259 N. Second St.
Souderton, PA 18964

Non-Profit Organization
U.S. Postage Permit #64104
Lansdale, PA 19446

Current Resident Or

Contact us

Main Number: (215) 723-5841
Rental Info.: (215) 723-6966
Social Services: (215) 723-1930
Meals on Wheels: (215) 723-8555
info@generationsofiv.org
generationsofiv.org

Farmers Market Vouchers Coming Soon! . . .See p. 2
Introducing A New Cancer Support Group. . .See p. 5

Time Dated Material
Mailed from Lansdale on
May 21, 2019

Montgomery County Department of Health and Human Services
Office of Aging & Adult Services

NISC
Find us on Facebook

Generations is. . .

- a place of welcome and friendship for active adults
- a community of people committed to learning, growth, and mutual support
- a gathering, where the needs and joys of the community can be shared
- a spirit of partnership and caring which lasts. . . from generation to generation

We're here:

Monday-Friday,
9:00am-4:00pm,*
Evenings & Weekends as scheduled

*See p. 11 for more important scheduling announcements.

A great big thanks to Univest Employees for sprucing up our Center this Spring! (More on p. 2).

June 2019

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Hoagie Sale

Thursday, June 13, 9am-4pm

Enjoy a delicious hoagie on a fresh Conshohocken Bakery roll and help raise needed funds for our Center & Meals on Wheels programming!

Hoagies are $6 for turkey or Italian. To place pre-orders, stop by or call 215-723-5841 by Tuesday, June 11.

Did you know that we deliver locally for large hoagie orders? You can help us spread the word by picking up some order forms at our front desk and sharing them with friends, family, and co-workers. Our hoagies are sure to be a hit at your party, workplace, or dinner table. What a yummy way to help us out!

Remember: You can view our full newsletter on our website by the 1st of each month at www.generationsofiv.org

Weekly Wellness Breaks

With DeSales University Physical Therapists Wednesdays, June 12-July 24

Generations of Indian Valley, in conjunction with the Doctor of Physical Therapy Program at DeSales University, will be presenting a three part wellness program at Generations every Wednesday from June 12 - July 24, 2019.

From 10:00 - 12:00, one on one physical therapy screenings will be offered to participants. Appointments are required for this free service. During the screening, the student physical therapists (under the supervision of licensed physical therapists) will perform a comprehensive physical examination. This includes, but is not limited to, muscle strength testing, heart rate and blood pressure screens, balance assessments, fall-risk screening, sensory testing, and gait evaluation.

The Physical Therapy Doctoral candidates will also offer two group exercise options for our participants.

At 10:00am, join us for a beginner fitness class, "DeSales Functional Fitness." The class will be directed at strengthening, balance, and flexibility improvement. Persons with all levels of function are welcome to attend; modifications will be made for those with balance or strength impairments. This class is a great way to ease into functional fitness if you're just starting to exercise, recovering from an injury or procedure, have recently fallen, or are "out of practice."

At 11:00am, beat the dog days of summer with the "DeSales Circuit Challenge." During this circuit training program, the student physical therapists will assist participants in safely completing a series of exercise challenges at "stations." If you have minimal time or get bored with exercise easily, this is the class for you! Designed for participants with a higher level of function, this class will help you build muscle, balance, and improve cardiovascular functioning.

All events are free of charge.

The aim of this partnership is to improve the safety and function of those served by Generations of Indian Valley while permitting the student physical therapists from DeSales University, under the supervision of licensed physical therapists on faculty at DeSales, to provide service to our community.

Weekly attendance is not mandatory. Participants can attend any or all parts of the program. Space is limited. For more information, to register for one of the exercise classes or to schedule a PT screening, visit our front desk or call 215-723-5841.

Our team

Staff

Douglas Eschbach, Executive Director
Lisa Furbacher, Assistant Director
Chad Bickert, Kitchen Supervisor
Emily Filice, Social Services Coordinator
Bryan Finnemeyer, Housekeeping
Kimberly Hendricks, MOW Coordinator (North Penn)
Kathy Jansen, Cafe Supervisor & Special Projects
Lexi Little, Kitchen Assistant
Pat McQue, MOW Coordinator (Indian Valley)
Stephanie Radcliff, Member Services Coordinator
Esther Stoudt, Rental Coordinator
Amy Stover, ADC, Program Coordinator
Milt Stover, Maintenance Coordinator
Stacy Bivighouse, MOW Kitchen Supervisor

Board of Directors

Rebecca Nice, D.O., Chair
M. Theresa Schwartzer Vice Chair
Ron Hallman, Secretary
Timothy Swartley, Treasurer
John H. Filice
Brian K. Goshow
D. Scott Landis
Alexandra Metricarti
Ella M. Roush

Generations is. . .

Generations of Indian Valley is a 501(c)3 non-profit community center serving active senior adults in Souderton, Telford, Franconia, and the surrounding communities with programs in wellness, nutrition, social services, recreation, travel, and more. Generations' Meals on Wheels program serves the Indian Valley and North Penn areas.

Thanks to Univest Employees who recently helped our own Volunteers spread mulch, clean our stage, and wash our windows!

Generations of Indian Valley is funded, in part, under contract with Aging and Adult Services of Montgomery County. Additional funding is provided by the United Way, foundation grants, municipal support, fundraising projects, and individual and corporate contributions. We suggest, but do not require, an annual contribution from our participants to help defray the costs of our operating expenses.

We assure participation and services to anyone applying and qualifying without regard to race, religion, national origin, marital status, sex, sexual orientation, gender identity, or disability where a person is otherwise qualified or could be with reasonable accommodation. (See our participant application for specific guidelines). Generations is an Equal Opportunity Employer.

We Vouch for Farmers Markets

Farmers Market Vouchers Available June 3

Generations is pleased to once again partner with Montgomery County CADCOM (Community Action Development Commission) for the Farmers Market Voucher Program. While helping small farmers increase sales, the program provides eligible seniors with $20 in food vouchers that can be used at participating local Farmers Markets.

A recipient must:

- be a Montgomery County resident
- be 60 or older
- have a household income that does not exceed $23,107 for one person and $31,284 for two persons

Vouchers are available for pick up at Generations **beginning on June 3** during the times listed below:

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

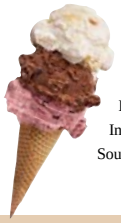
Please bring proof of age and address. Questions? Call Emily Filice, Social Services Coordinator: 215-723-1930.

The Scoop On Concert Sundaes

On Sundays in June, July, & August, our community welcomes talented artists and entertainers to Souderton Park where visitors can enjoy a free outdoor concert along with a sundae (or other tempting refreshment)!

Generations is proud to be a "service club partner" for Concert Sundaes. Thanks to all of our participants who helped support the 2019 Concert Sundaes Series! We raised over $1000 for these community events.

If you haven't experienced the treat that is a Concert Sundae in the Park, make this the summer to do it! Picture a Norman Rockwell painting come to life right here in our backyard. People of all ages tap their toes to live music and enjoy summer together. The "cherry on top" is that refreshment sale proceeds collected during the concerts support a different local non-profit organization each week (including Generations).



Here's the scoop on upcoming Concert Sundaes (full brochures will be available at Generations soon): All concerts begin at 7:00pm and are held outdoors at the Maurice W. Foulke Bandshell at Souderton Community Park, Wile Avenue & Reliance Rd. If it rains, you'll find the concert at its indoor venue: Indian Crest Middle School, 139 Harleysville Pk., Souderton, PA 18964.

Upcoming Concert Sundaes:

- **June 2: Community Day**–String Trio, SAHS Alumni Men's Chorus, Indian Valley School Select Choir
- **June 9: The Directors Big Band**–Traditional Big Band Sound
- **June 16: Rush Barn Band**–Folk, Rock & Country (Fireworks)!
- **June 23: The Big House Band**–One of Philly's Top Party Bands (Fireworks Rain Date)
- **June 30: Allentown Band**–Marches/ Patriotic Music
- **July 7: Amici String Band**
- **July 14: Merion Concert Band**–Crowd-pleasing Community Concert Band
- **July 21: Show Tyme & Da Traffic**–Soul, Gospel, Rhythm & Blues***
- **July 28: Jess Zimmerman Band**–A Blend of Country & Rock
- **August 4: Green River**–Creedence Clearwater Revival Tribute

***Come see us at the Show Tyme & Da Traffic Concert on July 21! Refreshment sales will benefit Generations' Center and Meals on Wheels programming.

News & notes

DINING WITH DIABETES REMINDER

As a friendly reminder to those with a paid registration, Penn State Cooperative Extension will offer Dining with Diabetes, a program for adults with or at risk of developing type 2 diabetes, at Generations on Wednesdays from 10:00am–12:00pm from May 15–June 12.

IT'S ALL IN THE GAME

Many thanks to The Spiel Foundation fo donating five brand new card and board games to Generations for the enjoyment of our Participants. We received a surprise donation from this 501(c)3 non-profit organization dedicated to bringing enjoyment to kids and seniors and making the world a more playful place. So grab a friend and a table in our Cafe and enjoy our selection of games.

BRIDGE CLASS REMINDER

As a friendly reminder to those with a paid registration, Learning Bridge Through Play will be offered on eight consecutive Fridays through June 14 from 12:30pm–2:30pm.

Questions? call 215–723–5841.

Watching Out For Us Pedestrian Safety

Wednesday, June 5
10:30am

Watching Out for Us is a presentation on pedestrian safety for the older adult. This workshop describes what older adults can do to be as safe as possible while walking and how driver behavior, the physical environment, and traffic law enforcement can help improve walking conditions.

At the end of the presentation, a gait speed screening will be done for each participant. This screening will determine the time it takes for you to walk a certain distance which is important to know when crossing the street.

Please register for this free program by calling 215-723-5841 or by stopping at our front desk.

Bone Health & Joint Replacement

Monday, June 17,
10:00am

Bones play many roles in the body — providing structure, protecting organs, anchoring muscles and storing calcium. Joints connect bones within your body, bear weight, and enable you to move.

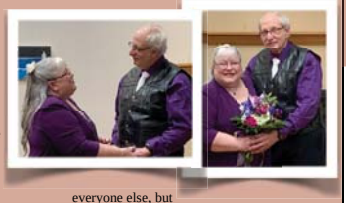
You can take steps during adulthood to protect bone health and optimize joint function too.

Attend a free Abington Jefferson Community Health "Help Yourself to Healthy Living" presentation by Sandy Bernstein, MSN, RN, CS, LMFT to learn more about bone degeneration and optimizing bone health. In addition, Sandy will discuss the latest advancements in joint replacements.

Please register for this free program by calling 215-723-5841 or by stopping at our front desk. Look for more informative "Help Yourself to Healthy Living" presentations on the third Monday of each month at 10:00am.

How Sweet It Is

By Roving Reporter Mary Caruso



What's the sweetest thing at Generations? Is it the yummy chocolates? Or maybe Linda D.'s array of cute headbands? If you ask Generations Participant Al Serota, the sweetest thing to him is the smile on the face of fellow Participant Beatrice Ingham, and Beatrice says the feeling is mutual.

On Saturday, May 4, in a small private ceremony at Generations officiated by another Generations Participant Nancy Lombardo, Al & Bea made a vow that they intend to keep those smiles going for a lifetime when they officially "tied the knot."

Al and Bea met at Generations four years ago, when they struck up a casual conversation. "We were just sitting on the benches out there," says Al, "and started up a conversation." And, as one discussion led to another, their casual talks continued.

"I wasn't 'looking'," Beatrice declares, "but the more we talked, the more we found we had a lot in common." Although the two share similar interests in music and artists, Beatrice has found Al's one little quirk to be his love for Godzilla movies!

When asked what sparked that confirming little "zing," Bea says it was a day when she and her family were exiting the Indian Valley Public Library, and there was Al, standing very gentlemanly at the door. "I just thought, 'Oh, Wow'!" and the rest, as they would say, became history.

"He's always there for me," says Bea, who confirms that one of the special things about their relationship is their ability to readily resolve conflicts. "We never argue," says Al, "We have disagreements, like everyone else, but we always solve them with ease."

Maybe that's because he considers it his 'job' to make Beatrice smile every morning. "It's my job," he says, "to do or say something first thing every morning to put a smile on her face."

Al & Bea are living proof that Generations is a place where people make meaningful connections, foster friendships, and even find love! We wish them many more smiles and years of happiness as they continue their journey together.

Take the Montco Trail Challenge

It's time to hit the trails and participate in the Montgomery County Trail Challenge! The Challenge will run until late fall, providing plenty of time for people of all ages to experience the seasonal changes in Montgomery County's vast network of trails and parks. This event is open to all.

Thirteen trails that connect greenways, waterways, and heritage corridors throughout Montgomery County are part of the challenge. When you visit the various trails over the next few months, you will find a unique symbol at the trailhead to record on your official trail challenge card. This year Montgomery County will be recognizing three levels of achievement with the challenge (see box at right).

Plus, you can visit two trails, parks, or county historic sites of your choosing and receive credit towards an achievement level. You don't have to walk or bike the entire trail to get credit for the challenge - just visit, enjoy, and earn your recognitions! The real incentive is the benefit of participating in a total body wellness activity that is also a treat for the senses.

For more information or trail challenge cards, stop by Generations or visit the website: www.montcopa.org/trailchallenge

Be healthy. Have fun. Get out and go, Montco!

MONTCO TRAIL CHALLENGE RECOGNITION LEVELS:

- **EXPLORER: Visit five trails and earn a wearable reflector.**
- **ADVENTURER: Visit ten trails and earn a reflector and a medal.**
- **TRAILBLAZER: Visit 15 trails and earn a reflector, medal, and cooling towel!**

Please stop by Generations to register and pick up a Trail Challenge Card. Drop off your completed card at Generations by Nov. 22 to receive your recognitions.

Cancer Support Group

4th Fridays from 11am–12pm, Beginning June 28

Cancer causes hardships. In addition to the physical effects patients face, the illness also challenges patients and caregivers mentally, emotionally, and financially. Daily lives are affected by treatments, bodily changes, and altered routines.

How do cancer patients and caregivers find the strength and support to cope with these new realities? Studies have shown that support groups bring people together and provide a safe forum for exchanging perspectives, sharing concerns, and gaining confidence to face the future (Cancer.net).

Are you or a loved one dealing with cancer? You are not alone! Join us at Generations for a new Cancer Support Group offered every fourth Friday from 11am-12pm beginning on June 28.

The group will be facilitated by Licensed Marriage and Family Therapist, Gina Polsinelli. During small group sessions, Gina will help group members listen and share concerns and triumphs in a safe space. This group is appropriate for patients and family members who are currently dealing with cancer or for those who have previously dealt with its challenges. It is our hope to help patients and family caregivers feel supported by a community and navigate the complex process of managing a life-altering illness such as cancer.

Come and vent your frustration, exchange information, and learn how others and YOU can live through the challenge of cancer.

A donation of $3 per person, per session will be collected before each meeting. Group space is limited. Please visit our front desk or call 215-723-5841 to register.

APPRISE Can Help You

APPRISE is a free program, coordinated by RSVP, operating under the auspices of Montgomery County Aging and Adult Services. Their purpose is to educate those age 65 and over and those with disabilities, on their Medicare options and provide them with objective, easy to understand information.

Utilization of this free service has helped many of our Generations Participants save hundreds of dollars on their Medicare costs. APPRISE counselors have helped introduce our Participants to and enroll them in low income subsidy programs.

APPRISE volunteer counselors are specially trained to answer your questions about Medicare and provide you with objective, easy-to-understand information about health insurance. Specifically, APPRISE can answer your questions about Medicare, Medicare Supplemental Insurance, Medicare Advantage plans as well as prescription drug plans. If you are new to Medicare or even if you've been on Medicare for a while, you may have questions. Our APPRISE Counselors are certified by the State of Pennsylvania to provide free, unbiased information. We have a confidential hotline so residents of Montgomery County and beyond can contact us to receive an initial screening with regards to their individual Medicare needs. Also, there are 31 counseling sites located throughout Montgomery County, where residents can meet in-person with one of our counselors by appointment. In addition to Medicare questions, counselors can also help you with:

- **Extra Help/LIS** (Low-Income Subsidy). This program can help lower your prescription copayments and premiums and cover the cost of the coverage gap.
- **Medicare Savings Program** can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost-sharing.
- **PACE/PACENET** is a program that has higher eligibility limits and will help reduce the cost of prescriptions and medications.

There is NO COST for an APPRISE counselor's service or for enrollment into these programs. There is a counselor here at Generations. See more information at right on APPRISE offerings at Generations or call APPRISE at 610-834-1040 x 120 and a trained counselor will help you. More details about the APPRISE program can be found at www.aging.pa.gov

News & Notes

Bucks Mont Golf
Mon., May 6-Sept. 30

Join us at Twin Woods Golf Course (2924 E. Orvilla Rd., Hatfield, PA) at 4:00pm. Reasonable fees apply. Food available for purchase. Open to men, women, singles, couples, all skill levels, 55 years or older. Registrations will be accepted throughout the season. Call Twin Woods Golf Course: 215-822-9263. Mention Generations when you register for the Bux Mont Senior Golf League and a donation will be given back to us.

DNA Swabbing Scam

The PA Dept. of Aging has issued an alert about scammers going to senior living communities and senior centers offering to swab the cheeks of seniors for genetic material purportedly for DNA checks for cancer. The alleged testing is a way to trick people into giving away information or participating in unneeded medical services. Scammers can bill Medicare for unneeded medical tests and procedures or use the information they collect to commit identity theft and fraud.

Legal Aid/Benefits
Wed., June 19, 11am

Many vulnerable seniors qualify for but are not yet enrolled in benefits that could help them pay for prescriptions, medical care, food, heat, or other services. Morgan Palermo, Esq., of Legal Aid of Southeastern PA will speak about and answer questions related to public benefits including Food Stamps, LIHEAP, and Medical Assistance.

Legal Aid of Southeastern PA is dedicated to providing representation to low-income and vulnerable people in Bucks, Chester, Delaware, and Montgomery Counties. Please register for the free program: 215-723-5841.

AARP Safe Driving Four Hour Refresher
Fri., June 14, 9:00am

Join instructor Judy Pfanders to learn how to operate your vehicle more safely in today's challenging driving environment.

Fee: $15.00 AARP Members; $20.00 Non-members. To register, stop by our front desk or call 215-723-5841.

Most insurance companies require a full eight hour course to be taken initially. Once completed, a four hour refresher course should be taken at least every three years after that. Contact your insurance company to determine exact requirements.

Social Services

Our Social Services Coordinator Emily Filice is available Monday-Friday from 11:00am-2:00pm. Stop in during these hours or call ahead to speak with Emily at 215-723-1930 (her job duties sometimes take her outside of the office).

APPRISE Medicare/ Health Insurance Info.
Thursday, June 6, By Appt.

Ed Savitsky, our APPRISE counselor, can help you make good health insurance decisions and navigate the Medicare maze. Come learn what you need to know before you make changes. APPRISE is a free health insurance counseling program for older Pennsylvanians and is open to members of the community. Participants must register in advance to schedule an appointment. Call Social Services: 215-723-1930.

Financial Counseling
3rd Wednesdays, 1:00pm—4:00pm, by appt.

John Kazary, Esq., CTFA, Senior Financial Analyst with Univest Bank, provides a free review of your investments. John can also assist with creating a budget that works for you, regardless of your assets. Call Social Services for an appointment: 215-723-1930.

Caregivers Support:
2nd Tuesdays, 10:00am

This group is appropriate for caregivers of adults who suffer from dementia, Parkinson's disease, stroke, or other diseases. The group is approved by The Alzheimer's Association. Pre-registration is required for free, on-site respite care. For questions or registration, call 215-723-5841.

Legal Aid: 3rd Thursdays
1:00pm—4:00pm, by appt.

Meet with a lawyer to discuss your legal questions or have a will or Power of Attorney prepared. Appointments are limited and book up fast. Call Social Services to schedule: 215-723-1930.

LIHEAP:

The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant and does not need to be repaid. To receive help, applicants must meet the required income limits. For questions or to determine your eligibility, call 215-723-1930.

Property Tax/Rent Rebates:

Older adults and residents with disabilities may apply for rebates of rent and property taxes. Call to find out how to take advantage of this tax relief: 215-723-1930.

TransNet/Transportation:

We may be able to assist you with transportation to Generations through TransNet's Shared Ride or other services. For questions about eligibility or to schedule an appointment for TransNet services, call Emily: 215-723-1930.

SHARE:

With SHARE (Self Help And Resource Exchange) you can buy food packages worth $35-$40 in exchange for only two monthly hours of community volunteer service and $20. For more information, sign-up forms, and menus, check outside the Social Services office or call 215-723-1930. To place a SHARE order through Generations, please order by the date listed below. Generations is not responsible for any orders placed directly to SHARE.

June Orders Due: June 4
June Pick Up: June 20

Social Service Resources

Our local & regional United Ways have an extensive database of social services available in the region. Anyone can access this information by dialing 211 and talking with a live operator or by logging on to the system online: www.211sepa.org.

Montco Veterans Affairs:

Counseling: To schedule a phone or in-person appointment, call the Office of Veterans Affairs: 610-278-3285.
Shuttle Service: Montgomery County is now providing door-to-door service to and from VA medical facilities for any Montgomery County Veteran. Handicapable vehicles are available, and caretakers are welcome to ride with their veteran. Contact Ryan Fox, Veterans Service Officer: 610-278-3285.

Lend a hand

Volunteers are needed to assist with food preparation and clean up for our noon meal. Training will be provided. Contact Chad Bickert: 215-723-5841.

Agile volunteers are needed to assist with weeding and watering some areas of our gardens at Generations. Training will be provided. Contact Amy Stover: 215-723-5841.

Volunteers are needed to assist with shelving/organizing books in our Library one-two times per month. Training will be provided. Contact Amy Stover: 215-723-5841

Regularly Scheduled Recreation

The listings below show when programs are typically scheduled. Activities may be cancelled or rescheduled. Please check the calendar or call if you have a question.
Front Desk Information: 215-723-5841, 9:30am-3:00pm.

Billiards: Monday–Friday, 9:00am–4:00pm
Join in a game of pool at one of our two well-maintained tables. All are welcome for daily play. Registration is required for tournament play. Donation: $1.00 per day.

Bingo (Day): 2nd & 4th Tuesdays, 1:30pm
Begin purchasing your bingo cards at 1:00pm for $1.00 each. We play 20 games and have a 50/50 raffle and refreshments at the break.

Bingo (Evening): 4th Fridays, 7:00pm March–October
Doors open at 6:30pm; games begin at 7:00pm. Purchase cards for $1.00 each. We play 20 games. At intermission, we serve snacks and offer a 50/50 cash raffle. The next Evening Bingos will be Friday, May 24 and Friday, June 28.

Bowling: Wednesdays, 10:00am
Enjoy a fun time at Earl Bowl in Earlington with a chance to win a free game. $2.75 a game; $2.00 shoe rental. Meet at Earl Bowl.

Bridge: Thursdays, 12:15pm–3:30pm
This game is for the more proficient player who can play without guidance. Join players for a game in the Ridgeview Room.

Captivated By Color: 3rd Tuesdays, 10:30am
Volunteer Denise leads this stress-free adult coloring group. Supplies will be provided, or you can bring your own. Donation: $1.00 per person, per class.

Choir Chimes: Wednesdays, 10:15am
The group, led by Dottie Reed, rehearses and performs a varied repertoire on hand chimes and meets September-June. Ringers who can read music are needed! Contact Dottie: 215-721-9070.

Creative Writing: 2nd & 4th Thursdays, 1:00pm—3:00pm
Do you like to write? Join our creative writing group. Share your stories, poems, or non-fiction articles.

Duplicate Bridge Mondays, 12:15pm–3:30pm
This session features a serious approach to the game and requires a partner. Donation: $1.00.

Five Crowns Cards 2nd & 4th Mondays, 1:00pm
Join our group for this quick, non-competitive five-suited rummy-style card game. It's easy to learn, and instructions will be given by a knowledgeable volunteer. No partner required. No need to sign up; just show up.

Book Club with Judy: Wednesday, June 26, 1:30pm

The June book club selection is What the Wind Knows by Amy Harmon. "In an unforgettable love story, a woman's impossible journey through the ages could change everything…Anne Gallagher grew up enchanted by her grandfather's stories of Ireland. Heartbroken at his death, she travels to his childhood home to spread his ashes. There, overcome with memories of the man she adored and consumed by a history she never knew, she is pulled into another time" (amazon.com). Volunteer Judy Hallman will lead a friendly discussion on Wednesday, June 26 at 1:30pm. Please register if you plan to attend: 215–723–5841.

Garden Club:
This group does gardening around the Center. New volunteers are welcome. Contact Linda Kratz: 215-703-4078.

Hand and Foot Cards: 1st, 3rd, 5th Tuesdays, 9:15am—1:15pm
Learn this card game that's similar to Canasta. Lunch break at 12:00pm.

Handicrafters: Mondays, 10:00am
We have a dedicated time and space available for your crafting convenience! Spread out, chat with friends, and finally get motivated to finish the job! Bring your own project.

Hasenpfeffer: Wednesdays, 1:00pm
Contact Irene Landes at 215-723-3791 if you'd like to try this PA Dutch card game that's lots of fun. Beginners welcome. **Please call Irene if you are a regular player and won't be able to attend.**

Indian Valley Choraleers: Mondays, 1:00pm—2:30pm
The Choraleers sing a variety of popular, seasonal, and patriotic tunes from September-June. New members welcome. Questions? Call Annamarie: 215-723-3591.

Library: Monday–Friday
Our Library is available for your use unless it is reserved for a program. We use donations/honor system for borrowing.

Mahjong: Fridays, 12:30pm
Experienced players are welcome to join our fun group for this wonderful old Chinese tile game! Meet by the fireplace.

Memoirs Group: Mondays, 1:00pm
Whether you're writing just for yourself or to pass on to your family, join this creative group led by Marilyn Gross. Meet in the library.

Newsletter Mailing: 3rd Tuesday, 8:00am (June 18)
Join this winning team to help fold, label, and sort newsletters. Refreshments follow for volunteers. Volunteers are also needed the afternoon before the mailing to help fold newsletters in the back of the Community Room.

Origami: 3rd Tuesdays, 12:45pm (June 18)
Volunteer Susan Wismer leads this relaxing, creative activity focused on the art of Japanese paper folding. All supplies and easy-to-follow instructions will be provided. Donation: $2.00 per class.

Painting: Tuesdays, 1:45pm—3:45pm
Class taught by substitute instructor Paula Slemmer. Instruction in watercolors and other media is provided. Bring your own painting supplies if you have them. Donation: $3.00 per class.

Pinochle: Thursdays, 12:45pm–3:30pm
Straight bid, no partner required. Refreshments served. Donation:$1.50.

Red Hat Happenings:
Check the Saxy Red Hatters bulletin board for upcoming event information.
Lunch at Caruso Trattoria
Wednesday, June 19, meet at 11:30
Overhome Alpaca Farm & Cracker Barrel (con't next column)
Wed., July 17 $20 includes tour of farm and transportation. Lunch is on your own. Register at our front desk. For Red Hat questions or concerns, Contact Linda Dickinson: 215-450-4986, mooma2cats@gmail.com or via Facebook OR
Grace Price: 215-723-4722 priceswrite@verizon.net

Scrabble: 1st & 3rd Fridays, 9:30–11:30am
Join this non-competitive group for a friendly game of skill-sharpening Scrabble with scoring. Supplies provided. Space is limited. Please register if you plan to attend: 215-723-5841.

Shuffleboard: Wednesdays, 9:00am Weather permitting
Join this casual group in the warmer months in Souderton Community Park, weather permitting. Park on Wile Ave. near the pool.

Technology Tips Tuesdays, By Appointment
Volunteer Tom can assist you one-to-one with technology concerns relating to your email, phone, tablets, laptops, websites, and more. Call 215-723-5841 to schedule your free Technology Tips appointment at Generations.

Telford Night Market

The Telford Night Market will be held on the 2nd & 4th Wednesday of every month from May 22 – Oct 23, 5pm – 9pm at the Telford Train Station, Penn Avenue & Main Street, Telford PA. The TNM is a seasonal open-air night market. Vendors sell curated food, fresh produce, wine, beer, specialty items and art. TNM is pet friendly, has live music, kids' crafts and games, and a seating area to have dinner or a snack.

June 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., June 19. 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
Farmers Market Voucher Distribution **Begins June 3. See Schedule at right** The program provides eligible Montgomery County seniors age 60 plus with $20 in food vouchers that can be used at participating local Farmers Markets. **More information is available on p. 2.**		**Farmers Market Voucher Schedule** / **Begins June 3!** 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		GENERATIONS OF INDIAN VALLEY *Where Enjoying Life Is Timeless*	**1** 9:30 Colebrookdale Railroad Trip (p. 14) **2**
3 10:00 Meditation (p. 12) 10:00 Blood Pressure ✔ (p. 12) 10:00 Handicrafters (p. 9) **12:00 Lunch: Beef Stroganoff** 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Choraleers (p. 9) Bux Mont Senior Golf (p. 6)	**4** Technology Tips Appts. (p. 9) 9:15 Hand & Foot Cards (p. 8) **12:00 Lunch: Kielbasa with Cabbage** 1:45 Painting Class (p. 9) SHARE Orders Due (p. 7)	**5** Haircuts Massage (p. 12) 9:00 Shuffleboard (p. 9) 10:00 Bowling (p. 8) 10:00 Dining w/ Diabetes (p. 3) 10:30 Pedestrian Safety (p. 4) **12:00 Lunch: Pot Roast** 1:00 Hasenpfeffer (p. 9)	**6** 8:00 Old Order Mennonite Tour (p. 14) **12:00 Lunch: Turkey with Stuffing & Carrots** 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) APPRISE Appointments (p. 7)	**7** 9:30 Scrabble (p. 9) 10:00 Krassdale Alpaca Farm Trip (p. 14) **12:00 Lunch: Chili with Cornbread** 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 3)	**8** **9**
10 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) **12:00 Lunch: Spaghetti & Meatballs** 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) 1:00 Choraleers (p. 9) Choraleers to The Willows Bux Mont Senior Golf (p. 6)	**11** Billiards Away vs Pennridge 10:00 Caregivers Support (p. 7) Technology Tips Appts. (p. 9) **12:00 Lunch: Corned Beef & Cabbage** 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	**12** Haircuts (p. 12) Massage (p.12) 9:00 Shuffleboard (p. 9) 9:30 Meditation & Healing (p. 12) 10-DeSales Functional Fitness (p. 1) 11-DeSales Circuit Challenge (p. 1) 10:00 Mohegan Sun Trip (p. 14) 10:00 Dining w/ Diabetes (p. 3) 10:00 Bowling (p. 8) **12:00 Lunch: Chick. Cordon Bleu** 1:00 Hasenpfeffer (p. 9)	**13** **HOAGIE SALE (p. 1)** 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	**14** Billiards Away vs Norm. Farms 8:00 Hiawatha Trip (p. 14) 9:00 Safe Driving Refresher (p. 6) Reflexology (p. 12) **12:00 Lunch: Salisbury Steak** 12:30 Mahjong (p. 9) 12:30 Bridge Class (p. 3)	**15** Happy Father's Day! **16**
17 Cape Cod Trip 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) 10:00 Bones/Joints (p. 4) **12:00 Lunch: Chicken Marsala** 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) Bux Mont Senior Golf (p. 6)	**18 Cape Cod Trip** 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) **12:00 Lunch: Salmon with Dill Sauce** 12:45 Origami (p. 9) 1:45 Painting Class (p. 9)	**19 Cape Cod Trip** Haircuts Massage (p. 12) 9:00 Shuffleboard 10:00 Bowling (p. 8) 10-DeSales Functional Fitness (p. 1) 11-DeSales Circuit Challenge (p. 1) 11:00 Legal Aid/Benefits (p. 6) 11:30 Red Hatters to Caruso (p. 9) **12:00 Lunch: Pork & Sauerkraut & Birthday Cake** 1:00 Hasenpfeffer (p. 9) Financial Counseling (p. 7)	**20 Cape Cod Trip** Acupuncture (p. 12) 9:30 Pure Country Trip (p 14) **12:00 Lunch: Fish & Chips** 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) Legal Aid (p. 7) SHARE Order Pick Up (p. 7)	**21** Billiards Home vs Arbour Sq. 9:30 Scrabble (p. 9) **12:00 Lunch: Ham** 12:30 Mahjong (p. 9)	**22** **23**
24 10:00 Meditation (p. 12) 10:00 Handicrafters (p. 9) Hearing Checks (p. 12) **12:00 Lunch: Cod Florentine** 12:15 Duplicate Bridge (p. 8) 1:00 Memoirs (p. 9) 1:00 Five Crowns Cards (p. 8) Bux Mont Senior Golf (p. 6)	**25** Technology Tips Appts. (p. 9) **12:00 Lunch: Chicken & Dumplings** 1:30 Bingo (p. 8) 1:45 Painting Class (p. 9)	**26** Haircuts Massage (p. 12) 9:00 Shuffleboard 10:00 Bowling (p. 8) 9:30 Meditation & Healing (p. 12) 10-DeSales Functional Fitness (p. 1) 11-DeSales Circuit Challenge (p. 1) **12:00 Lunch: Meatloaf** 1:00 Hasenpfeffer (p. 9) 1:30 Book Club: What the Wind Knows (p. 8)	**27** **12:00 Lunch: Bratwurst, German Potato Salad, & Kraut** 12:15 Bridge (p. 8) 12:45 Pinochle (p. 9) 1:00 Creative Writing (p. 8)	**28** Billiards Home vs Pennridge 9:00 Bowman's Hill Trip (p. 15) Reflexology (p. 12) 11:00 Cancer Support (p. 5) **12:00 Lunch: Crab Cake** 12:30 Mahjong (p. 9) 7:00 Evening Bingo (p. 8)	**29** **30**

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

There will be no regular Noon Meal on Thur., June 13. 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

Wellness/Spa Offerings

Acupuncture: Thursday, June 20, 9:00am–11:00am

Acupuncture is a complete medical system that relieves pan and triggers your body's ability to heal and stay well. Treatments are offered while you are seated comfortably in a group setting. Please allow 45-60 minutes. The cost is $20. For questions or to schedule an appointment, please contact Kimberly Niezgoda, L.Ac., Board Certified Licensed Acupuncturist, 215-500-3399 or kim.niezgoda@gmail.com
Walk-ins accepted if time allows.

Haircuts: Wednesdays, 9:00am—11:00am

Pamper yourself with a haircut by Mary DiCondina, Licensed Cosmetologist, for only $6.00. Please use the sign-up sheet at the Front Desk or call 215-723-5841 to schedule your appointment up to six weeks in advance. **Effective May 15, 2019, payment is due at our front desk at the time of your appointment. Tips for Mary are appreciated.** Walk-ins are welcome up to a total of 25.

Massage: Select days by appointment

Myofascial Release (hands-on technique that applies gentle sustained pressure to eliminate pain and restore motion)
Therapeutic Massage (soothing hand movements help relieve muscle tension)
Zero Balancing Massage (fully clothed body-mind work using skilled touch)
Cost for a 30 minute *Therapeutic Massage* or *Myofascial Release*: $35. Cost for a 30 minute *Zero Balance Massage:* $25 for participants and $45 for non-participants. Payment is due at time of appointment. On-site appointments available with James Ross, BSN, RN, LMT. For more information or to schedule your appointments, contact James: 267-475-7013 or yourmassage@myabmp.com

Reflexology: Fridays, June 14 & 28 By appointment

Reflexology is the practice of stimulating points on the feet for a beneficial effect elsewhere on the body. Call Lori Koffel, Reflexologist, at 267-663-1575 for appointments at Generations. ($22/30 minutes).

Reiki

Not currently offered.

Meditation & Healing: 2nd & 4th Wednesdays, 9:30am

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for an experiential, self-healing session. She will guide participants in self-talk to help tune out negative stereotypes and replace them with positive affirmations for aging. Cost: Donation of $3 per person will be collected before class.

Guided Meditation for Stress Relief: Mondays, 10:00am–10:30am

Start your journey to a calmer mind by enjoying 30 quiet, refreshing minutes and a guided meditation from sound to silence. Result: a refreshed you with a better focus. Darlene Cianci, Certified Instructor. Fee: $3/class or $14/8 classes. Pay at front desk.

Health Screenings

Blood Pressure Checks: Monday, June 3 10:00am–11:30am

Free blood pressure checks are provided by Abington-Jefferson Community Health Services. First come, first serve. Sign in on the sheet outside the health room upon arrival.

Hearing Checks Mon., June 24 10:45am–12:30pm

Please call our Front Desk at 215-723-5841 to schedule an appointment for a free hearing check and/or hearing aid service with Associates in Hearing.

Diabetic Shoe Fittings:

Diabetics on Medicare may receive one pair of shoes and inserts per year. Indian Valley Podiatry will measure and evaluate your feet. For more information on services available at their office, call IV Podiatry at 215-723-9688. Be sure to tell them it's for Generations. Medicare Advantage plans holders not eligible.

Fitness Offerings

Class fees vary based on instructor fees and typical class attendance. Exercisers: Check the health & fitness bulletin board (near the double doors on the wood-floor side of our Community Room) for important announcements and last-minute changes.

Make a Splash!

- Gold card passes are available for the Souderton High School pool for those 62 and older. Contact Lisa Burger: 215-721-1551 (please mention Generations).
- Indian Valley YMCA pool guest passes are available for $5 per session. Call 215-723-3569.
- Seniors 60+ swim for $2 from 12–1pm daily at the Souderton Community Pool located at 460 Wile Ave, Souderton. Discounted seasonal rates for all day or 12–1 swim are also available for seniors who register before 5/10/19. For more information visit www.soudertonborough.org or register in person at the Borough Office: 31 W. Summit Street, Souderton.

Dancefit: Thursdays, 10:00am–10:45am

Have fun getting fit while you move to this toe-tapping, Zumba-inspired workout which combines Latin and international music with some of your old favorites. Designed for all fitness levels including those with two left feet. Kristin Messina, Certified Instructor. Fee: $4/class or $20/6 classes. Pay at front desk.

Tai Chi: Mondays & Fridays, 10:30am–11:15am

Tai Chi Health can help you improve balance and coordination, relieve stress, and increase muscle mass. Darlene Cianci, Certified Instructor. Fee: $3/class. or $14/8 classes.

Fit 4 less

The following classes are led by certified fitness instructors. Please place $2.00 per person, per class in the collection box at the back of the Community Room.

Flexercise: Mondays & Fridays, 9:00am–10:00am

Come join this vigorous one hour class featuring ½ hour of aerobics and ½ hour of strength work. All equipment provided. Instructor: Robyn Earl.

Sit, Stretch, Flex: Tuesdays & Thursdays, 9:00am–9:45am

This seated workout includes aerobics, strength, flexibility and balance work. Keep moving, prevent falls, or return to exercise after a break. Equipment provided. Instructor: Jean Tornetta

Step Aerobics: Wednesdays, 9:00am–10:00am

This class has cardio and strength components. Participants can select a preference of step or regular aerobics. The format is middle to high level. Instructor: Jean Tornetta

Day Trips

Please note the following trip reservation policies: On the day a trip opens (noted under each trip listing), in-person reservations are accepted first, beginning at **9:00am**. Phone reservations may be made beginning at **10:00am** by calling 215-723-7997 (please use this number on opening day only). On all other days, reservations may be made in person at the Front Desk or by calling 215-723-5841, Monday-Friday from 9:00am-3:00pm. A Generations participant may sign up only himself/herself and one guest on opening day.

OLD ORDER MENNONITE TOUR, Lancaster
Thursday, June 6

Enjoy a traditional Amish meal at the farm home of Ruthann Souder. We will stop at some favorite shopping destinations before heading home.

Departs: 8:00am Returns: 3:30pm
Cost: $30 includes ride on our bus, tour, and lunch. Meal gratuity is at your own discretion.
Trip Opens: May 8 Payment Deadline: May 31

KRAUSSDALE ALPACA FARM, East Greenville
Friday, June 7

Kraussdale Alpacas was founded in 2002, after the owner fell in love with alpacas during a visit to Peru. Their breeding program focuses on producing quality black alpacas with dense fiber, conformation, and great temperaments. You will get up close and personal with these amazing creatures! After our tour, we will enjoy lunch at the Spinnerstown Hotel.

Departs: 10:00am Returns: 2:30pm
Cost: $52 includes ride on our bus, tour of Alpaca Farm, lunch, taxes, and gratuity.
Trip Opens: May 8 Payment Deadline: May 24

MOHEGAN SUN CASINO, Poconos
Wednesday, June 12

The Generations escort will call roll at departure and return times and is available for emergencies. Hagey Coach is not responsible for transportation of people who miss the bus at its designated time of departure. No minors. Please park your car across the street in the lower lot of the Fire Co. Bring a valid photo ID.

Departs: 10:00am Returns Approx.: 7:00pm
Cost: $40 includes ride on Hagey bus, $25 slot credit, $5 food voucher, taxes, and driver tip.
Trip Opens: May 8 Payment Deadline: May 22

HIAWATHA & MILLIONAIRE'S ROW, Williamsport
Friday, June 14

We will travel to Williamsport on a Hagey bus. Our first stop is the Hiawatha Paddlewheel Riverboat. The Hiawatha is one of the most popular attractions in central Pennsylvania! After our boat ride, we will head to Pennsylvania School of Technology Culinary Arts restaurant, *Le Jeune*, for a three-course meal. Next, we head to The Rowley House for a tour of millionaire's row. We will enjoy a guided tour of some of these Impressive Victorian mansions.

Departs: 8:00am Returns: 6:30pm
Cost: $90 includes ride on coach bus, riverboat cruise, lunch, taxes, gratuity, and tour of mansions.
Trip Opens: May 10 Payment Deadline: May 30

QUEENS OF PURE COUNTRY, Hunterdon Hills, NJ
Thursday, June 20

Queens of Pure Country showcases the music of artists such as Patsy Cline, Loretta Lynn, Tammy Wynette, Dolly Parton and more! The show features hits from country greats of yesterday and today.

Departs: 9:30am Returns: 5:15pm
Cost: $75 includes ride on our bus, show, lunch, taxes, and gratuity.
Trip Opens: May 10 Payment Deadline: June 3

Payment Information:

Trip payment is due by the deadline listed with each trip. After this date, your money will not be refunded unless you find a replacement traveler. If payment has not been made by this date, Generations reserves the right to cancel your reservation. Registrations may still be accepted after the payment deadline if space is available. Make checks payable to Generations of Indian Valley.

Fox Meadows Creamery

Additional Trip Tips:

- All trips depart from 259 N. Second St., Souderton unless otherwise specified.
- Participants may sign up only himself/herself and one guest on opening day. Our active participants take precedence over guests.
- Travelers must be independent to participate in any trip.
- Look for the sneaker symbol to indicate the degree of walking involved in a trip.
- A star (*) after the trip listing indicates a new trip listing.
- If you don't get a spot on a desired trip, please sign up for the waiting list! If a waiting list becomes long enough to plan an additional trip, we will attempt to do so and call those on the waiting list first.

BOWMAN'S HILL WILDFLOWER PRESERVE, New Hope, PA
Friday, June 28

Located in Bucks County, Bowman's Hill Wildflower Preserve is a botanical museum dedicated to native plants. Explore about 4.5 miles of trails that wind through the forest and meadows, and along streams and ponds. After our visit, we will head to Lambertville Station for lunch.

Departs: 9:00am Returns: 2:30pm
Cost: $50 includes ride on our bus, self-guided tour of gardens, lunch, taxes, and gratuity.
Trip Opens: May 10 Payment Deadline: June 12

CANAL DINNER CRUISE,* Easton
Saturday, July 6

We will cruise the Lehigh Canal aboard the *Josiah White II* and enjoy patriotic-themed entertainment and a buffet dinner. The cruise includes raising and lowering the boat at the lower end of the canal. Travel back in time for this authentic anthracite canal experience!

Departs: 4:15pm Returns: 10:00pm
Cost: $65 incudes ride on our bus, cruise, dinner, taxes, and gratuity.
Trip Opens: June 5 Payment Deadline: June 19

FOX MEADOWS CREAMERY,* Ephrata
Tuesday, July 9

Fox Meadows Creamery features hand-crafted ice cream made on-site with milk from their small dairy farm just across the field. Get an inside glimpse of the ice cream making process. The journey from cow to cone begins with crops grown in the fields and makes its final stop in the creamery where you can enjoy an ice cream cone. We will have lunch right at the creamery along with some delicious ice cream. We will stop for a little shopping on the way home.

Departs: 8:00am Returns: 3:00pm
Cost: $40 includes ride on our bus, presentation, lunch, ice cream treat, taxes, and gratuity.
Trip Opens: June 7 Payment Deadline: June 21

Day trips continued on p. 16.

Day trips continued from p. 15.

SPIRIT OF PHILADELPHIA*
Friday, July 12
We will travel down the Delaware River and enjoy a two-hour lunch cruise along with a delicious lunch buffet on *The Spirit of Philadelphia*. The cruise features DJ Entertainment and narrated tour. Relax and take in the amazing views of the Philadelphia skyline.
Departs: 10:00am Returns: 3:30pm
Cost: $62 includes ride on our bus, boat cruise, lunch, taxes, and gratuity.
Trip Opens: June 5 Payment Deadline: June 28

BANQUET IN A CORNFIELD,*
Bird-in-Hand, PA
Thursday, July 18
The Smucker family invites you to gain a deeper appreciation of Lancaster County's agricultural heritage and enjoy a mouthwatering farm-fresh meal on the family homestead, all served under a tent among the rows of corn. From the moment you join us on the hayride, until after the family-fun activities, corn maze, and music around the bonfire, you'll create great memories of this relaxing evening in the country.
Departs: 3:30pm Returns: 10:45pm
Cost: $50 includes ride on our bus, entertainment, dinner, taxes & gratuity.
Trip Opens: June 5 Payment Deadline: June 28

Falling for Niagara Falls September 8-11, 2019

Niagara Falls is the collective name for three falls that straddle the United States/Canada border, as well as the name of the city that shares the border. Travel with Generations to Canada where more than 3,000 tons of water thunder over the falls every second.

Your four day, three night vacation includes:
•Round trip deluxe Hagey motor coach transportation
•Meet & greet upon arrival
•Three nights at the Radisson Hotel
•Three breakfasts
•One full luncheon
•Three full dinners - including one dinner in Skylon Tower Revolving Dining Room
•Two guided tours of Niagra Falls
•Hornblower Cruise
•Winery Tasting Tour
•Taxes & meal gratuities
•Luggage service (one bag)

Cost per person:
Single: $1014 Double: $763
A $75.00 deposit is required at sign-up.
Final balance due: July 15, 2019.

A PASSPORT IS REQUIRED. Travel insurance is available upon request.

Contact Lisa Furbacher to make your reservation:
215-723-5841 or
lfurbacher@generationsofiv.org

Day trips continued from p. 16.

LANCASTER BREWING CO. & LANCASTER CENTRAL MARKET*
Friday, July 19
We will start out at The Lancaster Brewing Company for lunch. Then we will head to Lancaster Central Market where you can bring home a taste of the region's culinary delights. After some free time at the Market and before we head home, we will stop at Rolled Cold Creamery for an ice cream treat.
Departs: 10:00am Returns: 5:30pm
Cost: $45 includes ride on our bus, ice cream treat, lunch, taxes, and gratuity.
Trip Opens: June 7 Payment Deadline: July 5

LEHIGH GORGE SCENIC RAILWAY,*
Jim Thorpe, PA
Friday, July 26
We will head to the town of Jim Thorpe for some time to shop and grab lunch on your own. Then we will relax and ride comfortably in a vintage coach pulled by diesel engines. The narrated round-trip follows the majestic Lehigh River over bridges through Glen Onoko, and into the Lehigh Gorge State Park. After our train ride and before we head home, we will stop at Wood's Ice Cream for a snack.
Departs: 9:30am Returns: 4:30pm
Cost: $25 includes ride on our bus and train ride. Lunch and ice cream are on your own.
Trip Opens: June 7 Payment Deadline: July 8

For all those traveling with us for the Niagara Falls Trip, this a friendly reminder that your final balance is due July 15, 2019. Travel insurance is available upon request. For questions or concerns, contact Lisa Furbacher: 215-723-5841 or lfurbacher@generationsofiv.org

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Join us for an upcoming event!
Where do we start?
Tips to help you downsize, sell your home and make a seamless move into a senior living community.
Thursday, June 13 • 2:30-4:30 pm
Bring a friend to this information-packed seminar presented by guest speakers Mark McGuire, Keller Williams Realty; Dan Ireland, Indian Valley Trading Company; and Susan Rains, Interior Designer. RSVP by May 7.
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The best time to sell · How to choose a real estate agent
How to prep your home for sale · Downsizing to ease the move
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