

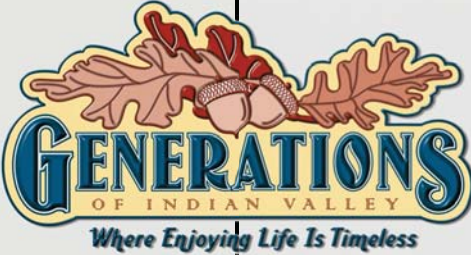

September 2018

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., Sept. 19. 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 /
3  Generations Closed	4 Tech. Training Appts. (p. 9) 10:00 Hand & Foot Cards (p. 9) 12:00 Lunch: French Toast & Sausage 2:00 Painting Class (p. 9) SHARE Orders Due (p. 7)	5 ZB Massage Haircuts (p. 12) Billiards Away vs Ben Wilson (p. 8) 9:30 Shuffleboard (p. 9) 9:30 Rainbow Playhouse Trip (p. 14) 10:00 Bowling (p. 8) 12:00 Jukebox Sock Hop (p. 1) 12:45 Mats that Matter (p. 6) 1:00 Hasenpfeffer (p. 9)	6 10:00 Blood Pressure Checks (p. 12) ZB Massage (p. 12) Acupuncture (p. 12) 12:00 Lunch: White Wine Cod 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7) Sundae School Fundraiser (p. 3)	7 9:15 Stoneleigh Trip (p. 14) 9:30 Scrabble (p. 9) 10:00 Overnight Oats (p. 4) 12:00 Lunch: Turkey on a Croissant & Soup 12:00 Bridge Class (p. 5) 12:30 Mahjong (p. 9) 7:00 Evening Dance with Gary Dee (p. 8)	8 /
10 Ocean City, MD Trip 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 12:00 Lunch: Grilled Chicken Caesar Salad 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 9)	11 Ocean City, MD Trip Billiards Away vs Pennridge Tech. Training Appts. (p. 9) 10:00 Caregivers Support (p. 7) 12:00 Lunch: Salmon 1:30 Bingo (p. 8) 2:00 Painting Class (p. 9)	12 Ocean City, MD Trip ZB Massage Haircuts (p. 12) 9:30 Meditation/Healing (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 12:00 Lunch: BBQ Chicken 12:45 Mats that Matter (p. 6) 1:00 Hasenpfeffer (p. 9)	13 Ocean City, MD Trip HOAGIE SALE (p. 1) 10:00 RSVP Volunteer (p. 6) 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	14 9:00 AARP Safe Driving (p. 4) Reflexology (p. 12) 12:00 Bridge Class (p. 5) 12:00 Lunch: Fish & Chips 12:30 Mahjong (p. 9)	15 /
17 Billiards Away vs Arb. Square 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Kings & Queens Tee-Off (p. 9) 10:00 Anxiety & Depression (p. 4) 12:00 Lunch: Sausage, Peppers & Onions 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9)	18 Billiards Home vs Norm. Farms 8:00 Newsletter Mailing (p.9) Tech. Training Appts. (p. 9) 10:00 Hand & Foot Cards (p. 9) 12:00 Lunch: Stuffed Cabbage 12:45 Origami (p. 9) 2:00 Painting Class (p. 9) 2:00 Tea at Two: Garden Party (p. 2)	19 ZB Massage Haircuts (p. 12) 8:15 Wheatland Trip (p. 14) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 11:00 Red Hat Picnic (p. 9) 12:00 Swedish Meatballs & Birthday Cake 12:45 Mats that Matter (p. 6) 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7) 2:00 California Rail Info. (p. 17)	20 12:00 Lunch: Mac & Cheese 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	21 Billiards Home vs Arbour Square 8:45 Riverlady Trip (p. 14) 9:30 Scrabble (p. 9) 12:00 Bridge Class (p. 5) 12:00 Lunch: Chef Salad 12:30 Mahjong (p. 9)	22 /
24 Massage Therapy (p. 12) 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 12:00 Lunch: Chili with Cornbread 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 9)	25 Tech. Training Appts. (p. 9) 12:00 Lunch: Hot Dog & Kraut 1:30 Bingo (p. 8) 1:30 Book Club: <u>19 Minutes</u> (p. 8) 2:00 Painting Class (p. 9)	26 ZB Massage Haircuts (p. 12) 9:30 Meditation & Healing (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:15 Choir Chimes 10:00 Meaty Movie at IVPL: <u>The Intern</u> (p. 3) 12:00 Lunch: Seafood Chowder 12:45 Mats that Matter (p. 6) 1:00 Hasenpfeffer (p. 9)	27 10:00 Understanding Insomnia (p. 5) 11:30 Out to Lunch: Spring House Tavern (p. 14) 12:00 Lunch: Pizza Burger 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8)	28 Reflexology (p. 12) 12:00 Bridge Class (p. 5) 12:00 Lunch: Crab Cake & Pierogies 12:30 Mahjong (p. 9) 7:00 Evening Bingo (p. 4)	29 /
	p. 10			p. 11	30

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Generations will be closed on Mon., Sept. 3 (Labor Day).

There will be no regular noon meal on Wed., Sept. 5. Join us for our Jukebox Sock Hop instead. See p. 1 for more information.

There will be no regular noon meal on Thur., Sept. 13. Order your hoagie today! See p. 1 for more information.

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
9:45 Yoga NEW TIME
10:30 Tai Chi