

May 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., May 18! 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
					
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! Please answer the phone or let your machine pick it up to hear important information (you may hear a pause first). Phone lists are generated from our participant sign-ins so be sure to swipe your key card when you visit!					
					April 30 9:45 Out To Lunch: Moshulu 1
2 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 1:30 Choraleers Touch of Peace Massage	3 Touch of Peace Massage 10:00 Hand & Foot Cards 11:00 Captivated by Color (p.9) 12:00 Lunch: Crab Cake 2:00 Painting Class SHARE Orders Due (p. 7)	4 ZB Massage Billiards @.Normandy Farms 9:00 Haircuts 9:30 Shuffleboard 10:00 Bowling—Earl Bowl 10—Full STEAM Ahead: Space (p.3) 12:00 Lunch: Grilled BBQ Chix. 1:00 Hasenpfeffer	5 ZB Massage Choraleers to Singing Seniors 11:00 Acupuncture (p.12) 12:00 Lunch: Veggie Lasagne 12:15 Bridge 12:45 Pinochle 7:00 Turning 65 (p.7)	6 8:45 Magic Gardens Trip (p. 14) 9:15 Tablet/Smart Phones (p.6) 11:00 iPad/iPhones (p.6) 12:00 Lunch: Southwest Meatball Sub 12:30 Mah Jong Technology Appointments (p. 6) Touch of Peace Massage 7:00 Evening Dance w/ Dance Time	Happy Mothers Day! 8
9 MONTCO Senior Games 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Pizza 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking 1:30 Choraleers Touch of Peace Massage	10 MONTCO Senior Games Billiards Away at Pennridge 9:00 Franklin Institute Trip 11:00 Caregivers Support (p.7) 12:00 Lunch: Dijon Chicken 1:30 Bingo 2:00 Painting Class Touch of Peace Massage	11 MONTCO Senior Games ZB Massage 9:00 Haircuts 9:30 Shuffleboard 10—Full STEAM Ahead: Time (p. 3) 10:00 Bowling—Earl Bowl 10:15 Chimes Choir 12:00 Lunch: Pork & Sauerkraut	12 MONTCO Senior Games HOAGIE SALE 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	13 MONTCO Senior Games Reflexology Billiards Home vs. Pennridge 9:15 Tablet/Smart Phones (p.6) 11:00 iPad/iPhones (p.6) 12:00 Lunch: Chicken Sandwich 12:30 Choralrama (p. 9) 12:30 Mah Jong Technology Appointments (p. 6)	14 9:00 Daniel Boone Homestead Trip 15
16 Touch of Peace Massage 10:00 Handicrafters 10:00-12:00 Trivia & Tastings (p.5) 10:00 Staying Active with Arthritis (p. 4) 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Flounder 12:15 Duplicate Bridge 1:00 Memoirs 5:15 Iron Pigs Baseball Game Trip	17 Billiards @ Arbour Square 8:00 Newsletter Mailing 10:00 Beginner Quilting 10:00 Hand & Foot Cards 12:00 Lunch: Chicken Pot Pie 2:00 Painting Class Touch of Peace Massage	18 9:00 Haircuts ZB Massage Choraleers to Phoenixville Center 9:30 Shuffleboard 10:00 Bowling—Earl Bowl 10—Full STEAM Ahead:Energy(p. 3) 10:15 Chimes Choir 12:00 Lunch: Beef Bourbon Tips & Birthday Cake 1:00 Hasenpfeffer Financial Counseling (p. 7) 2:00 Hobo Living (p. 6)	19 Diabetic Shoe Evals.(p. 12) 12:00 Lunch: Taco Turkey Burger 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	20 Billiards Home vs. A. Square 8:45 Woodmere Museum Trip ZB Massage 9:15 Tablet/Smart Phones (p.6) 11:00 iPad/iPhones (p.6) 10:00 How Aging Is Changing (p. 5) 12-Lunch: Chicken Tortilla Taco 12:00 Bridge Class (p. 4) 12:30 Mah Jong Technology Appointments (p. 6)	21 9:30 Hike: D & L Trail 22
23 10:00 Handicrafters 10:00 Water:From Source to Tap (p.4) 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Pasta w/ Meatballs 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Memorial Day Holiday 30	24 Touch of Peace Massage 12:00 Lunch: Open-Faced Roast Beef 1:30 Bingo 2:00 Painting Class Choraleers to Spring Valley Touch of Peace Massage 10:00 Hand & Foot 12:00 Lunch: Pulled Pork Slider 12:30 Zentangle 101 (p.5) 31	25 ZB Massage 9:00 Haircuts 9:00 Sight & Sound Trip 9:30 Shuffleboard 9:30-10:30 Mobile Shredder (p. 3) 10:00 Bowling—Earl Bowl 10—Full STEAM Ahead: Money(p. 3) 10:15 Chimes Choir 12:00 Lunch: Sausage & Peppers 1:30 Book Club with Judy (p. 8)	26 12:00 Lunch: Mango Chicken 12:15 Bridge 1:00 Creative Writing Chimes Choir to Dock Terrace	27 Reflexology 9:15 Tablet/Smart Phones (p.6) 11:00 iPad/iPhones (p.6) 12:00 Lunch: Greek Burger 12:00 Bridge Class (p. 4) 12:30 Mah Jong Technology Appointments (p. 6) 7:00 Evening Bingo	28 29

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no noon meal on Thursday, May 12. Order your hoagie today!

Generations will be closed on Monday, May 30 for Memorial Day.

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