

March 2017

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.

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., March 15! 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

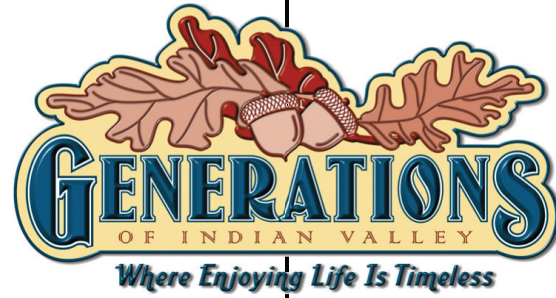
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/
SUNDAY




6
10:00 Handicrafters
10 - Blood Pressure Checks (p. 12)
10:30 Veterans Shuttle (p. 7)
12:00 Lunch: Chicken Parmesan
12:15 Duplicate Bridge
1:00 Memoirs
1:30 Choraleers

7
10:00 Hand & Foot Cards
12:00 Lunch: Pulled Pork Sandwich
2:00 Painting Class
SHARE Orders Due (p. 9)

8 AARP Tax Aide
ZB Massage 9:00 Haircuts
10:00 Mohegan Sun Casino
10:00 Meditation & Self Healing
10:00 Bowling
10:15 Choir Chimes
12:00 Lunch: Salmon Burger
1:00 Hasenpfeffer

9 Hoagie Sale (p. 6)
12:15 Bridge
12:45 Pinochle
1:00 Creative Writing
2:00 Coin Collectors Club (Encore) (p. 8)
3:30 Board Meeting

10
AARP Tax Aide
Reflexology
10:45 Out to Lunch: Say Cheese
12:00 Lunch: Sloppy Joes
12:30 Mahjong

11

12

13 Nutrition Basics (p. 6)
10:00 Handicrafters
10:30 Veterans Shuttle (p. 7)
12:00 Lunch: Smoked Sausage
12:15 Duplicate Bridge
12:45 Cooking at Home (p. 4)
1:00 Memoirs
1:30 Choraleers

14
Billiards Away vs Pennridge
Reflexology
10:30 Captivated by Color
11 - Caregivers Support (p. 7)
12:00 Lunch: Crab Cake
1:30 Bingo
2:00 Painting Class

15 AARP Tax Aide
Nutrition Basics (p. 6)
9:00 Haircuts ZB Massage
Billiards Home vs Ambler
10:00 Bowling 10:15 Choir Chimes
12:00 Lunch: Chicken Alfredo & Birthday Cake
12:45 Origami (p. 9)
1:00 Hasenpfeffer
Financial Counseling (p. 7)
Bella Notte at Caruso's (p. 1)

16
12:00 Lunch: Hot Dog
12:15 Bridge
12:45 Pinochle
Legal Aid (p. 7)

17 Nutrition Basics (p. 6)
AARP Tax Aide
ZB Massage
Billiards Home vs Arbour Square
12:00 Lunch: St. Patty's Special
12:30 Mahjong
Choraleers to Lutheran Com.

18
9:30 Hike: Perkiomen Trail
19

20 Nutrition Basics (p. 6)
10:00 Handicrafters
10:00 Nutrition Labels (p. 4)
10:30 Veterans Shuttle (p. 7)
12:00 Lunch: Meatloaf
12:15 Duplicate Bridge
12:45 Cooking at Home (p. 4)
1:00 Memoirs
1:30 Choraleers

21
8:00 Newsletter Mailing
8:30 Philly Food Tour
Billiards Away vs Arbour Square
10:00 Hand & Foot Cards
12:00 Lunch: Dijon Chicken
12:45 Landlord Tenant Law & PA 1000 (p. 4)
2:00 Painting Class

22 Nutrition Basics (p. 6)
AARP Tax Aide
9:00 Haircuts ZB Massage
10:00 Bowling
10:00 Meditation & Self Healing
10:15 Choir Chimes
12:00 Lunch: Pork & Sauerkraut
1:00 Hasenpfeffer

23
Reiki (p. 12)
12:00 Lunch: Ham Steak
12:15 Bridge
12:45 Pinochle
SHARE Order Pick Up (p. 9)

24 Nutrition Basics (p. 6)
AARP Tax Aide
Billiards Away vs Brittany Point
Reflexology
12:00 Lunch: Roasted Chicken Sandwich
12:30 Mahjong
Choraleers to Elm Terrace

25
2:45 Under the Streetlamp
26

27 Nutrition Basics (p. 6)
10:00 Handicrafters
10:30 Veterans Shuttle (p. 7)
12:00 Lunch: Mac & Cheese
12:15 Duplicate Bridge
12:45 Cooking at Home (p. 4)
1:00 Memoirs
1:30 Choraleers

28
10:30 Captivated by Color
12:00 Lunch: BBQ Chicken
1:30 Bingo
1:30 Book Club with Toni: Between the World and Me (p. 8)
2:00 Painting Class

29 Nutrition Basics (p. 6)
AARP Tax Aide
9:00 Haircuts ZB Massage
10:00 Bowling
10:15 Choir Chimes
12:00 Lunch: American Burger
1:00 Hasenpfeffer

30
Diabetic Shoe Evals (p. 12)
12:00 Lunch: Open-Faced Roast Beef
12:15 Bridge
12:45 Pinochle

31 Nutrition Basics (p. 6)
AARP Tax Aide
12:00 Lunch: Sausage & Peppers
12:30 Mahjong
7:00 Fifth Friday: Kevin Kessler & Debbie Fossile (p. 1)

SCHEDULE ANNOUNCEMENTS

All events are subject to change. There will be no noon meal on March 9. See p. 20 for our full weather-related closing/delay policy.

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:
9:00 Sit, Stretch, Flex
9:00 Gentle Yoga
7:00 Zumba Gold

WEDNESDAYS:
9:00 Step Aerobics

THURSDAYS:
9:00 Sit, Stretch, Flex
9:00 Stretch & Renew
10:00 Dancefit

FRIDAYS:
9:00 Flexercise
10:30 Tai Chi