Sept. 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., Sept. 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
2	**3** Technology Tips Appts. (p. 9) 9:00 Turkey Hill Trip (p. 14) 9:15 Hand & Foot Cards (p. 8) **12:00 Lunch: Cheeseburger & Fries** 1:45 Painting Class (p. 9)	**4** Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 10:00 Bowling (p. 8) **12:00 Lunch: Spaghetti w/ Meat Sauce** 1:00 Hasenpfeffer (p. 9)	**5** 10-Blood Pressure ✔(p. 12) **12:00 Lunch: Fish & Chips** 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE APPOINTMENTS	**6** 9:30 Scrabble (p. 9) 10:45 Sight & Sound (p. 14) **12:00 Lunch: Sausage & Peppers** 12:30 Mahjong (p. 9)	**7** Niagara Falls Trip (p. 17) **8**
9 Niagara Falls Trip 10:00 Handicrafters (p. 9) 10:00 Meditation **12:00 Lunch: Seafood Chowder** 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 9) Bux Mont Senior Golf (p. 6)	**10** Niagara Falls Trip Billiards away vs Pennridge 10:00 Caregivers Support (p. 7) Technology Tips Appts. (p. 9) **12:00 Lunch: Chicken Parm. Sandwich** 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9) SHARE Orders Due (p. 7)	**11** Niagara Falls Trip Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 9:30 Meditation & Healing (p. 12) 10:15 Choir Chimes (p. 8) 10:00 Bowling (p. 8) **12:00 Lunch: Cheesesteak** 1:00 Hasenpfeffer (p. 9) 4:30 Updates on the Updates (p. 1)	**12** **Hoagie Sale (p. 1)** 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 1:00 Mats That Matter (p. 9) 3:30 Board Meeting	**13** 9-Churchville Trip (p. 14) 9:00 Safe Driving (p. 6) Reflexology (p. 12) **12:00 Lunch: Stuffed Cabbage** 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 4)	**14** **15**
16 10:00 Meditation 10:00 Handicrafters (p. 9) 10:00 Memory Fitness (p. 4) 10:45-12:45 State Representative Office Hours (p. 3) **12:00 Lunch: Pizza** 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 9) Bux Mont Senior Golf (p. 6)	**17** Billiards Away vs Arb. Sq. 8:00 Newsletter Mailing (p.9) Technology Tips Appts.(p. 9) 9:15 Hand & Foot Cards (p. 8) **12:00 Lunch: Sweet & Sour Chicken** 12:30 My Life, My Health (p. 5) 12:45 Origami (p. 9) 1:45 Painting Class (p. 9)	**18** Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) 11:30 Red Hat Picnic (p. 9) **12:00 Lunch: Salmon & Bday Cake** 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	**19** Acupuncture (p. 12) **12:00 Lunch: Ham Salad Sandwich** 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7)	**20** Billiards Home vs Arbour Sq. 9-11 Senior Fair (p. 6) 9:30 Center Point Pond Trip (p. 14) 9:30 Scrabble (p. 9) **12:00 Lunch: French Toast & Sausage** 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 4)	**21** 9:30 Hike: Bucks Co. Audubon Society (p. 14) **22**
23 10:00 Handicrafters (p. 9) 10:00 Meditation 11:00 Care Transitions (p. 6) **12:00 Lunch: Hot Dog** 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 9) Bux Mont Senior Golf (p. 6)	**24** Technology Tips Appts. (p. 9) **12:00 Caesar Chicken Sandwich** 12:30 My Life, My Health (p. 5) 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	**25** Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 9:30 Meditation & Healing (p. 12) 10:00 Bowling (p. 8) 10:15 Choir Chimes (p. 8) **12:00 Lunch: Pork and Kraut** 1:00 Hasenpfeffer (p. 9) 1:30 Book Club w/Judy: The Abolitionist's Daughter (p. 8)	**26** **12:00 Lunch: Chili with Cornbread** 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Mats that Matter (p. 9) 1:00 Creative Writing (p. 8) SHARE Order Pick Up (p. 7)	**27** Billiards Home vs Pennridge 9:30 Grounds for Sculpture Trip (p. 14) Reflexology (p. 12) **12:00 Lunch: Stuffed Peppers** 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 4) 7:00 Evening Bingo (p. 8)	**28** **29**
30 10:00 Handicrafters (p. 9) 10:00 Meditation **12:00 Lunch: Chix Cordon Bleu** 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 9) 1:45 Figure Drawing (p. 3) Bux Mont Senior Golf (p. 6)					

GENERATIONS OF INDIAN VALLEY
Where Enjoying Life Is Timeless

Farmers Market Voucher Schedule	See p. 7 for info.
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

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

Generations will be closed on Monday, September 2.

There will be no Noon Meal on Thursday, Sept. 12. 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