

October 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., Oct. 18! 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
2 10:00 Handicrafters 10:00 Blood Pressure Checks (p. 12) 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Mac & Cheese 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	3 10:00 Hand & Foot Cards 10:00 Walk with Ease (p. 13) 12:00 Lunch: Stuffed Cabbage 2:00 Painting Class Touch of Peace Massage SHARE Orders Due (p. 7)	4 9:00 Haircuts ZB Massage Billiards Home vs Ben Wilson 9:30 Shuffleboard 10:00 Bowling 10:00 Walk with Ease (p. 13) 10:00-12:00 Flu Vaccinations 12:00 Lunch: Pulled Pork Sandwich 1:00 Hasenpfeffer 1:00 Fall Prevention Clinic (p. 3) Choir Chimes to Greenfield 2:00 New Orleans Information (p. 16)	5 ZB Massage 10:00 Walk with Ease (p. 13) 10:00 Acupuncture (p.12) 12:00 Lunch: Salmon 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7)	6 9:30 Green Dragon & Antiques Trip Touch of Peace Massage 12:00 Intermediate Bridge (p.5) 12:00 Lunch: Dijon Chicken 12:30 Mahjong 7:00 Evening Dance with Good Times Band	7
9 9:30 Glucose Checks 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Turkey Sandwich Beef Barley Soup 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	10 Billiards Home vs Pennridge Reflexology 9:30 Burnside Plantation Trip 10:00 Walk with Ease (p. 13) 10:30 Captivated by Color 11:00 Caregivers Support (p. 7) 12:00 Lunch: Swedish Meatballs 1:30 Bingo 2:00 Painting Class	11 ZB Massage 9:00 Haircuts 9:30 Shuffleboard 10:00 Bowling 9:30 Meditation/Healing (p. 12) 10:00 Walk with Ease (p. 13) 12:00 Lunch: Crab Cake 1:00 Hasenpfeffer 1:00 Fall Prevention Follow-Up Choir Chimes to Gwynedd Healthcare	12 Podiatric Care (p. 12) 10:00 Walk with Ease (p. 13) 10-1 Apple Dumpling Day (p.10) 12:00 Lunch: Chef's Choice 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing ZB Massage 3:30 Board Meeting	13 Reflexology 9:00 Wharton Esherick Museum Trip 11:30 NPJROTC Program (p. 6) 12:00 Intermediate Bridge (p.5) 12:00 Lunch: All American Burger 12:30 Mahjong Touch of Peace Massage	14
16 10:00 Handicrafters 10:00 Easy Breathing (p. 4) 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Sloppy Joe 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers Touch of Peace Massage	17 Billiards Away vs Arb. Square 8:00 Newsletter Mailing (p.9) 10:00 Eating Your Words (p. 4) Billiards Away vs Arbour Square 10:00 Hand & Foot Cards 12:00 Lunch: Salisbury Steak 2:00 Painting Class Touch of Peace Massage	18 9:00 Haircuts Billiards Home vs Ambler Senior Picture Day 10:00 Bowling 12:00 Lunch: Open-Face Turkey Sandwich & Birthday Cake 12:45 Origami 1:00 Hasenpfeffer Financial Counseling (p. 7) Choir Chimes to Keystone Villas	19 Diabetic Shoe Fittings 9:15 Safe Driving Full Course(p. 5) 12:00 Lunch: Sausage & Peppers 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	20 Red Hat Trip to Lancaster (p. 9) 9:15 Safe Driving Full Course(p. 5) 10:30 No Place Like Home (p. 3) Billiards Home vs Arbour Square ZB Massage 12:00 Intermediate Bridge (p.5) 12:00 Lunch: Flounder 12:30 Mahjong	21 9:30 Hike: 202 Parkway Trail
23 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) Hearing Checks (p. 12) 12:00 Lunch: Chili & Cornbread 12:15 Duplicate Bridge 1:00 Memoirs Touch of Peace Massage 1:30 Choraleers	24 10:30 Captivated by Color 12:00 Lunch: Chef Salad 1:30 Bingo 1:30 Book Club with Judy: <u>The Dying Hour (p. 8)</u> 2:00 Painting Class 4:15 Brinton Lodge Trip	25 9:00 Haircuts ZB Massage 10:00 Bowling 9:30 Meditation & Healing (p. 12) 10:15 Choir Chimes 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer	26 Reiki (p. 12) 10:00 How Acupuncture Fits into Feeling Great (p. 2) 12:00 Lunch: Sweet & Sour Chicken 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing	27 Reflexology 10:30 No Place Like Home (p. 3) 12:00 Intermediate Bridge (p.5) 12:00 Lunch: Pizza & Tossed Salad 12:30 Mahjong Touch of Peace Massage 7:00 Evening Bingo (p. 8)	28 10:45 Wilmington Western Railroad
30 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) Red Hatters to Day Center (p. 9) 12:00 Lunch: Mac & Cheese 12:15 Duplicate Bridge 1:00 Memoirs Touch of Peace Massage 1:30 Choraleers	31 10:00 Hand & Foot Cards 12:00 Halloween Lunch (p. 1) 2:00 Painting Class November SHARE Orders Due (p. 7)	Apple Dumpling Day Thursday, Oct. 12, 10am-1pm Preorder your delicious homemade apple dumpling with warm cinnamon glaze today! Dine-in at the Cafe or take home and indulge. . . \$5 Each. Order at our front desk or call 215-723-5841.			29

SCHEDULE ANNOUNCEMENTS

All events are subject to change.



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

