

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 HIT IT OUTTA THE PARK! WEDNESDAY, MAY 13, 1:00PM

It's time to cheer on our many volunteers, thank you for your dedication and enjoy a fun day together! Step up to the plate and join us for a baseball-themed recognition picnic! We're honoring the incredible all-star volunteers who hit home runs for us every single day. Meet us in the Souderton Community Park (459 Wile Ave, Souderton) for a ballpark-style picnic lunch featuring Hot Dogs with all the Fixings, a Variety of Cold Salads, Ice Cream in a Baseball Helmet, and what else but Cracker Jacks! We'll also have games and friendly Minute to Win It baseball-themed competitions. All volunteers will receive a recognition gift.

The event is for Volunteers of both our Meals on Wheels and Center programs who have donated time in the past year. Each volunteer may bring one guest. Some seating will be available at park tables/benches/pavillion. Please wear comfortable shoes, dress for the weather and bring your own lawn chair. In case of bad weather, this event will be held inside at Generations (same day, same time). Please call the Generations front desk by May 6 to register: 215-723-5841.

SAVE THE DATES FOR OUR SPECIAL UPCOMING EVENTS:



- WEDNESDAY, JUNE 10, 12:00:
ROGERS AND HAMMERSTEIN/BROADWAY'S BEST LUNCH
- SATURDAY, JUNE 13:
DEMOCRACY 250 SIMULCAST EVENT
- WEDNESDAY, JULY 1, 12:00:
SCENES FROM AN ITALIAN RESTAURANT

A new policy for paid, on-site events is now in effect. Please note that our trip policies differ (see p. 15). We will not add you to the registration list until payment is received. After the payment deadline listed with the event, if you cancel for any reason, your money will not be refunded unless there is a replacement. **Ways to Register/Pay:**

1. **In Person** at Generations front desk (Cash, Check, Credit (3% fee), Debit).
2. **By Phone** (Credit (3% fee)). Call 215-723-5841 between 9am-3:45pm.
3. **By Mail** (Check payable to Generations. Provide the name of the event you would like to register for, first and last names + phone numbers for all individuals registering). Mail to: 259 N. 2nd St., Souderton, PA, 18964.

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

LAUGHING MATTERS!

A COMEDY NIGHT FUNDRAISER

Proceeds benefit Meals On Wheels & community programs for seniors

Saturday - April 25

Doors Open 6:30pm • Showtime 7:00pm

Headliner
David Kaye

Feature
Belynda Cleare

Host
Brad Todd

Generations Of Indian Valley

259 North Second Street
Souderton, PA 18964

\$35⁰⁰ General Admission

\$190 Reserved Table of 6

\$250 Reserved Table of 8

Includes Light Snacks & Water
Plus Two Drink Tickets For
Soda or Adult Beverages

Ticket Sales

Available at Generations
or Call 215-723-5841
www.generationsofiv.org



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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

Greg Green,
Maintenance Coordinator
Christine Hawkins, Sous Chef/
Nutrition Services

Beth Knize, Executive Chef/
Nutrition Services

Lexi Little, Kitchen Assistant

Pat McQue,
Indian Valley MOW Coordinator

Val Perry,
Member Services Coordinator

Amy Robillard,
North Penn MOW Coordinator

JoAnn Steinly,
MOW Kitchen Coordinator

Amy Stover,
Program Coordinator

BOARD OF DIRECTORS

John H. Filice, Chair

Dr. Stephen Carp, Vice-Chair

Timothy Swartley, Treasurer

Ella M. Roush, Secretary
Linda Abram

M. Theresa Fosko

Brian K. Goshow

Ron Hallman

Joanne Kline

D. Scott Landis

Alexandra Metricarti

Chari Richardson

COMMUNITY DANCES FOR SINGLES AND COUPLES

Adults 50+ are welcome to join us for dancing. All proceeds will benefit GENERATIONS. Upcoming Community Dance Dates are **April 10, May 8, and June 12** (2nd Fridays) so mark your calendar now!

Cost is \$12 per person. Doors open at 6:30. Dancing is from 7-10. Light snacks and water are provided. BYOB and your favorite snacks. Dress is casual. Only the DJ gets paid! All proceeds come back directly to Generations. As we are all volunteer, please consider giving 30 minutes of your time once-in-a-while to help with signing in dancers and/or taking money at the door. Questions? Please contact Linda Love lindahlove@hotmail.com. Photo below: [freepik.com](https://www.freepik.com)



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.

BEST WISHES PAT MCQUE!

A heartfelt thanks to Pat McQue, who after nearly 20 years of service, is retiring from her position as Meals on Wheels Coordinator for Indian Valley. We are so grateful for the ways Pat built and cared for this program, along with its many clients and volunteers during her time with Generations. We wish you well, Pat!



FAMILY SELF DEFENSE TUE, APRIL 7, 10:30AM



Join Master Mark Cashatt for this one hour lesson in self defense. Master Cashatt will demonstrate physical applications for potential real-life situations and allow you practice so you can be prepared for real-life situation.

Family/Friends welcome. Cost: \$8 per person due at registration. To register, visit our front desk or call 215-723-5841 by **April 1.**[^]

BASIC FIRST AID & CPR WED., APRIL 8, 1:00PM



Cassidy Bowen, Community Health Educator from Montgomery County, PA, teaches this course about emergency response basics including hands-only CPR and AED training, choking response, and basic first aid.

Free program designed for laypeople. **NO CERTIFICATION.** To register, visit our front desk or call 215-723-5841 by **April 3.**[^]

SHOULD I STAY OR SHOULD I GO THURSDAY, APRIL 16, 10:30AM



Are you considering moving to a retirement community, care facility, 55+ housing option, or are you hoping to age in a place in your current home or living situation? Any of these options take planning, financial stability and clear-eyed recognition of the realities of aging. Save the date for a workshop designed to guide you in making decisions about

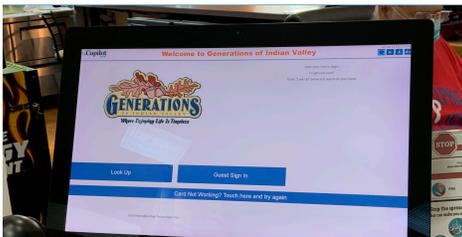
whether to remain in your home or embrace another living arrangement. Hear from experts in the field including Oasis Senior Advisors, a Realtor, a home-mobility consultant, a home care expert, and a financial advisor. To register, visit our front desk or call 215-723-5841 by **April 13.**[^]

REP. MALAGARI LEGISLATIVE UPDATE & SERVICES THURSDAY, MAY 14, 11:00AM



Come hear an update from PA State Rep. Steve Malagari on recent legislation, funding awards, projects and community events for the 53rd district. Steve's team will also share information on what services they can help you with including unclaimed property, yellow dot and driver and vehicle services. The office will also be onsite

on May 14 to help you apply for a SEPTA Key Card (which will be sent by mail a few weeks later). If applying for a Key Card, please bring a valid photo ID. To register for this program, visit our front desk or call 215-723-5841 by May 8.



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.



DONATIONS REQUESTED... Please keep an eye out for our appeal letter in your mailbox! We appreciate any and all monetary donations toward our operating costs as well as special projects.



TAX AIDE
AARP Foundation Tax Aide FREE tax preparation services appointment continue at Generations on Thursdays & Fridays, through Apr. 2, 2026. Appointments are required. To schedule please call our front desk: 215-723-5841.

SPECIAL PROGRAMS (IN ORDER OF DATE)

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DIALOGUE WITHOUT FRONTIERS: CURRENT EVENTS ^ 1ST & 3RD THURSDAYS, 1:15PM

This is an open forum for discussion about domestic and global current events in a democratic manner. Participants must be willing to listen and or speak about topics that may elicit differing opinions with a calm, open mind. The session will be moderated by Thomas Kolsky. **Registration is required.** ^

PREVENT FALLS ^ MONDAY, APRIL 6, 10:00AM

Let's Prevent Falls! Learn how you can proactively prevent falling and what behaviors, medications, and substances increase our fall risk! This free presentation by Sue Smith, M Ed., RN, is brought to you by Jefferson Health-Abington. **Registration is required.** ^

"CHAT ABOUT" DISCUSSION GROUP ^ 2nd & 4th FRIDAYS, 10:00AM

(April 10 & 24, May 8 & 22)
Join volunteers Cindy and Norma for a new peer-led discussion group to talk about anything and everything from family or coupons to food or ailments. All participants will have the opportunity to share their thoughts if desired. Prompts will be given if needed. Please note this not a support or counseling group, just a safe space to share thoughts, laughs, and chat with friends and peers. **Registration required.** ^

OLDER ADULTS IN THE DRIVERS SEAT ^ MONDAY, APRIL 13, 10:00AM

Deb Jankowski, Outreach Coordinator for the Office of Aging Services/Department of Health and Human Services of Montgomery County, PA presents this program about Staying Safe on the Road as You Age. During the course, you will learn how older adults can drive safely for longer and when to stop driving. Deb will also discuss assistive devices to make driving easier and alternatives to driving. ^



THE DOCTOR IS IN: DECIPHERING A DEMENTIA DIAGNOSIS ^ WEDNESDAY, APRIL 15, 1:00PM

Join Dr. Timothy Daly, of TriValley Primary Care to discuss dementia. Dr. Daly will discuss what your primary care physician might look for if you or they are concerned about dementia. Learn what questions and evaluations are used to identify symptoms and what other common concerns can mask as dementia but are reversible. Do brain exercises or other interventions work to slow/prevent dementia onset? **Registration required.** ^

MOVIE MATINEE: ANNE OF GREEN GABLES THE CONTINUING STORY (PART 1) ^ TUESDAY, APRIL 21, 12:45PM

Now in her twenties, Anne (Megan Follows) returns to Avonlea after the death of her adopted mother. Her fiancé, Gilbert, is soon offered a position at a hospital in New York and persuades Anne to accept a role at a publishing house there. Anne struggles as a writer while Gilbert feels intense pressure to enlist in the War. Starring Megan Follows, Jonathan Crombie, and Lauren Peters. Rated TV-PG for some scary, war-related action and thematic material. Running time is 1 hour, 29 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café. **Please register if you plan to attend.** ^

TRIVIA AT TEN ^ WEDNESDAY, APRIL 22, 10:00AM

Enjoy a morning of brain games and trivia. Fun prizes will be awarded for winning answers. Led by Generations Program Coordinator Amy Stover. **Registration required.** ^

BOOK CLUB: MY BRILLIANT FRIEND ^ THURSDAY, APRIL 23, 1:00PM

Join our book club discussion with Volunteer Ellie. My Brilliant Friend is a 2011 historical fiction novel by Elena Ferrante. Beginning in the 1950s in a poor but vibrant neighborhood on the outskirts of Naples, this four-volume story spans almost sixty years, as its main characters, the fiery and unforgettable Lila and the bookish narrator, Elena,



IDENTIFYING AND AVOIDING SCAMS WEDNESDAY, APRIL 29, 1PM

Join the Unvest Financial Literacy Team for a short yet engaging presentation, which reviews common scams, their warning signs, and how to stay informed and protected.

You will receive some insightful handouts, and giveaways for audience participation! Free program. To register, stop by or call our front desk by April 24: 215-723-5841.



SPECIAL PROGRAMS (IN ORDER OF DATE)

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become women, wives, mothers, and leaders, all the while maintaining a complex and at times conflicted friendship. This first novel in the series follows Lila and Elena from their fateful meeting as ten-year-olds through their school years and adolescence. You can borrow a copy of this book from Generations or purchase on your own. **To borrow a copy or register for the book club discussion, visit our front desk or call 215-723-5841.**

FUN & GAMES ^

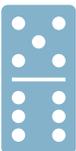
2ND & 4TH THURSDAYS, 10:00AM (BEGINS APR. 23)

Volunteer Beth leads a different organized game for each session, proving that it's all fun and games until somebody. . . oh well, never mind the rest. If needed, Beth will provide assistance as you learn the game. Schedule below. Please register for the games you plan to attend. ^

April 23 - Mexican Train Dominoes

May 14 - 5 Crowns Cards

May 28 - Mexican Train Dominoes



SCIENTIFIC SECRETS FOR A POWERFUL MEMORY ^
THURSDAYS, APRIL 30, MAY 7, MAY 21 10:00AM

Join us for another "Great Courses" series. During this interesting series, you'll explore the real research on how memory functions. By tapping into a series of scientifically proven strategies, tricks, and techniques, and by practicing them through dynamic exercises, you'll emerge from the end of this short course with the ability to process information more effectively and to increase your chance of remembering almost anything you want. Each class consists of 60 minutes of video lectures and a follow-up discussion led by volunteer Dave. **Registration required.** ^

NAME THAT TUNE: AMERICA 250 ^

FRIDAY, MAY 1, 10:00AM

Come to Generations to build your brain power with a fun morning of identifying songs. Play for the glory because the prizes are lame! Led by Program Coordinator Amy. **Please register if you plan to attend.** ^

911 STROKE ^

MONDAY, MAY 4, 10:00AM

Learn more about stroke recognition, prevention, and the advances in stroke treatment! This free presentation by Sue Smith, M Ed., RN, is brought to you by Jefferson Health-Abington. **Registration is required.** ^

YOUR HANDS, YOUR INDEPENDENCE ^
TUESDAY, MAY 5, 1:00PM

Join Carla Hagan, OTR/L, Occupational Therapist from Good Shepherd Rehabilitation and learn about the hand, common injuries and ways to keep your hands working for you. Tips and exercises for practical, everyday application will be shared. Free program. **Please register if you plan to attend.** ^



AARP SAFE DRIVING REFRESHER ^

FRIDAY, MAY 8, 9:30AM-1:30PM

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 info. A short break will be given. Participants may purchase items in our Café or pack a lunch. Class Fee: \$20 for AARP Members; \$25 for Non-AARP Members, payable on the day of class. **Must attend both classes. Register by May 1.** ^

INTERMEDIATE IPHONE CLASS ^

MONDAY, MAY 18, 9:30-11:30

This is an intermediate class taught by Rhonda Novicki. It covers the new IOS, "liquid glass," AI, ChatGPT, control center, camera/video, calendar, location, scheduling emails and texts, apps for seniors, Q & A, and more. Bring your charged iPhone and Apple ID and any passwords you may need to download apps. Cost: \$20 per person, due at registration, includes a donation to Generations. **THIS CLASS IS FOR IPHONE USERS ONLY.** Class needs a minimum of 6/maximum of 10. **Register by May 11.** ^

MUSIC BINGO WED., MAY 6, CARD SALES AT 12:30, GAMES AT 1:00PM

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!" Cost: \$5 per music bingo card or 3 cards for \$12. Best for ages 12

and up; most songs are from the 50s-80s. You don't have to know the songs to win. Bring your own dabber or marker and refreshments or feel free to purchase refreshments in our Cafe. No registration required.



NEWS & NOTES:

FEATURED ARTIST

APRIL & MAY:

The late Donna Nostadt Miller is the featured artist for April and May. She graduated from Kutztown State College with a Bachelor's Degree in Fine Arts and received a Master's Degree in Education at Beaver College. She started illustrating children's books, then got into portraits and was a member of The Portrait Society of America. Donna was a talented artist whose pastel, oil, and watercolor works were enjoyed by family and friends as well as many gallery visitors. She also shared her love of art with hundreds of students throughout her years as a school teacher, most recently in the Perkiomen Valley School District. She and her husband John Miller (still a volunteer at Generations) traveled around Europe, Canada, and Japan several times collecting works of art. Donna enjoyed traveling with family exploring the National Parks, especially Assateague Island. She enjoyed flower gardening, creating pottery and spending Friday nights out with friends.

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:
1-800-662-HELP (4357)

WINTER WEATHER:

We no longer follow Souderton School District for weather related closings and delays. Visit our website generationsofiv.org to see if Generations or Meals has a schedule change. You can also opt in for text notifications about inclement weather.

SPECIAL PROGRAMS (BY DATE ORDER)

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MOVIE MATINEE: ANNE OF GREEN GABLES THE CONTINUING STORY (PART 2) ^ TUESDAY, MAY 19, 12:45PM

Anne Shirley-Blythe searches for her husband Gilbert, who is missing in France, and becomes swept up in the turbulence and intrigue of the Great War. Starring Megan Follows, Jonathan Crombie, and Lauren Peters. Rated TV-PG for some scary, war-related action and thematic material. Running time is 1 hour, 33 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café. **Please register if you plan to attend. ^**

DIGITAL LITERACY: SOCIAL MEDIA ^



FRIDAY, MAY 22, 12:45PM

Join Alan Berry, Media Literacy Educator, Researcher, and Advocate, for a digital literacy workshop. This month's topic is social media. We will touch on benefits and risks, as well as some news and trends across social media. Free program. **Please register if you plan to attend. ^**

BOOK CLUB:

A GLIMPSE OF FREEDOM ^
FRIDAY, MAY 29, 1:00PM



Join our book club discussion with Volunteer Deb. [A Glimpse of Freedom: A Novel of the Philadelphia Campaign](#) is a historical fiction novel by Douglas Shupinkski. It is the summer of 1777. General George Washington and the Continental Army have been repeatedly beaten by the British Army during the first two years of what has become a

bitter, bloody war. Jacob Landes, the quiet young man from rural Pennsylvania, receives his terrifying baptism of fire at the Battle of Brandywine. And Brigadier General William Maxwell watches in horror as his men launch attack after bloody attack on a British stronghold at the Battle of Germantown. This campaign will bear witness to a series of the largest and deadliest battles of the American Revolution that will test the resolve of both sides to continue the conflict, and have a dramatic impact on the ultimate outcome of the war and the birth of a nation. You can borrow or purchase a copy of this book on your own. **To register for the discussion, visit our front desk or call 215-723-5841.**

CONCERT SUNDAES DONATIONS REQUESTED

The Concert Sundaes Committee of the Indian Valley Arts Foundation hosts concert events on Sunday summer evenings in Souderton Community Park. Generations is proud to be a "service club partner" for Concert Sundaes in the Park, and we are hoping to raise \$600 for our Center's participants to help support this cause. Cash or checks made payable to IVAF/Concert Sundaes. Any donation amount is greatly appreciated. For a donation of \$25.00 by March 31, your name will be printed in the program Please see Shawna or Val in our front office to make a donation. We will gladly accept donations for this effort after March 31. Thank you for your support of Generations and Concert Sundaes! Save the date for when Generations serves refreshments at Concert Sundaes: Sunday, August 2 with the Beatles tribute band, *Beatlemania Again!*

SOCIAL SERVICES

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 more 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 2:00pm at Adult Day Services, 51 Medical Campus Drive Lansdale, PA. Please contact: Susan Lamar: 215-361-4421

susan.lamar@jefferson.edu

COUNSELING w/ SHIRLEY FOR EVERY DAY STRUGGLES AND BEYOND BY APPOINTMENT

Counseling services for seniors are available at Generations. Being seen and heard with empathy and without judgement can create space for meaningful change. Shirley Elrod, LMFT, FT, is a professional licensed therapist who has specialized experience and training in grief, family systems, relationships, everyday struggles, and trauma. During sessions, Shirley works from a perspective that allows each individual the time and space to address their own needs within their unique situation.

OUR SOCIAL SERVICES COORDINATOR

Emily Filice is available Monday-Friday from 9:30-3:30. Appointments are recommended. Call ahead to schedule an appointment or speak with Emily over the phone at 215-723-1930.

Shirley uses a sliding scale and works with your budget for

payment. To schedule an appointment at Generations or determine whether you could benefit from counseling with Shirley, please contact her directly: Email: shirley@selrodtherapy.com Phone: 215-650-3034

Website: selrodtherapy.com

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.

LEGAL AID: 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.

MONTCO VETERANS AFFAIRS

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

PA MEDI APPOINTMENTS

THUR., APRIL 2 & MAY 7

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.

PA STATE REP. OFFICE HOURS

2ND MON., (APR. 13 & MAY 11)

10:45 AM -12:45 PM

PA STATE SEN. OFFICE HOURS

3RD THUR., (APR. 16 & MAY 21)

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.

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.

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.

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.



BOWLING: 2ND & 4TH WEDNESDAY, 10:00AM 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 Wes to sign in. Seniors (65+): \$3.25 per game; shoe rental additional \$3. Questions? Call our front desk at 215-723-5841.



"CHAT ABOUT" DISCUSSION GROUP 2nd & 4th FRIDAYS, 10:00AM: (April 10 & 24 + May 8 & 22)

Join volunteers Cindy and Norma for a new peer-led discussion group to talk about anything and everything from family or coupons to food or ailments. All participants will have the opportunity to share their thoughts if desired. Prompts will be given if needed. Please note this not a support or counseling group, just a safe space to share thoughts, laughs, and chat with friends and peers. Registration required. ^

CHOIR CHIMES: WEDNESDAYS, 10:30AM

The group, led by Anna Marie Dieterle, rehearses and performs a varied repertoire on hand chimes and meets September-May. Ringers who can read music are needed!

CHORALEERS: MONDAYS, 1:00PM

The Choraleers rehearse a variety of popular, seasonal, and patriotic tunes from September - May. They perform at local community/retirement venues by request. 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 Café until 1pm or feel free to bring your own refreshments.** Registration begins at 12:15pm. Donation: \$1.00.

FUN & GAMES ^

2ND & 4TH THURSDAYS, 10:00AM (BEGINS APR. 23)

Volunteer Beth leads a different organized game for each session, proving that it's all fun and games until somebody. . . oh well, never mind the rest. If needed, Beth will provide assistance as you learn the game. Schedule below. Please register for the games you plan to attend. ^

April 23 - Mexican Train Dominoes

May 14 - 5 Crowns Cards

May 28 - Mexican Train Dominoes



GARDEN CARE:

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



"GO" GAME DAY:

1ST FRIDAY (MAY 1), 10:00AM - 2:00PM

Join volunteer Don to play the game "Go." It is a strategy game similar to chess that is popular in China, Korea, and especially Japan. 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.

HAND & FOOT CARD GAME: TUES, 9:30AM -1:15PM

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

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.



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.

MATS THAT MATTER: 1st & 3rd THURSDAYS, 11AM (No session on April 16)
Make mats for the homeless out of plastic bags with the help of volunteer Carol. Cut, fold, roll, sort, weave, and use a loom. Instructions and supplies will be provided.

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: 215-353-6699. If there is no answer, leave a message.

PAINTING CLASS (WATERCOLOR): TUESDAYS, 1:00-3:00PM
Classes begin with instruction and demonstration of intermediate watercolor techniques in regards to negative space, composition and color. 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 or borrow ours until you see what you need. Instructor Emma Hawkins. Please register for each monthly session if you plan to attend so that we know how many tables to set up. Upon arrival, pay \$10 per person, per class at the front desk. To register, call: 215-723-5841.



PINOCHLE: THURSDAYS, 12:45PM - 3:30PM NO PINOCHLE MAY 7
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 Café 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: 
WEDNESDAY, APRIL 8, 11:00AM (OILS & SPICES)
WEDNESDAY, MAY 13, 10:00AM (EARLIER TIME THIS MONTH) (DEPRESSION-ERA RECIPES)
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). **Come try samples of delicious dishes! 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

SCRABBLE: 1ST & 3RD WEDNESDAY, 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: 1ST WEDNESDAY, 9:00AM (RESUMES MAY 6)
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

Regular and substitute drivers are needed to deliver Meals on Wheels in the Indian Valley and North Penn areas. Times are approximately 10:45am-12:45pm. Contact Pat or Amy R.: 215-723-8555.

Newsletter mailing help is needed on Tue., May 19 at 9:15am. Contact Amy S.

We will gladly accept donations of flowering perennials and annuals to beautify our gardens! Please drop off May 11.

Volunteers are needed to assist with packing for our Meals on Wheels program on select mornings from 8:45-11:00am. Contact Beth: 215-723-5841.

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 Amy:

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>10 Tuna Melt on Garlic Texas Toast with Swiss Cheese; Garden Salad; Fruit</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.

PROGRAM SCHEDULE

2026 / MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<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**

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.**

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.**

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

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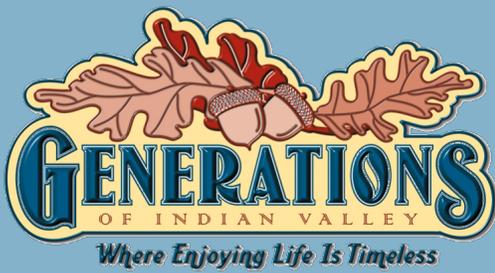
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WE'RE HERE:
MONDAY-FRIDAY, 9:00AM-4:00PM, *
EVENINGS & WEEKENDS AS SCHEDULED

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

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FITNESS OFFERINGS (MORE ON P. 14)



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