

February 2019

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. 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
				1 9:30 Scrabble (p. 9) 12:00 Lunch: Ham 12:30 Mahjong (p. 9)	2 3
4 10:00 Meditation (p. 12) 10:00 Blood Pressure ✓ (p. 12) 10:00 Handicrafters (p. 8) 12:00 Lunch: Cod Florentine 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 9)	5 8:30 Mutter Museum Trip (p. 14) Technology Tips Appts. (p. 9) 9:15 Hand & Foot Cards (p. 8) 12:00 Lunch: Chicken & Dumplings 1:45 Painting Class (p. 9) SHARE Orders Due (p. 7)	6 Haircuts (p. 12) Massage (p. 12) AARP Tax Aide Appts. (p. 5) Billiards Home vs Ben Wilson (p. 8) 10:00 Bowling (p. 8) 10:15 Choir Chimes 11:15 Diabetes Prevention (p. 6) 12:00 Lunch: Meatloaf 1:00 Hasenpfeffer (p. 9)	7 Acupuncture (p. 12) 12:00 Lunch: Bratwurst & German Potato Salad 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)	8 Reflexology (p. 12) 12:00 Lunch: Crab Cake 12:30 Mahjong (p. 9)	9 10
11 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 8) 10:00 Peyton Heart Workshop (p. 2) 12:00 Lunch: Beef Stroganoff 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 9)	12 Billiards Home vs Penridge Technology Tips Appts. (p. 9) 10:00 Caregivers Support (p. 7) 12:00 Lunch: Kielbasa with Cabbage 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	13 Haircuts (p. 12) Massage (p.12) AARP Tax Aide Appts. (p. 5) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 11:00 Valentine Brunch (p. 4) 1:00 Hasenpfeffer (p. 9)	14 12:00 Lunch: Turkey, Stuffing, & Carrots 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	15 Billiards Home vs Arbour Sq. 9:30 Scrabble (p. 9) 12:00 Lunch: Chili with Cornbread 12:30 Mahjong (p. 9) 3:45 Masters of Illusion Trip (p. 14)	16 17
18 Presidents Day 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 8) 10:00 A Matter of Balance Info. (p. 4) 12:00 Lunch: Corned Beef & Cabbage 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 9)	19 Billiards Away vs Arb. Sq. 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 8) 9:15 Mather Planetarium (p. 14) 10:30 Captivated By Color (p. 8) 12:00 Lunch: Spaghetti & Meatballs 12:45 Origami (p. 9) 1:45 Painting Class (p. 9)	20 Billiards Home vs Nor. Farms Haircuts (p. 12) Massage (p. 12) AARP Tax Aide Appts. (p. 5) 10:00 Bowling (p. 8) 10:15 Choir Chimes 12:00 Lunch: Chick. Cordon Bleu & Birthday Cake 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	21 10:00 Organizing your Home for Health & Safety (p. 3) 12:00 Lunch: Seafood Scampi 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	22 Billiards Home vs Penridge Reflexology (p. 12) 11:30 Out to Lunch: Easton Buffet (p. 14) 12:00 Lunch: Salisbury Steak 12:30 Mahjong (p. 9) 6:00 Spaghetti & Sinatra Fundraising Dinner (p. 1)	23 24
25 9-1 Cafe Soup Sale (p. 6) 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 8) 10:45 Hearing Checks (p. 12) 12:00 Lunch: Chicken Marsala 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 9)	26 Billiards Home vs Ben Wilson Technology Tips Appts. (p. 9) 12:00 Lunch: Salmon with Dill Sauce 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	27 Haircuts Massage (p. 12) AARP Tax Aide Appts. (p. 5) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10:00 Meaty Movie at IVPL: <i>Won't You Be My Neighbor?</i> (p. 1) 10:15 Choir Chimes 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer (p. 9) 1:30 Book Club: <i>The Great Alone</i> (p.8)	28 Reiki (p. 12) 12:00 Lunch: Fish & Chips 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8)		

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Effective February 1, 2019, the Friday Yoga class will no longer be offered.

WEEKLY FITNESS OFFERINGS

(held each week at the corresponding day & time unless noted above): See p. 13 for full descriptions.

MONDAYS:
9:00 Flexercise
10:30 Tai Chi

TUESDAYS:
9:00 Sit, Stretch, Flex

WEDNESDAYS:
9:00 Step Aerobics

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

FRIDAYS:
9:00 Flexercise
10:30 Tai Chi

