

GENERATIONS OF INDIAN VALLEY

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. We have an open-door policy for suggestions. If you have an idea, come chat with us!

OUR VOLUNTEERS ARE A "PICNIC IN THE PARK" WEDS., MAY 22, 1:00PM

April is designated as National Volunteer Month, and it serves as a reminder that even small acts of kindness can create a ripple effect of positivity, inspiring others to join the movement of volunteerism.



And so, with gratitude for the many countless hours of service they have provided to support us, we invite all Generations Volunteers to a "Volunteer Picnic in the Park" Event on **Wednesday, May 22, at 1:00pm**. Meet us at Souderton Community Park (459 Wile Ave, Souderton) to enjoy hot dogs from the hot dog cart (donated generously by Fox Deli Provisions), sliders from The Burger Shop, a variety of cold salads, drinks, and the Ice Cream Cart from Downtown Scoop. Enjoy your favorite oldies (DJ) as we celebrate the amazing contributions our Volunteers make to Generations' vision and mission. Volunteers will also receive a recognition gift. This event is especially for Volunteers of both our Meals on Wheels and our "Center" programs who have donated time in the past year. Each volunteer may bring one non-volunteer guest. Some seating will be available at park tables/benches under the pavilion. Please wear comfortable shoes, dress for the weather and bring your own lawn chair. Registration is required. Stop by or call the Generations front desk at 215-723-5841 by May 15. Rain date is May 29.

NOONTIME TEA: TUESDAY, APRIL 30, 12:00PM

Dress your best* for an elegant afternoon meant to honor the ladies in our lives. Whether it's for mom, daughter, sis, or gal pal, she will love an afternoon of beautiful music, fancy food, and dainty decor, all with the theme of "Downton Abbey." Cost: \$20 for live entertainment and a three course tea. Our tea menu is TBA but is sure to include the most quintessential of English tea time selections such as dainty sandwiches, scones served with clotted cream, pretty pastries, and teas fit for royalty. Seating is limited and registration is required. There will be no regular noon meal this day. To register, stop by our front desk or call 215-723-5841 by Thursday, April 25. *Prizes will be awarded for the best dressed individuals who most wholly embrace our theme of "Downton Abbey." (Downton Abbey takes place in early 20th century England).



Visit Our Website: For the most up to date program information and announcements please visit www.generationsofiv.org

5TH FRIDAY IN THE CAFE MAY 31, 7:00PM



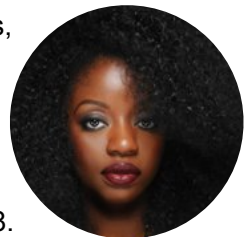
Join us for small plates and big fun! Cost: \$15 includes an evening of entertainment with Elle Gyandoh. We'll also have light snacks and desserts, beer or wine, soda, coffee, and tea.

Singer Elle Gyandoh's performances have been described as "rhythm-and-blues meets pop with a dash of sparkle." Expect to hear jazz standards, soft pop, and upbeat tunes. Some artists covered are Frank Sinatra, Ella Fitzgerald, Norah Jones, Jason Mraz, Chicago, Amy Winehouse, Fleetwood Mac, The BeeGees, Etta

James, Alicia Keys, and many more.

To register, stop by our front desk or call 215-723-5841 by

May 28.



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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

OUR TEAM

STAFF

Douglas Eschbach,
Executive Director

Lisa Furbacher,
Assistant Director

Shawna Boell,
Member Services Coordinator

Emily Filice,
Social Services Coordinator

Bryan & Darlene Finnemeyer;
Chris Obrecht, Housekeeping

Christine Hawkins, Sous Chef/
Nutrition Services

Joe Heumann, Meals on Wheels
Kitchen Coordinator

Beth Knize, Executive Chef/
Nutrition Services

Lexi Little, Kitchen Assistant

Heather Lewis,
North Penn MOW Coordinator

Pat McQue,
Indian Valley MOW Coordinator

Val Perry,
Member Services Coordinator

Amy Stover, ADC,
Program Coordinator

Milt Stover,
Maintenance Coordinator

BOARD OF DIRECTORS

Linda Abram, Chair

John H. Filice, Vice-Chair

Ron Hallman, Secretary

Timothy Swartley, Treasurer

Kristyn DiDominick

M. Theresa Fosko

Brian K. Goshow

Joanne Kline

D. Scott Landis

Alexandra Metricarti

Chari Richardson

Ella M. Roush



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.

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, a contribution upon joining followed by 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.

VOLUNTEERS ON BOARD

Our Board of Directors is comprised of a group of community volunteers. Their professional experience ranges in specialties from finance to nonprofit management to building codes. We are so grateful for their partnership and many hours of volunteer service dedicated to Generations' mission and programs! **Pictured Above (photo by Bob Pagni):** Top Row L to R: Tim Swartley, M. Theresa Fosko, Scott Landis, Linda Abram, Chari Richardson, Kristyn DiDominick, Ella Roush, Doug Eschbach Bottom Row L to R: Brian Goshow, Joanne Kline, John Filice, and Ron Hallman

A VOTE FOR RESPECT AND KINDNESS

It is a pledge from our Board of Directors and Staff that Generations always will be a place that welcomes diversity of background and thought in respectful ways. As we enter an election season that could divide us with unkindness, Generations will continue to uphold the values of respect and kindness and address any incivility. We care too much about each other to lose that. ~ D o u g



LEARN MORE ABOUT BEING A FOSTER GRANDPARENT

Stop by on **Wednesday, April 17 between 11am-2pm** to meet Heather DeCarlo, Montgomery County's Foster Grandparent Program Manager. Learn more information about this program that encourages adults 55 and older to share their skills, talents and experiences to

meet a wide range of community challenges. Foster Grandparents receive benefits such a small stipend, transportation/travel cost reimbursement, ongoing training, insurance and more!

Do you want to find out more but can't make it on 4/17? Contact the Foster Grandparent Program at the Tri-County Area YWCA:
610-323-1888, Option 4
FGP@ywcaticountyarea.org

HEALTHY STEPS FOR OLDER ADULTS WEDNESDAYS, APRIL 10 & 17, 1:00-3:00PM



Adults 60 years of age and older are invited to Generations for a fall risk screening and prevention program. The program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources.

The program is taught by Tracey Flynn and Dawn Batman, Certified Workshop Leaders, and consists of two workshops, approximately two-hours

each in length. To receive the most benefit from the program, participants are asked to attend both sessions. Healthy Steps for Older Adults (HSOA) addresses many common causes of falls including environmental safety; balance, strength, flexibility, and endurance exercises; nutrition; foot health; sensory deficits (vision/hearing); side effects of medication; health status/disease states (including substance use); the need to maintain an active lifestyle; social

connectedness; and mental and spiritual well-being.

Space is limited for this free program presented in partnership with the PA Dept. of Aging and The Montgomery County Office of Senior Services. To register, please stop by our front desk or call 215-723-5841 by April 8. Please pick up required paperwork to be completed at home OR arrive 20 minutes early on April 10.

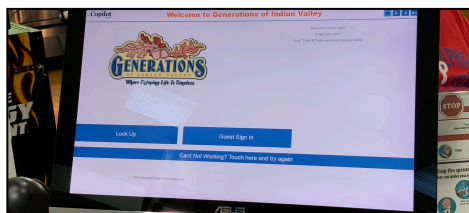
GROUP ACUPUNCTURE FOR PAIN RELIEF



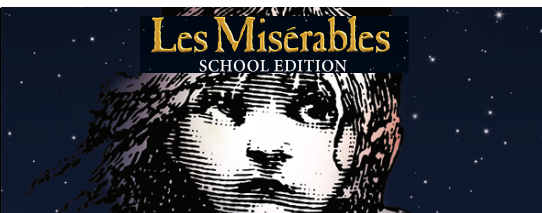
B.J. Putnam, DAC, will offer six weekly GROUP ACUPUNCTURE sessions for BACK PAIN on **Wednesdays, April 3 - May 8 at 10:30AM**. Group acupuncture allows people to reduce the expense of acupuncture while gaining support of others experiencing similar challenges. Participants will all be treated for pain

while seated. Points on their arms, legs, and head are stimulated, thus eliminating the need for undressing. Our goal is to reduce the severity of pain, increase mobility, and manage stress that occurs with chronic back pain. Participants are strongly encouraged to attend all six weeks to

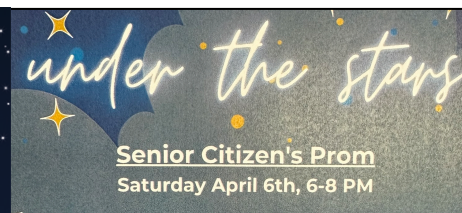
obtain the most beneficial outcome. Fee: \$20 per session. A generous portion of this fee will be donated to Generations. All fees payable by credit, cash or check to Generations. Registration is required and closes two days before each session. To register, visit our front desk or call 215-723-5841.



PLEASE SIGN IN at one of our entrance kiosks and let us know what you're up to, even if you're just dropping by for a visit.



SAHS PRESENTS LES MISERABLES
April 11 - 14 at Souderton High School
Tickets go on sale April 2 at showtix4u.com or get your tickets in person at the box office (625 Lower Rd., Souderton). Box office open 4/2, 4/4, 4/9, 4/10, 3-7pm.



SENIOR CITIZENS PROM
The SAHS Leo Club Senior Prom will be held Sat., April 6, 6pm at Souderton High School. Purchase tickets at our front desk through 3/22. \$20 includes dinner & dancing.

SPECIAL PROGRAMS (IN ORDER OF DATE)

^ = Registration is required for this program. To register, stop by our front desk and pick up an event registration form or call **215-723-5841**. Please save that number in your contacts or caller ID in case we have to call you about a program.

FINDING MEANING & PURPOSE AFTER RETIREMENT ^

TUESDAYS, MARCH 12 - APRIL 2, 10:00 - 11:30AM

This four-session workshop guides you on an adventure of self-exploration through various activities and small group sharing. Rediscover submerged talents, passions, missions you had forgotten or just didn't have time for in the work world.

Your guide is Ella Roush, a Generations board member who has co-facilitated our Longest Night and Spirit Journeys programs for many years. Ella revels in real conversations with others, sharing joys and sorrows, hopes and dreams. This is a free program. Space is limited. To register, please stop by our front desk or call 215-723-5841. ^

THERE'S GOT TO BE A MORNING

CRAFTER: POM POM PIAZZA

THURSDAY, APRIL 4, 10:00AM

Join art teacher Ali Aiken to make trendy pom pom crafts. Three different techniques will be demonstrated. Moderate dexterity is needed. Cost: \$10 per person includes all supplies and take home pom pom crafts. Registration and payment is due by April 2. ^



WHAT'S UP DOC? WITH DR. KERR: OPTIMIZING VITALITY - FUNCTIONAL NUTRITION INSIGHTS FOR A HEALTHIER LIFE ^

PART 1 WAS HELD IN FEBRUARY

PART 2 - MONDAY, APRIL 8, 11:00AM

Did you know that 80% of your immune system originates from your GUT? Embark on a transformative journey with Dr. Devyn Kerr's functional nutrition series, designed to unveil the hidden truths of the food industry. Discover the strategies to minimize toxic exposure, boost immunity, and enhance overall health through intentional dietary choices and targeted supplements. Join us in exploring the powerful connection between what we consume and our well-being. Open your eyes to a healthier, stronger you! ^



BE YOUR BEST HEALTHCARE ADVOCATE ^

MONDAY, APRIL 15, 10:00AM

Be your best Healthcare Advocate! Learn to navigate where to go for your healthcare needs and how to make the most of your annual visit with your healthcare provider. Learn what to expect when you go to the hospital and hear about advances since Covid-19. This free presentation from Jefferson Health-Abington is offered both in person at Generations and virtually via Zoom.™ To register for the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events." Registration for in-person is also required. ^

IPAD 101B CLASS FOR BEGINNERS ^

TUESDAY, APRIL 16, 10:00AM - 12:00PM

This two-hour class taught by Rhonda Novicki features a guided tour of the iPad (including volume control, battery level, WiFi strength, sleep mode). If time allows, Rhonda, also hopes to teach about: the web browser, folders, downloading apps, Siri, the camera function, organizing recipes, and rebooting your iPad. Class is not applicable to Android tablet users. Cost: \$20 per person, due at registration, includes a donation to Generations. Registration required by Apr. 10. Space is limited. Visit our front desk or call 215-723-5841. ^



MOVIE MATINEES:

Donations appreciated. Popcorn provided. Other concessions available for purchase in our Cafe. Please register if you plan to attend. ^

LA LA LAND ^ TUE., APRIL 16, 12:45PM

In this 2016 musical romantic "dramedy," Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts, they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

Running time is 2 hours, 8 minutes. Rated PG-13 for some language. ^



THE STORIES OF OUR LIVES: ^ THURSDAYS, APRIL 25 - MAY 30, 12:45 - 2:15PM

Join us for another support group series in partnership with The Center for Loss and Bereavement (CLB). This is a program for those interested in shared discussion about life's journey, including personal experiences of loss and hardship along with rich stories of growth, joy, and wisdom.

The program will bring members together in a safe space of comfort,

camaraderie, and compassion. Group sessions will be led by staff of The Center for Loss and Bereavement.

This is not a drop-in group. Expect the same participants for each meeting. Registration is required and available on our website www.generationsofiv.org or at our front desk.

This group is open to Generations Participants and any friends or persons who may benefit. It is

appropriate for both newcomers and for those who have benefitted from a previous 'Stories of Our Lives' session.

If you would like to visit Generations for lunch prior to the group, please register separately. To express interest or for more info., see Emily: efilice@generationsofiv.org/ 215-723-1930.



SPECIAL PROGRAMS (IN ORDER OF DATE)

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ELVIS ^ WEDNESDAY, MAY 8, 12:45PM

The standard rock biopic formula gets all shook up with Baz Luhrmann's dazzling energy and style perfectly complemented by Austin Butler's outstanding lead performance in this 2022 "rockumentary." Running time is 2 hours, 39 min. PG-13 for strong language, substance abuse, and suggestive material. ^

SENIOR PORTRAIT DAY ^

THURSDAY, APRIL 18 FRIDAY, APRIL 19, BY APPT.

Dress your best or put on your favorite hat and come in for a free portrait. Generations participant and photographer Bob Pagni will trade your modeling time for one free 8 x 10 portrait. Let us know if you have family members, friends, pets, musical instruments, or special props you'll bring along. Stop by our front desk or call 215-723-5841 by Apr 11 to schedule your appointment. ^



VACCINES & HEART HEALTHY TIPS ^

MONDAY, APRIL 22, 11:00AM

All are welcome to attend a free, one-hour wellness education session on two important subjects for senior adults. Dr. Richard Lorraine, Medical Director of the Montco. Office of Public Health, will provide an update on adult vaccines. Every year there are new vaccine recommendations to help prevent illness in seniors. Pharmacist Dave Wrzesniewski of Giant Pharmacy will share helpful tips on keeping a healthy heart. A time of Q & A will follow the presentations. This program is presented in partnership with the Montgomery County Immunization Coalition (MCIC), The Montgomery County Office of Public Health (OPH), and Giant Pharmacy. ^



CARFIT EVENT ^

WEDNESDAY, APRIL 24, BY APPOINTMENT

CarFit is an educational program developed by AAA, AARP, and the American Occupational Therapy Association that looks at mature drivers and their vehicles to determine how well they work together to provide the safest ride. Following each 20-minute appointment, participants will be able to have a clear view out of their vehicle's windows, reach and manage all controls, sit comfortably and buckled, and feel confident, secure, and in control.

You will need your car and car manual for the appointment. To schedule your free appointment, stop by our front desk or call 215-723-5841. Upon arrival, please park in the lower lot of Perseverance Fire Co., directly across from the Generations front entrance. ^

TRIVIA AT TEN ^

FRIDAY, APRIL 26, 10:00AM

For what Greek goddess was the month of April named? Hearts sink to think about this significant world event that took place on April 15, 1912. Find out the answers to these questions and more during a morning of brain games and trivia. Fun prizes will be awarded for winning answers. Led by Generations Program Coordinator Amy Stover. Registration is required. ^

ARTIFICIAL INTELLIGENCE: IS IT FOR REAL? ^

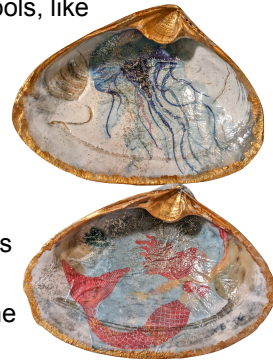
FRIDAY, APRIL 26, 12:45PM

The news is full of stories about Artificial Intelligence, or AI. But what is AI? And what is its impact on our lives? Join Alan Berry Media Literacy Educator, Researcher, and Advocate, for a discussion on AI and its implications for our online safety and security, as well as how it could be used to enhance our lives. You'll also get a chance to do some hands-on learning with generative AI tools, like ChatGPT. Registration is required for this engaging (and free!) program. ^

THERE'S GOT TO BE A MORNING CRAFTER: DECOUPAGE SEASHELLS ^

THURSDAY, MAY 2, 10:00AM

Shell decorating can be traced back hundreds of years. Join volunteers Tish & Traute for this make & take craft class. You will learn the art of decouping seashells from Stone Harbor's beaches! The finished gilded shell can be used to hold trinkets, jewelry, or as a stand alone art piece. All supplies, embellishments, and instructions will be provided. \$5 is due with registration by April 29. ^



AARP SAFE DRIVING REFRESHER ^

THURSDAY, MAY 9, 9:30AM

Learn how to operate your vehicle more safely. Most insurance companies require an eight hour course to be taken initially and a four hour refresher course every three years after that. Contact your insurance company for exact discount requirements. **A half hour lunch break will be given at 12:00. Participants must register for our noon meal (see p. 10), may purchase items in our Cafe, or pack a lunch.** Fee: \$20 for AARP Members; \$25 for Non-AARP Members. Separate registrations are required for this class and our noon meal. Noon meal registration required by May 6. ^

BEHIND THE KITCHEN COUNTER: ^

WEDNESDAY, MAY 1, 1:30PM

Join Generations Member Services Coordinator Shawna & Executive Director Doug for a cooking demo in the Generations Cafe! Hear helpful tips and enjoy this afternoon of cooking and creativity. Shawna & Doug will share recipes that feature only 3-5 ingredients

including a pasta dish and a dessert. Join the fun as these two banter and share their favorite "less is more" recipes! Samples will be provided and attendees will be given a take home entree & dessert. Cost: \$10 per person. Please register by April 26. ^



NEWS & NOTES:

FEATURED ARTIST MAR/APRIL:

Artist Deborah Nyman graduated with a degree in Art Education but spent her career in corporate advertising departments. Now retired, she pursues her own artistic work in photography and painting, along with whatever else strikes her fancy. Combining interest in gardening with photography, Deborah captures many of her floral subjects from her own garden. She enjoys modifying images through various artistic software programs to create digital artwork from photographs.



FEATURED ARTIST MAY/JUNE:

The featured artist for May & June is Barbara Machler. Look for more information about Barbara's work in our next newsletter.

NEED TO TALK?

Montgomery County Peer Support
Talk Line: (855) 715-8255
Montgomery County Mobile Crisis
Unit:
(855) 634-HOPE (4673)
National Suicide & Crisis Lifeline:
Call or Text 988
Upper Bucks Crisis: 215-257-6551
PA Drug & Alcohol Helpline:
1-800-622-4357



YOU REALLY DO LOVE US!

Many thanks to all who took the time to "Show Some Love" to our staff by sharing notes and kind words during the month of February. We know we asked you to do it, but it was still pretty sweet!



TAX AIDE

Volunteers continue to offer FREE tax preparation services at Generations on Thursdays & Fridays through April 12, 2024. Appointments are required. To schedule, stop by our front desk call 215-723-5841.

SPECIAL PROGRAMS (BY DATE ORDER)

^ = Registration is required for this program. To register, stop by our front desk or call 215-723-5841. Save this number in your contacts in case we need to call you!

NAME THAT TUNE: MOMS, CLASSIC ROCK, & AMERICANA ^

FRIDAY, MAY 10 10:00 AM

Come to Generations to build your brain power with a fun morning of identifying songs. See above for our monthly categories. Led by Program Coordinator Amy. ^



TRIVIA AT TEN: ARE YOU SMARTER THAN A MIDDLE SCHOOLER? ^

FRIDAY, MAY 17, 10:00AM

What kind of mollusk holds a pearl within its shell? What was the name of Lucy's neighbor & friend in *I Love Lucy*? Find out the answers to these questions and more during a morning of brain games and trivia. This month we will team up with students from Indian Valley Middle School for a fierce (but friendly!) quiz show. ^

DIGITAL HYGIENE & PHONE PLANS ^

FRIDAY, MAY 17, 11:00AM

Has your email become overloaded with junk? Can't keep track of all your passwords? Worried about companies and scammers tracking you online? Join Alan Berry, Media Literacy Educator, Researcher, and Advocate, for a conversation about how to keep yourself safe and secure online, with a focus on designing personal strategies to manage your online life. Alan will also share tips and advice on ways to navigate cell phone plans and how to avoid overpaying for unneeded services. Registration is required for this engaging (and free!) program. ^



B.E.F.A.S.T. & STRIKE OUT STROKE ^

MONDAY, MAY 20, 10:00AM

Learn how to recognize the signs and symptoms of stroke. We will also discuss newest treatments and how to reduce your risk of stroke. This free presentation from Jefferson Health-Abington is offered both in person at

Generations and virtually via Zoom.™ To register for the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events." Registration for in-person is also required. ^

MIND/BODY APPROACH TO PAIN ^

TUES., MAY 21 - JUNE 25, 9:45 - 10:45AM

Diane Kistler instructs this six week series for those with chronic pain (back, knee, joint, and more). The goal is for the student to understand how the pain system works and change their pain. Added yoga tools alleviate suffering from pain. Practices explored are seated chair yoga, pain science, journaling, sharing, meditation, and breathing. No prior yoga experience is necessary. This class is appropriate for past participants of Diane's class or for newcomers. All equipment is provided. Adaptions are offered for those who need more or less challenge. Cost: \$60 for the series. Payment & registration due by May 15. ^

GREAT TOURS: GREECE AND TURKEY, FROM ATHENS TO ISTANBUL ^

THURSDAYS, 10:00AM, BEGINS MAY 23

Join us for another "Great Courses" series. Journey to the fabulous civilizations of the Greeks, Romans, Byzantines, and Ottomans, and to the natural wonders and idyllic landscapes that surround them. Experience these important sites and cultures through the eyes of an expert archaeologist and scholar. Each class consists of two 30 minute travelogues and a discussion led by volunteer Dave. ^

SUMMER SING & DANCE ALONG ^

WEDNESDAY, JUNE 5, 12:45PM

Join us after lunch for some great fun as we open up the dance floor for favorite songs of the 50s, 60s, and 70s. We'll also put the lyrics up on the big screen. Bring your own snacks and a water bottle. Separate registrations are required for the Sing & Dance Along and the noon meal. ^



SOCIAL SERVICES

ADULT BEREAVEMENT SUPPORT 2ND TUESDAY, 6:30PM

The Department of Pastoral Care of Abington-Jefferson Health presents this Zoom™ (virtual) group open to the community. Anyone who has experienced the loss of a loved one is welcome to participate. Registration is required for the free program. After you register, you will receive the meeting link by email. A call-in phone number will also be provided. For registration information, contact John Olsen: John.Olsen@jefferson.edu.

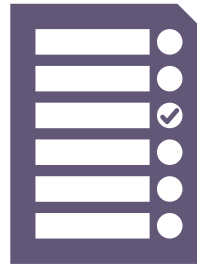
PA MEDI APPOINTMENTS THURSDAYS, APRIL 4 & MAY 2

Ed Savitsky, our PA Medi counselor, can help you make good health insurance decisions and navigate the Medicare maze. PA Medi is a free health insurance counseling program for older Pennsylvanians and is open to members of the community. Call Social Services to schedule your appointment: 215-723-1930.

FINANCIAL COUNSELING 3RD WEDNESDAYS, 1:00PM–4:00PM, BY APPT.

A Financial Analyst with Univest Bank provides a free review of your investments. The Analyst can also

assist with creating a budget that works for you, regardless of your assets. Call for an appointment: 215-723-1930.



CAREGIVER'S SUPPORT

The Muller Institute for Senior Health hosts a **virtual support** via Zoom™/landline phone on the 1st Wed. of each month at 3:30pm. Registration is required. For join information please contact Katherine Rovine: Coordinator, Memory Fitness Center, 215-441-6888 or Katherine.Rovine@Jefferson.edu
An **in person Caregiver Support Group** takes place the 2nd Wed. of every month at 2pm at Adult Day Services, 51 Medical Campus Drive Lansdale, PA. Please contact: Susan Lamar: 215-361-4421 susan.lamar@jefferson.edu

LEGAL AID: THURSDAYS, APR. 18 & MAY 16, 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 qualifying low-income families pay their heating bills. LIHEAP is a grant and does not need to be repaid. 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: 215-723-1930.

PA STATE REP. OFFICE HOURS 2ND MONDAY, 10:45 AM -12:45 PM PA STATE SEN. OFFICE HOURS 3RD WEDNESDAY, 12 - 2PM

A member of State Rep. Steve Malagari's office OR State Senator Maria Collett's office will be on-site at Generations to assist you with state related programs and issues, including **SEPTA Key Senior ID**, PennDOT concerns, vital records, benefits and rights for seniors and state related bills and regulations. If you have a question or need assistance with a state related form, call the offices:

Rep. Steve Malagari: 267-768-3671
Sen. Maria Collett: 215-368-1429
Appointments are appreciated.

TRANSNET/TRANSPORTATION

We may be able to assist you with transportation to Generations through TransNet. For eligibility or to schedule appointments for TransNet, call Emily: 215-723-1930.

MONTCO VETERANS AFFAIRS

To schedule an appointment, call the Office of Veterans Affairs: 610-278-3285. MontCo. provides door-to-door shuttle service to VA medical facilities for any Montgomery County Veteran (and their caretaker).



OUR SOCIAL SERVICES COORDINATOR

**Emily Filice is available
Monday-Friday from
9:30-1:30. Appointments
are recommended. Call
ahead to schedule an
appointment or speak with
Emily over the phone at
215-723-1930.**

**DIAL 211 FOR A TOLL-FREE
HOTLINE CONNECTING THE
COMMUNITY TO HEALTH &
SOCIAL/HUMAN SERVICE
RESOURCES.**

REGULARLY SCHEDULED PROGRAMS

The alphabetical listings below show when programs are typically scheduled. Program schedules are subject to change.

Please check our website for updates or call if you have a question. Front Desk Information: 215-723-5841, 9:30am-3:00pm.

Programs listed are offered in-person unless otherwise noted. Visit our website www.generationsofiv.org for virtual programs.

BILLIARDS: MONDAY-FRIDAY, 9:30AM-3:30PM

Join in a game of pool at one of our two well-maintained tables. Registration is required for tournament play. Donation: \$1.00 per day.

BINGO: 2ND & 4TH TUESDAY, 1:00PM

Begin purchasing your bingo cards at 12:30pm for \$1.00 each. We play 20 games and have a 50/50 raffle at the break. Bring your own refreshments to enjoy during the game/at the break.

BOARD GAME DAY:

1ST FRIDAY (APR. 5 & MAY 3), 10:00AM - 2:00PM

Gather your friends to play some favorite board games. Come for an hour between 10:00-2:00 or stay the whole time (last games starts at 1:30). We have some great games to use or you can bring your favorite and teach others. Bring your own snacks or register for our noon meal and take a lunch break. A \$2 donation per person is appreciated. Please register at our front desk or call 215-723-5841.

BOWLING RESUMES!

2ND & 4TH WEDNESDAY, BEGINNING APRIL 10 2:00PM AT EARL BOWL:

Join us for a few friendly, non-competitive games of bowling. Meet at Earl Bowl in Earlington/Telford (390 Morwood Rd, Earlington, PA 18918) This is not a league. Pay on your own and look for Generations volunteer Helene. Seniors (65+): \$3.25 per game; shoe rental additional \$3. Questions? call our front desk at 215-723-5841.

BUCKS MONT SENIOR GOLF LEAGUE

MONDAYS, 4:00PM

The league is held at Twin Woods Golf Course in Hatfield. It is open to both men and women, singles or couples, 55 years of age and older of all skill levels. Registration for the 2024 season is currently full with a waiting list. Details online at bucksmontgolf.org.

CHOIR CHIMES: WEDNESDAYS, 10:30AM

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

CHORALEERS: MONDAYS, 1:00PM

The Choraleers sing and perform a variety of popular, seasonal, and patriotic tunes from September - May. New members welcome. Call Annamarie: 215-723-3591.

DUPLICATE BRIDGE: MONDAYS, 12:30PM-3:30PM

This session features a serious approach to the game and requires a partner. **Coffee and snacks available for purchase in the cafe until 1pm or feel free to bring your own refreshments.** Registration begins at 12:15. Donation: \$1.00.

GARDEN CLUB:

This group does gardening around the Center. New volunteers are welcome. Weeding/watering/raking volunteers are always needed! Contact Amy Stover: 215-723-5841.

HAND & FOOT CARD GAME:

MONDAYS, 9:30-12:30 & TUESDAYS, 9:30AM-1:15PM

Have fun playing (or learning) this card game that's similar to Canasta.

KNIT PICKERS: NO LONGER OFFERED

LIBRARY: MONDAY - FRIDAY, 9:30AM-3:30PM

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.



PING PONG: Our table is available for play as long as the room is not in use for another program. You can bring your own partner or we can put the table against the wall for single play. Check with Amy Stover for scheduling questions: 215-723-5841 ext. 104.



MATS THAT MATTER: 2ND & 4TH THURSDAYS, 11AM
 Make mats for the homeless out of plastic bags with the help of volunteer Mary. Cut, fold, roll, sort, weave, and use a loom. Instructions and supplies will be provided.
We do not need bags at this time.

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. For questions or concerns, call Marilyn: 215-723-5669.

PAINTING CLASS (WATERCOLOR):
TUES., APRIL 2, 9, 23, 30 1 - 3PM
TUES., MAY 7 - 28, 1 - 3PM
 Instructor Ali Aiken will begin with teaching and demonstration of water color techniques. Class members will then be given the option of working on a teacher prompted project or on their own work. Support will be offered during class. Bring your own supplies. **You must register and pre-pay for each new monthly session if you plan to attend.** Sessions are priced as a series; no a la carte class payments or credits. \$20 for the four-week series. Registration for April opens Mar. 19. Registration for May opens Apr. 16. To register, call: 215-723-5841.

PINOCHLE: THURSDAYS, 12:45PM - 3:30PM
 A fast paced game with straight bid, no partner required. Players must be proficient and able to keep up with fast pace. **Coffee and snacks available for purchase in**



the cafe until 1pm or feel free to bring your own refreshments. Donation: \$2.00. Please arrive 10-15 minutes early to pay for your game.

RECIPE SWAP & SAMPLE:
FRI., APRIL 19, 11:00AM (INTERNATIONAL)
WED., MAY 15, 11:00AM (SPRING VEGETABLES)
 Let's get together to chat and swap our favorite new and old recipes. Participants should bring one copy of a favorite recipe that fits our monthly theme (see above). **Enjoy samples of Miriam's decadent Columbian Tres Leches Flan (April) or Sandy's spring vegetable showcase recipe (May). A donation of \$2 per person is appreciated.** Please register. Stop by our front desk or call 215-723-5841.

RED HAT HAPPENINGS:
 For Red Hat concerns and registration, contact Linda: 215-450-4986, mooma2cats@gmail.com OR Grace: 215-721-2082 or priceswrite1953@yahoo.com

SCRABBLE: 2ND & 4TH THURS., 10:00AM
 Join this non-competitive group for a friendly game of skill-sharpening Scrabble. Supplies provided. Space is limited. No need to register, just stop by.

SHUFFLEBOARD: WEDS., 9:00AM
RESUMES MAY 1
 Join this casual group during the warmer months (weather permitting) at Dan Roth Park (312 Maple Ave, Harleysville near Encore Experiences). No need to sign up, just show up.



VOLUNTEER/DONATION OPPORTUNITIES QUESTIONS/CONTACT: 215-723-5841

Front desk volunteers are needed on select days from 12 - 2pm. Contact Val or Shawna.

Drivers are needed to deliver Meals on Wheels in the Indian Valley and North Penn areas. Open routes for weekly, biweekly, or subs. Times are approximately 10:45am-12:45pm. Contact Pat or Heather: 215-723-8555.

Newsletter mailing helpers are needed on Tue., May 21 at 9:15am. Contact Amy.

Volunteers are needed to hand wash and dry tea cups (without breaking them) on Tue., 4/30 at 1pm. Contact Amy.

Welcoming & Garden Committees are now forming! Contact Amy.

Kitchen and Cafe volunteer servers and dish washers are needed. Contact Beth.

Volunteer Hoagie assemblers are needed on Friday, May 10, 8am-10am. Contact Beth.


TECHNOLOGY TIPS BY REQUEST
 For questions about how to perform specific tasks on your device, you can request a free "Technology Tips" appointment by calling 215-723-5841 or emailing astover@generationsofiv.org
 One of our tech volunteers will determine how best to assist you. Free service.



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/M 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!

PROGRAM SCHEDULE

2024/ APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 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 Rhythmit (14) NO Haircuts (12) 1:00 Painting (9)	3 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Acupuncture (3) 10:30 Choir Chimes (8) 10:30 Balance/Tone/ Stretch (14)) 3:30 Caregivers Support (Virtual) (7)	4 9:00 Billiards Away vs Hillview (8) AARP Tax Appt. (6) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00Morning Crafter: Pom Pom Pizazz (4) 12:45 Pinochle (9) PA Medi Appt. (7)	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)	6 <div>The number after the program listing indicates on which page of the newsletter more info. can be found.</div> 7
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 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 (12) 9:30 Dancefit (14) 10-Sky High Trip (15) 10:30 Balance/Tone/ Stretch (14) 10:30 Acupuncture (3) 10:30 Choir Chimes (8) 1-3 Healthy Steps for Older Adults (3) 2- Caregivers Support (7) 2:00 Bowling (8)	11 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)	13 14
15 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 (8) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/ Stretch (14) 10:30 Acupuncture (3) 10:30 Choir Chimes (8) 11-2 Foster Grandparent Info (3) 12-2 Collett Hours (7) Financial Counsel (7) 1-3 Healthy Steps for Older Adults (3)	18 9:30 Billiards (8) 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)	20 21 10:00 50s Dance Party Trip to AMT (15)
22 9:15 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 (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10-2 Carfit Appts (6) 10:30 Balance/Tone/ Stretch (14) 9:30 Ragtime Trip (16) 10:30 Choir Chimes (8) 10:30 Acupuncture (3) 2:00 Bowling (8)	25 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 Our Lives (4)	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
29 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) 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)	<div>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</div>			

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>

PROGRAM SCHEDULE

2024 / MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
Schedule Announcements: <ul style="list-style-type: none"> • Generations will close at 12:00 on Wed, May 22. • Generations will be closed on Mon., May 27. 		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)	2 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)	4 The number after the program listing indicates on which page of the newsletter more information can be found.
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 Rhythmit (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)	11
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)	16 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)	17 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)	18
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 Mailing (9) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 9:45Mind/Body Pain (6) 1:00 Painting (9)	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 Bingo(12) 9:15 Line Dance (14) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	25
27 Generations Closed	28 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 9:45Mind/Body Pain (6) 1:00 Bingo (8) 1:00 Painting (9)	29 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) Picnic Rain Date (1) Bucks Mont Senior Golf League (8)	30 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Full Monty Trip (16) 10:00 Great Tours (6) 12:45 Pinochle (9) 12:45 The Stories of Our Lives (4)	31 9:30 Billiards (8) 9:15 Line Dance (14) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 7:00 5th Friday in the Cafe-Elle Gyandoh (1)	26
		All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org			

FITNESS OFFERINGS

BALANCE, TONE, & STRETCH: WEDNESDAYS, 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.

BEGINNER LINE DANCING: FRIDAYS, 9:15-10:15AM
Stop by for fun and fitness led by Generations Participant Nancy Ehly. She'll show you easy-to-follow, partner-free dances from favorite categories such as waltz, mambo, rumba, cha cha, polka and country. All dances are categorized as "absolute beginner" to "beginner." Fee: \$4/class or \$24/8 class card. 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

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, 9:15 - 10:00
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
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

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. If the Covid infection rate has spiked, masks may be required. You can call our front desk for the current masking policy: 215-723-5841.**

or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

RHYTHMFIT SERIES: TUESDAYS AT 10:30, APR. 2 - MAY 7
THIS CLASS WILL BE OFFERED AS A SERIES THROUGHOUT 2024.
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 classes. 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.

TRIP POLICIES

RESERVATION INFORMATION



- **THERE ARE NO IN-PERSON TRIP RESERVATIONS ON OPENING DAY.**
- On the day a trip opens (noted under each trip listing), phone reservations may be made beginning at 3:00pm by calling 215-723-5841.
- On all other days, reservations may be made in person at the Front Desk or by calling 215-723-5841, M-F from 9:00am-3:00pm.
- A Generations participant may sign up only himself/herself and one guest on opening day. Our active participants take precedence over guests.

PAYMENT INFORMATION:



Trip payment is due by the deadline listed with each trip. After this date, your money will not be refunded unless there is 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.

WAIT LIST INFORMATION:

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 call those on the waiting list first.

MORE INFORMATION:



- All trips depart from 259 N. Second St., Souderton unless otherwise specified.
- On trip days, please park across the street from Generations' front entrance in the lower level lot of the Perseverance Fire Co. Do not block their garage doors.
- Trips are escorted by volunteers, and as such, travelers must be cognitively and physically independent to participate.
- We cannot accommodate assistive devices such as walkers or wheelchairs on our bus.
- 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.



GET ON BOARD FOR TRIP OPENINGS

We understand that many have frustrations about our opening day reservation policies. In an effort to alleviate the infuriating sound of a busy signal or incessant ringing, we have added trip opening days and another "staffed" phone line for all opening days.

If you're still unable to secure a spot for a desired trip, don't give up! Even if a trip has a "Sky High" waiting list of 30, we will continue to do our best to plan an additional trip to accommodate our waiting list. *Most* participants who add their names to a long waiting list will be able to go on that trip (although it might be a different day). You can be added to a waiting list any time after a trip opens up until the bus pulls out of our driveway.

Our day and overnight travel excursions have grown to be a great source of fundraising, and more importantly, a valued component of the good work we are doing here at Generations. Please keep in mind that our mission encompasses so much more than just travel (see the rest of this newsletter for more on that).

While we appreciate your concern and fully admit that there's no "perfect system" that will please everyone AND work with the resources we have, we're asking that folks refrain from directing unkind behavior toward our staff and volunteers who are doing their best to accommodate everyone's requests fairly. Please know that we're not TRYING to upset you; sometimes we have no idea how popular a trip will be until we list it. Sometimes the suggested trips we *think* will be a hit turns out to be a flop, and we unfortunately lose money on them. Please read our full trip policies at left (they're always there). Thanks for your continued enthusiasm about our travel program; we also think it's pretty great! Happy trails to you!

DAY TRIPS



DANIEL, SIGHT & SOUND: FRIDAYS, APRIL 5 & APRIL 12

Will Daniel's trust in the one true God remain steadfast through every test of faith? We will stop at Miller's Smorgasbord before the show.

Cost: \$140 includes ride on our bus, show, lunch, taxes, and gratuity.

Departs: 10:00am Returns: 7:00pm

Both Trips Opened: Mar. 6 @ 3pm Payment Deadline: Mar. 8

OUT TO LUNCH: SKY-HIGH: PHILA. WED., APRIL 10



Enjoy lunch atop Philadelphia's tallest tower, on the 60th floor of the Four Seasons hotel. Attire: dressy casual; no jeans.

Cost: \$75 includes ride on our bus, lunch, taxes, and gratuity.

Departs: 10:00am Returns: 4:00pm

Trip Opened: Mar. 6 @ 3pm Payment Deadline: Mar. 27

PIANO MEN, DUTCH APPLE, LANCASTER: TUESDAY, APRIL 16

This high-energy show includes mega-hits by Billy Joel and Elton John like "Uptown Girl," "Phila. Freedom," & "Bennie and the Jets."

Cost: \$105 includes ride on our bus, show, lunch, taxes, and gratuity.

Departs: 9:30am Returns: 5:30pm

Trip Opened: Mar. 13 @ 3pm Payment Deadline: Mar. 18

DAY TRIPS CONTINUED ON P. 16

DAY TRIPS

NEW TRIPS FOR MAY & JUNE

READING TERMINAL MARKET, PHILA.: THURSDAY, APRIL 18

Free time on your own to shop and have lunch.

Cost: \$20 includes ride on our bus. Shopping and lunch is on your own.

Departs: 10:00am

Returns: 3:30pm

Trip Opened: Mar. 13 @ 3pm

Payment Deadline: Mar. 27



RAGTIME, DUTCH APPLE

WEDNESDAY, APRIL 24

Set in early twentieth-century New York, three distinctively American family tales are woven together in this musical. United by their courage and compassion, they confront history's timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair.

Cost: \$100 includes ride on our bus, show, lunch, taxes, and gratuity.

Departs: 9:30am

Returns: 5:30pm

Trip Opened: Mar. 13 @ 3pm

Payment Deadline: Mar. 22

GREEN DRAGON,* SHADY MAPLE & GOOD'S STORE

FRIDAY, MAY 10

Green Dragon's seven large market buildings and open-air market stands sit humbly on a spacious 60-acre site in the heart of Lancaster's Pennsylvania Dutch Country. We'll have lunch (on your own) at Shady Maple. Visit Shady Maple's gift shop and grocery store as well as Good's Store.

Cost: \$20 includes ride on our bus. Lunch is on your own.

Departs: 8:30am Returns: 4:30pm

Registration opens Apr. 4 @ 3pm

opening day by phone only *

Payment Deadline: April 26



IKEA,* PLYMOUTH MEETING

TUESDAY, MAY 14

Come see this massive two-floor showroom and marketplace for home furnishings in Plymouth Meeting. Enjoy great prices on breakfast or lunch (on your own) in their café or Swedish Bistro.

Cost: \$8 includes ride on our small bus. Lunch is on your own.



Departs: 9:30am

Returns: 2:30pm

**Registration opens Apr. 10 @ 3pm
opening day by phone only ***

Payment Deadline: April 26

OUT TO BRUNCH: YELLOW HOUSE HOTEL,* DOUGLASSVILLE SUNDAY MAY 19

Built in 1801, The Yellow House Hotel originally served as a stagecoach stop and country store for travelers between Reading and Philadelphia.

Cost: \$15 includes ride on our bus. Brunch, taxes, and gratuity are on your own.

Departs: 10:00am

Returns: 1:30pm

**Registration opens Apr. 3 @ 3pm
opening day by phone only ***

Payment Deadline: April 26

IRON PIGS GAME,*

ALLENTOWN

WEDNESDAY, MAY 22

Join the fun at Coca-Cola Park as we watch the Iron Pigs vs. the Rochester Red Wings. Our seats are located on the Picnic Patio that is down the left field line. We will enjoy an all you can eat picnic buffet for two and a half hours with unlimited soft drinks.

Cost: \$50 includes ride on our bus, game, dinner, taxes, and gratuity.

Departs: 4:45pm

Returns: 10:00pm

**Registration opens Apr. 4 @ 3pm
opening day by phone only ***

Payment Deadline: April 19



*** PLEASE NOTE: THERE ARE NO IN-PERSON TRIP RESERVATIONS ON OPENING DAY. ALL OPENING DAY RESERVATIONS ARE BY PHONE ONLY, BEGINNING AT 3PM. SEE MORE TRIP INFORMATION ON P. 15.**



These trips open for registration April 3 @ 3pm by phone only:	Yellow House Hotel
These trips open for registration April 4 @ 3pm by phone only:	Green Dragon & Iron Pigs
These trips open for registration April 10 @ 3pm by phone only:	Ikea & The Full Monty
These trips open for registration May 8 @ 3pm by phone only:	Old Jail/Asa Packer/Lehigh Gorge & Hiawatha Paddleboat
These trips open for registration May 9 @ 3pm by phone only:	Weekend Comedy & Riverlady
These trips open for registration May 15 @ 3pm by phone only:	Out to Lunch: Anthony's & Grounds for Sculpture

THE FULL MONTY,*

DUTCH APPLE, LANCASTER

THURSDAY, MAY 30

Six unemployed steel workers come up with a bold way to make some quick cash, and find renewed self-esteem and friendship. Contains mature themes and language. Lunch before the show.

Cost: \$95 includes ride on our bus, show, lunch, taxes, and gratuity.

DAY TRIPS

Departs: 9:30am

Returns: 5:30pm

**Registration opens Apr. 10 @ 3pm
opening day by phone only ***

Payment Deadline: April 26

**OLD JAIL MUSEUM, ASA PACKER
MANSION, LEHIGH GORGE
TRAIN, JIM THORPE***

THURSDAY, JUNE 6

We will begin with a tour of the Old Jail. Then we will have a tour of the Asa Packer Mansion, which was the home of philanthropist, railroad magnate, and founder of Lehigh University. We will have some free time in town for lunch on your own and you can ride the Lehigh George Railway on your own before we head back (optional). The train has a 1:00pm departure.

Cost: \$80 includes ride on our bus, and The Old Jail tour, and Asa Packer tour. Lunch and train are on your own.

Departs: 8:45am

Returns: 4:30pm

**Registration opens May 8 @ 3pm
opening day by phone only ***

Payment Deadline: May 17

WEEKEND COMEDY,*

HUNTERDON HILLS, NJ

THURSDAY, JUNE 13

Two couples (one middle aged and one young) rent the same Catskills cabin for the same weekend by mistake. Before the weekend is over, the youngsters have learned how to add stability to their relationship and oldsters have learned to loosen up.

Cost: \$100 includes ride on our bus, show, lunch, taxes, and gratuity.

Departs: 10:00am

Returns: 4:30pm

**Registration opens May 9 @ 3pm
opening day by phone only ***

Payment Deadline: May 17

**OUT TO LUNCH: ANTHONY'S
RESTAURANT,* MALVERN**

WEDNESDAY, JUNE 19

Anthony's Pizza & Italian Restaurant has gained a reputation on the Main Line for working with the finest quality ingredients no matter what. They are known for recreating Sunday dinner at Nonna's house. The smell of fresh made pasta dough is intoxicating.

Cost: \$60 includes ride on our small bus, lunch, taxes, and gratuity.

Departs: 10:30am

Returns: 3:00pm

**Registration opens May 15 @ 3pm
opening day by phone only ***

Payment Deadline: May 31

**GROUNDS FOR
SCULPTURE,* NJ**

FRIDAY, JUNE 21

300 outdoor contemporary sculptures and indoor exhibitions from established and emerging artists are featured at GFS. Enjoy lunch (on your own) at one of the eateries on-site: Van Gogh Café, Peacock Café, or Rat's Restaurant. Reservations suggested at Rat's Restaurant (call 609-584-7800). The tour begins at 10:00am and will be approximately 90 minutes.

Cost: \$45 includes ride on our bus and guided tour. Lunch is on your own.

Departs: 8:30am

Returns: 3:00pm

**Registration opens May 15 @ 3pm
opening day by phone only ***

Payment Deadline: May 21

RIVER LADY LUNCH CRUISE,* NJ

TUESDAY, JUNE 25

Come sail with us for an elegant lunch, as we cruise on the magnificent Toms River and the Barnegat Bay for 2 ½ hours. The captain will present a fascinating narration of the history of this lovely area, as we pass elegant waterfront homes, beautiful properties, docks, and yacht clubs. Enjoy a delicious meal, which features your choice of

six entrees, complete from salad to dessert.

Cost: \$75 includes ride on our bus, river cruise, lunch, taxes, and gratuity.

Departs: 8:30am

Returns: 3:30pm

**Registration opens May 9 @ 3pm
opening day by phone only ***

Payment Deadline: May 24

**HIAWATHA PADDLEWHEEL &
LEJEUNE CHEF
RESTAURANT,*
WILLIAMSPORT**

FRIDAY, JUNE 28

We will start our day at Le Jeune Chef Restaurant (translated "the young chef"). Culinary students will present you with a three-course meal and share a dessert demonstration of their famous chocolate soup. After our meal, we will head to the Hiawatha Paddlewheel Riverboat Cruise. Enjoy a relaxing hour-long cruise on the Susquehanna River. Through narration and music, hear the story of the Hiawatha.

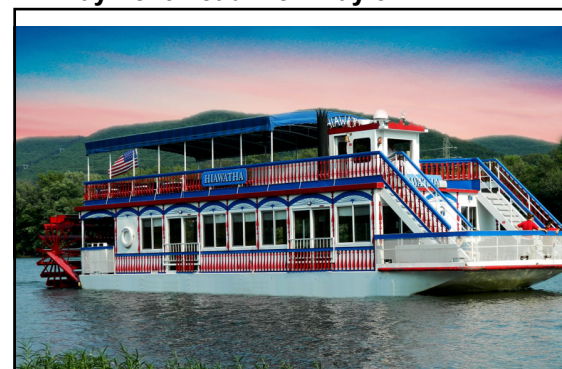
Cost: \$75 includes guided boat tour, lunch, taxes, and gratuity.

Departs: 9:00am

Returns: 6:00pm

**Registration opens May 8 @ 3pm
opening day by phone only ***

Payment Deadline: May 31



Above: Hiawatha Paddlewheel Riverboat

**OUR TRIPS ARE
"FRAGRANCE FREE."**

PLEASE RESPECT

**OTHER TRAVELERS WHO MAY
BE "SCENTSITIVE."**



2024 OVERNIGHT TRIPS

VIRGINIA BEACH JUNE 2 - 5

TRIP IS FULL - WAIT LIST SPOTS STILL AVAILABLE (NO DEPOSIT NEEDED).

(4 Days, 3 Nights) Includes roundtrip motor coach transportation; three nights deluxe accommodations in Virginia Beach; three breakfasts, three dinners, all taxes and meal gratuities; visits to Norfolk Naval Base, The MacArthur Memorial, Old Cape Henry Lighthouse, Williamsburg Pottery, Guided Tour of Williamsburg, Naval Museum; free time on the beach/boardwalk and more!

Cost: \$690 double occupancy, \$930 single occupancy Travel insurance information is available upon request.

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

BOTH TRIPS ARE FULL - WAIT LIST SPOTS STILL AVAILABLE (NO DEPOSIT NEEDED)

TRAINS ACROSS MOUNTAINS SEPT. 29 - OCT. 2 OR OCT 6 - 9

(4 Days, 3 Nights) Includes motor coach transportation; 3 nights deluxe accommodations in New Hampshire; 3 hotel breakfasts; 3 sumptuous New England dinners; rides on the Conway & Hobo/Winnepesaukee scenic railroads; visits to: Franconia Notch, Littleton, NH, Castle in the Clouds, Manchester, VT, The Billings Farm & Museum, Vermont Country Store and and more!

Cost: \$770 double occupancy, \$960 single occupancy Travel insurance information is available upon request. Contact Lisa Furbacher for more information or to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org



SOUTHWEST NAT'L PARKS & CANYONS OCT 13 - 18

Includes roundtrip airfare; 5 nights first class hotel; 8 meals; motor coach transportation; baggage handling; hotel transfers; visits to Hoover Dam, Grand Canyon West, Bryce National Park, and Zion National Park; Las Vegas Leisure Day and more!

Cost: \$3299 double occupancy, \$3899 single occupancy Arrangements through Travel Haus. Travel insurance information is available upon request. Contact Liza Leister for more information or for reservations: 215-723-8687 or groups@trvlhaus.com

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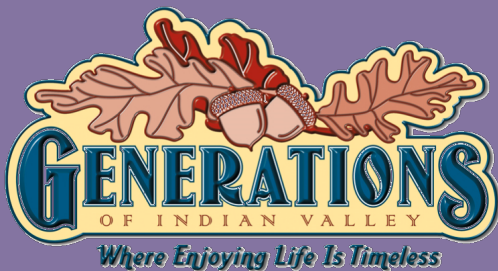


Harleysville Lions Club



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2024 **APRIL/MAY**

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OUR STAFF!



CURRENT RESIDENT OR

TIME DATED MATERIAL

MAILED FROM LANSDALE MARCH 2024



We're now on
Instagram

@generationsofindianvalley



Find us on
Facebook

WE'RE HERE:

MONDAY-FRIDAY, 9:00AM-4:00PM, *

EVENINGS & WEEKENDS AS
SCHEDULED

*WE WILL BE CLOSED ON
MONDAY, MAY 27. SEE P. 11 - 13
FOR ADDITIONAL IMPORTANT
SCHEDULING ANNOUNCEMENTS.

CONTACT US:

MAIN NUMBER: (215) 723-5841

SOCIAL SERVICES: (215) 723-1930

MEALS ON WHEELS: (215) 723-8555

INFO@GENERATIONSOFIV.ORG



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