

## 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!

### WILDWOOD DAYS LUNCH WEDNESDAY, AUGUST 12, 12:00PM



Whoa Whoa Whoa. . . those Wildwood Days are calling you for a themed lunch reminiscent of summer days on the boardwalk or at the fair! Enjoy the sounds of doo wop, oldies, and summer favorites performed by "The Hopeless Romantic," Tommy Lodge as you enjoy a lunch of a Corn Dog, Curly Fries, Fruit Kabob, Ice Cream Novelties, iced tea and lemonade.

After lunch, play silly carnival games and win tickets to be redeemed for chintzy prizes, fortune telling, caricature drawings, and boardwalk snacks like cotton candy and hot, fresh popcorn.

Cost: \$15 includes your meal, drinks, fun and games. 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. Stop by or call our front desk at 215-723-5841 to register and pay by August 6.

### PHILLY FEVER LUNCH WEDNESDAY, SEPTEMBER 9, 12:00PM



It's America's 250th anniversary and what better way to recognize this than celebrating the city where it all began! Enjoy some fun Philly themed trivia and games. During our themed lunch, we will have an entertaining and educational living history presentation with Carol Spatz as Betsy Ross.

Our lunch menu features plenty of Philly 250 flare and includes Soft Pretzels; Cheesesteaks; Tomato Salad; Red, White, and Blue Fruit Salad; Italian Water Ice; Tastycakes; Tea, Coffee, & Choice of Philly-Based Yards or Victory Beer or Liberty Bell Cocktail, or Soft Drink.

Cost: \$25 is due with registration. Singles, couples, and groups of friends are welcome. (There will be no regular noon meal this day). Seating is limited and reservations are required. To register, stop by or call our front desk by September 2: 215-723-5841.

### COME SEE US AT CONCERT SUNDAES!



Enjoy great outdoor concerts on Sundays at 7pm. Held in Souderton's Rotary Park (31 West Summit Street Souderton, PA 18964), refreshment sales benefit local community groups like Generations! In the event of rain, Concert Sundaes are held at Souderton High School. Many thanks to all who donated to the Concert Sundaes effort through Generations this year...we raised over \$730!

Mark your calendar for these upcoming concerts:

July 26: Groove City 70s/80s Dance Band

August 2: Beatlemania Again  
**GENERATIONS SERVES REFRESHMENTS!**

August 9: Mike Greer Classic Rock Band

## CONTENTS

Who We Are	p. 2, 20
Special Announcements & Programs	p. 1-6, 12
Social Service & Volunteering	p. 7, 9
Recreational Offerings	p. 8, 9
Lunch Menus & Calendars	p. 10-13
Health, Wellness & Spa	p. 12, 14
Travel - Day Trips + 2026 Overnight Trips	p. 15-18
Hours & Contact	p. 20

**Payment policy for paid, on-site events** (see p. 15 for our *trip* payment policies):  
 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 (free)].  
 2. **By Phone** [Credit (3% fee) or Debit (free)]. 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 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, Executive  
Chef/Nutrition Services  
Lexi Little, Kitchen Assistant  
Kelly McMackin,  
Indian Valley MOW Coordinator  
Val Perry,  
Member Services Coordinator  
Kameele Rivera, Sous Chef/  
Nutrition Services  
JoAnn Steinly,  
MOW Kitchen Coordinator  
Amy Stover,  
Program Coordinator

### BOARD OF DIRECTORS

John H. Filice, Chair  
Dr. Stephen Carp, Vice-Chair  
Timothy Swartley, Treasurer  
Ella M. Roush, Secretary  
Linda Abram  
M. Theresa Fosko  
Brian K. Goshow  
Ron Hallman  
Joanne Kline  
D. Scott Landis  
Alexandra Metricarti  
Chari Richardson

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.

## WE ARE ACCEPTING GENERATIONS GEAR ORDERS

BETWEEN AUGUST 17 - SEPTEMBER 23! THE ONLINE STORE FEATURES A VARIETY OF SCREEN PRINTED AND EMBROIDERED APPAREL WITH THE CLASSIC GENERATIONS LOGO PLUS OUR '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.



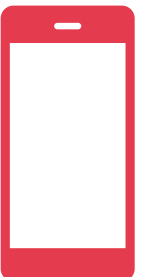
## CELL PHONE REMINDERS . . . PLEASE:

Silence your phone during programs/events and keep ringer volume low at all other times.

If you need to use your phone, move to a quiet, private area.

Do not use speakerphone in common areas.

Use headphones/ear buds if watching/listening to media.



# LISTEN UP WITH HUNTER FRI. AUG. 14, 11:00AM

Come and enjoy the vocal stylings of Hunter Haight, film major at Ithaca University. During this exclusive benefit concert, Hunter will share Broadway selections, pop hits from the 60s, 70s and 80s, old favorites from crooners like Frank Sinatra, and special tributes to one of his favorite artists, Billy Joel. **Stop by our front desk or call**

**215-723-5841 to register by August 11 if you plan to attend.** A donation (suggested \$5 per person) will be collected at the door! Donation proceeds benefit Generations Center and Meals on Wheels programs.



# PAINTING FOR KIDS, 2ND & 4TH THURS, 1PM

Join volunteers Tish and Traute on the 2nd and 4th Thursdays of the month from 1:00-3:00pm beginning on August 27 to paint for kids. The purpose of this project is to help brighten up pediatric areas for children that are going through tough times. Most of the supplies will be provided by the foundation Art2Hearts.org. You will need to bring a few brushes that you have, a water container, paper plates, paper towels or a rag, and a smock. Examples of paintings will be available or you can use your own ideas. If you don't know how to draw, you can use some carbon paper (provided) and trace a pre-made drawing onto a

canvas board (provided). Guidance and coaching will be provided if needed but most of all, plan on a fun time making a difference together, painting pictures children will enjoy that will be donated to pediatric care facilities. Class size is limited to eight people at a time. A \$2 donation per person, per class donation is optional for use of the room/supplies.

**To register, visit our front desk or call 215-723-5841. ^**



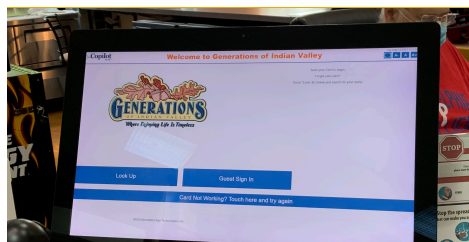
# KEEP ON TRACK CLUB

All aboard for this new program hosted by our Director Doug Eschbach! The goal of the program is to empower you to use your SEPTA key card\* and use regional rail independently to explore local places of interest. For each event, Doug will meet you at the Lansdale train station and explain how to pay for parking at the kiosk (\$2) and use your key card to ride the train. Our first excursion will be **Friday, September 18!** We ride from Lansdale Station to Jefferson Station to explore the area around city hall. For further details and to register as well as to learn how to download helpful apps, join us for a **pre-trip meeting on Friday, September 4 at 12:45pm.** If you are

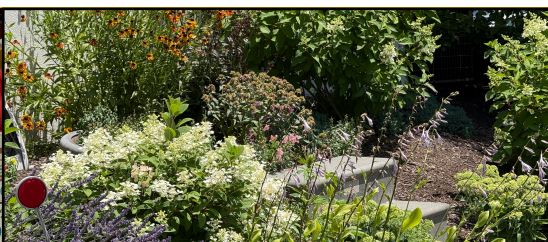
unable to attend the pre-trip meeting but still interested in our September excursion, please call our front desk to register: 215-723-5841. ^

All participants for the Keep on Track Club must be cognitively and physically independent. Excursions will involve a great deal of walking. We cannot accommodate assistive devices such as walkers or wheelchairs.

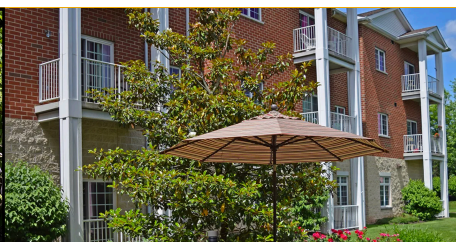
**\*Seniors over 65 are eligible to ride SEPTA for free but must have a key card issued ahead of time (see p. 7 for information on how to obtain your key card here at Generations).**



**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.



**NATIVE PERENNIAL GARDEN**  
Thanks to all who have been tirelessly working on thoughtful planning and upkeep for our flower beds at Generations, especially Greg G., Valerie P., and Bob F.! Feel free to take a stroll around the grounds and check out the many beautiful native perennials featured!



**CCRC 101 JULY 29, 1:00PM**  
There is still time to register for this helpful overview of Continuing Care Retirement Community options, information and tips. Call our front desk: 215-723-5841.

# 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.

## NATIONAL DIABETES PREVENTION PROGRAM WEDNESDAYS, THROUGH SEPT. 30, 1:00PM

The National Diabetes Prevention Program continues for those who have registered. Groups meet for 16 weekly, one-hour sessions with monthly follow-up sessions until reaching one year with trained Lifestyle Coaches (Tracey & Dawn). Sessions are one hour each and cover topics such as weight loss, physical activity, healthy choices when eating out and portion size. Free program. Class size limited. **Registration is closed for this program.**

## DIALOGUE WITHOUT FRONTIERS: ALL ABOUT THE MIDDLE EAST CRISIS ^

THURSDAYS, AUG. 6 & 20, 1:15PM (NOT HELD IN SEPT)

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

**Please register. ^**

## PEYTON HEART PROJECT WORKSHOP ^ MONDAY, AUGUST 10, 11:00AM

The mission of Peyton Heart Project is to raise global awareness about suicide, bullying, and help end the stigma surrounding mental health issues. Peyton Heart does this by distributing small, hand-made hearts with inspirational messages in locations where we hope they'll be easily found. Join volunteers for a Peyton Heart Workshop. Participants are needed to tag, trace on felt, and crochet hearts. **Please register. ^**



## FUN & GAMES ^ THURSDAYS, 10:00AM

Volunteer Beth leads a different organized game for each session. If needed, Beth will provide assistance as you learn the game. Schedule below. Please register for the games you plan to attend. ^

**August 6 & 20, September 3 & 17 - Mexican Train**

**August 13 & 27, September 10 & 24 - Five Crowns Cards**

## BRAIN HEALTHY HABITS ^ THURSDAY, AUGUST 13, 1:00PM

Please join our guest speaker Jane Cero from Alzheimer's Association. This workshop provides research-based guidance on brain health and outlines the importance of taking action at every age to protect your brain. This workshop is designed to increase knowledge of brain-healthy habits and to provide strategies that encourage and support participants to build these habits into their daily lives. **Registration required. ^**



## TRIVIA AT TEN ^ TUESDAY, AUGUST 18, 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. ^**

## MOVIE MATINEE: DEATH ON THE NILE ^ WEDNESDAY, AUGUST 19, 12:45PM

Set against an epic landscape of sweeping desert vistas and the majestic Giza pyramids, Belgian sleuth Hercule Poirot's Egyptian vacation turns into a terrifying search for a murderer in this 2022 remake of the classic Agatha Christie story. Starring Annette Bening, Kenneth Branagh and Tom Bateman it's rated PG-13 for violence, some bloody images, and sexual material. Running time is 2 hours, 7 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café. **Please register if you plan to attend. ^**

## BOOK CLUB: A MAN CALLED OVE ^ WEDNESDAY, AUGUST 26, 1:00PM

Join Volunteer Deb for our book club discussion of *A Man Called Ove* by Fredrik Backman. This is a contemporary fiction that follows a grumpy yet loveable man who finds his solitary world turned on its head when a boisterous young family moves in next door. **To borrow a copy (available July 22) or register for the book club discussion, visit our front desk or call 215-723-5841. ^**

## PREVENT SCAMS AND FINANCIAL FRAUD FRIDAY, SEPT. 11, 1:00PM

Join Katie Kucz from the Montgomery County District Attorney's Office for a program that provides seniors, families, caregivers and community members with the information they need to recognize, prevent and report all forms of senior abuse, especially financial exploitation.

Katie will discuss elder abuse, and elder financial abuse. Learn about common scams and find out where to go for help. She will also share safety tips to help avoid scams and fraud. Free program. To register, stop by or call our front desk by September 9: 215-723-5841. ^



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

## RIGHT SIZE YOUR LIFE AND REDUCE STRESS ^

FRIDAY, AUGUST 28, 1:00PM

Karen Fretz, Senior & Specialty Move Manager with *A Thoughtful Transition* presents this free interactive program with practical, stress free tips for simplifying your life.

**Please register.** ^

## SUMMER DANCE & SING ALONG/KARAOKE ^

WEDNESDAY SEPTEMBER 2, 12:45PM

Have fun as we open the dance floor for favorite songs of the 50s, 60s, 70s. We'll also put the lyrics up on the big screen and hand you the microphone (optional) for your chance to steal the show (no spotlight provided). Bring your own water bottle to fill. Optional donation \$2 per person. **Please register.** ^

## ESTATE PLANNING WITH JOHN: ^

THURSDAY, SEPTEMBER 3, 1:00PM

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. **Register by Sept. 1.** ^



## AARP SAFE DRIVING REFRESHER ^

FRIDAY, SEPTEMBER 4, 9:30AM-1:30PM

Learn how to operate your vehicle more safely. Most insurance companies require an eight hour course to be taken initially and a four hour refresher course every three years after that. Contact your insurance company for exact discount info. A short break will be given. Participants may purchase items in our Café or pack a lunch. Class Fee: \$20 for AARP Members; \$25 for Non-AARP Members, payable on the day of class. **Register by September 1.** ^

## NAME THAT TUNE ^

FRIDAY, SEPTEMBER 4, 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.** ^

## ADDRESSING INCONTINENCE ^

MONDAY, SEPTEMBER 14, 10:00AM

Learn about innovative technologies and devices to assist in preventing and managing incontinence. This free presentation by Sue Smith, M Ed., RN, is brought to you by Jefferson Health-Abington. **Registration is required.** ^

## MOVIE MATINEE: A MAN CALLED OTTO ^

TUESDAY, SEPTEMBER 15, 12:45PM

*A Man Called Otto* is a 2022 comedy-drama starring Tom Hanks that mixes humor with heartfelt moments and explores love, loss, and finding purpose in unlikely places. This movie is based on the book *A Man Called Ove* (our August book club selection!) Rated PG-13 for mature thematic material and language. Running time is 2 hours, 6 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café.

**Please register if you plan to attend.** ^

## SCALING DOWN: WEIGHT LOSS TRENDS ^

WEDNESDAY, SEPTEMBER 16, 1:00PM

Dr. Timothy Daly of Tri-Valley Primary Care will share information about the importance of maintaining a health weight, current diet trends and recommendations as well as information about weight loss injections/pills and their benefits/concerns. Dr. Devyn Kerr, Physical Therapist from Good Shepherd Rehabilitation, will discuss the importance of weight training and exercise to coincide with healthy weight loss regimens. Free presentation.

**Registration is required.** ^



## MUSIC BINGO TUES., SEPT. 29 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 dabbler or marker and refreshments or feel free to purchase refreshments in our Cafe. No registration required.



## NEWS & NOTES:

### FEATURED ARTIST AUG. :

#### DAVE BUCCI

Dave has enjoyed pursuing artwork for about 50 years. He has taken college level courses in painting, digital art, animation, and photography at Penn State University, with animation being a stand-out preference and passion. Enjoy a multimedia exhibit of Dave's artwork including oil and acrylic paintings during the month of August.

### FEATURED ARTIST SEPT. :

#### TOM ZIMMERMAN

With a background in visual arts and a love for creative expression, Tom has shaped his artistic journey across diverse mediums and influences. Tom's work has been showcased in galleries, featured in community events, and celebrated by audiences for its emotive power and originality.

### NEED TO TALK?

Montgomery County Peer Support Talk Line:

(855) 715-8255

Montgomery County Mobile Crisis Unit:

(855) 634-HOPE (4673)

National Suicide & Crisis Lifeline: Call or Text 988

Upper Bucks Crisis:

215-257-6551

PA Drug & Alcohol Helpline:

1-800-662-HELP (4357)

### FARMERS MARKET VOUCHERS:

Montgomery County residents who are 60 years or older and have a household income that does not exceed \$29,526 (one person) or \$40,034 (two persons) are eligible to receive \$25 in farmers market food vouchers.

Distribution for Montgomery County residents is by mail only this year. We can help you with the application. Questions? Call Emily Filice: 215-723-1930



# SPECIAL PROGRAMS (BY DATE ORDER)

^ = 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. If calling, ask for the name of the program exactly as it is listed here.

### HEALTHY COOKING FOR ONE ^ MONDAY, SEPTEMBER 21, 11AM

Cooking for one requires thoughtful planning, motivation, and energy! Volunteer Ellie leads this new series to help you get inspired one meal at time so you don't end up with another PBJ! Meal planning, tips, shopping lists, and recipes will be shared.

**Please register if you plan to attend. ^**



### CRAFTERNOON WITH AMY:

#### NO SEW TSHIRT TOTE BAG ^ WEDNESDAY, SEPT. 23, 12:45PM

Calling all crafters! You won't believe how easy it is to create an adorable tote bag from a t-shirt. We have plenty of t-shirts you can use or bring a favorite that you don't mind repurposing. We will make as many t-shirt tote bags as we can during the afternoon. If you have a good pair fabric scissors or a fabric rotary cutter and mat, please bring it along to share. Moderate dexterity required for cutting fabric and tying knots. Free program. **Please register if you plan to attend. ^**

### BOOK CLUB: QUEENS OF CRIME ^ THUR., SEPT. 24, 11:00AM

Join our book club discussion of Marie Benedict's novel *Queens of Crime*, which is inspired by a true story. In London, 1930, the five greatest women crime writers (including Agatha Christie) have banded together to form a secret society to investigate a real-life murder and to show they are no longer willing to be second to their male counterparts in the legendary Detection Club. You can order a copy of this book through local *Hill & Hollow Bookstore* for \$19, or borrow/



purchase a copy of this book on your own. **To register for the discussion or order a book copy from Hill & Hollow Bookstore, visit our front desk or call 215-723-5841.**

### DIGITAL LITERACY: NAVIGATING THE SOCIAL SECURITY WEBSITE ^ FRIDAY, SEPTEMBER 25, 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. ^**



### CENTENARIAN EVENT WEDNESDAY, SEPTEMBER 30

The Montgomery County Centenarian Celebration is an annual event that honors Montgomery County residents turning 100 years or older. We are honored to host this invitation only event, which features an in-person luncheon with entertainment, music, and food.

### HOPE & HEALING RANCHER BENEFIT "FRIEND" RAISER SUNDAY, OCTOBER 4, 2 - 4:30PM

Living Streams Ranch in Quakertown invites you to attend their fall "friend" raiser with tours, horse demonstrations, stories of hope, and refreshments. Living Streams Ranch benefits women and children in our community who have been devastated by impact of trauma, grief, and difficult life circumstances. For more information, see flyers or look for Volunteer Peg Eure at Generations.

# SOCIAL SERVICES

## CAREGIVER'S SUPPORT

Katherine Rovine, working with the Alzheimer's Association, hosts a **virtual support** via Zoom™/landline phone on the 1st Wed. of each month at 3:30pm. Registration is required. For more information please contact Katherine Rovine: [215-280-0137/](tel:215-280-0137)

[ejjd41@comcast.net](mailto:ejjd41@comcast.net) (contact information is new as of 4/2026)

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 w/ SHIRLEY FOR EVERY DAY STRUGGLES AND BEYOND BY APPOINTMENT

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

### 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.**

own needs within their unique situation. 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: BY APPT.

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

## LIHEAP

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

## MONTCO VETERANS AFFAIRS

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

## PA MEDI APPOINTMENTS

**THUR., AUGUST 6 & SEPTEMBER 3** Ed Savitsky, our PA Medi counselor, can help you make good health insurance decisions and navigate the Medicare maze. PA Medi is a free health insurance counseling program for older Pennsylvanians and is open to members of the community. Call Social Services to schedule your appointment: 215-723-1930.

## PA STATE REP. OFFICE HOURS

**2ND MON., (AUG. 10 & SEPT. 14) 10:45 AM -12:45 PM**

**PA STATE SEN. OFFICE HOURS 3RD THUR., (AUG. 20 & SEPT. 17) 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 Wes to sign in. Seniors (65+): \$3.25 per game; shoe rental additional \$3. Questions? Call our front desk at 215-723-5841.

## **"CHAT ABOUT" DISCUSSION GROUP ^ 2nd & 4th FRIDAYS, 10:00AM (RESUMES SEPTEMBER 11)**

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

**Registration required. ^**

## **CHOIR CHIMES: WEDNESDAYS, 10:30AM (RESUMES SEPTEMBER 9, NO REHEARSAL SEPT. 30 )**

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 (RESUMES SEPTEMBER 14)**

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.

## **COMMUNITY DANCES FOR SINGLES & COUPLES: 2ND FRIDAYS, 7:00PM**

Adults 50+ are welcome to join us for dancing. All proceeds will benefit GENERATIONS. Upcoming Community Dance Dates are June 12, July 10, and August 14 (2nd Fridays) so mark your calendar now! Cost is \$12 per person. Doors open at 6:30. Dancing is from 7-10. Light snacks and water are provided. BYOB and your favorite snacks. Dress is casual. Only the DJ gets paid! All proceeds come back directly to Generations. As we are all volunteer, please consider giving 30 minutes of your time once-in-a-while to help with signing in dancers and/or taking money at the door. Questions? Please contact Linda Love [lindahlove@hotmail.com](mailto:lindahlove@hotmail.com).



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

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

## **FUN & GAMES ^ 2ND & 4TH THURSDAYS, 10:00AM**

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

**August 6 & 20, September 3 & 17 - Mexican Train  
August 13 & 27, September 10 & 24 - Five Crowns Cards**

## **GARDEN CARE:**

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

**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.**



**"GO" GAME DAY:**

**1ST FRIDAY (AUG. 7 & SEPT. 4), 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 a volunteer. Cut, fold, roll, sort, weave, and use a loom. Instructions and supplies will be provided.

**MEMOIRS GROUP: MONDAYS, 1:00PM**

Whether you're writing just for yourself or to pass on to your family, join this creative group led by Marilyn Gross. For questions or concerns, call Marilyn: 215-353-6699. If there is no answer, leave a message.

**PAINTING CLASS (WATERCOLOR): RESUMES AUG. 4 TUESDAYS, 1:00-3:00PM**

Instructor Emma Hawkins begins with a prompt and demo. of intermediate watercolor techniques. You can choose to work from the prompt or on your own project.

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 in the class. 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.

**RECIPE SWAP & SAMPLE:**

**WEDNESDAY, AUGUST 12, 11:00AM (PICNIC FOOD)**

**WEDNESDAY, SEPTEMBER 9, 11:00AM (SAUCES)**

Let's get together to chat and swap our favorite new and old recipes. Participants should bring one copy of a favorite recipe that fits our monthly theme (see above).

**Come try samples of delicious dishes! A donation of \$2 per person is appreciated.** Please register. Stop by our front desk or call 215-723-5841.

**RED HAT HAPPENINGS:**

For Red Hat concerns and registration, contact Linda: 215-450-4986, [mooma2cats@gmail.com](mailto:mooma2cats@gmail.com)

**SCRABBLE: 1ST & 3RD WEDNESDAY, 10:00AM,**

Join this non-competitive group for a friendly game of skill-sharpening Scrabble. Supplies provided. Space is limited. No need to register, just stop by.

**SHUFFLEBOARD:**

**WEDNESDAYS, 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 with a knowledgeable volunteer. To request an appointment, contact Amy Stover: 215-723-5841 [astover@generationsofiv.org](mailto:astover@generationsofiv.org)

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

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

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


**We are seeking donations of NEW OR GENTLY USED office supplies and puzzles. Please see our front desk for a wish list of items. Thank you!**

**We're looking for volunteers who can repurpose some tshirts for us using basic sewing skills at home. Instructions provided. Contact Amy S.**

# LUNCH MENU

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

# 2026 / AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beer Batter Fish on Brioche; Waffle Fries; Coleslaw	4 Chicken Pot Pie; Salad	5 Chicago Style Hot Dog; Baked Beans; Broccoli Salad	6 Beef Taco Quesadilla with Avocado Crema; Ranch Caesar Salad	7 Turkey Stuffed Peppers; Salad; Whole Wheat Roll
10 Garlic Bread Meatball Boat; Garden Salad; Fruit	11 Kielbasa & Sauerkraut on Club Roll; Salad; Fruit	12 Special Meal/Event/ Price: Wildwood Days Lunch (see p. 1)	13 Sausage and Cheese Frittata; Breakfast Potatoes; Salad	14 Chicken Parm.; Caesar Salad; Garlic Knot
17 Honey Chicken on Biscuit; Fresh Fruit; Coleslaw	18 Pineapple Glazed Salmon; Coconut Lime Rice; Green Vegetable	19 <b>Happy Birthday!</b> Monte Cristo with Maple Syrup; Mixed Greens Salad 	20 Sloppy Joe on Onion Roll; Corn Chips; Fresh Fruit	21 Baked Shells; Caesar Salad; Ciabatta Roll
24 Pulled pork w/ Mango Salsa; Sweet Potato Fries; Green Salad	25 Christine's Famous Chicken Salad over Greens with a Tomato Slice; Ciabatta Roll	26 Cheesesteak Flatbread w/Onions Mushrooms, & Ketchup; Caesar Salad	27 Grilled Cheese; Tomato Basil Soup; Fresh Fruit	28 Beer Batter Fish on Brioche; Waffle Fries; Coleslaw
31 Lemon Orzo Salad with Shrimp, Dill and Tomatoes; Rosemary Focaccia			<p><b>All menu items are subject to change. We will post applicable updates on our website:</b> <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></p>	

## OUR MEALS

Menu items are listed on the calendar above. **To register for a dine-in meal, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order.**

A limited number of take-out meals are available for caregivers of homebound individuals. Please see our Social Services Coordinator, Emily Filice (215-723-1930) to request caregiver meals. We cannot guarantee a meal for you without a reservation. **If you need to cancel your lunch reservation, please let us know.**

To receive a noon meal, arrive and seat yourself by 11:55. **PLEASE HANG COATS IN THE VESTIBULE.** There are no assigned/reserved seats. We cannot guarantee entry to the community room before 11:30am. Upon arrival for meals, please sign in at our kiosk, and place your anonymous donation in the

collection box at our front desk (suggested \$2 for each meal). **If you receive meals from Generations, you may hear from us to schedule a friendly consultation for a required nutrition assessment.**

## HAPPY BIRTHDAY

Everyone who is registered for the noon meal will receive a special dessert on our birthday celebration days: Wednesday, August 19 and Wednesday, September 16.

## OUR CAFÉ

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

# PROGRAM SCHEDULE

2026 / AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
					1 2 10:00 Ben & Rose Trip (15) Generations at Concert Sundaes Beatlemania Again (1)
3 9:30 Billiards (8) Massage Mondays (12) 9:30 CardioTone (14) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	4 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Magic & Wonder Trip (15) 9:30 Hand & Foot (9) 10:30 Rhythmit (14) Haircuts by Appt. (12) 1:00 Watercolor Painting (9)	5 9:00 Shuffleboard (9) 9:30 Dancefit (14) 9:30 Billiards (8) Hearing Care Appt.(12) 10:00 Scrabble (9) 10:30 Balance/Tone/Stretch (14) 1:00 Diabetes Prevention (4) 3:30 Caregivers Support (Virtual) (7)	6 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling with Shirley Appt. (7) 10:45 School of Rock Trip (15) 10- Fun & Games (8) 11:00 Mats that Matter (9) 12:45 Pinochle (9) 1:15 Dialogue without Frontiers (4) PA Medi Appt. (7)	7 9:30 Functional Fitness & Balance (14) 9:30 Billiards (8) 10-2 "Go" Game (9) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9)	8 9
10 9:15 Billiards Home vs Hillview (8) Massage Mondays (12) 9:30 CardioTone (14) 10-Meditation (12) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY (7) 11:00 Peyton Heart Workshop (4) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	11 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (9) 10:30 Rhythmit (14) 1:00 Bingo (8) 1:00 Watercolor Painting (9)	12 9 - Shuffleboard (9) 9:00 Billiards Away vs Hershey's Mill (8) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 11-Recipe Swap: Picnic Food (9) 12:00 Wildwood Days Lunch (1) 1:00 Diabetes Prevention (4) 2-Caregiver Support (7)	13 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 9:30 Adventure Aquarium Trip (16) 10- Fun & Games (8) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 1:00 Brain Healthy Habits (4) 3:30 Board Meeting	14 9-Billiards Away vs Norm. Farms (8) 9:30 Billiards (8) 9:30 Functional Fitness&Balance(14) 10:30 Release & Restore Yoga (14) 11:00 Listen Up with Hunter (3) 12:30 Mahjong (9) 7:00 Community Dance (8)	15 16
17 10-Billiards Away vs Schoolhouse Center (8) Massage Mondays(12) 9:30 Billiards (8) 9:30 Cardio Tone (14) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	18 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (9) 10:00 Trivia at Ten (4) NO Haircuts 1:00 Watercolor Painting (9) 2:00 Tuscany Treasures Info Presentation (18)	19 9 - Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Scrabble (9) 10:30 Balance/Tone/Stretch (14) Financial Counsel (7) 12:45 Movie Matinee: Death on the Nile (4) 1:00 Diabetes Prevention (4)	20 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling with Shirley Appt. (7) 10- Fun & Games (8) 11:00 Mats that Matter (9) 12-2 Collett Hours (7) 12:45 Pinochle (9) 1:15 Dialogue without Frontiers (4) Legal Aid Appt. (7)	21 9-Billiards Away vs Arbour Square (8) 9:30 Pretty Woman at DADT Trip (16) 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9)	22 23
24 9:30 CardioTone (14) Massage Mondays (12) 9:30 Billiards (8) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	25 9:00 Lancaster Shopping Trip (16) 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (9) Haircuts by Appt. (12) 1:00 Bingo (8) 1:00 Watercolor Painting (9)	26 9-Shuffleboard (9) 9:30 Dancefit (14) 9:30 Billiards (8) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 1:00 Diabetes Prevention (4) 1-Book Club A Man Called Ove: (4)	27 9:15 Billiards Home vs Pennridge (8) 9:30 Sit,Stretch,Flex (14) 10- Fun & Games (8) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 1-Painting for Kids (3)	28 9-Billiards Away vs Norm. Farms (8) 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9) 1:00 Right Size Your Life (5)	29 30
31 9:30 CardioTone (14) Massage Mondays (12) 9:30 Billiards (8) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)					

**All programs are subject to change. Please check bulletins at the center and our website for updates. Please register and sign in for programs in case we need to contact you.**

**The number after the program listing indicates on which page of the newsletter more information can be found.**

**LOOKING FOR OUR SEPTEMBER LUNCH MENU? IT WILL BE AVAILABLE ON OUR WEBSITE AND AT THE GENERATIONS FRONT DESK BY AUGUST 10.**

## **PARK IT HERE FOR FALL 2026 PARTICIPANT DONATION INFORMATION**

Dear Friends,

I'm grateful that complaints are pretty uncommon at Generations! We all want our Center to be a place of welcome and kindness, where people have a great meal, a meaningful conversation, a challenging work-out, and learn something new. But I'll let you in on a secret. There is one complaint that I LOVE to hear. I LOVE IT when people tell me that they couldn't find a place to park because the lot was full.

A parking lot can tell you a lot about a place – even before you walk in. A crowded parking lot is a good indication that whatever is going on inside is worth checking out. Last week I drove to Hershey for a James Taylor concert and when I got to the stadium's enormous parking lot, it was packed. For good reason. Something great was going on inside!

My son is a civil engineer in the Chicago area, and he spends a lot of time thinking about parking lots. The last time he was home we stopped at the supermarket and as we were walking in, he pointed out how the grading was wrong and the drainage grates were in the wrong place. I've walked through that parking lot countless times and it never occurred to me to evaluate the retention of rainwater.

Here's the thing. We often take parking lots for granted until we need one and then they become a priority. They need to be big enough, they need to be safe, and they need to be maintained. Several years ago we spent a small fortune to tear out the

former parking lot at Generations, install underground drains lines, and replace the paving on top. The former lot was an eyesore and its cracks and potholes were unsafe. After making that initial investment, we knew that it would be important to maintain our new parking area to keep it beautiful, safe, and welcoming!

Twice each year we invite our participants to contribute to a project at the Center that falls outside our regular budget but that will make an important improvement in your experience at the Center. We never use these participant contributions for paying the utilities or basic operating expenses but, instead, use your generosity to make a visible difference that we all can enjoy.

Contributions from this appeal will be used toward resurfacing and re-striping the parking lot to keep it looking great!

Many thanks for your generosity, kindness, and for all you bring to our lives together!

Yours sincerely,

*Douglas (Doug) Eschbach,*

Executive Director Generations of Indian Valley

**To donate to our Fall 2026 Parking Lot Appeal, please use the enclosed envelope and drop off at our front desk or return to Generations by mail to 259 N. 2nd St., Souderton PA 18964.**

**Please make checks payable to Generations and indicate "parking lot" in the memo. THANK YOU!**



## **WELLNESS/SPA OFFERINGS**

### **MASSAGE MONDAYS, BY APPT**

Enjoy a 30-minute chair massage for \$30 or a 60-minute fully clothed table massage for \$65 (shorts and a tank top recommended for comfort) with Licensed Massage Therapist Jim Davidson. Cash or check made payable to Jim Davidson. Tips are welcomed, and a portion of proceeds will benefit Generations directly. **To schedule, call/text Jim at 570-449-9466.**

### **ACUPUNCTURE FOR PAIN RELIEF: MONDAYS, 11:00AM**

Charles Illingworth, IV, L.Ac., offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Pre-registration is not required. Sign in at the front desk upon arrival, and pay for a ticket before each session.

### **HAIRCUTS BY APPOINTMENT: SELECT TUESDAYS**

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

### **BLOOD PRESSURE SCREENINGS: (NOT OFFERED IN AUGUST) MONDAY, SEPTEMBER 14, BEGINS AT 11:15AM**

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

### **GUIDED MEDITATION FOR STRESS RELIEF MONDAYS, 10:00AM**

Start your journey to a calmer mind by enjoying 30 quiet, refreshing minutes and a guided meditation from sound to silence. Result: a refreshed you with better focus. Darlene Cianci, Certified Instructor. Fee: \$4/class or \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

### **ATTENTUS HEARING CARE:**

#### **WEDNESDAYS, AUGUST 5, BY APPOINTMENT (NO SEPT. APPT.)**

Audiologist Dr. Abby Holauchock offers free hearing screenings, hearing aid cleanings, and ear wax checks at Generations. **To schedule your free screening, please call 267-669-1345 (sorry text feature is no longer available).** Additional services available for a fee: ear wax removal and hearing aid repairs. Full evaluations and consultations are also available at Generations or in your home.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p>The number after the program listing indicates on which page of the newsletter more info. can be found.</p>	<p><b>1</b></p> <p>9:00 Billiards Away vs Pennridge (8)</p> <p>9:30 Billiards (8)</p> <p>9:30 Sit, Stretch, Flex (14)</p> <p>9:30 Hand &amp; Foot (9)</p> <p>Haircuts by Appt. (12)</p> <p>1:00 Watercolor Painting (9)</p>	<p><b>2</b></p> <p>9:00 Shuffleboard (9)</p> <p>9:30 Billiards (8)</p> <p>NO Dancefit (14)</p> <p>10:00 Scrabble (9)</p> <p>10:30 Balance/Tone/Stretch (14)</p> <p>10:30 Choir Chimes (8)</p> <p>12:45 Summer Dance &amp; Sing Along Karaoke (5)</p> <p>1:00 Diabetes Prevention (4)</p> <p>3:30 Caregivers Support (Virtual) (7)</p>	<p><b>3</b></p> <p>9:30 Billiards (8)</p> <p>9:30 Sit,Stretch,Flex (14)</p> <p>Counseling with Shirley Appt. (7)</p> <p>12:45 Pinochle (9)</p> <p>10- Fun &amp; Games (8)</p> <p>11:00 Mats that Matter (9)</p> <p>1:00 Estate Planning with John (5)</p> <p>PA Medi Appt. (7)</p>	<p><b>4</b></p> <p>9:30 Functional Fitness &amp; Balance (14)</p> <p>9:30 Billiards (8)</p> <p>9:30 AARP Safe Driving Refresher (5)</p> <p>10:00 Name That Tune (5)</p> <p>10-2 "Go" Game (9)</p> <p>10:30 Release &amp; Restore Yoga (14)</p> <p>12:30 Mahjong (9)</p> <p>12:45 Keep on Track Pre-Trip Meeting (3)</p>	<p><b>5</b></p> <hr/> <p><b>6</b></p>
	<p><b>7</b></p> <p><b>Generations Closed</b></p> <p><b>Labor Day Holiday</b></p>	<p><b>8</b></p> <p>9:30 Sit, Stretch, Flex (14)</p> <p>9:30 Billiards (8)</p> <p>9:30 Hand &amp; Foot (9)</p> <p>10:30 Rhythmfitt (14)</p> <p>1:00 Bingo (8)</p> <p>1:00 Watercolor Painting (9)</p>	<p><b>9</b></p> <p>9-Shuffleboard (9)</p> <p>9:15 Billiards Home vs Hershey's Mill (8)</p> <p>9:30 Dancefit (14)</p> <p>10:00 Bowling (8)</p> <p>10:30 Balance/Tone/Stretch (14)</p> <p>10:30 Choir Chimes (8)</p> <p>11-Recipe Swap: Sauces (9)</p> <p>12:00 Philly Fever Lunch (1)</p> <p>1:00 Diabetes Prevention (4)</p> <p>2 - Caregivers Support (7)</p>	<p><b>10</b></p> <p>9:30 Billiards (8)</p> <p>9:30 Sit,Stretch,Flex (14)</p> <p>10- Fun &amp; Games (8)</p> <p>10:30 Whodunit Pines Theatre Trip (16)</p> <p>Counseling with Shirley Appt. (7)</p> <p>12:45 Pinochle (9)</p> <p>1-Painting for Kids (3)</p> <p>3:30 Board Meeting</p>	<p><b>11</b></p> <p>9-Billiards Away vs Meadowood (8)</p> <p>9:30 Billiards (8)</p> <p>9:30 Functional Fitness &amp; Balance(14)</p> <p>10:00 Chat About (8)</p> <p>10:30 Release &amp; Restore Yoga (14)</p> <p>12:30 Mahjong (9)</p> <p>1:00 Prevent Scams &amp; Financial Fraud (4)</p> <p>7:00 Community Dance (8)</p>
<p><b>14</b></p> <p>9:00 Billiards Away vs Hillview (8)</p> <p>Massage (12)</p> <p>9:30 Billiards (8)</p> <p>9:30 CardioTone (14)</p> <p>10-Meditation (12)</p> <p>10:00 Addressing Incontinence (5)</p> <p>11:15 Blood Pressure Screenings (12)</p> <p>10:30 Tai Chi (14)</p> <p>10:45 Malagari Hours / SEPTA KEY (7)</p> <p>11-Acupuncture (12)</p> <p>12:30 Dup.Bridge (8)</p> <p>1:00 Memoirs (9)</p> <p>1:00 Choraleers (8)</p>	<p><b>15</b></p> <p>9-Billiards Away vs Ben Wilson (8)</p> <p>9:15 Newsletter Mailing (9)</p> <p>9:30 Billiards (8)</p> <p>9:30 Sit, Stretch, Flex (14)</p> <p>9:30 Hand &amp; Foot (9)</p> <p>10:30 Rhythmfitt (14)</p> <p>Haircuts by Appt. (12)</p> <p>12:45 Movie Matinee: A Man Called Otto (5)</p> <p>1:00 Watercolor Painting (9)</p>	<p><b>16</b></p> <p>9-Shuffleboard (9)</p> <p>9:30 Billiards (8)</p> <p>9:30 Dancefit (14)</p> <p>9:45 Send Me No Flowers H. Hills Trip (16)</p> <p>10:00 Scrabble (9)</p> <p>10:30 Balance/Tone/Stretch (14)</p> <p>10:30 Choir Chimes (8)</p> <p>Financial Counsel (7)</p> <p>1:00 Scaling Down: Weight Loss Trends (5)</p> <p>1:00 Diabetes Prevention (4)</p>	<p><b>17</b></p> <p>9:30 Billiards (8)</p> <p>9:30 Sit,Stretch,Flex (14)</p> <p>Counseling with Shirley Appt. (7)</p> <p>10- Fun &amp; Games (8)</p> <p>11:00 Mats that Matter (9)</p> <p>12-2 Collett Hours (7)</p> <p>12:45 Pinochle (9)</p> <p>Legal Aid Appt. (7)</p>	<p><b>18</b></p> <p>10-Billiards Home vs Schoolhouse Ctr.(8)</p> <p>9:30 Functional Fitness &amp; Balance(14)</p> <p>Keep on Track Club Excursion City Hall (3)</p> <p>10:30 Release &amp; Restore Yoga (14)</p> <p>12:30 Mahjong (9)</p>	<p><b>19</b></p> <hr/> <p><b>20</b></p>
<p><b>21</b></p> <p>9:30 Billiards (8)</p> <p>Massage Mondays(12)</p> <p>9:30 Cardio Tone (14)</p> <p>10-Meditation (12)</p> <p>10:30 Tai Chi (14)</p> <p>11:00 Healthy Cooking for One (5)</p> <p>11-Acupuncture (12)</p> <p>12:30 Dup.Bridge (8)</p> <p>1:00 Memoirs (9)</p> <p>1:00 Choraleers (8)</p>	<p><b>22</b></p> <p>9:15 Billiards Home vs Pennridge (8)</p> <p>9:30 Sit, Stretch, Flex (14)</p> <p>9:30 Hand &amp; Foot (9)</p> <p>10:30 Rhythmfitt (14)</p> <p>1:00 Bingo (8)</p> <p>1:00 Watercolor Painting (9)</p>	<p><b>23</b></p> <p>9-Shuffleboard (9)</p> <p>9:30 Billiards (8)</p> <p>9:30 Dancefit (14)</p> <p>10:00 Bowling (8)</p> <p>10:30 Balance/Tone/Stretch (14)</p> <p>10:30 Choir Chimes (8)</p> <p>12:45 Crafternoon: T-shirt Bags (6)</p> <p>1:00 Diabetes Prevention (4)</p> <p><b>Generations Gear Orders Due (2)</b></p>	<p><b>24</b></p> <p>9:30 Billiards (8)</p> <p>9:30 Sit, Stretch, Flex (14)</p> <p>9:45 Penn's Peak Trip George &amp; Tammy (16)</p> <p>10- Fun &amp; Games (8)</p> <p>Counseling with Shirley Appt. (7)</p> <p>11:00 Book Club: <i>Queens of Crime</i> (6)</p> <p>12:45 Pinochle (9)</p> <p>1-Painting for Kids (3)</p>	<p><b>25</b></p> <p>10:00-Billiards Home vs Schoolhouse Center (8)</p> <p>9:30 Functional Fitness &amp; Balance(14)</p> <p>10:00 Chat About (8)</p> <p>10:30 Release &amp; Restore Yoga (14)</p> <p>12:30 Mahjong (9)</p> <p>12:45 Digital Literacy: Social Security Website (6)</p>	<p><b>26</b></p> <p>10:00 Mamma Mania Trip (17)</p> <hr/> <p><b>27</b></p> <p>11:30 Fiddler Candlelight Theater Trip (16)</p>
<p><b>28</b></p> <p>9:30 Billiards (8)</p> <p>Massage Mondays(12)</p> <p>9:30 Cardio Tone (14)</p> <p>10-Meditation (12)</p> <p>10:30 Tai Chi (14)</p> <p>11-Acupuncture (12)</p> <p>12:30 Dup.Bridge (8)</p> <p>1:00 Memoirs (9)</p> <p>1:00 Choraleers (8)</p>	<p><b>29</b></p> <p>9:30 Billiards (8)</p> <p>9:30 Sit, Stretch, Flex (14)</p> <p>9:30 Hand &amp; Foot (9)</p> <p>10:30 Amish Meal Trip (17)</p> <p>10:30 Rhythmfitt (14)</p> <p>1:00 Watercolor Painting (9)</p> <p>1:00 Music Bingo (5)</p>	<p><b>30</b></p> <p>9:30 Billiards (8)</p> <p>9-Shuffleboard (9)</p> <p>9:30 Hologram Zoo (17)</p> <p>NO Dancefit</p> <p>10:30 Balance/Tone/Stretch (14)</p> <p>1-Diabetes Prevent (4)</p> <p>12:00 Centenarian Event (6)</p>	<p><b>Schedule Announcements:</b></p> <p><b>There will be no Dancefit on September 1 or September 30</b></p> <p><b>Generations will be closed on Monday, September 7.</b></p>		<p><b>All programs are subject to change. Please check bulletins at the center and our website for updates. Please register and sign in for programs in case we need to contact you.</b></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. Certified Instructor: Jean Tornetta  
Fee: \$4/class or \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

## DANCEFIT: WED., 9:30-10:15AM NO CLASS SEPTEMBER 1 OR SEPTEMBER 30

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

## FUNCTIONAL FITNESS & BALANCE FRIDAYS, 9:30AM

Join certified instructor Sue Wolfe for a new fitness program focused on balance and toning with the aim of helping you remain as independent as possible. Classes feature a warm-up with gentle movements and static stretches, strength training targeting various muscle groups, optional cardio burst that can be performed seated or standing, and balance training (seated modifications available). A cool down period with static stretches helps the body recover.  
Fee: \$4/class or \$20/6 class discount card that never expires. No need to pre-register. Sign in and pay at front desk upon arrival.

## FIT FOR LESS

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

### CARDIO TONE: MONDAYS, 9:30 - 10:15 NO CLASS 9/7

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

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

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

## PLEASE NOTE:

- Class fees vary based on instructor fees and typical class attendance. Some of our punch card prices changed effective 1/20/26. We will honor all previously purchased punch cards until all punches are used.
- Those interested in taking our fitness classes must sign up to become Generations participants.
- Please sign in at our kiosk upon arrival.
- Check the bulletin board (in the vestibule/lobby) or our website, [www.generationsofiv.org](http://www.generationsofiv.org) for important announcements and last-minute changes.

## RELEASE & RESTORE YOGA: FRIDAYS AT 10:30AM

Release stress and tension, and calm your mind. Appropriate for all levels and practiced standing and sitting. No mats are necessary. Darlene Cianci, Certified Instructor.  
Fee: \$4/class or \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

## RHYTHMFIT SERIES: TUESDAYS AT 10:30AM, CURRENT SERIES RUNS THROUGH AUGUST 11. NEW SERIES BEGINS SEPTEMBER 8.

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 NO CLASS 9/7

Tai Chi is a series of gentle, flowing exercises and stretches that can help you improve balance and coordination, relieve stress, and increase muscle mass. Darlene Cianci, Certified Instructor. Fee: \$4/class or \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

## FITNESS VIDEOS:

Recorded videos of our classes are offered on our website. To access the videos, visit our website: [www.generationsofiv.org](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

## BEN & ROSE WITH CONRAD FISHER CONCERT, AMT SUNDAY, AUGUST 2

Blending country, folk, and gospel, Ben & Rose create music that is both tender and timeless. We will enjoy lunch at Hershey Farms before the show.



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

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

**Trip Opened: July 2 Payment Deadline: July 3**

## ENCHANTED, MAGIC & WONDER DINNER THEATER, LANCASTER

### TUESDAY, AUGUST 4

Filled with jaw-dropping effects and immersive storytelling, this unforgettable journey will transport guests out of reality and into the unimaginable!

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

**Departs: 9:30am Returns: 5:45pm**

**Trip Opened: July 2 Payment Deadline: July 6**

## SCHOOL OF ROCK, \* PINES DINNER THEATER THURSDAY, AUGUST 6

Andrew Lloyd Webber's School of Rock – The Musical is a two-hour, two-act show based on the hit movie.

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

**Departs: 10:45am Returns: 4:30pm**

**Trip Opens: July 2 Payment Deadline: July 6**

# DAY TRIPS CONT'D NEXT PAGE




**ADVENTURE AQUARIUM, THURSDAY, AUGUST 13**  
Adventure Aquarium in Camden has two million gallons of water with over 7,000 species of fish. Lunch on your own at an eatery on site.

**Cost: \$50 includes ride on our bus and entrance to the aquarium. Lunch on your own. Departs: 9:30am Returns: 3:00pm Trip Opened: July 2 Payment Deadline: July 10**

**PRETTY WOMAN, DUTCH APPLE, LANCASTER FRIDAY, AUGUST 21**  
If you love the movie, you'll love the musical! PG13

**Cost: \$100 includes ride on our bus, show, lunch, taxes and gratuity. Departs: 9:30am Returns: 5:30pm Trip Opened: July 6 Payment Deadline: July 17**

**LANCASTER SHOPPING, BIRD-IN-HAND TUESDAY, AUGUST 25**  
We will begin at Emma's Popcorn and then head to Lapp's Store. Next, we will stop at Kitchen Kettle Village for shopping and lunch on your own in the village or at the "Kling House" next door. Lastly, we will stop at Kauffman's Orchard to

feed the animals and pick some fruit if you choose.   
**Cost: \$20 includes ride on our bus. Shopping and lunch is on your own. Departs: 9:00am Returns: 5:00pm Trip Opened: July 6 Payment Deadline: July 24**

## NEW TRIPS

**WHODUNIT, THE MUSICAL,\* PINES DINNER THEATRE, ALLENTOWN THURSDAY, SEPTEMBER 10**  
If you enjoyed Clue, the Musical, you'll love Whodunit! Murder, he wrote? See what critics call, "A musical comedy to die for!"  
**Cost: \$92 includes ride on our bus, show, lunch, taxes and gratuity. Gratuity for bus driver is not included. Departs: 10:30am Returns: 5:00pm Trip Opens: August 6 @ 3pm by phone only ^ Payment Deadline: August 10**

**SEND ME NO FLOWERS,\* HUNTERDON HILLS PLAYHOUSE, NJ WEDNESDAY, SEPTEMBER 16**  
When George Kimball, a Westchester commuter with a flair for hypochondria, overhears his doctor discussing a heart patient, he's convinced his time has come. Determined to face his fate with dignity, George sets about "putting his affairs in order." But, as George

prepares for the worst, little does he know, the situation might not be as dire as he believes!  
**Cost: \$110 includes ride on our bus, show, lunch, taxes and gratuity. Gratuity for bus driver is not included. Departs: 9:45am Returns: 4:30pm Trip Opens: August 5 @ 3pm by phone only ^ Payment Deadline: Aug. 14**

**FIDDLER ON THE ROOF,\* CANDLELIGHT DINNER THEATRE, DE SUNDAY, SEPTEMBER 27 (CHANGED FROM PRINTED NEWSLETTER)**  
Fiddler on the Roof is the award-winning tale of Tevye the Dairyman and his family's struggles in a changing Russia. This musical score, beloved by theater-goers for generations, includes songs such as "If I Were a Rich Man," "Matchmaker," and "Sunrise Sunset."  
**Cost: \$100 includes ride on our bus, show, lunch, taxes and gratuity. Gratuity for bus driver is not included. Departs: 11:30am Returns: 6:30pm Trip Opens: August 5 @ 3pm by phone only ^ Payment Deadline: August 19**

**FOREVER GEORGE & TAMMY,\* PENN'S PEAK, JIM THORPE THURSDAY, SEPTEMBER 24**  
Alyssa & Wayne Brewer are a husband-and-wife country music duo based in Nashville, Tennessee, who bring timeless charm and classic country soul to modern audiences. With tight Harmonies and heartfelt storytelling, they take fans back to the golden era of country music-when songs were simple, sincere, and steeped in emotion. This show is a tribute to George & Tammy one of country's most iconic duos.  
**Cost: \$80 includes ride on our bus, show, lunch, taxes and gratuity. Gratuity for bus driver is**

**^ 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
Send Me No Flowers September 16 Mamma Mania September 26 Fiddler on the Roof September 27 Amish Meal September 29	Wed., Aug. 5 @ 3:00pm: 215-723-5841	\$110 Aug. 14 \$112 Aug. 18 \$100 Aug. 19 \$57 Aug. 28
Whodunnit September 10 George & Tammy September 24 Hologram Zoo September 30	Thur., Aug. 6 @ 3:00pm: 215-723-5841	\$92 August 10 \$80 August 21 \$75 August 28
Colebrookdale Railroad Oct. 15 Goods & Shady Maple Oct. 21	Tuesday, September 1 @ 3:00pm: 215-723-5841	\$90 Sept. 10 \$20 Sept. 18
American Highwaymen October 5	Wed., Sept. 2 @ 3:00pm: 215-723-5841	\$105 Sept. 4
Highland Farm Tour October 8 Statler Experience October 11 Beautiful October 28	Thursday, September 3 @ 3:00pm: 215-723-5841	\$60 Sept. 8 \$100 Sept. 9 \$100 Sept. 21

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



not included.

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

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

Payment Deadline: August 21

MAMMA MANIA! – ABBA TRIBUTE,\* HUNTERDON HILLS, NJ SATURDAY, SEPTEMBER 26

Mamma Mania brings the timeless hits of ABBA into an immersive, interactive experience where the audience becomes part of the fun! With electrifying performances, sing-along moments, and a dance-floor vide, it's the perfect mix of great music and great memories.

Cost: \$112 includes ride on our bus, show, lunch, taxes and gratuity. Gratuity for bus driver is not included.

Departs:10:00am Returns: 4:30pm Trip Opens: August 5 @ 3pm by phone only ^

Payment Deadline: August 18

AMISH MEAL, MANHEIM\* MONDAY, SEPTEMBER 29

The King's host a family style meal in their home, The meal is planned from favorite family recipes that have been passed from mother to daughter.

Cost: \$57 includes ride on our bus, lunch, taxes and gratuity. Gratuity for bus driver is not included.

Departs: 10:30am Returns: 3:30pm Trip Opens: August 5 @ 3pm by phone only ^

Payment Deadline: August 28

HOLOGRAM ZOO,\* EASTON WEDNESDAY, SEPTEMBER 30

Dive into immersive group experiences within large Hologram Rooms, where visitors can choose different interactive adventure. You will be given specialized 3D glasses. We will enjoy pizza and hoagies on site after our experience.

Cost: \$75 includes ride on our bus, 3D experience, lunch, taxes and gratuity. Gratuity for bus driver is not included.

Departs: 9:30am Returns: 2:00pm Trip Opens: August 6 @ 3pm by phone only ^

Payment Deadline: August 28

AMERICAN HIGHWAYMEN,\* DUTCH APPLE CONCERT, LANCASTER

MONDAY, OCTOBER 5

Featuring the music of Johnny Cash, Waylon Jennings, Willie Nelson, and Kris Kristofferson. Hear hits such as "I Walk the Line", "On the Road Again", "Ring of Fire", "Mammas Don't Let Your Babies Grow Up to be Cowboys", "Ghost, Riders in the Sky", and more!

Cost: \$105 includes ride on our bus, concert, lunch, taxes and gratuity. Gratuity for bus driver is not included.

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

Payment Deadline: September 4

HIGHLAND FARM TOUR,\* DOYLESTOWN

THURSDAY, OCTOBER 8

Tour the farmhouse and grounds where Oscar Hammerstein pinned timeless lyrics to his most famous musicals, forged his relationship with Richard Rodgers and mentored a young Stephen Sondheim. Lunch stop at the Metropolitan after our tour.

Cost: \$60 includes ride on our bus, tour, lunch, taxes and gratuity. Gratuity for bus driver is not included.

Departs: 10:00am Returns: 2:15pm Trip Opens: September 3 @ 3pm by phone only ^

Payment Deadline: September 8

THE STATLER EXPERIENCE,\* AMERICAN MUSIC

THEATRE, LANCASTER

SUNDAY, OCTOBER 11

The Statler Experience brings the timeless harmonies of The Statler Brothers back to the stage in a heartfelt celebration featuring the next generation of the Statler family. These artists carry not only the sound – but, the spirit – of one of country music's most beloved vocal groups. Before the show, we will enjoy brunch at Hershey Farms.

Cost: \$100 includes ride on our bus, concert, lunch, taxes and gratuity. Gratuity for bus driver is not included.

Departs: 10:30am Returns: 7:00pm Trip Opens: September 3 @ 3pm

by phone only ^

Payment Deadline: September 9

COLEBROOKDALE RAILROAD,\* BOYERTOWN

THURSDAY, OCTOBER 15

Enjoy a wonderful lunch aboard this historic train! Join us for a ninety-minute traditional Secret Valley expedition. Board the meticulously restored century old rail cars and ride into one of the most scenic and historic regions in the northeast.

Cost: \$90 includes ride on our bus, train ride, lunch, taxes and gratuity. Gratuity for bus driver is not included.

Departs: 11:00am Returns: 2:30pm Trip Opens: September 1 @ 3pm by phone only ^

Payment Deadline: September 10

GOOD'S & SHADY MAPLE,\* LANCASTER

WEDNESDAY, OCT. 21

We will head to Sunnyside Bakery to start our day with a donut or baked good. Next, we will head to Good's Store and Shady Maple Farmer's Market and free time for lunch on your own at Shady Maple Smorgasbord. Enjoy a day of shopping. Feel free to bring a small cooler to keep under your seat.

Cost: \$20 includes ride on our bus. Shopping and lunch is on your own. Gratuity for bus driver is not included.

Departs: 9:00am Returns: 4:00pm Trip Opens: September 1 @ 3pm by phone only ^

Payment Deadline: September 18

BEAUTIFUL, DUTCH APPLE,\* LANCASTER

WEDNESDAY, OCTOBER 28

This inspiring true story about Carole King spans from her early days as a Brooklyn teenager to her years spent as a music legend. Hear "So Far Away", "Natural Woman", "One Fine Day", "It's Too Late", and more. PG13

Cost: \$100 includes ride on our bus, show, lunch, taxes and gratuity. Gratuity for bus driver is not included.

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

Payment Deadline: September 21







COMMITTED TO LOCAL FOR 150 YEARS

## THANKS TO OUR PLATINUM SPONSOR

Univest is proud to support  
Generations of Indian Valley



Member FDIC

## THANKS TO OUR SILVER SPONSORS

## THANKS TO OUR BRONZE SPONSORS



**Indian Valley**  
Camping Center  
www.ivccrv.com  
(215) 723-4852



**fifs** Franconia Insurance & Financial Services  
**KEYSTONE**

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


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

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

199 Telford Pike, Telford, PA 18969  
**267.384.5300**      www.fifs.com


**Suess & Sadler-Suess Funeral Homes**

**Bernard Suess Funeral Home**



606 Arch Street  
Perkasie, PA 18944  
(one block from the Perkasie Fire House)  
215-257-2144

**Sadler-Suess Funeral Home**



33 North Main Street  
Telford, PA 18969  
(County Line Road)  
215-723-4636

*Two full service locations to serve you Best*

*Traditional Funerals to suit your family's values*  
**Free Pre-Planning & Numerous prepaying options**

Jeffrey F. Gahman Supervisor	Mark L. Dunigan Funeral Director	Wendell G. Waddell Supervisor
---------------------------------	-------------------------------------	----------------------------------

Spacious facilities and ample seating to meet your needs

Handicap accessible ♿  
On-Street & parking lot parking

**The Highest in Personal Service at the most affordable prices in the area**

SuessFuneralHome.net

**Grooving Through The Golden Years**

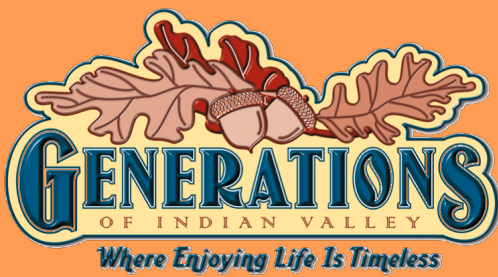
Looking for the township's grooviest gang?

You'll find them cutting a rug at Morningside House of Towamencin Senior Living.



Life is better at Morningside. Book a tour today. 215-631-8607



2026 **AUG/SEPT**

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PERMIT #64104  
LANSDALE, PA 19446

259 N. SECOND ST.  
SOUDERTON, PA 18964

**WE HAVE AN OPEN DOOR POLICY:**  
If you have a suggestion that would help us improve or a concern that you would like addressed, please come chat with any member of our staff!

CURRENT RESIDENT OR

TIME DATED MATERIAL  
MAILED FROM LANSDALE JULY 2026

PARTIALLY FUNDED BY:  **MONTGOMERY COUNTY, PA**  
DEPARTMENT OF HEALTH & HUMAN SERVICES

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

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

**CONTACT US:**

MAIN NUMBER: (215) 723-5841  
SOCIAL SERVICES: (215) 723-1930  
MEALS ON WHEELS: (215) 723-8555  
RENTAL INQUIRIES (LINDA): 215-518-7218

INFO@GENERATIONSOFIGV.ORG

GENERATIONSOFIGV.ORG



THANKS TO OUR PLATINUM SPONSOR



**pa health & wellness**

**BEST WISHES AMY ROBILLARD!**



A HEARTFELT THANKS TO AMY ROBILLARD, WHO IS RESIGNING FROM HER POSITION AS MEALS ON WHEELS COORDINATOR FOR NORTH PENN. WE APPRECIATE THE GREAT ENERGY AND CARING AMY ALWAYS BROUGHT TO OUR TEAM AT GENERATIONS AND WE WILL MISS HER WELCOMING SMILE AND HER ENTHUSIASM! WE WISH YOU WELL, AMY!