

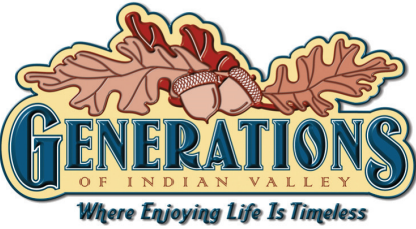

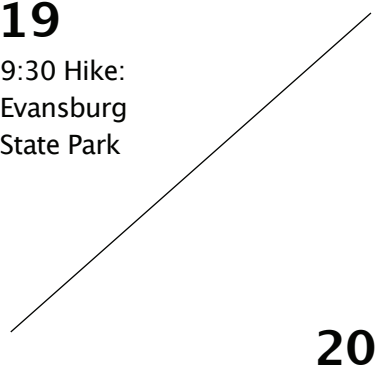
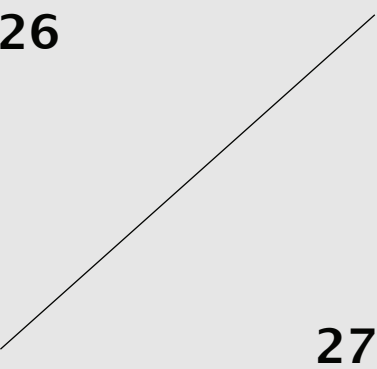
November 2016

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 12:15pm-12:45pm.

HAPPY BIRTHDAY
Celebrate birthdays with us on Wed., Nov. 23! 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. No need to order, just stop by!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
	1 ZB Massage 9:30 Josiah for President Trip 10:00 Hand & Foot Cards 12:00 Lunch: Crab Cake 2:00 Painting Class SHARE Orders Due (p. 7)	2 ZB Massage 9:00 Haircuts 10:00 Bowling 10:15 Choir Chimes 11:00 Organizing for Low Stress Holidays (p.4) 12:00 Lunch: Grilled BBQ Chicken 1:00 Hasenpfeffer Choir Chimes to Paradise Manor	3 ZB Massage 11:00 Acupuncture (p.12) 12:00 Lunch: Ham Steak 12:15 Bridge 12:45 Pinochle 1:00 APPRISE/ Medicare Changes (p. 7)	4 Touch of Peace Massage 12:00 Lunch: Meatball Sub 12:30 Mahjong 7:00 Evening Dance with Gary Dee (p. 8)	5 
	7 10:00 Handicrafters 10:00 Blood Pressure Checks(p. 12) 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Dijon Chicken 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	8 Billiards Away vs Pennridge 10:30 Captivated by Color (p.9) 11:00 Caregivers Support (p.7) 12:00 Lunch: Pizza 1:30 Bingo 2:00 Painting Class ZB Massage	9 ZB Massage 9:00 Haircuts 10:00 Bowling 10:00 Meditation & Self Healing (p.12) Red Hat Lunch at Whitpain Inn (p. 9) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer	10 Hoagie Sale 10:00 Healthy Eating During The Holidays (p. 5) 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	11 Reflexology 9:00 Ryerss Farm Trip Billiards Away vs Ben Wilson 11:30 North Penn AFJROTC (p. 6) 12:00 Lunch: Salisbury Steak 12:30 Mahjong Touch of Peace Massage
14 10:00 Handicrafters 10:00 Mohegan Sun Casino 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Flounder 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	15 8:00 Newsletter Mailing Billiards Away vs Arb. Square 10:00 Hand & Foot Cards 12:00 Lunch: Open-Faced Turkey Sandwich 2:00 Painting Class ZB Massage 2:00 Overnight Trip Information for 2017 (p. 16)	16 9:00 Haircuts ZB Massage Billiards Home vs Ambler 10:00 Bowling 12:00 Volunteer Dream Team Lunch (p. 1) 12:45 Origami (p. 4) 1:00 San Antonio Trip Mtg. (p. 16) 1:00 Hasenpfeffer Financial Counseling (p. 7)	17 Diabetic Shoe Evals (p. 12) 12:00 Lunch: Chicken Pot Pie 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	18 ZB Massage Billiards Home vs Arb. Square 10:30 Out to Lunch: Bistro 1400 12:00 Lunch: Sausage Baked Ziti 12:30 Mahjong Touch of Peace Massage	19 9:30 Hike: Evansburg State Park
21 Touch of Peace Massage 10:00 Handicrafters 10:00 Senior Socializing 101 (p. 4) 10:00 Blood Pressure Checks(p. 12) 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Fish & Chips 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	22 Touch of Peace Massage 9:30 Green Holly & Gray Potatoes 10:00 Smart Phone/Tablet (p. 5) 12:15 iPhone/iPad (p.5) 10:30 Captivated by Color (p.9) 12:00 Lunch: Open-Faced Roast Beef Sandwich 1:30 Bingo 2:00 Painting Class	23 ZB Massage 9:00 Haircuts 10:00 Bowling 10:00 Meditation & Self Healing (p.12) 12:00 Lunch: Sausage & Peppers & Birthday Cake 1:00 Hasenpfeffer Choir Chimes to Souderton Men.	24 Generations Closed 	25 8:00 Auto Museum Trip Generations Closed	20 
28 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Chicken Parmesan 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	29 10:00 Hand & Foot Cards 10:00 Smart Phone/Tablet (p. 5) 12:15 iPhone/iPad (p.5) 12:00 Lunch: Pulled Pork Slider 1:30 Book Club with Ginger: The Violets of March (p. 8) 2:00 Painting Class December SHARE Orders Due (p. 7)	30 ZB Massage 9:00 Haircuts 10:00 Bowling 12:00 Lunch: White Wine Salmon 1:00 Hasenpfeffer Choir Chimes to Parkview	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!		27 

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no noon meal on Thur., Nov. 10. Order your hoagie today!

There will be no Step Aerobics or regular Noon Meal on Wed., Nov. 16 due to our Volunteer Lunch.

Generations will be closed on Thur., Nov. 24 and Fri., Nov. 25.

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
7:00 Zumba Gold

WEDNESDAYS:
9:00 Step Aerobics

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

FRIDAYS:
9:00 Flexercise
10:30 Tai Chi