

# March 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., Feb. 20. 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> 9:30 Scrabble (p. 9) <b>12:00 Lunch: Ham</b> 12:30 Mahjong (p. 9)	<b>2</b>  9:30 Harlem Globetrotters Trip (p.14) <b>3</b>
<b>4</b>	10:00 Meditation (p. 12) 10:00 Blood Pressure ✓ (p. 12) 10:00 Handicrafters (p. 9) <b>12:00 Lunch: Cod Florentine</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Choraleers to Souderton Mennonite Home (p. 9)	<b>5</b> Mardis Gras (p. 3) 9:00 Healthy Steps in Motion Kick-Off Event (p. 6) Technology Tips Appts. (p. 9) 9:15 Hand & Foot Cards (p. 8) <b>12:00 Lunch: Chicken &amp; Dumplings</b> 1:45 Painting Class (p. 9) SHARE Orders Due (p. 7)	<b>6</b> Haircuts Massage (p. 12) AARP Tax Aide Appts. (p. 6) Billiards Away vs Ben Wilson (p. 8) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 10:00 Meaty Movie Talk: <u>Won't You Be My Neighbor?</u> ( p. 3) <b>12:00 Lunch: Meatloaf (Cafe)</b> (Limited Seating Today) 1:00 Hasenpfeffer (p. 9)	<b>7</b> 9:00 Rainbow Playhouse Trip (p. 14) <b>12:00 Lunch: Bratwurst &amp; German Potato Salad</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)	<b>8</b> Reflexology (p. 12) <b>12:00 Lunch: Crab Cake</b> 12:30 Mahjong (p. 9)	<b>9</b>    <b>10</b>
<b>11</b>	10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) <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>12</b> Billiards Away vs Pennridge Technology Tips Appts. (p. 9) 10:00 Caregivers Support (p. 7) <b>12:00 Lunch: Kielbasa with Cabbage</b> 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	<b>13</b> Billiards Away vs Brittany Pointe Haircuts Massage (p.12) AARP Tax Aide Appts. (p. 6) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) <b>12:00 Lunch: Pot Roast</b> 1:00 Hasenpfeffer (p. 9)	<b>14</b> <b>12:00 Lunch: Turkey &amp; Stuffing</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	<b>15</b> Billiards Home vs Arbour Sq. 9:30 Scrabble (p. 9) 11:00 Marblehead Chowderhouse Trip (p. 14) <b>11:45 St. Paddy's Lunch w/ Pride of Erin Irish Dancers (p. 4)</b> 12:30 Mahjong (p. 9)	<b>16</b> 9:30 Indoor Hike: Willow Grove Mall (p. 14)   <b>17</b>
<b>18</b>	10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 A Matter of Balance Info. (p. 4) <b>12:00 Lunch: Spaghetti &amp; Meatballs</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Choraleers to Genesis Eldercare	<b>19</b> 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) <b>12:00 Lunch: Corned Beef &amp; Cabbage</b> 12:45 Origami (p. 9) 1:45 Painting Class (p. 9)	<b>20</b> Billiards Away vs Nor. Farms Haircuts Massage (p. 12) AARP Tax Aide Appts. (p. 6) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) Red Hatters to Franconia Heritage <b>12:00 Lunch: Chick. Cordon Bleu &amp; Birthday Cake</b> 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	<b>21</b> <b>HOAGIE SALE</b> Acupuncture (p. 12) 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	<b>22</b> Reflexology (p. 12) <b>12:00 Lunch: Salisbury Steak</b> 12:30 Mahjong (p. 9) 7:00 Evening Bingo (p. 8)	<b>23</b>     <b>24</b>
<b>25</b>	9:30 OrgelKids Organ Demonstration (p. 6) 9:30 Hunterdon Hills (p. 14) 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) <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>26</b> Billiards Home vs Ben Wilson Technology Tips Appts. (p. 9) <b>12:00 Lunch: Salmon with Dill Sauce</b> 1:30 Bingo (p. 8) 1:30 Book Club: <u>Love, Hate &amp; Other Filters</u> (p.8) 1:45 Painting Class (p. 9)	<b>27</b> Haircuts Massage (p. 12) AARP Tax Aide Appts. (p. 6) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10:15 Choir Chimes <b>12:00 Lunch: Pork &amp; Sauerkraut</b> 1:00 Hasenpfeffer (p. 9) 2:00 California Pre-Trip Meeting (p. 16)	<b>28</b> Reiki (p. 12) 10:00 Simplify for Spring (p. 3) <b>12:00 Lunch: Fish &amp; Chips</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8)	<b>29</b> Billiards Home vs Pennridge 9:30 Valley Milkhouse Trip (p. 15) <b>12:00 Lunch: Ham</b> 12:30 Mahjong (p. 9) 7:00 5th Friday in the Cafe with Ian Gallagher (p. 1)	<b>30</b>       <b>31</b>

## SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Effective Feb. 1, 2019, the Friday Yoga class will no longer be offered.

There will be no regular Sit, Stretch, Flex class on Tue., March 5.

There will be no regular noon meal on Thur., March 21. 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  
10:00 Healthy Steps in Motion (March 5-April 23)

**WEDNESDAYS:**  
9:00 Step Aerobics

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

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