



## 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!

## LIFE'S A BEACH LUNCH

**WEDNESDAY, AUGUST 27, 12:00PM**

Wax down your surfboards and join us for a beach party blast to celebrate summer! \$20 per person includes a Shrimp Boil style meal featuring Shrimp, Corn on the Cob, Sausage, and Potatoes plus Juicy Watermelon, Ice Cream Novelties for Dessert, and choice of Beer or a Beachy Cocktail. After lunch, we'll open up the dance floor and boogie to our favorite summer songs and sand-between-our-toes tunes. All proceeds from this fundraising event benefit our Center and Meals on Wheels programming. There will be no noon meal this day. Seating is limited, and reservations are required. **Payment due at the time of registration (you are not registered until payment is received).** Registration and payment deadline: **August 21 in person, by phone (215-723-5841), or by mail.** If calling, ask for the name of the program exactly as it is listed here.

## A LITTLE BIT COUNTRY

## A LITTLE BIT ROCK & ROLL LUNCH

**TUESDAY, SEPTEMBER 30, 12:00PM**

There will be something for everyone at this fun lunch time event. Enjoy entertainment by one of our favorite bands, Almost Awake, featuring songs from both Rock and Country genres. If you want, pick up your feet for a line dance or put a swing in your step for a jive step. \$25 per person includes BBQ Ribs, Bourbon Baked Beans, Country Cole Slaw, Biscuit with Honey Butter, Spiked Peach Tea or Rock & Roll Cocktail, and Old Fashioned Soda Floats for dessert. All proceeds from this fundraising event benefit our Center and Meals on Wheels programming. There will be no noon meal this day. Seating is limited, and reservations are required. **Payment due at the time of registration (you are not registered until payment is received).** Registration and payment deadline: **September 24 in person, by phone (215-723-5841), or by mail.** If calling, ask for the name of the program exactly as it is listed here.

**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](http://www.generationsofiv.org)

Generations of Indian Valley presents

# LAUGHING MATTERS!

## A COMEDY NIGHT FUNDRAISER

Proceeds benefit Meals On Wheels & community programs for seniors

### Saturday - October 11

Doors Open 6:30pm • Showtime 7:00pm

**Headliner**  
  
**David Kaye**  
 DryBar Comedy

**Feature**  
  
**Belynda Cleare**  
 Ladies Of Laughter!

**Host**  
  
**Tim Conniff**  
 Comedy Cabaret

**Generations Of Indian Valley**  
 259 North Second Street  
 Souderton, PA 18964

**Ticket Sales**  
 Available at Generations  
 or Call 215-723-5841  
[www.generationsofiv.org](http://www.generationsofiv.org)

**\$50<sup>00</sup> General Admission**  
**\$250 Reserved Table of 6**  
**\$350 Reserved Table of 8**  
 Includes Light Snacks & Water  
 Plus Two Drink Tickets For  
 Soda or Adult Beverages

Gift Card Raffle Tickets  
 on sale for \$10<sup>00</sup>



  
 Click It - Ticket

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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

JoAnn Steinly,  
MOW Kitchen Coordinator

Amy Stover, ADC,  
Program Coordinator

### BOARD OF DIRECTORS

Linda Abram, Chair

John H. Filice, Vice-Chair

Timothy Swartley, Treasurer

Dr. Stephen Carp

Kristyn DiDominick

M. Theresa Fosko

Brian K. Goshow

Joanne Kline

D. Scott Landis

Alexandra Metricarti

Chari Richardson

Ella M. Roush

## GENERATIONS GEAR

IS AVAILABLE THROUGH SEPT. 15! THE ONLINE STORE FEATURES A VARIETY OF SCREEN PRINTED AND EMBROIDERED APPAREL WITH THE GENERATIONS LOGO PLUS OUR NEW 'ENJOYING LIFE IS TIMELESS' DESIGN. ALL ORDERS MUST BE PLACED ONLINE USING AN EMAIL AND A CREDIT CARD. VISIT OUR WEBSITE FOR THE LINK OR IF VIEWING THE NEWSLETTER ONLINE [CLICK HERE](#). IF YOU NEED ASSISTANCE ORDERING, SEE AMY STOVER.



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.



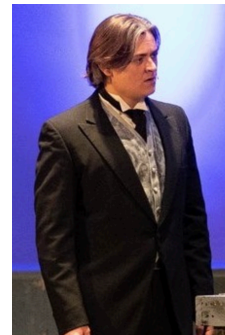
## THANK YOU HEATHER

Heather Lewis, Meals on Wheels Coordinator for the North Penn area, is retiring from her position to pursue the next adventures of her life! Heather has been with us at Generations since January of 2022 and has been a dear colleague to others on staff, a constant encouragement to her volunteers, and a committed advocate for our home-delivered meals clients. All of us will miss her terribly, even as we wish her well, and look forward to hearing about her next pursuits. Congratulations, Heather, and many thanks from all of us!

## LISTEN UP WITH HUNTER: TUE., AUG. 19, 11:00AM

Come and enjoy the vocal stylings of Hunter Haight, film and musical theater major at Ithaca University. During this exclusive concert, Hunter will share Broadway selections, pop hits from the 60s, 70s and 80s, old favorites from crooners like Frank Sinatra, and a special tribute to one of his

favorite artists, Billy Joel. **Stop by our front desk or call 215-723-5841 to register by August 15 if you plan to attend.** A donation (suggested \$5 per person) will be collected at the door!



## SAVORY MOMENTS CHARCUTERIE DEMO MONDAY, AUGUST 25, 10:00AM

Angie & Cynthia, the owners of local Savory Moments LLC, design simple, beautiful and delicious charcuterie boards or grazing tables and deliver to you for your special event. Join these two entrepreneurs to hear about their business venture and to build your own take-along charcuterie. You will see a brief tutorial of washing and cutting, fancy cut options, and folding of meats. Then you will have a chance to create your own charcuterie from a variety of supplied meats, cheeses, fruits, veggies, pickled items, nuts/dried fruits, and dips as well as crackers and bread. You will take home a generous single serving beautiful charcuterie

bouquet cup like the one pictured >>>>

Cost: \$18 includes class, take-home charcuterie, and a donation to Generations. This class is limited to a minimum of six/maximum of 25.

**Payment is due at the time of registration (you are not registered until payment is received). Registration and payment deadline: August 20 in person, by phone (215-723-5841), or by mail. See new payment policy on p. 1. Please ask for the name of the program exactly as it is listed here.**



## DANCE THE NIGHT AWAY! NOV. 7 & DEC. 12, 7-10PM

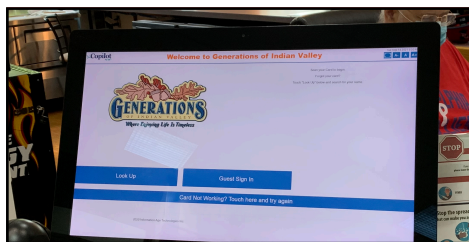
We are so excited to bring dances back to Generations! Dance cost is \$12 per person at the door, and covers the cost of the DJ and a donation to Generations. Chips, pretzels, and water are provided thanks to volunteers.

Dress is causal and dances are for 50+ singles, couples, and groups of friends. Doors open at 6:30. Be sure to mark your calendar for the 2nd Fridays in 2026 for more Community Dance Fun.

## BASKET FILLER DONATIONS REQUESTED

We are looking for donations of new/wrapped items in good condition to create baskets for our Basket Raffle Fundraiser. Please donate any of the following by October 13: 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. THANK YOU!

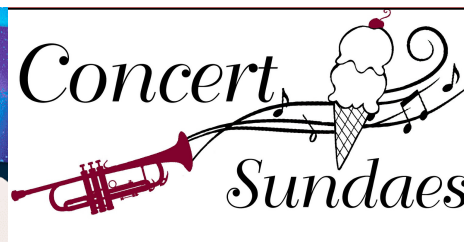


**PLEASE SIGN IN** at one of our entrance kiosks and let us know what you're up to, even if you're just dropping by for a visit.



### GIFT CARD RAFFLE REMINDER

Don't forget to purchase tickets through July 31 for our Gift Card Raffle Fundraiser! For just \$10 per chance, you will be entered to win three fabulous gift card bundles valued between \$200-\$500! [Visit our website](#) or our front desk for details and ticket sales.



### CONCERT SUNDAES

The final Concert Sundaes will be held at Souderton Community Park, 7pm (Rain: Souderton High School). July 27: The Wonton Soups & Aug. 3 Chico's Vibe

# 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 ask for the name of the program exactly as it is listed here.

## SKIP-BO CARD GAME ^

1ST & 3RD THURSDAYS, 9:30-11:30AM (BEGINS AUG. 7)

Skip-Bo is an easy game to learn, and volunteer Sonia can teach you! Come have fun playing this addictive numerical sequencing card game. A \$2 donation per person is appreciated. **Please register at our front desk or call 215-723-5841.** ^

NEW

## GREAT COURSES: ESSENTIAL SECRETS OF SPICES ^ WEDNESDAY, AUGUST 13, 12:45PM

During this monthly series, we continue to explore how different spices are used across the globe. This is an ongoing series planned in conjunction with our Recipe Swap & Sample (see p. 9). You can drop in during any 2nd Wednesday through August. Each class consists of video lectures and a discussion led by volunteer Dave. ^

## COOKING WITH TERI: SALSA SHOWDOWN ^ THURSDAY, AUGUST 14, 10AM

Let's turn up the heat and get saucy! Join Teri Wassel for a cooking demo featuring three flavor-packed salsas you can make with pantry staples and fresh produce! On the menu: Classic Tomato Salsa, Pineapple Salsa, and Roasted Corn & Black Bean Salsa. Learn how to mix bold flavors, use what you have on hand, and pair salsas with meals or snacks.

Teri Wassel, RD 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. **Registration required by August 8. Call 215-723-5841.** ^

## TRIVIA AT TEN ^

FRIDAY, AUGUST 15, 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.** ^

## ADDRESSING MENTAL HEALTH ^

MONDAY, AUGUST 18, 10:00AM

Learn how to recognize a mental health concern or crisis and actions to take to get help for yourself or others. This free presentation from Jefferson Health-Abington is offered in person at Generations. **Please register if you plan to attend.** ^

## MOVIE MATINEE: WE BOUGHT A ZOO ^ TUESDAY, AUGUST 19, 12:45PM

*By Request*

Set in Southern California, a father moves his young family to the countryside to renovate and re-open a struggling zoo. The 2011 comedy drama stars Matt Damon, Scarlett Johansen, and Thomas Haden Church. Rated PG for some profanity and mild violence/gore. Running time is 2 hours, 4 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café. **Please register if you plan to attend.** ^

## HEAR BETTER, LIVE BETTER ^

WEDNESDAY, AUGUST 20, 12:45PM

Do you or a loved one struggle to hear conversations clearly? Are you wondering if hearing aids might help, but not sure where to start? Led by caring, licensed Audiologist, Dr. Abby Holauchock, this information session will cover: common signs of hearing loss, how hearing works (and what happens when it doesn't), what to expect from a hearing test, common questions about hearing aids and insurance, and how Audiologists can support your hearing journey. Whether you're curious, concerned, or ready to take action, this session is for you! Bring your questions for this Free Program. **Registration required by August 15.** ^

## INTRO. TO FIGURE DRAWING CLASS ^

TUESDAYS, SEPTEMBER 2 - 30, 1:00-3:00PM

Instructor Emma Hawkins will teach how to accurately and efficiently capture human anatomy through the study of live models. We'll focus on breaking down the human body into its most basic forms through both line drawing and shading. This is a beginner class, so no drawing experience is required. Required materials include a large sketchbook (9x12 or greater), and charcoal or chalk pastels. Colored pastels in addition to charcoal is recommended. Cost: \$50 for the five week series. Sorry no a la carte class payments. Supplies are not included in the registration fee. **Payment is due at the time of registration (we will not add you to the list until payment is received). Registration and payment deadline: Aug. 28.** ^

## AARP SAFE DRIVING REFRESHER COURSE ^

FRIDAY, SEPTEMBER 5, 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.

## MUSIC BINGO FRI., AUGUST 22, 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 Café. No registration required.



# SPECIAL PROGRAMS (IN ORDER OF DATE)

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Contact your insurance company for exact discount info. A short break will be given. Participants may purchase items in our Cafe or pack a lunch. Class Fee: \$20 for AARP Members; \$25 for Non-AARP Members, payable on the day of class.

**Registration required by September 2. ^**

## IPHONE BASICS ^

**MONDAY, SEPTEMBER 8, 9:30AM**

This is a slow-paced beginner class taught by Rhonda Novicki. It covers It covers passwords, buttons, battery, home screen, calculator, calls, voice mail, email, internet with Siri, simple apps, calendar, contacts, camera 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 is due at the time of registration. Registration and payment deadline: Sept. 3. ^**

## ESTATE PLANNING WITH JOHN: ^

**WEDNESDAY, SEPTEMBER 10, 12:45PM**

Estate planning is the process of designating who will receive your assets after you die and who will make important healthcare and financial decisions in the event you are unable to do so. Join John H. Filice, Attorney at Law with Rubin, Glickman, Steinberg, and Gifford, P.C., to learn about wills and powers of attorney including financial and health care provisions. Free program. **Registration required by Sept. 8.^**

## ADJUST YOUR HOME – NOT YOUR LIFE: ^

**THURSDAY, SEPTEMBER 11, 11:00AM**

Discover how smart home modifications can help you or your loved ones stay safe, independent, and comfortable at home. Join physical therapist and owner of GreenLight Mobility, Gabrielle Minich, for an engaging presentation on practical and effective solutions that support aging in place such as stairlifts, ramps, grab bars, bathroom modifications. Founded by a Physical and Occupational Therapist Team, GreenLight Mobility is dedicated to helping people remain living in the homes they love despite any physical challenges they are faced with. Free



program. **Registration required by September 8.^**

## NAME THAT TUNE: CHOOSE YOUR DECADE ^

**FRIDAY, SEPT. 12, 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.^**

## UNDERSTANDING THE STIGMA OF ADDICTION AND RECOVERY ^ MONDAY, SEPTEMBER 15, 10:00AM

Addiction can happen to anyone. Learn how best to support family, friends and neighbors in recovery. This free presentation from Jefferson Health-Abington is offered in person at Generations. **Please register if you plan to attend.^**

## MOVIE MATINEE: E.T. ^

**TUESDAY, SEPT. 16, 12:45PM**

A troubled child summons the courage to help a friendly alien escape from Earth and return to his home planet. The 1982 classic is Rated PG for some mild profanity and intense scenes. Running time is 1 hour, 55 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Cafe. **Please register if you plan to attend.^**

*By Request*

## WHAT'S UP DOC? BULLETPROOF YOUR LOW BACK & CORE ^ MONDAY, SEPTEMBER 22, 10:30AM

Join Dr. Devyn Kerr from On the Move Physical Therapy for our next installment of the Bulletproof Your Body series, focusing on low back and core stabilization. Discover the key anatomy and structure of the low back and learn practical strategies to optimize movement, build resilience, and reduce your risk of injury. A handout will be provided to participants, including exercises and key bullet points from the presentation. Whether you're looking to prevent future pain or support your recovery, this session will empower you with tools to keep your body strong, stable, and moving confidently. **Please register by September 18 if you plan to attend.^**

## SWEET FREEZE ICE CREAM WORKSHOP & TASTING ^ TUE., AUGUST 12, 10:00AM

Discover the art of ice cream making! Chaya Thomas, Souderton Area High School graduate 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: \$18 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. Indicate flavor choices at registration.

**Payment is due at the time of registration (we will not add you to the list until payment is received). Registration and payment deadline: July 26. ^**



## NEWS & NOTES:

### FEATURED ARTIST AUGUST:

Steve Allen lives in Upper Salford and is a scenic landscape painter who only recently began displaying his work to the public. He works in a variety of media including oil paints, charcoal pencil, and oil screen prints. He recently won awards at local juried art shows for his large landscape paintings. He attempts to recreate the beauty of the natural world and capture the feeling of atmosphere and distance. Steve is a member of the Perkiomen Art Center.

### FEATURED ARTIST SEPTEMBER:

Louise Levy is an award-winning photographer living in Bucks County Pennsylvania. Her work spans several genres including abstract, travel, nature, cityscapes, and portraiture. Guided by her curiosity and fascination with light and shadow, she constantly sees the world through new eyes discovering the magic that surrounds her. Her work has been accepted in many juried shows including the Phillips Mill Photography Exhibition and New Hope Arts. Honors include a solo show at Foulkeways and receiving Best of Show from Destig Magazine, an international Fine Arts publication.

### 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)

### TAI CHI FOR ARTHRITIS

Continues for those who have registered on Wednesdays at 10:30 through August 27.

### BOSCOV'S DISCOUNT DAY

Visit our front desk to make a \$5 donation to Generations and receive a 25% off Boscov's shopping pass valid in store or online Wed., Oct. 22, 8am-11am!

# SPECIAL PROGRAMS (BY DATE ORDER)

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### BOOK CLUB ^

#### THURSDAY, SEPT. 18, 1:00PM

On July 4, 2026, our nation will commemorate and celebrate the 250th anniversary of the signing of the Declaration of Independence. Join our Book Club discussion of *Rise to Rebellion*, a historical fiction account of the American Revolution by Jeff Shaara. "History comes alive in this novel that takes us from March 1770 through the signing of the Declaration of Independence. The events unfold through the eyes primarily of John Adams, Ben Franklin, General Thomas Gage and George Washington." Orders are fulfilled by Souderton's Hill & Hollow Bookstore. You can also borrow/purchase a copy on your own. **Order your book and register for the book club discussion by visiting our front desk or calling 215-723-5841. Any book orders through Generations/Hill & Hollow are due Sept. 5. ^**

### DIGITAL LITERACY: NAVIGATING THE SOCIAL SECURITY WEBSITE ^

#### FRIDAY, SEPTEMBER 26, 12:45PM

Join Alan Berry, Media Literacy Educator, Researcher, and Advocate, and Emily Filice, Generations Social Services Coordinator for a special and timely digital literacy workshop. This month we will discuss navigating the Social Security website which will include the user's need to register for a single sign-on provider like ID.me or login.gov. Free program. **Please register if you plan to attend. ^**

### ACRYLIC ONE-STROKE PAINTING FIVE WEEK SERIES ^

FRIDAYS., SEPT. 26 - OCT. 24, 9:30-11:30AM BEGINNER OR FRIDAYS., SEPT. 26 - OCT. 24, 1-3PM INTERMEDIATE

One-stroke Painting is fast, fun and addictive, and you can do it! Join certified instructor Tish Ryan for a five-week series of this fun and interesting acrylic painting method.

Each class lesson builds upon the previous session. During the beginner class, you will learn how to load and utilize various brushes, plus how to paint leaves, stems, vines, various flowers, and more. The intermediate class we will advance to painting to fruit, more leaves and seasonal items for the Fall. For our final classes, you will be painting on your own surface to be kept or use for a unique gift. **Cost: \$40 for the five week series is payable with registration and due by September 19.** Sorry no a la carte class payments. All participants will be required to bring or purchase their own materials for use during class and for practice at home. A materials list will be provided for required and suggested purchases. Expect to spend an additional \$25-\$50 if you are buying new supplies.

### GIANT PHARMACY VACCINE CLINIC ^

#### TUESDAY, SEPTEMBER 30, BY APPT.

Pharmacists from Giant/Martins will offer a Vaccine Clinic. Bring your insurance cards and wear a short sleeved shirt for the appointment.

Pharmacists will offer vaccines for Flu (both senior and non-senior formulations), Covid (both manufacturers), Shingles (1st or booster doses) Pneumonia, Tetanus, and Hep B. Free with health insurance. Appointments preferred; walk-ins between 9:30-11:30 if space is available. Stop by or call the Generations front desk at 215-723-5841 to schedule by Sept. 25.

### TRIVIA AT TEN ^

#### WEDNESDAY, OCT. 1, 10:00AM

Enjoy a morning of brain games and trivia. Fun prizes will be awarded for winning answers. October trivia will be an intergenerational game with students from Indian Crest Middle School. Spoiler alert: your prize that day is a cookie. Led by Generations Program Coordinator Amy Stover. **Please register if you plan to attend. ^**

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

[susan.lamar@jefferson.edu](mailto:susan.lamar@jefferson.edu)

## COUNSELING 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](mailto:shirley@selrodtherapy.com)

Phone: 215-650-3034

Website: [selrodtherapy.com](http://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: THURSDAYS, AUG. 21 & SEPT. 18, 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

**THURSDAYS, AUG. 7 & SEPT. 4**

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 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.

## 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](http://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 Helene. Seniors (65+): \$3.25 per game; shoe rental additional \$3. Questions? Call our front desk at 215-723-5841.

## **CHOIR CHIMES: WEDNESDAYS, 10:30AM SEE YOU IN SEPTEMBER!**

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 SEE YOU IN SEPT.!**

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.

## **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 (AUGUST 1 & SEPTEMBER 5), 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.

## **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**

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.

## **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.

## **MONTICO TRAIL CHALLENGE**

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! Here's how to participate:



**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.**

(can't from p.8) Pick up your official trail challenge card at Generations or look for them at Montgomery County Park and Trail kiosks. You can also print the card at

[www.montgomerycountypa.gov](http://www.montgomerycountypa.gov)

Register yourself and any participating members of your household. Once you have completed as many trails as you can, return your completed card to Amy at Generations, to a designated drop box or online by December 1. You do not have to walk, run or bike the entire trail to get credit for the challenge – just visit and enjoy to earn your recognitions!

**PAINTING CLASS (WATERCOLOR): RESUMES OCT. 7**  
Instructor Emma Hawkins is a graduate of Tyler School of Art who has done watercolor work including postcards for Perkasio Borough. 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. 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**  
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. No Pinochle Sept. 25

**RECIPE SWAP & SAMPLE:**  
**WED., AUG. 13, 11:00AM**  
**(GRILLING, SMOKING, MARINADES)**  
**WED., SEPT. 10, 11:00AM**  
**(SMALL BATCH CANNING)**

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 summer 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](mailto:mooma2cats@gmail.com) OR Grace: 215-721-2082 or [priceswrite1953@yahoo.com](mailto:priceswrite1953@yahoo.com)

**SCRABBLE: 1ST & 3RD WEDNESDAY, 10:00AM, EFFECTIVE AUGUST 6**  
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: WEDNESDAY, 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](mailto:astover@generationsofiv.org) One of our tech volunteers will meet you at Generations and determine how best to assist you. Free service.

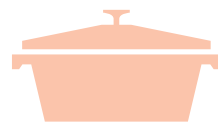
## VOLUNTEER/DONATION OPPORTUNITIES QUESTIONS/CONTACT: 215-723-5841

**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. 16 at 9:15am. Contact Amy.**

**Are you thinning out and dividing plants in your flower beds? Donations of your healthy perennials are requested for use filling in our flower beds at Generations. Please donate plants in a pot with soil in case we can't get them in the ground right away. If we can't use them, we will pass them on to someone else!**


**Donations of new, packaged items are always appreciated. We use them as small prizes for our games and events. Candy bars and snacks are favorites!**



# LUNCH MENU

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

2025 / AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>All menu items are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></b>				1 Cheesesteak Flatbread; Arugula, Tomato, and Mozz Caprese Salad
4 Chicken Marsala; Wild Rice; Seasonal Green Veggie; Whole Wheat Dinner Roll	5 Pierogie Pie with Caramelized Onions, Sour Cream Drizzle; Green Onion; Apple Sauce	6 Monte Cristo with Maple Syrup; Mixed Greens Salad with Lemon Vinaigrette; Fresh Berries	7 Baked Cod w/ Roasted Tomato Basil Sauce; Wild Rice; Green Veggie	8 French Onion Beef Sliders; Roasted Sweet Potato Fries; Broccoli Salad
11 Taco Salad with Roasted Corn, Cheddar, Black Beans, Salsa & Avocado Cream Dressing	12 Sun-dried Tomato, Spinach & Mozzarella Quiche; Fresh Fruit	13 Greek Salmon with Tatziki; Lemon Dill Orzo Salad; Green Beans	14 Stuffed Peppers with Turkey Sausage, Brown Rice, Tomato Sauce, & Cheddar; Green Salad	15 Chicken Parmesan; Green Salad
18 Chef's Salad (ham, romaine, turkey, Swiss, HB egg) with Creamy Parm. Peppercorn Dressing; Wheat Roll	19 Meatball and Mozz. Parmesan Sub; Italian Pasta Salad	20 <b>Happy Birthday!</b> Garlic Bread Grilled Cheese; Tomato Soup; Fresh Fruit 	21 Pulled Pork Over Sweet Potato w/ Peach Salsa, Green Salad	22 Eggplant Parmesan, Caesar Salad
25 Cheesesteak Flatbread; Arugula, Tomato, and Mozz Caprese Salad	26 BBQ Chicken "Totchos" with Tots, Chicken, Cheddar, & Green Onions; South-west Garden Salad	27 Life's A Beach Lunch Special Event/M meal Price (p.1)	28 Christine's Famous Chicken Salad on Greens & Tomato with Raisin Walnut Bread; Fruit	29 Ham, Broccoli and Cheddar Stuffed Potatoes; Fresh Fruit

## 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 20 and Wednesday, September 17

## 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!

2025 / AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
		<b>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.</b>		<b>1</b> 9:30 Billiards (8) 10-2 "Go" Game (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>2</b> 10:30 Peddler's Village Peach Festival Trip (15)
<b>The number after the program listing indicates on which page of the newsletter more information can be found.</b>				<b>Gift Card Raffle Drawing (3)!</b>	<b>3</b>
<b>4</b> Massage Mondays (12) 9:30 CardioTone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)	<b>5</b> 9:00 Billiards Home vs Shannondell (8) 9:30 Cape May, NJ Trip (15) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Scrabble (9) Haircuts by Appt. (12)	<b>6</b> 9:00 Shuffleboard (9) 9:15 Billiards Away 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 Tai Chi for Arthritis (12) 1-Acupuncture (12) 12:45 Biltmore & Smokies Info.(18) 3:30 Caregivers Support (Virtual) (7)	<b>7</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling Appt. (7) 9:30-11:30Skip-Bo (4) 11-Mats that Matter(8) 12:45 Pinochle (9) PA Medi Appt. (7)	<b>8</b> 9:00 Billiards Away vs Normandy Farms (8) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>9</b>       <b>10</b>
<b>11</b> 9:30 CardioTone(14) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY(7) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)	<b>12</b> 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Sweet Freeze (5) Ice Cream Workshop 1:00 Bingo (8)	<b>13</b> 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/ Stretch (14) 10:30 Tai Chi for Arthritis (12) 11-Recipe Swap (9): Grill/Smoke/Marinade 12:45 Great Courses: Secrets of Spices (4) 1-Acupuncture (12) 2 - Caregivers Support (7)	<b>14</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Cooking with Teri: Salsas (4) Counseling Appt. (7) 12:45 Pinochle (9) 3:30 Board Meeting	<b>15</b> 9:00 Billiards Away vs Brittany Pointe (8) 10:00 Trivia at Ten (4) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>16</b>       <b>17</b>
<b>18</b> Massage Mondays(12) 9:30 Cardio Tone (14) 9:30 Billiards (8) 10:00 Addressing Mental Health (4) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)	<b>19</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:00 Listen Up with Hunter (3) Haircuts by Appt. (12) 12:45 Movie Matinee: We Bought a Zoo (4)	<b>20</b> 9-Shuffleboard (9) 9:15 Billiards Home vs Hillview (8) 9:30 Dancefit (14) 9:45 Escape to Margaritaville Trip (15) 10:00 Scrabble (9) 10:30 Tai Chi for Arthritis (12) 10:30 Balance/Tone/ Stretch (14) 12-2 Collett Hours (7) 12:45 Hear Better, Live Better (4) 1-Acupuncture (12) Financial Counsel (7)	<b>21</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 9:30-11:30Skip-Bo (4) 11-Mats that Matter(8) Counseling Appt. (7) 12:45 Pinochle (9) Legal Aid Appt. (7)	<b>22</b> 9:30 Billiards (8) 9:30 Stolen Bird in Hand Trip (16) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 1:00 Music Bingo (4)	<b>23</b>       <b>24</b>
<b>25</b> 9:30 CardioTone(14) 9:30 Billiards (8) 10- Savory Moments Charcuterie Make & Take (3) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)	<b>26</b> 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8)	<b>27</b> 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Tai Chi for Arthritis (12) 10:30 Balance/Tone/ Stretch (14) 1- Acupuncture (12) 12:00 Life's a Beach Lunch (1)	<b>28</b> 9:30 Billiards (8) 9:30 Buddy at DADT Trip (16) 9:30 Sit, Stretch, Flex (14) Counseling Appt. (7) 12:45 Pinochle (9)	<b>29</b> 9:15 Billiards Home vs Harbour Square (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>30</b>       <b>31</b>



## CARING THROUGH ADVOCACY

Since 1968 Generations has advocated for older adults in our community – speaking as a voice on behalf of those in need, those who are lonely, those

whose challenges are often invisible, and those who still have much to give but who might be overlooked. The Center has partnered with other nonprofits and human-services agencies to ensure that supportive programs are in place for those in need. For example, our staff members have assisted people who struggle with utility bills. Helping people apply for relief through the Low-Income Heat and Energy Assistance Program (LIHEAP) has kept people warm in their homes. Similarly, rent-rebate assistance programs have supported people who struggle with housing costs. Connecting people with transportation resources has helped maintain mobility for those who no longer drive. And, a range of food programs - from Farmers' Market coupons to our noontime meal at the Center, to our home-delivered meal program have supported community nutrition. Our organization has advocated for other needs of an aging population, too. We have provided counseling and guidance to people facing the complexities of healthcare, (Medicare, Medicaid, and supplement programs). We have supported seniors with appropriate exercise programs, physical activity, and even with physical therapy. Although a youth-oriented culture often focuses on physical strength and beauty for the young, Generations has stood

up to say that physical fitness and health are important for older adults, too. When retirees may be searching for new ways to remain engaged, we have offered continuing education opportunities, writing groups, art classes, travel, and countless opportunities to socialize with others and to learn new hobbies and skills. In times of loss and sadness, our Center has embraced the importance of human support, of fellowship, of the value of counseling, of rituals and programs that mark the changes of life that can be so isolating. We believe that there is no shame in needing support from others. We believe that there is tremendous fulfillment in working on behalf of those in need. This is advocacy. Advocacy is caring for others who are in need – no matter whether that need is financial, emotional, spiritual, or physical. Advocacy channels our energies and our commitments into supporting others. We have committed to this since our founding. Recently, Generations received a grant from the HealthSpark Foundation to support our Center's work "with and for older adults" to advocate for others. With that funding, we have formed a group of Staff and Board members who are already speaking with leaders of our community, as well as our participants, and listening to their good counsel on how to preserve, maintain, and advance organizations that serve others. We are excited about this work. We are excited not only to sustain our own organization but to work with other organizations and ensure that our most vulnerable neighbors (and all those in need) have access to the support they need.

*~Doug Eschbach, Executive Director*

## WELLNESS/SPA OFFERINGS

<p><b>MASSAGE MONDAYS 1ST &amp; 3RD MONDAYS, BY APPT</b> 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 On the Move Physical Therapy. Tips are welcomed, and a portion of proceeds will benefit Generations directly. <b>Schedule at the front desk, or call/text Devyn at On The Move Physical Therapy at 267-932-8857.</b></p>	<p><b>TAI CHI FOR ARTHRITIS</b> <b>WEDNESDAYS, THROUGH AUGUST 27, 10:30AM</b> Tai Chi for Arthritis improves balance both mentally and physically thus significantly reducing the rate of fall of the older adults. Tai Chi for Arthritis is an 8 session program with each session lasting 45 minutes -1 hour. Exercises can be done seated or standing.</p>
<p><b>HAIRCUTS BY APPOINTMENT: 1ST &amp; 3RD TUESDAYS</b> 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.</p>	<p><b>BLOOD PRESSURE SCREENINGS:</b> <b>MONDAYS, AUGUST 18 &amp; SEPTEMBER 15 ,</b> <b>BEGINNING AT 11:15AM</b> 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.</p>
<p><b>ON THE MOVE PHYSICAL THERAPY:</b> 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: <a href="https://www.otmpt.com">https://www.otmpt.com</a></p>	<p><b>ATTENTUS HEARING CARE:</b> <b>WEDNESDAYS, AUGUST 6 &amp; SEPTEMBER 3, BY APPOINTMENT</b> Audiologist Dr. Abby Holauchock offers free hearing screenings, hearing aid cleanings, and ear wax checks at Generations. <b>To schedule your free screening, please call or text 267- 669-1345.</b> 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.</p>



# 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. 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: WED., 9:30-10:15AM

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

## 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 \$24/8 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, 9:30 - 10:15

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](http://www.generationsofiv.org) for important announcements and last-minute changes.



## RHYTHMFIT SERIES: TUESDAYS AT 10:30AM, NEW SERIES RUNS SEPT. 2 - OCT. 28

### THIS CLASS WILL BE OFFERED AS A SERIES THROUGHOUT 2025.

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: \$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](http://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](mailto: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

### PEDDLER'S VILLAGE PEACH FESTIVAL, NEW HOPE SATURDAY, AUGUST 2

A peach lover's paradise with plenty of peachy treats, live entertainment, and scenic strolls. Free time on your own to shop and eat.



**Cost: \$15 includes ride on our bus. Shopping and lunch is on your own.**

**Departs: 10:30am Returns: 2:30pm**

**Trip Opened: July 3 Payment Deadline: July 10**

### CAPE MAY, NJ: TUESDAY, AUGUST 5

We will start out with lunch at Anglesea Pub. After lunch, we will board a trolley and visit the Physick Estate and Carroll Gallery Exhibit. Then we will enjoy some free time for shopping and dinner on your own.



**Cost: \$80 includes ride on our bus, lunch, tours, taxes, and gratuity. Dinner and shopping is on your own.**

**Departs: 9:30am Returns: 8:30pm**

**Trip Opened: July 3 Payment Deadline: July 7**

### ESCAPE TO MARGARITAVILLE, CANDLELIGHT, DELAWARE, WEDNESDAY, AUGUST 20

Featuring your favorite Jimmy Buffet classics, Margaritaville tells the story of Tully, a smooth-talking singer/bartender whose laidback lifestyle is turned upside down when he falls for Rachel, an environmental scientist visiting the island. You will love this hilarious, heartwarming musical.

**Cost: \$85 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Departs: 9:45am Returns: 4:15pm**

**Trip Opened: July 2. Payment Deadline: July 18**

## DAY TRIPS CON'T NEXT PAGE

# DAY TRIPS (CON'T)

## NEW TRIPS

ELMWOOD PARK ZOO,\*  
NORRISTOWN

FRIDAY, SEPTEMBER 5

Elmwood Park Zoo was established in 1924 when a local farmer transferred 16 acres to the Borough of Norristown. The zoo currently maintains a collection of over 100 species from all over the globe. Highlights include giraffes, zebras, bald and golden eagles, jaguars and red pandas. Lunch on your own at one of their four eateries on site.

**Cost: \$50 includes ride on our bus and zoo entrance. Lunch is on your own.**

**Departs: 9:00am Returns: 1:45pm**

**Trip Opens: August 8 @ 3pm by phone only ^**

**Payment Deadline: August 13**

HARD ROCK CASINO,\*  
ATLANTIC CITY, NJ

WEDNESDAY, SEPT.10

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 valid photo ID.



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

**Departs:10:00am Returns: 7:30pm**

**Trip Opens: August 8 @ 3pm by phone only ^**

**Payment Deadline: August 27**

NEVER TOO LATE,\*  
HUNTERDON HILLS, NJ

WEDNESDAY, SEPTEMBER 17

"Never Too Late" is a hilarious farce about a man in his fifties who suddenly learns he's about to be a father again. It has been 24 years since his daughter was born, and he is a little reluctant to repeat this process. Adding to this shock, his normally meek wife suddenly begins laying down the law around the house. You can imagine the non-stop laughs this situation presents!

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

**Departs: 9:45am Returns: 5:00pm**

**Trip Opens: August 6 @ 3pm by phone only ^**

**Payment Deadline: August 14**

OUT TO LUNCH: HAMPTON  
WINDS RESTAURANT\*

WEDNESDAY, SEPTEMBER 24

Hampton Winds Restaurant is the training ground for Northampton's highly-regarded Culinary Arts Program. Students in the

second half of their studies run the facility under the guidance of skilled executive chefs. The outcome is creative fine dining.

**Cost: \$65 includes ride on our bus and three-course lunch, taxes and gratuity.**

**Departs:10:30am Returns:1:30pm**

**Trip Opens: August 6 @ 3pm by phone only ^**

**Payment Deadline: August 8**

JUKEBOX GENERATION! MAGIC  
& WONDER THEATER,\*  
LANCASTER

FRIDAY, SEPTEMBER 26

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 rock 'n' roll to the classics of the 50's & 60's.

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

**Departs: 11:00am Returns: 5:45pm**

**Trip Opens: August 6 @ 3pm by phone only ^**

**Payment Deadline: August 20**

RAGTIME THE MUSICAL,\*  
CANDLELIGHT

DINNER THEATRE, DE

SUNDAY, SEPTEMBER 28

At the dawn of a new century, everything is changing...and anything is possible. Set in the melting pot of turn-of-the century New York, three distinctly American tales are woven together – that of a stifled upper-class wife, a determined Jewish immigrant and a daring young Harlem musician – united by their courage, compassion

**^ 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
Hampton Winds September 24 Jukebox Generation! September 26 Never Too Late September 17	August 6 @ 3:00pm: 215-723-5841	\$65 Aug. 8 \$95 Aug. 20 \$100 Aug. 14
Elmwood Park Zoo September 5 Hard Rock Casino September 10 Ragtime The Musical September 28	August 8 @ 3:00pm: 215-723-5841	\$50 Aug. 13 \$20 Aug. 27 \$100 Aug. 14
Billy Joel/Elton John October 10 A Chorus Line October 1 Grease at Spring Lake October 18	Sept. 2 @ 3:00pm: 215-723-5841	\$110 Sept. 8 \$100 Sept. 3 \$100 Sept. 12
Opera Gala October 12 The Carpenters October 21 Strasburg Railroad October 24	Sept. 4 @ 3:00pm: 215-723-5841	\$110 Sept. 10 \$110 Sept. 15 \$130 Sept. 19



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

and belief in the promise of the future. Together, they confront history's timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair, and what it means to live in America.

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

**Departs: 11:30am Returns: 6:30pm  
Trip Opens: August 8 @ 3pm by phone only ^**

**Payment Deadline: August 14**

**A CHORUS LINE,\* DUTCH APPLE, LANCASTER**

**WEDNESDAY, OCTOBER 1**

Follow a group of Broadway dancers on this heart-pounding, nail-biting, ensemble audition. As the competition heats up, the director asks each performer to share about themselves and what influenced their decision to become dancers. Watch as their individual lives transform them into A Chorus Line!

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

**Departs: 9:30am Returns: 5:00pm  
Trip Opens: September 2 @ 3pm by phone only ^**

**Payment Deadline: September 3**

**A TRIBUTE TO ELTON JOHN & BILLY JOEL,\***

**HUNTERDON HILLS, NJ**

**FRIDAY, OCTOBER 10**

Get ready for a high-energy tribute to two of the greatest Rock 'n' Roll artists of our time in a musical performance that brings Billy Joel & Elton John together. This live stage show features a host of dazzling outfits, the simple elegance of just the two pianists on stage, and a 4-piece band, along with the distinct vocals you know and love.

Flashy costumes, flashy piano playing and instantly recognizable songs are the essence of the show.

**Cost: \$110 per person includes ride on our bus, show, lunch,**



**taxes and gratuity.**

**Departs: 10:00am Returns: 4:30pm  
Trip Opens: September 2 @ 3pm by phone only ^**

**Payment Deadline: September 8**

**HARVEST OPERA GALA,\* NJ  
SUNDAY, OCTOBER 12**

Experience an elegant afternoon of music, wine, and fine dining featuring Tomasello wines, elegantly prepared cuisine, and thoughtfully selected operatic arias by artists from the Academy of Vocal Arts. The intimate setting allows for a uniquely rare listening experience that brings the great operas, arias, and contemporary classics to your table side. For a sensory experience, savor the music that is complemented by a delicious four-course gourmet dinner prepared by their chef and paired with award-winning wines.

**Cost: \$110 per person includes ride on our bus, lunch, wine, taxes, and gratuity.**

**Departs: 12:00pm Returns: 5:30pm  
Trip Opens: September 4 @ 3pm by phone only ^**

**Payment Deadline: September 10**

**GREASE,\***

**SPRING LAKE THEATRE, NJ**

**SATURDAY, OCTOBER 18**

Get ready to hand-jive your way back to Rydell High! Grease is the ultimate rock 'n' roll musical, bursting with high school romance, rebellious fun, and iconic hits like "You're the One That I Want" and "Greased Lightning." With slicked-back hair, poodle skirts, and plenty of attitude, this high-energy favorite will have you singing and dancing in your seat. We will enjoy lunch before the show at Rod's Tavern.

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

**Departs: 9:45am Returns: 5:30pm  
Trip Opens: September 2 @ 3pm by phone only ^**

**Payment Deadline: September 12**

**THE CARPENTERS,\***

**DUTCH APPLE, LANCASTER**

**TUESDAY, OCTOBER 21**

Join us for an unforgettable concert as we celebrate the music and career of Karen and Richard Carpenter. This stunning tribute will take you on a truly unforgettable musical journey and includes hits like "Closer To You," "Rainy Day And Mondays," "Goodbye To Love," and "Yesterday Once More."

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

**Departs: 9:30am Returns: 5:30pm  
Trip Opens: September 4 @ 3pm by phone only ^**

**Payment Deadline: September 15**

**STRASBURG RAILROAD & CASEY JONES,\* RONKS, PA**

**FRIDAY, OCTOBER 24**

All aboard for "The Phantom Line," a spine-tingling, immersive Halloween experience at the historic Strasburg Railroad. As the train rolls through the countryside, prepare for ghostly encounters, mysterious séances, and paranormal phenomena that will leave you questioning what is real. We will enjoy lunch at Casey Jones Restaurant before our train ride.



**Cost: \$130 includes ride on our bus, train ride, entertainment, lunch, taxes and gratuity.**

**Departs: 11:00am Returns: 5:30pm  
Trip Opens: September 4 @ 3pm by phone only ^**

**Payment Deadline: September 19**



# 2025 OVERNIGHT TRIPS (NOW FULL/NO LONGER BOOKING):

SCOTLAND: JULY 26 - AUGUST 2 & 1000 ISLANDS: SEPTEMBER 21 - 24

## 2026 OVERNIGHT TRIPS (NOW OPEN FOR BOOKING)

### 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 (speciality 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](mailto: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. Contact Robert Brecker for more information or for reservations: 484-446-2369 or [travel@somuchtoseatravel](mailto:travel@somuchtoseatravel) Join us for an information session on Wednesday afternoon, Aug. 6, 12:45pm at Generations. If you plan to attend, please contact Lisa at Generations: 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. Contact Robert Brecker for more information or for reservations: 484-446-2369 or [travel@somuchtoseatravel](mailto:travel@somuchtoseatravel). Join us for an information session on Wednesday afternoon, Aug. 6, 12:45 at Generations. If you plan to attend, please contact Lisa at Generations: 215-723-5841.



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## WE'RE HERE:

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

EVENINGS & WEEKENDS AS  
SCHEDULED

WE WILL BE CLOSED ON  
MONDAY, SEPTEMBER 1

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

## CONTACT US:

MAIN NUMBER: (215) 723-5841

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## H.O.M.E. IS WHERE OUR HEART IS

We recently  
launched a  
H.O.M.E. Team  
effort to help new  
participants become  
acquainted with  
Generations. The  
acronym stands for  
"Helping Organize  
Meaningful  
Experiences."  
H.O.M.E. Team

Committee Members can give tours, help new  
participants get acclimated, answer questions, and invite  
folks to events and meals. You don't have to be a new  
participant to learn about us! Stop by our front desk and  
pick up a copy of our one-page H.O.M.E. newsletter for  
tips, a listing of new participants, and more!

Pictured above:

H.O.M.E. Team Committee Member Paula Penney