


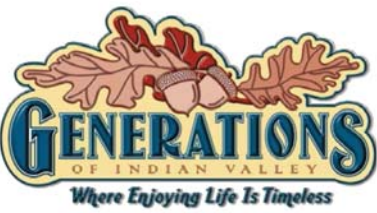
# Jan. 2020

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., Jan. 15. 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	SATURDAY/ SUNDAY
		<b>1</b>  Happy New Year! <b>Generations Closed</b>	<b>2</b> 12:00 Lunch: Stuffed Shells 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)	<b>3</b> 9:30 Scrabble (p. 9) 12:00 Lunch: Sloppy Joe & Cole Slaw 12:30 Mahjong (p. 9)	<b>4</b> / <b>5</b>
<b>6</b> 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)	<b>7</b> Technology Tips Appts. (p. 9) 9:00 PA Farm Show Trip (p. 14) 9:15 Hand & Foot Cards (p. 9) 12-Lunch: Salisbury Steak 1:45 Painting Class (p. 9)	<b>8</b> Haircuts (p. 12) Massage (p. 12) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 11:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer (p. 9)	<b>9</b> 12:00 Lunch: Lasagne 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 1:00 Mats That Matter (p. 9) 3:30 Board Meeting	<b>10</b> 8:00 Railroad Museum of PA Trip (p. 14) Reflexology (p. 12) 12:00 InHarmony Singers (p. 6) 12:00 Lunch: Chili & Cornbread 12:30 Mahjong (p. 9)	<b>11</b> / <b>12</b>
<b>13</b> 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)	<b>14</b> 9-1 Soup Sale (p. 6) 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)	<b>15</b> Haircuts Massage (p. 12) 10:00 Bowling (p. 8) 10:30 Making of Cinderella (p. 4) 11:30 Red Hat Regifting Party (p. 9) 12:00 Lunch: Baked Ziti & Birthday Cake 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7) 2:00 South Dakota Info. (p. 3)	<b>16</b> Acupuncture (p. 12) 9:00 Dutch Apple Trip (p. 14) 12:00 Lunch: Pot Roast 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7)	<b>17</b> 9:30 Scrabble (p. 9) 12:00 Lunch: Chicken Corn Chowder 12:30 Mahjong (p. 9)	<b>18</b> 9:30 Hike: Ikea (p. 14) / 2-4:30 MLK Day of Service (p. 3) <b>19</b>
<b>20</b> 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) 10:00 Be a Senior and Not Frail (p. 4) 11:45 State Rep. Info Session (p. 2) 11:45-1:45 State Rep. Hours (p. 7) 12:00 Lunch: BBQ Chicken 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 8)	<b>21</b> 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)	<b>22</b> Haircuts (p. 12) Massage (p. 12) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 11:00 State of The Center (p. 1) 12:00 Lunch: Chicken Marsala 1:00 Hasenpfeffer (p. 9)	<b>23</b> Reiki Appointments (p. 12) 12:00 Lunch: Beef Stew 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 1:00 Mats That Matter (p. 9)	<b>24</b> Reflexology (p. 12) 11:15 Out to Lunch: Carriage House (p. 14) 12:00 Lunch: Chicken & Sausage Jambalaya 12:30 Mahjong (p. 9)	<b>25</b> / <b>26</b>
<b>27</b> 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) Hearing Checks (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)	<b>28</b> Technology Tips Appts. (p. 9) 12:00 Lunch: Hot Turkey Sandwich 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	<b>29</b> Haircuts (p. 12) Massage (p. 12) 10:00 Bowling (p. 8) 12:00 Lunch: Salmon with Dill Sauce 1:00 Hasenpfeffer (p. 9)	<b>30</b> 12:00 Lunch: Stuffed Shells 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9)	<b>31</b> 12:00 Lunch: Sloppy Joe & Cole Slaw 12:30 Mahjong (p. 9) 7:00 Fifth Friday in the Cafe with Gabe Delp (p. 3)	

## SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Generations will be closed on Wednesday, January 1.

## 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