June	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY	SCHEDULE ANNOUNCEMENTS
2017  OUR NOON MEAL  Menu items are listed on the calendar.  RESERVATIONS ARE REQUIRED. Please sign your name in the lunch book at		ENERATION OF INDIAN VALLEY Where Enjoying Life Is Timeles		11:00 Acupuncture (p.12) 12:00 Lunch: Cheesesteak 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7)	2 Touch of Peace Massage Billiards Away vs Normandy 12:00 Lunch: Sloppy Joes 12:30 Mahjong 12:30 Bridge Class 7:00 Evening Dance with Good Times Band	3 10:15 Schuykill River & Bartram's Garden Trip 4	All events are subject to change.  There will be no noon meal on Thursday, June 8. Order your hoagie today (see p. 3).
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.	5 10:00 Handicrafters 10:00 Blood Pressure (p. 12) 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Smoked Sausage 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	6 Touch of Peace Massage Technology Training (p. 1) 9:30 No 9 Mine Trip 10:00 Hand & Foot Cards 12:00 Lunch: Crab Cake 2:00 Painting Class ZB Massage SHARE Orders Due (p. 7)	7 ZB Massage 9:00 Haircuts Billiards Home vs Ben Wilson 9:30 Shuffleboard 10:00 Bowling 12:00 Lunch: Chicken Alfredo 1:00 Hasenpfeffer Touch of Peace Massage	8 Hoagie Sale Technology Training (p. 1) Choraleers to Spring Street 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	9 Reflexology 12:00 Lunch: Meatball Sub 12:30 Mahjong Touch of Peace Massage	10 3:30 Cowtown Rodeo Trip	
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.	12 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Meatloaf 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	13 Billiards Home vs Pennridge Reflexology Technology Training (p. 1) 11:30 Joseph Ambler Inn Trip 10:30 Captivated by Color 11:00 Caregivers Support (p. 7) 12:00 Lunch: Dijon Chicken 1:30 Bingo 2:00 Painting Class Touch of Peace Massage	14 ZB Massage 9:00 Haircuts 9:30 Shuffleboard 10:00 Meditation & Self Healing 10:00 Bowling 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer Choraleers to Dock Meadows Touch of Peace Massage	Technology Training (p. 1) Diabetic Shoe Fittings (p. 12) 12:00 Lunch: Ham Steak 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7)	16 Billiards Home vs Arbour Square ZB Massage 12:00 Lunch: Roasted Chicken Sandwich 12:30 Mahjong Touch of Peace Massage	9:30 Hike: Trexler Nature Preserve  Happy Father's Day  18	WEEKLY FITNESS OFFERINGS (held each week at the corresponding day & time unless noted above): See p. 13 for full descriptions.  MONDAYS:
HAPPY BIRTHDAY Celebrate birthdays with us on Wed., June 21! Lunch includes birthday cake for dessert, and Martha leads the singing! OUR CAFÉ	1910:00 Handicrafters 10:00 Zika & Lyme Disease(p. 4) 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Mac & Cheese 12:15 Duplicate Bridge 1:00 Memoirs Touch of Peace Massage	20 8:00 Newsletter Mailing 8:30 Meadowbrook Farm Trip Billiards Away vs Arbour Square Technology Training (p. 1) 10:00 Hand & Foot Cards 12:00 Lunch: BBQ Chicken 1:30 Book Club (p. 8) 2:00 Painting Class Touch of Peace Massage	21 9:00 Haircuts ZB Massage 9:30 Shuffleboard 10:00 Bowling Billiards Home vs Arbour Square 10:30 Social Security Basics (p. 3) 11:30 Red Hat to Caruso (p. 9) 12:00 Lunch: American Burger & Birthday Cake 12:45 Origami (p. 9) 1:00 Hasenpfeffer Financial Counseling (p. 7)	Reiki (p. 12) Technology Training (p. 1) 12:00 Lunch: Open-Faced Roast Beef 12:15 Bridge 12:45 Pinochle SHARE Order Pick Up (p. 7)	Reflexology 9:15 Safe Driving Refresher (p. 6) 12:00 Lunch: Sausage & Peppers 12:30 Mahjong Touch of Peace Massage 7:00 Evening Bingo (p. 8)	24	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
The Café is open MonFri. from 9:00am-1:00pm and features an à la carte breakfast & lunch menu and daily specials. No need to order, just stop by!	2610:00 Handicrafters 10:30 Veterans Shuttle (p. 7) 10:45 Hearing Checks (p. 12) 12:00 Lunch: Chicken Parm 12:15 Duplicate Bridge 1:00 Memoirs Touch of Peace Massage	<b>27</b> <sub>10:30</sub> Captivated by Color Touch of Peace Massage Technology Training (p. 1) 12:00 Lunch:Pulled Pork Sandwich 1:30 Bingo 2:00 Painting Class	28 9:00 Haircuts ZB Massage 9:30 Shuffleboard 10:00 Bowling 10:00 Meditation & Self Healing 10:30 Ballroom Dancing (p. 4) 12:00 Lunch: Salmon 1:00 Hasenpfeffer	<b>29</b> Technology Training (p. 1) <b>12:00 Lunch: Cheesesteak</b> 12:15 Bridge 12:45 Pinochle	30 Billiard Home vs Brittany Pt. 12:00 Lunch: Sloppy Joe 12:30 Mahjong 12:30 Bridge Class (p. 3) 7:00 Fifth Friday in the Café: Ode to Joy (p. 1)	Hoagie Sale June 8  Hoagies are \$6 for turkey or Italian. To place preorders, stop by or call 215-723-5841 by Tuesday, June 6. Delivery is available for large orders.	THURSDAYS: 9:00 Sit, Stretch, Flex 9:00 Stretch & Renew 10:00 Dancefit  FRIDAYS: 9:00 Flexercise 10:30 Tai Chi

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