

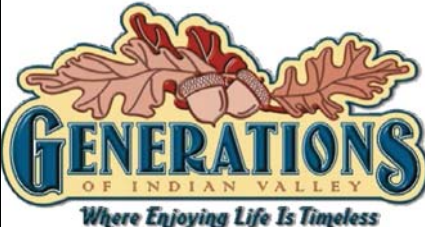

May 2018

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., May 16. 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 Tech. Training Appts.(p. 9) 10:00 Hand & Foot Cards 12:00 Lunch: Ham & Potato Casserole 1:30 The Creative Age (p 6) 2:00 Painting Class SHARE Orders Due (p. 7)	2 ZB Massage (p. 12) Haircuts 9:30 Shuffleboard (p. 9) 10:00 Meaty Movie Discussion at Generations: <u>Going in Style</u> (p. 3) Billiards Away vs. Ben Wilson 10:00 Bowling 10:00 Mohegan Sun (p. 14) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer	3 ZB Massage Choraleers to Singing Seniors 10:00 Acupuncture (p.12) 12:00 Lunch: Stuffed Peppers 12:15 Bridge 12:45 Pinochle	4 9:30 Scrabble (p. 9) 12:00 Quattro de Mayo Fiesta (p. 4) 12:00 Bridge Class 12:30 Mahjong 7:00 Evening Dance with Kevin Kelton (p. 8)	<div style="text-align: right;">6</div>
	7 10:00 Meditation (p. 12) 10:00 Handicrafters 10:00 Blood Pressure Checks (p. 12) 12:00 Lunch: Beef Stew 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	8 8:30 Meadowbrook Farm (p. 14) Billiards Away vs Pennridge Tech. Training Appts. (p. 9) 10:30 Captivated by Color 11:00 Caregivers Support (p. 7) 12:00 Lunch: Salisbury Steak 1:30 Bingo (p. 8) 2:00 Painting Class	9 ZB Massage (p. 12) Haircuts 9:30 Meditation/Healing (p. 12) 9:30 Shuffleboard (p. 9) 9:30-10:30 Mobile Shredder (p. 3) 10:00 Aging with Attitude (p.6) 10:00 Bowling 10:15 Choir Chimes 12:00 Lunch: Spaghetti with Meat Sauce 1:00 Hasenpfeffer	10 Hoagie Sale (p. 1) 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing Choraleers to Lutheran Comm. APPRISE Appointments (p. 7) 3:30 Board Meeting 7:00 The Creative Age (p 6)	
14 10:00 Meditation (p. 12) 10:00 Handicrafters 11:00 Online Security (p. 4) 12:00 Lunch: Stuffed Cabbage 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Five Crowns Cards (p. 9) 1:30 Choraleers	15 8:00 Newsletter Mailing (p.9) Billiards Away vs Arb. Square Tech. Training Appts. (p. 9) 10:00 Hand & Foot Cards 10:00 Pizza in a Jar (p. 4) 11:15 Whitpain Tavern Trip(p. 14) 12:00 Lunch: Pulled Pork Sand. 12:45 Origami (p. 9) 2:00 Painting Class	16 ZB Massage (p. 12) Haircuts 9:30 Shuffleboard (p. 9) 10:00 Bowling Choir Chimes to Park Creek Place 11:00 Pines Dinner Theatre 12:00 Lunch: Salmon & B-days 1:00 Hasenpfeffer Financial Counseling (p. 7)	17 9:30 Whose Wife is it Anyway? Trip (p. 14) 12:00 Lunch: Dijon Chicken 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	18 9:15 Meals on Wheels Volunteer Breakfast (p. 3) Billiards Home vs Arbour Square 9:30 Scrabble (p. 9) ZB Massage (p. 12) 12:00 Lunch: Meatball Sub 12:00 Bridge Class 12:30 Mahjong	<div style="text-align: right;">20</div>
21 10:00 Meditation (p. 12) 10:00 Handicrafters 10:00 Check, Change, Control Your Blood Pressure (p. 4) 12:00 Lunch: Meatloaf 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	22 Billiards Away vs Normandy Farm 10:30 Captivated by Color Technology Training (p. 9) 12:00 Lunch: Crab Cake 1:30 Bingo 1:30 Book Club with Ginger: <u>The Orphan Keeper</u> (p. 8) 2:00 Painting Class	23 ZB Massage (p. 12) Haircuts 9:30 Meditation & Healing (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling 1:00 Hasenpfeffer 11:00 Comedy/Variety Show (p. 6) 12:00 Older Americans Lunch (p. 6) Choir Chimes to Hidden Meadows	24 Reiki Appointments (p. 12) 12:00 Lunch: Chicken A La King 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Grease at DADT (p. 15)	25 Billiards Home vs Brittany Pointe Reflexology 12:00 Lunch: All American Burger 12:00 Bridge Class 12:30 Mahjong 7:00 Evening Bingo (p. 8)	
28 Generations Closed 	29 Technology Training (p. 9) 10:00 Bowl to Bowel (p. 5) 10:00 Hand & Foot Cards 12:00 Lunch: Ham & Potato Casserole 2:00 Painting Class <div style="text-align: center;">p. 10</div>	30 ZB Massage (p. 12) Haircuts 9:30 Meditation & Healing (p. 12) 9:30 Shuffleboard 10:00 Bowling 10:00 Meaty Movie Screening at IVPL <u>Don Juan DeMarco</u> (p. 3) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer Choir Chimes to Park Creek Place	31 12:00 Lunch: Stuffed Peppers 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing	June 1 9:00 Safe Driving Refresher (p. 6) 9:30 Scrabble (p. 9) Choraleers to Spring Valley Vil. 12:00 Bridge Class 12:00 Lunch: TBA 12:30 Mahjong 7:00 Evening Dance (Gary Dee)	<div style="text-align: right;">p. 11</div>

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no noon meal on Fri., May 4. See p. 4 for info on our Quattro de Mayo Fiesta!

There will be no Step Aerobics on Wed., May 23.

Generations will be closed on Mon., May 28.

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
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