

LUNCH MENU

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

2026 / APRIL

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>			<p>1 Chicken Cordon Bleu with Dijon Swiss Cheese Sauce; Roasted Potatoes; Green Veggie</p>	<p>2 Warm Turkey Ciabatta Sandwich with Pesto, Sundried Tomato, & Mozz. Blush Dipping Sauce; Chips; Fresh Fruit</p>	<p>3 Good Friday Generations Closed</p>
		<p>6 Beef Goulash; Caesar Salad; Garlic Knot</p>	<p>7 Chicken & Waffles w/ Cream Gravy and Real Maple Syrup; Sweet Potato Fries; Fruit</p>	<p>8 Teriyaki Meatballs with Pineapple, Red Peppers, Fried Rice, & Sugar Snap Peas; Fortune Cookie</p>	<p>9 Pork & Kraut; Mashed Potatoes; Green Beans; Apple Sauce</p>
<p>13 Broccoli Cheddar Quiche; Green Salad; Fresh Fruit</p>	<p>14 Italian Chicken Sausage w/ Peppers & Onions; Roasted Potatoes; Green Salad; Whole Wheat Roll</p>	<p>15 Happy Birthday! Chicken Marsala Meatballs; Orzo; Green Veggie; Whole Wheat Roll</p>	<p>16 New England Clam Chowder; Crusty Bread; Green Salad</p>	<p>17 Stuffed Cabbage; Mashed Potatoes; Roasted Cinnamon Apples</p>	
<p>20 Beef Chili with Cheddar Cheese; Cornbread; Fruit</p>	<p>21 Biscuit & Sausage Gravy; Green Veggie; Fruit</p>	<p>22 Oven Baked Cod with Roasted Tomato and Onion Gravy; Wild Rice; Broccoli</p>	<p>23 Chicken Cacciatori Served on Risotto or Polenta; Crusty Bread; Salad</p>	<p>24 Toasted Chopped Italian Grinder; Pickles; Chips</p>	
<p>27 Pulled Pork Stuffed Potato w/ Cheddar Cheese, BBQ & Green Onions; Fresh Veggie; Fruit</p>	<p>28 Chicken Cordon Bleu with Dijon Swiss Cheese Sauce; Roasted Potatoes; Green Veggie</p>	<p>29 Meatloaf with Zesty Brown Sugar Glaze; Mashed Potatoes; Roasted Carrots; Fruit</p>	<p>30 Warm Turkey Ciabatta Sandwich with Pesto, Sundried Tomato, & Mozz. Blush Dipping Sauce; Chips; Fresh Fruit</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 15 and Wednesday, May 20.

OUR CAFÉ

Our Café is open Mon.-Fri. from 9:00am-1:00pm for dine-in or take-out. Enjoy our a-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

2026 / APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p>The number after the program listing indicates on which page of the newsletter more information can be found.</p>	<p>All programs are subject to change. Please register and sign in for programs in case we need to contact</p>	<p>1 9:30 Dancefit (14) 9:30 Billiards (8) Hearing Care Appt.(12) 10:00 Scrabble (9) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 3:30 Caregivers Support (Virtual) (7)</p>	<p>2 Tax Aide By Appt. (3) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling with Shirley Appt. (7) 11:00 Mats that Matter (5) 12:45 Pinochle (9) 1:15 Dialogue without Frontiers (4) PA Medi Appt. (7)</p>	<p>3 9:00 Billiards Away vs Norm. Farms</p> <p>Generations Closed Good Friday</p>	<p>4</p> <hr/> <p>5</p> 
		<p>6 Massage Mondays (12) 9:15 Billiards Home vs Hillview (8) 9:30 CardioTone (14) 10-Meditation (12) 10-Prevent Falls (4) 10:30 Tai Chi (14) 11- Blood Pressure Screenings (12) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>7 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) NO Rhythmit (14) 10:30 Family Self Defense (3) 1:00 Painting (9)</p>	<p>8 9:00 Billiards Home vs Hershey's Mill (8) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 11-Recipe Swap (9): Oils & Spices 1:00 Basic First Aid & CPR (3) 2 - Caregivers Support (7)</p>	<p>9 9:30 Oklahoma! Trip (15) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 3:30 Board Meeting</p>
<p>13 9:15 Billiards Home vs Hillview (8) Massage Mondays (12) 9:30 CardioTone (14) 10-Meditation (12) 10:00 Older Adult Drivers(4) 10:45 Malagari Hours / SEPTA KEY (7) 10:30 Tai Chi (14) 11-Acupuncture (12) Haircuts by Appt. (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>14 9:15 Billiards Home vs Ben Wilson (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1:00 Bingo (8) 1:00 Painting (9)</p>	<p>15 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Scrabble (9) 9:45 Some Enchanted Evening Trip (16) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) Financial Counsel (7) 1:00 Deciphering Dementia (4)</p>	<p>16 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling with Shirley Appt. (7) 10:30 Should I Stay or Should I Go (3) NO Mats that Matter (5) 12-2 Collett Hours (7) 12:45 Pinochle (9) 1:15 Dialogue without Frontiers (4) Legal Aid Appt. (7)</p>	<p>17 9-Billiards Away vs Arbour Square (8) 9:30 Billiards (8) 9:30 Functional Fitness&Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9)</p>	<p>18</p> <hr/> <p>19</p>
<p>20 9:30 Billiards (8) 10-Billiards Away vs Schoolhouse Ctr (8) Massage Mondays(12) 9:30 Cardio Tone (14) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 11:00 Kitty Cat Care (4) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>21 9:30 Billiards (8) 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 10:45 Smokies/ Biltmore Info (18) Haircuts by Appt. (12) 12:45 Movie Matinee: Anne of Green Gables, Continuing pt 1 (4) 1:00 Painting (9)</p>	<p>22 9:30 Dancefit (14) 9:30 Billiards (8) 10:00 Bowling (8) 10:00 Trivia at Ten (4) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8)</p>	<p>23 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10- Fun & Games (8) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 1-Book Club: <i>My Brilliant Friend</i> (4)</p>	<p>24 9-Billiards Away vs Brittany Pt.(8) 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:00 Chat About (8) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9)</p>	<p>25</p> <hr/> <p>26 7:00 Laughing Matters Comedy Night Fundraiser (1)</p>
<p>27 9:30 CardioTone (14) Massage Mondays (12) 9:30 Billiards (8) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>28 9:30 Billiards (8) 8:45 9 to 5 @ Act 1 Trip (16) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1:00 Bingo (8) 1:00 Painting (9)</p>	<p>29 9:30 Dancefit (14) 9:30 Billiards (8) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 1:00 Identify & Avoid Scams (4)</p>	<p>30 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10-Powerful Memory (5) Counseling with Shirley Appt. (7) 12:45 Pinochle (9)</p>	<p>Schedule Announcements: There will be no Rhythmit on April 7</p>	

LOOKING FOR OUR MAY LUNCH MENU? IT WILL BE AVAILABLE ON OUR WEBSITE AND AT THE GENERATIONS FRONT DESK BY MARCH 17.

MEALS ON WHEELS FROM GENERATIONS: MORE THAN A MEAL

Dear Friends,

In 1973 a group of local clergy from the Souderton-Telford area came together with members of the Board of Directors at the Senior Adult Activity Center of Indian Valley (now Generations) to plan a Meals on Wheels program for our communities. The concern for seniors in the community who were at nutritional risk filled the hearts of those leaders and motivated them to form a program that is now in its 54th year of service.

Legislation for the Meals on Wheels model of community nutritional support comes from the Older Americans Act of 1965, enacted to support the needs of older adults in the form of home-delivered meals, in-home services, transportation, caregiver support, protection from abuse, and other provisions.

The Meals on Wheels model supported by the Act provides two important services: nutritious meals and daily socialization / wellness check from a community volunteer. Both aspects are important. Generations provides that two-point model for the 15 surrounding municipalities that make up the Souderton Area School District and the North Penn School District. Our daily visits to the homebound provide two nutritious, freshly prepared meals along with a personal visit from one of over 300 volunteers who support this program.

In the past year, we have filed 11 incident reports with Montgomery County when our volunteers have discovered older adults in need of emergency medical care, having fallen, experiencing a significant change in their normal health, or having died in their home. There are six other Meals on Wheels providers across Montgomery County who have reported similar emergency situations.

Imagine what might have happened if these individuals had not been

visited by a daily volunteer.

And yet, now there is a for-profit meal delivery program headquartered in Iowa that has contracted with Departments of Aging across the country to ship 2-week supplies of meals to homebound clients by common carrier. The meals in these shipping containers are said to last for 2-weeks in the clients' refrigerators until the next delivery. Containers are left outside the door for the client to take inside, store properly, and heat before eating. There is no personal contact, daily visit, or wellness-check provided. Clients select their meals from an online menu. This is a VERY different model of service to the homebound residents of our communities. When presented with a choice in home delivered meal programs, many are unaware of the differences between programs and may not appreciate how important a daily personal visit can be for their well being.

As the participants of Generations who know the value of a caring community, we would appeal to you to help us preserve this program, by simply spreading the word! Here in Montgomery County, all Meals on Wheels referrals are made through the Department of Health and Human Services Office of Aging. Once referred to this office, clients have a choice about their meal delivery option. As you meet with friends, neighbors and community members who may face choices about their care, we would be grateful if you could point out the benefits of programs like ours which provide daily support and excellent nutrition through fresh, locally made meals delivered by their own community-minded volunteer neighbors.

Yours sincerely,

Douglas (Doug) Eschbach,

Executive Director

WELLNESS/SPA OFFERINGS

MASSAGE MONDAYS, BY APPT

Enjoy a 30-minute chair massage for \$30 or a 60-minute fully clothed table massage for \$65 (shorts and a tank top recommended for comfort) with Licensed Massage Therapist Jim Davidson. Cash or check made payable to Jim Davidson. Tips are welcomed, and a portion of proceeds will benefit Generations directly. **To schedule, call/text Jim at 570-449-9466.**

ACUPUNCTURE FOR PAIN RELIEF: MONDAYS, 11:00AM

Charles Illingworth, IV, L.Ac., offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Pre-registration is not required. Sign in at the front desk upon arrival, and pay for a ticket before each session.

HAIRCUTS BY APPOINTMENT: SELECT MONDAYS & TUESDAYS

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

BLOOD PRESSURE SCREENINGS:

MONDAYS, APRIL 6 & MAY 4, BEGINNING AT 11:15AM
Free blood pressure checks, provided by Jefferson Health-Abington. First come, first served; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.

GUIDED MEDITATION FOR STRESS RELIEF

MONDAYS, 10:00AM

Start your journey to a calmer mind by enjoying 30 quiet, refreshing minutes and a guided meditation from sound to silence. Result: a refreshed you with better focus. Darlene Cianci, Certified Instructor. Fee: \$4/class or \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

ATTENTUS HEARING CARE:

WEDNESDAYS, APRIL 1 & MAY 6, BY APPOINTMENT

Audiologist Dr. Abby Holauchock offers free hearing screenings, hearing aid cleanings, and ear wax checks at Generations. **To schedule your free screening, please call 267-669-1345 (sorry text feature is no longer available).** Additional services available for a fee: ear wax removal and hearing aid repairs. Full evaluations and consultations are also available at Generations or in your home.

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<p>The number after the program listing indicates on which page of the newsletter more info. can be found.</p>				<p>1 9:15 Billiards Home vs Norm. Farms.(8) 9:30 Functional Fitness & Balance (14) 10:00 Name That Tune (5) 10-2 "Go" Game (8) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9)</p>	<p>2</p> <hr/> <p>3</p>
<p>Schedule Announcements: There will be no Dancefit or Choir Chimes on May 13. Generations will close at 11:30am on May 13 due to our Volunteer Picnic.</p>					
<p>4 Massage Mondays (12) 9:30 CardioTone (14) 9:30 Billiards (8) 10-Meditation (12) 10:00 911 Stroke! (5) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY (7) 11- Blood Pressure Screenings (12) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>5 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) Haircuts by Appt. (12) 1:00 Painting (9) 1:00 Your Hands, Your Independence (5)</p>	<p>6 9:00 Shuffleboard (9) 9:15 Billiards Home vs Hershey's Mill (8) 9:30 Dancefit (14) Hearing Care Appt.(12) 10:00 Scrabble (9) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 1:00 Music Bingo (5) 3:30 Caregivers Support (Virtual) (7)</p>	<p>7 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling with Shirley Appt. (7) NO Pinochle (9) 10-Powerful Memory (5) 11:00 Mats that Matter (5) 1:15 Dialogue without Frontiers (4) PA Medi Appt. (7) 4:30 Iron Pigs Game Trip (16)</p>	<p>8 9:00 Billiards Away vs Meadowod(8) 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 9:30 AARP Safe Driving Refresher (5) 10:00 Chat About (8) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9) 7:00 Community Dance (3)</p>	<p>9</p> <hr/> <p>10</p>
<p>11 Massage (12) 9:30 Billiards (8) 9:30 CardioTone (14) 10-Meditation (12) 10:45 Malagari Hours / SEPTA KEY (7) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>12 9:15 Billiards Home vs Shannondell (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8) 1:00 Painting (9)</p>	<p>13 9-Shuffleboard (9) 9:30 Billiards (8) NO Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) NO Choir Chimes (8) 10-Recipe Swap (9): Depression Era Recipes Generations Closes 11:30 1:00 Volunteer Picnic 2 - Caregivers Support (7)</p>	<p>14 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10- Fun & Games (8) Counseling with Shirley Appt. (7) 11:00 Rep. Malagari Key Card Event & Legislative Update (3) 12:45 Pinochle (9) 3:30 Board Meeting</p>	<p>15 9:30 Rat Pack at Dutch Apple Trip (16) 10-Billiards Home vs Schoolhouse Ctr.(8) 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9)</p>	<p>16</p> <hr/> <p>17</p>
<p>18 9:00 Billiards Away vs Hillview (8) Massage Mondays(12) 9:30 Cardio Tone (14) 9:30 Billiards (8) 9:30 iPhone Class (5) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>19 9:15 Newsletter Mailing (9) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) Haircuts by Appt. (12) 12:45 Movie Matinee: Anne of Green Gables, Continuing pt 2 (6) 1:00 Painting (9)</p>	<p>20 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Scrabble (9) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 10:45 Jukebox Generation Trip (16) Financial Counsel (7)</p>	<p>21 9:00 Billiards Away vs Ben Wilson (8) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10-Powerful Memory (5) Counseling with Shirley Appt. (7) 12-2 Collett Hours (7) 12:45 Pinochle (9) 1:15 Dialogue without Frontiers (4) Legal Aid Appt. (7)</p>	<p>22 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:00 Chat About (8) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (8) 12:45 Digital Literacy with Alan: Social Media (6)</p>	<p>23</p> <hr/> <p>24</p>
<p>25 Generations Closed Memorial Day</p>	<p>26 8:30 River Lady Lunch Cruise Trip (16) 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)</p>	<p>27 8:30 Goods & Shady Maple Trip (17) 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8)</p>	<p>28 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10- Fun & Games (5) Counseling with Shirley Appt. (7) 12:45 Pinochle (9)</p>	<p>29 9:15-Billiards Home vs Arb. Square (8) 9:30 All Shook Up Trip (17) 9:30 Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9) 1:00 Book Club: A Glimpse of Freedom (6)</p>	<p>30</p> <hr/> <p>31</p>

All programs are subject to change. Please register and sign in for programs so we will know to contact you if we need to change something.

FITNESS OFFERINGS

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

Come for a class featuring full body standing and seated exercises for all fitness levels. Improve balance, strength, mobility, and flexibility. Resistance bands and weights (optional) are provided or bring your own. Certified Instructor: Jean Tornetta
Fee: \$4/class or \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

DANCEFIT: WED., 9:30-10:15AM NO CLASS MAY 13

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. Adaptations are offered for those who need more or less of a challenge. 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.

FUNCTIONAL FITNESS & BALANCE FRIDAYS, 9:30AM

Join certified instructor Sue Wolfe for a new fitness program focused on balance and toning with the aim of helping you remain as independent as possible. Classes feature a warm-up with gentle movements and static stretches, strength training targeting various muscle groups, optional cardio burst that can be performed seated or standing, and balance training (seated modifications available). A cool down period with static stretches helps the body recover.
Fee: \$4/class or \$20/6 class discount card that never expires. No need to pre-register. Sign in and pay at front desk upon arrival.

FIT FOR LESS

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

CARDIO TONE: MONDAYS, 9:30 - 10:15

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

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. Certified Instructors: Jean Tornetta, Sarah Trocine, or Sue Wolfe

PLEASE NOTE:

- Class fees vary based on instructor fees and typical class attendance. Some of our punch card prices changed effective 1/20/26. We will honor all previously purchased punch cards until all punches are used.
- 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.

RELEASE & RESTORE YOGA: FRIDAYS AT 10:30AM

Release stress and tension, and calm your mind. Appropriate for all levels and practiced standing and sitting. No mats are necessary. Darlene Cianci, Certified Instructor.
Fee: \$4/class or \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

RHYTHMFIT SERIES: TUESDAYS AT 10:30AM, CURRENT SERIES RUNS THROUGH MAY 26 (PLEASE NOTE NO CLASS APRIL 7)

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 drumsticks, large yoga balls, and other equipment for a fun workout that blends simple choreography and infectious beats. Kristin Messina, Certified Instructor. Fee: \$4/class or \$20/6 class discount card that never expires. No pre-registration required. Sign in and pay at front desk upon arrival. All equipment is provided.

TAI CHI: MONDAYS, 10:30AM

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: \$4/class or \$20/6 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 the payment deadline listed, if you cancel for any reason, your money will not be refunded unless there is a replacement traveler. If payment has not been made by this date, you forfeit your reservation, and we will offer the seat to someone else. 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.

TRIP DAY INFORMATION:

- All trips depart from 259 N. Second St., Souderton unless otherwise specified.
- 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 listing indicates a new trip.
- Please be prompt and arrive 15-20 minutes early. Our bus will only wait five minutes after the scheduled departure time for latecomers.



GET ON BOARD FOR TRIP OPENING

If you're unable to secure a spot for a desired trip, don't give up! Even if a trip has a long waiting list, we will continue to do our best to plan an additional trip. *Most* participants who add their names to a 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).

Please refrain from directing unkind behavior toward our staff and volunteers who are doing their best to accommodate everyone's requests fairly. 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

OKLAHOMA! DUTCH APPLE DINNER THEATRE, LANCASTER THURSDAY, APRIL 9

Cowboy Curly and farm girl Laurey perform the unforgettable Rogers & Hammerstein score with songs such as: "Oh, What a Beautiful Mornin'," "People Will Say We're in Love," "I Can't Say No!" and the exhilarating title song, "Oklahoma!"

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

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

Trip Opened: March 3

Payment Deadline: March 6

MENOPAUSE THE MUSICAL 2: STATE THEATRE, SATURDAY, APRIL 11TH



The hysterical sequel to the smash-hit Menopause The Musical is returning! We will enjoy lunch at Porter's Pub before the show.

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

Departs: 11:30am Returns: 6:30pm

Trip Opened: March 3

Payment Deadline: March 10

DAY TRIPS CONT'D NEXT PAGE

NEW TRIPS

**SOME ENCHANTED EVENING,
HUNTERDON HILLS, NJ
WEDNESDAY, APRIL 15**

Some Enchanted Evening is a celebration of songs that have become a part of our lives. This dazzling revue promises a night of timeless music, cherished memories, and pure theatrical magic you won't soon forget.

Cost \$110 includes ride on our bus, show, lunch, taxes and gratuity.

Departs: 9:45am

Returns: 4:30pm

Trip Opened: March 4

Payment Deadline: March 13

**9 TO 5, ACT 1, DESALES
UNIVERSITY, CENTER VALLEY
TUESDAY, APRIL 28**

American icon Dolly Parton wrote the music for this Tony-nominated musical based on the 1980 film. After the show we will enjoy lunch at Copperhead Grille.

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

Departs: 8:45am

Returns: 2:30pm

Trip Opened: March 4 by

Payment Deadline: March 16

**IRON PIGS GAME, * ALLENTOWN
THURSDAY, MAY 7**

The Lehigh Valley Iron Pigs are a minor league baseball team affiliate of the Philadelphia Phillies. Our seats are located on the picnic patio. We will enjoy an all-you-can-eat buffet before the game.

Cost: \$55 includes ride on our bus, ticket, buffet, tax and gratuity.

Departs: 4:30pm

Returns: Approx. 10:30pm

Trip Opens: April 1 @ 3pm by phone only ^

Payment Deadline: April 6

**RAT PACK LIVE!, * DUTCH APPLE,
LANCASTER**

FRIDAY, MAY 15
Enjoy this tribute to the icons of cool, Frank, Sammy, and Dean, three world-famous entertainers. Experience some of the finest songs ever recorded like "Fly Me To the Moon", "New York, New York", and "Everybody Loves Somebody."

Cost: \$110 includes ride on our bus, show, lunch, taxes and gratuity.

Departs: 9:30am

Returns: 5:30pm

Trip Opens: April 7 @ 3pm by phone only ^

Payment Deadline: April 17

**JUKEBOX GENERATION, *
MAGIC AND WONDER DINNER
THEATER, PARADISE
WEDNESDAY, MAY 20**

A magical musical journey awaits as we celebrate the transformative and uniting power of music with Jukebox Generation! Step into a time machine and experience the soundtrack of decades past. From the rock 'n' roll and classics of the 50s & 60s to the anthems and excitement of the 70s & 80s, this electrifying production brings four iconic decades to life with dazzling performances, stunning visuals, and timeless hits that will leave you with a song in your heart!

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

Departs: 10:45am

Returns: 5:45pm

Trip Opens: April 7 @ 3pm by phone only ^

Payment Deadline: April 17

**RIVER LADY LUNCH CRUISE, * NJ
TUESDAY, MAY 26**

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: \$85 includes ride on our bus, river cruise, lunch, taxes and gratuity.

Departs: 8:30am

Returns: 3:30pm

Trip Opens: April 1 @ 3pm by phone only ^

Payment Deadline: April 6

^ PLEASE NOTE: THERE ARE NO IN-PERSON TRIP RESERVATIONS ON OPENING DAY. ALL OPENING DAY RESERVATIONS ARE BY PHONE ONLY, BEGINNING AT 3PM. CALL 215-723-5841 MORE TRIP INFO. ON P. 15

TRIP NAME & DATE	REGISTRATION BY PHONE @3pm	\$\$\$\$ DUE
<i>Iron Pigs Game May 7</i> <i>River Lady Lunch Cruise May 26</i> <i>Goods & Shady Maple May 27</i>	Wed., Apr. 1 @ 3:00pm: 215-723-5841	\$55 Apr. 6 \$85 Apr. 6 \$20 Apr. 20
<i>Rat Pack Live May 15</i> <i>Jukebox Generation May 20</i> <i>All Shook Up May 29</i>	Tuesday, April 7 @ 3:00pm: 215-723-5841	\$110 Apr. 17 \$95 Apr. 17 \$100 Apr. 24
<i>Arsenic & Old Lace June 7</i> <i>Hard Rock Casino June 9</i> <i>Phila. Lunch Cruise June 11</i>	Wednesday, May 6 @ 3:00pm: 215-723-5841	\$100 May 7 \$20 May 15 \$120 May 8
<i>Hiawatha & Le Jeun Chef June 19</i> <i>Reading Terminal Market June 24</i>	Thursday, May 7 @ 3:00pm: 215-723-5841	\$75 May 13 \$65 May 20

OUR TRIPS ARE "FRAGRANCE FREE." PLEASE RESPECT OTHER TRAVELERS WHO MAY BE "SCENTSITIVE."



GOODS & SHADY MAPLE*

WEDNESDAY, MAY 27

Our first stop is Sunnyside Pastries for a yummy treat! Next, we will head to Shady Maple Farmers Market, Goods, and Shady Maple Restaurant. Free time to shop and eat (on your own). Finally, we will head to Emma's Popcorn before heading home.



Cost: \$20 includes ride on our bus. Lunch and shopping are on your own.

Departs: 8:30am

Returns: 4:00pm

Trip Opens: April 1 @ 3pm by phone only ^

Payment Deadline: April 20

ALL SHOOK UP,* DUTCH APPLE, LANCASTER

FRIDAY, MAY 29

Inspired by and featuring songs of Elvis Presley, a guitar-playing young man rides into town and changes everything and everyone he meets with his hip-swiveling music. You'll be tappin' your feet to the classics like "Heartbreak Hotel", "Jailhouse Rock," and "Don't Be Cruel."

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

Departs: 9:30

Returns: 5:30pm

Trip Opens: April 7 @ 3pm by phone only ^

Payment Deadline: April 24

ARSENIC AND OLD LACE,*

CANDLELIGHT DINNER THEATRE, DE SUNDAY, JUNE 7

This wildly popular comedic farce written by Joseph Kesselring revolves around two elderly sisters who are famous in their Brooklyn neighborhood for their numerous acts of charity but are as crazy as loons. Mix in a dollop of Teddy Roosevelt, a dash of Albert Einstein, and stir with an assortment of quirky characters and you get a lethal cocktail of murder, mayhem, and laughter.

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

gratuity.

Departs: 11:30am

Returns: 6:30pm

Trip Opens: May 6 @ 3pm by phone only ^

Payment Deadline: May 7

HARD ROCK CASINO,*

ATLANTIC CITY, NJ

TUESDAY, JUNE 9

Let's Play!! The Hard Rock Casino in Atlantic City is a high-energy environment with over 2300 slot machines and 130 table games. Free time to play the many games, walk the boards, do some shopping and dine in one of the 11 eateries on site. Must have a valid photo ID.



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

Departs: 10:00am

Returns: 7:00pm

Trip Opens: May 6 @ 3pm by phone only ^

Payment Deadline: May 15

PHILADELPHIA'S SIGNATURE LUNCH CRUISE*

THURSDAY, JUNE 11

Dine and dance on the Delaware River with views of the city's magnificent skyline on this casual afternoon out. Enjoy a delicious, chef-prepared buffet including salad and dessert and gorgeous views of Philadelphia's spectacular architecture. You'll marvel at famed city landmarks, such as the Ben Franklin Bridge, from the climate-controlled interior and open air-roof decks.



Cost: \$120 includes ride on our bus, lunch, taxes and gratuity.

Departs: 9:30am

Returns: 4:00pm

Trip Opens: May 6 @ 3pm by phone only ^

Payment Deadline: May 8



HIAWATHA & LE JEUNE CHEF,*

WILLIAMSPORT

FRIDAY, JUNE 19

We will start our day with a three-course meal at Le Jeune Chef Restaurant (translated "the young chef"). After our meal, enjoy a relaxing hour-long paddleboat cruise on the Susquehanna River. Through narration and music, hear the story of the Hiawatha.



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

Departs: 9:00am

Returns: 6:00pm

Trip Opens: May 7 @ 3pm by phone only ^

Payment Deadline: May 13



READING TERMINAL MARKET,* FOOD TOUR, PHILADELPHIA WEDNESDAY, JUNE 24

Reading Terminal Market is one of Philadelphia's most iconic destinations for locals, visitors, student, and food lovers alike. This guided tour explores the Market's rich history, diverse cuisine, and the timeless cooking traditions carried on by more than 80 unique merchants. The 45 minute walking tour kicks off with a tasty snack from a local favorite and continues through the vibrant aisles filled with mouthwatering aromas. Free time to explore and eat after the tour. Tour includes \$20 food voucher to be used anywhere in the market.



Cost: \$65 includes ride on our bus, and tour and lunch voucher.

Departs: 8:30am

Returns: 2:30pm

Trip Opens: May 7 @ 3pm by phone only ^

Payment Deadline: May 20

2026 OVERNIGHT TRIPS

7 NIGHT BERMUDA CRUISE: MAY 10 - 17, 2026



Sailing aboard Celebrity Silhouette; Round trip bus from Souderton area to Cape Liberty Cruise Port; 7 night cruise onboard the Celebrity Silhouette including cruise taxes, meals onboard (specialty restaurants additional), most entertainment onboard; Celebrity Classic Beverage Package; Generations donation and a \$50 onboard credit per cabin from Travel Haus. \$1806 (inside cabin) per person double. \$3612 (inside cabin) per person single. \$2198 (verandah cabin) per person double. \$4396 (verandah cabin) per person single. Travel insurance information is available upon request. Contact Liza at Travel Haus for more information: 215-723-8687 or liza@trvlhaus.com

SHOWTIME IN THE SMOKIES: SEPTEMBER 8 - 13, 2026



Motorcoach Transportation; Pirates Voyage Dinner Show; Dolly Parton's Dinner Show; Country Tonite Theater; Lunch and Performance by Gary "Biscuit" Davis (Banjo); Skyland Ranch; Dollywood; Titanic Museum; Great Smoky Mountain; Pigeon Forge; Five Nights Lodging; Five Breakfasts; Two Lunches; Three Dinners; Luggage Handling (as available); Driver Gratuity Cost: \$1979 double or \$2679 single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Full payment due 6/1/26. Contact Robert Brecker for more information or for reservations: 484-446-2369 or travel@somuchtoseatravel **Smokies & Biltmore presentation for newcomers on Tuesday, 4/21, 10:45am. Call Lisa to register for the presentation: 215-723-5841.**

LIMITED TIME OFFER: BOOK BOTH GENERATIONS BUS TOURS WITH SO MUCH TO SEA TRAVEL AND RECEIVE A *\$100 PER PERSON DISCOUNT!*

BILTMORE'S CANDLELIGHT CHRISTMAS: DECEMBER 7 - 11, 2026



Motorcoach Transportation; Biltmore Estate Tours: Daylight, Antler Hill Village & Biltmore Winery, Candlelight Christmas Dinner, Candlelight Evening Tour; Asheville Museum of History; Brethren & Mennonite Heritage Center; Local Guide Service in Asheville; Four Nights Lodging; Four Breakfasts; Two Dinners; Luggage Handling (as available); Driver Gratuity Cost: \$1599 double or \$1949 single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Full payment due 9/1/26. Contact Robert Brecker for more information or for reservations: 484-446-2369 or travel@somuchtoseatravel **Smokies & Biltmore presentation for newcomers on Tuesday, 4/21, 10:45am. Call Lisa to register for the presentation: 215-723-5841.**

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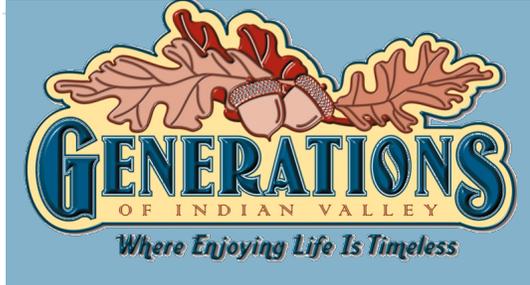
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EVENINGS & WEEKENDS AS SCHEDULED

*SEE P. 10 - 13 FOR IMPORTANT SCHEDULING ANNOUNCEMENTS.

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FITNESS OFFERINGS (MORE ON P. 14)



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