

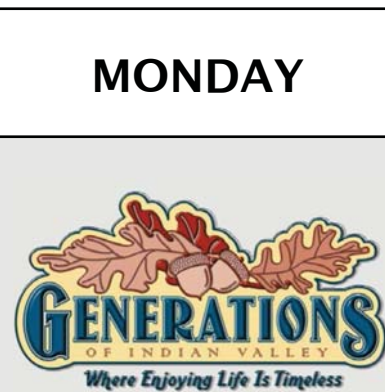
# Oct. 2019

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., Oct. 16. 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												
	<b>1</b> Technology Tips Appts. (p. 9) 9:30-11:00 Happy Trails: Healthy Snacking (p. 2) 9:15 Hand & Foot Cards (p. 8) <b>12:00 Lunch: Cheeseburger &amp; Fries</b> 12:30 My Life, My Health (p. 5) 1:45 Painting Class (p. 9)	<b>2</b> Haircuts Massage (p. 12) Billiards Away vs Ben Wilson 9:00 Shuffleboard (p. 9) Flu Vaccine Appts. (p. 12) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) <b>12:00 Lunch: Spaghetti</b> 1:00 Hasenpfeffer (p. 9)	<b>3</b> <b>12:00 Lunch: Fish &amp; Chips</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments	<b>4</b> 7:00 Lake Tobias Trip (p. 14) 9:30 Scrabble (p. 9) <b>12:00 Lunch: Sausage &amp; Peppers</b> 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 3)	<b>5</b>          <b>6</b>												
<b>7</b> 10:00 Blood Pressure ✓ (p. 12) 10:00 Handicrafters (p. 9) 10:00 Meditation <b>12:00 Lunch: Seafood Chowder</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 9) Bux Mont Senior Golf (p. 6)	<b>8</b> Billiards away vs Pennridge 10:00 Caregivers Support (p. 7) Technology Tips Appts. (p. 9) <b>12:00 Lunch: Chicken Parm. Sandwich</b> 12:30 My Life, My Health (p. 5) 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9) SHARE Orders Due (p. 7)	<b>9</b> Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) Nail Art Appointments (p. 6) 9:30 Meditation & Healing (p. 12) 10:15 Choir Chimes (p. 8) 10:00 Bowling (p. 8) <b>12:00 Lunch: Cheesesteak</b> 1:00 Hasenpfeffer (p. 9)	<b>10</b> <b>12:00 Lunch: Mac &amp; Cheese</b> 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	<b>11</b> 8:30 Old Barracks Museum Trip (p. 14) Reflexology (p. 12) <b>12:00 Lunch: Stuffed Cabbage</b> 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 3)	<b>12</b> 2:15 Black River/ Western Railroad (p. 14)          <b>13</b>												
<b>14</b> 10:00 Meditation 10:00 Handicrafters (p. 9) <b>12:00 Lunch: Pizza</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 9) Bux Mont Senior Golf (p. 6)	<b>15</b> Billiards Away vs Arb. Sq. 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 8) 10-1 Apple Dumplings (p. 2) <b>12:00 Lunch: Sweet &amp; Sour Chick.</b> 12:30 My Life, My Health (p. 5) 12:45 Origami (p. 9) 1:15 SASD Meet & Greet (p. 6) 1:45 Painting Class (p. 9)	<b>16</b> Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 10-MONTCO Voter New Info. (p. 6) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 11:00 Pines Theatre Trip (p. 16) <b>12-Lunch: Salmon &amp; Bday Cake</b> 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	<b>17</b> Acupuncture (p. 12) <b>12:00 Lunch: Ham Salad Sandwich</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7)	<b>18</b> Billiards Home vs Arbour Sq. 10:00 Nutrition with Teri: Eye-Opening Health Foods(p. 4) 9:30 Scrabble (p. 9) <b>12:00 Lunch: French Toast &amp; Sausage</b> 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 3)	<b>19</b> 9:30 Hike: Valley Forge Park(p. 14)          <b>20</b>												
<b>21</b> 10:00 Handicrafters (p. 9) 10:00 Meditation 10:00 Health Screening Info. (p. 4) 10:45-12:45 State Rep. Hours (p. 3) <b>12:00 Lunch: Hot Dog</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 9) Bux Mont Senior Golf (p. 6)	<b>22</b> Technology Tips Appts. (p. 9) <b>12:00 Caesar Chicken Sandwich</b> 12:30 My Life, My Health (p. 5) 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9) 5-7:30 Tastings Event (p. 6)	<b>23</b> 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) <b>12:00 Oktoberfest (p. 1)</b> Red Hat to Peddler's Village (p. 9) 1:00 Hasenpfeffer (p. 9)	<b>24</b> Reiki By Appt. (p. 12) <b>12:00 Lunch: Chili with Cornbread</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Mats that Matter (p. 9) 1:00 Creative Writing (p. 8) SHARE Order Pick Up (p. 7)	<b>25</b> Billiards Home vs Pennridge Reflexology (p. 12) <b>12:00 Lunch: Stuffed Peppers</b> 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 3) 7:00 Bada Boom, Bada Bingo (p. 1)	<b>26</b> 3:15 Murder Mystery Train (p. 15)          <b>27</b>												
<b>28</b> 10:00 Handicrafters (p. 9) 10:00 Meditation Hearing Screenings (p. 12) <b>12:00 Lunch: Chix Cordon Bleu</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 9) Bux Mont Senior Golf (p. 6)	<b>29</b> Technology Tips Appts. (p. 9) 9:15 Hand & Foot Cards (p. 8) 10:00 Learn More About Your Pelvic Floor (p. 13) 12:15 Choraleers Perform (p. 3) 1:30 Book Club w/Toni: <u>The House We Grew Up In</u> (p. 8) <b>12:00 Lunch: Cheeseburger</b> 1:45 Painting Class (p. 9)	<b>30</b> Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) <b>12:00 Halloween Lunch &amp; Costume Contest (p. 4)</b> 1:00 Hasenpfeffer (p. 9)	<b>31</b> <b>12:00 Lunch: Fish &amp; Chips</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9)	<table border="1"> <thead> <tr> <th>Farmers Market Voucher Schedule</th> <th>See p. 7 for info.</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td>11:00am-1:00pm</td> </tr> <tr> <td>Tuesday</td> <td>11:00am-1:00pm</td> </tr> <tr> <td>Wednesday</td> <td>9:30am-11:30am</td> </tr> <tr> <td>Thursday</td> <td>11:00am-1:00pm</td> </tr> <tr> <td>Friday</td> <td>11:00am-1:00pm</td> </tr> </tbody> </table>		Farmers Market Voucher Schedule	See p. 7 for info.	Monday	11:00am-1:00pm	Tuesday	11:00am-1:00pm	Wednesday	9:30am-11:30am	Thursday	11:00am-1:00pm	Friday	11:00am-1:00pm
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## 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  
10:30 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