

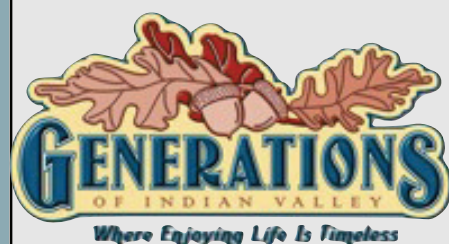
September 2015

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., Sept. 16! 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!



7
LABOR DAY
Generations Closed

14 7:30 Pioneer Tunnel Trip
10:00 Handicrafters
10:30 Veterans Shuttle (p.5)
12:00 Lunch: Pasta w/ Spinach and Tomatoes
12:30 Duplicate Bridge
1:00 Memoirs
1:00 Scrapbooking

21 9:00 Mack Truck Museum
10:00 Boost Your Immunity (p.4)
10:00 Blood Pressure Checks
10:00 Handicrafters
10:30 Veterans Shuttle (p.5)
12:00 Lunch: Quinoa Southwest Roll
12:30 Duplicate Bridge
1:00 Memoirs

28
9:45 Old Jail Museum Trip
10:00 Handicrafters
10:30 Veterans Shuttle (p.5)
12:00 Lunch: Spinach Quiche Puff
12:30 Duplicate Bridge
1:00 Memoirs

1
Touch of Peace Massage
10:00 Hand & Foot Cards
12:00 Lunch: Spinach Taco Turkey Burgers
2:00 Painting Class

8 Billiards @ Penridge
12:00 Lunch: Roasted Chicken Sandwich
Eyecare Appointments(p.12)
1:30 Bingo
2:00 Painting Class
SHARE Orders Due (p. 7)

15
United Way Day of Caring
8:00 Newsletter Mailing
Billiards @ Arbour Square
10:00 Hand & Foot Cards
12:00 Lunch: Citrus Chicken
2:00 Painting Class

22
Touch of Peace Massage
12:00 Lunch: Apple Dumpling Day (see p. 4)
1:30 Bingo
2:00 Painting Class

29 8:00 Old Order Mennonite Tour
Touch of Peace Massage
10:00 Hand & Foot Cards
12:00 Lunch: Crab Cake Sliders
2:00 Painting Class

2 ZB Massage 9:00 Haircuts
9:30 Shuffleboard—Soud. Park
10:00 Bowling—Earl Bowl
12:00 Lunch: Pork & Sauerkraut
1:00 Hasenpfeffer
Touch of Peace Massage

9 ZB Massage 9:00 Haircuts
9:30 Shuffleboard—Soud. Park
9:45 DADT West Side Story
10:00 Bowling—Earl Bowl
10:00 Foster Grandparent/Senior Companions (p.5)
10:15 Choir Chimes
12:00 Lunch: Baked Flounder

16 ZB Massage 9:00 Haircuts
9:30 Shuffleboard—Soud. Park
10:00 Bowling—Earl Bowl
10:00 Mohegan Sun Casino
10:15 Choir Chimes
12:00 Lunch: Honey Chipotle Pork & Birthday Cake
1:00 Hasenpfeffer
1:00 Financial Counseling (p. 7)

23 ZB Massage
9:00 Haircuts
9:30 Shuffleboard—Soud. Park
10:00 Bowling—Earl Bowl
10:15 Choir Chimes
12:00 Lunch: White Wine Salmon

30 ZB Massage
9:00 Haircuts
9:30 Shuffleboard—Soud. Park
10:00 Bowling—Earl Bowl
10:15 Choir Chimes
12:00 Lunch: Chicken Vindaloo

3 ZB Massage
10:45 Fairmount Waterworks
11:00 Acupuncture
12:00 Lunch: Beef Stroganoff
12:30 Bridge
12:45 Pinochle
Apprise Appointments (p. 7)

10 HOAGIE SALE
9:30 Bus to PTH Picnic
10-Prime Time Health Picnic
10:00 Beginner Quilting
12:30 Bridge 12:45 Pinochle
1:00 Creative Writing
3:30 Board Meeting

17 Billiards Home vs. Ambler
Diabetic Shoe Fittings
12:00 Lunch: Greek Burger
12:30 Bridge
12:45 Pinochle
1:00 Legal Aid

24
10:00 Beginner Quilting
12:00 Lunch: Philly Cheesesteak
12:30 Bridge
12:45 Pinochle
1:00 Creative Writing
SHARE Pick Up (p. 7)

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!

4 Touch of Peace Massage
9:15 Android/Tablet Class
11:00 iPad/iPhone Class(p.3)
12:00 Lunch: Grilled Lemon Chicken
12:30 Mah Jong
7:00 Evening Dance with Gary Dee

11 Reflexology
9:15 Android/Tablet Class
11:00 iPad/iPhone Class(p.3)
10:00 Chanticleer Trip
12:00 Lunch: Turkey Pot Pie
12:30 Mah Jong
Touch of Peace Massage

18 ZB Massage
9:15 Safe Driving Refresher (p. 4)
9:15 Android/Tablet Class
11:00 iPad/iPhone Class(p.3)
12:00 Lunch: Personal Pizza
12:30 Mah Jong
Touch of Peace Massage

25 Billiards Home vs. Arbour
Reflexology
9:15 Android/Tablet Class
11:00 iPad/iPhone Class(p.3)
12:00 Lunch: Salisbury Steak
12:30 Mah Jong
Touch of Peace Massage
7:00 Evening Bingo

SATURDAY/SUNDAY

5
6

12
13

19 9:30 Hike: Tyler State Park
20

26
27

SCHEDULE ANNOUNCEMENTS
All events are subject to change.
Generations will be closed on Labor Day, Monday, September 7.
There will be no noon meal on Thurs., Sept. 10. Order your hoagie today (see p. 1)
There will be no Dancercise on Sept. 3 or 10.
The Bridge Through Play Class scheduled for September has been postponed.
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