January 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., Jan. 17. 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 **Generations Closed**	**2** Technology Training Appts. (p. 9) 10:00 Hand & Foot Cards **12:00 Lunch: Crab Cake** 2:00 Painting Class ZB Massage SHARE Orders Due (p. 7)	**3** Billiards Away vs. Ben Wilson ZB Massage 9:00 Haircuts 10:00 Bowling 10:30 Red Hat Regifting (p. 9) **12:00 Lunch: Swedish Meatballs** 1:00 Hasenpfeffer 1:00 Unplug from Cable (p. 4)	**4** ZB Massage 10:00 Acupuncture (p.12) **12:00 Lunch: Chicken a la King** 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7)	**5** 9:00 Warner Stained Glass Trip **12:00 Lunch: All American Burger** 12:30 Mahjong	**6** **7**
8 10:00 Handicrafters **12:00 Lunch: Sloppy Joe** 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Five Crowns Card Game (p. 9) 1:30 Choraleers	**9** Billiards Away vs Pennridge Technology Training Appts. (p. 9) 9:15 Cairnwood Estate Trip 10:30 Captivated by Color 11:00 Caregivers Support (p. 7) **12:00 Lunch: Ham & Potato Casserole** 1:30 Bingo 2:00 Painting Class	**10** ZB Massage 9:00 Haircuts 10:00 Bowling 9:30 Meditation/Healing (p. 12) 11:00 State of the Center (p. 1) **12:00 Lunch: Pork & Sauerkraut** 1:00 Hasenpfeffer	**11** 9:00 PA Farm Show Trip **12:00 Lunch: Stuffed Peppers** 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	**12** Reflexology **12:00 Lunch: Flounder** 12:30 Mahjong	**13** **14**
15 **Martin Luther King Day** Billiards Away vs Arbour Square 10:00 Handicrafters 10:00 Blood Pressure Checks (p. 12) 10:00 Stress Management (p. 4) **12:00 Lunch: Beef Stew** 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	**16** 8:00 Newsletter Mailing (p.9) Billiards Away vs Normandy Farms Technology Training Appts. (p. 9) 10:00 Hand & Foot Cards 11:00 Medicare Fraud (p. 3) **12:00 Lunch: Salisbury Steak** 12:45 Origami (p. 9) 2:00 Painting Class 3:30 EMC Art Reception (p.3) ZB Massage	**17** 9:00 Haircuts ZB Massage 10:00 Bowling **12:00 Lunch: Spaghetti with Meat Sauce & Birthday Cake** 1:00 Hasenpfeffer Financial Counseling (p. 7)	**18** **12:00 Lunch: Chicken Pot Pie** 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	**19** ZB Massage 9:15 Safe Driving Refresh. (p. 6) **12:00 Lunch: Pizza** 12:30 Mahjong	**20** 9:30 Indoor Hike: Ikea (p. 14) **21**
22 10:00 Handicrafters **12:00 Lunch: Stuffed Cabbage** 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Five Crowns Card Game (p. 9) 1:30 Choraleers	**23** 10:30 Captivated by Color Technology Training Appts. (p. 9) **12:00 Lunch: Pulled Pork Sandwich** 1:30 Bingo 1:30 Book Club with Judy: Before We Were Yours (p. 8) 2:00 Painting Class	**24** 9:00 Haircuts ZB Massage 9:30 Meditation & Healing (p. 12) 10:00 Mohegan Sun Casino Trip 10:00 Bowling **12:00 Lunch: Salmon** 1:00 Hasenpfeffer 2:00 New Orleans Presentation (p. 3)	**25** Reiki (p. 12) 10:00 Souper Foods (p. 1) **12:00 Lunch: Dijon Chicken** 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing	**26** Reflexology **12:00 Lunch: Meatball Sub** 12:30 Mahjong	**27** **28**
29 10:00 Handicrafters **12:00 Lunch: Meatloaf** 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	**30** 10:00 Hand & Foot Cards 10:00 Vertigo Away! (p. 4) **12:00 Lunch: Crab Cake** 2:00 Painting Class ZB Massage	**31** ZB Massage 9:00 Haircuts 10:00 Bowling **12:00 Lunch: Swedish Meatballs** 1:00 Hasenpfeffer			

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

We will be closed from December 25-January 1.

There will be no Step Aerobics Class January 3 or 10.

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