


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 Happy Birthday! 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>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</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.

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<p>The number after the program listing indicates on which page of the newsletter more info. can be found.</p>	<p>1</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 & Foot (9)</p> <p>Haircuts by Appt. (12)</p> <p>1:00 Watercolor Painting (9)</p>	<p>2</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 & Sing Along Karaoke (5)</p> <p>1:00 Diabetes Prevention (4)</p> <p>3:30 Caregivers Support (Virtual) (7)</p>	<p>3</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 & 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>4</p> <p>9:30 Functional Fitness & 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 & Restore Yoga (14)</p> <p>12:30 Mahjong (9)</p> <p>12:45 Keep on Track Pre-Trip Meeting (3)</p>	<p>5</p> <hr/> <p>6</p>
	<p>7</p> <p>Generations Closed</p> <p>Labor Day Holiday</p>	<p>8</p> <p>9:30 Sit, Stretch, Flex (14)</p> <p>9:30 Billiards (8)</p> <p>9:30 Hand & Foot (9)</p> <p>10:30 Rhythmfitt (14)</p> <p>1:00 Bingo (8)</p> <p>1:00 Watercolor Painting (9)</p>	<p>9</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>10</p> <p>9:30 Billiards (8)</p> <p>9:30 Sit,Stretch,Flex (14)</p> <p>10- Fun & 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>11</p> <p>9-Billiards Away vs Meadowood (8)</p> <p>9:30 Billiards (8)</p> <p>9:30 Functional Fitness & Balance(14)</p> <p>10:00 Chat About (8)</p> <p>10:30 Release & Restore Yoga (14)</p> <p>12:30 Mahjong (9)</p> <p>1:00 Prevent Scams & Financial Fraud (4)</p> <p>7:00 Community Dance (8)</p>
<p>14</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>15</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 & 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>16</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>17</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 & 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>18</p> <p>10-Billiards Home vs Schoolhouse Ctr.(8)</p> <p>9:30 Functional Fitness & Balance(14)</p> <p>Keep on Track Club Excursion City Hall (3)</p> <p>10:30 Release & Restore Yoga (14)</p> <p>12:30 Mahjong (9)</p>	<p>19</p> <hr/> <p>20</p>
<p>21</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>22</p> <p>9:15 Billiards Home vs Pennridge (8)</p> <p>9:30 Sit, Stretch, Flex (14)</p> <p>9:30 Hand & Foot (9)</p> <p>10:30 Rhythmfitt (14)</p> <p>1:00 Bingo (8)</p> <p>1:00 Watercolor Painting (9)</p>	<p>23</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>Generations Gear Orders Due (2)</p>	<p>24</p> <p>9:30 Billiards (8)</p> <p>9:30 Sit, Stretch, Flex (14)</p> <p>9:45 Penn's Peak Trip George & Tammy (16)</p> <p>10- Fun & 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>25</p> <p>10:00-Billiards Home vs Schoolhouse Center (8)</p> <p>9:30 Functional Fitness & Balance(14)</p> <p>10:00 Chat About (8)</p> <p>10:30 Release & Restore Yoga (14)</p> <p>12:30 Mahjong (9)</p> <p>12:45 Digital Literacy: Social Security Website (6)</p>	<p>26</p> <p>10:00 Mamma Mania Trip (17)</p> <hr/> <p>27</p> <p>11:30 Fiddler Candlelight Theater Trip (16)</p>
<p>28</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>29</p> <p>9:30 Billiards (8)</p> <p>9:30 Sit, Stretch, Flex (14)</p> <p>9:30 Hand & 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>30</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>Schedule Announcements:</p> <p>There will be no Dancefit on September 1 or September 30</p> <p>Generations will be closed on Monday, September 7.</p>		<p>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.</p>