



Dec. 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., Nov 20. Lunch includes birthday cake for dessert.

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
2 10:00 Blood Pressure ✓ (p. 12) 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) 12:00 Lunch: Seafood Chowder 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Choraleers to Valley Vista	3 Billiards home vs Penridge Technology Tips Appts. (p. 9) 10:30 AMT Trip (p. 14) 9:15 Hand & Foot Cards (p. 9) 12-Lunch: Chick. Parm Sand. 12:30-1:30 Tuesday Table Talk (p. 6) 1:45 Painting Class (p. 9) 2:00 Pros of Probiotics (p. 4) SHARE Orders Due (p. 7)	4 Haircuts Massage (p. 12) 10:00 Bowling (p. 8) Choir Chimes to Normandy Farms 12:00 Lunch: Cheesesteak 1:00 Hasenpfeffer (p. 9) 2:00 South Dakota Trip Info. (p. 3)	5 11:30 Red Hat Christmas Party at IVCC (p. 9) 12:00 Lunch: Mac. & Cheese 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)	6 9-4 Reindeer Run Goody Bags (p. 5) 9:00 Hunterdon Hills Trip (p. 14) 9:30 Scrabble (p. 9) 12:00 Lunch: Stuffed Cabbage 12:30 Mahjong (p. 9)	7 8:00 Reindeer Run & Walk (p. 5) 
9 Generations Closed	10 Billiards away vs Penridge 10:00 Caregivers Support (p. 7) Technology Tips Appts. (p. 9) 12:00 Lunch: Salmon 12:30-1:30 Tuesday Table Talk (p. 6) 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	11 Haircuts Massage (p. 12) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) Choir Chimes to Phoebe Richland 11:00 Lunch: Stuffed Shells & Side Salad 1:00 Hasenpfeffer (p. 9)	12 12:00 Lunch: Ham Salad Sandwich 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 1:00 Mats That Matter (p. 9) 3:30 Board Meeting 3:30 Logwood Xmas Trip (p. 14)	13 Reflexology (p. 12) 12:00 Lunch: French Toast & Sausage 12:30 Mahjong (p. 9)	14 15
16 9:00 Holidays Mt. Hope Trip (p. 14) 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) 10:00 Mindful Eating (p. 4) 10:45-12:45 State Rep. Hours (p. 7) 12:00 Lunch: Hot Dog 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Choraleers to Paradise Manor	17 Billiards Away vs Arb. Sq. 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 9) 12:00 Crabby Christmas Mystery Lunch (p. 3) 12:30-1:30 Tuesday Table Talk (p. 6) 12:45 Origami (p. 9) 1:45 Painting Class (p. 9)	18 Haircuts Massage (p. 12) Billiards Away vs. Normandy Farms 10:00 Bowling (p. 8) 12:00 Lunch: Pork & Sauerkraut & Birthday Cake Choir Chimes to Encore 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	19 Acupuncture (p. 12) Reiki Appointments (p 12) 12:00 Lunch: Chili/Cornbread 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	20 Billiards Home vs Arb. Square 8:45 Christmas at the Castle Trip (p. 15) 9:30 Scrabble (p. 9) 12:00 Lunch: Stuffed Peppers 12:30 Mahjong (p. 9) 7:00 The Longest Night (p. 6)	21 22
23 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) Hearing Checks (p. 12) 12:00 Lunch: Chix Cordon Bleu 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8)	24 10:00 Homestyle Christmas Breakfast (p. 1) Generations Closes at 2pm	25	26	27	28 29
30 Generations Closed	31 Generations Closed	Jan.1 Generations Closed	<p>Holiday Closing: Generations will close at 2pm on Tuesday, December 24 and remain closed through Wednesday, January 1, 2020. We will re-open on Thursday, January 2, 2020. There will be no Meals on Wheels deliveries on December 25 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.</p> 		

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Generations will be closed on Monday, December 9.

The congregate meal on Wed., Dec. 11 will be served at 11:00am. Seating is limited to 50.

There will be no Sit, Stretch Flex, Bingo, or Painting on Tuesday, December 24.

Please see holiday closing announcements below.

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