LUNCH MENU

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

2024 / **APRIL**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | |
|---|---|--|--|---|--|--|
| 1 BBQ Chicken Breast on Sandwich Thin w/ Crispy Onions & Cheddar; Potato Salad; Fruit | 2 Pulled Pork on Sweet Potato with Peach Salsa; Green Beans | 3 Cheesesteak Hoagie, with Lettuce, Tomato & Fried Onions; French Fries; Fresh Fruit | 4 Baked Lasagna with Green Salad; Garlic Knot | 5 Baked Cod with White Wine Tomato Sauce; Wild Rice; Green Salad | | |
| 8 Chicken Parmesan, Caesar Salad, Garlic Knot | 9 Spinach, Mushroom, & Feta Quiche; Butternut Squash Hash; Fresh Fruit | 10 Chicken Pot Pie; Green Salad | 11 Pork and Sauerkraut; Mashed Potatoes; Creamed Corn; Green Beans | 12 Pasta Primavera with Creamy Garlic Sauce; Green Salad, Whole Wheat Roll, Fruit | | |
| 15 Pineapple Chicken Over Brown Rice; Roasted Yellow and Green Squash; Whole Wheat Roll | 16 French Onion Beef Sliders; Sweet Potato Fries; Fruit | 17 Happy Birthday! Chicken A la King in Puff Pastry; Green Salad | 18 Grilled Cheese with Tomato Basil Soup; Fruit | 19 Flatbread Pizza with Sausage, Roasted Red Peppers, & Mozzarella; Green Salad | | |
| 22 Chicken & Potatoes with Dijon Cream Sauce; Green Salad; Biscuit | 23 Salmon Burger with Dill Sauce; Sweet Potato Fries; Pickles | 24 Meatloaf with Zesty Ketchup; Rosemary Roasted Potatoes; Garlic Green Beans | 25 Creamy Mushroom, Ham and Potatoes; Fresh Broccoli; Fruit | 26 Chicken and White Bean Chili with Corn Bread Topping; Green Salad; Fruit | | |
| 29 Pulled Pork on Sweet Potato with Peach Salsa; Green Beans | 30 Noontime Tea (Special Event/Meal/ Price see. p. 1) | post app | All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org | | | |

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, April 17 and Wednesday, May 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!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SUNDAY |
|---|---|--|--|---|--|
| 1 9:15 CardioTone(14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) | 2 9:00 Billiards Away vs Meadowood (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Meaning & Purpose After Retirement (4) 10:30 Rhythmfit (14) NO Haircuts (12) 1:00 Painting (9) | 3 9:30 Billiards (8) 9:30 Meditation/SH (9:30 Dancefit (14) 10:30 Acupuncture 10:30 Choir Chimes 10:30 Balance/Tone Stretch (14)) 3:30 Caregivers Support (Virtual) | (12) vs Hillview (8) AARP Tax Appt. (6) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00Morning Crafter: Pom Pom Pizazz (4) 13:45 Pinackle (0) | 5 AARP Tax Appt. (6) 9:30 Billiards (8) 9:15 Line Dance (14) 10:00 Sight & Sound/ Daniel Trip (15) 10-2 Board Game Day (8) 10:30 Yoga (14) 12:30 Mah Jong (8) | The number after the program listing indicates on which page of the newsletter |
| 8 9:15 Cardio Tone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 10:45 Malagari Hours(7) 11:00 What's Up Doc Funct. Nutr. Pt 2 (4) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8) | 9:00 Billiards Away at Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8) 1:00 Painting (9) 6:30 Bereavement Support (7) | 10 9:30 Billiards (8 9:30 Meditation/SH (9:30 Dancefit (14) 10-Sky High Trip (1 10:30 Balance/Tone Stretch (14) 10:30 Acupuncture (10:30 Choir Chimes (1-3 Healthy Steps folder Adults (3) 2- Caregivers Support 2:00 Bowling (8) | 12) AARP Tax Appt. (6) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 11-Mats that Matter(9) 12:45 Pinochle (9) 3:30 Board Meeting | 12 9:15 Line Dance (14) 9:30 Billiards (8) AARP Tax Appt. (6) 10:00 Sight & Sound/ Daniel Trip (15) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) | more info. can be found. |
| 9:15 Cardio Tone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:00 Be Your Best Health Advocate (4) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8) | 16 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 9:30 Piano Men Trip (15) 10:00 iPad 101B (4) NO Haircuts (12) 10:30 Rhythmfit (14) 12:45 Movie Matinee: La La Land (4) NO Painting (9) | 17 9:00 Billiards Away at Hershey Mill 9:30 Billiards (8) 9:30 Meditation/SH (9:30 Dancefit (14) 10:30 Balance/Tone, Stretch (14) 10:30 Acupuncture (10:30 Choir Chimes (11-2 Foster Grandparent Info (3) 12-2 Collett Hours (5) Financial Counsel (7) 1-3 Healthy Steps folder Adults (3) | 9:30 Sit, Stretch, Flex (14) 10:00 Reading Term. Market Trip (15) Senior Portraits By Appointment (4) 12:45 Pinochle (9) Legal Aid (p. 7) | 19 9:30 Billiards Home vs Arb. Square (8) 9:30 Billiards (8) 9:15 Line Dance (14) Senior Portraits By Appointment (4) 10:30 Release & Restore Yoga (14) 11:00 Recipe Swap & Sample:International (9) 12:30 Mah Jong (8) | 21 10:00 50s Dance Party Trip to AMT (15) |
| 229:15 CardioTone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 11:00 Vaccines & Heart Healthy Tips (5) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8) | 23 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8) 1:00 Painting (9) | 24 9:30 Billiards (9:30 Meditation/SH (19:30 Dancefit (14) 10-2 Carfit Appts (6:10:30 Balance/Tone Stretch (14) 9:30 Ragtime Trip (10:30 Choir Chimes 10:30 Acupuncture (2:00 Bowling (8) | 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 11-Mats that Matter(9) 12:45 Pinochle (9) 12:45 The Stories of | 26 9- Billiards Away vs Brittany Pointe (8) 9:15 Line Dance (14) 10:00 Trivia at Ten (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Artificial Intelligence (5) | 27 28 |
| 299:15 CardioTone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8) | 30 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 12:00 Noontime Tea 1:00 Painting (9) | D a | Ill programs are subject change. We will post applicable updates on or website: ww.generationsofiv.c | ur | |

Looking for our May 2024 lunch menu? It will be posted at the Center and on our website (www.generationsofiv.org) by April 16.

HOAGIE SALE FUNDRAISER FRI., MAY 10, 12-3PM



Enjoy a delicious hoagie on a fresh Hearth Bakery roll and help raise funds for our Center & Meals on Wheels programming! 12" Hoagies are \$9 for turkey or Italian. A cooking-free night is a great way to say, "Gee Mom, you're our HERO" or "There's no SUB for you, Mom!" To place preorders, stop by or call 215-723-5841 by Friday, May 3. We fulfill large hoagie orders! You can help us spread the word by sharing order forms (available at our front desk) with friends, family, and coworkers. Our hoagies are sure to be a hit at your party, workplace, or dinner table.

CONCERT SUNDAES NEEDS YOUR SUPPORT



Generations is proud to be a "service club partner" for Souderton's Concert Sundaes in the Park, and we are hoping to raise \$500 from our Center's participants to help support this worthy cause. Service club partners (like us) are then able to serve refreshments at one concert during the season and keep the proceeds for their cause. Please see Shawna or Val in our front office to make a donation. Cash or checks will be accepted. Checks should be made payable to *IVAF/Concert Sundaes*. Any donation amount is greatly appreciated. For a donation of \$25.00 by April 15, your name will be printed in the program. Donations will still be accepted after April 15. Thank you for your support of Generations and Concert Sundaes!



MUSIC BINGO FRI., MAY 24, 10:00AM

Come try this fun and exciting game of *Name That Tune* meets *Bingo*. Songs replace the numbers on a special bingo card. The host will play a song and reveal the correct name of that song. If you have that song listed on your card, you tick it off. Get a line, call bingo! \$2 donation toward fun prizes for winners. Please register by May 2. Call 215-723-5841.

WELLNESS/SPA OFFERINGS

GROUP ACUPUNCTURE FOR PAIN RELIEF:

WEDNESDAYS, APR. 3 - MAY 8 AT 10:30AM
B.J. Putnam, DAc, LOM, Dipl OM (NCCAOM) will offer six weekly GROUP Acupuncture sessions for PAIN RELIEF Participants are strongly encouraged to attend all six weeks to obtain the most beneficial outcome. More info. on p. 3.

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. Haircuts with Robin are temporarily on hold.

BLOOD PRESSURE SCREENINGS:

MONDAYS, APRIL 15 & MAY 20, BEGINNING AT 11:15AM Free blood pressure checks, provided by Jefferson Health-Abington. First come, first serve; sign up on the posted signin 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.

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY SUNDAY |
|--|---|--|--|--|---|
| 12:00 on W | s will close at led, May 22. s will be closed | 1 9-Shuffleboard (9) 9:30 Bird in Hand Trip (16) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 9:30 Bird in Hand Trip (16) 10:30 Balance/Tone/ Stretch (14) 10:30 Acupuncture (3) 10:30 Choir Chimes (8) 1:30 Behind the Kitchen Counter (5) 3:30Virt. Caregivers Sup.(7) | 9:15 Billiards Home vs Hill View (8) 9:30 Sit,Stretch, Flex (14) 10- Morning Crafter: Decoupage Sea Shell (5) 12:45 Pinochle (9) PA Medi Appt. (7) 12:45 The Stories of Our Lives (4) | 3 9:15 Line Dance (14) 9:30 Billiards (8) 10 Board Game Day (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) | The number after the program listing indicates on which page of the newsletter more information |
| 6 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8) | 7 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Painting (9) | 8 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/ Stretch (14) 10:30 Choir Chimes (8) 10:30 Acupuncture (3) 12:45 Movie Matinee: Elvis (5) 2 - Caregivers Sup.(7) 2:00 Bowling (8) | 9 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 AARP Safe Driving Refresher (5) 10:00 Scrabble (9) 11-Mats that Matter (9) 12:45 Pinochle (9) 12:45 The Stories of Our Lives (4) 3:30 Board Meeting | 10 HOAGIE SALE (12) 8:30 Green Dragon/ Shady Maple (16) 9:15 Billiards Away vs Norm. Farms (8) 9:15 Line Dance (14) 9:30 Billiards (8) 10-Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) | can be found. 12 Happy Mothers Day |
| 13 9:15 CardioTone (14) 9:30 Hand & Foot (8) 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) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8) | 14 9:30 Ikea Trip (16) 9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:00 Painting (9) 6:30 Bereavement Support (7) | 15 9-Shuffleboard (9) 9:30 Billiards (8) 9:00 Billiards Away vs Hershey Mill (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 11:00 Recipe Swap & Sample: Spring Veggies (9) Choir Chimes to Spring Street Center (8) 10:30 Balance/Tone/ Stretch (14) 12-2 Collett Hours (p. 7) Financial Counsel.(7) | 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 12:45 Pinochle (9) Legal Aid (p. 7) 12:45 The Stories of Our Lives (4) | 9:30 Billiards (8 9:15 Line Dance (14) 10:00 Are You Smarter Than a Middle Schooler? (6) 11:00 Digital Hygiene Phone Plan Tips (6) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) | 19 10:00 Out to Brunch: Yellow House Hotel (16) |
| 20 _{9:15} CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10-Strike Out Stroke (6) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8) | 21 9:15 Newsletter | 22 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/ Stretch (14) 10:30 Choir Chimes (8) 1:00 Volunteers Picnic in the Park (1) 2:00 Bowling (8) 4:45 Iron Pigs Trip (16) | 23 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Tours (6) 10:00 Scrabble (9) 11-Mats that Matter (9) 12:45 Pinochle (9) 12:45 The Stories of Our Lives (4) | 24 9:30 Billiards Away vs Shannondell (8) 9:30 Billiards (8) 10:00 Music Bingo12) 9:15 Line Dance (14) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) | 25 26 |
| 27 Generations Closed | 28 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) | 29 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/ | 30 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Full Mort Trip (16) 10:00 Great Tours (6) | 31 9:30 Billiards (8 9:15 Line Dance (14) 10:30 Release & Restore Yoga (14) | All programs are subject to change. We will post applicable updates |

12:45 Pinochle (9)

12:45 The Stories

of Our Lives (4)

12:30 Mah Jong (8)

7:00 5th Friday in the

Cafe-Elle Gyandoh (1)

Stretch (14)

Picnic Rain Date (1)

Bucks Mont Senior

Golf League (8)

1:00 Bingo (8)

1:00 Painting (9)

9:45Mind/Body Pain (6)

on our website:

www.generationsofiv.org