

July 2015

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. 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 Wed., July 15! 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



1 ZB Massage
7:30 Landis Valley Museum Trip
9:00-11:00 Haircuts
9:30 Shuffleboard—Soud. Park
10:00 Bowling—Earl Bowl
12:00 Lunch: Chicken w/ Mango Sauce
1:00 Hasenpfeffer
Touch of Peace Massage

2
11:00 Acupuncture (p. 12)
12:00 Lunch: Beef LoMein
12:30 Bridge
12:45 Pinochle

3
Generations Closed

4
Independence Day

6 10:00 Handicrafters
10:00 Blood Pressure ✓✓
10:00 Belly Dancing (p.6)
12:00 Lunch: Pasta
12:30 Duplicate Bridge
Touch of Peace Massage
1:00 Memoirs

7 Touch of Peace Massage
10:00 Adult Day Services Presentation (p.1)
10:00 Hand & Foot Cards
11:30 Days at the Races (p. 6)
12:00 Lunch: Citrus Chicken
SHARE Orderes Due (p. 7)

8
ZB Massage
9:00 Haircuts
9:30 Shuffleboard—Soud. Park
10:00 Bowling—Earl Bowl
12:00 Lunch: Honey Chipotle Pork

9 Billiards home Brittany Pt.
10:00 Beginner Quilting (p.9)
12:00 Lunch: Greek Burger
12:30 Bridge
12:45 Pinochle
1:00 Creative Writing
3:30 Board Meeting

10 Reflexology
10:00 Will/Power Legal Aid (p. 1)
12:00 Lunch: Pizza
12:30 Mah Jong
Touch of Peace Massage

11

13 10:00 Handicrafters
10:00 Glucose Tests (p. 12)
11:15Out to Lunch:Blue Bell Inn
12:00 Lunch: Quinoa Enchilada Casserole
12:30 Duplicate Bridge
1:00 Memoirs
1:00 Scrapbooking (p. 9)

14
Billiards @ Pennridge
11:30 Days at the Races (p. 6)
12:00 Lunch: Chicken & Edamame Couscous Salad
1:30 Bingo

15 ZB Massage
9:00 Haircuts
9:30 Shuffleboard—Soud. Park
Technology Training (p. 9)
10:00 Bowling—Earl Bowl
12:00 Lunch: Salmon & B-day Cake
1:00 Hasenpfeffer

16 Billiards home Ambler
Diabetic Shoe Fittings
12:00 Lunch: Philly Chicken Cheesesteak
12:30 Bridge
12:45 Pinochle
1:00-4:00 Legal Aid

17
ZB Massage
12:00 Lunch: Salisbury Steak
12:30 Mah Jong
Touch of Peace Massage

18 9:00 Hike: Duke Farms

20 Touch of Peace Massage
10:00 Cholesterol Facts (p.4)
10:00 Handicrafters
12:00 Lunch: Spinach & Feta Quiche
12:30 Duplicate Bridge
1:00 Memoirs

21 8:00 Newsletter Mailing
Billiards @ Arbour Square
Reflexology
10:00 Hand & Foot Cards
11:30 Days at the Races (p. 6)
12:00 Lunch: Crab Cake Sliders

22 ZB Massage
9:00 Haircuts
9:30 Shuffleboard—Soud. Park
Technology Training (p. 9)
10:00 Bowling—Earl Bowl
10:00 Mohegan Sun Casino
11:00 Red Hat Picnic (p. 9)
11:00 On Golden Pond @ BCP
12:00 Lunch: Chicken Vindaloo

23 10:00 Quilting (p. 9)
12:00 Lunch: Pork Loins
12:30 Bridge
12:45 Pinochle
1:00 Creative Writing
SHARE Pick Up (p. 7)

24 Reflexology
Billiards home Arbour Square
12:00 Lunch: Southwest Meatballs
12:30 Mah Jong
Touch of Peace Massage
7:00 Evening Bingo (p.8)

25
12:00 Iron Pigs Game

27 Touch of Peace Massage
10:00 Handicrafters
12:00 Lunch: Parmesan Fusilli
12:30 Duplicate Bridge
1:00 Memoirs

28
Touch of Peace Massage
11:30 Days at the Races (p. 6)
12:00 Lunch: Spinach Taco Turkey Burger
1:30 Book Club: Gemini: A Novel (p. 8)
1:30 Bingo

29
ZB Massage
9:00 Haircuts
9:30 Shuffleboard—Soud. Park
10:00 Twist & Shout Trip
Technology Training (p. 9)
10:00 Bowling—Earl Bowl
12:00 Lunch: Pork & Sauerkraut

30
12:00 Lunch: Beef Stroganoff
12:30 Bridge
12:45 Pinochle

31
12:00 Lunch: Grilled Lemon Chicken
12:30 Mah Jong
Touch of Peace Massage

Who's Calling?
If you receive a call from a "617" 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.

There will be no Step Aerobics on July 1.

Generations will be closed on Friday, July 3

There will be no Flexercise July 6. See p. 6 for more information about a special belly dancing class!

There will be no Low & Go, Sit/ Stretch/ Flex or Yoga or July 23 or July 28.

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
10:00 Hatha Yoga

WEDNESDAYS:
9:00 Step Aerobics
2:00 Line Dancing

THURSDAYS:
8:15 Low & Go
9:00 Sit, Stretch, Flex
10:00 Hatha Yoga
10:00 Zumba

FRIDAYS:
9:00 Flexercise
10:30 Tai Chi