

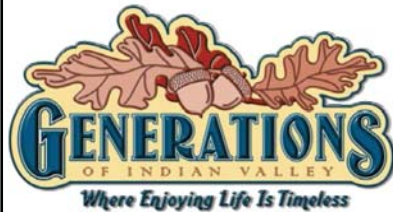
August 2018

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., Aug. 22. 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
Montgomery County farmers market vouchers available while supplies last (more info. & distribution schedule on p. 7)		1 ZB Massage Haircuts (p. 12) Billiards Home vs Ben Wilson (p. 8) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:00 Meaty Movie Discussion: <u>Florence Foster Jenkins</u> (p. 3) 12:00 Lunch: Seafood Chowder & Biscuit 12:45 Mats that Matter (p. 6) 1:00 Hasenpfeffer (p. 9)	2 ZB Massage (p. 12) Acupuncture (p. 12) 9:45 Wizard of Oz Trip (p. 14) 12:00 Lunch: Pizza Burger 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)	3 9:30 Scrabble (p. 9) 12:00 Lunch: Crab Cake & Pierogies 12:30 Mahjong (p. 9) 7:00 Evening Dance with Gary Dee (p. 8)	4 / 5 12:00 Cirque du Soleil Trip (p. 14)
6 10:00 Handicrafters (p. 9) 10:00 Blood Pressure Checks (p. 12) 12:00 Lunch: Fried Chicken 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9)	7 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)	8 ZB Massage (p. 12) Haircuts (p. 12) 9:30 Meditation/Healing (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer (p. 9)	9 12:00 Lunch: White Wine Cod 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	10 Billiards Away vs Brittany Pointe Reflexology (p. 12) 12:00 Lunch: Turkey on a Croissant & Soup 12:30 Mahjong (p. 9)	11 / 12 3:30 Canal Dinner Cruise Trip (p.14)
13 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)	14 Billiards Home vs Pennridge Tech. Training Appts. (p. 9) 11:00 Caregivers Support (p. 7) 12:00 Lunch: Salmon 1:30 Bingo (p. 8) 2:00 Painting Class (p. 9)	15 ZB Massage (p. 12) Haircuts (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Mohegan Sun Casino (p. 14) 10:00 Bowling (p. 8) 12:00 Boardwalk Lunch (p. 1) 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	16 12:00 Lunch: Spaghetti & Meatballs 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7)	17 Billiards Home vs Arbour Square 9:30 Scrabble (p. 9) 10:15 Rivercruise/Railroad Trip (p. 14) 12:00 Lunch: Fish & Chips 12:30 Mahjong (p. 9)	18 9:30 Wissahickon Valley Park (p. 14) / 19
20 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Pallative vs. Hospice Care (p. 4) 12:00 Lunch: Sausage, Peppers & Onions 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9)	21 8:00 Newsletter Mailing (p.9) Billiards Away vs Arb. Square 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)	22 ZB Massage Haircuts (p. 12) 9:30 Meditation & Healing (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:00 Meaty Movie at IVPL: <u>The Bucket List</u> (p. 3) 12:00 Lunch: Swedish Meatballs & Birthday Cake Red Hat Auction (p. 9) 1:00 Hasenpfeffer (p. 9)	23 Podiatry Appointments 12:00 Lunch: Mac & Cheese 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) SHARE Order Pick Up (p. 7)	24 Reflexology (p. 12) 9:15 Sadie's Bakery & Shady Maple Trip (p. 15) 12:00 Lunch: Chef Salad 12:30 Mahjong (p. 9) 7:00 Family Night Bingo (p. 4)	25 / 26
27 Massage Therapy (p. 12) Hearing Check Appts. (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)	28 Tech. Training Appts. (p. 9) 12:00 Lunch: Hot Dog with Kraut 1:30 Bingo (p. 8) 2:00 Painting Class (p. 9)	29 ZB Massage Haircuts (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:00 Meaty Movie Discussion (p. 3) <u>The Bucket List</u> (p. 3) 12:00 Lunch: Seafood Chowder & Biscuit 1:00 Hasenpfeffer (p. 9)	30 Reiki Appts (p. 12) 12:00 Lunch: Pizza Burger 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9)	31 12:00 Lunch: Crab Cake & Pierogies 12:30 Mahjong (p. 9) 7:00 Fifth Friday in the Cafe with Courtney Coletti (p. 1)	

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

*There will be no Tai Chi from July 20-August 10

There will be no Monday Meditation from July 23-August 6

There will be no regular noon meal on August 15. Join us for our Boardwalk Lunch (see. p. 1)!

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
10:30 Tai Chi*