

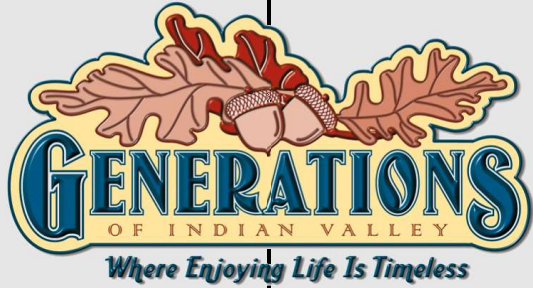

November 2017

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. 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., Nov. 15. 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 9:00 Haircuts Billiards Away vs Ben Wilson 10:00 Bowling 10:15 Choir Chimes 12:00 Lunch: Pulled Pork Sandwich 1:00 Hasenpfeffer	2 10:00 Acupuncture (p.12) 12:00 Lunch: Salmon 12:15 Bridge 12:45 Pinochle 1:00 Changes to Medicare 2018 (p. 7)	3 Billiards Home vs Normandy Farms 10:15 Pennsbury Manor Trip 10:30 No Place Like Home (p. 3) 12:00 Intermediate Bridge (p.5) 12:00 Lunch: Dijon Chicken 12:30 Mahjong 7:00 Evening Dance with Gary Dee	4 /
	6 10:00 Handicrafters 10:00 Blood Pressure Checks (p. 12) 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Turkey Sandwich Beef Barley Soup 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	7 10:00 Hand & Foot Cards 10:00 Healthy Holiday Eating (p. 4) 10:45 Bryn Athyn/ Austrian Village Trip 12:00 Lunch: Swedish Meatballs 2:00 Painting Class Touch of Peace Massage	8 ZB Massage 9:00 Haircuts 10:00 Bowling 9:30 Meditation/Healing (p. 12) 12:00 Lunch: Crab Cake 1:00 Hasenpfeffer Choir Chimes to Park Creek Place 4:30-5:30 Technology Training (p. 6)	9 Hoagie Sale 10:00 Good, Clean Fun with Painting 12:15 Bridge 12:45 Pinochle Choraleers to Golden Age Club 1:00 Creative Writing ZB Massage 3:30 Board Meeting	10 Reflexology 9:30 Battleship New Jersey Trip 12:00 Intermediate Bridge (p.5) 12:00 Lunch: All American Burger 12:30 Mahjong
13 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Sloppy Joe 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	14 Billiards Away vs Pennridge 10:30 Captivated by Color 11:00 Caregivers Support (p. 7) 12:00 Lunch: Salisbury Steak 1:30 Bingo 2:00 Painting Class	15 9:00 Haircuts ZB Massage 10:00 Volunteerism is Good For You (p. 6) 10:00 Bowling 10:15 Choir Chimes 11:30 Red Hat Cookie Exchange (p. 9) 12:00 Lunch: Open-Face Turkey Sandwich & Birthday Cake 1:00 Hasenpfeffer Financial Counseling (p. 7) 2:00 New Orleans Information (p. 16)	16 8:00 The Seeing Eye Trip 11:00 TransNet Information/Registration (p. 3) 12:00 Lunch: Sausage & Peppers 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	17 Billiards Home vs Arbour Square ZB Massage 12:00 Lunch: Flounder 12:30 Mahjong	18 9:30 Hike: Perkiomen Trail /
20 10:00 Handicrafters 10:00 Trends in Diabetes (p. 4) 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Chili & Cornbread 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	21 Billiards Away vs Arb. Square 8:00 Newsletter Mailing (p.9) 10:00 Hand & Foot Cards 12:00 Lunch: Chef Salad 12:45 Origami 2:00 Painting Class Touch of Peace Massage	22 9:00 Haircuts ZB Massage 10:00 Bowling 9:30 Meditation & Healing (p. 12) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer Choir Chimes to Elm Terrace			25 /
27 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Mac & Cheese 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	28 10:30 Captivated by Color 12:00 Lunch: Stuffed Cabbage 1:30 Bingo 1:30 Book Club with Ginger: <u>The Santa Claus Man (p. 8)</u> 2:00 Painting Class December SHARE Orders Due	29 9:00 Haircuts ZB Massage 10:00 Bowling Choir Chimes to Open Link 12:00 Lunch: Pulled Pork 1:00 Hasenpfeffer	30 Reiki (p. 12) 9:15 Museum of Industrial History Trip 12:00 Lunch: Salmon 12:15 Bridge 12:45 Pinochle	Dec. 1 12:00 Lunch: Dijon Chicken 12:30 Mahjong	Dec. 2 8:00 Reindeer Run/Walk (p. 5) /
					Dec. 3

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

We will be closed on Thursday, Nov. 23 and Friday, Nov. 24.

There will be no Sit, Stretch, Flex on Thursday, Nov. 30.

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