

June 2018

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., June 20. 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
				1 9:00 Safe Driving Refresh (p. 6) 9:30 Scrabble (p. 9) Choraleers to Valley Vista 12:00 Lunch: Chef Salad 12:00 Bridge Class 12:30 Mahjong (p. 9) 7:00 Evening Dance with Gary Dee (p. 8)	2
4 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Blood Pressure Checks (p. 12) 12:00 Lunch: Chili & Cornbread 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:30 Choraleers (p. 9)	5 8:30 Woodlands Trip (p. 14) Tech. Training Appts. (p. 9) 10:00 Hand & Foot Cards (p. 9) 11:00 Clear Caption Phone (p. 6) 12:00 Lunch: Hot Dog & Kraut 2:00 Painting Class (p. 9) SHARE Orders Due (p. 7)	6 ZB Massage Haircuts (p. 12) Billiards Home vs. Ben Wilson 9:30 Shuffleboard (p. 9) 10:00 Meaty Movie Discussion at Generations: Don Juan (p. 3) 10:00 Weekly Wellness (p. 1) 10:00 Bowling (p. 8) 10:45 SAHS Advanced Choir (p. 3) 12:00 Lunch: Seafood Chowder 1:00 Hasenpfeffer (p. 9)	7 9:30 Asa Packer Museum (p. 14) 10:00 Acupuncture (p.12) 12:00 Lunch: Pizza Burger 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)	8 Reflexology (p. 12) Generations Day at Los Gemelos Restaurant (p. 3) 12:00 Bridge Class 12:00 Lunch: Crab Cake 12:30 Choralrama (p. 6) 12:30 Mahjong (p. 9)	3
11 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 12:00 Lunch: Fried Chicken 12:15 Duplicate Bridge (p. 8) 12:45 Table for One (p. 4) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 9) 1:30 Choraleers (p. 9)	12 Billiards Home vs Pennridge Tech. Training Appts. (p. 9) 11:00 Black Bass Trip (p. 14) 11:00 Caregivers Support (p. 7) 12:00 Lunch: French Toast & Sausage 1:30 Bingo (p. 8) 2:00 Painting Class (p. 9)	13 ZB Massage Haircuts (p. 12) 9:30 Meditation/Healing (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Weekly Wellness (p. 1) 10:00 Bowling (p. 8) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer (p. 9)	14 12:00 Lunch: White Wine Cod 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	15 Billiards Home vs Arbour Square 9:30 Scrabble (p. 9) ZB Massage (p. 12) 12:00 Lunch: Turkey/Cheese on Croissant & Soup 12:30 Mahjong (p. 9)	10
18 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Memory Fitness (p. 4) 12:00 Lunch: Grilled Chicken Caesar Salad 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9)	19 8:00 Newsletter Mailing (p.9) Billiards Away vs Arb. Square Tech. Training Appts. (p. 9) 10:00 Hand & Foot Cards (p. 9) 12:00 Lunch: Salmon 12:45 Origami (p. 9) 2:00 Painting Class (p. 9)	20 ZB Massage Haircuts (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:00 Weekly Wellness (p. 1) 12:00 Lunch: BBQ Chicken & Birthdays 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	21 Podiatric Appointments (p. 12) 12:00 Lunch: Spaghetti & Meatballs 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	22 9:30 Del Val Dairy Trip (p. 14) GENERATIONS CLOSED FOR PARKING LOT REPAIRS NO EVENING BINGO	17
25 Massage Therapy (p. 12) 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) Hearing Check Appts. (p. 12) 12:00 Lunch: Sausage, Peppers & Onions 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 9)	26 Technology Training (p. 9) 12:00 Lunch: Stuffed Cabbage 1:30 Bingo (p. 8) 2:00 Painting Class (p. 9)	27 ZB Massage Haircuts (p. 12) 9:30 Meditation & Healing (p. 12) 9:30 Shuffleboard 10:00 Bowling 10:00 Weekly Wellness (p. 1) 12:00 Lunch: Swedish Meatballs 1:00 Hasenpfeffer (p. 9) 1:30 Book Club: <i>The Alice Network</i> (p. 8) Generations Gear Order Due (p. 2)	28 Reiki Appointments (p. 12) 10:00 RSVP Volunteer Info. (p.7) 12:00 Lunch: Mac & Cheese 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8)	29 Reflexology (p. 12) 12:00 Lunch: Chef Salad 12:30 Mahjong (p. 9) 7:00 Fifth Friday in the Cafe (p.4)	24
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SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Generations will be closed on Mon., May 28.

As of June 5, 2018, Gentle Yoga (Tuesday) and Stretch & Renew (Thursday) will no longer be offered at Generations.

There will be no Wed. Step Class in June or July.

Generations will be closed on Fri., June 22 and Fri., July 13

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: 10:00 Weekly Wellness Breaks (p. 1 & 13)
- THURSDAYS: 9:00 Sit, Stretch, Flex 10:00 Dancefit
- FRIDAYS: 9:00 Flexercise 10:30 Tai Chi