

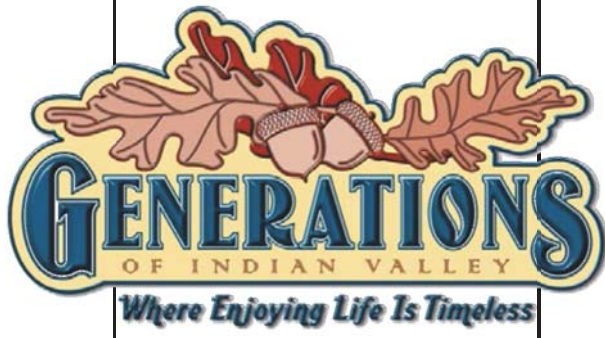

March 2018

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., March 21. 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 |
|--|---|--|---|--|-----------------|
| |  | | 1 ZB Massage 10:00 Acupuncture (p.12) 12:00 Lunch: Chicken a la King 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 8) | 2 AARP Tax Aide (p. 5) 12:00 Lunch: All American Burger 12:30 Mahjong 7:00 Evening Dance with Gary Dee (p. 8) | 3 |
| 5 10:00 Handicrafters 10:00 Blood Pressure Checks (p. 12) 12:00 Lunch: Sloppy Joe 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers | 6 Technology Training Appts. (p. 9) 10:00 Hand & Foot Cards 10:15 Out to Lunch: Hampton Winds 12:00 Lunch: Ham & Potato Casserole 2:00 Painting Class SHARE Orders Due (p. 7) | 7 ZB Massage 9:00 Haircuts Billiards Away vs. Ben Wilson 9:30 RSVP Info. (p. 6) AARP Tax Aide (p. 5) 10:00 Bowling 10:15 Choir Chimes 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer | 8 Hoagie Sale 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting | 9 9:30 Black Sheep Pottery (p. 14) Reflexology AARP Tax Aide (p. 5) 12:00 Lunch: Flounder 12:30 Mahjong | 10 |
| 12 10:00 Handicrafters 12:00 Lunch: Beef Stew 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Five Crowns Card Game (p. 9) 1:30 Choraleers | 13 Billiards Away vs Pennridge Technology Training Appts. (p. 9) 10:45 Chandler Baseball Bats Trip 10:30 Captivated by Color 11:00 Caregivers Support (p. 7) 12:00 Lunch: Salisbury Steak 1:30 Bingo 2:00 Painting Class | 14 ZB Massage 9:00 Haircuts AARP Tax Aide (p. 5) 10:00 Bowling 9:30 Meditation/Healing (p. 12) 12:00 Lunch: Spaghetti with Meat Sauce Choir Chimes 1:00 Hasenpfeffer | 15 12:00 Lunch: Chicken Pot Pie 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7) | 16 Billiards Home vs Arbour Square ZB Massage AARP Tax Aide (p. 5) 11:00 Pride of Erin Dancers & St. Paddy's Lunch (p. 1) 12:30 Mahjong | 17 |
| 19 Billiards Away vs Arbour Square 10:00 Handicrafters 10:00 Mindful Eating (p. 4) 12:00 Lunch: Stuffed Cabbage 12:15 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers | 20 8:00 Newsletter Mailing (p.9) Billiards Home vs Normandy Farms Technology Training Appts. (p. 9) 9:30 Steel Magnolias Trip 10:00 Hand & Foot Cards 12:00 Lunch: Pulled Pork Sandwich 12:45 Origami (p. 9) 2:00 Painting Class | 21 9:00 Haircuts ZB Massage AARP Tax Aide (p. 5) 10:00 Bowling 10:15 Choir Chimes Red Hatters to Red Lobster (p. 9) 12:00 Lunch: Salmon & B-days 1:00 Hasenpfeffer Financial Counseling (p. 7) 2:00 Welcome Spring Social (p. 4) | 22 Reiki (p. 12) 12:00 Lunch: Dijon Chicken 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing SHARE Order Pick Up (p. 7) | 23 Reflexology AARP Tax Aide (p. 5) 12:00 Lunch: Meatball Sub 12:30 Mahjong 7:00 Evening Bingo (p. 8) | 24 |
| 26 10:00 Handicrafters 12:00 Lunch: Meatloaf 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Five Crowns Cards (p. 9) 1:30 Choraleers | 27 10:30 Captivated by Color Technology Training (p. 9) 9:30 The Home Game Trip 12:00 Lunch: Crab Cake 1:30 Bingo 1:30 Book Club with Toni: Mustard Seed (p. 8) 2:00 Painting Class | 28 9:00 Haircuts ZB Massage AARP Tax Aide (p. 5) 9:30 Meditation & Healing (p. 12) 10:00 Bowling 10:15 Choir Chimes 12:00 Lunch: Swedish Meatballs 1:00 Hasenpfeffer | 29 11:00 How to Keep Our Brains Fit (p. 4) 12:00 Lunch: Chicken a la King 12:15 Bridge 12:45 Pinochle | 30 Generations Closed  | 31 |

SCHEDULE ANNOUNCEMENTS
 All events are subject to change.
 Generations will be closed on Friday, March 30.

WEEKLY FITNESS OFFERINGS
 (held each week at the corresponding day & time unless noted above): See p. 13 for full descriptions.

MONDAYS:
 9:00 Flexercise
 10:00 Meditation
 10:30 Tai Chi

TUESDAYS:
 9:00 Sit, Stretch, Flex
 9:00 Gentle Yoga

WEDNESDAYS:
 9:00 Step Aerobics

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

FRIDAYS:
 9:00 Flexercise
 10:30 Tai Chi

