



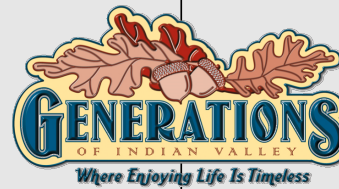
# April 2019

**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., April 17. 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
<p><b>1</b> Billiards Away vs Ben Wilson 10:00 Meditation (p. 12) 10:00 Blood Pressure ✓ (p. 12) 10:00 Handicrafters (p. 9) <b>12:00 Lunch: Cod Florentine</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 9)</p>	<p><b>2</b> 9:00 American Treasure(p. 14) Technology Tips Appts. (p. 9) 9:15 Hand &amp; Foot Cards (p. 8) <b>12:00 Lunch: Chicken &amp; Dumplings</b> 1:45 Painting Class (p. 9)</p>	<p><b>3</b> Haircuts Massage (p. 12) AARP Tax Aide Appts. (p. 6) Billiards Home vs Ben Wilson 10:00 Bowling (p. 8) <b>12:00 Lunch: Meatloaf</b> 1:00 Hasenpfeffer (p. 9) Choir Chimes to Norm. Farms</p>	<p><b>4</b> Expanding Horizons (p. 3) <b>12:00 Lunch: Bratwurst &amp; German Potato Salad</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Mats that Matter (p. 3) APPRISE Appointments (p. 7)</p>	<p><b>5</b> 9:30 Come Eat Lititz Trip (p. 14) 9:30 Scrabble (p. 9) <b>12:00 Lunch: Crab Cake</b> 12:30 Mahjong (p. 9)</p>	<p><b>6</b> 5-8 Leo Club Senior Citizens Prom at SAHS (p. 3)</p>
<p><b>8</b> 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) <b>12:00 Lunch: Beef Stroganoff</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) Choraleers to Gwynedd Health</p>	<p><b>9</b> Billiards Away vs Pennridge Bergin's Chocolates (p. 6) Technology Tips Appts. (p. 9) 10:00 Caregivers Support (p. 7) <b>12:00 Lunch: Kielbasa with Cabbage</b> 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)</p>	<p><b>10</b> Haircuts Massage (p.12) AARP Tax Aide Appts. (p. 6) 9:30 Meditation &amp; Healing (p. 12) 10:00 Bowling (p. 8) <b>12:00 Lunch: Pot Roast</b> 1:00 Hasenpfeffer (p. 9) Choir Chimes to Manatawny</p>	<p><b>11</b> Expanding Horizons (p. 3) Bergin's Chocolates (p. 6) <b>12:00 Lunch: Turkey &amp; Stuffing</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 1:00 Mats that Matter (p. 3) 3:30 Board Meeting SHARE Order Pick Up (p. 7)</p>	<p><b>12</b> Billiards Home vs Pennridge 10:00 Rodizio Grill Trip (p. 14) Reflexology (p. 12) <b>12:00 Lunch:Chili with Cornbread</b> 12:30 Mahjong (p. 9)</p>	<p><b>13</b> 8:00 Wolf Sanctuary Trip (p. 14)</p>
<p><b>15</b> 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Senior Nutrition (p. 4) 10-12 Meet &amp; Greet Fitzpatrick (p. 6) 12:00 Rep. Fitzpatrick Speaks (p. 6) <b>12:00 Lunch: Spaghetti &amp; Meatballs</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Choraleers to Hidden Meadows</p>	<p><b>16</b> Billiards Away vs Arb. Sq. 8:00 Newsletter Mailing (p.9) Bergin's Chocolates (p. 6) Technology Tips Appts. (p. 9) 9:15 Hand &amp; Foot Cards (p. 8) 10:30 Captivated By Color (p. 8) <b>12:00 Lunch: Corned Beef &amp; Cabbage</b> 12:45 Origami (p. 9) 1:45 Painting Class (p. 9)</p>	<p><b>17</b> Haircuts Massage (p. 12) Bergin's Chocolates (p. 6) 10:00 Bowling (p. 8) <b>12:00 Lunch: Chick. Cordon Bleu &amp; Birthday Cake</b> 1:00 Hasenpfeffer (p. 9) 1:00 Spelling Bee (p. 2) Choir Chimes to Arb. Square Financial Counseling (p. 7)</p>	<p><b>18</b> Expanding Horizons (p. 3) Choraleers to Boyertown 10:30 Nutrition with Teri - Mediterranean Diet (p. 4) Acupuncture (p. 12) <b>12:00 Lunch: Seafood Scampi</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7)</p>	<p><b>19</b>  <b>GOOD FRIDAY</b> <b>Generations Closed</b></p>	<p><b>20</b> 9:30 Hike: Audubon Center (p. 14) </p>
<p><b>22</b> 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) <b>12:00 Lunch: Chicken Marsala</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 9)</p>	<p><b>23</b> Billiards Home vs Ben Wilson 8:00 Red Hat to Wilkes Barre (p. 9) Technology Tips Appts. (p. 9) <b>12:00 Lunch: Salmon with Dill Sauce</b> 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)</p>	<p><b>24</b> Haircuts Massage (p. 12) 9:30 Meditation &amp; Healing (p. 12) 10:00 Bowling (p. 8) 10:15 Choir Chimes <b>12:00 Lunch: Pork &amp; Sauerkraut</b> 1:00 Hasenpfeffer (p. 9) 1:30 Book Club: <u>Where the Crawdads Sing</u> (p.8)</p>	<p><b>25</b> Expanding Horizons (p. 3) Reiki (p. 12) 9:00 AARP Driver Safety Full Course (p. 4) <b>12:00 Lunch: Fish &amp; Chips</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8)</p>	<p><b>26</b> Billiards Home vs Brittany Pt. 9:00 AARP Driver Safety Full Course (p. 4) Reflexology (p. 12) 10:30 Murder at Mt. Hope Trip (p. 15) <b>12:00 Lunch: Ham</b> 12:30 Mahjong (p. 9) 7:00 Evening Bingo (p. 8)</p>	<p><b>27</b></p>
<p><b>29</b> 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) Hearing Checks (p. 12) <b>12:00 Lunch: Cod Florentine</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 9)</p>	<p><b>30</b> 9:15 Hand &amp; Foot Cards (p. 8) 10:00 Get Your Back on Track (p. 1) Technology Tips Appts. (p. 9) <b>12:00 Lunch: Chicken &amp; Dumplings</b> 1:45 Painting Class (p. 9) May SHARE Orders Due</p>				

## SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Generations will be closed on Friday, April 19.

## 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  
10:00 Healthy Steps in Motion (March 5-April 23)

**WEDNESDAYS:**  
9:00 Step Aerobics

**THURSDAYS:**  
9:00 Sit, Stretch, Flex  
10:00 Dancefit

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