

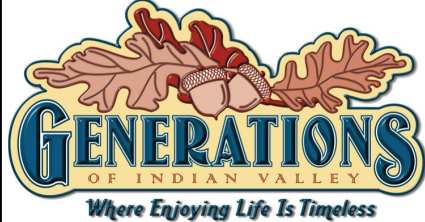
# January 2017

**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., Jan. 18! 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>2 Generations Closed</b> 	<b>3</b> Touch of Peace Massage 10:00 Hand & Foot Cards <b>12:00 Lunch: BBQ Chicken</b> 2:00 Painting Class	<b>4</b> 9:00 Haircuts 10:00 Bowling <b>12:00 Lunch: American Burger</b> 1:00 Hasenpfeffer	<b>5</b> Tax Appointment Scheduling Begins (p. 5) 11:00 Acupuncture (p.12) <b>12:00 Lunch: Open-Faced Roast Beef</b> 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7)	<b>6</b> Touch of Peace Massage 9:00 Ambler Theater Trip 12:00 Lunch: <b>Sausage &amp; Peppers</b> 12:30 Mahjong	<b>7</b> / <b>8</b>
<b>9</b> 10:00 Handicrafters 10:00 Glucose Checks (p. 12) 10:30 Veterans Shuttle (p.7) <b>12:00 Lunch: Chicken Parm.</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	<b>10</b> Billiards Away vs Pennridge Reflexology 10:30 Captivated by Color (p.8) 11:00 Caregivers Support (p.7) 11:30 Out to Lunch: Villa Vita <b>12:00 Lunch: Pulled Pork Sandwich</b> 1:30 Bingo 2:00 Painting Class	<b>11</b> ZB Massage 9:00 Haircuts 10:00 Bowling 10:00 Meditation & Self Healing <b>12:00 Lunch: Salmon</b> 1:00 Hasenpfeffer 2:00 State of the Center (p. 2) Touch of Peace Massage	<b>12</b> 10:00 What is Reiki? (p. 6) <b>12:00 Lunch: Cheese Steak</b> 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 2:00 Coin Collectors Club (Encore Experiences) 3:30 Board Meeting	<b>13</b> 8:30 PA Farm Show Trip Reflexology Billiards Away vs Ben Wilson 9:15 AARP Safe Driving Full Course (p. 4) <b>12:00 Lunch: Sloppy Joe</b> 12:30 Mahjong Touch of Peace Massage	<b>14</b> / <b>15</b>
<b>16</b> Touch of Peace Massage 10:00 Handicrafters 10:00 Resources for Seniors (p. 4) 10:00 Blood Pressure Checks(p. 12) 10:30 Veterans Shuttle (p.7) <b>12:00 Lunch: Smoked Sausage</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	<b>17</b> 8:00 Newsletter Mailing Billiards Away vs Arb. Square 10:00 Hand & Foot Cards 10:00 Android Apps (p. 3) 12:15 Apple Apps (p.3) <b>12:00 Lunch: Crab Cake</b> 12:45 Navigating & Advocating (p. 6) 2:00 Painting Class 3:30 EMC Art Reception (p. 6)	<b>18</b> 9:00 Haircuts ZB Massage Billiards Home vs Ambler 10:00 Bowling 10-Organizing for Death/Taxes (p. 1) 10:15 Choir Chimes <b>12:00 Lunch: Chicken Alfredo &amp; Birthday Cake</b> 12:45 Origami (p. 9) 1:00 Hasenpfeffer Financial Counseling (p. 7)	<b>19</b> Diabetic Shoe Evals (p. 12) 10:00 Quick/Easy Breakfast (p. 6) <b>12:00 Lunch: Hot Dog</b> 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7)	<b>20</b> ZB Massage 9:15 AARP Safe Driving Full Course (p. 4) Billiards Home vs Arb. Square <b>12:00 Lunch: Meatball Sub</b> 12:30 Mahjong Touch of Peace Massage	<b>21</b> 9:30 Indoor Hike: Ikea / <b>22</b>
<b>23</b> Touch of Peace Massage 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) <b>12:00 Lunch: Meatloaf</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	<b>24</b> Touch of Peace Massage 8:30 Franklin Institute Trip 10:00 Android Apps (p. 3) 12:15 Apple Apps (p.3) 10:30 Captivated by Color (p.9) <b>12:00 Lunch: Dijon Chicken</b> 1:30 Bingo 2:00 Painting Class	<b>25</b> 9:00 Haircuts ZB Massage Billiards Home vs Normandy Farms 10:00 Bowling 10:00 Meditation & Self Healing (p.12) 10:15 Choir Chimes 10:30 Red Hat Re-gifting Party (p. 9) <b>12:00 Lunch: Pork &amp; Sauerkraut</b> 1:00 Hasenpfeffer 1:30 Book Club with Judy: <i>The Nightingale</i> (p. 8)	<b>26</b> Reiki (p. 12) <b>12:00 Lunch: Ham Steak</b> 12:15 Bridge 12:45 Pinochle Choraleers to Rockhill Men.	<b>27</b> Reflexology 9:45 Wings of Freedom Trip <b>12:00 Lunch: Roasted Chicken Sandwich</b> 12:30 Mahjong Touch of Peace Massage	<b>28</b> / <b>29</b>
<b>30</b> 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) <b>12:00 Lunch: Mac &amp; Cheese</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	<b>31</b> Touch of Peace Massage 10:00 Hand & Foot Cards 10:00 Matters of Bladders (p. 4) 10:00 Android Apps (p. 3) 12:15 Apple Apps (p.3) <b>12:00 Lunch: BBQ Chicken</b> 2:00 Painting Class	<b>Who's Calling?</b> We sometimes use an automated phone system to relay schedule information to our participants. If you receive a call from a "617" (Massachusetts) area code, it might be us! Please answer the phone or let your machine pick it up to hear important information. (You may hear a pause first). Phone lists are generated from our participant sign-ins.			

**SCHEDULE ANNOUNCEMENTS**

All events are subject to change.  
 Generations will be closed Mon, Dec. 26 through Mon. Jan. 2.  
 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