

## 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!

## ANNUAL REINDEER RUN & WALK SATURDAY, DEC. 6, 8AM START

One of the things we love about our annual Reindeer Run & Walk is that so many community members and families join together to support the good work we are doing here at Generations. Whether you like to run, walk, or simply cheer on Generations, we need your support! This is a challenging 5K timed race, but the event also features a One Mile Fun Walk.

If the sound of pounding the pavement rain or shine doesn't ring your reindeer harness bells, you can simply help us spread the word by recruiting other participants or provide a monetary donation to help offset event costs.

Registration fees include a long sleeved t-shirt, reindeer antlers, hot breakfast and one entry for raffle baskets. Extra breakfasts for spectators, friends & family will be available for \$5.00 each. Early check-in for preregistered race participants is available Friday, Dec. 5, 9am-4pm. More information can be found at our front desk and our website: [www.generationsofiv.org](http://www.generationsofiv.org).

Photo: Bob Pagni



## LUAU LUNCHEON WED., JAN 21, 12:00PM

Are you dreading darker days? Lighten up with the Aloha spirit of Hawaii! Enjoy a lunch menu featuring a Hawaiian Main Course, a

Festive Aloha Dessert; Tea, Coffee, Beer, & Tropical Cocktail. We'll have live Hawaiian Ukelele music and a special performance of Hula by Sandy featuring highlights of the history and culture of Hawaii. Singles, couples, and groups of friends are welcome.

Cost: \$20 for lunch, drinks and entertainment. There will be no regular noon meal this day. Payment is due at the time of registration. Registration deadline is Jan. 15. Visit our front desk or call 215-723-5841. Please ask about more specific menu items when you register.



**A new policy for paid, on-site events is now in effect.** Please note that our trip policies differ (see p. 15). 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).
2. **By Phone** (Credit (3% fee)). 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)

## LONGEST NIGHT

Most people associate the holiday season with happiness and blessings, but for some, it can be a time of great sadness. Spirits may sink as days grow shorter and we are surrounded by darkness. Some are reminded of recent or past painful loss or experience feelings of isolation.

Join us for an educational presentation about the longest night of the year, held on **Friday, Dec. 19, at 6:30pm**. We will explore the origins of Longest Night ceremonies across cultural boundaries. A brief community ceremony will be followed by a gathering with light refreshments. Take some time for quiet, self-reflection during this often-boisterous season. During one of the Longest Nights of the year, come seek your inner light.

Please stop by our front desk or call to register for this free offering by Dec. 17: 215-723-5841.

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# 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, Sous Chef/  
Nutrition Services

Beth Knize, Executive Chef/  
Nutrition Services

Lexi Little, Kitchen Assistant

Pat McQue,  
Indian Valley MOW Coordinator

Val Perry,  
Member Services Coordinator

JoAnn Steinly,  
MOW Kitchen Coordinator

Amy Stover, ADC,  
Program Coordinator

Courtney Thurston,  
North Penn MOW Coordinator

### BOARD OF DIRECTORS

Linda Abram, Chair

John H. Filice, Vice-Chair

Timothy Swartley, Treasurer

Dr. Stephen Carp

Kristyn DiDominick

M. Theresa Fosko

Brian K. Goshow

Joanne Kline

D. Scott Landis

Alexandra Metricarti

Chari Richardson

Ella M. Roush

## BASKET RAFFLE FUNDRAISER!

Tickets may be purchased at our front desk THROUGH Dec. 6. Tickets are 1 for \$5; 5 for \$10 or 15 for \$20. You could win a fabulous gift basket valued between \$75 - \$125! Winners will be chosen at our Reindeer Run on Dec. 6. You need not to be present to win. Thanks to all who contributed time and donations to this fundraiser! Proceeds benefit our Center and Meals on Wheels programs. Please spread the word and help us sell tickets - flyers available at our Information Hub in the front lobby!



## GIFT CARD RAFFLE WINNERS

Congratulations to all of our recent Gift Card Raffle prize winners: Brian Goshow, Karen Johnstone, Loretta Rudacille, Ann Szpindor, Aaron Geiser, Nicole Miller, and Joanne Kline. We raised over \$5600 in proceeds (combined) toward our Center & Meals on Wheels funding. Thank you for your support!

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.

## WHEN CELL PHONE USE HAS BAD RECEPTION

We are so thrilled people think of Generations as their "home away from home." Please help us ensure that everyone feels comfortable in our shared spaces by practicing some easy cell phone etiquette: 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. Use headphones/ear buds if watching/listening to media. Thanks!



# HULA WITH SANDY, FRIDAYS, 12:45PM, DEC. 5 - JAN. 2



Learn the art of Hula from Generations volunteer and Hula instructor Sandy Hensel. During this four-week course, Sandy will teach basic Hula steps and hand movements culminating in a complete Hawaiian Christmas dance. To get the most benefit, attend all four classes. Enjoy flowing

movements and the healing music of Hawaii all while you improve your balance and memory. Donation is \$5 per person, per class. Stop by our front desk or call 215-723-5841 to register if you plan to attend.



# CROONERS CHRISTMAS WEDNESDAY, DEC. 17, 6:00PM

Brighten up a dark winter evening with some holiday cheer! Cayden & Connor will entertain you with holiday standards and upbeat tunes in the style of your favorite crooners like Frank, Dean, and Michael Bublé. Cost: \$18 includes an evening of music, a cup of Doug's Chicken Soup, 1/2 Turkey

Club Sandwich, Cookies, and a Hot, Festive Drink (non-alcoholic). Guests, family and friends are welcome. All proceeds benefit our Center & Meals on Wheels Programs. Payment is due at registration. Deadline is Dec. 12. To register, stop by our front desk or call 215-723-5841.



# COMMUNITY DANCES FOR SINGLES & COUPLES

We are excited to welcome back dancing for adults 50+ to Generations where all proceeds will benefit GENERATIONS. Upcoming Community Dance Dates are **Dec.12, Jan. 9, Feb. 13, and March 13** (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)



# ONE-STROKE LANDSCAPE PAINTING: WED., JAN. 7 - 28, 1-3PM

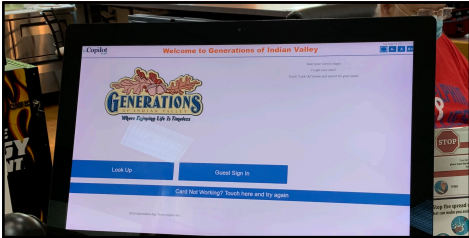
Join instructor and award winning artist Tish Ryan for this four-week immersive beginner class. You will learn to use One-stroke techniques to depict trees, mountains, water, and skies with gradient-filled brushstrokes. By the end of the series, participants will create two different landscape paintings on canvases. No prior One-stroke experience is required. Cost: \$50 for the four-week series includes two primed

11 x 14 canvases. Payment is due at registration. Deadline is Dec. 23. To register, visit our front desk or call 215-723-5841. Participants are required to bring or purchase all other materials for use during class and for practice at home. A materials list with suggested purchases will be provided. Bring a box or other container to transport the wet canvas to and from class. Snow date Feb. 4.

# 5TH FRIDAY GAME NIGHT: JANUARY 30, 6:00PM

We'll start off with a meal and then open up tables for fun gaming opportunities. Each game will have a leader to provide an explanation. You can stay at the same table or make your way to another table to try something new if time allows. Our featured games will be Code Names, Scattergories, Rummikub and Quiddler. Cost: \$18 includes

gaming plus a cup of Tuscan Soup, 1/2 Chicken Salad Sandwich, Cookies, and Wine or Beer. Guests, family, and friends are welcome. All proceeds benefit our Center & Meals on Wheels Programs. Payment is due at registration. Deadline is Jan. 26. To register, stop by our front desk or call 215-723-5841.



**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.



**LAUGHING MATTERS COMEDY NIGHT FUNDRAISER SAT. APRIL 25**  
This event has been rescheduled from last fall and features the comedic stylings of Slapsticks Productions LLC, hijinks and drinks, plus snickers and snacks! More information coming soon!



**GINGERBREAD DECORATING THUR., DECEMBER 11, 1:30PM**  
Let's get together for a friendly gingerbread decorating competition judged by Souderton's Mayor, Dan Yocum! More information on p. 4

# 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.

## 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.



laugh-out-loud celebration of love and the ties that bind, through 12/7. Senior discounts are offered. To order tickets, visit [www.montgomerytheater.org](http://www.montgomerytheater.org) or call the box office at (215) 723-9984. Backstage tours are available for Generations Participants and can be arranged by calling the box office or emailing: [play@montgomerytheater.org](mailto:play@montgomerytheater.org)

## TRIVIA AT TEN ^

WEDNESDAY, DECEMBER 10, 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.** ^

## ORGANIZE YOUR FOOD & FRIDGE ^

TUESDAY, DECEMBER 2, 1:30PM

Food storage, safety and temperature are so important! Come to a fun program led by Generations Program Coordinator Amy that will highlight easy tips for organizing your refrigerator and knowing your food storage temperatures, all while playing a friendly "Family Feud" style food trivia game. Enjoy smart snack samples and share your own ideas for food storage and organization. Free program. ^

## SKIP-BO CARD GAME - NO LONGER OFFERED

## PEYTON HEART PROJECT WORKSHOP ^

WEDNESDAY, DECEMBER 3, 12:45PM

The mission of Peyton Heart Project is to raise global awareness about suicide, bullying, and to 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 Franny & Britt for a Peyton Heart Workshop. Participants are needed to tag, trace on felt, and crochet hearts. Please register if you plan to attend. ^



## MINDFULNESS MATTERS ^

FRIDAY, DECEMBER 12, 11:00AM

Join Christine Ford, BSW, for a workshop focused on aging gracefully with a sense of vitality and fulfillment. Current studies show that the practice of mindfulness is profoundly healing, allowing us to tend wisely to our body and bring compassionate understanding to our mind. It is also a powerful tool in helping regulate response to stress and other emotional challenges. This workshop will explore the pathways to integrating mindfulness. It is highly interactive, teaching simple techniques you can take with you for future use. A donation (suggested \$5 per person the day of the program) is requested to help cover program costs. ^

## DIALOGUE WITHOUT FRONTIERS:

THE PLACE & IMPACT OF RELIGION IN AMERICAN LIFE ^

THURSDAY, DECEMBER 4, 1:00PM

Join us for a group discussion aimed at gaining mutual understanding about controversial issues with honesty and civility. 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. This discussion will be moderated by Thomas Kolsky. **Registration required.** ^

## OVER THE RIVER & THROUGH THE WOODS

Souderton's Montgomery Theater presents Over the River & Through the Woods, a heartwarming family story that is a

## MOVIE MATINEE: THELMA ^

TUESDAY, DECEMBER 16, 12:45PM

Inspired by a real-life experience of director Josh Margolin's own grandmother, *Thelma* puts a clever spin on movies like *Mission: Impossible*, shining the spotlight on an elderly grandmother as an unlikely action

*By Request*

## MUSIC BINGO FRI., JAN. 16, 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 dabber or marker and refreshments or feel free to purchase refreshments in our Cafe. No registration required.





# SPECIAL PROGRAMS (IN ORDER OF DATE)

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hero. With infectious humor, Margolin employs the familiar tropes of the action genre in hilarious, age-appropriate ways to tackle aging with agency. Starring June Squibb. Rated PG-13 for strong language. Running time is 1 hour, 37 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café. **Please register if you plan to attend. ^**

## DIALOGUE WITHOUT FRONTIERS: POLITICAL POLARIZATION IN AMERICA ^ THURSDAY, JANUARY 8, 1:00PM

Join us for a group discussion aimed at gaining mutual understanding about controversial issues with honesty and civility. 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. This discussion will be moderated by Thomas Kolsky. **Registration required. ^**

## FUNCTIONAL FITNESS & BALANCE FRIDAYS, 9:30AM, BEGINNING JAN. 9

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, but please sign in at our kiosk and pay or have your discount card validated at the front desk upon arrival.

## AARP SAFE DRIVING REFRESHER COURSE ^ FRIDAY, JANUARY 9, 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. **Registration required January 2. ^**

## NAME THAT TUNE: CHOOSE YOUR DECADE ^ FRIDAY, JANUARY 9, 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. ^**

## CELEBRATING DIFFERENCES ^ MONDAY, JANUARY 12, 11:00AM

Join Christine Ford, BSW, for a workshop focused on aging gracefully with a sense of vitality and fulfillment. We live in a multicultural world! It only makes sense to educate ourselves on individual differences. This program explores the numerous benefits of individuality while highlighting the positivity of embracing difference. A donation (suggested \$5 per person the day of the program) is requested to help cover program costs. ^

## COOK WITH TERI ^ THURSDAY, JANUARY 15, 11:00AM

Join Teri Wassel for a flavorful and nutritious way to kick off the new year! Teri will present a cozy winter cooking demonstration featuring her delicious Hearty Pumpkin Chili - a perfect dish to warm you as the cold weather settles in. Teri Wassel, RD is a nutritionist for Montgomery County who enjoys teaching seniors how to incorporate healthy eating into their daily routines. The best part? Samples. Free program. Space is limited. Registration closes January 12. Call 215-723-5841. ^



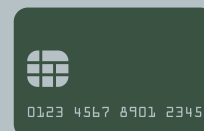
## HELP OTHERS DRIVE & THRIVE: GIFT CARD DONATIONS REQUESTED FOR NEIGHBORS IN NEED

We are supporting the Keystone Opportunity Center this holiday season by asking for gift card donations that would assist our Souderton neighbors in paying for Uber rides, gas, and car parts. Lack of trustworthy, accessible transportation is one of the most difficult issues seniors in our area face. For those who still drive, car maintenance, gas, and safety are factors that make transportation nerve wracking and expensive! For those who no longer drive, finding rides from

friends, family or a paid provider can be very difficult and costly.

**Please drop off donations of gift cards at the front desk by Dec. 14.** Most wanted are: Uber, Lyft, Walmart, Landis, Giant or any other gas cards. We will put an ornament with your name on it on our Holiday Tree for every card donated!

Let's help Soudertonians drive and thrive during the Season!



## NEWS & NOTES:

### FEATURED ARTISTS DECEMBER:

The featured artists for the month of December are the participants of Generations' Art Classes from 2025. This includes our beginner drawing series, water color class and One-Stroke Acrylic Painting Classes. Enjoy a mixed media exhibit of their collective works.

### FEATURED ARTISTS JANUARY:

The featured artists for the month of February are the students of EMC Elementary (School Lane, Souderton). These students have art educator Sarah Hower to thank for their instruction. Viewers can expect to see a variety of artwork created by students in Kindergarten through Fifth Grade.

### 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)

### AARP TAX AIDE 2026:

AARP Foundation Tax Aide Volunteers will offer FREE tax preparation services BY APPOINTMENT at Generations on Thursdays & Fridays, from Feb. 5 through April 2, 2026. Appointments open for scheduling on Monday, January 19, 2026. This service is meant for older taxpayers, with lower incomes, and who may not have access to other means of tax preparation.

### WINTER WEATHER:

We no longer follow Souderton School District for weather related closings and delays. Visit our website [generationsofiv.org](http://generationsofiv.org) or call 215-723-5841 to see/hear if Generations or Meals has a schedule change. You can also visit our website to opt in for text notifications about inclement weather announcements.



# SPECIAL PROGRAMS<sup>(BY DATE ORDER)</sup>

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### MOVIE MATINEE:

#### TUESDAYS WITH MORRIE ^

TUESDAY, JANUARY 20, 12:45PM

Based on the nonfiction inspirational memoir by Mitch Albom, Tuesdays with Morrie is the 1999 biographical drama film starring Jack Lemon and Hank Azaria. A journalist finds himself questioning his own life when his best friend, a dying man, offers him some very powerful wisdom and advice for coping in relationships, careers and society. Rated PG. Running time is 1 hour, 29 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café.



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

### POSTURE & SHOULDER HEALTH: STAYING STRONG AND INDEPENDENT AT ANY AGE ^

THURSDAY, JAN. 22, 10:30AM

Dr. Devyn Kerr from Good Shepherd Physical Therapy in Souderton will share practical insights into how posture and movement patterns affect shoulder health. Learn how to prevent common injuries, reduce discomfort, and improve mobility through gentle, targeted exercises. This presentation is especially designed for older adults who want to stay active, maintain independence, and feel their best through better posture and movement habits. Free program. **Please register if you plan to attend. ^**

### BOOK CLUB ^

THUR., JAN. 22, 1:00PM

Join our Book Club discussion of *All the Light We Cannot See*, a historical fiction novel by Anthony



Doerr. Marie-Laure lives in Paris near the Museum of Natural History, where her father works. When the Nazis occupy Paris and father and daughter flee to the walled citadel of Saint-Malo, they carry what might be the museum's most valuable and dangerous jewel. You can borrow a copy of this book from Generations or purchase on your own. **To borrow a copy or register for the book club discussion, visit our front desk or call 215-723-5841.**

### FROM BOWL TO BOWEL ^

MONDAY, JANUARY 26, 10:00AM

You may be familiar with the term "pelvic floor." Did you know that pelvic floor dysfunction can cause abnormalities of bowel storage and bowel emptying, as well as pelvic pain?

Physical Therapist and Pelvic Floor Certified Specialist, Danielle Slater, will help you gain a greater understanding of the factors that contribute to pelvic floor dysfunction as related to the food we eat. Come join us for an informative discussion about how food and drink affect our digestion. We will also discuss ways to reduce constipation and diarrhea. Free program. **Please register if you plan to attend. ^**

### DIGITAL LITERACY: A.I. (ARTIFICIAL INTELLIGENCE) ^

FRIDAY, JANUARY 23, 12:45PM

Join Alan Berry, Media Literacy Educator, Researcher, and Advocate, for a digital literacy workshop. This month's topic is A.I. (Artificial Intelligence) for the layperson. Can it be trusted? How does it work? What are popular, helpful uses for A.I. and when should it be avoided? Free program.

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



# SOCIAL SERVICES

## CAREGIVER'S SUPPORT

The Muller Institute for Senior Health 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: Coordinator, Memory Fitness Center, 215-441-6888 or Katherine.Rovine@Jefferson.edu

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 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., DEC. 4 & JAN. 8

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 MONDAYS, DEC. 1 (EARLIER THIS MONTH) & JAN. 12, 10:45 AM -12:45 PM

PA STATE SEN. OFFICE HOURS 3RD WEDNESDAY, 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 (NO BINGO ON 12/23)**

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. Seniors (65+): \$3.25 per game; shoe rental additional \$3. Questions? Call our front desk at 215-723-5841.



## **CHOIR CHIMES: WEDNESDAYS, 10:30AM (NO REHEARSAL IN JANUARY)**

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 (NO REHEARSAL IN JANUARY)**

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.

## **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.

## **GARDEN CARE:**

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

## **"GO" GAME DAY:**

**1ST FRIDAY (DECEMBER 5 & JANUARY 2), 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 volunteer Mary. 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.

## **MONTICO TRAIL CHALLENGE**

Montgomery County boasts over 100 miles of trails that connect greenways, waterways, and heritage. Most Montgomery County residents are located within a few miles of a wonderful trail experience! Here's how to participate:

**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.**





(cont'd from p.8) Pick up your official trail challenge card at Generations or look for them at Montgomery County Park and Trail kiosks. You can also print the card at [www.montgomerycountypa.gov](http://www.montgomerycountypa.gov)

Register yourself and any participating members of your household. Once you have completed as many trails as you can, return your completed card to Amy at Generations, to a designated drop box or online by December 1. You do not have to walk, run or bike the entire trail to get credit for the challenge – just visit and enjoy to earn your recognitions!

#### PAINTING CLASS (WATERCOLOR):

**TUESDAYS, 1:00-3:00PM**

Classes begin with instruction and demonstration of intermediate watercolor techniques in regards to negative space, composition and color. Class members will then be given the option of working on a teacher prompted project or on their own work. Support will be offered during class. Bring your own supplies or borrow ours until you see what you need. Instructor Emma Hawkins. 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, per class at the front desk. 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, DECEMBER 10, 11:00AM**

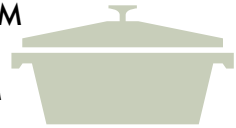
**(DISHES FROM THE PAST)**

**WEDNESDAY, JANUARY 14, 11:00AM**

**(COOKING FOR ONE OR TWO)**

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)

Upcoming events at 11:30am meeting time:

Christmas Party at The Ram (Perkasie) - Fri., 12/5

Regifting Party at Franconia Cafe - Wed., 1/21

#### 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.

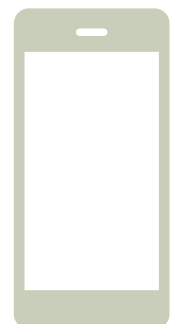
#### SHUFFLEBOARD: SEE YOU THE SPRING

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 by calling 215-723-5841 or emailing [astover@generationsofiv.org](mailto:astover@generationsofiv.org)

One of our tech volunteer will meet you at Generations and determine how best to assist you. Free service.



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

**Drivers are needed to deliver Meals on Wheels in the Indian Valley and North Penn areas. Open routes for weekly, biweekly, or subs. Times are approximately 10:45am-12:45pm. Contact Pat or Courtney: 215-723-8555.**

**Newsletter mailing helpers are needed on Tue., Jan. 20 at 9:15am. Contact Amy.**

**Empty, clean plastic gallon and quart sized milk jugs are requested for a project. They should be transparent or translucent. Give to Amy Stover.**

**Volunteers are needed to assist with packing for our Meals on Wheels program on select mornings from 8:45-11:00am. Contact Beth: 215-723-5841.**

# 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 <b>Happy Birthday!</b> 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 <b>Generations Closes at 12:45</b>	25	26
29	30	31	<div> <p><b>All menu items are subject to change. We will post applicable updates on our website:</b></p> <p><a href="http://www.generationsofiv.org">www.generationsofiv.org</a></p> <p><b>Generations closed December 25 - January 1 (see p. 11)</b></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
<b>1</b> 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)	<b>2</b> 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)	<b>3</b> 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)	<b>4</b> 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)	<b>5</b> 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) <b>Last Day to Purchase Basket Raffle Tickets (2)</b>	<b>6</b> 8:00 Reindeer Run/Walk (1)  <b>7</b>
<b>8</b>  <b>Generations Closed</b>	<b>9</b> 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)	<b>10</b> 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)	<b>11</b> 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	<b>12</b> 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)	<b>13</b>   <b>14</b> 12:00 Holiday Opera Gala Trip (16)
<b>15</b> 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)	<b>16</b> 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)	<b>17</b> 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)	<b>18</b> 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)	<b>19</b> 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)	<b>20</b>   <b>21</b>
<b>22</b> 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)	<b>23</b> 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)	<b>24</b> 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) <b>Generations Closes at 12:45.</b>	<b>25</b>	<b>26</b>	<b>27</b>  <b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>	<div> <b>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.</b> </div>		<div> <b>The number after the program listing indicates on which page of the newsletter more information can be found.</b> </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><b>Generations Closed</b></p> <p><b>Happy New Year!</b></p>	<p>2</p> <p>9:30 Billiards (8) 10-2 "Go" Game (8) 10:30 Release &amp; 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 &amp; 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 &amp; Balance(14) 9:30 AARP Safe Driving Refresher (5) 10:00 Name That Tune (5) 10:30 Release &amp; 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 &amp; 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 &amp; Balance(14) 10:30 Release &amp; 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 &amp; 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 &amp; 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 &amp; Balance(14) 10:30 Release &amp; 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 &amp; 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 &amp; Balance(14) 10:30 Release &amp; 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.**



# 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: Lysandra Sanchez. Effective November 26: Certified Instructor: Jean Tornetta  
Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

## DANCEFIT: WED., 9:30-10:15AM

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. 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. Adaptations are offered for those who need more or less of a challenge.

## FUNCTIONAL FITNESS & BALANCE FRIDAYS, 9:30AM, BEGINNING JAN. 9

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, but please sign in at our

**New!**

## 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

This standing workout combines cardio, resistance training (equipment provided), and catchy tunes for all fitness levels. Modifications given for seated participants. Instructor: Lysandra Sanchez. Effective November 24 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. Instructors: Jean Tornetta, Sarah Trocine, or Sue Wolfe

## PLEASE NOTE:

- Class fees vary based on instructor fees and typical class attendance.
- 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.



kiosk and pay or have your discount card validated at the front desk upon arrival.

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

### RHYTHMFIT SERIES: TUESDAYS AT 10:30AM, CURRENT SERIES RUNS THROUGH DEC. 16 NEW SERIES BEGINS JANUARY 6, 2026

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

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: \$3/ class or \$14/8 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

## HOLIDAY INN, DUTCH APPLE, LANCASTER WEDNESDAY, DECEMBER 3



Come celebrate every holiday with a thrilling parade of Irving Berlin hits in this heartwarming, high-energy tap dance extravaganza. Hear favorites like "Blue Skies," "White Christmas," and more.

**Cost: \$97 includes ride on our bus, lunch, taxes and gratuity.**

**Departs: 9:30am Returns: 5:15pm**

**Trip Opened: November 3**

**Payment Deadline: November 4**

## DECK THE HALLS, AMT, LANCASTER THURSDAY, DECEMBER 11

This musical holiday adventure brings together friends old and new to celebrate the season. We will enjoy a family style meal at Huckleberry's Steamboat Inn before the show.

**Cost: \$110 includes ride on our bus, show, lunch, taxes and gratuity.**

**Departs: 10:45am Returns: 7:15pm**

**Trip Opened: November 3**

**Payment Deadline: November 10**

# DAY TRIPS CONT'D NEXT PAGE

DAY TRIPS (CONT'D)

HOLIDAY OPERA GALA  
SUNDAY, DECEMBER 14

For a sensory experience to savor, operatic arias are complemented by a delicious four-course gourmet dinner and award winning wines.  
**Cost: \$105 includes ride on our bus, show, lunch, taxes and gratuity.**  
**Departs: 12:00pm**  
**Returns: 6:30pm**  
**Trip Opens: November 3**  
**Payment Deadline: Nov. 6**

CHRISTMAS BY  
CANDLELIGHT,  
CANDLELIGHT DINNER  
THEATRE, DELAWARE  
WEDNESDAY, DECEMBER 17

There's no place like home for the holidays and we are thrilled to welcome you "home" to the barn for our heartwarming celebration of the season. Featuring some of your favorite



seasonal and sacred tunes, as well as some new surprises, brought to life by some of your favorite Candlelighters.  
**Cost: \$90 includes ride on our bus, show, lunch, taxes and gratuity.**  
**Departs: 9:30am**  
**Returns: 5:30pm**  
**Trip Opened: November 3**  
**Payment Deadline: Nov. 10**



AMISH MEAL AT HOME WITH  
SAMUEL AND RUTH LAPP,\*  
PARADISE, PA  
WEDNESDAY, JANUARY 7

The Lapp Farm at Home Meal is a far different experience from a PA Dutch smorgasbord. The menu includes hearty and simple Amish favorites. The meal is planned from family recipes that have been passed from mother to daughter and most are contained in a small "From Our Farm" recipe book available for purchase. The meal is served at the Lapp Farmhouse.



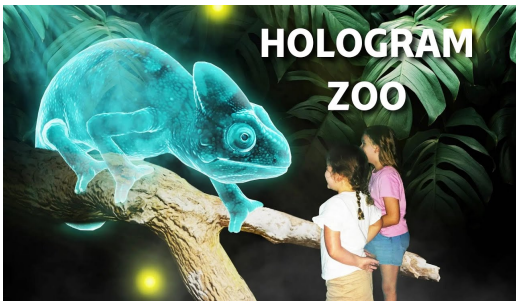
**Cost: \$57 includes ride on our bus, lunch, taxes and gratuity.**  
**Departs: 10:30am**  
**Returns: 4:00pm**  
**Trip Opens: December 4 @ 3pm by phone only ^**  
**Payment Deadline: Dec. 8**

HOLOGRAM ZOO,\* EASTON  
TUESDAY, JANUARY 13

Dive into immersive group experiences within large Hologram Rooms, where visitors can choose different interactive adventures such as Holographic Aquarium, Dinosaurs & Africa. You will be given specialized 3D glasses. After this unique experience, we will head to the Porter's Pub for lunch.



**Cost: \$90 includes ride on our bus, 3D Zoo, lunch, taxes and gratuity.**  
**Departs: 9:30am**  
**Returns: 2:30pm**  
**Trip Opens: December 4 @ 3pm by phone only ^**  
**Payment Deadline: Dec. 12**



**^ 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
Amish Meal at Home January 7 Hologram Zoo January 13 Clue The Musical January 15 Elvis Gospel Show January 25	Thursday, December 4 @ 3:00pm: 215-723-5841	\$57 Dec. 8 \$90 Dec. 12 \$100 Dec. 10 \$95 Dec. 19
Murder @ Mt. Hope February 11 Out to Brunch Plumsteadville Feb. 22 Sunshine Boys February 25	Tuesday, January 6 @ 3:00pm: 215-723-5841	\$90 Jan. 9 \$50 Jan. 20 \$105 Jan. 20

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





**CLUE THE MUSICAL,\* DUTCH  
APPLE DINNER THEATRE,  
LANCASTER**

**THURSDAY, JANUARY 15**

A fun-filled whodunnit brings the popular board game to life! Six guests, each with a secret, are invited to a dinner party. In this interactive comedy, the audience can play along to help solve the mystery of who killed Mr. Boddy, in what room, and with what weapon.

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

**Departs: 9:30am**

**Returns: 5:15pm**

**Trip Opens: December 4 @ 3pm by phone only ^**

**Payment Deadline: Dec. 10**



**ELVIS GOSPEL SHOW,\*  
AMERICAN MUSIC THEATRE  
SUNDAY, JANUARY 25**

It's no secret "The King" loved Gospel music. In fact, the three wins of Elvis' 14 Grammy nominations were for Gospel recordings, including the album, *How Great Thou Art*. In his own special way, the one and only Mike Albert reveals Elvis' Gospel side. His renditions of these sacred songs are so realistic you will think Elvis himself has returned! Before the show, we will enjoy a buffet lunch at Hershey Farms.



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

**Departs: 10:30am**

**Returns: 7pm**

**Trip Opens: December 4**

**Payment Deadline: Dec. 19**

**MURDER AT MOUNT HOPE,\*  
MANHEIM**

**WEDNESDAY, FEBRUARY 11**

Join us for an interactive culinary "who-done-it," which includes a sumptuous four-course meal! A great opportunity to become the detective, interrogate the suspects, put the clues together and uncover the truth! Your experience begins as soon as you walk into the mansion!

**Cost: \$90 includes ride on our bus, show, lunch, taxes and gratuity.**

**Departs: 11:00am**

**Returns: 6pm**

**Trip Opens: January 6 @ 3pm by phone only ^**

**Payment Deadline: January 9**

**OUT TO BRUNCH:  
PLUMSTEADVILLE INN,\*  
PIPERSVILLE  
SUNDAY, FEBRUARY 22**

The Plumsteadville Inn was built in 1715 and over the years has been renovated and improved. They say that the building was a stop on the Underground Railroad. We will enjoy a brunch buffet with an assortment of stations.

**Cost: \$50 includes ride on our bus, brunch, taxes and gratuity.**

**Departs: 9:15am**

**Returns: 12:15pm**

**Trip Opens: January 6 @ 3pm**

**by phone only ^**

**Payment Deadline: Jan. 20**

**THE SUNSHINE BOYS,\*  
HUNTERDON HILLS, NJ  
WEDNESDAY, FEBRUARY 25**

*The Sunshine Boys* by Neil Simon is a classic comedy about two aging vaudeville performers, Willie Clark and Al Lewis, who were once a legendary duo but haven't spoken in years due to a bitter falling out. When a television network invites them to reunite for a special, their long-standing grudge leads to hilarious clashes and heartfelt moments. Full of sharp wit, nostalgia, and Simon's signature humor, *The Sunshine Boys* is a touching tribute to friendship, show business, and the passage of time.

**Cost: \$105 includes ride on our bus, show, lunch, taxes and gratuity.**

**Departs: 9:45am**

**Returns: 5:00pm**

**Trip Opens: January 6 @ 3pm by phone only ^**

**Payment Deadline: January 20**



# 2026 OVERNIGHT TRIPS (NOW OPEN FOR BOOKING)

## 7 NIGHT BERMUDA CRUISE: MAY 10 - 17, 2026

Sailing aboard Celebrity Silhouette; Round trip bus from Souderton area to Cape Liberty Cruise Port; 7 night cruise onboard the Celebrity Silhouette including cruise taxes, meals onboard (specialty restaurants additional), most entertainment onboard; Celebrity Classic Beverage Package; Generations donation and a \$50 onboard credit per cabin from Travel Haus. \$1806 (inside cabin) per person double. \$3612 (inside cabin) per person single. \$2198 (verandah cabin) per person double. \$4396 (verandah cabin) per person single. Travel insurance information is available upon request. Contact Liza at Travel Haus for more information: 215-723-8687 or [liza@trvlhaus.com](mailto:liza@trvlhaus.com)



## SHOWTIME IN THE SMOKIES: SEPTEMBER 8 - 13, 2026



Motorcoach Transportation; Pirates Voyage Dinner Show; Dolly Parton's Dinner Show; Country Tonite Theater; Lunch and Performance by Gary "Biscuit" Davis (Banjo); Skyland Ranch; Dollywood; Titanic Museum; Great Smoky Mountain; Pigeon Forge; Five Nights Lodging; Five Breakfasts; Two Lunches; Three Dinners; Luggage Handling (as available); Driver Gratuity Cost: \$1979 double or \$2679 single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Contact Robert Brecker for more information or for reservations: 484-446-2369 or [travel@somuchtoseatravel](mailto:travel@somuchtoseatravel)

## BILTMORE'S CANDLELIGHT CHRISTMAS: DECEMBER 7 - 11, 2026

Motorcoach Transportation; Biltmore Estate Tours: Daylight, Antler Hill Village & Biltmore Winery, Candlelight Christmas Dinner, Candlelight Evening Tour; Asheville Museum of History; Brethren & Mennonite Heritage Center; Local Guide Service in Asheville; Four Nights Lodging; Four Breakfasts; Two Dinners; Luggage Handling (as available); Driver Gratuity Cost: \$1599 double or \$1949 single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Contact Robert Brecker for more information or for reservations: 484-446-2369 or [travel@somuchtoseatravel](mailto:travel@somuchtoseatravel).



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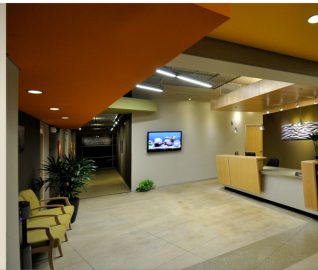
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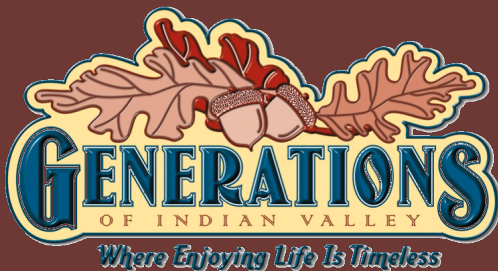
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#### WINTER WEATHER:

We no longer follow Souderton School District for weather related closings and delays. Visit our website [generationsofiv.org](http://generationsofiv.org) or call 215-723-5841 to see/hear if Generations or Meals has a schedule change. You can also visit our website to opt in for text notifications about inclement weather announcements.

CURRENT RESIDENT OR

TIME DATED MATERIAL

MAILED FROM LANSDALE NOVEMBER 2025



We're now on  
Instagram

@generationsofindianvalley



Find us on  
Facebook

## WE'RE HERE:

MONDAY-FRIDAY, 9:00AM-4:00PM, \*

EVENINGS & WEEKENDS AS  
SCHEDULED

WE WILL BE CLOSED ON  
DEC. 8 & DEC. 25 - JAN. 1

\*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@GENERATIONSOFIV.ORG

## COSTUME CAPERS



Congratulations to the winners of our Halloween Costume Contest (above, right) and many many thanks to all who dressed up to add to the fun festivities!