

LUNCH MENU

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

2025 / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pulled Pork on Corn Bread with BBQ Drizzle; Green Salad	2 Chicken Picatta Meatballs Served over Rice; Green Veggie; Dinner Roll	3 Pierogi & Kielbasa with Sautéed Cabbage; Green Veggie	4 Southwest Chicken Bake with Rice, Cheese, & Chili (mild); Fire Roasted Jicama Slaw	5 Shepherd's Pie; Garden Green Salad
8 Generations Closed (p. 11)	9 Bacon Egg and Cheese Sliders; Salad; Fruit	10 Pork & Kraut; Mashed Potatoes; Green Beans; Apple Sauce	11 Baked Ravioli with Bolognese; Caesar Salad; Garlic Knot	12 Shrimp Scampi over Pasta; Green Salad; Bread Stick
15 Tortellini with Butternut, Sausage & Spinach Cream Sauce; Green Salad	16 Hot Ham & Swiss with Dijon Mayo & Greens on Pretzel Roll; Fresh Fruit	17 Happy Birthday! Italian Chicken Stew Garlic Knot; Fruit	18 New England Baked Cod in Cheese Sauce w/ Crispy Panko Topping; Green Veggie; Roll	19 Chicken, Bacon, Ranch Flatbread; Salad, Fruit
22 Chicken and Broccoli with Pesto Cream Sauce over Penne; Garlic Green Beans; Dinner Roll	23 11:45 Holiday Brunch with special music: Praline French Toast, Roasted Apple Chicken Sausage, Winter Fruit Salad	24 11:30 Sloppy Joes on Onion Roll; Roasted Sweet Potatoes; Green Salad Generations Closes at 12:45	25	26
29	30	31	<div> <p>All menu items are subject to change. We will post applicable updates on our website:</p> <p>www.generationsofiv.org</p> <p>Generations closed December 25 - January 1 (see p. 11)</p> </div>	

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, December 17 and Wednesday, January 14.

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

2025 / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
1 Massage Mondays (12) 9:30 CardioTone (14) 9:30 Billiards (8) 10-Meditation (4, 12) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY (7) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8)	2 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Scrabble (9) 10:30 Rhythmfit (14) Haircuts by Appt. (12) 1:00 Painting (9) 1:30 Organize Your Food & Fridge (4)	3 9:30 Dancefit (14) 9:30 Billiards (8) 9:30 Holiday Inn DADT Trip (15) Hearing Care Appt.(12) 10:00 Scrabble (9) 10:30 Balance/Tone/Stretch (14) Choir Chimes to Meadowood (8) 12:45 Peyton Heart Project Workshop (3) 3:30 Caregivers Support (Virtual) (7)	4 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling Appt. (7) 11-Mats that Matter(8) 12:45 Pinochle (9) PA Medi Appt. (7) 1:00 Dialogue without Frontiers (4)	5 9:00 Billiards Away vs Brittany Pointe (8) 9:30 Billiards (8) 10-2 "Go" Game (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Hula Class (3) 9am-4pm Reindeer Run Early Check-in (1) Last Day to Purchase Basket Raffle Tickets (2)	6 8:00 Reindeer Run/Walk (1) 7
8 Generations Closed	9 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8) 1:00 Painting (9)	10 9:00 Billiards Away vs Hershey's Mill (8) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:00 Trivia at Ten (4) 10:30 Balance/Tone/Stretch (14) Choir Chimes to Willows (8) 11-Recipe Swap (9): Dishes from the Past 2 - Caregivers Support (7)	11 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling Appt. (7) 10:45 Deck the Halls at AMT Trip (15) 12:45 Pinochle (9) 1:30 Gingerbread Person Decorating (4) 3:30 Board Meeting	12 9:30 Billiards (8) 11:00 Mindfulness (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Hula Class (3) 7:00 Community Dance (3)	13 14 12:00 Holiday Opera Gala Trip (16)
15 Massage Mondays(12) 9:30 Cardio Tone (14) 9:30 Billiards (8) 10-Meditation (4, 12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8)	16 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) Haircuts by Appt. (12) 12:45 Movie Matinee: Thelma (4) 1:00 Painting (9)	17 9:30 Dancefit (14) 9:15 Billiards Home vs Hillview (8) 9:30 Christmas by Candlelight Trip (16) 10:00 Scrabble (9) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 12-2 Collett Hours (7) Financial Counsel (7) 6:00 Crooners Christmas (3)	18 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 11-Mats that Matter(8) Counseling Appt. (7) 12:45 Pinochle (9) Legal Aid Appt. (7)	19 9-Billiards Away vs Arbour Square (8) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Hula Class (3) 6:30 Spirit Journeys: Longest Night (1)	20 21
22 9:30 CardioTone (14) Massage Mondays (12) 9:30 Billiards (8) 10-Meditation (4, 12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) NO Choraleers (8)	23 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:45 Holiday Brunch (10) NO Bingo (8) 1:00 Painting (9)	24 NO Dancefit (14) 9:30 Billiards (8) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) NO Choir Chimes (8) 11:30 Lunch Served Early! (10) Generations Closes at 12:45.	25	26	27 28
29	30	31	<div> All programs are subject to change. Please register and sign in for programs so we will know to contact you if we need to change something. </div>		<div> The number after the program listing indicates on which page of the newsletter more information can be found. </div>

HOLIDAY CLOSING: Generations will be closed on Mon., 12/8. Meals on Wheels (MOW) will run as scheduled on 12/8. There will be no Bingo on 12/23. There will be no Dancefit on 12/24. In addition, Generations will close at 12:45pm on Wed., 12/25 and remain closed through Thursday, 1/1/26. We will re-open on Friday, 1/2/26. There will be no MOW deliveries on 12/25/25, 12/26/25, or 1/1/26, but MOW will otherwise run during this time. If you are a MOW driver and are unable to drive during the holiday season, please call our MOW office and let us know: 215-723-8555.

LOOKING FOR OUR JANUARY LUNCH MENU? IT WILL BE AVAILABLE ON OUR WEBSITE AND AT THE GENERATIONS FRONT DESK BY DECEMBER 15.

WELCOME COURTNEY THURSTON, NORTH PENN MEALS ON WHEELS COORDINATOR

Courtney is no stranger to working with older adults, having worked as Director of Resident Care/Life for a Retirement Community for four plus years and also at Montgomery County Aging and Adult Services for another 20+ years working in many roles from everything from care manager to Ombudsman.

While working at the county, Courtney always enjoyed the vibrant atmosphere at Generations more than any other senior centers she visited. Here at Generations, she feels a sense of community/family and is happy to be working for a program that does so much good for the community. Courtney says Meals on Wheels is close to her heart as she feels no one should be hungry. She is still getting used to the many moving parts to this role, remembering the processes, and the fact that things can change in an instant. She is grateful that everyone has been very patient!

At home, Courtney has two sons (19 and 16) and two black labs that keep her very busy. Courtney comes from a large family, and they often gather together for events. She also visits an aunt in a nearby long-term care facility a few times a week.

Thank you Courtney for contributing your talent and expertise to our Meals on Wheels Program at Generations!



Meet Generations Participant Annie M:

Q: What feelings come to mind when you think about Generations?

A: Belonging. People say hello even if you've never met them before. The staff and volunteers are always ready to help. Lots of warm fuzzies.

I always worked a lot of hours. I didn't have or take time for myself. I'm taking that time now and I'm really enjoying it.

It's not too late.



Meet Generations Participant, Ann S:

The socialization factor and being able to be with people in the Generations lunchroom is so much better than eating on your own. That's one of the hardest things about being a widow - eating by yourself is the worst. You just can't be bothered. But at Generations you come to the table with others and you share. And there's so much in that sharing, you know? You go, and get nourished.

Generations not only nourishes your body, it nourishes your soul. It really does.

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: 1ST & 3RD TUESDAYS

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

BLOOD PRESSURE SCREENINGS: NO LONGER OFFERED

GUIDED MEDITATION FOR STRESS RELIEF MONDAYS, 10:00AM, BEGINNING DEC. 1

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 \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

ATTENTUS HEARING CARE:

WEDNESDAYS, DECEMBER 3 & JANUARY 7, BY APPOINTMENT

Audiologist Dr. Abby Holauchock offers free hearing screenings, hearing aid cleanings, and ear wax checks at Generations. **To schedule your free screening, please call 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.

PROGRAM SCHEDULE

2026 / JANUARY

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>All programs are subject to change. Please register and sign in for programs so we will know to contact you if we need to change something.</p>			<p>1</p> <p>Generations Closed</p> <p>Happy New Year!</p>	<p>2</p> <p>9:30 Billiards (8) 10-2 "Go" Game (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Hula Class (3)</p>	<p>3</p> <hr/> <p>4</p>
<p>5</p> <p>Massage Mondays (12) 9:30 Billiards (8) 9:30 CardioTone (14) 10-Meditation (4, 12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)</p>	<p>6</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) Haircuts by Appt. (12) 1:00 Painting (9)</p>	<p>7</p> <p>Hearing Appts. (12) 9:30 Billiards 9:30 Dancefit (14) 10:00 Scrabble (9) 10:30 Amish Meal at Lapp's Trip (16) 10:30 Balance/Tone/Stretch (14) 1-3 One-Stroke Landscape Painting (3) 3:30 Caregivers Support (Virtual) (7)</p>	<p>8</p> <p>9:30 Billiards (8) 9:30 Sit,Stretch, Flex (14) Counseling Appt. (7) 12:45 Pinochle (9) 1:00 Dialogue without Frontiers (5) PA Medi Appt. (7) 3:30 Board Meeting</p>	<p>9</p> <p>9:00 Billiards Away vs Arbour Square (8) 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 9:30 AARP Safe Driving Refresher (5) 10:00 Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 7:00 Community Dance (3)</p>	<p>10</p> <hr/> <p>11</p>
<p>12</p> <p>9:30 Billiards (8) Massage Mondays (12) 9:30 CardioTone (14) 10-Meditation (4, 12) 11:00 Celebrating Differences (6) 10:45 Malagari Hours / SEPTA KEY (7) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)</p>	<p>13</p> <p>9:30 Hologram Zoo Trip (16) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1:00 Bingo (8) 1:00 Painting (9)</p>	<p>14</p> <p>9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 11:00 Recipe Swap: Cooking for 1 or 2 (9) 10:30 Balance/Tone/Stretch (14) 1-3 One-Stroke Landscape Painting (3) 2 - Caregivers Support (7)</p>	<p>15</p> <p>Counseling Appt. (7) 9:30 Billiards (8) 9:30 Clue The Musical Trip (17) 9:30 Sit, Stretch, Flex (14) 11:00Cook wi/ Teri (5) 11-Mats that Matter(8) 12:45 Pinochle (9) Legal Aid Appt. (7) 1:00 H.O.M.E. Team Meeting</p>	<p>16</p> <p>9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 1:00 Music Bingo (4)</p>	<p>17</p> <hr/> <p>18</p>
<p>19</p> <p>Massage Mondays (12) 9:30 Billiards (8) 9:30 CardioTone (14) 10-Meditation (4, 12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)</p>	<p>20</p> <p>9:30 Billiards (8) 9:15Newsletter Mailing (9) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) Haircuts by Appt. (12) 12:45 Movie Matinee: Tuesdays with Morrie (6) 1:00 Painting (9)</p>	<p>21</p> <p>9:30 Billiards (8) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:00 Scrabble (9) 12:00Luau Luncheon(1) 1-3 One-Stroke Landscape Painting (3) 12-2 Collett Hours (7) Financial Counsel.(7)</p>	<p>22</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:30 Posture & Shoulder Health (6) Counseling Appt. (7) 12:45 Pinochle (9) 1-Book Club: <i>All The Light We Cannot See</i> (6)</p>	<p>23</p> <p>9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Digital Literacy with Alan: A.I. (6)</p>	<p>24</p> <hr/> <p>25</p> <p>10:30 Elvis Gospel Show @ AMT Trip (17)</p>
<p>26</p> <p>9:30 Billiards (8) Massage Mondays (12) 9:30 CardioTone (14) 10-Meditation (4, 12) 10:00 From Bowl to Bowel (6) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)</p>	<p>27</p> <p>9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1:00 Bingo (8) 1:00 Painting (9)</p>	<p>28</p> <p>9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 1-3 One-Stroke Landscape Painting (3)</p>	<p>29</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) Counseling Appt. (7) 12:45 Pinochle (9)</p>	<p>30</p> <p>9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 6:00 Fifth Friday Game Night (3)</p>	<p>31</p> <hr/> <p>Feb. 1</p>

Schedule Announcements: We will be closed on Thur., Jan. 1. There will be no regular noon meal on Jan. 21.