


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)		<p>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>	

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!

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 pre-orders, 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 co-workers. 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.

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 sign-in sheet at the Ridgeview Room and the nurse will call you in.

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.

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>

