June 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 Weds., June 22! 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 à la carte breakfast & lunch menu. No need to order, just stop by!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
GENERATIONS OF INDIAN VALLEY *Where Enjoying Life Is Timeless*		**1** ZB Massage 9:00 Haircuts 9:00 Shuffleboard 10:00 Bowling—Earl Bowl **12:00 Lunch: White Wine Salmon** 1:00 Hasenpfeffer 1:00-2:30 RSVP Open House (p.6)	**2** ZB Massage 11:00 Acupuncture (p.12) **12:00 Lunch: Chicken Cheesesteak** 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p.7)	**3** 9:00 Adventure Aquarium Trip 12:00 Bridge Class (p. 3) 2:00 Bridge Practice Game (p. 3) **12:00 Lunch: Salisbury Steak** 12:30 Mahjong 7:00 Evening Dance w/Gary Dee	**4** **5**
6 10:00 Blood Pressure Checks 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) **12:00 Lunch: Chef's Choice** 12:15 Duplicate Bridge 1:00 Memoirs Choraleers to Lutheran Home	**7** Eye Care Appts (p. 12) 10-1 Farmers Market Vouchers (p. 7) 10:00 Hand & Foot Cards 10:00 Diabetes 101 (p. 12) 11:00 Captivated by Color (p.9) **12:00 Lunch: Crab Cake** 2:00 Painting Class SHARE Orders Due (p. 7)	**8** ZB Massage 9:00 Haircuts 9:00 Shuffleboard 10:00 Bowling—Earl Bowl 10:00 Understanding 3D Printing (p. 4) 11:00 Steel Magnolias @ BCP **12:00 Lunch: Grilled BBQ Chicken** 1:00 Red Hat Auction (p. 9) 2:00 Hawaii Info. (p. 16)	**9** **HOAGIE SALE (p. 1)** Diabetic Shoe Fittings (p. 12) 10-1 Farmers Market Vouchers (p. 7) 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	**10** Reflexology Billiards Away @ Ben Wilson 10:30 Harley Hill Trip 12:00 Bridge Class (p. 3) 2:00 Bridge Practice Game (p. 3) **12:00 Lunch: Southwest Meatball Sub** 12:30 Mahjong	**11** 9:00 Easton Farmers Market **12**
13	**14** Billiards Away @ Pennridge 11:00 Caregivers Support (p. 7)	**15** 9:00 Shuffleboard 10:00 Bowling—Earl Bowl	**16**	**17** Billiards Away @ A. Square	**18** 9:30 Hike: Fischer's Park **Happy Father's Day** **19**
20 10:00 Handicrafters 10:00 Heart Attack vs. Brain Attack (p. 4) 10:30 Veterans Shuttle (p.7) Hearing Checks (p. 12) **12:00 Lunch: Flounder** 12:15 Duplicate Bridge 1:00 Memoirs	**21** Billiards @ Arbour Square 8:00 Newsletter Mailing 10-1 Farmers Market Vouchers (p. 7) 10:00 Beginner Quilting 10:00 Hand & Foot Cards **12:00 Lunch: Chicken Pot Pie** 1:30 Book Club with Ginger: The Martian (p. 8) 2:00 Painting Class	**22** ZB Massage 9:00 Haircuts 9:00 Shuffleboard 10:00 Mohegan Sun Casino Trip 10:00 Bowling—Earl Bowl **12:00 Lunch: Beef Bourbon Tips & Bday Cake**	**23** 10-1 Farmers Market Vouchers (p. 7) **12:00 Lunch: Taco Turkey Burger** 12:15 Bridge 1:00 Creative Writing SHARE Order Pick Up (p. 7)	**24** **Rhode Island Trip Departs** Reflexology 9:15 Safe Driving Refresher (p. 4) 10:30 Nat'l Canal Museum Trip **12:00 Lunch: Chicken Tortilla Taco** 12:30 Mahjong 7:00 Evening Bingo (p. 8)	**25** **Rhode Island Trip Returns** **26**
27	**28** 2:00 Painting Class - Offsite	**29** 9:00 Shuffleboard 10:00 Bowling—Earl Bowl	**30**		

Generations Closed for Parking Lot Repairs

Meals on Wheels will operate. See p. 2

Generations Closed for Parking Lot Repairs

Meals on Wheels will operate. See p. 2

Who's Calling?

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).

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

FRIDAYS:
9:00 Flexercise
10:30 Tai Chi