

October 2015

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 by Friday of the week prior to desired days. Upon arrival, please swipe your key card and place your anonymous donation (\$2.00 suggested) in the collection box.

TAKE-OUT MEALS are \$4 each. To order, visit our front desk or call 215-723-5841 by Friday of the week prior to desired days. Pick up and pay at our front desk from 12:15-12:45.

HAPPY BIRTHDAY
Celebrate birthdays with us on Wed., Oct. 21! Lunch includes birthday cake for dessert and Martha leads the singing!

OUR CAFE
The Café is open Mon-Fri from 9am-1pm and features an a la carte breakfast & lunch menu. No need to order, just stop by!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
	Who's Calling? If you receive a call from a "617" area code, it might be us! Please answer the phone or let your machine pick it up to hear important information (you may hear a pause first). Phone lists are generated from our participant sign-ins so be sure to swipe your key card at our welcome computers when you visit!		1 ZB Massage 11:00 Acupuncture 12:00 Lunch: Seared Pork Loins 12:30 Bridge 12:45 Pinochle Apprise Appointments (p. 7)	2 Touch of Peace Massage 10:00 The Stoogeum Trip 12:00 Lunch: Southwest Meatball Sub 12:30 Mah Jong 7:00 Evening Dance with Kevin Kelton	3 6:15 Doo Wop Rock 'n' Roll at Keswick 4
	5 10:00 Blood Pressure Checks 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Parmesan Fusilli 12:30 Duplicate Bridge 1:00 Memoirs	6 Touch of Peace Massage 10:00 Hand & Foot Cards 12:00 Lunch: Spinach Taco Turkey Burgers 2:00 Painting Class SHARE Orders Due (p. 7)	7 ZB Massage 9:00 Haircuts 9:30 Shuffleboard—Soud. Park 10:00-12:00 Flu Shots (p.6) 10:00 Bowling—Earl Bowl 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer	8 9:00 Philadelphia Zoo Trip 10:00 Beginner Quilting 12:00 Lunch: Beef Stroganoff 12:30 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	
12 10:00 Handicrafters 10:00 Glucose Testing 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Margherita Pizza 12:30 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking - Heritage Album (p.9)	13 Billiards Home vs Pennridge 8:00 Old Order Mennonite Tour 12:00 Lunch: Roasted Chicken Sandwich 1:30 Bingo 2:00 Painting Class	14 ZB Massage 9:00 Haircuts 9:30 Shuffleboard—Soud. Park 10:00 Bowling—Earl Bowl 10:15 Choir Chimes 12:00 Lunch: Baked Flounder 2:00 Tea at Two with "Scout" (p.6)	15 Billiards Home vs.Ambler Diabetic Shoe Fittings 12:00 Lunch: Chicken Tortilla Taco 12:30 Bridge 12:45 Pinochle Legal Aid	16 ZB Massage 9:00 Green Dragon Trip 10:00-1:00 Veterans Photo IDs (p.1) 12:00 Lunch: Turkey Pot Pie 12:30 Mah Jong Touch of Peace Massage	10 8:30 Spirit Journeys to Columcille (p.3) 11
19 10:00 Pins & Needles. . . (p.4) 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Penne Marinara 12:30 Duplicate Bridge 1:00 Memoirs	20 8:00 Newsletter Mailing Billiards @ Arbour Square 10:00 Hand & Foot Cards 12:00 Lunch: Citrus Chicken 1:30 Book Club with Ginger: <u>Go Set A Watchman</u> (p. 8) 2:00 Painting Class	21 ZB Massage 9:00 Haircuts 9:30 Shuffleboard—Soud. Park 10:00 Bowling—Earl Bowl 10:00 Mohegan Sun Casino 10:15 Choir Chimes 11:00 Knee Pain & Osteoarthritis (p.4) 12:00 Lunch: Honey Chipotle Pork & Birthday Cake 1:00 Hasenpfeffer Financial Counseling (p. 7)	22 10:00 Beginner Quilting 12:00 Lunch:Greek Burger 12:30 Bridge 12:45 Pinochle 1:00 Creative Writing SHARE Pick Up (p. 7)	23 Billiards Home vs. Arbour Reflexology 12:00 Lunch: Personal Pizza 12:30 Mah Jong Touch of Peace Massage 7:00 Evening Bingo	
26 Hearing Checks 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Quinoa Southwest Roll 12:30 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking - Heritage (p. 9)	27 Touch of Peace Massage 12:00 Lunch: Spinach Cranberry Chicken 1:30 Bingo 2:00 Painting Class	28 ZB Massage 9:00 Haircuts 9:30 Shuffleboard—Soud. Park 10:00 Bowling—Earl Bowl 10:15 Choir Chimes 10:15 Real Diamond Trip 12:00 Lunch: White Wine Salmon	29 10:00 Treats without the Tricks (p.6) 12:00 Lunch: Philly Chicken Cheesesteak 12:30 Bridge 12:45 Pinochle	30  12:00 Lunch: Halloween Feast (p. 6) 12:30 Mah Jong Touch of Peace Massage	17 9:30 Hike: Wissahickon Watershed 18
					31 Happy Halloween! NOV. 1

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no noon meal on Wednesday, November 4. Stop by for our Pancake Breakfast instead (see p. 1).

WEEKLY FITNESS OFFERINGS: (held each week at the corresponding day & time unless noted above). See page 13 for full descriptions.

MONDAYS:
9:00 Flexercise
10:00 Meditation
10:30 Tai Chi

TUESDAYS:
8:15 Low & Go
9:00 Sit, Stretch, Flex
10:00 Hatha Yoga

WEDNESDAYS:
9:00 Step Aerobics

THURSDAYS:
8:15 Low & Go
9:00 Sit, Stretch, Flex
10:00 Hatha Yoga
10:00 Dancercise

FRIDAYS:
9:00 Flexercise
10:30 Tai Chi