

LUNCH MENU

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

2025 / 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 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 Happy Birthday! 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!



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>MASSAGE MONDAYS 1ST & 3RD MONDAYS, BY APPT Enjoy a 30-minute chair massage for \$30 or a 60-minute fully clothed table massage for \$65 (shorts and a tank top recommended for comfort) with Licensed Massage Therapist Jim Davidson. Cash or check made payable to On the Move Physical Therapy. Tips are welcomed, and a portion of proceeds will benefit Generations directly. Schedule at the front desk, or call/text Devyn at On The Move Physical Therapy at 267-932-8857.</p>	<p>TAI CHI FOR ARTHRITIS WEDNESDAYS, THROUGH AUGUST 27, 10:30AM 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>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.</p>	<p>BLOOD PRESSURE SCREENINGS: MONDAYS, AUGUST 18 & SEPTEMBER 15 , BEGINNING AT 11:15AM Free blood pressure checks, provided by Jefferson Health-Abington. First come, first served; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.</p>
<p>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</p>	<p>ATTENTUS HEARING CARE: WEDNESDAYS, AUGUST 6 & SEPTEMBER 3, 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.</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
1 Generations Closed <div> The number after the program listing indicates on which page of the newsletter more info. can be found. </div>	2 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) Haircuts by Appt. (12) 1:00 Figure Drawing Class (4)	3 9:00 Billiards Away vs Hillview (8) Hearing Appts. (12) 9:00 Shuffleboard (9) 9:30 Dancefit (14) 10:00 Scrabble (9) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 1:00 Acupuncture (12) 3:30 Caregivers Support (Virtual) (7)	4 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)	5 9:00 Elmwood Park Zoo Trip (16) 9: 30 Billiards (8) 9:30 AARP Safe Driving Refresher (4) 10-2 "Go" Game (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	6 <hr/> 7
8 9:30 Billiards (8) 9:30 CardioTone (14) 9:30 iPhone Basics Class (5) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY (7) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8)	9 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1:00 Figure Drawing Class (4) 1:00 Bingo (8)	10 9:30 Billiards (8) 9:00 Shuffleboard (9) 9:30 Dancefit (14) 10:00 Bowling (8) 10:00 Hard Rock Casino Trip (16) 10:30 Choir Chimes (8) 11:00 Recipe Swap: Small Batch Canning (9) 10:30 Balance/Tone/Stretch (14) 12:45 Estate Planning Info. (5) 1:00 Acupuncture (12) 2 - Caregivers Support (7)	11 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling Appt. (7) 11:00 Adjust Your Home, Not Your Life (5) 12:45 Pinochle (9) 3:30 Board Meeting	12 9:00 Billiards Away vs Arbour Square (8) 9:30 Billiards (8) 10:00 Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	13 11:00 Mystery Train Trip (16) <hr/> 14
15 Massage Mondays (12) 9:30 Billiards (8) 9:30 CardioTone (14) 10:00 Addiction & Recovery (5) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Generations Gear Orders Due (2)	16 9:30 Billiards (8) 9:15Newsletter Mailing (9) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) Haircuts by Appt. (12) 10:30 Rhythmit (14) 12:45 Movie Matinee: E.T. (5) 1:00 Figure Drawing Class (4)	17 9:15 Billiards Home vs Hershey's Mill (8) 9:00 Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 9:45 Hunterdon Hills Trip (16) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 10:00 Scrabble (9) 12-2 Collett Hours (7) Financial Counsel.(7) 1:00 Acupuncture (12)	18 Counseling Appt. (7) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30-11:30Skip-Bo (4) 11-Mats that Matter(8) 12:45 Pinochle (9) 1:00 H.O.M.E. Team Meeting (20) 1:00 Book Club: <i>Rise to Rebellion</i> (6) Legal Aid Appt. (7)	19 9:00 Billiards Away vs Meadowood (8) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	20 <hr/> 21
22 9:30 Billiards (8) 9:30 CardioTone (14) 10:30 Tai Chi (14) 10:30What's Up Doc? Low Back & Core (5) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8)	23 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1:00 Figure Drawing Class (4) 1:00 Bingo (8)	24 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes (8) 10:30 Lunch at Hampton Winds Trip (16) 10:30 Balance/Tone/Stretch (14) 1:00 Acupuncture (12)	25 9:30 Billiards (8) Counseling Appt. (7) 9:30 Sit, Stretch, Flex (14) NO Pinochle (9) Generations Closes at 2pm	26 9:30 Billiards (8) 9:30-11:30 Beginner One-Stroke Paint(6) 10:30 Release & Restore Yoga (14) 11-Jukebox Trip (16) 12:30 Mah Jong (8) 12:45 Digital Literacy: Social Security Website (6) 1:00-3:00 Intermediate One-Stroke Paint (6)	27 <hr/> 28 11:30 Ragtime Trip (16)
29 9:30 Billiards (8) 9:30 CardioTone (14) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8)	30 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Giant Pharmacy Vaccine Clinic (6) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 12:00 Little Bit Country/Rock & Roll Lunch (1) 1:00 Figure Drawing Class (4)	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.			Schedule Announcements: • Generations will be closed on Mon., Sept. 1 • There will be no Pinochle on Sept. 25