

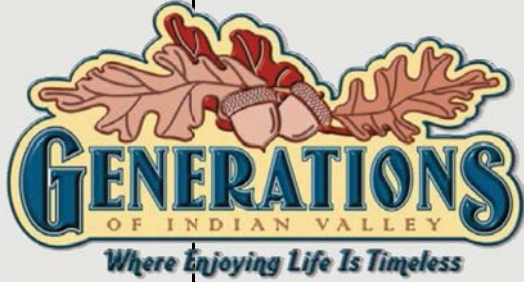
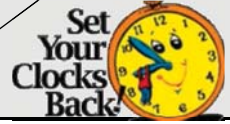


November 2018

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., Nov. 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	
<p>Turkey Supper Monday, Nov. 19, 12:00pm There will be a special menu for our noon meal featuring turkey, potato filling, carrots, cole slaw, and pumpkin pie. Space is limited. See noon meal sign up information at left.</p>				<p>1 10:00 Acupuncture Appointments (p. 12) 12:00 Lunch: White Wine Cod 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 APPRISE Medicare Open Enrollment Info. (p. 7)</p>	<p>2 9:30 Scrabble (p. 9) 12:00 Lunch: Turkey on a Croissant & Soup 12:30 Mahjong (p. 9) 7:00 Evening Dance with Gary Dee(p. 8)</p>	<p>3 8:30 Steeples & Steel Trip (p. 14)</p> <p style="text-align: right;">  4 </p>
<p>5 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Blood Pressure Checks (p. 12) 10:00 Kings & Queens Tee-Off (p. 9) 12:00 Lunch: Grilled Chicken Caesar Salad 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9)</p>	<p>6 9:15 Hand & Foot Cards (p. 9) Technology Tips Appts. (p. 9) 10:00 Nutrition with Teri: Pump up the Pumpkin (p. 4) 12:00 Psychedelic 60s Volunteer Lunch (p. 1) 1:45 Painting Class (p. 9)</p>	<p>7 Haircuts (p. 12) Billiards Away vs Ben Wilson (p. 8) 10:00 Bowling (p. 8) Choir Chimes to Greenfield 12:00 Lunch: BBQ Chicken 1:00 Hasenpfeffer (p. 9)</p>	<p>8 HOAGIE SALE 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting</p>	<p>9 Reflexology (p. 12) 9:00 Safe Driving (p. 4) 9:30 One Liberty Trip (p. 14) 12:00 Lunch: Fish & Chips 12:30 Mahjong (p. 9)</p>	<p>10</p> <p style="text-align: right;">  1:00 Philly Pops (p. 14) 11 </p>	
<p>12 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 11:00 What? Hearing/Mental Health (p. 5) 12:00 Lunch: Sausage, Peppers & Onions 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8)</p>	<p>13 Billiards Away vs Pennridge Technology Tips Appts. (p. 9) 10:00 Caregivers Support (p. 7) 12:00 Lunch: Stuffed Cabbage 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)</p>	<p>14 Haircuts (p. 12) 9:30 Meditation/Healing (p. 12) Check Your Meds Day (p. 6) SEPTA KEY IDs Issued (p. 6) 10:00 Bowling (p. 8) Choir Chimes to Souderton Mennonite Church 12:00 Lunch: Swedish Meatballs 1:00 Hasenpfeffer (p. 9) 1:00 Red Hat Origami</p>	<p>15 12:00 Lunch: Mac & Cheese 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) SHARE Order Pick Up (p. 7)</p>	<p>16 Billiards Home vs Arbour Square 9:30 Scrabble (p. 9) 11:30 North Penn JROTC/Veterans Day Observation (p. 2) 12:00 Lunch: Chef Salad 12:30 Mahjong (p. 9)</p>	<p>17 9:30 Hike: Green Lane Park (p. 14)</p> <p style="text-align: right;">18</p>	
<p>19 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Kings & Queens Tee-Off (p. 9) 10:00 Maximize Restful Sleep (p. 4) 12:00 Lunch: Turkey Supper (see above) 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 New Orleans Meeting (p. 16)</p>	<p>20 Billiards Away vs Nor. Farms 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 9) 12:00 Lunch: Hot Dog & Kraut 12:45 Origami (p. 9) 1:45 Painting Class (p. 9)</p>	<p>21 Haircuts (p. 12) 10:00 Bowling (p. 8) 12:00 Lunch: Seafood Chowder & Birthday Cake 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7) Choir Chimes to Norm. Farms</p>	<p>22 Generations Closed</p>	<p>23 Generations Closed</p> <p style="text-align: center;">  </p>	<p>24</p> <p style="text-align: right;">25</p>	
<p>26 Massage Therapy (p. 12) 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 12:00 Lunch: Fried Chicken 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8)</p>	<p>27 Technology Tips Appts. (p. 9) 9:15 Rainbow Comedy Trip (p. 14) 12:00 Lunch: French Toast & Sausage 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9) Dec. SHARE Orders Due (p. 7)</p>	<p>28 Haircuts (p. 12) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10:00 Meaty Movie Viewing at IVPL: Anger Management (p. 3) 10:15 Choir Chimes (p. 8) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer (p. 9) 1:30 Book Club with Toni: Hidden Figures (p. 8)</p>	<p>29 Reiki (p. 12) 12:00 Lunch: White Wine Cod 11:30 Washington House Trip (p. 15) 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8)</p>	<p>30 9-4 Reindeer Run Goody Bag Pick Up (for Runners & Walkers only) (p. 5) Reflexology (p. 12) 12:00 Lunch: Turkey on a Croissant & Soup 12:30 Mahjong (p. 9)</p>	<p>Dec. 1 8:00 Generations 5K Reindeer Run & Fun Walk (p. 5)</p> <p style="text-align: right;">Dec. 2</p>	

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no regular noon meal on Thursday, November 8. Order your hoagie today! (More information on p. 1)

There will be no Sit, Stretch, Flex on Thursday, Nov. 15.

We will be closed Nov. 22 & 23.

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
9:45 Yoga NEW TIME
10:30 Tai Chi