


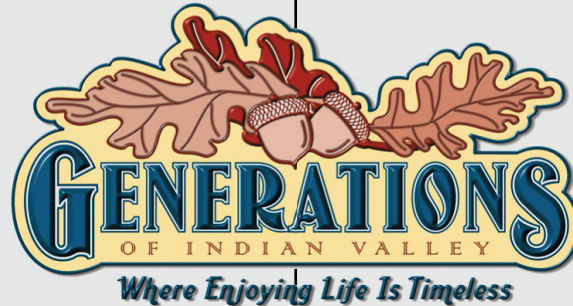
July 2017

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., July 19! 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	
3  Generations Closed	4 Generations Closed	5 9:00 Haircuts Billiards Away vs Ben Wilson 10:00 Ballroom Dancing (p. 1) 9:30 Shuffleboard 10:00 Bowling 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer Touch of Peace Massage SHARE Orders Due (p. 7)	6 Technology Training (p. 2) 11:00 Acupuncture (p.12) 12:00 Lunch: Sweet & Sour Chicken 12:15 Bridge 12:45 Pinochle	7 Touch of Peace Massage 9:30 Lost River Canyon Trip 12:00 Lunch: Pizza & Tossed Salad 12:30 Mahjong 7:00 Evening Dance with Gary Dee	8 7:00 Generations at Concert Sundaes (p. 5) 9	
10 10:00 Handicrafters 10:00 Glucose Checks (p. 12) 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Mac & Cheese 12:15 Duplicate Bridge NO Memoirs Touch of Peace Massage	11 Billiards Away vs Pennridge Reflexology Technology Training (p. 2) 10:15 New Hope Boat Rides Trip 10:30 Captivated by Color 11:00 Caregivers Support (p. 7) 12:00 Lunch: Stuffed Cabbage 1:30 Bingo Touch of Peace Massage	12 ZB Massage 9:00 Haircuts 9:30 Shuffleboard 10:00 Bowling 10:00 Meditation & Self Healing 10:00 Ballroom Dancing (p. 1) 12:00 Lunch: Pulled Pork Sandwich 2:00 Tea at Two: Essential Oils (p. 5) 1:00 Hasenpfeffer Touch of Peace Massage	13 ZB Massage Technology Training (p. 2) 12:00 Lunch: Salmon 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	14 8:00 Newsletter Mailing (p.9) Reflexology 12:00 Lunch: Dijon Chicken 12:30 Mahjong Touch of Peace Massage	15 9:30 Hike: Norristown Farm Park (Trail Challenge see p. 6) 16	
17 10:00 Handicrafters 10:00 Skin & Sun Protection in the Heat (p. 4) 10:30 Blood Pressure Check (p. 12) 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Turkey Sandwich Beef Barley Soup 12:15 Duplicate Bridge 1:00 Memoirs 1:00 RSVP Volunteerism (p. 6)	18 8:30 Meadowbrook Farm Trip Billiards Away vs Arbour Square Technology Training (p. 2) 10:00 Hand & Foot Cards 10:15 New Hope Boat Rides Trip 12:00 Lunch: Swedish Meatballs Touch of Peace Massage	19 9:00 Haircuts ZB Massage 9:30 Shuffleboard 10:00 Bowling Billiards Home vs Ambler 10:00 Ballroom Dancing (p. 1) 12:00 Lunch: Crab Cake & Birthday Cake 12:45 Origami (p. 9) 1:00 Hasenpfeffer Financial Counseling (p. 7)	20 Technology Training (p. 2) Diabetic Shoe Fittings (p. 12) 12:00 Lunch: Ham Steak 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	21 Billiards Home vs Arbour Square ZB Massage 10:00 Summer Slides Line Dancing (p. 3) 12:00 Lunch: All American Burger 12:30 Mahjong	22 23	
24 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Sloppy Joe 12:15 Duplicate Bridge 1:00 Memoirs Touch of Peace Massage	25 9:30 Spirit of Philadelphia 10:30 Captivated by Color Touch of Peace Massage Technology Training (p. 2) 12:00 Lunch: Salisbury Steak 1:30 Bingo 1:30 Book Club: Hotel on the Corner of Bitter & Sweet (p. 8)	26 9:00 Haircuts ZB Massage 9:30 Shuffleboard 10:00 Bowling 10:00 Meditation & Self Healing 10:00 Ballroom Dancing (p. 1) 11:30 Red Hat to Parks Place (p. 9) 12:00 Lunch: Open-Faced Turkey Sandwich 1:00 Hasenpfeffer Touch of Peace Massage	27 Reiki (p. 12) Technology Training (p. 2) 12:00 Lunch: Sausage & Peppers 12:15 Bridge 12:45 Pinochle 3:30 Banquet in a Corn Field	28 Reflexology 10:00 Summer Slides Line Dancing (p. 3) 12:00 Lunch: Flounder 12:30 Mahjong Touch of Peace Massage 7:00 Evening Bingo (p. 8)	29 11:30 Bikinis at Pines Theater 30	
31 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Chili & Cornbread 12:15 Duplicate Bridge 1:00 Memoirs Touch of Peace Massage	<div data-bbox="801 1729 1874 1925" data-label="Text"> <p>New Meals for Our Noon Meal If you suspect that the noon meal menu looks a little different this month, you're on to us! Every six months, we change our four-week menu cycle in order to keep our offerings fresh and seasonal. In keeping with our contract with Montgomery County's Aging and Adult Services, all menu items must be approved by Montgomery County's Registered Dietician.</p> </div>					30

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

We will be closed on Tuesday, July 4.

There will be no Memoirs group on Monday, July 10.

Blood Pressure Checks will be offered on Monday, July 17 (10:30am)

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