January 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 Jan. 20! 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
GENERATIONS OF INDIAN VALLEY *Where Enjoying Life Is Timeless*	**Holiday Closing:** Generations will close at 12:00pm on Thursday, December 24 and remain closed through Sunday, January 3. We will re-open on Monday, January 4, 2016. There will be no Meals on Wheels deliveries on December 24, 25, 31 and January 1. If you are a MOW driver and are unable to drive during the holiday season, please call our MOW office and let them know.			**1**	**2** / **3**
4 **Welcome Back!** Technology Training (p. 9) 10:00 Blood Pressure Screenings 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) **12:00 Lunch: Pasta & Meatballs** 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	**5** Billiards at Pennridge Touch of Peace Massage 10:00 Hand & Foot Cards 11:15 Out to Lunch:Wegman's **12:00 Lunch: Open Face Roast Beef Sandwich** 2:00 Painting Class	**6** ZB Massage 9:00 Haircuts Technology Training (p. 9) 10:00 Bowling—Earl Bowl **12:00 Lunch: Sausage & Peppers** 1:00 Hasenpfeffer	**7** ZB Massage 9:15 Boyertown Planetarium 11:00 Acupuncture (p.12) **12:00 Lunch: Mango Chicken** 12:30 Bridge 12:45 Pinochle Apprise Appointments (p. 7)	**8** Reflexology **12:00 Lunch: Greek Burger** 12:30 Mah Jong Touch of Peace Massage	**9** / **10**
11 8:45 Barnes Foundation Trip Technology Training (p. 9) 10:00 Handicrafters 10:00 Glucose Testing 10:30 Veterans Shuttle (p.7) **12:00 Lunch: Chicken Parm** 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	**12** **Soup Sale** Billiards at Arbour Square 11:00 Caregivers Support Group (p.5) **12:00 Lunch: Soup & Sandwich** 1:30 Bingo 2:00 Painting Class	**13** ZB Massage 9:00 Haircuts Technology Training (p. 9) 10:00 Bowling—Earl Bowl 11:00 Red Hat Re-gifting Party (p. 9) **12:00 Lunch: White Wine Salmon**	**14** 8:30 Franklin Institute Trip 12:00 Lunch: **Chicken Cheesesteak** 12:30 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	**15** ZB Massage Billiards Home vs Arbour Square 9:15 Apps for Seniors Class(p.3) 11:00 Beginner Facebook (p. 3) **12:00 Lunch: Salisbury Steak** 12:30 Mah Jong Touch of Peace Massage	**16** 9:30 Indoor Hike: Willow Grove Park Mall / **17**
18 Martin Luther King Day 10:00 Handicrafters 10:00 Purposeful Goals (p. 4) 10:30 Veterans Shuttle (p.7) **12:00 Lunch: Chef's Choice** 12:15 Duplicate Bridge 1:00 Memoirs	**19** 8:00 Newsletter Mailing Choraleers to Souderton Menn. 10:00 Hand & Foot Cards **12:00 Lunch: Crab Cake** 1:30 Book Club with Ginger: What She Left Behind (p. 8) 2:00 Painting Class 3:30 Artist Reception (p. 6)	**20** ZB Massage 9:00 Haircuts 10:00 Bowling—Earl Bowl 10:00 Mohegan Sun Casino **12:00 Lunch:Grilled BBQChicken & B-day Cake** 1:00 Hasenpfeffer Financial Counseling (p. 7)	**21** Billiards Home vs.Ambler Diabetic Shoe Fittings **12:00 Lunch: Vegetable Lasagne Roll** 12:30 Bridge 12:45 Pinochle Legal Aid	**22** Reflexology 9:15Martin Guitar Factory Trip 9:15 Apps for Seniors Class(p.3) 11:00 Beginner Facebook (p. 3) 11:00 Medicare Fraud (p. 5) **12:00 Lunch: Southwest Meatball Sub** 12:30 Mah Jong Touch of Peace Massage	**23** / **24**
25 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) **12:00 Lunch: Pizza** 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	**26** Touch of Peace Massage **12:00 Lunch: Dijon Chicken** 1:30 Bingo Choraleers to Gwynedd Square Center 2:00 Painting Class	**27** ZB Massage 9:00 Haircuts 10:00 Bowling—Earl Bowl **12:00 Lunch: Pork & Sauerkraut**	**28** 8:45 Penn Medicine Tour Trip 12:00 Lunch: **Ham** 12:30 Bridge 12:45 Pinochle 1:00 Creative Writing	**29** 9:15 Apps for Seniors Class(p.3) 11:00 Beginner Facebook (p. 3) **12:00 Lunch: Roasted Chicken** 12:30 Mah Jong Touch of Peace Massage	**30** / **31**

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Generations will re-open on Monday, January 4. 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 Dancercise

FRIDAYS:
9:00 Flexercise
10:30 Tai Chi