


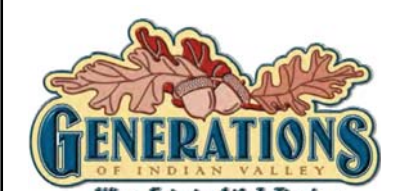
# July 2018

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., July 18. 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>Montgomery County farmers market vouchers available while supplies last (more info. &amp; distribution schedule on p. 7)</b>					<b>June 30</b> 5:00 Longwood Gardens (p. 14) <b>1</b>
<b>2</b> 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Blood Pressure Checks (p. 12) <b>12:00 Lunch: Chili &amp; Cornbread</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9)	<b>3</b> 10-12 Montco. Trail Challenge Info (p. 3) Tech. Training Appts. (p. 9) 10:00 Hand & Foot Cards (p. 9) <b>12:00 Lunch: Hot Dog &amp; Kraut</b> 2:00 Painting Class (p. 9) SHARE Orders Due (p. 7)	 <b>4</b>	<b>5</b> ZB Massage (p. 12) <b>12:00 Lunch: Pizza Burger</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9)	<b>6</b> 9:30 Scrabble (p. 9) 10:00 Music Trivia (p. 6) <b>12:00 Lunch: Crab Cake &amp; Pierogies</b> 12:00 Bridge Class 12:30 Mahjong (p. 9) 7:00 Evening Dance with Gary Dee (p. 8)	<b>7</b>          <b>8</b>
<b>9</b> 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) <b>12:00 Lunch: Fried Chicken</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 9)	<b>10</b> Billiards Away vs Pennridge Tech. Training Appts. (p. 9) 11:00 Sight & Sound Trip (p. 14) 11:00 Caregivers Support (p. 7) <b>12:00 Lunch: French Toast &amp; Sausage</b> 1:30 Bingo (p. 8) 2:00 Painting Class (p. 9)	<b>11</b> ZB Massage Haircuts (p. 12) 9:30 Meditation/Healing (p. 12) 9:30 Shuffleboard (p. 9) 10:00 Weekly Wellness (p. 13) 10:00 Bowling (p. 8) <b>12:00 Baseball Picnic (p. 1)</b> 12:45 Mats that Matter (p. 1) 1:00 Hasenpfeffer (p. 9)	<b>12</b> 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 APPRISE Appointments (p. 7) Souderton Pizza & Pasta Fundraiser (p. 3)	<b>GENERATIONS CLOSED FOR PARKING LOT REPAIRS</b>	<b>14</b>          <b>7:00 Generations at Concert Sundaes (p.5)</b> <b>15</b>
<b>16</b> 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Safety & Security (p. 4) <b>12:00 Lunch: Grilled Chicken Caesar Salad</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9)	<b>17</b> 8:00 Newsletter Mailing (p.9) Billiards Away vs Arb. Square Tech. Training Appts. (p. 9) 10:00 Hand & Foot Cards (p. 9) <b>12:00 Lunch: Salmon</b> 12:45 Origami (p. 9) 2:00 Painting Class (p. 9)	<b>18</b> 8:45 Crossroads Trip (p. 14) ZB Massage Haircuts (p. 12) 9:30 Shuffleboard 10:00 Bowling (p. 8) Red Hat to Pearl S. Buck (p. 9) 10:00 Weekly Wellness (p. 13) <b>12:00 Lunch: BBQ Chicken &amp; Birthdays</b> 12:45 Mats that Matter (p. 1) 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	<b>19</b> <b>12:00 Lunch: Spaghetti &amp; Meatballs</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	<b>20</b> Billiards Home vs Arbour Square 9:15 Elmwood Park Zoo (p. 14) 9:30 Scrabble (p. 9) <b>12:00 Lunch: Fish &amp; Chips</b> 12:30 Mahjong (p. 9)	<b>21</b> 9:30 Hike: Heebner Park (p. 14)          <b>22</b>
<b>23</b> Massage Therapy (p. 12) 10:00 Handicrafters (p. 9) <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. 9)	<b>24</b> Tech. Training Appts. (p. 9) <b>12:00 Lunch: Stuffed Cabbage</b> 1:30 Bingo (p. 8) 2:00 Painting Class (p. 9)	<b>25</b> ZB Massage Haircuts (p. 12) 9:15 Iron Pigs Game (p. 14) 9:30 Meditation & Healing (p. 12) 9:30 Shuffleboard 10:00 Bowling 10:00 Meaty Movie at IVPL (p. 3) 10:00 Weekly Wellness (p. 13) <b>12:00 Lunch: Swedish Meatballs</b> 12:45 Mats that Matter (p. 1) 1:00 Hasenpfeffer (p. 9) 1:30 Book Club: <u>The Missing Ones</u> (p. 8)	<b>26</b> Reiki Appointments (p. 12) 11:00 Legal Aide & Public Benefits (p. 6) <b>12:00 Lunch: Mac &amp; Cheese</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8)	<b>27</b> Reflexology (p. 12) <b>12:00 Lunch: Chef Salad</b> 12:30 Mahjong (p. 9) 7:00 Evening Bingo	<b>28</b>          <b>29</b>
<b>30</b> 10:00 Handicrafters (p. 9) <b>12:00 Lunch: Chili &amp; Cornbread</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9)	<b>31</b> Tech. Training Appts. (p. 9) 10:00 Matters of Bladders (p. 4) 10:00 Hand & Foot Cards (p. 9) <b>12:00 Lunch: Hot Dog &amp; Kraut</b> 2:00 Painting Class (p. 9)				

## SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Generations will be closed on Wed, July 4. There will be no Wed. Step Class in July.

Generations will be closed on Fri., July 13

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

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

## 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:  
10:00 Weekly Wellness Breaks (p. 13)

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

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