (p. 12) 12:00 Lunch: Dijon Chicken 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing	23 Reflexology AARP Tax Aide (p. 5) 12:00 Lunch: Meatball Sub 12:30 Mahjong 6:00 Spaghetti & Sinatra Dinner (p. 1)	11
26 10:00 Handicrafters Hearing Checks (p. 12) 12:00 Lunch: Meatloaf 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Five Crowns Card Game (p. 9) 1:30 Choraleers	27 10:30 Captivated by Color Technology Training Appts. (p. 9) 12:00 Lunch: Crab Cake Sandwich 1:30 Bingo 2:00 Painting Class	28 9:00 Haircuts ZB Massage 9:30 Meditation & Healing (p. 12) 10:00 Bowling 10:15 Choir Chimes 12:00 Lunch: Swedish Meatballs 1:00 Hasenpfeffer 1:30 Book Club with Ginger: Little Fires Everywhere (p. 8)			17
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SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no Step Aerobics Class February 7 or 14.

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