

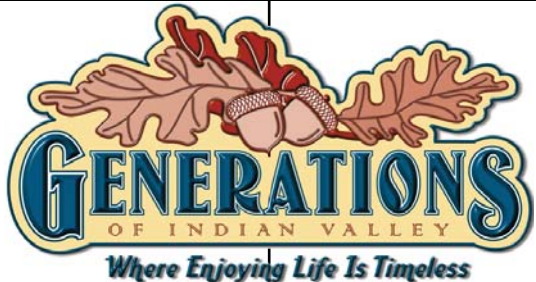
# March 2020

**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 18. 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
					<b>1</b>
<b>2</b> 10:00 Blood Pressure ✓ (p. 12) 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) 11- Legal Info: POA & Will (p. 4) <b>12:00 Lunch: Chicken a la King</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 8)	<b>3</b> Technology Tips Appts. (p. 9) 9:15 Hand & Foot Cards (p. 9) <b>12-Lunch: Salisbury Steak</b> 1:45 Painting Class (p. 9)	<b>4</b> Haircuts Massage (p. 12) AARP Tax Appointments (p. 4) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) <b>12:00 Lunch: Pork &amp; Sauerkraut</b> 1:00 Hasenpfeffer (p. 9)	<b>5</b> AARP Tax Appointments (p. 4) <b>12:00 Lunch: Lasagne</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)	<b>6</b> 9:30 Scrabble (p. 9) 11:30 Out to Lunch: Ooka (p. 14) <b>12:00 Lunch: Chili &amp; Cornbread</b> 12:30 Mahjong (p. 9)	<b>7</b>
<b>9</b> Foster Grandparent Info. (p. 6) 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) <b>12:00 Lunch: Pulled Pork Sand.</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 8)	<b>10</b> Billiards Away vs. Pennridge 10am-2pm Mats that Matter Workshop (p. 2) 10:00 Caregivers Support (p. 7) Technology Tips Appts. (p. 9) <b>12:00 Lunch: Swedish Meatballs</b> 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	<b>11</b> Haircuts Massage (p. 12) 9:30 Meditation & Healing (p. 12) AARP Tax Appointments (p. 4) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) <b>12:00 Lunch: Baked Ziti</b> 1:00 Hasenpfeffer (p. 9)	<b>12 HOAGIE SALE</b> 7:30 Culinary Inst. Trip (p. 14) 9:45 Matter of Balance (p. 13) AARP Tax Appointments (p. 4) 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	<b>13</b> 10:00 Health Problems/ Hearing Loss (p. 6) Reflexology (p. 12) <b>12:00 Chicken Corn Chowder</b> 12:30 Mahjong (p. 9)	<b>14</b>
<b>16</b> 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) 10:00 Nutrition/Colon Health (p. 4) 10:45-12:45 State Rep. Hours (p. 7) <b>12:00 Lunch: BBQ Chicken</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Choraleers to The Willows (p. 8)	<b>17</b> Billiards Away vs. Arbour Sq. 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 9) 11:45 Pride of Erin Dancers (p. 1) <b>12:00 St. Paddy's Lunch (p. 1)</b> 12:45 Origami (p. 9) 1:45 Painting Class (p. 9)	<b>18</b> Haircuts Massage (p. 12) 10:00 Bowling (p. 8) AARP Tax Appointments (p. 4) 10:15 Choir Chimes (p. 8) 11:30 Red Hat to Wash. House (p. 9) <b>12:00 Lunch: Chicken Marsala &amp; Birthday Cake</b> 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	<b>19</b> AARP Tax Appointments (p. 4) Acupuncture (p. 12) 9:45 Matter of Balance (p. 13) <b>12:00 Lunch: Beef Stew</b> 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7)	<b>20</b> Billiards Home vs. Arb. Square (p. 8) 9:30 Scrabble (p. 9) 10:00 Nutrition with Teri: Go Green! (p. 8) <b>12:00 Lunch: Chicken &amp; Sausage Jambalaya</b> 12:30 Mahjong (p. 9)	<b>21</b>
<b>23</b> 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) 10:30 Retirement Communities 101 (p. 1) 10:45 Hearing Checks (p. 12) 11:00 State of the Center (p. 4) <b>12:00 Lunch: Crab Cake</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) Choraleers to The Meadows (p. 8)	<b>24</b> Billiards Home vs. Pennridge Technology Tips Appts. (p. 9) <b>12:00 Lunch: Hot Turkey Sandwich</b> 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	<b>25</b> Haircuts Massage (p. 12) AARP Tax Appointments (p. 4) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) <b>12:00 Lunch: Salmon with Dill Sauce</b> 1:00 Hasenpfeffer (p. 9)	<b>26</b> AARP Tax Appointments 11:00 Nunsensations Trip (p. 14) 9:45 Matter of Balance (p. 13) Reiki Appointments (p. 12) <b>12:00 Lunch: Stuffed Shells</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: Sloppy Joe</b> 12:30 Mahjong (p. 9) 7:00 Evening Bingo (p. 8)	<b>28</b>
<b>30</b> 10:00 Handicrafters (p. 9) 10:00 Meditation (p. 12) 10:30 Supportive Living 101 (p. 1) <b>12:00 Lunch: Chicken a la King</b> 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:30 Choraleers	<b>31</b> Technology Tips (p. 9) 9:15 Hand & Foot Cards (p. 9) 10:00 Vertigo Away! (p. 6) <b>12-Lunch: Salisbury Steak</b> 1:45 Painting Class (p. 9)  <b>p. 10</b>		 <b>p. 11</b>		<b>29</b>

## SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no noon meal on Thursday, March 12. Order your hoagie today (see p. 1).

There will be no Mats that Matter on March 12 or 26. Join us on March 10 (see p. 2).

There will be no Sit Stretch Flex or Dancefit class on Thursday, March 26.

## 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 (No class 3/26)  
10:00 Dancefit (No class 3/26)

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



11:30 Irish Wake/  
McCoole's Trip  
**15**

10:30 John Denver  
Tribute Trip  
**22**