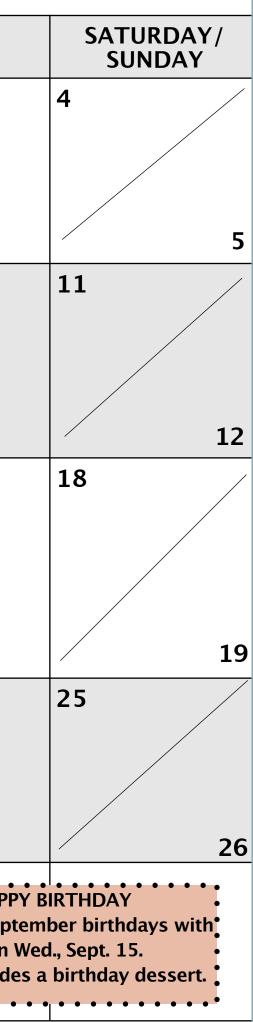
Carat					
Sept. 2021 OUR NOON MEAL Menu items are listed on the calendar. RESERVATIONS ARE REQUIRED. Sept. Meal Info: 40 people (five people at each of eight tables) with one seating at 11:00am and one seating at 12:00pm). To register, visit our front desk or call 215-723-5841 on Friday, for the coming week's meals. Lunch reservations will only be accepted on Fridays at this time.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>GENERATIONS</b> Where Enjoying Life Is Timeless	OUR CAFÉ The Café will be open Mon Fri. from 10:00am-1:00pm beginning Sept. 1 for take- out only. Enjoy our à la carte menu and daily specials. No need to order; just stop by! Masks are required until further notice.	1 Technology Tips (p. 9) 9:30 Dancefit (p. 13) 10:00 Bowling (p. 8) 11:00 OR 12:00 Lunch: Open Faced Roast Beef Sandwich 3:30 Caregivers Support (Virtual) (p. 7)	<b>2</b> 9:30 Sit, Stretch, Flex (p. 13) <b>11:00 OR 12:00 Lunch:</b> <b>Stuffed Peppers</b> APPRISE Appointments (p. 7)	<b>3</b> 9:15 Flexercise (p. 13) <b>11:00 OR 12:00 Lunch:</b> Seafood Scampi
	6 WE WILL BE CLOSED LABOR DAY	<b>7</b> 9:30 Sit, Stretch Flex (p. 13) <b>11:00 OR 12:00 Lunch:</b> <b>Chicken Caesar Breast</b> 1:45 Painting Class (p. 9)	8 Technology Tips (p. 9) 9:30 Dancefit (p. 13) 10:00 Bowling (p. 8) 10:30 Choir Chimes (p. 8) 11:00 OR 12:00 Lunch: Bratwurst & Kraut Bucks Mont Golf League (p. 5)	9 HOAGIE SALE (p. 1) 9:30 Sit, Stretch, Flex (p. 13) 11:00 Health Problems Related to Hearing Loss (p. 6) 3:30 Board Meeting	10 9:15 Flexercise (p. 13) 11:00 OR 12:00 Lunch: Spaghetti & Meatballs
We cannot guarantee a meal for you without a reservation. Upon arrival, please swipe your key card and place your anonymous donation (\$2 suggested) in the collection box. There are no assigned/reserved seats. Masks are	<b>13</b> 9:15 Step Aerobics (p. 13) 10:45 State Rep. Hours (p. 7) <b>11:00 OR 12:00 Lunch:</b> <b>BBQ Chicken</b> 1:00 Memoirs (p. 9) Bucks Mont Golf League (p. 5)	<b>14</b> 9:30 Sit, Stretch Flex (p. 13) 10:00 Walk with Ease (p. 6) <b>11:00 OR 12:00 Lunch</b> : <b>Stuffed Shells</b> 1:30 Bingo (Virtual) (p. 8) 1:45 Painting Class (p. 9) 6:30 Adult Bereavement (Virtual) (p. 7)	<b>15</b> Technology Tips (p. 9) 9:30 Dancefit (p. 13) 10:00 Bowling (p. 8) 10:00 Walk with Ease (p. 6) 10:30 Choir Chimes (p. 8) <b>11:00 OR 12:00 Lunch:</b> <b>Chs. Omelette &amp; Bday</b> <b>Dessert</b> Financial Counseling (p. 7) 1:30 Behind The Counter (p. 8)	<b>16</b> 9:30 Sit, Stretch, Flex (p. 13) 10:00 Walk with Ease (p. 6) <b>11:00 OR 12:00 Lunch:</b> <b>Beef Stew</b> Legal Aid (p. 7)	17 9:15 Flexercise (p. 13) 11:00 OR 12:00 Lunch: Vegetable Lasagne
required until further notice except while eating. TAKE-OUT MEALS To register, visit our front desk or call 215-723-5841 on Friday for the coming week's meals. Lunch	20 9:15 Step Aerobics (p. 13) 10:00 Flu, Covid, Respiratory Info. (p. 4) 11:00 OR 12:00 Lunch: Bacon Mac & Cheese 1:00 Memoirs (p. 9) Bucks Mont Golf League (p. 5)	<b>21</b> 8:00 Newsletter Mailing (p.7) 9:30 Sit, Stretch Flex (p. 13) 10:00 Walk with Ease (p. 6) <b>11:00 OR 12:00 Lunch</b> : <b>Meatballs</b> 1:45 Painting Class (p. 9)	<b>22</b> Technology Tips (p. 9) 9:30 Dancefit (p. 13) 10:00 Bowling (p. 8) 10:00 Walk with Ease (p. 6) 10:30 Choir Chimes (p. 8) 11:30 Red Hat Picnic (p. 9) <b>11:00 OR 12:00 Lunch:</b> <b>Pork &amp; Sauerkraut</b> 1:00 Book Club <u>City of Thieves (p. 8)</u>	23 9:30 Sit, Stretch, Flex (p. 13) 10:00 Walk with Ease (p. 6) 11:00 OR 12:00 Lunch: Chili with Corn Bread	24 9:15 Flexercise (p. 13) 11:00 OR 12:00 Lunch: Fried Chicken 6:00 Clam Bake (p. 1)
reservations will only be accepted on Fridays at this time. We cannot guarantee a meal for you without a reservation. Pick up and pay (\$2 each) at our front desk from 12:15pm- 12:45pm.	<b>27</b> 9:15 Step Aerobics (p. 13) 10:45 Hearing Checks (p. 12) 11:00 Food Fads (p. 4) <b>11:00 OR 12:00 Lunch:</b> <b>Baked Ziti with Sausage</b> 1:00 Memoirs (p. 9) Bucks Mont Golf League (p. 5)	28 9:30 Sit, Stretch Flex (p. 13) 10:00 Walk with Ease (p. 6) 11:00 OR 12:00 Lunch: Egg & Potato Casserole 1:30 Bingo (Virtual) (p. 8) 1:45 Painting Class (p. 9) p. 10	<b>29</b> Technology Tips (p. 9) 9:30 Dancefit (p. 13) 10:00 Bowling (p. 8) 10:00 Walk with Ease (p. 6) 10:30 Choir Chimes (p. 8) <b>11:00 OR 12:00 Lunch:</b> <b>Open Faced Roast Beef Sand.</b>	<b>30</b> 9:30 Sit, Stretch, Flex (p. 13) 10:00 Walk with Ease (p. 6) <b>11:00 OR 12:00 Lunch:</b> Stuffed Peppers	HAPP Celebrate Sept us on Lunch include



## SCHEDULE ANNOUNCEMENTS

All events are subject to change.

We will be closed on Monday, Sept. 6 for Labor Day.

There will be no noon meal on Thur., Sept. 9. Order your hoagie today (see p. 1).

## **WEEKLY FITNESS OFFERINGS** (held each week at

the corresponding day & time unless noted above): See p. 8 & 13 for full descriptions.

MONDAYS: **19** 9:15 Step Aerobics 9:30-3:30 Billiards

> TUESDAYS: 9:30 Sit, Stretch, Flex 9:30-3:30 Billiards

WEDNESDAYS: 9:30 Dancefit 9:30-3:30 Billiards

THURSDAYS: 9:30 Sit, Stretch, Flex 9:30-3:30 Billiards

FRIDAYS: 9:15 Flexercise 9:30-3:30 Billiards