

November 2015

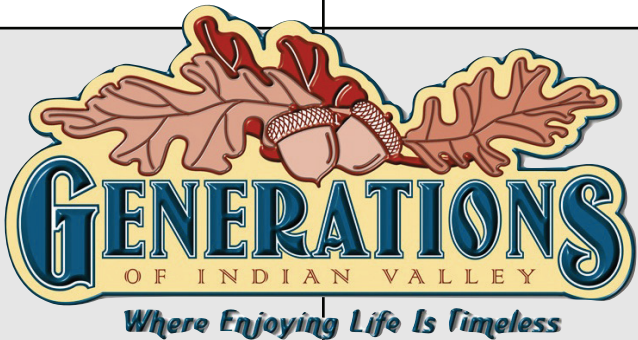
OUR NOON MEAL

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 Thurs Nov. 19! 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
<p>Who's Calling? If you receive a call from a "617" 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 at our welcome computers when you visit!</p>					Daylight Savings Time Ends 1
<p>2 10:00 Blood Pressure Checks 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Chef's Choice 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers</p>	<p>3 Election Day 8:30 QVC Trip 10-How Healthy Are You?(p.4) 10:00 Hand & Foot Cards 12:00 Lunch: Crab Cake Sliders 2:00 Painting Class SHARE Orders Due (p. 7)</p>	<p>4 8-12 Pancake Breakfast(p.1) ZB Massage 8-4 Memory Screenings (p.3) 9:00 Haircuts 10:15 Choir Chimes 10:00 Bowling—Earl Bowl 1:00 Hasenpfeffer</p>	<p>5 ZB Massage 10:00 Acupuncture Info.(p.4) 11:00Acupuncture Appt.(p.12) 12:00 Lunch: Seared Pork Loins 12:30 Bridge 12:45 Pinochle 1:00 Medicare 2016 Info</p>	<p>6 Touch of Peace Massage 12:00 Bridge Through Play (p.5) 12:00 Lunch: Southwest Meatball Sub 12:30 Mah Jong 7:00 Evening Dance with Gary Dee</p>	7
<p>9 9:15 Northlandz Trip 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) Touch of Peace Massage 12:00 Lunch: Parmesan Fusilli 12:30 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking – Heritage (p.9) 1:30 Choraleers</p>	<p>10 Billiards at Penridge 11:00 Manayunk Brewing Co. 11:00 Caregivers Support Group (p.5) 12:00 Lunch: Spinach Taco Turkey Burger 1:30 Bingo 2:00 Painting Class</p>	<p>11 ZB Massage 9:00 Haircuts 10:00 Bowling—Earl Bowl Choir Chimes to Indian Creek Foundation 12:00 Lunch: Pork & Sauerkraut Veterans Day</p>	<p>12 HOAGIE SALE 10:00 Beginner Quilting Diabetic Shoe Evaluations 12:30 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting</p>	<p>13 Reflexology 12:00 Bridge Through Play (p.5) 12:00 Lunch: Grilled BBQ Chicken 12:30 Mah Jong Touch of Peace Massage</p>	8
<p>16 10:00 Mindful Eating. . . (p.4) 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Margherita Pizza 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers</p>	<p>17 8:00 Newsletter Mailing Billiards @ Arbour Square 10:00 Hand & Foot Cards 12:00 Lunch: Roasted Chicken Sandwich 2:00 Painting Class 2:00 The Battle of Gettysburg (p. 4)</p>	<p>18 ZB Massage 9:00 Haircuts 10:00 Bowling—Earl Bowl 10:00 Mohegan Sun Casino 12:00 Volunteer Lunch (p. 1) 1:00 Hasenpfeffer Chimes to Gwynedd Square Cntr 1:30 Book Club with Judy: <i>The Baker's Daughter</i> (p. 8) Financial Counseling (p. 7)</p>	<p>19Billiards Home vs.Ambler 9:45 Dutch Apple Theater 12:00 Lunch: Chicken Tortilla Taco & B-day Cake 12:30 Bridge 12:45 Pinochle Legal Aid Nashville Trip Departs SHARE Pick Up (p. 7)</p>	<p>20 ZB Massage 9:30 American Treasure Tour 12:00 Bridge Through Play (p.5) 12:00 Lunch: Turkey Pot Pie 12:30 Mah Jong Touch of Peace Massage</p>	15
<p>23 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Pasta w/ Spinach & Tomatoes 12:30 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking – Heritage Album (p. 9) 1:30 Choraleers</p>	<p>24 Touch of Peace Massage 12:00 Lunch: Dijon Chicken 1:30 Bingo 2:00 Painting Class</p>	<p>25 ZB Massage 9:00 Haircuts 10:00 Bowling—Earl Bowl 12:00 Lunch: Honey Chipotle Pork Choir Chimes to Souderton Mennonite Home</p>	<p>26 Generations Closed Happy Thanksgiving</p>	<p>27 Generations Closed</p>	22
<p>30</p>	<p>30</p>	<p>30</p>	<p>30</p>	<p>28 8:30 Leesport Farmers Market Trip</p>	29

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no noon meal on the following days:
Weds, Nov. 4,
Thurs, Nov. 12
Weds., Nov. 18.

We will be closed on November 26 & 27. Happy Thanksgiving!

WEEKLY FITNESS OFFERINGS:

(held each week at the corresponding day & time unless noted above). See page 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 Dancercise

FRIDAYS:
9:00 Flexercise
10:30 Tai Chi