

LUNCH MENU

RESERVATION INFO
BELOW. PLEASE LET US
KNOW IF YOU NEED
TO CANCEL!

2024 / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Roast Beef & Swiss on Ciabatta with Horsey Sauce; Arugula, Tomato, and Fresh Mozz Salad w/ Lemon Vinaigrette	3 Shepherd's Pie; Garden Salad; Fresh Fruit	4 Baked Chicken Sausage & Zucchini with Shredded Provolone; Garden Salad; Garlic Knot	5 Salmon & Dill Lasagna with Shaved Fennel; Garden Salad; Whole Wheat Roll	6 Chicken Bacon Ranch Flatbread; Warm Spinach Salad
9 GENERATIONS CLOSED	10 Baked Stuffed Shells; Garden Salad; Whole Wheat Roll	11 Pork & Kraut w/Mashed Potatoes, Apple Sauce, & String Beans	12 Taco Salad (mild) with Ched. Chs, Black Beans, Corn, Tomato Salsa, Avo. Cream, & Tortilla Crisps	13 Tricolor Tortellini with Baby Shrimp & Pesto Sun-dried Tomato Cream Sauce; Broccoli
16 Pulled Pork with Mac-n-Cheese on Whole Grain Roll, Pepper Slaw, Fruit	17 Baked Haddock with Tomato Ginger Sauce; Veggie Fried Rice; Green Vegetable	18 Happy Birthday! Swedish Meatballs Over Noodles; Cranberry Sauce; Broccoli	19 Stuffed Acorn Squash & Green Salad	20 Chicken Enchilada Lasagna with Sour Cream Drizzle; Green Salad
23 Cheesesteak Salad Loaded with Tomatoes, Cheese, Onions, Mushrooms, & Creamy Parmesan Dressing	24 10:30 Minute to Win It Pre-Brunch Fun (5) 11:15 Holiday Brunch Menu TBA EARLY CLOSING 12:30	25 GENERATIONS CLOSED	26 GENERATIONS CLOSED	27 GENERATIONS CLOSED
30 GENERATIONS CLOSED	31 GENERATIONS CLOSED	January 1 CLOSED	<div style="border: 1px solid black; padding: 5px;"> <p>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p> </div>	

OUR MEALS

Menu items are listed on the calendar above. **To register for a dine-in meal, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order.** A limited number of take-out meals are available for caregivers of homebound individuals. Please see our Social Services Coordinator, Emily Filice (215-723-1930) to request caregiver meals. We cannot guarantee a meal for you without a reservation. **If you need to cancel your lunch reservation, please let us know.**

To receive a noon meal, arrive and seat yourself by 11:55. **PLEASE HANG COATS IN THE VESTIBULE.** There are no assigned/reserved seats. We cannot guarantee entry to the community room before 11:30am. Upon arrival for meals, please sign in at our

kiosk, and place your anonymous donation in the collection box at our front desk (suggested \$2 for each meal). **If you receive meals from Generations, you may hear from us to schedule a friendly consultation for a required nutrition assessment.**

HAPPY BIRTHDAY


Everyone who is registered for the noon meal will receive a special dessert on our birthday celebration days: Wednesday, Dec. 18 and Wednesday, Jan. 15

OUR CAFÉ

Our Café is open Mon.-Fri. from 9:00am-1:00pm for dine-in or take-out. Enjoy our à la carte menu and daily specials of salads, sandwiches, snacks, coffee, soups, heat & eat meals and more. No need to order; just stop by!

PROGRAM SCHEDULE


2024 / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p>The number after the program listing indicates on which page of the newsletter more information can be found.</p>					<p>Nov. 30 Dec. 1</p> 
<p>2 9:30 CardioTone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY(p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Choraleers to Paradise Manor (8)</p>	<p>3 9:30 Billiards Away vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:00 Scrabble (9) 10:30 Joy to the World Trip AMT (15) Haircuts by Appt. (12) 12:45 Violence, Elder Abuse & Bullying (4)</p>	<p>4Hearing Appts. (12) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) Choir Chimes to Meadowood (8) 12:45 Politics Intro (4) 3:30 Caregivers Support (Virtual) (7)</p>	<p>5 9:00 Billiards Away vs Hillview (8) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 9:30 AARP Safe Driving Refresher (4) 9:30 White Christmas @ DADT Trip (15) 12:45 Pinochle (9) PA Medi Appt. (7)</p>	<p>6 9:30 Billiards (8) Reindeer Run Early Check-In (1) 10-2 Board Game Day (8) 10:30 Yoga (14) 12:30 Mah Jong (8) Last Day for Basket Raffle Tickets (2) Comfort & Joy Book Orders Due (3) Bakehouse OrderDue (6)</p>	<p>7 8:00 Reindeer Run & Walk Fundraiser (1) Gift Collection Donations Due (4)</p>
<p>9 Generations Closed MOW Runs as Usual (see below) Billiards Away vs Meadowood (8) Choraleers to Hidden Meadows (8)</p>	<p>10 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 1:00 Bingo (8) 6:30 Bereavement Support (7)</p>	<p>119:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 9:30 Bird in Hand(16) 10:00 Bowling (8) 11:00 Recipe Swap Holiday Special (9) 10:30 Balance/Tone/Stretch (14) 12:45 Winter Cupcake Demo (4) Choir Chimes to Peter Becker (8) 2- Caregivers Support (7)</p>	<p>12 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Great Courses: My Favorite Universe (4) 11-Mats that Matter(9) 12:45 Pinochle (9) 3:30 Board Meeting</p>	<p>13 9:30 Billiards Home vs Arb. Square (8) 10:30 Release & Restore Yoga (14) 11:00 Listen Up! Charter School Holiday Concert (4) 12:30 Mah Jong (8) 12:45 Drawing Class (4) 6:00 Holiday Variety Show with Cayden & Friends (3)</p>	<p>14 15 12:00 Tomasello Winery Trip</p>
<p>16 9:30 Cardio Tone (14) 9:30 Billiards (8) 10-What Test? (5) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Choraleers to Valley Vista (8)</p>	<p>17 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:00 Scrabble (9) Haircuts by Appt. (12) 12:45 Movie Matinee: Radio City Christmas Spectacular (5)</p>	<p>18 9:00 Billiards Away at Hershey Mill (8) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 12:45 Collage Speaks (3) 12-2 Collett Hours (7) Choir Chimes to Pine Run Financial Counsel (7) 1:00 Music Bingo (5) Bakehouse Order Pick Up (5)</p>	<p>19 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10-2 Hill & Hollow Pop Up Bookstore (1) 10:00 Great Courses: My Favorite Universe (5) 12:45 Pinochle (9) Choraleers to Valley Manor Apartment (8) Legal Aid (p. 7) 6:30 Longest Night(1)</p>	<p>20 9:00 Billiards Away vs Brittany Pointe (8) 10:00 Trivia at Ten (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Drawing Class (4)</p>	<p>21 22</p>
<p>23 9:30 Cardio Tone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>24 9:15 Billiards Home vs Pennridge (8) NO Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:30 Minute to Win It (5) 11:15 Holiday Brunch (5, 10) GENERATIONS CLOSSES AT 1PM</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28 29</p>
<p>30</p>	<p>31</p>	<p>HOLIDAY CLOSING: Generations will be closed on Mon., 12/9. Meals on Wheels (MOW) will run as scheduled on 12/9. There will no Sit Stretch Flex on 12/24. In addition, Generations will close at 12:30pm on Tue., 12/24 and remain closed through Wed., 1/1/25. We will re-open on Thur., 1/2/25. There will be no MOW deliveries on 12/25/24 or 1/1/25, but MOW will otherwise run during this time. If you are a MOW driver and are unable to drive during the holiday season, please call our MOW office and let us know: 215-723-8555.</p>			
<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>		<p><i>Happy Holidays!</i></p>			

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2025 / JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>		<p>1 GENERATIONS CLOSED</p>	<p>2 Teriyaki Meatballs with Sesame Noods & Steamed Broccoli; Fortune Cookie</p>	<p>3 Crispy Cod Sandwich with Dill Pickle Aioli, Slaw & French Fries</p>
<p>6 Creamy Sausage Gravy Over Biscuit; Green Salad; Fruit</p>	<p>7 Baked Chicken, Ranch and Broccoli with Bacon; Corn Bread; Fresh Fruit</p>	<p>8 Meatloaf with Fresh Mushroom Gravy; Mashed Potatoes, Garlic Green Beans</p>	<p>9 Chicken Pot Pie with Puff Pastry Top; Green Salad</p>	<p>10 Wild Caught Alaskan Salmon with Mango Salsa; Veggie Fried Rice; Edamame</p>
<p>13 Mac-N-Cheese Quiche, Garden Salad; Fruit</p>	<p>14 Chicken Cacciatore Over Mashed Potatoes; Green Beans; Whole Wheat Dinner Roll</p>	<p>15 Happy Birthday! Meatball "Salad" with Romaine, Chickpeas, Red Onion, & Shredded Parm; Garlic Knot </p>	<p>16 New England Clam Chowder with Oyster Crackers; Green Salad</p>	<p>17 Pork and Sauerkraut, Mashed Potatoes; Garlic Green Beans; Apple Sauce</p>
<p>20 Sausage & Roasted Red Pepper Flatbread; Tossed Green Salad</p>	<p>21 Eggroll in a Bowl: Fried Rice & Wonton Strips; Edamame</p>	<p>22 Beat the Winter Blues: Special Meal, Menu, Price. See p. 6 & Menu at desk</p>	<p>23 Baked Cod with Lemon Caper Sauce; Wild Rice; Green Salad</p>	<p>24 Cheese Ravioli with Marinara; Garlic Knots; Warm Brussels Sprouts; Caesar Salad</p>
<p>27 Crispy Cod Sandwich with Dill Pickle Aioli; Slaw; French Fries</p>	<p>28 Garlic Texas Toast Sloppy Joe; Potato Salad; Fruit</p>	<p>29 Spinach, Mushroom, & Feta Quiche; Butternut Hash; Fruit</p>	<p>30 Chicken a'la King on Puff Pastry; Green Salad; Fruit</p>	<p>31 Teriyaki Meatballs with Sesame Noodles & Steamed Broccoli; Fortune Cookie</p>

WELLNESS/SPA OFFERINGS

GROUP ACUPUNCTURE FOR PAIN RELIEF: NOW HELD TUESDAYS AT 10:00AM

B.J. Putnam, DAc, offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Call 215-723-5841 to register. Pick up payment ticket at the front desk before class.

HAIRCUTS BY APPOINTMENT: 1ST & 3RD TUESDAYS

Robin Dennis, licensed cosmetologist offers haircuts by appointment on site at Generations. \$10 includes a "dry" cut and a donation to Generations. To schedule your appointment, please stop by the Generations front desk or call 215-723-5841.

ON THE MOVE PHYSICAL THERAPY:

On The Move is an outpatient physical therapy clinic that provides a variety of services (pain relief, balance/falls risk, vestibular training, strengthening, conditioning, flexibility and much more!). No referrals needed, accepts most major insurances. To schedule an appointment at Generations, in your home, or in our mobile clinic, please call 267-932-8857 or book through our website: <https://www.otmpt.com>

BLOOD PRESSURE SCREENINGS:

MONDAYS, DEC. 16 & JAN. 20, BEGINNING AT 11:15AM
Free blood pressure checks, provided by Jefferson Health-Abington. First come, first serve; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.

MEDITATION & SELF HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for a self-healing session via conference call. Tune out negative stereotypes and replace them with positive affirmations. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

NEW! ATTENTUS HEARING CARE: WED., JAN 8, BY APPOINTMENT

Audiologist Dr. Abby Holauchock offers free hearing screenings, hearing aid cleanings, and ear wax checks at Generations. To schedule your free screening, please call or text (267) 669-1345. Additional services available for a fee: ear wax removal and hearing aid repairs. Full evaluations and consultations are also available at Generations or in your home.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>		<p>1</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Schedule Announcements:</p> <p>• We will be closed on January 1</p> </div>	<p>2</p> <p>9:30 Billiards (8) 9:30 Reading Terminal Trip (16) 9:30 Sit, Stretch, Flex (14) 10:00 Great Courses: My Favorite Universe (5) 12:45 Pinochle (9) PA Medi Appt. (7)</p>	<p>3</p> <p>9:30 Billiards (8) 10 Board Game Day (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 2:15 Shady Brook Farm Light Trip (16)</p>	<p>4</p> <hr/> <p>5</p>
	<p>6</p> <p>9:30 CardioTone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</p>	<p>7</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:00 Scrabble (9) 10:30 Rhythmit (14) Haircuts by Appt. (12)</p>	<p>8</p> <p>9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 11:00 Recipe Swap: Spice of Life (9) Hearing Care Appt. (12) 12:45 Collage Speaks (3) 12:45 Great Course: Secrets of Spices (7) Choir Chimes to Keystone Villas 2 - Caregivers Sup.(7)</p>	<p>9</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Courses: My Favorite Universe (4) 11-Mats that Matter (8) 12:45 Pinochle (9) 3:30 Board Meeting</p>	<p>10</p> <p>9:30 Billiards (8) 10:00 Name That Tune (6) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Drawing Class (4)</p>
<p>13</p> <p>9:30 CardioTone(14) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY(p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</p>	<p>14</p> <p>9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:30 Rhythmit (14) 1:00 Bingo (8) 6:30 Bereavement Support (7)</p>	<p>15</p> <p>9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 12-2 Collett Hours (p. 7) Financial Counsel.(7) 12:45 Collage Speaks (3)</p>	<p>16</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Courses: My Favorite Universe (4) 12:45 Pinochle (9) 1:00 Welcome Committee Mtg (9) Legal Aid (p. 7)</p>	<p>17</p> <p>9-Billiards Away vs Arb. Square (8) 9:30 Billiards (8) 9:45 American Treas. Tour Trip (16) 10:00 Woven Heart Crafting (6) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Drawing Class (4)</p>	<p>18</p> <hr/> <p>19</p>
<p>20</p> <p>9:30 CardioTone (14) 9:30 Billiards (8) 10:00 Joyful Living (6) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</p>	<p>21</p> <p>9:15 Newsletter Mailing (9) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:30 Rhythmit (14) Haircuts by Appt. (12) 10:00 Scrabble (9) 12:45 Movie Matinee: Les Miserables (6)</p>	<p>22</p> <p>9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 12:00 Beat the Winter Blues Lunch & Dance (6) 12:45 Collage Speaks (3)</p>	<p>23</p> <p>9:30 Murder for Two @ Dutch Apple Trip (17) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Courses: My Favorite Universe (4) 11-Mats that Matter (8) 12:45 Pinochle (9) 12:45 Winter Book Club Discussion: <u>Comfort & Joy</u> (1, 3)</p>	<p>24</p> <p>9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Digital Literacy with Alan (6)</p>	<p>25</p> <hr/> <p>26</p>
<p>27</p> <p>9:30 CardioTone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</p>	<p>28</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:30 Rhythmit (14) 1:00 Bingo (8)</p>	<p>29</p> <p>9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 12:45 Collage Speaks (3)</p>	<p>30</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 iPhone 101B Class (6) 12:45 Pinochle (9) iPhone Training By Appt. (6)</p>	<p>31</p> <p>9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 6:00 5th Friday in the Cafe with Hobie & Friends (3, 6)</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>The number after the program listing indicates on which page of the newsletter more information can be found.</p> </div>

FITNESS OFFERINGS

BALANCE, TONE, & STRETCH: WEDS., 10:30AM

Come for a class featuring full body standing and seated exercises for all fitness levels. Improve balance, strength, mobility, and flexibility. Resistance bands and weights (optional) are provided or bring your own. Lysandra Sanchez, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

DANCEFIT: WEDNESDAYS, 9:30-10:15AM

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. No pre-registration required. Sign in and pay at front desk upon arrival. All equipment is provided. Adaptions are offered for those who need more or less challenge.



RELEASE & RESTORE YOGA: FRIDAYS AT 10:30

Release stress and tension, and calm your mind. Appropriate for all levels and practiced standing and sitting. No mats are necessary. Darlene Cianci, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

FIT FOR LESS

The following classes are led by certified fitness instructors. Please sign in upon arrival and stop by the front desk to pay \$3.00 per person, per class.

CARDIO TONE:

MONDAYS, 9:30 - 10:15 (NEW TIME)

This standing workout combines cardio, resistance training (equipment provided), and catchy tunes for all fitness levels. Modifications given for seated participants. Instructor: Lysandra Sanchez.

SIT, STRETCH, FLEX: TUESDAYS & THURSDAYS, 9:30-10:15AM

NO CLASS 12/24

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 Torretta

PLEASE NOTE:

- Class fees vary based on instructor fees and typical class attendance.
- Those interested in taking our fitness classes must sign up to become Generations participants.
- Please sign in at our kiosk upon arrival.
- Check the bulletin board (in the vestibule/ lobby) or our website www.generationsofiv.org for important announcements and last-minute changes.
- Masks are optional at Generations. You can always call our front desk for the current masking policy: 215-723-5841.

RHYTHMFIT SERIES: TUESDAYS AT 10:30, CURRENT SERIES RUNS JAN. 7 - FEB. 25 THIS CLASS WILL BE OFFERED AS A SERIES THROUGHOUT 2025.

Burn calories and blast stress during this moderate cardio class with favorite instructor Kristin Messina! This class can be done sitting or standing. Participants will use drum sticks, large yoga balls, and other equipment for a fun workout that blends simple choreography and infectious beats. Kristin Messina, Certified Instructor. Fee: \$4/class or \$20/6 class discount card that never expires. No pre-registration required. Sign in and pay at front desk upon arrival. All equipment is provided..

TAI CHI: MONDAYS, 10:30

Tai Chi is a series of gentle, flowing exercises and stretches that can help you improve balance and coordination, relieve stress, and increase muscle mass. Darlene Cianci, Certified Instructor. Fee: \$3/class or \$14/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

FITNESS VIDEOS:

Recorded videos of our classes are offered on our website. To access the videos, visit our website: www.generationsofiv.org and click on "Generations Fitness Class Videos" under the "Upcoming Events" section of the home page. If you decide to use them, please take a moment to drop an email to Amy: astover@generationsofiv.org.