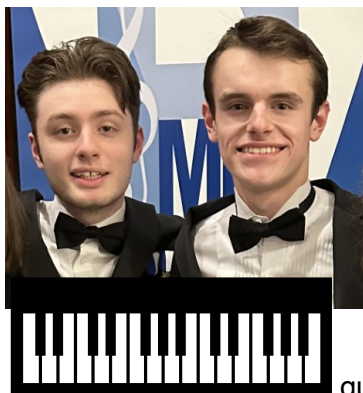




GENERATIONS OF INDIAN VALLEY

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!

FRIDAY IN THE CAFE: AUGUST 16, 7:00PM



Join us for small plates and big fun! Cost: \$15 includes an evening of entertainment with Cayden Johnson & Connor Feick. We'll also have light snacks and desserts, beer or wine, soda, coffee, and tea. Cayden and Connor are vocalists and front men for their band, "C4."

For our event, they'll be a duo, sharing covers by favorite artists like Billy Joel and Frank

Sinatra as they play along on keyboard and guitar. These two young men are no strangers to

the stage, having performed as leads in SAHS's recent production of Les Miserables, The Souderton Rock Band, and PA Music Educator's District, Regional, and State Choir Festivals. Come enjoy an evening of pop hits from the 50s-80s ranging from mellow to upbeat. To register, stop by our front desk or call 215-723-5841 by Aug. 13.

WALK WITH EASE: THURSDAYS, OCTOBER 3 - NOVEMBER 7, 12:45PM

Certified leaders Tracey and Claire from the Montgomery County Office of Senior Services will host The Arthritis Foundation's Walk With Ease Program this fall at Generations. Walk With Ease is a six week, multi-component program that includes walking, health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to get you safely moving toward better health on your own after the six week program concludes.

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to: reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence in your ability to be physically active, and improve overall health.

Each session begins with a pre-walk discussion covering a specified topic related to exercise and arthritis, a warm up, followed by a 10- to 40-minute walk (outside around Souderton, weather permitting) and a cool-down. Space is limited. To register for the free program, visit our front desk or call 215-723-5841.

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

COUNTRY HOEDOWN WED., SEPT. 25 12:00

Swing your partner and tie on a bandana for our country western hoedown!



Enjoy a good ol' lunch menu featuring BBQ Rodeo Ribs, Country Corn Bread, Western Baked Beans, Saddle Up Slaw, a Kick-off Your Boots Dessert, Iced Tea, Lemonade, Coffee, Beer, Twisted Tea & Hard Lemonade.

After lunch, we'll open up the dance floor for some fun and easy-to-follow square and line dances on the big screen (no live caller). Singles, couples, and groups of friends are welcome.

Cost: \$20 for square lunch & dancing. There will be no regular noon meal this day. Registration is required. Registration and payment due Thur., Sept. 12. Visit our front desk or call 215-723-5841.

CONTENTS

Who We Are	p. 2, 20
Health & Safety Info.	website
Special Announcements & Programs	p. 1-6, 12
Social Service & Volunteering	p. 7, 9
Recreational Offerings	p. 8, 9
Lunch Menus & Calendars	p. 10-13
Health, Wellness & Spa	p. 12, 14
Travel - Day Trips + 2025 Overnight Trips	p. 12, 15, 18
Hours & Contact	p. 20

GENERATIONS IS:

- A PLACE OF WELCOME AND FRIENDSHIP FOR ACTIVE ADULTS
- A COMMUNITY OF PEOPLE COMMITTED TO LEARNING, GROWTH, AND MUTUAL SUPPORT
- A GATHERING, WHERE THE NEEDS AND JOYS OF THE COMMUNITY CAN BE SHARED
- A SPIRIT OF PARTNERSHIP AND CARING WHICH LASTS FROM GENERATION TO GENERATION

OUR TEAM

STAFF

Douglas Eschbach,
Executive Director

Lisa Furbacher,
Assistant Director

Shawna Boell,
Member Services Coordinator

Emily Filice,
Social Services Coordinator

Bryan & Darlene Finnemeyer;
Chris Obrecht, Housekeeping

Christine Hawkins, Sous Chef/
Nutrition Services

Joe Heumann, Meals on Wheels
Kitchen Coordinator

Beth Knize, Executive Chef/
Nutrition Services

Lexi Little, Kitchen Assistant

Heather Lewis,
North Penn MOW Coordinator

Pat McQue,
Indian Valley MOW Coordinator

Thank you Angelina Perry,
Interim Maintenance Assistant!

Val Perry,
Member Services Coordinator

Amy Stover, ADC,
Program Coordinator

BOARD OF DIRECTORS

Linda Abram, Chair

John H. Filice, Vice-Chair

Ron Hallman, Secretary

Timothy Swartley, Treasurer

Kristyn DiDominick

M. Theresa Fosko

Brian K. Goshow

Joanne Kline

D. Scott Landis

Alexandra Metricarti

Chari Richardson

Ella M. Roush

WE WERE HONORED TO HAVE GOV. JOSH SHAPIRO VISIT US IN MAY FOR AN INTRODUCTION AND PUBLIC SIGNING OF HIS "AGING OUR WAY PA" MASTER PLAN FOR SENIOR SERVICES!



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.

GIVE A CHEER FOR THESE VOLUNTEERS

Volunteers are always at work around Generations helping with so much; we can never say thanks enough for all you do to make Generations the warm and welcoming place that it is! This month, in particular, we're highlighting: **Paul Camacho, Jr., Debbie & Nick Cicchino, Val Perry, Maureen Ryan, and Willie Wilson**, for stepping up to plant, weed, and water our gardens, **and our summer student volunteers Norman Boell, Jack Boell, Luca Ferretti, Julia Filice, Liam Meyers, Angelina Perry, Micah Perry, & Caetlyn Stover**, who assisted with food service, reception, maintenance, games, and special events. Hip Hip Hooray!

LISTEN UP! FRIDAY, AUGUST 2, 11:00AM

Come enjoy the vocal stylings of Hunter Haight who recently wowed audiences with his outstanding performance as Jean ValJean in SAHS's production of Les Miserables. During this exclusive concert before he heads off to New York for college,

Hunter will share Broadway selections from shows like "Phantom" and "Les Mis" plus pop sections from the 60s, 70s and 80s by artists like Billy Joel and Elton John. Stop by our front desk or call 215-723-5841 to register if you plan to attend. A donation (suggested

\$5 per person) will be collected at the door.



HULA CLASSES WITH SANDY: THURSDAYS, AUGUST 1 - 29, 12:45PM

Learn the art of Hula from Generations volunteer and Hula instructor Sandy Hensel. During this five week course, Sandy will teach basic Hula steps and hand movements culminating in a

complete Hawaiian dance. To get the most benefit, attend all five classes. Enjoy flowing movements and the healing music of Hawaii all while you improve your balance and memory. \$3 per class. Stop

by our front desk or call 215-723-5841 to register if you plan to attend.



SENIOR HEALTH FAIR: FRIDAY, AUGUST 16, 10AM-12PM

Senator Maria Collett is hosting a Senior Health Fair at Generations. This event features free vaccines, giveaways, free health screenings,

refreshments, and more. Community members are encouraged to explore a wide range of wellness resources for older

adults. Questions? Call 215-368-1429

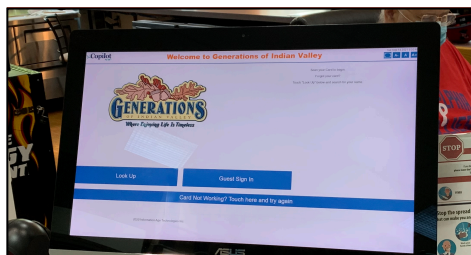


CARFIT EVENT: FRIDAY, SEPT. 6, BY APPT.

CarFit is an educational program developed by AAA, AARP, and the American Occupational Therapy Association that looks at mature drivers and their vehicles to determine how well they work together to provide the safest ride.

Following each 20-minute appointment, participants will be able to have a clear view out of their vehicle's windows, reach and manage all controls, sit comfortably and buckled, and feel confident, secure, and in control. You will need

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



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.



CONCERT SUNDAES

Held on Sundays at Souderton Community Park, 7pm (Rain: Souderton High School or Indian Crest Middle School). Refreshment sales benefit local community groups.

July 21 - Travis Wetzel Band Acoustic Variety
July 28 - Best Shot Pat Benatar Tribute
Aug. 4 - R. Eric's Piano Man Billy Joel Tribute



YOU'RE ON CAMERA!

Please help us update our records by getting your photo taken. Stop by Mon. from 9:30-11:30am or Tue. from 12-2pm and see Donna to get your "mug shot." We will only use these photos for identification. They will not be shared or posted.

SPECIAL PROGRAMS (IN ORDER OF DATE)

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

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

THURSDAYS, 10:00AM, THROUGH AUG. 15

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

GROUP ACUPUNCTURE FOR PAIN RELIEF ^: MONDAYS AT 1:00PM THROUGH AUG. 26

B.J. Putnam, DAc, offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Register at front desk or call 215-723-5841.

WHAT'S UP DOC?: DECODING THE VESTIBULAR SYSTEM: LINKING INNER EAR FUNCTION TO PHYSICAL STABILITY ^ MONDAY, AUGUST 12, 11:00AM

Have you ever felt off-balance, dizzy, or not as stable as you used to be? Join Dr. Devyn Kerr from On the Move Physical Therapy to uncover how hidden deficits in the vestibular system can cause vertigo, instability, and decreased safety. Learn to identify these deficits in yourself and discover effective exercises to strengthen the vestibular system, just as you would a muscle, to improve your balance and overall stability. ^



MOVIE MATINEES:

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

AMERICAN GRAFFITI ^ WED., AUGUST 14 12:45PM

A group of teenagers in California's central valley spend one final night after their 1962 high school graduation cruising the strip with their buddies before they pursue their varying goals. Directed by George Lucas and produced by Francis Ford Coppola, this classic stars Harrison Ford, Richard Dreyfuss, Ron Howard, and Suzanne Somers. Running time is 1 hour, 50 minutes. Although the film is rated PG, viewers should note that it does contain themes of sex, violence, and alcohol & smoking, and the use of profanity.



DEATH ON THE NILE ^ TUE., SEPTEMBER 17, 12:45PM

Come see the 2022 mystery film directed by Kenneth Branagh and based on the 1937 novel of the same name by Agatha Christie. While on vacation on the Nile, Hercule Poirot must investigate the murder of a young heiress. Running time is 2 hours, 7 min. Rated PG-13 for violence, some bloody images, and sexual material. ^

ADDRESSING INCONTINENCE ^ MONDAY, AUGUST 19, 10:00AM

Discover new treatments, recommendations, and strategies for minimizing incontinence. This free presentation from Jefferson Health-Abington is offered in person at Generations. Registration is required. ^

FIGHT SENIOR MEDICARE FRAUD ^ TUESDAY, AUGUST 20, 12:45PM

Medicare loses nearly \$100 billion annually to fraud, taking

BASKET FILLER DONATIONS REQUESTED

We are looking for donations of new/wrapped items in good condition to create baskets for our Fall Basket Raffle Fundraiser. Please donate any of the following by October 14: gift cards (most wanted!); bottles of wine; liquor or beer; wide wired ribbon; movie vouchers; lottery tickets; nonperishable gourmet food items

such as coffee, jellies, crackers, candy, nuts or cookies; spa/bath and body products; any other new items you think we could use to create a "theme" basket. We are also looking for a few volunteers who would be willing to go around to local businesses requesting donations. We will provide you with a letter of explanation and

instructions. Please see Amy or Lisa to volunteer or to donate items. **THANK YOU FOR YOUR SUPPORT!**



SPECIAL PROGRAMS (IN ORDER OF DATE)

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

money out of your pocket and compromising your health. Mike Ebner of the Senior Medicare Patrol will present on curbing Medicare fraud. This program is administered by CARIE (Center of Advocacy for the Rights and Interests of Elders), a non-profit organization dedicated to promoting the well-being, rights, and autonomy of older adults. . ^

HEALTHY EATING TASTES & TRIVIA ^

WEDNESDAY, AUGUST 21, 10:00AM

Healthy eating is important at every age. Come to a fun program led by Generations Program Coordinator Amy that will highlight easy tips for making healthy eating part of your routine, all while playing a friendly "Family Feud" style food trivia game. Enjoy smart snack samples and share your own ideas for incorporating healthy foods into your daily life. Free program. ^

**TRIVIA AT TEN ^ FRIDAY, AUGUST 23 &
FRIDAY, SEPTEMBER 27, 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. ^

SUMMER SING & DANCE ALONG ^

WEDNESDAY, AUGUST 28, 12:45PM

Join us for some great fun as we open up the dance floor for favorite songs of the 50s, 60s, and 70s. We'll also put the lyrics up on the big screen. Bring your own snacks and a water bottle. Optional donation \$2 per person. ^



COOKING WITH TERI: BREAKFAST ^

THURSDAY, SEPTEMBER 5, 11:00AM

Join Teri Wassel, MS, RD as she creates breakfast foods that will energize you to start your day. There is something for

everyone in this demo, from healthy breakfasts that will keep you full and fueled to ones that you can make quickly and enjoy on the fly. Using these easy recipes, there is no reason you should ever have to skip breakfast again. Teri is a nutritionist for Montgomery County who enjoys teaching seniors how to incorporate healthy eating into their daily routines. The best part? Samples. Free program. Space is limited. Register by August 30. ^



BUDGET-FRIENDLY HOME ADAPTATIONS ^

MONDAY, SEPTEMBER 9, 11:00AM

Tessa Angelo, of Road Back Home, presents this educational program educating seniors on adapting their homes with budget-friendly options. By providing practical solutions and recommendations, Tessa aims to help individuals age safely in their own homes without the need for costly remodels or a move to an assisted living facility. Her approach empowers seniors to maintain their independence and comfort while ensuring their living environment remains safe and accessible. Tessa is an accomplished occupational therapist with over a decade of experience specializing in adult rehabilitation and recovery. She uses tailored therapeutic interventions to help seniors to continue to live comfortably and safely in their own homes as they age. Free program. ^

NAME THAT TUNE: CHOOSE YOUR DECADES ^

FRIDAY, SEPTEMBER 13, 10:00 AM

Come to Generations to build your brain power with a fun morning of identifying songs. See above for our monthly categories. Play for the glory because the prizes are lame! Led by Program Coordinator Amy. ^



SWEET FREEZE ICE CREAM DEMO: ^ MONDAY, AUG. 19, 1:30PM

Discover the art of ice cream making! Chaya Thomas, Souderton Area High School senior and owner of *The Sweet Freeze*, will share her ice cream journey and take you through a demo that will inspire you to make your own creations at home. Learn about the history and process of Chaya's grass roots company and the philanthropic pursuits woven throughout her business model. You will have the opportunity to sample freshly churned ice cream and homemade add-

ins, take home a pint, and purchase additional ice cream. Get ready for an ice cream adventure! Cost: \$16 per person includes demo/presentation, samples, and one take-home pint of The Sweet Freeze's premium, small batch ice cream. Additional pints available for purchase for \$8 each. Payment and registration due by August 13. ^

NEWS & NOTES:

FEATURED ARTIST AUGUST:

Janice Spillane is a self-taught bead embroidery artist who paints with seed beads to create one of a kind wall and wearable art, as well as unique jewelry. Many pieces include gem stones such as pearls, rubies, and moonstones. Her artwork is mostly pictorial, encompassing a variety of themes. Each is a unique design and can take as long as 240 hours to complete. Janice sells her work at Engage Artisan Gallery Shop in Schwenksville, PA.

FEATURED ARTISTS SEPTEMBER:

The featured artists for September are the participants of the Generations Painting Class. The painting class meets Tuesdays at 1pm with instructor Ali Aiken (see p. 9 for more painting class info).

Enjoy a varied display of their works (primarily watercolor) including landscapes, still life, and abstracts.

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)

FARMERS MARKET VOUCHERS

Montgomery County residents who are 60 years or older and have a household income that does not exceed \$26,973 (one person) and \$36,482 (two persons) are eligible to receive \$50 in farmers market food vouchers at Generations. Distribution is M-F, 10am-12pm, beginning in June. Questions? Call Emily Filice, Social Services Coordinator: 215-723-1930.

SPECIAL PROGRAMS_(BY DATE ORDER)

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

AARP SAFE DRIVING REFRESH ^

FRIDAY, SEPTEMBER 13, 9:30AM

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

TAKE A DEEP BREATH ^

MONDAY, SEPT., 16 10:00AM

Acquire knowledge of advances in respiratory illnesses and treatments. This free presentation from Jefferson Health-Abington is offered in person at Generations. Registration is required. ^

IPHONE 101B FOR ADVANCED BEGINNERS ^

MONDAY, SEPT. 23,
10:00AM - 12:00PM

This is a slow-paced intermediate class taught by Rhonda Novicki. It covers Functions, Voice Mail, Email, Internet, Siri, Home Screens, Apps, Mapquest, Calendar, Contacts, Camera, Food Delivery Services, Transportation Assistance (ie Uber/Lyft), and more. Bring your charged iPhone along with your Apple ID and any

passwords you may need to download apps (we won't ask you to share them but you may need them during the class). Cost: \$20 per person, due at registration, includes a donation to Generations. Payment and registration required by Sept. 18. Space is limited. ^

LET'S TALK: FIGURING OUT THE FUNERAL, FILING, AND FEELINGS WHEN YOU LOSE A LOVED ONE ^ WED., OCTOBER 2, 12:45PM

During this informative presentation, three different speakers will help you think about your future and start planning to help your spouse, child or friends/family take the guesswork out of end-of-life decision making.

Kyle Koffel, of Williams Funeral Homes of Skippack and Franconia, will discuss what choices to consider when making funeral arrangements. He will also speak to forming an obituary and share common things folks can expect at the funeral home. Ashley Herr from the Center for Loss & Bereavement will focus on navigating the emotions that come with losing a loved one.

Bev Griffith, professional organizer, will share tips and forms to help you prepare some of the end-of-life paperwork so you can keep your head on straight during the grieving process.

This is a free program. Space is limited. Please register by Sept. 30.



SOCIAL SERVICES



ADULT BEREAVEMENT SUPPORT

2ND TUESDAY, 6:30PM

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

PA MEDI APPOINTMENTS

THURSDAYS, AUG 1 & SEPT. 5

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.

FARMERS MARKET VOUCHERS, COMING IN JUNE

See information on p. 6 (side bar). Questions? Call Emily: 215-723-1930.



OUR SOCIAL SERVICES COORDINATOR

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

FINANCIAL COUNSELING

3RD WEDNESDAYS,

1:00PM–4:00PM, BY APPT.

A Financial Analyst with Univest Bank provides a free review of your investments. The Analyst can also assist with creating a budget that works for you, regardless of your assets. Call for an appointment: 215-723-1930.

CAREGIVER'S SUPPORT

The Muller Institute for Senior Health hosts a **virtual support** via Zoom™/landline phone on the 1st Wed. of each month at 3:30pm. Registration is required. For join information please contact Katherine Rovine: Coordinator, Memory Fitness Center, 215-441-6888 or

Katherine.Rovine@jefferson.edu

An **in person Caregiver Support Group** takes place the 2nd Wed. of every month at 2pm at Adult Day Services, 51 Medical Campus Drive Lansdale, PA. Please contact: Susan Lamar: 215-361-4421
susan.lamar@jefferson.edu

LEGAL AID: THURSDAYS,

AUG. 15 & SEPT. 19, BY APPT.

Meet with a lawyer to discuss your legal questions or have a will or Power of Attorney prepared. Appointments are limited and book up fast. Call Social Services to schedule: 215-723-1930.

LIHEAP

The Low-Income Home Energy Assistance Program (LIHEAP) helps qualifying low-income families pay their heating bills. LIHEAP is a grant and does not need to be repaid. For questions or to determine your eligibility, call 215-723-1930.

PROPERTY TAX/RENT REBATES

Older adults and residents with disabilities may apply for rebates of rent and property taxes. Call to find out how: 215-723-1930.

PA STATE REP. OFFICE HOURS

2ND MONDAY, 10:45 AM -12:45 PM

PA STATE SEN. OFFICE HOURS

3RD WEDNESDAY, 12 - 2PM

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

Rep. Steve Malagari: 267-768-3671

Sen. Maria Collett: 215-368-1429

Appointments are appreciated.

TRANSNET/TRANSPORTATION

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

MONTCO VETERANS AFFAIRS

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

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

REGULARLY SCHEDULED PROGRAMS

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

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

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

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

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

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

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

BOARD GAME DAY:

1ST FRIDAY (AUG. 2 & SEPT. 6, 10:00AM - 2:00PM)

Gather your friends to play some favorite board games. Come for an hour between 10:00-2:00 or stay the whole time (last games starts at 1:30). We have some great games to use or you can bring your favorite and teach others. **Volunteer Don will also be teaching interested participants the game "Go." It is a strategy board 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.



BOWLING:

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

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

BUCKS MONT SENIOR GOLF LEAGUE

MONDAYS, 4:00PM

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

CHOIR CHIMES: WEDNESDAYS, 10:30AM

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

CHORALEERS: MONDAYS, 1:00PM

RESUMES SEPT. 9

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

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

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

GARDEN CLUB:

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

HAND & FOOT CARD GAME:

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

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

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

Our Library is available for your use unless it is reserved for a program. We use donations/honor system for borrowing.



MAHJONG: FRIDAYS, 12:30PM

Experienced players are welcome to join our fun group for this wonderful old Chinese tile game! Meet by the fireplace.

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



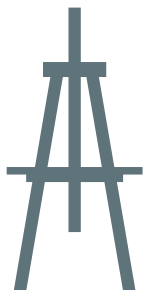
MATS THAT MATTER: 2ND & 4TH THURSDAYS, 11AM
 Make mats for the homeless out of plastic bags with the help of volunteer Mary. Cut, fold, roll, sort, weave, and use a loom. Instructions and supplies will be provided.
We do not need bags at this time.

MEMOIRS GROUP: MONDAYS, 1:00PM
 Whether you're writing just for yourself or to pass on to your family, join this creative group led by Marilyn Gross. For questions or concerns, call Marilyn: 215-723-5669.

PAINTING CLASS (WATERCOLOR):
NOT OFFERED IN AUGUST
TUESDAYS, SEPT. 3, 10, 17, 24, 1PM-3PM

Classes begin with instruction and demonstration of water color techniques. Class members will then be given the option of working on a teacher prompted project or on their own work. Support will be offered during class. Bring your own supplies. New registration and payment process effect Sept. 2024: Please register for each monthly session if you plan to attend. Upon arrival, pay \$7 per person, per class at the front desk. To register, call: 215-723-5841.

PINOCHLE: THURSDAYS, 12:45PM - 3:30PM
 A fast paced game with straight bid, no partner required. Players must be proficient and able to keep up with fast pace. **Coffee and snacks available for purchase in the cafe until 1pm or feel free to bring your own refreshments.** Donation: \$2.00. Please arrive 10-15 minutes early to pay for your game.



RECIPE SWAP & SAMPLE:
WED., AUG. 14, 11:00AM (SUMMER HARVEST)
WED., SEPT. 11, 11:00AM (APPLES)
 Let's get together to chat and swap our favorite new and old recipes. Participants should bring one copy of a favorite recipe that fits our monthly theme (see above).
Enjoy samples of Flossies's Peach Jam (August) and a special Apple dessert (September). A donation of \$2 per person is appreciated. Please register. Stop by our front desk or call 215-723-5841.

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

SCRABBLE: 1ST & 3RD TUES., 10:00AM
 Join this non-competitive group for a friendly game of skill-sharpening Scrabble. Supplies provided. Space is limited. No need to register, just stop by.

SHUFFLEBOARD: WEDS., 9:00AM
 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.

TECHNOLOGY TIPS BY REQUEST
 For questions about how to perform specific tasks on your device, you can request a free "Technology Tips" appointment by calling 215-723-5841 or emailing



astover@generationsofiv.org
 One of our tech volunteers will determine how best to assist you. Free service.

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

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

Newsletter mailing helpers are needed on Tue., Sept. 17 at 9:15am. Contact Amy.

Welcoming & Garden Committees are now forming! Contact Amy.

Volunteers are needed to assist with serving food and drinks for our Friday Evening in the Cafe event on August 16. Contact Amy.

A Head Volunteer needed to organize our garden/flower bed volunteers and to assist with hosting large volunteer groups for work days. Volunteers are needed to "adopt a plot" in our flower beds for weeding and watering. Times are flexible and you will work on your own once trained. Contact Amy.

LUNCH MENU

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

2024 / AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org			1 Fish and Chips with House Made Tartar Sauce; Pickle; Green Veggie	2 Pulled Pork Mac-n-Cheese; Green Salad; Fruit
5 Baked Ravioli with Beef Bolognese; Green Salad	6 Shrimp Po' Boy Salad with Tomato, Avocado, Remoulade Dressing, & Crostini; Fresh Fruit	7 Tomato, Basil Mozz. Quiche; Roasted Potatoes; Green Salad	8 Monte Cristo; Garden Salad; Fresh Fruit	9 Christine's Famous Chicken Salad on Lettuce and Tomato; Naan Dippers; Fresh Fruit
12 Baked Cod with Lemon Caper Sauce; Wild Rice; Broccoli; Whole Wheat Roll	13 Turkey, Brie, and Cranberry Wrap; White Bean & Herb Salad	14 Pork & Sauerkraut; Mashed Potatoes; Green Beans; Apple Sauce	15 Taco Pizza with Cheddar, Black Olives, Green Onion & Avocado Crema; Tossed salad with Buttermilk Dressing	16 Baked Eggplant Parm; Caesar Salad; Garlic Knot
19 Chicken Parm.; Green Salad; Garlic Knot	20 BLT Quiche; Greek Salad	21 Happy Birthday! Open Faced Tuna Melt on Texas Toast; Avocado Corn Salad; Pickle	22 Cuban Pork Sliders; Slaw; Fresh Fruit	23 Ham, Broccoli, & Cheddar Stuffed Potato; Green Salad
26 Fish and Chips with House Made Tartar Sauce; Pickle; Green Veggie	27 Turkey Club Flatbread with Pesto Mayo; Broccoli Salad with Dried Cranberries, Bacon & Cheddar	28 Pulled Pork Mac-n-Cheese; Green Salad; Fruit	29 French Dip with au jus; Curly Fries; Green Salad	30 Chicken Cordon Bleu Quesadilla with Honey Mustard Sauce; Sweet Potato Fries; Veggie

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, August 21 and Wednesday, Sept. 18

OUR CAFÉ

Our Café is open Mon.-Fri. from 9:00am-1:00pm for dine-in or take-out. Enjoy our à la carte menu and daily specials of salads, sandwiches, snacks, coffee, soups, heat & eat meals and more. No need to order; just stop by!

PROGRAM SCHEDULE

2024 / **AUGUST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p> <p>The number after the program listing indicates on which page of the newsletter more info. can be found.</p>			<p>1 9:00 Billiards Away vs Hillview (8) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Great Tours (4) 12:45 Pinochle (9) 12:45 Hula (3) PA Medi Appt. (7)</p>	<p>2 9:30 Billiards (8) 9:00 Yellow Springs Trip (15) 10-2 Board Game Day (8) 10:30 Release & Restore Yoga (14) 11:00 Listen Up with Hunter Haight (3) 12:30 Mah Jong (8)</p>	<p>3</p> <p>4</p>
<p>5 9:15 CardioTone(14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8)\ 1:00 Acupuncture (12) 1:00 Memoirs (9) Bucks Mont Senior Golf League (8)</p>	<p>6 9:00 Franklin Institute Trip (15) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Scrabble (9) Haircuts by Appt. (12)</p>	<p>7 Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) Hearing Care Appt. (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 3:30 Caregivers Support (Virtual) (7)</p>	<p>8 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Mamma Mia Trip (15) 10:00 Great Tours (4) 11-Mats that Matter(9) 12:45 Pinochle (9) 12:45 Hula (3) 3:30 Board Meeting</p>	<p>9 9:30 Billiards (8) 9:30 Billiards Away vs Arbour Square (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>10</p> <p>11</p>
<p>12 9:15 Cardio Tone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 10:45 Malagari Hours(7) 11:00 What's Up Doc Vestibular Decoding (4) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)</p>	<p>13 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8) 6:30 Bereavement Support (7)</p>	<p>14 Shuffleboard (9) 9:00 Billiards Away at Hershey Mill (8) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 11:00 Recipe Swap & Sample:Summer Harvest 10:30 Balance/Tone/Stretch (14) 12:45 Movie Matinee: American Graffiti (4) 2- Caregivers Support (7) 2:00 Bowling (8)</p>	<p>15 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Great Tours (4) 12:45 Pinochle (9) 12:45 Hula (3) Legal Aid (p. 7)</p>	<p>16 9:30 Billiards (8) 10am-12pm Senator Collett Health Fair (3) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 7:00 Friday in the Cafe with Cayden & Connor (1)</p>	<p>17</p> <p>18</p>
<p>199:15 Cardio Tone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10-Addressing Incontinence (5) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) 1:30 Sweet Freeze Ice Cream Demo (5) Bucks Mont Senior Golf League (8)</p>	<p>20 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Scrabble (9) Haircuts by Appt. (12) 12:45 Fight Senior Medicare Fraud (4)</p>	<p>21 Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 9:30 Jersey Boys @ DADT Trip (16) 10:00 Healthy Eating Tastes & Trivia (5) 10:30 Balance/Tone/Stretch (14) 12-2 Collett Hours (7) Financial Counsel (7)</p>	<p>22 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 11-Mats that Matter(9) 12:45 Pinochle (9) 12:45 Hula (3)</p>	<p>23 9:15 Billiards Home v Shannondell (8) 10:00 Trivia at Ten (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>24</p> <p>25</p>
<p>26 9:15 CardioTone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)</p>	<p>27 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8)</p>	<p>28 Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) NO Dancefit (14) 10:30 Balance/Tone/Stretch (14) 12:45 Summer Sing & Dance Along (5) 2:00 Bowling (8)</p>	<p>29 9:30 Billiards (8) 9:30 Adventure Aquarium Trip (16) 9:30 Sit,Stretch,Flex (14) 12:45 Pinochle (9) 12:45 Hula (3)</p>	<p>30 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>Schedule Announcements:</p> <p>• There will be no Dancefit on 8/28.</p>

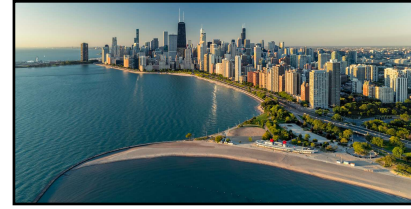
Looking for our September 2024 lunch menu? It will be posted at Generations and our website (www.generationsofiv.org) by August 20.

2025 OVERNIGHT TRIPS (MORE ON P. 18)

BEST OF CHICAGO: MAY 22 - MAY 26, 2025

Five Nights in Chicago; Chicago River architecture cruise; Chicago city tour; Willis Tower-Skydeck; Wrigley Field; Frank Lloyd Wright Home & Studio; Cantigny Park; "Untouchable" Gangster Tour; Racine, Wisconsin; Frank Lloyd Wright's SC Johnson Wax Headquarters; Wingspread by Frank Lloyd Wright; Eight meals (five-breakfasts & three dinners); Tour Director; Motorcoach Transportation; Baggage handling at hotels. \$3,445. Double \$4,145-Single. Travel insurance information is available upon request. Call Liza Leister at Travel Haus to register: (215) 723-8687

groups@trvlhaus.com. **Must book by November 15th 2024. Presentation at Generations on Sept. 4th at 2:00pm.**



CAPE COD: MA JUNE 8, 2025-JUNE 12, 2025

Four nights deluxe accommodations; Four breakfasts; Four superb New England dinners; Tour of Chatham to Provincetown; Hyannis Harbor cruise and guided tour; National Seashore & Salt Pond Visitors Center; Guided tour of Hyannis & Sandwich; JFK Memorial & Korean War Memorial; Sandwich Glass Museum; Guided tour of Plymouth, MA; Cape Cod Canal Visitors Center. \$870 per person Double. \$1145 Single. Travel insurance information is available upon request. Contact Lisa Furbacher at Generations for more information or to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org



1000 ISLANDS, NY: SEPTEMBER 21- SEPTEMBER 24, 2025

Three nights deluxe accommodations; Round trip motorcoach transportation; Three great breakfasts; Thousand Islands lunch cruise; Two sumptuous dinners; Wine tasting at Thousand Islands Winery; Guided tour of 1000 Islands; Visits to Boldt & Singer Castles; Singer Castle Cruise; Antique Boat Museum. \$837 per person Double. \$1067 Single. Travel insurance information is available upon request. Contact Lisa Furbacher at Generations for more information or to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org



WELLNESS/SPA OFFERINGS

GROUP ACUPUNCTURE FOR PAIN RELIEF: MONDAYS AT 1:00PM THOUGH AUGUST 26

B.J. Putnam, DAc, offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Register at front desk or call 215-723-5841.

HAIRCUTS BY APPOINTMENT: 1ST & 3RD TUESDAYS

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

ON THE MOVE PHYSICAL THERAPY:

On The Move is an outpatient physical therapy clinic that provides a variety of services (pain relief, balance/falls risk, vestibular training, strengthening, conditioning, flexibility and much more!). No referrals needed, accepts most major insurances. To schedule an appointment at Generations, in your home, or in our mobile clinic, please call 267-932-8857 or book through our website: <https://www.otmpt.com>

BLOOD PRESSURE SCREENINGS:

MONDAYS, AUG. 19 & SEPT. 16, BEGINNING AT 11:15AM

Free blood pressure checks, provided by Jefferson Health-Abington. First come, first serve; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.


MEDITATION & SELF HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for a self-healing session via conference call. Tune out negative stereotypes and replace them with positive affirmations. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

NEW! ATTENTUS HEARING CARE:

1ST WEDNESDAY, AUGUST 7, 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 or text (267) 669-1345. 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
2 Generations Closed	3 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Scrabble (9) 10:30 Rhythmit (14) Haircuts by Appt. (12) 1:00 Painting Class (9)	4 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 2:00 Chicago Trip Presentation (12) 3:30 Virt. Caregivers Support (7)	5 9:15 Billiards Home vs Hillview (8) 9:30 Sit,Stretch,Flex (14) 11:00 Cooking with Teri: Breakfast (5) 12:45 Pinochle (9) PA Medi Appt. (7)	6 9:30 Billiards (8) 8:30 Hawk Mountain Trip (16) Carfit Appts. (3) 10 Board Game Day (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	7 
9 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY(p. 7) 11:00 Budget Friendly Adaptations (5) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8)	10 9:00 Peddler's Village Trip (16) 9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1:00 Bingo (8) 1:00 Painting Class (9) 6:30 Bereavement Support (7)	11 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 11:00 Recipe Swap Apples (9) 2 - Caregivers Sup.(7) 2:00 Bowling (8)	12 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 11-Mats that Matter (9) 12:45 Pinochle (9) 3:30 Board Meeting	13 9:15 Billiards Home vs Norm. Farms (8) 9:30 Bird in Hand Trip (16) 9:30 AARP Safe Driving Refresh. (5) 10-Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	14 15
16 9-Billiards Away vs Meadowood (8) 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10-Take a Deep Breath (6) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8)	17 8:30 Kitchen KettleTrip (16) 9:15 Newsletter Mailing (9) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) Haircuts by Appt. (12) 10:00 Scrabble (9) 12:45 Movie Matinee: Death on the Nile (4) 1:00 Painting Class (9)	18 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 12-2 Collett Hours (p. 7) Financial Counsel.(7)	19 8:15 Wolf Sanctuary Trip (16) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 12:45 Pinochle (9) Legal Aid (p. 7)	20 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	21 22
23 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:00 Adv. Beg. iPhone 101B (6) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8)	24 9:00 Peddler's Village Trip Rain Date (16) 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1:00 Bingo (8) 1:00 Painting Class (9)	25 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 12:00 Country Hoedown (1) 2:00 Bowling (8)	26 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Penn's Peak Trip (16) 11-Mats that Matter (9) 12:45 Pinochle (9) 1:30 Nat'l Parks Trip Paperwork Mtg	27 9:15 Billiards Home vs Arb. Square (8) 10:00 Trivia at Ten 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	28 29 Trains Across Mountains Overnight Trip Departs
30 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8)	All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org	The number after the program listing indicates on which page of the newsletter more information can be found.		Schedule Announcements: • We will be closed on Monday, September 2.	

FITNESS OFFERINGS

BALANCE, TONE, & STRETCH: WEDNESDAYS, 10:30AM

Come for a class featuring full body standing and seated exercises for all fitness levels. Improve balance, strength, mobility, and flexibility. Resistance bands and weights (optional) are provided or bring your own.



Lysandra Sanchez, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

DANCEFIT: WEDNESDAYS, 9:30-10:15AM NO CLASS 8/28

Have fun getting fit while you move to this toe-tapping, Zumba-inspired workout which combines Latin and international music with some of your old favorites. Designed for all fitness levels including those with two left feet. Kristin Messina, Certified Instructor. Fee: \$4/class or \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival. All equipment is provided. Adaptions are offered for those who need more or less challenge.

MONTCO TRAIL CHALLENGE: ON YOUR OWN THRU DEC

Montgomery County boasts over 100 miles of trails that connect greenways, waterways, and heritage. Most Montgomery County residents are located within a few miles of a wonderful trail experience! Pick up an official trail challenge card at Generations and visit any one of the participating trails. Record the symbol found there. Submit your card online or at a drop box by Dec. 2. More info: www.montcopa.org/trailchallenge

RELEASE & RESTORE YOGA: FRIDAYS AT 10:30

Release stress and tension, and calm your mind. Appropriate for all levels and practiced standing and sitting. No mats are

FIT FOR LESS

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

CARDIO TONE:

MONDAYS, 9:15 - 10:00

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

SIT, STRETCH, FLEX: TUESDAYS & THURSDAYS, 9:30-10:15AM

This seated workout includes aerobics, strength, flexibility, and balance work. Keep moving, prevent falls, or return to exercise after a break. Equipment provided. Instructor: Jean Tornetta

PLEASE NOTE:

- Class fees vary based on instructor fees and typical class attendance.
- Those interested in taking our fitness classes must sign up to become Generations participants.
- Please sign in at our kiosk upon arrival.
- Check the bulletin board (in the vestibule/ lobby) or our website www.generationsofiv.org for important announcements and last-minute changes.
- Masks are optional at Generations. You can always call our front desk for the current masking policy: 215-723-5841.

necessary. Darlene Cianci, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

RHYTHMFIT SERIES: TUESDAYS AT 10:30, NO CLASSES IN AUGUST

NINE WEEK SERIES: SEPT. 3 - OCT. 29

THIS CLASS WILL BE OFFERED AS A SERIES THROUGHOUT 2024. Burn calories and blast stress during this moderate cardio class with favorite instructor Kristin Messina! This class can be done sitting or standing. Participants will use drum sticks, large yoga balls, and other equipment for a fun workout that blends simple choreography and infectious beats. Kristin Messina, Certified Instructor. Fee: \$4/class or \$20/6 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, 10:30

Tai Chi is a series of gentle, flowing exercises and stretches that can help you improve balance and coordination, relieve stress, and increase muscle mass. Darlene Cianci, Certified Instructor. Fee: \$3/class or \$14/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.



FITNESS VIDEOS:

Recorded videos of our classes are offered on our website. To access the videos, visit our website: www.generationsofiv.org and click on "Generations Fitness Class Videos" under the "Upcoming Events" section of the home page. If you decide to use them, please take a moment to drop an email to Amy: astover@generationsofiv.org.

TRIP POLICIES

RESERVATION INFORMATION

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

PAYMENT INFORMATION:



Trip payment is due by the deadline listed with each trip. After this date, your money will not be refunded unless there is a replacement traveler. If payment has not been made by this date, Generations reserves the right to cancel your reservation. Registrations may still be accepted after the payment deadline if space is available. Make checks payable to Generations of Indian Valley.

WAIT LIST INFORMATION:

If you don't get a spot on a desired trip, please sign up for the waiting list! If a waiting list becomes long enough to plan an additional trip, we will call those on the waiting list first.

MORE INFORMATION:



- All trips depart from 259 N. Second St., Souderton unless otherwise specified.
- On trip days, please park across the street from Generations' front entrance in the lower level lot of the Perseverance Fire Co. Do not block their garage doors.
- Trips are escorted by volunteers, and as such, travelers must be cognitively and physically independent to participate.
- We cannot accommodate assistive devices such as walkers or wheelchairs on our bus.
- Look for the sneaker symbol to indicate the degree of walking involved in a trip.
- A star (*) after the trip listing indicates a new trip.



GET ON BOARD FOR TRIP OPENINGS

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

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

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

While we appreciate your concern and fully admit that there's no "perfect system" that will please everyone AND work with the resources we have, we're asking that folks refrain from directing unkind behavior toward our staff and volunteers who are doing their best to accommodate everyone's requests fairly. Please know that sometimes we have no idea how popular a trip will be until we list it. Sometimes the suggested trips we *think* will be popular turn out being hard to fill, and we unfortunately lose money on them. Please read our full trip policies at left (they're always there).

Thanks for your continued enthusiasm about our travel program; we also think it's pretty great! Happy trails to you!

DAY TRIPS

YELLOW SPRINGS, CHESTER SPRINGS, PA

FRIDAY, AUGUST 2

After our tour we will head to Brickside Grille for lunch.

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

Departs: 9:00am Returns: 3:00

Registration Opened: July 2 Payment Deadline: July 17



FRANKLIN INSTITUTE, THE ART OF THE BRICK, PHILADELPHIA

TUESDAY, AUGUST 6

It's the world's largest display of LEGO art ever We will enjoy a boxed lunch onsite.

Cost: \$70 includes exhibits, planetarium show, lunch, taxes, & gratuity.

Departs: 9:00am Returns: 4:00pm

Registration opened: July 3 Payment Deadline: July 5



MAMMA MIA! ACADEMY OF MUSIC, PHILADELPHIA

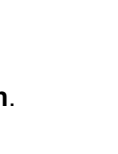
THURSDAY, AUGUST 8

A tale beautifully told through the timeless hits of Abba.

Cost: \$140 includes ride on our bus, show, & boxed lunch.

Departs: 10:30am Returns: 5:00pm

Registration Opened: July 3 Payment Deadline: July 5



DAY TRIPS

JERSEY BOYS, DUTCH APPLE, LANCASTER

WEDNESDAY, AUGUST 21

Go behind the music of Frankie Valli and The Four Seasons!

Cost: \$90 includes ride on our bus, show, lunch, taxes, & gratuity.

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

Registration Opened: July 10

Payment Deadline: July 19

ADVENTURE AQUARIUM, CAMDEN

THURSDAY, AUGUST 29

Adventure Aquarium has two million gallons of water with over 7,000 species of fish. Lunch on your own at one of the eateries on site.

Cost: \$45 includes ride on our bus and entrance to the Aquarium.

Lunch is on your own.

Departs: 9:30am Returns: 3:00pm

Registration Opened: July 10

Payment Deadline: July 19

NEW TRIPS

HIKE: HAWK MOUNTAIN*

FRIDAY, SEPTEMBER 6

Lehigh Valley's Hawk Mountain sanctuary is a wild bird sanctuary

located along the Appalachian flyway. It's a destination for hikers, birdwatchers, and outdoor enthusiasts. After our hike, we will head to Cracker Barrel for lunch on your own.

Cost: \$20 includes ride on our bus and entrance fee to Hawk Mountain.

Lunch is on your own.

Departs: 8:30am Returns: 2:00pm

Registration Opens: Aug. 7 @ 3pm

by phone only ^

Payment Deadline: Aug. 21

PEDDLER'S VILLAGE, LAHASKA*

TUESDAY, SEPTEMBER 10

(RAIN DATE SEPTEMBER 24)

You'll have free time on your own to shop at over 60 shops and boutiques. Enjoy lunch on your own at one of the many eateries.

Cost: \$12 includes ride on our bus.

Lunch is on your own.

Departs: 9:00am Returns: 2:00pm

Registration Opens: Aug. 14 @ 3pm

by phone only ^

Payment Deadline: Sept. 3

HALF-STITCHED, THE MUSICAL,*

BIRD-N-HAND

FRIDAY, SEPTEMBER 13

Cultures collide, personalities clash, and a mixed bag of characters learn a little about quilts, and a lot about



themselves. This Broadway-caliber musical dramedy will have you bent over laughing, fighting back tears, and humming along to unforgettable melodies.

Cost: \$90 includes ride on our bus, show, lunch, taxes & gratuity.

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

Registration Opens: Aug. 7 @ 3pm by phone only ^

Payment Deadline: Aug. 9

KITCHEN KETTLE VILLAGE,*

INTERCOURSE

TUESDAY, SEPTEMBER 17

Kitchen Village has over 40 local shops in one outdoor shopping village filled with homemade Lancaster County food. You will receive a \$25 food voucher to use on your own at the Harvest Café right in Kitchen Kettle. On the way home, we will make a stop at Immergut Handmade Pretzel shop.

Cost: \$40 includes ride on our bus, lunch, taxes & gratuity.

Departs: 8:30am Returns: 2:30pm

Registration Opens: Aug. 14 @ 3pm

by phone only ^

Payment Deadline: Sept. 6

WOLF SANCTUARY,* LITITZ

THURSDAY, SEPTEMBER 19

A knowledgeable and passionate volunteer tour guide will lead us through the sanctuary and introduce us to the unique personalities of the rescues who call the sanctuary home. Please wear good walking shoes and dress for the weather. The walking trails have natural rocks, grass, and dirt with a steep hill halfway through the tour. We will have a hot lunch buffet after our tour at Lititz Family Cupboard.

Cost: \$60 includes ride on our bus, tour of the sanctuary, lunch, taxes & gratuity.

Departs: 8:15am Returns: 2:30pm

Registration Opens: Aug. 6 @ 3pm

by phone only ^

Payment Deadline: August 9



^ 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 & TRIP DATE	REGISTRATION OPENS BY PHONE ONLY @3:00pm:	PAYMENT DUE
Wolf Sanctuary Sept. 19 Rat Pack Sept. 26	Aug. 6 @3:00pm: 215-723-5841	August 9 August 8
Hawk Mountain Sept. 6 Half Stitched Sept. 13	Aug. 7 @3:00pm: 215-723-5841	August 21 August 9
Peddler's Village Sept. 10 Kitchen Kettle Sept. 17	Aug. 14 @3:00p: 215-723-5841	Sept. 3 Sept. 6
Islands/Stream Oct. 3 Brecknock Orchard Oct. 7	Sept. 4 @3:00pm: 215-723-5841	Sept. 11 Sept. 20
Hairspray Oct. 17 Patsy Cline Oct. 21	Sept. 5 @3:00pm: 215-723-5841	Sept. 20 Sept. 20
Best Kept Secrets Oct. 10 Gorge/Thorpe Oct. 15	Sept. 11 @3:00pm: 215-723-5841	Sept. 13 Sept. 16



DAY TRIPS

A NIGHT ON THE TOWN WITH THE RAT PACK,* PENN'S PEAK, THURSDAY, SEPTEMBER 26

It's back to Vegas, the Sands Hotel, and the swingin' 60's when Frank, Sammy, and Dino reigned supreme. This tribute is marvelously enacted by three veteran performers who have perfected the voices, the mannerisms, and the banter that have kept the crowds enthralled until the "wee small hours of the morning."

Cost: \$70 includes ride on our bus, show, lunch, taxes & gratuity.

Departs: 10am Returns: 4:30pm

Trip Opens: Aug. 6 @ 3pm by phone only ^

Payment Deadline: Aug. 8

ISLANDS IN THE STREAM* - A TRIBUTE TO DOLLY AND KENNY, PENN'S PEAK

THURSDAY, OCTOBER 3

You will love this high-energy, fun-loving performance! From the moment they hit the stage, you will be blown away by their phenomenal vocals, stage presence and ability to truly look like Dolly and Kenny. We will enjoy a family style hot meal before the show. Space is very limited. This trip will be offered to the waiting list of a previous Islands in the Stream trip before opening.

Cost: \$80 includes ride on our bus, show, lunch, taxes and gratuity.

Departs: 9:45am Returns: 4:30pm

Registration Opens: Sept. 4 @ 3pm by phone only ^

Payment Deadline: Sept. 11

BRECKNOCK ORCHARD TOUR,* MOHNTON

MONDAY, OCTOBER 7

We will start with a wagon tour of the Orchard, which will include picking an apple and a pumpkin and enjoying a snack. Then we will make a succulent planter and honey butter to take home. Finally,



we will have some free time to shop in the farmers market. We will then head to Shady Maple Smorgasbord for lunch.

Cost: \$80 includes ride on our bus, tour, lunch, taxes & gratuity.

Departs: 8:45am Returns: 4:00pm

Registration Opens: Sept. 4 @ 3pm by phone only ^

Payment Deadline: Sept. 20

BEST KEPT SECRETS TOUR,* LANCASTER



THURSDAY, OCTOBER 10

This is an unusual shopping/food and fun adventure featuring some unique, off-the-beaten path businesses.

You'll travel from place to place in our bus enjoying all the special things that we have planned for you! Lunch at Shady Maple Smorgasbord.

Cost: \$65 includes ride on our bus, lunch, taxes & gratuity.

Departs: 8:00am Returns: 4:30pm

Registration Opens: Sept. 11 @ 3pm by phone only ^

Payment Deadline: Sept. 13

LEHIGH VALLEY GORGE SCENIC RAILWAY, JIM THORPE *



TUESDAY, OCTOBER 15

Enjoy free time in town and get lunch on your own. Admire the beautiful mountain scenery of Pennsylvania from the one-of-a-kind autumn views that only the Lehigh Valley Scenic Railway can offer. After our train ride, we will head to Claude's Creamery for an ice cream treat before we head home.

Cost: \$40 includes ride on our bus and train ride. Lunch and ice cream are on your own.

Departs: 9:30am Returns: 3:45pm

Registration Opens: Sept. 11 @ 3pm by phone only ^

Payment Deadline: September 16

HAIRSPRAY, DUTCH APPLE,* LANCASTER

THURSDAY, OCTOBER 17

It's 1962 and Baltimore's Tracy Turnblad, a big girl with big hair, wins a spot on the local TV dance

program. Overnight she is transformed from an outsider to a teen celebrity.

Cost: \$90 includes ride on our bus, show, lunch, taxes & gratuity.

Departs: 9:30 Returns: 5:15pm

Registration Opens: Sept. 5 @ 3pm by phone only ^

Payment Deadline: Sept. 20

WALKIN' AFTER MIDNIGHT, A PATSY CLINE TRIBUTE,* DUTCH APPLE

MONDAY, OCTOBER 21

Whether you're a lifelong fan or new to Patsy Cline's music, you'll enjoy this tribute concert that is both captivating and endearing, delighting audiences of all ages!

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

Departs: 9:30am Returns: 5:15pm

Registration Opens: Sept. 5 @ 3pm by phone only ^

Payment Deadline: September 20



Pictured Above: LEHIGH VALLEY GORGE SCENIC RAILWAY

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



MORE OVERNIGHT TRIPS

SOUTHWEST NAT'L PARKS & CANYONS OCT 13 - 18, 2024



Includes roundtrip airfare; 5 nights first class hotel; 8 meals; motor coach transportation; baggage handling; hotel transfers; visits to Hoover Dam, Grand Canyon West, Bryce National Park, and Zion National Park; Las Vegas Leisure Day and more!
Cost: \$3299 double occupancy, \$3899 single occupancy Arrangements through Travel Haus. Travel insurance information is available upon request. Contact Liza Leister for more information or for reservations:215-723-8687 or groups@trvlhaus.com

SCOTLAND JULY 26 - AUGUST 2 2025



6 Nights 7 Days - Includes Royal Edinburgh Military Tattoo; Castle Rock; Scone Palace; Loch Ness; Isle of Skye; Loch Lomond; Stirling Castle; Tour of Glasgow's Town; Tour of a whiskey distillery; Fort William; Glenfinnan; 6-breakfasts; 3-dinners
Cost: \$4505.00-double occupancy or \$4,995.00 single occupancy
Arrangements through Travel Haus. Travel insurance information is available upon request. Contact Liza Leister for more information or for reservations:215-723-8687 or groups@trvlhaus.com

THANKS TO OUR PLATINUM SPONSOR



At Univest, we firmly believe in giving back to the local communities we serve. For nearly 150 years, it's been our way of making a difference each day, through helping to improve the quality of life for our friends and neighbors. Because local values are as important to us as they are to you.

univest.net | 877.723.5571

COMMITTED TO LOCAL



THANKS TO OUR SILVER SPONSORS

ESTD



1933

ANDERS-DETWELER Funeral Home & Crematory

130 E. Broad St., Souderton, PA 18964
215.723.2300 ♦ www.AndersFH.com ♦ adfh1@comcast.net

Harleysville
SINCE 1915 BANK



Bank Local. Be Proud. Get Rewarded.
That's Harleysville.

www.harleysvillebank.com



fifs Franconia Insurance
& Financial Services

KEYSTONE



J.R. Hager
jr.hager@fifs.com

- Medicare Products
- Medicare Supplement
- Medicare Advantage
- Part D Plan

Contact **J.R. Hager at FIFS**
today for assistance with
your Medicare Products!

199 Telford Pike, Telford, PA 18969

267.384.5300

www.fifs.com

Three Retirement Communities to Explore



The Willows
of Living Branches

Souderton
Mennonite Homes

Dock
Woods

www.livingbranches.org



THANKS TO OUR BRONZE SPONSORS



2888 BETHLEHEM PK | (215) 723-3472
HATFIELD, PA 19440 | BERGEYSSHOWROOM.COM



"Service after the sale"

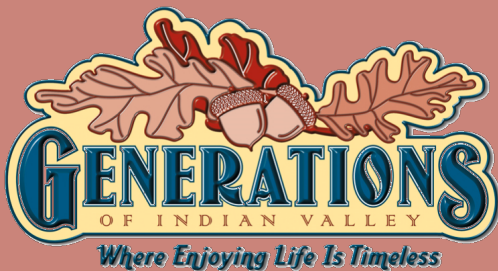
215-799-0515

www.CC-HVAC.com



How Can I Help?

Handyman Services in and Around Your Home
215.720.0700



2024 **AUG/SEPT**

NON-PROFIT
ORGANIZATION

U.S. POSTAGE PERMIT
#64104

LANSDALE, PA 19446



Montgomery County
Office of Senior Services

PARTIALLY FUNDED BY:

259 N. SECOND ST.

SOUDERTON, PA 18964

WE HAVE AN
OPEN-DOOR
POLICY FOR
SUGGESTIONS.
IF YOU HAVE AN
IDEA THAT
WOULD HELP US
IMPROVE, PLEASE
COME CHAT WITH
ANY MEMBER OF
OUR STAFF!



CURRENT RESIDENT OR

TIME DATED MATERIAL

MAILED FROM LANSDALE JULY 2024



We're now on
Instagram

@generationsofindianvalley



Find us on
Facebook

WE'RE HERE:

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

EVENINGS & WEEKENDS AS
SCHEDULED

*WE WILL BE CLOSED ON
MON., SEPT. 2. SEE P. 11 - 13 FOR
ADDITIONAL IMPORTANT
SCHEDULING ANNOUNCEMENTS.

CONTACT US:

MAIN NUMBER: (215) 723-5841

SOCIAL SERVICES: (215) 723-1930

MEALS ON WHEELS: (215) 723-8555

INFO@GENERATIONSOFIV.ORG



**BEST WISHES TO MILT STOVER (CENTER, GRAY SHIRT)
FOR A HAPPY & HEALTHY RETIREMENT!**

GENERATIONSOFIV.ORG