

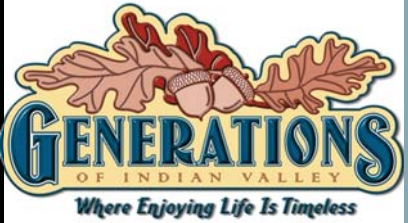
July 2019

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., July 17. 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										
<p>1 10:00 Meditation (p. 12) 10:00 Blood Pressure ✓ (p. 12) 10:00 Handicrafters (p. 9) 12:00 Lunch: Hot Dog/ Baked Beans 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Bux Mont Senior Golf (p. 6)</p>	<p>2 Technology Tips Appts. (p. 9) 9:15 Hand & Foot Cards (p. 8) 12:00 Lunch: Caesar Chicken Sandwich</p>	<p>3 Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10-DeSales Functional Fitness (p. 3) 11-DeSales Circuit Challenge (p. 3) 12:00 Red, White & Blue Picnic (p. 1) 1:00 Hasenpfeffer (p. 9)</p>	<p>4 Generations Closed</p> 	<p>5 9:30 Scrabble (p. 9) 12:00 Lunch: Stuffed Peppers 12:30 Mahjong (p. 9)</p>	<p>6 4:15 Canal Dinner Cruise Trip (p. 14)</p>										
<p>8 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 12:00 Lunch: Chicken Cordon Bleu 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) Bux Mont Senior Golf (p. 6)</p>	<p>9 Billiards Away vs Penridge 8:00 Fox Meadow Creamery Trip (p. 14) 10:00 Caregivers Support (p. 7) Technology Tips Appts. (p. 9) 12:00 Lunch: Cheeseburger & Fries 1:30 Bingo (p. 8) SHARE Orders Due (p. 7)</p>	<p>10 Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 9:30 Meditation & Healing (p. 12) 10-DeSales Functional Fitness (p. 3) 11-DeSales Circuit Challenge (p. 3) 10:00 Bowling (p. 8) 12:00 Lunch: Spaghetti with Meat Sauce 1:00 Hasenpfeffer (p. 9)</p>	<p>11 12:00 Lunch: Fish & Chips 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 1:00 Mats That Matter (p. 6) 3:30 Board Meeting</p>	<p>12 Billiards Away vs Brittany Pt. 10:00 Spirit of Philadelphia Trip (p. 14) Reflexology (p. 12) 12:00 Lunch: Sausage & Peppers 12:30 Mahjong (p. 9)</p>	<p>7</p>										
<p>15 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Senior Safety (p. 4) 12:00 Lunch: Seafood Chowder 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Bux Mont Senior Golf (p. 6)</p>	<p>16 Billiards Away vs Arb. Sq. 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 8) 10:30 Captivated By Color (p. 8) 12:00 Lunch: Chicken Parm. Sandwich 12:45 Origami (p. 9)</p>	<p>17 Haircuts Massage (p. 12) Red Hats to Overhome Farm (p. 9) 9:00 Shuffleboard 10:00 Bowling (p. 8) 10-DeSales Functional Fitness (p. 3) 11-DeSales Circuit Challenge (p. 3) 12:00 Lunch: Cheesesteak & Birthday Cake 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)</p>	<p>18 Acupuncture (p. 12) 12:00 Lunch: Mac & Cheese 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) 3:30 Banquet in Cornfield Trip SHARE Order Pick Up (p. 7)</p>	<p>19 Billiards Home vs Arbour Sq. 9:30 Scrabble (p. 9) 10:00 Lancaster Brewing Company Trip 12:00 Lunch: Stuffed Cabbage 12:30 Mahjong (p. 9)</p>	<p>14</p>										
<p>22 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 12:00 Lunch: Pizza & Salad 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) Bux Mont Senior Golf (p. 6)</p>	<p>23 Technology Tips Appts. (p. 9) 12:00 Lunch: Sweet & Sour Chicken 1:30 Bingo (p. 8)</p>	<p>24 Haircuts (p. 12) Massage (p. 12) 9:00 Shuffleboard 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10-DeSales Functional Fitness (p. 3) 11-DeSales Circuit Challenge (p. 3) 12:00 Lunch: Salmon 1:00 Hasenpfeffer (p. 9)</p>	<p>25 12:00 Lunch: Ham Salad Sandwich 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Mats that Matter (p. 6) 1:00 Creative Writing (p. 8)</p>	<p>26 Billiards Home vs Penridge 9:30 Lehigh Gorge Trip (p. 15) Reflexology (p. 12) 11:00 Cancer Support (p. 5) 12:00 Lunch: French Toast & Sausage 12:30 Mahjong (p. 9) 7:00 Evening Bingo (p. 8)</p>	<p>20</p> <p style="text-align: center;">Generations at Concert Sundaes Show Tyme and Da Traffic (p. 3)</p> <p>21</p>										
<p>29 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 12:00 Lunch: Hot Dog/ Baked Beans 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Bux Mont Senior Golf (p. 6)</p>	<p>30 Technology Tips Appts. (p. 9) 9:15 Hand & Foot Cards (p. 8) 10:00 Parkinson's Interventions (p. 4) 12:00 Lunch: Caesar Chicken Sandwich</p>	<p>31 Haircuts (p. 12) Massage (p. 12) 9:00 Shuffleboard 10:00 Bowling (p. 8) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer (p. 9)</p>	<p>Farmers Market Voucher Schedule See p. 3 for info.</p> <table border="1"> <tr> <td>Monday</td> <td>11:00am-1:00pm</td> </tr> <tr> <td>Tuesday</td> <td>11:00am-1:00pm</td> </tr> <tr> <td>Wednesday</td> <td>9:30am-11:30am</td> </tr> <tr> <td>Thursday</td> <td>11:00am-1:00pm</td> </tr> <tr> <td>Friday</td> <td>11:00am-1:00pm</td> </tr> </table>		Monday	11:00am-1:00pm	Tuesday	11:00am-1:00pm	Wednesday	9:30am-11:30am	Thursday	11:00am-1:00pm	Friday	11:00am-1:00pm	<p>27</p>
Monday	11:00am-1:00pm														
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Friday	11:00am-1:00pm														
					<p>28</p> 										

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Generations will be closed on Thursday, July 4.

There will be no Tai Chi on Monday, July 8.

There will be no Painting Class in July.

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