

March 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 12:15-12:45.

HAPPY BIRTHDAY
Celebrate birthdays with us on Weds March 16! 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 a la carte breakfast & lunch menu. No need to order, just stop by!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
	1 Touch of Peace Massage Eyecare Appointments (p. 12) 10:00 Hand & Foot Cards 11:00 Captivated by Color (p.9) 12:00 Lunch: Dijon Chicken 2:00 Painting Class SHARE Orders Due (p. 7)	2 ZB Massage 9:00 Haircuts AARP Tax Aide Appts. 10:00 Bowling—Earl Bowl 10:15 Chimes Choir 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer	3 ZB Massage 10:00 Pinpointing Depression & Anxiety with Acupuncture (p. 13) 11:00 Acupuncture (p.12) 12:00 Lunch: Ham 12:30 Bridge 12:45 Pinochle Apprise Appointments	4 AARP Tax Aide Appts. Billiards @ Brittany Pointe 12:00 Lunch: Roasted Chicken 12:30 Mah Jong Touch of Peace Massage 7:00 Evening Dance with Gary Dee	5 / 6
	7 10:00 Blood Pressure Checks 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Flounder 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	8 Billiards @. Penridge 9:15 One Liberty Plaza Trip 10-2 Nat'l Consumer Protection Info. (p. 6) 11:00 Caregivers Support(p.3) 12:00 Lunch: Chicken Pot Pie 1:30 Bingo 2:00 Painting Class Touch of Peace Massage	9 ZB Massage 9:00 Haircuts AARP Tax Aide Appts. 10:00 Bowling—Earl Bowl 10:15 Chimes Choir 12:00 Lunch: Beef Bourbon Tips	10 HOAGIE SALE 12:30 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	11 Reflexology 9:00 Philadelphia Flower Show Billiards @. Ben Wilson AARP Tax Aide Appts. 12:00 Lunch: Chicken Tortilla Taco 12:30 Mah Jong Touch of Peace Massage
14 10:00 Handicrafters 10:00 Rightsizing Your Home (p. 4) 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Pasta with Meatballs 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking 1:30 Choraleers	15 Billiards @ Arbour Square 8:00 Newsletter Mailing 10:00 Hand & Foot Cards 12:00 Lunch: Open Faced Roast Beef 2:00 Painting Class Touch of Peace Massage	16 Billiards Home vs. Ambler 9:00 Haircuts ZB Massage AARP Tax Aide Appts. 10:00 Bowling—Earl Bowl 10:00 Prevent Consumer Fraud (p. 6) 10:00 Mohegan Sun Casino 10:15 Chimes Choir 12:00 Lunch: Sausage&Peppers & Birthday Cake 1:00 Hasenpfeffer Financial Counseling (p. 7)	17 12:00 Lunch: St. Paddy's Special 12:30 Bridge 12:45 Pinochle Legal Aid Choraleers to Golden Living SHARE Order Pick Up (p. 7)	18 Billiards Home vs. A. Square ZB Massage AARP Tax Aide Appts. 12:00 Lunch: Greek Burger 12:30 Mah Jong Touch of Peace Massage	19 / 20 12:30 OakRidge Boys @ AMT
21 Touch of Peace Massage 10:00 Handicrafters 10:00 Stressless Living (p. 4) 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Chicken Parm 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	22 Touch of Peace Massage 12:00 Lunch: Pulled Pork Slider 1:30 Bingo 2:00 Painting Class	23 ZB Massage 8:30 Kemerer Museum Trip 9:00 Haircuts AARP Tax Aide Appts. 10:00 Bowling—Earl Bowl 10:15 Chimes Choir 12:00 Lunch: White Wine Salmon	24 12:00 Lunch: Chicken Cheesesteak 12:30 Bridge 12:45 Pinochle 1:00 Creative Writing 6:00 Rhythm in the Night Trip	25  Generations Closed	26 / 27 
28 Touch of Peace Massage 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Chef's Choice 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking 1:30 Choraleers	29 Touch of Peace Massage 10:00 Hand & Foot Cards 10:00 Matters of our Bladders 12:00 Lunch: Crab Cake 1:30 Book Club with Toni: <u>Night Road</u> (p. 8) 2:00 Painting Class	30 ZB Massage 9:00 Haircuts AARP Tax Aide Appts. 10:00 Bowling—Earl Bowl 10:15 Chimes Choir 12:00 Lunch: Grilled BBQ Chicken	31 12:00 Lunch: Veggie Lasagne Roll 12:30 Bridge 12:45 Pinochle	April 1 Save the Date: 7:00 Evening Dance with Gary Dee	Who's Calling? We sometimes use an automated phone system to relay schedule information to our participants. If you receive a call from a "617" (Massachusetts) area code, it might be us!

SCHEDULE ANNOUNCEMENTS

All events are subject to change.
 There will be no noon meal on Thursday, March 10. Order your hoagie today!
 Generations will be closed on Friday, March 25. There will be no Evening Bingo in March.

WEEKLY FITNESS OFFERINGS:
 (held each week at the corresponding day & time unless noted above). See page 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