

# LUNCH MENU

2021 / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>		<b>1</b> Bratwurst, Kraut & Buttered Noodles	<b>2</b> Hot Turkey Sandwich, Peas, Mashed Potatoes	<b>3</b> Spaghetti, Meatballs, Asparagus
<b>6</b> BBQ Chicken, Redskin Potatoes, Cabbage	<b>7</b> Stuffed Shells, Garlic Spinach	<b>8</b> Cheese Omelet, Hash Browns, Broccoli	<b>9</b> Beef Stew, Biscuits, Carrots	<b>10</b> Vegetable Lasagne, Cauliflower
<b>13</b> Bacon Mac & Cheese, Stewed Tomatoes	<b>14</b> Meatloaf, Mashed Potatoes, Cauliflower	<b>15</b> Happy Birthday! Pork & Sauerkraut, Mashed Potatoes	<b>16</b> Chili with Cornbread	<b>17</b> Chicken Breast Cutlet, Scalloped Potatoes, Corn
<b>20</b> Baked Ziti, Sausage, Asparagus	<b>21</b> Egg/Potato Casserole, Mixed Vegetables	<b>22</b> Open Faced Roast Beef Sandwich, California Vegetables	<b>23</b> Ham with Raisin Sauce, Roasted Brussels, Potatoes Au Gratin	<b>24</b> <div>Generations Closed.</div>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Generations Closed. Happy Holidays!				



## OUR MEALS

Menu items are listed on the calendar above. We are offering take-out meals (no dine-in option) Monday-Friday. **To register, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order.** We cannot guarantee a meal for you without a reservation. To receive a hot meal, you must park and walk in to our main entrance (drive-through service is not offered at this time). Pick up your meal between 11:30am-12pm. Upon arrival, please sign in at our kiosk, and place your anonymous donation in the collection box at our front desk (suggested \$2 for each meal). Masks are required in our building until further notice.

## HAPPY BIRTHDAY

If you have a birthday during the month of December, let us know when you order your take-out meal, and you'll get a special homemade birthday treat on Wednesday, December 15.

## OUR CAFÉ

Our Café is open Mon.-Fri. from 10:00am-1:00pm until further notice for take-out only. Enjoy our à la carte menu and daily specials. No need to order; just stop by! Masks are required in our building until further notice.

## 2021 / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<b>The number after the program listing indicates on which page of the newsletter more information can be found. All programs are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></b>		<b>1</b> 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 9:30 Tech Tips (9) 10:00 Bowling (8) 10:30 Choir Chimes (8) 11:30 Walking Club (13) 3:30 Caregivers Support (7)	<b>2</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:15 Hampton Winds Trip (14) 11:30 Red Hat Party (9) 12:45 Pinochle (9) Apprise Appoint. (7)	<b>3</b> 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (9)	<b>4</b> <hr/> <b>5</b>
<b>6</b> 9:15 LIAerobics(13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Hannukah Ends at Sunset	<b>7</b> 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:00 Veterans/Pearl Harbor Remembrance Event (5) PT Clinic (6) 1:45 Painting (9)	<b>8</b> 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 9:30 Tech Tips (9) 10:00 Bowling (8) 11:30 Balance & Stability (13) Choir Chimes to Keystone Villas(8)	<b>9</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	<b>10</b> 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 11:00 Holidays at Mt. HopeTrip (14) 12:30 Mah Jong (9) 4-6 Souderton Christmas Through Generations (1)	<b>11</b> <hr/> <b>12</b>
<b>13</b> 9:15 LIAerobics(13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 3:30 Winter Light Trip (14)	<b>14</b> 9:30 Billiards Away vs Arbour Square (8) 9:30 Sit, Stretch, Flex (13) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)	<b>15</b> Cookie Orders Due (2) 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 9:30 Tech Tips (9) 10:00 Bowling (8) 11:30 Walking Club (13) Financial Counsel (p. 7) 1:30 Kitchen Counter (6) 10:30 Choir Chimes to Phoebe (8)	<b>16</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) PT Clinic (6) 10:30 Scrabble (9) 12:45 Pinochle (9) Legal Aid (p. 7) 3:30 Longwood Christmas Trip (14)	<b>17</b> 9:15 Flexercise (13) 9:30 Ikea Shopping Trip (14)\ 10:00 Winter White Elephant Social (6) 10:30 Tai Chi (13) 12:30 Mah Jong (9)	<b>18</b> <hr/> <b>19</b>
<b>20</b> 9:15 LIAerobics(13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:00 Cholesterol Update 2021 (p. 4) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	<b>21</b> 9:30 Billiards Home vs. Pennridge (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 1:45 Painting (9)	<b>22</b> 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 9:30 Tech Tips (9) 10:00 Bowling (8) 10:30 Choir Chimes (8) 11:00 Diabetes 101 (6) 11:30 Balance & Stability (13)	<b>23</b> 9:15 Dutch Apple Trip (14) Nail Art Appoint. (4) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8)	<b>24</b> <div> <b>Generations Closed. No Meals on Wheels Deliveries Happy Holidays!</b> </div>	<b>25</b> <hr/> <b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Jan. 1</b>
<b>Generations Closed. Meals on Wheels deliveries continue. If you are a driver and cannot volunteer during this time, please call our MOW Office: 215-723-8555</b>				<b>Generations Closed. No Meals on Wheels Deliveries</b>	

## SCHEDULE ANNOUNCEMENTS:

- As a friendly reminder, we follow Souderton Area School District for WEATHER related closings and delays.
- There will be no Sit, Stretch, Flex class on Tuesday, December 7.
- We will be closed Friday December 24-Sunday, January 2. Meals on Wheels Deliveries will be made during this time except on Friday December 24 and Friday, December 31. Generations will reopen on Monday, January 3, 2022.