



July 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 12:15pm-12:45pm.

HAPPY BIRTHDAY
Celebrate birthdays with us on Wed., July 20! Lunch includes birthday cake for dessert, and Martha leads the singing!

OUR CAFE
The Café is open Mon.-Fri. from 9:00am-1:00pm and features an à la carte breakfast & lunch menu. No need to order, just stop by!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
		Who's Calling? 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 so be sure to swipe your key card when you visit!		1 Generations Closed for Parking Lot Repairs	2 7:00 Generations at Concert Sundaes in the Park (p. 5)
4 Generations Closed 	5 10:00 Hand & Foot Cards 11:00 Out to Lunch: Valley Green 11:00 Captivated by Color (p.9) 11-3 Technology Training (p. 9) 12:00 Lunch: Open-Faced Roast Beef Sandwich SHARE Orders Due (p. 7)	6 ZB Massage 9:00 Haircuts 9:00 Shuffleboard 10-12 Farmers Market Vouchers (p. 7) 10:00 Bowling—Earl Bowl 12:00 Lunch: Sausage & Peppers 1:00 Hasenpfeffer	7 ZB Massage 9:30-11:30 Technology Training 10-1 Farmers Market Vouchers (p. 7) 11:00 Acupuncture (p.12) 12:00 Lunch: Chicken Cordon Bleu 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p.7)	8 8:30 Hershey Gardens Trip Reflexology Billiards Home vs. Ben Wilson 10:00 Summer Slides Line Dance 12:00 Lunch: All-American Burger 12:30 Mahjong	9 9:45 Mary Poppins @ DADT Trip
11 10:00 Handicrafters 10:00 Glucose Testing (p. 12) 10:00 Ivy Hill Equestrian Program (p. 6) 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Chicken Parmesan 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking 7:00 Healing Harp: Stories of Ireland (p. 3)	12 Billiards Away at Pennridge 8:30 Rice's Sale & Market 11:00 Caregivers Support (p.7) 11-3 Technology Training (p. 9) 12:00 Lunch: Pulled Pork Slider 1:30 Bingo	13 ZB Massage 9:00 Haircuts 9:00 Shuffleboard 10:00 Bowling—Earl Bowl 10-12 Farmers Market Vouchers (p. 7) 12:00 Lunch: White Wine Salmon 1:00 Hasenpfeffer 2:00 Tea at Two: Christmas in July (p. 4)	14 9:30-11:30 Technology Training 10-1 Farmers Market Vouchers 12:00 Lunch: Philly Cheesesteak 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	15 Billiards Home vs. A. Square 10:00 Turkey Hill Experience Trip 10:00 Summer Slides Line Dance ZB Massage 12-Lunch: Veggie Lasagna Roll 12:30 Mahjong	16 9:30 Hike: Gwynedd Preserve
18 10:00 Handicrafters 10:00 Blood Pressure Checks(p. 12) 10:00 Maximizing Your Memory (p. 4) 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Chef's Choice 12:15 Duplicate Bridge 1:00 Memoirs	19 Billiards @ Arbour Square 8:00 Newsletter Mailing 9:45 Sunrise Sunflower Farm (p. 15) 10:00 Beginner Quilting 10:00 Hand & Foot Cards 11-3 Technology Training (p. 9) 12:00 Lunch: Crab Cake 7:00 Zumba Gold Party (p. 6)	20 9:00 Haircuts ZB Massage Billiards Home vs. Arbour Square 9:00 Shuffleboard 10:00 Bowling—Earl Bowl 10-12 Farmers Market Vouchers 12:00 Lunch: Grilled BBQ Chicken & Birthday Cake 1:00 Hasenpfeffer Financial Counseling (p. 7)	21 Diabetic Shoe Evals(p. 12) 9:30-11:30 Technology Training 10-1 Farmers Market Vouchers 12:00 Lunch: Ham 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	22 Reflexology 8:45 Riverlady Lunch Cruise Trip 10:00 Summer Slides Line Dance 12:00 Lunch: Meatball Sub 12:30 Mahjong 7:00 Evening Bingo (p. 8)	23
25 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Dijon Chicken 12:15 Duplicate Bridge 1:00 Memoirs 7:00 Spirit Journeys: Harp as a Healing Modality (p. 3)	26 11-3 Technology Training (p. 9) 12:00 Lunch: Pizza 1:30 Bingo 1:30 Book Club with Judy: <u>A Stranger in the Kingdom</u> (p. 8) 7:00 Zumba Gold	27 ZB Massage 9:00 Haircuts 9:00 Shuffleboard 10-12 Farmers Market Vouchers 10:00 Meditation & Self-Healing (p. 4) 10:00 Bowling—Earl Bowl Red Hat Picnic (p. 9) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer	28 10-1 Farmers Market Vouchers 9:30-11:30 Technology Training 12:00 Lunch: Roasted Chicken Sandwich 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing	29 10:00 Summer Slides Line Dance 12:00 Lunch: Salisbury Steak 12:30 Mahjong 7:00 Fifth Fridays in the Cafe: with Joe Ryan (p. 1)	30
				31	31

SCHEDULE ANNOUNCEMENTS
All events are subject to change.
There will be no Evening Dance in July.
See p. 2 for more!

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:
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 Dancefit
7:00 Zumba Gold (begins 7/19)

FRIDAYS:
9:00 Flexercise
10:00 Summer Slides
10:30 Tai Chi