

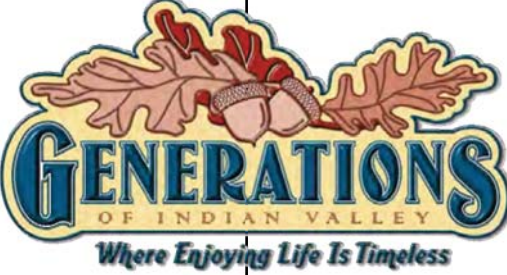

Feb. 2020

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. 19. Lunch includes birthday cake for dessert.

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		
		<p>Before JANUARY ends, please visit Giant Food Store in Souderton to support Generations of Indian Valley/Senior Adult Activity Center. We will receive a \$1 donation for every \$2.50 reusable "Bags 4 My Cause Bag" sold in JANUARY at the Souderton Giant.</p> 			1	2
<p>3 10:00 Blood Pressure ✓ (p. 12) 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) 12:00 Lunch: Chicken a la King 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 8)</p>	<p>4 Technology Tips Appts. (p. 9) 9:15 Herr's Factory Trip (p. 14) 9:15 Hand & Foot Cards (p. 9) 12-Lunch: Salisbury Steak 1:45 Painting Class (p. 9)</p>	<p>5 Haircuts (p. 12) Massage (p. 12) AARP Tax Appointments (p. 5) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer (p. 9)</p>	<p>6 AARP Tax Appointments (p. 5) 9:30 Senator Collett Office Hours (p. 6) 12:00 Lunch: Lasagne 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9)</p>	<p>7 9:30 Scrabble (p. 9) 11:15 Out to Lunch: Blue Bell Inn (p. 14) 12:00 Lunch: Chili & Cornbread 12:30 Mahjong (p. 9)</p>	8	9
<p>10 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) 12:00 Lunch: Pulled Pork Sandwich 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 8)</p>	<p>11 Billiards Home vs. Pennridge (p. 8) 10:00 Caregivers Support (p. 7) Technology Tips Appts. (p. 9) 12:00 Lunch: Swedish Meatballs 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)</p>	<p>12 Haircuts Massage (p. 12) 9:30 Meditation & Healing (p. 12) AARP Tax Appointments (p. 5) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 12:00 Lunch: Baked Ziti 1:00 Hasenpfeffer (p. 9) 2:00 Tea at Two: Chocoholics Welcome (p. 4)</p>	<p>13 AARP Tax Appointments (p. 5) 12:00 Lunch: Pot Roast 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting</p>	<p>14 9:30 Hunterdon Hills Trip (p. 14) Reflexology (p. 12) 12:00 Valentine Lunch (p. 1) 12:30 Mahjong (p. 9)</p>	15	16
<p>17 Presidents Day 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) 10:00 Healthy Heart (p. 4) Nail Art Appointments (p. 6) 10:45-12:45 State Rep. Hours (p. 7) 12:00 Lunch: BBQ Chicken 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Choraleers to Lutheran Com. (p. 8)</p>	<p>18 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 9) 12:00 Lunch: Shepherd's Pie 12:45 Origami (p. 9) 1:45 Painting Class (p. 9)</p>	<p>19 Haircuts Massage (p. 12) 10:00 Bowling (p. 8) AARP Tax Appointments (p. 5) 10:15 Choir Chimes (p. 8) 11:30 Red Hats to Luberto's (p. 9) 12:00 Lunch: Chicken Marsala & Birthday Cake 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)</p>	<p>20 AARP Tax Appointments (p. 5) Acupuncture (p. 12) 12:00 Lunch: Beef Stew 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) APPRISE Appointments (p. 7)</p>	<p>21 Billiards Home vs. Arb. Square (p. 8) 9:30 Scrabble (p. 9) 12:00 Lunch: Chicken & Sausage Jambalaya 12:30 Mahjong (p. 9)</p>	22	23
<p>24 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) 12:00 Lunch: Crab Cake 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) Choraleers to Gwynedd Health (p. 8)</p>	<p>25 Technology Tips Appts. (p. 9) 12:00 Lunch: Hot Turkey Sandwich 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)</p>	<p>26 Haircuts Massage (p. 12) AARP Tax Appointments (p. 5) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 12:00 Lunch: Salmon with Dill Sauce 1:00 Hasenpfeffer (p. 9)</p>	<p>27 AARP Tax Appointments 9:30 Grumpy Old Men Trip (p. 14) Reiki Appointments (p. 12) 12:00 Lunch: Stuffed Shells 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8)</p>	<p>28 Reflexology (p. 12) 12:00 Lunch: Sloppy Joe 12:30 Mahjong (p. 9) 6:00 Spaghetti & Sinatra Fundraising Dinner (p. 1)</p>	29	March 1

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Tai Chi will be held in the Ridgeview Room (not the Community Room) on Friday, February 14.

Acupuncture will be held in the Library (not the Ridgeview Room) on Thursday, February 20.

There will be no "Mats that Matter" in February.

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