

May 2019

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 15. Lunch includes birthday cake for dessert.

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
 <p>Mexican Fajita Bar Monday, May 6, 10am-12pm Join us in the Cafe for a Mexican Fajita Bar with your choice of meat, all the fixings, and a Mexican cookie for \$5. Ole!</p>	 <p>You are "Eggcellent!" Wed., May 22, 9:30-11:00am Generations Participants can visit our Café for free made-to-order omelets prepared by Pocono Produce Co. Chefs. First-come, first-serve basis, while supplies last.</p>	<p>1 Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:15 Choir Chimes 12:00 Lunch: Meatloaf 1:00 Hasenpfeffer (p. 9) Choraleers to Spring Valley</p>	<p>2 10:00 The Creative Age (p. 6) 12:00 Lunch: Bratwurst & German Potato Salad 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)</p>	<p>3 9:30 Scrabble (p. 9) 12:00 Lunch: Crab Cake 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 3) 6:00 Comfort Dinner (p. 3)</p>	<p>4 9:30 Colebrookdale Railroad Trip (p. 14)</p>
<p>6 10:00 Meditation (p. 12) 10:00 Blood Pressure ✓ (p. 12) 10:00 Handicrafters (p. 9) 10-12 Mexican Fajitas (see above) 12:00 Lunch: Beef Stroganoff 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Choraleers to Peter Becker Bux Mont Senior Golf (p. 6)</p>	<p>7 Technology Tips Appts. (p. 9) 9:15 Hand & Foot Cards (p. 8) 12:00 Lunch: Kielbasa with Cabbage 1:45 Painting Class (p. 9)</p>	<p>8 Haircuts Massage (p.12) 9:00 Bird-in-Hand Trip (p. 14) 9:00 Shuffleboard (p. 9) 9:30-10:30 Paper Shredding (p. 3) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10:15 Choir Chimes 12:00 Lunch: Pot Roast 1:00 Hasenpfeffer (p. 9)</p>	<p>9 HOAGIE SALE (p. 1) Choraleers to Singing Seniors 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting</p>	<p>10 Billiards Home vs Pennridge Reflexology (p. 12) 12:00 Lunch: Chili with Cornbread 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 3)</p>	<p>11</p> 
<p>13 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 12:00 Lunch: Spaghetti & Meatballs 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 9) Bux Mont Senior Golf (p. 6)</p>	<p>14 Billiards Away vs Pennridge Technology Tips Appts. (p. 9) 12:00 Lunch: Corned Beef & Cabbage 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)</p>	<p>15 Haircuts Massage (p. 12) 9:00 Shofuso Trip (p. 14) 9:00 Shuffleboard 10 - Bowling (p. 8) 10:00 Dining w/ Diabetes (p. 5) 10:15 Choir Chimes 12:00 Lunch: Chick. Cordon Bleu & Birthday Cake 1:00 Hasenpfeffer (p. 9) 1:30 WWII: 407C (p. 5) Financial Counseling (p. 7)</p>	<p>16 10:00-12:00 Meet & Greet State Rep. Staff/ SEPTA Senior Fare Cards (p. 6) Acupuncture (p. 12) 12:00 Lunch: Seafood Scampi 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) SHARE Order Pick Up (p. 7)</p>	<p>17 Billiards Home vs Arb. Sq. 9:15 Meals on Wheels Volunteer Breakfast (p. 3) 9:30 Hunterdon Hills Trip (p. 14) 9:30 Scrabble (p. 9) 12:00 Lunch: Salisbury Steak 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 3)</p>	<p>18</p>
<p>20 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Anatomy & Physiology (p. 4) 12:00 Lunch: Chicken Marsala 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 9) Bux Mont Senior Golf (p. 6)</p>	<p>21 Billiards Away vs Arb. Sq. 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 8) 10:30 Captivated By Color (p. 8) 12:00 Lunch: Salmon with Dill Sauce 12:45 Origami (p. 9) 1:30 Book Club: <u>Becoming</u> (p. 8) 1:45 Painting Class (p. 9)</p>	<p>22 Haircuts Massage (p. 12) 9-Shuffleboard 10-Bowling (p. 8) 9:30 You are Eggcellent! (above) 9:30 Meditation & Healing (p. 12) 10:00 Meaty Movie Viewing at IVPL: <u>The Truman Show</u> (p. 3) 10:00 Dining w/ Diabetes (p. 5) Red Hatters to Whitpain (p. 9) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer (p. 9) Choir Chimes to Pennsburg</p>	<p>23 Reiki (p. 12) 9:15 Sayen Gardens Trip (p. 15) 12:00 Lunch: Fish & Chips 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8)</p>	<p>24 Reflexology (p. 12) 12:00 Lunch: Ham 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 3) 7:00 Evening Bingo (p. 8)</p>	<p>25</p>
<p>27 Generations Closed</p> 	<p>28 Technology Tips Appts. (p. 9) 12:00 Lunch: Chicken & Dumplings 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)</p>	<p>29 Haircuts Massage (p. 12) 9-Shuffleboard 10-Bowling (p. 8) CarFit Appointments (p. 4) Choir Chimes to Phoebe 10:00 Dining w/ Diabetes (p. 5) 10:00 Meaty Movie Discussion at Generations: <u>The Truman Show</u> (p. 3) 1:00 Hasenpfeffer (p. 9)</p>	<p>30 10:30 Marsha Browns Trip (p. 15) 12:00 Lunch: Bratwurst & German Potato Salad 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9)</p>	<p>31 Billiards Home vs Pennridge 12:00 Lunch: Crab Cake 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 3) 7:00 Fifth Friday in the Cafe (p. 1)</p>	

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no regular Noon Meal on Thursday, May 9. Order your hoagie today. See p. 1

There will be no Flexercise on May 17.

Tai Chi will be held in our Ridgeview Room on May 17.

Generations will be closed on Monday, May 27.

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

WEDNESDAYS:
9:00 Step Aerobics

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

FRIDAYS:
9:00 Flexercise
10:30 Tai Chi