

# Sept. 2016

**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 12:15pm-12:45pm.

**HAPPY BIRTHDAY**  
Celebrate birthdays with us on Wed., Sept. 14! 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. No need to order, just stop by!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY	
		<p><b>Who's Calling?</b> We sometimes use an automated phone system to relay schedule information to our participants. If you receive a call from a "617" (Massachusetts) 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.</p>		<p><b>1</b> ZB Massage 10-1 Farmers Market Vouchers (p. 7) 11:00 Acupuncture (p.12) <b>12:00 Lunch: Roasted Chicken Sandwich</b> 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7)</p>	<p><b>2</b> <b>12:00 Lunch: Salisbury Steak</b> 12:30 Mahjong 7:00 Evening Dance with Gary Dee</p>	<p><b>3</b> 9:00 Roots Country Market Trip</p>
<p><b>5</b></p>  <p><b>Generations Closed</b></p>	<p><b>6</b> Touch of Peace Massage Eyecare Appointments (p. 12) 10:00 Hand &amp; Foot Cards 11:15 Out to Lunch: Marsha Brown's <b>12:00 Lunch: Open-Faced Turkey Sandwich</b> 2:00 Painting Class SHARE Orders Due (p. 7)</p>	<p><b>7</b> ZB Massage 9:00 Haircuts 9:00 Shuffleboard 10:00 Bowling 10:15 Choir Chimes 10-12 Farmers Market Vouchers (p. 7) 11:00 My Life, My Health <b>12:00 Lunch: Chef's Choice</b> 1:00 Hasenpfeffer 1:00 Creative Problem Solving (p. 3)</p>	<p><b>8</b> <b>HOAGIE SALE</b> 10:00 Prime Time Health Picnic (p. 3) 10-1 Farmers Market Vouchers 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 1:00 Creative Problem Solving (p. 3) 3:30 Board Meeting</p>	<p><b>9</b> Reflexology Billiards Home vs Ben Wilson 9:30 1803 House Trip 12:00 Bridge Class (p. 5) <b>12-Lunch: Sausage Baked Ziti</b> 12:30 Mahjong</p>	<p><b>4</b></p>	
<p><b>12</b> 10:00 Handicrafters 11:00 Avoiding Senior Fraud.(p.6) 10:30 Veterans Shuttle (p.7) <b>12:00 Lunch: Fish &amp; Chips</b> 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking Touch of Peace Massage</p>	<p><b>13</b> Billiards Away vs Penridge 9:15 Popcorn Park Zoo Trip 10:30 Captivated by Color (p.9) 11:00 Caregivers Support (p.7) <b>12:00 Lunch: Open-Faced Roast Beef</b> 1:30 Bingo 2:00 Painting Class</p>	<p><b>14</b> 9:00 Haircuts 9:00 Shuffleboard 10:00 Bowling 10:00 Meditation &amp; Self Healing (p.12) 10:15 Choir Chimes 10-12 Farmers Market Vouchers <b>12:00 Lunch: Sausage &amp; Peppers &amp; Birthday Cake</b> 1:00 Hasenpfeffer 1:00 Creative Problem Solving (p. 3) 2:00 The Borough Buzz (p. 4)</p>	<p><b>15</b> Diabetic Shoe Evals(p. 12) 10-1 Farmers Market Vouchers <b>NEW</b> 10:00 Coin Collectors Club (p. 9) <b>12:00 Lunch: Chicken Cordon Bleu</b> 12:15 Bridge 12:45 Pinochle 1:00 Creative Problem Solving (p. 3) Legal Aid (p. 7)</p>	<p><b>16</b> Billiards Home vs Arbour Square 9:00 Covered Bridge Tour <b>12:00 Lunch: All-American Burger</b> 12:00 Bridge Class (p. 5) 12:30 Mahjong</p>	<p><b>11</b></p>	
<p><b>19</b> 10:00 Handicrafters 10:00 An Ounce of Prevention (p. 4) 10:00 Blood Pressure Checks(p. 12) 10:30 Veterans Shuttle (p.7) <b>12:00 Lunch: Chicken Parmesan</b> 12:15 Duplicate Bridge 1:00 Memoirs Touch of Peace Massage</p>	<p><b>20</b> Billiards Away vs Arbour Square 8:00 Newsletter Mailing 8:45 Red Mill Trip 10:00 Beginner Quilting 10:00 Hand &amp; Foot Cards <b>12:00 Lunch: Pulled Pork Slider</b> 1:30 Book Club: <u>Glory Over Everything</u> (p. 8) 2:00 Painting Class</p>	<p><b>21</b> 9:00 Haircuts ZB Massage Billiards Home vs Ambler Red Hat Trip to Dahlia Gardens (p. 9) 9:00 Shuffleboard 10:00 Bowling 10:15 Choir Chimes 10-12 Farmers Market Vouchers <b>12:00 Celebrating Grandparents: A Magical Day for All</b> (p. 4) 1:00 Hasenpfeffer Financial Counseling (p. 7)</p>	<p><b>22</b> 10-1 Farmers Market Vouchers <b>12:00 Lunch: Philly Cheesesteak</b> 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 1:00 Canvas &amp; Cocktails (p. 6) SHARE Order Pick Up (p. 7)</p>	<p><b>23</b> Reflexology 9:15 Safe Driving Class (p. 3) <b>12:00 Lunch: Veggie Lasagne</b> 12:00 Bridge Class (p. 5) 12:30 Mahjong <b>7:00 Evening Bingo (p. 8)</b></p>	<p><b>18</b></p>	
<p><b>26</b> 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) <b>12:00 Lunch: Chef's Choice</b> 12:15 Duplicate Bridge 1:00 Memoirs Touch of Peace Massage</p>	<p><b>27</b> 10:30 Captivated by Color (p.9) <b>12:00 Lunch: Crab Cake</b> 1:30 Bingo 2:00 Painting Class</p>	<p><b>28</b> ZB Massage 9:00 Haircuts 9:00 Shuffleboard 10:00 Bowling 10:00 Meditation &amp; Self Healing (p.12) 10-12 Farmers Market Vouchers 10:15 Choir Chimes <b>12:00 Lunch: Grilled BBQ Chicken</b> 1:00 Hasenpfeffer Choir Chimes to Parkview</p>	<p><b>29</b> 10-1 Farmers Market Vouchers <b>12:00 Lunch: Ham</b> 12:15 Bridge 12:45 Pinochle</p>	<p><b>30</b> <b>12:00 Lunch: Meatball Sub</b> 12:00 Bridge Class (p. 5) 12:30 Mahjong 7:00 Fifth Friday in the Cafe: Arianne Rox (p. 1)</p>	<p><b>25</b></p>	

## SCHEDULE ANNOUNCEMENTS

All events are subject to change.  
Generations will be closed for Labor Day on Monday, September 5.  
There will be no noon meal on Thursday, September 8. Order your hoagie today!

**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:**  
8:15 Low & Go  
9:00 Sit, Stretch, Flex  
9:00 Gentle Yoga

**WEDNESDAYS:**  
9:00 Step Aerobics

**THURSDAYS:**  
8:15 Low & Go  
9:00 Sit, Stretch, Flex  
9:00 Gentle Yoga  
10:00 Dancefit  
7:00 Zumba Gold

**FRIDAYS:**  
9:00 Flexercise  
10:30 Tai Chi