

# December 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., Dec. 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
<b>Gift Certificates Available!</b> Generations gift certificates are perfect for giving! Certificates are available for hoagie sales, meals, our Cafe, spa services and trips. Visit our front desk to purchase a gift certificate.			<b>The Generations Cafe</b> offers great prices on a la carte items with daily specials. You may notice (effective in January 2019), that our Cafe prices will be slightly higher (due to rising food costs). The food will still be delicious and reasonably priced, and the coffee will still be 50 cents a cup!		<b>1</b> 8:00 5K Reindeer Run & Fun Walk (p. 5)
<b>3 Generations Closed</b>  Choraleers to Adult Day Center	<b>4</b> 10:00 RSVP Volunteer Info. (p. 6) 9:15 Hand & Foot Cards (p. 8) Technology Tips Appts. (p. 9) <b>12:00 Lunch: Salmon</b> 1:45 Painting Class (p. 9)		<b>5</b> Haircuts (p. 12) Massage (p. 12) 9:00 Kitchen Kettle Trip (p. 14) Billiards Home vs Ben Wilson (p. 8) 10:00 Meaty Movie Discussion at Generations: <u>Anger Mngmt.</u> (p. 3) 10:00 Bowling (p. 8) <b>12:00 Lunch: BBQ Chicken</b> 1:00 Hasenpfeffer (p. 9)	<b>6</b> Acupuncture (p. 12) <b>12:00 Lunch: Spaghetti &amp; Meatballs</b> 12:15 Bridge (p. 8) 12:30 Support (p. 2) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)	<b>7</b> 9:30 Scrabble (p. 9) 10-11:30 Blood Pressure Screenings (p. 12) 10:30 First Noel Trip (p. 14) <b>12:00 Lunch: Fish &amp; Chips</b> 12:30 Mahjong (p. 9)
<b>10</b> 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 8) <b>12:00 Lunch: Sausage, Peppers &amp; Onions</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) Choraleers to Valley Vista	<b>11</b> Billiards Home vs Pennridge 9:30 Holidays/Mt. Hope Trip (p. 14) Technology Tips Appts. (p. 9) 10:00 Caregivers Support (p. 7) <b>12:00 Lunch: Stuffed Cabbage</b> 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	<b>12</b> Haircuts(p. 12) Massage(p.12) 9:30 Meditation/Healing (p. 12) 10:00 Bowling (p. 8) 10:00 Mohegan Sun Trip (p 14) Choir Chimes to Peter Becker <b>12:00 Lunch: Swedish Meatballs</b> 1:00 Hasenpfeffer (p. 9) 2:00 Christmas Tea (p. 1)	<b>13</b> <b>12:00 Lunch: Mac &amp; Cheese</b> 12:15 Bridge (p. 8) 12:30 Support (p. 2) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting SHARE Order Pick Up (p. 7)	<b>14</b> Reflexology (p. 12) 9:30 Hunterdon Hills Trip (p. 14) <b>12:00 Lunch: Chef Salad</b> 12:30 Mahjong (p. 9)	<b>8</b>
<b>17</b> 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 8) Hearing Checks (p. 12) 10:00 Create & Sustain Change (p. 4) <b>12:00 Lunch: Chili with Cornbread</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Choraleers to Paradise Manor	<b>18</b> Billiards Away vs Arb. Square 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 8) Chimes Choir to Encore Exper. <b>12:00 Lunch: Hot Dog &amp; Kraut</b> 12:45 Origami (p. 9) 1:45 Painting Class (p. 9)	<b>19</b> Haircuts (p. 12) Massage (p. 12) 10:00 Bowling (p. 8) <b>12:00 Lunch: Seafood Chowder &amp; Birthday Cake</b> 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	<b>20</b> Reiki (p. 12) <b>12:00 Lunch: Pizza Burger</b> 12:15 Bridge (p. 8) 12:30 Support (p. 2) 12:45 Pinochle (p. 9) Legal Aid (p. 7)	<b>21</b> Billiards Home vs Arbour Square 9:30 Scrabble (p. 9) <b>12:00 Christmas Brunch(p. 1)</b> 12:30 Mahjong (p. 9) 7:00 Longest Night (p. 6)	<b>9</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>15</b>
<b>Holiday Closing:</b> Generations will be closed Monday, December 24 through Tuesday, January 1. We will re-open on Wednesday, January 2, 2019. There will be no Meals on Wheels deliveries on December 24, 25, 31, or January 1. If you are a MOW driver and are unable to drive during the holiday season, please call our MOW office and let us know: 215-723-8555.					
<b>31</b>					<b>16</b>
					<b>22</b>
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					<b>30</b>

## SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Generations will be closed on Monday, December 3.

Please see our extended holiday closing schedule below.

Please note our weather closing and delay policy on p. 20 (back cover).

## 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  
10:30 Tai Chi