

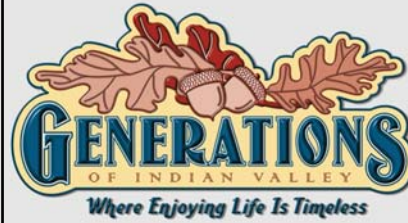
June 2019

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., June 19. 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													
Farmers Market Voucher Distribution Begins June 3. See Schedule at right The program provides eligible Montgomery County seniors age 60 plus with \$20 in food vouchers that can be used at participating local Farmers Markets. More information is available on p. 2.		<table border="1"> <tr> <td>Farmers Market Voucher Schedule</td> <td>Begins June 3!</td> </tr> <tr> <td>Monday</td> <td>11:00am-1:00pm</td> </tr> <tr> <td>Tuesday</td> <td>11:00am-1:00pm</td> </tr> <tr> <td>Wednesday</td> <td>9:30am-11:30am</td> </tr> <tr> <td>Thursday</td> <td>11:00am-1:00pm</td> </tr> <tr> <td>Friday</td> <td>11:00am-1:00pm</td> </tr> </table>		Farmers Market Voucher Schedule	Begins June 3!	Monday	11:00am-1:00pm	Tuesday	11:00am-1:00pm	Wednesday	9:30am-11:30am	Thursday	11:00am-1:00pm	Friday	11:00am-1:00pm			1 9:30 Colebrookdale Railroad Trip (p. 14)
Farmers Market Voucher Schedule	Begins June 3!																	
Monday	11:00am-1:00pm																	
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Friday	11:00am-1:00pm																	
3 10:00 Meditation (p. 12) 10:00 Blood Pressure ✓ (p. 12) 10:00 Handicrafters (p. 9) 12:00 Lunch: Beef Stroganoff 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 9) Bux Mont Senior Golf (p. 6)	4 Technology Tips Appts. (p. 9) 9:15 Hand & Foot Cards (p. 8) 12:00 Lunch: Kielbasa with Cabbage 1:45 Painting Class (p. 9) SHARE Orders Due (p. 7)	5 Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:00 Dining w/ Diabetes (p. 3) 10:30 Pedestrian Safety (p. 4) 12:00 Lunch: Pot Roast 1:00 Hasenpfeffer (p. 9)	6 8:00 Old Order Mennonite Tour (p. 14) 12:00 Lunch: Turkey with Stuffing & Carrots 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)	7 9:30 Scrabble (p. 9) 10:00 Krassdale Alpaca Farm Trip (p. 14) 12:00 Lunch: Chili with Cornbread 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 3)	2 8													
10 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 12:00 Lunch: Spaghetti & Meatballs 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 9) Choraleers to The Willows Bux Mont Senior Golf (p. 6)	11 Billiards Away vs Pennridge 10:00 Caregivers Support (p. 7) Technology Tips Appts. (p. 9) 12:00 Lunch: Corned Beef & Cabbage 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	12 Haircuts (p. 12) Massage (p.12) 9:00 Shuffleboard (p. 9) 9:30 Meditation & Healing (p. 12) 10-DeSales Functional Fitness (p. 1) 11-DeSales Circuit Challenge (p. 1) 10:00 Mohegan Sun Trip (p. 14) 10:00 Dining w/ Diabetes (p. 3) 10:00 Bowling (p. 8) 12:00 Lunch: Chick. Cordon Bleu 1:00 Hasenpfeffer (p. 9)	13 HOAGIE SALE (p. 1) 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	14 Billiards Away vs Norm. Farms 8:00 Hiawatha Trip (p. 14) 9:00 Safe Driving Refresher (p. 6) Reflexology (p. 12) 12:00 Lunch: Salisbury Steak 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 3)	9 15													
17 Cape Cod Trip 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Bones/Joints (p. 4) 12:00 Lunch: Chicken Marsala 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Bux Mont Senior Golf (p. 6)	18 Cape Cod Trip Billiards Away vs Arb. Sq. 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 8) 10:30 Captivated By Color (p. 8) 12:00 Lunch: Salmon with Dill Sauce 12:45 Origami (p. 9) 1:45 Painting Class (p. 9)	19 Cape Cod Trip Haircuts Massage (p. 12) 9:00 Shuffleboard 10:00 Bowling (p. 8) 10-DeSales Functional Fitness (p. 1) 11-DeSales Circuit Challenge (p. 1) 11:00 Legal Aid/Benefits (p. 6) 11:30 Red Hatters to Caruso (p. 9) 12:00 Lunch: Pork & Sauerkraut & Birthday Cake 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	20 Cape Cod Trip Acupuncture (p. 12) 9:30 Pure Country Trip (p 14) 12:00 Lunch: Fish & Chips 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	21 Billiards Home vs Arbour Sq. 9:30 Scrabble (p. 9) 12:00 Lunch: Ham 12:30 Mahjong (p. 9)	16 22													
24 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) Hearing Checks (p. 12) 12:00 Lunch: Cod Florentine 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) Bux Mont Senior Golf (p. 6)	25 Technology Tips Appts. (p. 9) 12:00 Lunch: Chicken & Dumplings 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	26 Haircuts Massage (p. 12) 9:00 Shuffleboard 10:00 Bowling (p. 8) 9:30 Meditation & Healing (p. 12) 10-DeSales Functional Fitness (p. 1) 11-DeSales Circuit Challenge (p. 1) 12:00 Lunch: Meatloaf 1:00 Hasenpfeffer (p. 9) 1:30 Book Club: <i>What the Wind Knows</i> (p. 8)	27 12:00 Lunch: Bratwurst, German Potato Salad, & Kraut 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8)	28 Billiards Home vs Pennridge 9:00 Bowman's Hill Trip (p. 15) Reflexology (p. 12) 11:00 Cancer Support (p. 5) 12:00 Lunch: Crab Cake 12:30 Mahjong (p. 9) 7:00 Evening Bingo (p. 8)	23 29													
				30														

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no regular Noon Meal on Thur., June 13. Order your hoagie today. 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

