

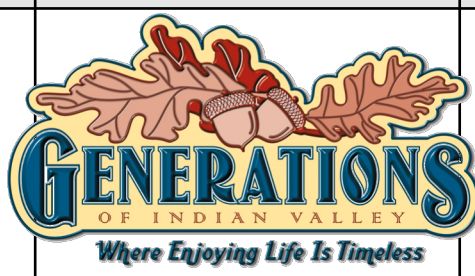
October 2018

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. 17. 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 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Blood Pressure Checks (p. 12) 10:00 Kings & Queens Tee-Off (p. 9) 12:00 Lunch: Fried Chicken 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9)	2 10:00 Hand & Foot Cards (p. 9) 10-11:30 Flu Vaccines (p. 1) 10:30 Smart 911 Info. (p. 3) 12:00 Lunch: French Toast & Sausage 2:00 Painting Class (p. 9) SHARE Orders Due (p. 7)	3 ZB Massage Haircuts (p. 12) Billiards Home vs Ben Wilson (p. 8) Senior Picture Day (p. 3) 9:30 Shuffleboard (p. 9) 10:00 Meaty Movie Discussion <u>The Intern</u> (p. 3) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer (p. 9)	4 10:00 Acupuncture: What the Point? (p. 4) Acupuncture Appts. (p. 12) 12:00 Lunch: White Wine Cod 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)	5 9:30 Scrabble (p. 9) 10:00 Moravian Trip (p. 14) 12:00 Lunch: Turkey on a Croissant & Soup 12:00 Bridge Class (p. 6) 12:30 Mahjong (p. 9) 7:00 Evening Dance with Kevin Kelton (p. 8)	6 7
8 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 12:00 Lunch: Grilled Chicken Caesar Salad 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8)	9 Billiards Home vs Penridge Technology Tips Appts. (p. 9) 10:00 Caregivers Support (p. 7) 11-1 Apple Fest (p.2) 12:00 Lunch: Salmon 1:30 Bingo (p. 8) 2:00 Painting Class (p. 9)	10 ZB Massage Haircuts (p. 12) 9:30 Meditation/Healing (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 12:00 Lunch: BBQ Chicken 1:00 Hasenpfeffer (p. 9) Choir Chimes to Dock Woods	11 12:00 Lunch: Spaghetti & Meatballs 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	12 Reflexology (p. 12) 11:00 Out to Lunch: The Bayou (p. 14) 12:00 Bridge Class (p. 6) 12:00 Lunch: Fish & Chips 12:30 Mahjong (p. 9)	13 14
15 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Kings & Queens Tee-Off (p. 9) 10:00 Flu Season Info. (p. 4) 12:00 Lunch: Sausage, Peppers & Onions 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9)	16 Billiards Away vs Arb. Square 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 10:00 Hand & Foot Cards (p. 9) 12:00 Lunch: Stuffed Cabbage 12:45 Origami (p. 9) 2:00 Painting Class (p. 9)	17 ZB Massage Haircuts (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 11:00 Red Hatters to Whitpain (p. 9) 12:00 Swedish Meatballs & Birthday Cake 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7) Choir Chimes to Keystone Villas Jesse' BBQ Fundraiser (p. 3)	18 9:00-12:00 North Penn Goodwill Services Info. (p. 5) 9:30 Doolan's Trip 12:00 Lunch: Mac & Cheese 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	19 ZB Massage Billiards Home vs Arbour Square 9:30 Scrabble (p. 9) 12:00 Bridge Class (p. 6) 12:00 Oktoberfest (p. 5) 12:30 Mahjong (p. 9)	20 9:30 Hike: Wissahickon Watershed 21
22 Massage Therapy (p. 12) 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) Hearing Checks by Appt. (by 12) 12:00 Lunch: Chili with Cornbread 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 9)	23 9:30 Ivyland Railroad Trip (p. 15) Technology Tips Appts. (p. 9) 12:00 Lunch: Hot Dog & Kraut 1:30 Bingo (p. 8) 1:30 Book Club: <u>Salt to the Sea</u> (p. 8) 2:00 Painting Class (p. 9)	24 ZB Massage Haircuts (p. 12) 9:30 Meditation & Healing (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 12:00 Lunch: Seafood Chowder 1:00 Hasenpfeffer (p. 9) Choir Chimes to Paradise Manor	25 Reiki (p. 12) 12:00 Lunch: Pizza Burger 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:00 Dutch Apple Theatre Trip (p. 14)	26 Reflexology (p. 12) 12:00 Bridge Class (p. 6) 12:00 Lunch: Crab Cake & Pierogies 12:30 Mahjong (p. 9) 7:00 Evening Bingo (p. 8)	27 28
29 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 12:00 Lunch: Fried Chicken 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9)	30 Technology Tips (p. 9) 10:00 Hand & Foot Cards (p. 9) 10:30 Medical Marijuana (p. 4) 12:00 Lunch: Stuffed Cabbage 2:00 Painting Class (p. 9) November SHARE Orders Due (p. 7)	31 ZB Massage Haircuts (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 12:00 Lunch: Halloween Hootenany (p. 1) 1:00 Hasenpfeffer (p. 9)			

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no regular noon meal on Friday, October 19. Join us for our Oktoberfest Celebration instead. See p. 5 for more information.

There will be no regular noon meal on Wednesday, October 31. Join us for our Halloween Hootenanny instead. See p. 1 for more information.

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
9:45 Yoga NEW TIME
10:30 Tai Chi