

# May 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., May 17! 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
<b>1</b> 10:00 Handicrafters 10:00 Blood Pressure (p. 12) 10:30 Veterans Shuttle (p. 7) <b>12:00 Lunch: Chicken Parm.</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:00 RSVP Volunteerism (p. 6) 1:30 Choraleers	<b>2</b> Touch of Peace Massage 10:00 Hand & Foot Cards 10:15 Pennovation Center Trip <b>12:00 Lunch: Pulled Pork Sandwich</b> 2:00 Painting Class ZB Massage SHARE Orders Due (p. 7)	<b>3</b> 9:00 Haircuts Billiards Away vs Ben Wilson 9:30 Shuffleboard 9:30 Beginner Mahjong Class 10:00 Bowling <b>12:00 Lunch: Salmon</b> Choir Chimes to Rockhill 1:00 Hasenpfeffer Touch of Peace Massage	<b>4</b> Choraleers to Singing Seniors 10:00 Hawaiian Hula (p. 3) 11:00 Acupuncture (p.12) <b>12:00 Lunch: Cheesesteak</b> 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7) 7:00 Turning 65 (p. 7)	<b>5</b> Touch of Peace Massage MOW Volunteer Breakfast <b>12:00 Lunch: Sloppy Joes</b> 9:15 Flint Hill Farm Trip 12:30 Mahjong 12:30 Bridge Class (p. 3) 7:00 Evening Dance with King Henry	<b>6</b>
<b>8</b> 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) <b>12:00 Lunch: Smoked Sausage</b> 12:15 Duplicate Bridge 1:30 Choraleers Touch of Peace Massage	<b>9</b> Billiards Away vs Pennridge Reflexology 9:15 Designer House Trip 10:30 Captivated by Color 11:00 Caregivers Support (p. 7) <b>12:00 Lunch: Crab Cake</b> 1:30 Bingo 2:00 Painting Class Touch of Peace Massage	<b>10</b> ZB Massage 9:00 Haircuts 9:30 Shuffleboard 9:30-10:30 Mobile Shredder(p. 3) 10:00 Meditation & Self Healing 10:00 Bowling 10:15 Choir Chimes <b>12:00 Lunch: Chicken Alfredo</b> 1:00 Hasenpfeffer Touch of Peace Massage	<b>11</b> <b>Hoagie Sale</b> 10:00 Hawaiian Hula (p. 3) 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	<b>12</b> Touch of Peace Massage <b>12:00 Cafe Lunch: Soup &amp; Sandwich (Limited Seating)</b> 12:30 Mahjong 12:30 Bridge Class (p. 3)	<b>13</b>
<b>15</b> 10:00 Handicrafters 10:00 Losing Height? (p. 4) 10:30 Veterans Shuttle (p. 7) <b>12:00 Lunch: Meatloaf</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	<b>16</b> 8:00 Newsletter Mailing Billiards Away vs Arbour Square 10:00 Hand & Foot Cards <b>12:00 Lunch: Pork &amp; Sauerkraut</b> Choraleers to Spring Valley 2:00 Painting Class Touch of Peace Massage	<b>17</b> 9:00 Haircuts ZB Massage 9-11 Eggcellent Older Americans Omelets Made-to-Order (p. 6) 9:30 Shuffleboard 10:00 Bowling Red Hat to Whitpain Tavern <b>12:00 Lunch: Dijon Chicken &amp; Birthday Cake</b> 12:45 Origami (p. 9) 1:00 Hasenpfeffer Financial Counseling (p. 7)	<b>18</b> 10:00 Hawaiian Hula (p. 3) Diabetic Shoe Fittings (p. 12) <b>12:00 Lunch: Ham Steak</b> 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	<b>19</b> Billiards Home vs Arbour Square ZB Massage <b>12:00 Lunch: Roasted Chicken Sandwich</b> 12:30 Mahjong 12:30 Bridge Class (p. 3) Touch of Peace Massage	<b>20</b> 9:30 Hike: Ironton Rail Trail
<b>22</b> 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) <b>12:00 Lunch: Mac &amp; Cheese</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	<b>23</b> 8:30 Sight & Sound Trip 10:30 Captivated by Color <b>12:00 Lunch: BBQ Chicken</b> 1:30 Bingo 1:30 Book Club with Ginger: The Boys in the Boat (p. 8) 2:00 Painting Class Touch of Peace Massage	<b>24</b> 9:00 Haircuts ZB Massage 9:30 Shuffleboard 10:00 Bowling 10:00 Meditation & Self Healing 10:15 Choir Chimes <b>12:00 Lunch: American Burger</b> Choraleers to SMH 1:00 Hasenpfeffer 2:00 Tea at Two: Golden Girl(p. 4)	<b>25</b> 10:00 Hawaiian Hula (p.3) 10:00 How to Lose Weight & Still Eat Brownies (p. 13) Reiki (p. 12) <b>12:00 Lunch: Open-Faced Roast Beef</b> 12:15 Bridge 12:45 Pinochle	<b>26</b> Reflexology 8:30 Mt. Cuba Center Trip <b>12:00 Lunch: Sausage &amp; Peppers</b> 12:30 Mahjong 12:30 Bridge Class (p. 3) 7:00 Evening Bingo (p. 8)	<b>27</b>
<b>29 Memorial Day</b> 	<b>30</b> 10:00 Hand & Foot Cards 10:00 Matter of Bladders FOR MEN (p. 5) <b>12:00 Lunch: Pulled Pork Sandwich</b> 12:30 Choralrama (p. 6) 2:00 Painting Class Touch of Peace Massage	<b>31</b> 9:00 Haircuts ZB Massage 9:30 Shuffleboard 10:00 Bowling <b>12:00 Tunes at Noon: Remembering Doo Wop (p. 4)</b> 1:00 Hasenpfeffer Touch of Peace Massage	<b>Pool Players Wanted!</b> Come play pool with us in a relaxed atmosphere. Join us Monday-Friday from 9am-4pm (unless there is a Billiards Tournament scheduled at Generations). \$1 donation per day.		<b>28</b> 

## SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Flexercise & Tai Chi will be offered in our Ridgeview Room on Fridays, May 5 & 12.

There will be no noon meal on Thursday, May 11. Order your hoagie today (see p. 1).

There will be no Pinochle on Thursday, May 11.

Generations will be closed on Monday, May 29.

There will be no regular noon meal on Wed., May 31. See p. 4.

## 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

**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