

# January 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., Jan. 16. 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>1</b>  <b>Generations Closed</b>	<b>2</b> Haircuts (p. 12) Massage (p. 12) Billiards Home vs Ben Wilson (p. 8) 10:00 Bowling (p. 8) <b>12:00 Lunch: Pork &amp; Sauerkraut</b> 1:00 Hasenpfeffer (p. 9)	<b>3</b> Acupuncture (p. 12) <b>12:00 Lunch: Fish &amp; Chips</b> 12:15 Bridge (p. 8) 12:30 Peer Support (p. 2) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)	<b>4</b> 9:30 Scrabble (p. 9) 9:30 Penny Packer Mills Trip (p. 14) <b>12:00 Lunch: Ham</b> 12:30 Mahjong (p. 9)	<b>5</b>
<b>7</b> 10:00 Meditation (p. 12) 10:00 Blood Pressure ✓ (p. 12) 10:00 Handicrafters (p. 8) <b>12:00 Lunch: Cod Florentine</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 9)	<b>8</b> Billiards Away vs Pennridge 9:00 Castles & Cathedral Trip (p. 14) Technology Tips Appts. (p. 9) 10:00 Caregivers Support (p. 7) <b>12:00 Lunch: Chicken &amp; Dumplings</b> 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9) SHARE Orders Due (p. 7)	<b>9</b> Haircuts (p. 12) Massage (p.12) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10:30 Red Hat Re-Gifting (p. 9) 11:00 State of the Center (p. 1) <b>12:00 Lunch: Meatloaf</b> 1:00 Hasenpfeffer (p. 9)	<b>10</b> <b>12:00 Lunch: Bratwurst &amp; German Potato Salad</b> 12:15 Bridge (p. 8) 12:30 Peer Support (p. 2) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	<b>11</b> Reflexology (p. 12) <b>12:00 Lunch: Crab Cake</b> 12:30 Mahjong (p. 9)	<b>6</b>
<b>14</b> 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 8) <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) 1:00 Choraleers (p. 9)	<b>15</b> Billiards Away vs Arb. Square 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 8) <b>12:00 Lunch: Kielbasa with Cabbage</b> 12:45 Origami (p. 9) 1:45 Painting Class (p. 9) 3:30 EMC Artist Reception (p. 3)	<b>16</b> Billiards Home vs Nor. Farms Haircuts (p. 12) Massage (p. 12) 10:00 Bowling (p. 8) 11:00 State of the Center (p. 1) <b>12:00 Lunch: Pot Roast &amp; Birthday Cake</b> 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	<b>17</b> 10:00 The Making of Beauty & The Beast (p. 4) <b>12:00 Lunch: Turkey, Stuffing, &amp; Carrots</b> 12:15 Bridge (p. 8) 12:30 Peer Support (p. 2) 12:45 Pinochle (p. 9) Legal Aid (p. 7)	<b>18</b> Billiards Home vs Arbour Square 8:45 Penn Museum Trip (p. 14) 9:00 AARP Safe Driving Refresher (p. 6) 9:30 Scrabble (p. 9) <b>12:00 Lunch: Chili with Cornbread</b> 12:30 Mahjong (p. 9)	<b>19</b> 9:30 Indoor Hike: Ikea (p. 14)
<b>21</b> Martin Luther King Day 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 8) 10:00 QPR. Gatekeeper Training (p. 4) <b>12:00 Lunch: Corned Beef &amp; Cabbage</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 9)	<b>22</b> Billiards Away vs Ben Wilson Technology Tips Appts. (p. 9) <b>12:00 Lunch: Spaghetti &amp; Meatballs</b> 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	<b>23</b> Haircuts Massage (p. 12) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10:00 Organizing for the Inevitable: Death & Taxes (p. 3) 10:00 Meaty Movie Viewing at IVPL: <u>The Truman Show</u> (p. 1) <b>12:00 Lunch: Chick. Cordon Bleu</b> 1:00 Hasenpfeffer (p. 9)	<b>24</b> Reiki (p. 12) <b>12:00 Lunch: Seafood Scampi</b> 12:15 Bridge (p. 8) 12:30 Peer Support (p. 2) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) SHARE Order Pick Up (p. 7)	<b>25</b> Reflexology (p. 12) 10:30 Nutrition with Teri: Souper Foods (p. 6) <b>12:00 Lunch: Salisbury Steak</b> 12:30 Mahjong (p. 9)	<b>20</b>
<b>28</b> 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 8) <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)	<b>29</b> Billiards Home vs Pennridge Technology Tips Appts. (p. 9) 9:15 Hand & Foot Cards (p. 8) 10:00 Vertigo Away! (p. 4) <b>12:00 Lunch: Salmon</b> 1:45 Painting Class (p. 9) 1:30 Book Club: <u>Love, Hate &amp; Other Filters</u> (p. 8)	<b>30</b> Haircuts (p. 12) Massage (p. 12) <b>10:00 Bowling (p. 8)</b> 10:00 Meaty Movie Discussion at Generations: <u>The Truman Show</u> (p. 1) <b>12:00 Lunch: Pork &amp; Sauerkraut</b> 1:00 Hasenpfeffer (p. 9)	<b>31</b> <b>12:00 Lunch: Fish &amp; Chips</b> 12:15 Bridge (p. 8) 12:30 Peer Support (p. 2) 12:45 Pinochle (p. 9)		<b>27</b>

## SCHEDULE ANNOUNCEMENTS

All events are subject to change.

We will be closed from December 24-January 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  
9:45 Yoga  
10:30 Tai Chi