

September 2017

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.

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., Sept. 20! 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 12:00 Lunch: Pizza & Tossed Salad 12:30 Mahjong 7:00 Evening Dance with Gary Dee	2  3
4 GENERATIONS CLOSED 	5 8:30 Museum of the American Revolution Trip 10:00 Hand & Foot Cards 10:00 Walk with Ease (p. 3) 12:00 Lunch: Stuffed Cabbage 2:00 Painting Class Touch of Peace Massage SHARE Orders Due (p. 7)	6 9:00 Haircuts Billiards Away vs Ben Wilson 9:30 Shuffleboard 10:00 Bowling 10:00 Walk with Ease (p. 3) 10:15 Choir Chimes 12:00 Lunch: Pulled Pork Sandwich 1:00 Hasenpfeffer 1:00 Fall Prevention Clinic (p. 5)	7 ZB Massage 10:00 Cheesecake in a Jar (p. 4) 10:00 Walk with Ease (p. 3) 10:00 Acupuncture (p.12) 12:00 Lunch: Salmon 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7)	8 Reflexology 8:15 Phila. Insectarium Trip 9:15 AARP Safe Driving (p. 4) 12:00 Lunch: Dijon Chicken 12:30 Mahjong Touch of Peace Massage	9  10
11 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Turkey Sandwich Beef Barley Soup 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	12 Billiards Home vs Penridge Reflexology 8:00 Harley-Davidson Trip 10:00 Walk with Ease (p. 3) 10:30 Captivated by Color 11:00 Caregivers Support (p. 7) 12:00 Lunch: Swedish Meatballs 1:30 Bingo 2:00 Painting Class	13 9:00 Haircuts 9:30 Shuffleboard 10:00 Bowling 9:30 Meditation/Healing (p. 12) 10:00 Walk with Ease (p. 3) 10:15 Choir Chimes 12:00 Lunch: Crab Cake 1:00 Hasenpfeffer 1:00 Fall Prevention Clinic (p. 5)	14 Hoagie Sale Prime Time Health Walk (p. 3) 10:00 Walk with Ease (Offsite - p. 3) 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	15 Billiards Home vs Arbour Square ZB Massage Senior Picture Day (p. 3) 12:00 Lunch: All American Burger 12:30 Mahjong	16 9:30 Hike: Schuylkill Banks Boardwalk  17
18 10:00 Handicrafters 10:30 Blood Pressure Checks (p. 12) 10:00 Fybromyalgia & Life (p. 4) 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Sloppy Joe 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers	19 8:00 Newsletter Mailing (p.9) 10:00 Walk with Ease (p. 3) Billiards Away vs Arbour Square 10:00 Hand & Foot Cards 12:00 Lunch: Salisbury Steak 2:00 Painting Class	20 9:00 Haircuts ZB Massage 9:30 Shuffleboard 10:00 Bowling 10:00 Mohegan Sun Casino 10:00 Walk with Ease (p. 3) 10:15 Choir Chimes 11:30 Red Hat Annual Picnic (p. 9) 12:00 Lunch: Open-Face Turkey Sandwich & Birthday Cake 12:45 Origami 1:00 Hasenpfeffer Financial Counseling (p. 7)	21 Diabetic Shoe Fittings 10:00 Walk with Ease (p. 3) 12:00 Lunch: Sausage & Peppers 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) SHARE Order Pick Up (p. 7) 5:00 Longwood Gardens Trip	22 Reflexology 12:00 Intermediate Bridge (p.5) 12:00 Lunch: Flounder 12:30 Mahjong Touch of Peace Massage 7:00 Evening Bingo (p. 8)	23  24
25 10:00 Handicrafters 10:30 Veterans Shuttle (p. 7) 12:00 Lunch: Chili & Cornbread 12:15 Duplicate Bridge 1:00 Memoirs Touch of Peace Massage 1:30 Chorales	26 10:00 Walk with Ease (p. 3) 10:30 Captivated by Color 12:00 Lunch: Chef Salad 1:30 Bingo 1:30 Book Club with Toni: <u>The Whistler</u> (p. 8) 2:00 Painting Class	27 9:00 Haircuts ZB Massage 9:30 Shuffleboard 10:00 Bowling 9:30 Meditation & Healing (p. 12) 10:00 Walk with Ease (p. 3) 10:15 Choir Chimes 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer 2:00 Albuquerque Meeting (p. 16)	28 Reiki (p. 12) 10:00 Walk with Ease (p. 3) 12:00 Lunch: Sweet & Sour Chicken 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:45 Dutch Apple Theatre	29 12:00 Lunch: Pizza & Tossed Salad 12:00 Intermediate Bridge (p.5) 12:30 Mahjong Touch of Peace Massage 6:00 50s Fifth Friday (p. 1)	30  Oct. 1

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Generations will be closed on Monday, September 4.

There will be no regular noon meal on Thursday, September 14. 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:
 9:00 Sit, Stretch, Flex
 9:00 Gentle Yoga

WEDNESDAYS:
 9:00 Step Aerobics

THURSDAYS:
 9:00 Sit, Stretch, Flex
 9:00 Stretch & Renew
 10:00 Dancefit

FRIDAYS:
 9:00 Flexercise
 10:30 Tai Chi