

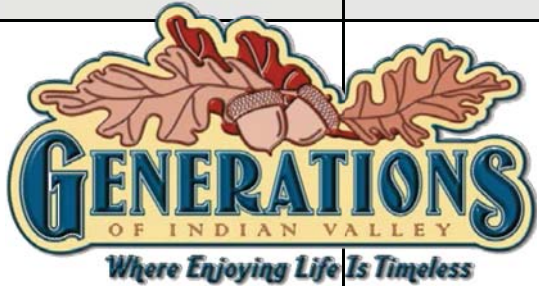


Nov. 2019

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., Nov 20. 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>Turkey Supper Wed., Nov. 27, 12:00pm</p> <p>There will be a special menu for our noon meal featuring turkey, potato filling, carrots, cole slaw, and pumpkin pie. Space is limited. See noon meal sign up information at left.</p>		<p>1 8:30 Aquarium Trip (p. 14) 9:30 Scrabble (p. 9) 12:00 Lunch: Sausage & Peppers 12:30 Mahjong (p. 9) 12:30 Bridge Class</p>	<p>2</p>  <p>3</p>
<p>4 10:00 Blood Pressure ✓ (p. 12) 10:00 Handicrafters (p. 9) 10:00 Meditation 12:00 Lunch: Seafood Chowder 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 8)</p>	<p>5 Billiards home vs Penridge Technology Tips Appts. (p. 9)) Election Day 9:15 Hand & Foot Cards (p. 9) 12:00 Volunteer Lunch (p. 1) 1:45 Painting Class (p. 9) SHARE Orders Due (p. 7)</p>	<p>6 Haircuts Massage (p. 12) 11:00 Art Retreat (p. 3) 10:00 Bowling (p. 8) Choir Chimes to Birches 12:00 Lunch: Cheesesteak 1:00 Hasenpfeffer (p. 9)</p>	<p>7 12:00 Lunch: Mac. & Cheese 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Medicare Open Enrollment Info. (p. 6) APPRISE Appointments (p. 7)</p>	<p>8 11:00 Out to Lunch Trattoria Trip (p. 14) Reflexology (p. 12) 12:00 Lunch: Stuffed Cabbage 12:30 Mahjong (p. 9) 12:30 Bridge Class</p>	<p>9</p> <p>10</p>
<p>11 Veterans Day 10:00 Meditation 10:00 Handicrafters (p. 9) 12:00 Lunch: Pizza 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 8) Choraleers to Phoebe Richland</p>	<p>12 Billiards away vs Penridge 10:00 Caregivers Support (p. 7) Technology Tips Appts. (p. 9) 12:00 Lunch: Sweet & Sour Chicken 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)</p>	<p>13 Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10:00 Mohegan Sun Trip (p. 14) Choir Chimes to Keystone Villas 12:00 Lunch: Salmon 1:00 Hasenpfeffer (p. 9)</p>	<p>14 HOAGIE SALE Choraleers to Singing Seniors 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 1:00 Mats That Matter (p. 9) 3:30 Board Meeting</p>	<p>15 Billiards Home vs Arbour Sq. 9-Safe Driving Refresher (p.5) 9:30 Scrabble (p. 9) 12:00 Lunch: French Toast & Sausage 12:30 Mahjong (p. 9)</p>	<p>16</p> <p>17</p>
<p>18 10:00 Handicrafters (p. 9) 10:00 Meditation 10-Blood Pressure/Stroke Info. (p. 4) 10:45-12:45 State Rep. Hours (p. 7) 12:00 Lunch: Hot Dog 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 8) 2:00 Tea at Two: When Life Gives You Lemons (p. 4)</p>	<p>19 Billiards Away vs Arb. Sq. 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 9) 12:00 Lunch: Caesar Chicken Sandwich 12:45 Origami (p. 9) 1:30 Book Club with Judy: <u>Sold on a Monday</u> (p. 8) 1:45 Painting Class (p. 9)</p>	<p>20 Haircuts Massage (p. 12) Billiards Away vs. Normandy Farms 9-Red Hat Pajama Party (p. 9) 9:00 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 12:00 Lunch: Pork & Sauerkraut & Birthday Cake 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)</p>	<p>21 Acupuncture (p. 12) Reiki Appointments (p 12) 11-Pines Theatre Trip (p. 14) 12:00 Lunch: Chili/Cornbread 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) SHARE Order Pick Up (p. 7)</p>	<p>22 MONTCO Trail Challenge Cards Due (p. 6) Reflexology (p. 12) 12:00 Lunch: Stuffed Peppers 12:30 Mahjong (p. 9)</p>	<p>23</p> <p>24</p>
<p>25 Gear Orders Due (p. 2) Veterans Donations Due (p. 6) 10:00 Handicrafters (p. 9) 10:00 Meditation 12:00 Lunch: Chix Cordon Bleu 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 8)</p>	<p>26 8:15 Church & Cathedral Trip (p. 14) Technology Tips Appts. (p. 9) 12:00 Lunch: Cheeseburger 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)</p>	<p>27 Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 12:00 Lunch: Turkey Supper (see above) 1:00 Hasenpfeffer (p. 9)</p>	<p>28 Generations Closed</p> 	<p>29 Generations Closed</p>	<p>30 9:45 Magic & Wonder Trip (p. 14)</p> <p>Dec. 1</p>

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no regular noon meal on Tuesday, Nov. 5 or Thur. Nov. 14 (see p. 1).

There will be no Sit, Stretch, Flex on Tue., Nov. 12. or Thur. Nov. 21.

Generations will be closed for Thanksgiving on November 28 & 29.

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