

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> <hr/> <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> <hr/> <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> <hr/> <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> <hr/> <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.

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.

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.

MEDITATION & SELF HEALING: WEDNESDAYS, 9:30AM

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


ON THE MOVE PHYSICAL THERAPY:

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

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 <hr/> 8
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 <hr/> 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 <hr/> 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 <hr/> 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)	<p style="text-align: center;">All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>	<p style="text-align: center;">The number after the program listing indicates on which page of the newsletter more information can be found.</p>		<p style="text-align: center;">Schedule Announcements: • We will be closed on Monday, September 2.</p>	

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

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.



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

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.