

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!

REINDEER RUN & WALK SATURDAY, DEC. 7



Our annual Reindeer Run and Walk will be held **Saturday, Dec. 7, starting at 8:00am**. It's our 12th year hosting the fundraiser, and we typically raise between \$10,000 - \$12,000 at this highly anticipated community event (Photo Collage: Joanne Kline).

Reindeer Run day always gives us a chance to show off our beautiful building and help others understand the community impact that we deliver. We try to welcome event-goers with the same hospitality we always extend to our participants, and we think that's why they keep coming (also there's food). If you're at Generations the week before the event, and it looks a bit like Santa's workshop, now you'll know why!

Each year, a few more of our participants join the fun, and this year we would love to see you there with antlers (and bells) on! You can also sponsor the event by making a donation without even setting foot on the cold December sidewalk. For more information or to register, visit our front desk or our website.

WARM UP WITH OUR WINTER BOOK CLUB AND HILL & HOLLOW BOOK STORE



Hill & Hollow Pop Up Bookstore is coming to Generations on **Thursday, Dec. 19 from 10am-2pm**.

Local reading enthusiast Rachel Mackey started her "traveling" bookstore because she "loves the community that books bring out in people." Hill & Hollow is named for Souderton Main Street's large hill and distinctive valley or "hollow."

Grab a cup of coffee and shop for yourself or for holiday gift giving. You can pick up your copy of Comfort & Joy by Kristin Hannah, our Winter Book Club feature, along with plenty of other great titles. This event (and the book club) are open to the public. A portion of all book sales on Dec. 19 will be donated to Generations.

See more information about our Winter Book Club on p. 3.

Visit Our Website: For the most up to date program information and announcements please visit www.generationsofiv.org

THE 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 **Thursday, 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 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:
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

Heather Lewis,
North Penn MOW Coordinator

Pat McQue,
Indian Valley MOW Coordinator

Val Perry,
Member Services Coordinator

Amy Stover, ADC,
Program 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



WINNERS OF OUR HALLOWEEN COSTUME CONTEST:
FROM LEFT TO RIGHT - LEE AS CAESAR, MARY AS
CLEOPATRA, FLORENCE AS A "SANDWITCH"

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.

BASKET RAFFLE

Tickets may be purchased at our front desk until Dec. 6. 1 Ticket for \$5; 5 Tickets for \$10; or 15 Tickets for \$20. You could win a fabulous gift basket valued between \$75 - \$150! Winners will be chosen at our Reindeer Run on Dec. 7. You need not to be present to win. Thanks to all who contributed time and donations to this fundraiser! Proceeds benefit our Center programs.



COLLAGE SPEAKS WEDS., DEC. 18 - FEB. 5, 12:45PM

Come and embrace your intuitive and unique self!
Collage Speaks is a six week expressive arts class, facilitated by Generations Volunteer Donna Hoch. Participants will create personally meaningful collage cards, each with its own theme and story.
This contemplative process involves selecting images and spending quiet time arranging and pasting them to a collage board. The work is reflective in nature and encourages self awareness and intuitive growth.
Participants will be given options to journal about their

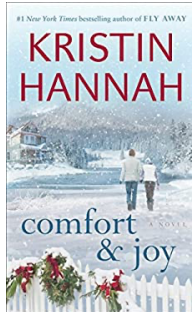
card of the day, and to share collage stories and insights with the group.
Cost: \$20 for the series covers materials fee and a donation to Generations. Please bring small scissors for cutting magazine quality paper, and a small notebook for journaling.
Class is limited to 10 people. No Class Dec. 25 or Jan. 1
Payment and registration are due by Dec. 13. Stop by or call the Generations front desk at 215-723-5841 to register.



COZY UP TO OUR WINTER BOOK CLUB

Join our Winter Book Club discussion on Thur., Jan. 23 at 12:45pm. We will discuss Comfort & Joy by Kristin Hannah. "*Kristin Hannah is beloved by readers for her exquisite storytelling. In Comfort & Joy, she offers a modern-day fairy tale—the story of a woman who gets a miraculous chance at happiness.*"
You can order a copy of this book and pick it up at Generations. Orders are fulfilled by Souderton's Hill & Hollow Bookstore. Trade Paperback (larger size, font, quality) cost is \$18.02. Mass Market Paperback cost is

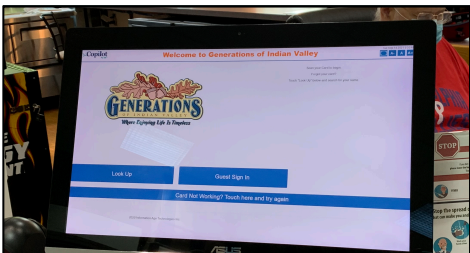
\$10.59 (smaller size, smaller font, 'grocery store' quality). Pick up your book at Generations beginning on Dec. 19 (at the Hill & Hollow Pop Up Bookstore - see p. 1). You can also purchase/borrow a copy on your own.
Order your book and register for the book club discussion by visiting our front desk or calling 215-723-5841. **All Comfort & Joy book orders through Generations/Hill & Hollow are due by Fri., Dec. 6.**



HOLIDAY VARIETY SHOW WITH CAYDEN & FRIENDS

Brighten up a dark winter evening with some holiday cheer on **Friday, December 13 at 6:00pm.**
Cost: \$12 includes an evening of music and festive snacks and drinks like cookies, pretzel bites, hot chocolate and more (no alcohol at this event).
Cayden Johnson & and his talented young friends (including Connor, Shannon, & Caetlyn) will entertain

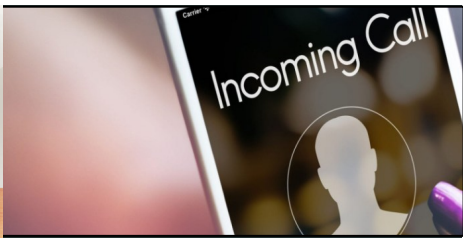
you with holiday tunes from classical pieces to choral selections and jazzy favorites. They will perform on piano, voice, guitar, cello, violin and more!
Guests, family and friends are most welcome. All proceeds benefit our Center & Meals on Wheels Programming. To register, stop by our front desk or call 215-723-5841 by Dec. 10.



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.



FIFTH FRIDAY IN THE CAFE
January 31, 6:00pm
Join us for small plates and big fun! Cost: \$15 includes an evening of entertainment with Hobie & Friends. We'll also have light snacks and desserts, beer or wine, soda, coffee, and tea. More info. p. 6



WHO'S CALLING?
Please add us to your "trust" list or save our number in your mobile device: 215-723-5841. Call lists are generated when participants sign in at our touch screen for events, so please sign in every time you visit.

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 save that number in your contacts or caller ID in case we have to call you about a program.

LONDON VARGAS FOUNDATION HOLIDAY GIFT COLLECTION THROUGH DEC. 7

Two North Penn High School Students, Brady & Mason Dolder, have organized a gift drive to benefit the Landon Vargas Foundation, specifically children who are receiving care at a local pediatric cancer treatment center. Please drop off all UNWRAPPED gifts by December 7 to the box in the Generations front vestibule. Feel free to donate any new gift you feel a child (male or female) any age would enjoy. There is also an Amazon wish list with gift ideas (link is available at the collection box at Generations). Questions? Contact courtneydolder@yahoo.com

POLITICS: A BRIEF INTRO. ^

WEDS., NOV. 20, NOV. 27, & DEC. 4, 12:45PM

Join Dr. Thomas Kolsky, college professor and author, for an introduction to the joy of politics. A political maverick, Dr. Kolsky advocates peace, intellectual freedom, religious pluralism, and market economy with a human face. Over the course of three weeks, Dr. Kolsky will discuss the building blocks of politics, some basic concepts, and key ideas. Topics covered include topics such as nature of the state, power, legitimacy, nation, characteristics of democracies, authoritarian/totalitarian governments, ideologies, political philosophy. Each session will include time for discussion in a relaxing and non-threatening environment. Please register for the program. A \$2 donation per person is appreciated. ^

GROUP ACUPUNCTURE FOR PAIN RELIEF ^: TUESDAYS AT 10:00

B.J. Putnam, DAC, offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Register at front desk or call 215-723-5841 and pay before the session.

DOMESTIC VIOLENCE, ELDER ABUSE & SENIOR BULLYING ^

TUESDAY, DECEMBER 3, 12:45PM

The senior population in Montgomery County PA is growing and is expected to continue to rise over the next 20 years. Information from Pennsylvania Adult and Aging Services shows that there were 909 reports of abuse for citizens 60 and older in



2018. During this informative presentation, Beth Iula, of The Women's Center of Montgomery County will provide information and resources to participants. The goal is to make disclosure of abuse a more manageable and positive situation for all involved. Learn how you can help yourself, a friend, or a family member. Registration required. ^

AARP SAFE DRIVING REFRESHER COURSE ^

THURSDAY, DECEMBER 5, 9:30AM

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 requirements. A half hour lunch break will be given at 12:00. Participants may register for our noon meal (see p. 10), may purchase items in our Cafe, or pack a lunch. Fee: \$20 for AARP Members; \$25 for Non-AARP Members. Separate registrations are required for this class and our noon meal. Noon meal registration required by Dec. 2. ^

GREAT COURSES: MY FAVORITE UNIVERSE

THURS., DEC. 12 - JAN. 23, 10:00AM

Join us for another "Great Courses" series. In My Favorite Universe, the astrophysicist who directs the nation's most famous planetarium (Neil deGrasse Tyson, Ph.D.) takes you on a spirited and intellectually engaging journey through the cosmos and all its history, from before the Big Bang to the most likely ways in which Earth, and perhaps the entire universe, might end. This is an ongoing series and you can drop in any time! Each class consists of two 30 minute lectures and a discussion led by volunteer Dave. ^



LISTEN UP! CHARTER SCHOOL CONCERT ^

FRIDAY, DECEMBER 13, 11:00AM

Enjoy Souderton Charter School's special presentation of choral and orchestral winter and holiday music. Stop by our front desk or call 215-723-5841 to register if you plan to attend ^.



DRAWING ON THE RIGHT SIDE OF THE BRAIN ^

FRIDAYS, DEC. 13, 20 & JAN. 10 & 17, 12:45-2:15PM

Join a four-week drawing series taught by Terri Waterman (featured artist for November). Classes are inspired by the

WINTER CUPCAKE DEMO WITH THE BAKEHOUSE ^ WED., DEC. 11, 12:45

Join Chef Sunny and her cake decorator Katelyn, at this professional baking demo featuring tips for show-stopping winter themed cupcakes to wow your guests. Participants will be given a cupcake to take home. Chef Sunny Hassett is Founder and Chef of

the Bakehouse, a European-inspired boutique bakery. Cost: \$10 includes decorated cupcake to take home (vanilla cake/American buttercream icing). Class size is limited. Registration and payment is due Dec. 6. Call 215-723-5841 ^.



SPECIAL PROGRAMS (IN ORDER OF DATE)

^ = Registration is required for this program. To register, stop by our front desk and pick up an event registration form or call **215-723-5841**. Please save that number in your contacts or caller ID in case we have to call you about a program.

principles from "Drawing on the Right Side of the Brain" by Dr. Betty Edwards, and tap into the creative and intuitive aspects of your brain to enhance drawing skills. Before every class, Terri encourages exercises to loosen up hand and arm muscles and to be open to trying new things! Class topics covered include *Perception*, *Contour Drawing*, *Understanding the Picture Plane and Negative Space*, and *Drawing with a Grid*. Bring your own pencils, and other drawing supplies if you have them. Terri will give participants a chance to try her supplies. Class Cost: \$18 per person, per class. Register for your classes of choice. Participants are encouraged to attend all four classes for the most enriching experience. Participants have the option to purchase a professional art kit for an additional \$15.50. **^**

WHAT TEST? **^**

MONDAY, DECEMBER 16, 10:00AM

We will help you understand the diagnostic studies and tests your healthcare provider may order and how those tests can help monitor your health. This free presentation from Jefferson Health-Abington is offered in person at Generations. Registration is required. **^**



MOVIE MATINEES:

Donations appreciated. Popcorn provided. Other concessions available for purchase in our Cafe. Please register if you plan to attend. **^**

RADIO CITY CHRISTMAS SPECTACULAR **^**

TUESDAY., DECEMBER 17, 12:45PM

This special 75th Anniversary DVD features The fabulous Radio City Rockettes in all the best-loved performances including: "The Dance of the Nutcracker", "Parade of the Wooden Soldiers", "Santa's Toy Headquarters", "the Living Nativity" and the arrival of Santa. Home viewers will now get it all - signature high kicks and astounding precision choreography, dramatic theatrical lighting effects, breathtaking imagery and an array of glamorous costumes, leaving no doubts about the magic of Christmas at Radio City. Running time is 1 hour,20 minutes. Not rated.

ORDER YOUR BAKEHOUSE SPECIALTIES AND SUPPORT GENERATIONS!

The Bakehouse boutique bakery will be selling holiday cake bento boxes, Bûche De Noël (Yule Log), a variety of frozen croissants (to be baked fresh by the purchaser), and more for the holidays. Online orders will begin Tue., Nov. 20th and will be due Dec. 6. Paper order forms will also be available at our front desk. All

fulfilled orders will be available for pick up on Wednesday, Dec. 18, from 10am-2pm at Generations. 15% of the sales will be given back to Generations.

TO ORDER: Stop by our front desk for a paper order form or order online at www.thebakehouseinc.com by Dec. 6.



LES MISERABLES **^**

TUESDAY, JANUARY 21 12:45PM

Les Misérables centers on the character Jean Valjean, an ex-convict in 19th-century France. The story spans many years as it tells of Valjean's release from prison and reformation as an industrialist while being constantly pursued by the morally strict inspector Javert. This version is a recording of a staged production of the Broadway musical sensation that swept the world (It is not the motion picture). Running time is 2 hours, 20 min. We will have a short intermission if needed. Rated PG for some profanity, and thematic elements. **^**

TRIVIA AT TEN **^** FRIDAY, DECEMBER 20, 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. **^**



MUSIC BINGO **^**

WEDNESDAY, DECEMBER 18, CARD SALES BEGIN AT 12:30PM, GAMES BEGIN 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. **^**

MINUTE TO WIN IT HOLIDAY PRE-BRUNCH FUN TUESDAY, DEC. 24, 10:30AM

Join Generations staff members for some silly and exciting minute to win it fun, family feud style games, and lots of cheer! A donation of \$2 per person (optional) will be collected and used toward fun prizes. **Our meal will be served early this day, at 11:15,**



and will be a brunch themed menu (TBA), with a donation of \$2 per person. Separate registrations are required for this event and the Holiday Brunch (see p. 10) **^**.

NEWS & NOTES:

FEATURED ARTIST DECEMBER:

Sharon Gross is an artist from Skippack, Pennsylvania. She is inspired by nature and culture; and loves to travel so that she can see more nature and culture. Her more recent artistic training, along with 15 years as a Master Gardener and a degree in Biology from Wilkes University, all come together in her deliberate and attentive botanical sketches and paintings which capture grace, color, and noble traditions. She is President of the Philadelphia Society of Botanical Illustrators, and a member of the American Society of Botanical Artists and the Perkiomen Valley Art Center.

FEATURED ARTIST JANUARY:

Joanne Turner is a signature member of the Philadelphia Pastel Society. After retiring from teaching preschoolers, pastels became her passion in lieu of crayons.

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)

WINTER WEATHER:

Generations and Meals on Wheels follow the Souderton Area School District (SASD) for WEATHER-related building closures (FID/Flexible Instruction Days) & delays. Check www.generationsofiv.org

FOR GENERATIONS:

If SASD has a two hour delay, Generations opens at 11:00am. If SASD has an early dismissal, Generations closes at 2:00pm.

FOR MEALS ON WHEELS:

If SASD is closed, there will be no Meals on Wheels deliveries. In the event of a two hour delay, we will attempt to deliver meals.



SPECIAL PROGRAMS (BY DATE ORDER)

^ = Registration is required for this program. To register, stop by our front desk or call 215-723-5841. Save this number in your contacts in case we need to call you!

GREAT COURSES: ESSENTIAL

SECRETS OF SPICES ^

JAN. 8, 12:45PM (2ND WED.)

Join us for another "Great Courses" series. During this interesting series, we will explore how different spices are used across the globe. This is an ongoing series planned in conjunction with our Recipe Swap & Sample (see p. 9). You can drop in during any 2nd Tuesday until June (see updates in subsequent newsletters). Each class consists of lectures and a discussion led by volunteer Dave. ^



NAME THAT TUNE: WINTER

WONDERLAND &

CHOOSE YOUR DECADES ^

FRIDAY, JANUARY 10, 10:00 AM

Come to Generations to build your brain power with a fun morning of identifying songs. See above for our monthly categories. Play for the glory because the prizes are lame! Led by Program Coordinator Amy. ^

JOYFUL LIVING ^

MONDAY, JAN. 20, 10:00AM

Come and explore healthy lifestyle habits including the benefits of laughter and socialization! This free presentation from Jefferson Health-Abington is offered in person at Generations. Registration is required. ^



BEAT THE BLUES LUNCH & DANCE ^

WEDNESDAY, JAN. 22, 12:00PM

Enjoy a special mood-boosting meal featuring our Chef's specialties (ask about the menu at registration). Bring a wrapped 'mystery' gift valued between \$5-\$10 and get a ticket to take home your own mystery gift (this part is completely optional). Finally, we will enjoy an oldies dance with DJ Johnny K after lunch. Cost: \$20 includes meal, beer or wine, soda, coffee, and tea + DJ/dancing. Mystery gift exchange is optional. Payment & registration is due January 17 ^.

WOVEN HEARTS CRAFTING ^

FRI., JAN. 17, 10AM

Join instructor Ali to create a Scandi woven heart garland. Choose from a variety of fabrics/colors to make a versatile home decoration. Class size limited. Cost: \$10 due with registration by Jan. 13. ^



DIGITAL LITERACY ^

FRIDAY, JANUARY 24, 12:45PM

Join Alan Berry, Media Literacy Educator, Researcher, and Advocate, for a digital literacy workshop. This month's topic is TBA. Registration is required for this engaging (and free!) program. ^

IPHONE 101B FOR ADVANCED BEGINNERS & INDIVIDUAL IPHONE TRAINING APPOINTMENTS ^

THUR., JAN. 30, 10AM-12PM CLASS AFTERNOON TRAINING BY APPT.

This is a slow-paced intermediate class taught by Rhonda Novicki. It covers Voice Mail, Email, Internet, Siri, Home Screens, Apps, Maps, Calendar, Contacts, Camera, and more. Bring your charged iPhone along with your Apple ID and any passwords you may need to download apps (you may need them during the class). Class Cost: \$20 per person, due at registration, includes a donation to Generations. Appointment cost: \$5 per half hour. Payment and registration required by Jan.23. Space is limited. ^

5TH FRIDAY IN THE CAFE

FRIDAY, JANUARY 31, 6:00PM

Join us for small plates and big fun! Cost: \$15 includes an evening of entertainment with popular Generations favorites "Hobie & Friends." They are a small group of retired and semi-retired friends who enjoy playing music together. Enjoy a wide range of music from the old jazz and Broadway standards to oldies from the 50s and 60s. We'll also have light snacks and desserts, beer or wine, soda, coffee, and tea. Payment and registration due by January 24. ^



SOCIAL SERVICES

ADULT BEREAVEMENT SUPPORT 2ND TUESDAY, 6:30PM

The Department of
Pastoral Care of
Abington-Jefferson
Health presents this



Zoom™ (virtual) group open to the community. Anyone who has experienced the loss of a loved one is welcome to participate. Registration is required for the free program. After you register, you will receive the meeting link by email. A call-in phone number will also be provided. For registration information, contact John Olsen: John.Olsen@jefferson.edu.

PA MEDI APPOINTMENTS THURSDAYS, DEC. 5 & JAN. 2

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.

FINANCIAL COUNSELING 3RD WEDNESDAYS, 1:00PM–4:00PM, BY APPT.

A Financial Analyst with



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.

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.

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 join 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 2pm at Adult Day Services, 51 Medical Campus Drive Lansdale, PA. Please contact: Susan Lamar: 215-361-4421
susan.lamar@jefferson.edu

LEGAL AID: THURSDAYS, DEC. 19 & JAN. 16, 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.



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.

PA STATE REP. OFFICE HOURS

DEC. 2 & JAN.13, 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.

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.

MONTCO VETERANS AFFAIRS

To schedule an appointment, call the Office of Veterans Affairs:

610-278-3285. MontCo. provides door-to-door shuttle service to VA medical facilities for any Montgomery County Veteran (and their caretaker).

**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 for virtual programs.

BILLIARDS: MONDAY-FRIDAY, 9:30AM-3:30PM

Join in a game of pool at one of our two well-maintained tables. Registration is required for tournament play. Donation: \$1.00 per day.

BINGO: 2ND & 4TH TUESDAY, 1:00PM

Begin purchasing your bingo cards at 12:30pm for \$1.00 each. We play 20 games and have a 50/50 raffle at the break. Bring your own refreshments to enjoy during the game/at the break.

BOARD GAME DAY:

1ST FRIDAY (DEC. 6 & JAN. 3), 10:00AM - 2:00PM

Gather your friends to play some favorite board games.

Come for an hour between 10:00-2:00 or stay the whole time (last games starts at 1:30). We have some great games to use or you can bring your favorite and teach others. **There is a participant interested in playing Skip-Bo with someone who knows the game. Volunteer Don will also be teaching 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.

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

BUCKS MONT SENIOR GOLF LEAGUE MONDAYS, 4:00PM, SEE YOU IN SPRING

The league is held at Twin Woods Golf Course in Hatfield. It is open to both men and women, singles or couples, 55 years

of age and older of all skill levels. Details online at bucksmontgolf.org.

CHOIR CHIMES: WEDNESDAYS, 10:30AM

The group, led by Dottie Reed, rehearses and performs a varied repertoire on hand chimes and meets September-May. Ringers who can read music are needed! Contact Dottie: 215-721-9070.

CHORALEERS: MONDAYS, 1:00PM (NO MEETINGS IN JANUARY)

The Choraleers sing and perform a variety of popular, seasonal, and patriotic tunes from September - May. 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 cafe until 1pm or feel free to bring your own refreshments.** Registration begins at 12:15. Donation: \$1.00.

GARDEN CLUB:

This group does gardening around the Center. New volunteers are welcome. Weeding/watering/raking volunteers are always needed! Contact Amy Stover: 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.

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.



MATS THAT MATTER: 2ND & 4TH 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.
We do not need bags at this time.

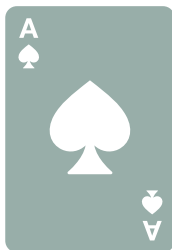
MEMOIRS GROUP: MONDAYS, 1:00PM

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: 215-723-5669. If there is no answer, leave a message.

PAINTING CLASS (WATERCOLOR):
NOT OFFERED AT THIS TIME

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 cafe 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:

WED., DEC. 11, 11:00AM (HOLIDAY SPECIAL)

WED., JAN. 8, 11:00AM (SPICE OF LIFE)

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). **Enjoy a holiday special event (December) and Dave's presentation featuring new and exciting ways to use different spices (January). 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 OR Grace: 215-721-2082 or priceswrite1953@yahoo.com

SCRABBLE: 1ST & 3RD TUES., 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: WEDS., 9:00AM,
SEE YOU IN 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.

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, especially over the holidays. Times are approximately 10:45am-12:45pm. Contact Pat or Heather: 215-723-8555.

Donations of new UNWRAPPED gifts are requested by Dec. 7. See p. 4

Newsletter mailing helpers are needed on Tue., Jan. 21 at 9:15am. Contact Amy.

We will host our first Welcome Committee meeting on Thursday, January 16, at 1:00pm, for volunteers who would like to help acclimate new participants to our Center. If you are interested in being part of this group, please register at the front desk (even if you cannot attend the 1/16 meeting): 215-723-5841.

Volunteers are needed to assist with the following special events: Holiday Variety Show 12/13, Christmas Brunch 12/24, 5th Friday in the Cafe 1/31. Contact Amy.

A Volunteer is needed to lead our Winter Book Club discussion of Comfort & Joy on 1/23. If no one volunteers, Amy will lead but she would rather have a participant be the leader. Contact Amy.

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

LUNCH MENU

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

2024 / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Roast Beef & Swiss on Ciabatta with Horsey Sauce; Arugula, Tomato, and Fresh Mozz Salad w/ Lemon Vinaigrette	3 Shepherd's Pie; Garden Salad; Fresh Fruit	4 Baked Chicken Sausage & Zucchini with Shredded Provolone; Garden Salad; Garlic Knot	5 Salmon & Dill Lasagna with Shaved Fennel; Garden Salad; Whole Wheat Roll	6 Chicken Bacon Ranch Flatbread; Warm Spinach Salad
9 GENERATIONS CLOSED	10 Baked Stuffed Shells; Garden Salad; Whole Wheat Roll	11 Pork & Kraut w/Mashed Potatoes, Apple Sauce, & String Beans	12 Taco Salad (mild) with Ched. Chs, Black Beans, Corn, Tomato Salsa, Avo. Cream, & Tortilla Crisps	13 Tricolor Tortellini with Baby Shrimp & Pesto Sun-dried Tomato Cream Sauce; Broccoli
16 Pulled Pork with Mac-n-Cheese on Whole Grain Roll, Pepper Slaw, Fruit	17 Baked Haddock with Tomato Ginger Sauce; Veggie Fried Rice; Green Vegetable	18 Happy Birthday! Swedish Meatballs Over Noodles; Cranberry Sauce; Broccoli	19 Stuffed Acorn Squash & Green Salad	20 Chicken Enchilada Lasagna with Sour Cream Drizzle; Green Salad
23 Cheesesteak Salad Loaded with Tomatoes, Cheese, Onions, Mushrooms, & Creamy Parmesan Dressing	24 10:30 Minute to Win It Pre-Brunch Fun (5) 11:15 Holiday Brunch Menu TBA EARLY CLOSING 12:30	25 GENERATIONS CLOSED	26 GENERATIONS CLOSED	27 GENERATIONS CLOSED
30 GENERATIONS CLOSED	31 GENERATIONS CLOSED	January 1 CLOSED	<div> <p>All menu items are subject to change. We will post applicable updates on our website:</p> <p>www.generationsofiv.org</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, Dec. 18 and Wednesday, Jan. 15

OUR CAFÉ

Our Café is open Mon.-Fri. from 9:00am-1:00pm for dine-in or take-out. Enjoy our à 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

2024 / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
The number after the program listing indicates on which page of the newsletter more information can be found.					Nov. 30 Dec. 1
2 9:30 CardioTone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY(p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Choraleers to Paradise Manor (8)	3 9:30 Billiards Away vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:00 Scrabble (9) 10:30 Joy to the World Trip AMT (15) Haircuts by Appt. (12) 12:45 Violence, Elder Abuse & Bullying (4)	4 Hearing Appts. (12) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) Choir Chimes to Meadowood (8) 12:45 Politics Intro (4) 3:30 Caregivers Support (Virtual) (7)	5 9:00 Billiards Away vs Hillview (8) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 9:30 AARP Safe Driving Refresher (4) 9:30 White Christmas @ DADT Trip (15) 12:45 Pinochle (9) PA Medi Appt. (7)	6 9:30 Billiards (8) Reindeer Run Early Check-In (1) 10-2 Board Game Day (8) 10:30 Yoga (14) 12:30 Mah Jong (8) Last Day for Basket Raffle Tickets (2) Comfort & Joy Book Orders Due (3) Bakehouse OrderDue (6)	7  8:00 Reindeer Run & Walk Fundraiser (1) Gift Collection Donations Due (4) 8
9 Generations Closed MOW Runs as Usual (see below) Billiards Away vs Meadowood (8) Choraleers to Hidden Meadows (8)	10 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 1:00 Bingo (8) 6:30 Bereavement Support (7)	11 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 9:30 Bird in Hand(16) 10:00 Bowling (8) 11:00 Recipe Swap Holiday Special (9) 10:30 Balance/Tone/Stretch (14) 12:45 Winter Cupcake Demo (4) Choir Chimes to Peter Becker (8) 2- Caregivers Support (7)	12 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Great Courses: My Favorite Universe (4) 11-Mats that Matter(9) 12:45 Pinochle (9) 3:30 Board Meeting	13 9:30 Billiards Home vs Arb. Square (8) 10:30 Release & Restore Yoga (14) 11:00 Listen Up! Charter School Holiday Concert (4) 12:30 Mah Jong (8) 12:45 Drawing Class (4) 6:00 Holiday Variety Show with Cayden & Friends (3)	14 15 12:00 Tomasello Winery Trip
16 9:30 Cardio Tone (14) 9:30 Billiards (8) 10-What Test? (5) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Choraleers to Valley Vista (8)	17 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:00 Scrabble (9) Haircuts by Appt. (12) 12:45 Movie Matinee: Radio City Christmas Spectacular (5)	18 9:00 Billiards Away at Hershey Mill (8) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 12:45 Collage Speaks (3) 12-2 Collett Hours (7) Choir Chimes to Pine Run Financial Counsel (7) 1:00 Music Bingo (5) Bakehouse Order Pick Up (5)	19 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10-2 Hill & Hollow Pop Up Bookstore (1) 10:00 Great Courses: My Favorite Universe (5) 12:45 Pinochle (9) Choraleers to Valley Manor Apartment (8) Legal Aid (p. 7) 6:30 Longest Night(1)	20 9:00 Billiards Away vs Brittany Pointe (8) 10:00 Trivia at Ten (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Drawing Class (4)	21 22
23 9:30 Cardio Tone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	24 9:15 Billiards Home vs Pennridge (8) NO Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:30 Minute to Win It (5) 11:15 Holiday Brunch (5, 10) GENERATIONS CLOSSES AT 1PM	25	26	27	28
30	31	HOLIDAY CLOSING: Generations will be closed on Mon., 12/9. Meals on Wheels (MOW) will run as scheduled on 12/9. There will no Sit Stretch Flex on 12/24. In addition, Generations will close at 12:30pm on Tue., 12/24 and remain closed through Wed., 1/1/25. We will re-open on Thur., 1/2/25. There will be no MOW deliveries on 12/25/24 or 1/1/25, 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. <i>Happy Holidays!</i>			
All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org					29

WELCOME GREG!

Get to know Greg Green, our new Maintenance Coordinator by reading his juicy responses to a recent exclusive interview!

Q: What previous job experience would you like our participants to know about?

A: I worked for an insurance company for 38 years as an auto damage appraiser

Q: What do you like most about Generations?

A: The commute time to work and the great people I work with!

Q: When you have 30 minutes of free time, what do you like to do?

A: Nap

Q: What chore do you hate doing?

A: Folding wash

Q: If you were stranded on a

deserted island, and all your basic needs were met, what two

items would you want to have with you?

A: Spouse and tools

Q: If you knew the world was ending in a month, where would you go?

A: Anywhere sunny and warm

Q: What has been most challenging about the job?

A: Learning the "dos and don'ts" (don't let the pool players in early)



SENIOR DISCOUNTS LIST

We are curating a list of places in the Indian Valley and North Penn Areas that offer senior discounts. Of course you can't beat the coffee or meal price right here at Generations! This list is not endorsed by any establishment, and they may change their policies. Most "big box" or chain stores offer discounts. You may need to **request** the discount. We will keep this list on file or print when space allows.

Don't Forget My SENIOR DISCOUNT!

Ace Harleyville	1st Tuesday 10%	IHOP	55 + discount menu
Applebees	60+ or AARP card	Kohl's	Wed. 60+
Earl Bowl	M-F \$3.25/game	McDonalds Coffee	75 cents per cup
Energy Station	10% off	Outback	10% off
Franconia Heritage	10% age 62+ & up to \$10 off bday	Ross	Tues 55+ 10% off
Grocery Outlet	Wed. 5 %	Shoprite	5% Tuesdays
Henning's	Tuesdays	Souderton Pizza & Pasta	Daily

WELLNESS/SPA OFFERINGS

GROUP ACUPUNCTURE FOR PAIN RELIEF: NOW HELD TUESDAYS AT 10:00AM

B.J. Putnam, DAc, offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Call 215-723-5841 to register. Pick up payment ticket at the front desk before class.

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.

ON THE MOVE PHYSICAL THERAPY:

On The Move is an outpatient physical therapy clinic that provides a variety of services (pain relief, balance/falls risk, vestibular training, strengthening, conditioning, flexibility and much more!). No referrals needed, accepts most major insurances. To schedule an appointment at Generations, in your home, or in our mobile clinic, please call 267-932-8857 or book through our website: <https://www.otmpt.com>

BLOOD PRESSURE SCREENINGS:

MONDAYS, DEC. 16 & JAN. 20, BEGINNING AT 11:15AM
Free blood pressure checks, provided by Jefferson Health-Abington. First come, first serve; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.

MEDITATION & SELF HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for a self-healing session via conference call. Tune out negative stereotypes and replace them with positive affirmations. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

NEW! ATTENTUS HEARING CARE: WED., JAN 8, 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 or text (267) 669-1345. Additional services available for a fee: ear wax removal and hearing aid repairs. Full evaluations and consultations are also available at Generations or in your home.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org		1	2	3	4
		Schedule Announcements: • We will be closed on January 1	9:30 Billiards (8) 9:30 Reading Terminal Trip (16) 9:30 Sit, Stretch, Flex (14) 10:00 Great Courses: My Favorite Universe (5) 12:45 Pinochle (9) PA Medi Appt. (7)	9:30 Billiards (8) 10 Board Game Day (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 2:15 Shady Brook Farm Light Trip (16)	5
6	7	8	9	10	11
9:30 CardioTone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:00 Scrabble (9) 10:30 Rhythmit (14) Haircuts by Appt. (12)	9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/ Stretch (14) 11:00 Recipe Swap: Spice of Life (9) Hearing Care Appt. (12) 12:45 Collage Speaks (3) 12:45 Great Course: Secrets of Spices (7) Choir Chimes to Keystone Villas 2 - Caregivers Sup.(7)	9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Courses: My Favorite Universe (4) 11-Mats that Matter (8) 12:45 Pinochle (9) 3:30 Board Meeting	9:30 Billiards (8) 10:00 Name That Tune (6) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Drawing Class (4)	12
13	14	15	16	17	18
9:30 CardioTone(14) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY(p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:30 Rhythmit (14) 1:00 Bingo (8) 6:30 Bereavement Support (7)	9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/ Stretch (14) 12-2 Collett Hours (p. 7) Financial Counsel.(7) 12:45 Collage Speaks (3)	9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Courses: My Favorite Universe (4) 12:45 Pinochle (9) 1:00 Welcome Committee Mtg (9) Legal Aid (p. 7)	9-Billiards Away vs Arb. Square (8) 9:30 Billiards (8) 9:45 American Treas. Tour Trip (16) 10:00 Woven Heart Crafting (6) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Drawing Class (4)	19
20	21	22	23	24	25
9:30 CardioTone (14) 9:30 Billiards (8) 10:00 Joyful Living (6) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	9:15 Newsletter Mailing (9) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:30 Rhythmit (14) Haircuts by Appt. (12) 10:00 Scrabble (9) 12:45 Movie Matinee: Les Miserables (6)	9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes 10:30 Balance/Tone/ Stretch (14) 12:00 Beat the Winter Blues Lunch & Dance (6) 12:45 Collage Speaks (3)	9:30 Murder for Two @ Dutch Apple Trip (17) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Courses: My Favorite Universe (4) 11-Mats that Matter (8) 12:45 Pinochle (9) 12:45 Winter Book Club Discussion: <u>Comfort & Joy</u> (1, 3)	9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Digital Literacy with Alan (6)	26
27	28	29	30	31	The number after the program listing indicates on which page of the newsletter more information can be found.
9:30 CardioTone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:30 Rhythmit (14) 1:00 Bingo (8)	9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Choir Chimes 10:30 Balance/Tone/ Stretch (14) 12:45 Collage Speaks (3)	9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 iPhone 101B Class (6) 12:45 Pinochle (9) iPhone Training By Appt. (6)	9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 6:00 5th Friday in the Cafe with Hobie & Friends (3, 6)	

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

DANCEFIT: WEDNESDAYS, 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. Adaptions are offered for those who need more or less challenge.



RELEASE & RESTORE YOGA: FRIDAYS AT 10:30

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.

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 (NEW TIME)

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

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

NO CLASS 12/24

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

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 for important announcements and last-minute changes.
- Masks are optional at Generations. You can always call our front desk for the current masking policy: 215-723-5841.

RHYTHMFIT SERIES: TUESDAYS AT 10:30,

CURRENT SERIES RUNS JAN. 7 - FEB. 25

THIS CLASS WILL BE OFFERED AS A SERIES THROUGHOUT 2025.

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 drum sticks, 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, 10:30


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 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.

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 this date, 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, Generations reserves the right to cancel your reservation. 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.

MORE INFORMATION:

- All trips depart from 259 N. Second St., Souderton unless otherwise specified.
- On trip days, 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.

GET ON BOARD FOR TRIP OPENINGS

We understand that many have frustrations about our opening day reservation policies. In an effort to alleviate the infuriating sound of a busy signal or incessant ringing, we have added trip opening days and another "staffed" phone line for all opening days.

If you're still 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 to accommodate our waiting list. *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).

While we appreciate your concern and fully admit that there's no "perfect system" that will please everyone AND work with the resources we have, we're asking that folks refrain from directing unkind behavior toward our staff and volunteers who are doing their best to accommodate everyone's requests fairly. Please know that sometimes we have no idea how popular a trip will be until we list it. Sometimes the suggested trips we *think* will be popular turn out being hard to fill, and we unfortunately lose money on them. 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

JOY TO THE WORLD, AMT, LANCASTER



TUESDAY, DECEMBER 3

Awe-inspiring music and dance, phenomenal voices, and light-hearted holiday humor are the ingredients for this holiday extravaganza! We will enjoy a family style meal at Huckleberry's Steamboat Inn before the show.

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

Departs: 10:30am Returns: 7:00pm

Registration Opened: Nov. 4 Payment Deadline: Nov. 5

WHITE CHRISTMAS,

DUTCH APPLE DINNER THEATRE, LANCASTER

THURSDAY, DECEMBER 5

Hear favorites like "Blue Skies, Sisters, Happy Holidays, and White Christmas."

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

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

Registration Opened: Nov. 6 ^ Payment Deadline: Nov. 11

DAY TRIPS CON'T NEXT PAGE

DAY TRIPS

CHRISTMAS CANDY CAPER, BIRD-IN-HAND, LANCASTER

WEDNESDAY, DECEMBER 11

When a perpetual prankster is kidnapped from her candy store at Christmastime, no one believes the ransom note. This delightful holiday musical combines lots of laughter and lighthearted moments with serious lessons about life, second chances, and the power of celebrating the season with loved ones.

Cost: \$87 includes ride on our bus, show, lunch, taxes and gratuity.
Departs: 9:30am Returns: 4:30pm
Registration Opened: Nov. 6
Payment Deadline: Nov. 11

OPERA GALA, TOMASELLO WINERY, NJ

SUNDAY, DECEMBER 15

Experience an elegant afternoon of music, wine, and fine dining. The matinee features Tomasello wines, elegantly prepared cuisine and thoughtfully selected operatic arias by artists from the Academy of Vocal Arts. For a sensory experience to savor, the music is complemented by a delicious four-course gourmet dinner prepared by Tomasello's excellent Executive Chef, who

expertly pairs his creations with award winning wines.

Cost: \$105 (updated price)
includes ride on our bus, show, lunch, taxes and gratuity.
Departs: 12pm Returns: 8pm
Registration Opened: Nov. 4
Payment Deadline: Nov. 11

NEW TRIPS

READING TERMINAL MARKET & WONDERSPACES,* PHILADELPHIA

THURSDAY, JANUARY 2

We will head to the Reading Terminal Market for some free time and lunch on your own. Next, we will go to a new museum right around the corner from the market called Wonderspaces. It is an immersive and interactive art show featuring 15 extraordinary works of art.

Cost:\$45 includes ride on our bus and ticket to the museum. Lunch is on your own.
Departs: 9:30am Returns: 4:30pm
Trip Opens: Dec. 2 @ 3pm by phone only ^
Payment Deadline: Dec. 5



SHADY BROOK FARM HOLIDAY LIGHT SHOW,* YARDLEY

FRIDAY, JANUARY 3

Shady Brook Farm's spectacular Holiday Light Show features more than three million lights illuminating acres of farmland. Encounter whimsical displays and familiar characters as we drive through in the comfort of our bus. When the tour ends, gather for a festive time at Santa's Village! Stop in and enjoy photos with Santa, holiday décor and unique gifts, tasty treats, spirited drinks, relaxing fire pits, the Candy Can Lane light walk thru and more! We will enjoy dinner before our light show at Café Antonio.

Cost: \$75 includes ride on our bus, light show, dinner, taxes, and gratuity.
Departs: 2:15pm Returns: 8:30pm
Trip Opens: Dec. 4 @ 3pm by phone only ^
Payment Deadline: Dec. 20

AMERICAN TREASURE TOUR,* OAKS

FRIDAY, JANUARY 17

Anyone with a sense of fun will love this popular culture museum. Seniors love the nostalgia and the younger generations love the oddities, curiosities, colors and sounds-all created before the computer age. Hop on the trolley and take a ride through this incredible museum. We will enjoy a "Taste of Philly" buffet lunch at the museum.

Cost: \$80 includes ride on our bus, museum, lunch, taxes, and gratuity.
Departs: 9:45am Returns: 2:00pm
Trip Opens: Dec. 2 @ 3pm by phone only ^
Payment Deadline: Dec. 20



^ 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 & TRIP DATE	REGISTRATION OPENS BY PHONE ONLY @3:00pm:	PAYMENT DUE
Reading Terminal Market Jan. 2 American Treasure Tour Jan. 17	Dec. 2 @3:00pm: 215-723-5841	\$45 Dec. 5 \$80 Dec. 20
Shady Brook Farm Jan. 3 Murder For 2 DADT Jan. 23	Dec. 4 @3:00pm: 215-723-5841	\$75 Dec. 20 \$100 Dec. 20
Deadly Derby Mt. Hope Feb. 12 Something Rotten Feb. 19 Riverdance March 2	Jan. 3 @3:00p: 215-723-5841	\$75 Jan. 10 \$90 Jan. 17 \$110 Jan. 10
Founding Farmers Feb. 8 Amish Meal Feb. 21	Jan. 8 @3:00pm: 215-723-5841	\$60 Jan. 10 \$55 Jan. 13



DAY TRIPS

MURDER FOR TWO,*

DUTCH APPLE, LANCASTER

THURSDAY, JANUARY 23

A zany blend of a classical musical comedy and madcap mystery. A small town policeman dreams of becoming a detective. One night, a great American novelist is murdered and the nearest detective is over an hour away. Can this small town policeman prove his sleuthing skills? Two actors play 13 roles in this hilarious murder mystery. One investigates; the other plays each of the 12 suspects....and both play the piano!

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

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

Trip Opens: Dec. 4 @ 3pm by phone only ^

Payment Deadline: Dec. 20



OUT TO BRUNCH: FOUNDING FARMERS,* KING OF PRUSSIA

SATURDAY, FEBRUARY 8

At Founding Farmers, everything matters. Nothing is too small. If something can be made better, smarter, healthier, that is how they want to do it. Everything is made from scratch from the bread to the booze. This is a farmer owned company and is designed to ensure American family farmers earn a larger share of the food dollar. We will enjoy an all you eat brunch buffet.

Cost: \$60 includes ride on our bus, brunch, taxes, and gratuity.

Departs: 9:15am Return: 12:30pm

Trip Opens: Jan. 8 @ 3pm by phone only ^

Payment Deadline: Jan. 10

DEADLY DERBY,* MOUNT HOPE MANSION, MANHEIM

WEDNESDAY, FEBRUARY 12

It is 1930 at the Kentucky Derby and tensions are high. Rival families face off at this final race to determine who will take home the crown and usher in a new era of horseracing. It is all anyone can talk about...until the murder! Don your hats, place your bets and make sure your Juleps are strong; we have a mystery to solve.

Cost: \$75 includes ride on our bus, lunch, show, taxes and gratuity.

Departs: 11:00am

Returns: 5:30pm

Trip Opens: Jan. 3 @ 3pm by phone only ^

Payment Deadline: Jan. 10

AMISH MEAL AT HOME WITH SAMUEL AND RUTH LAPP,* PARADISE, PA

FRIDAY, FEBRUARY 21

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 to purchase.



Cost: \$55 includes ride on our bus, lunch, taxes, and gratuity.

Departs: 10:30am

Returns: 3:30pm

Trip Opens: Jan. 8 @ 3pm by phone only ^

Payment Deadline: Jan. 13



SOMETHING ROTTEN* CANDLELIGHT THEATRE, DELAWARE

WEDNESDAY, FEBRUARY 19

Welcome to the Renaissance and the outrageous musical farce, SOMETHING ROTTEN. Two brothers set out to write the world's first musical in this hilarious mashup of sixteenth-century Shakespeare and twenty-first-century Broadway.

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

Departs: 9:30am Returns: 4:30pm

Trip Opens: Jan. 3 @ 3pm by phone only ^

Payment Deadline: Jan. 17

Additional Info: Attendees must be able to climb three steps.

RIVERDANCE: 30TH ANNIVERSARY,* AMT, LANCASTER

SUNDAY, MARCH 2

Since Riverdance first emerged onto the world stage, its fusion of Irish and international dance and music has captured the hearts of millions worldwide. The Grammy award-winning music and the infectious energy of its mesmerizing choreography and breathtaking performances have left audiences in awe and established River dance as a global cultural sensation. We will enjoy a family-style meal at Huckleberry's before the show.

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

Departs: 10:15am

Returns: 5:30pm

Trip Opens: Jan. 3 @ 3pm by phone only ^

Payment Deadline: Jan. 10

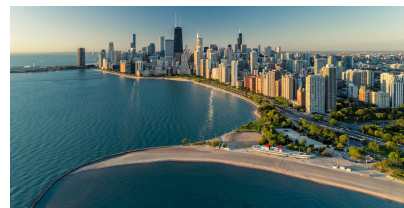
**OUR TRIPS ARE
"FRAGRANCE FREE."
PLEASE RESPECT
OTHER TRAVELERS WHO MAY
BE "SCENTSITIVE."**



OVERNIGHT TRIPS

BEST OF CHICAGO: MAY 22 - MAY 26, 2025

Five Nights in Chicago; Chicago River architecture cruise; Chicago city tour; Willis Tower-Skydeck; Wrigley Field; Frank Lloyd Wright Home & Studio; Cantigny Park; "Untouchable" Gangster Tour; Racine, Wisconsin; Frank Lloyd Wright's SC Johnson Wax Headquarters; Wingspread by Frank Lloyd Wright; Eight meals (five-breakfasts & three dinners); Tour Director; Motorcoach Transportation; Baggage handling at hotels. \$3,445. Double \$4,145-Single. Travel insurance information is available upon request. Call Liza Leister at Travel Haus to register: (215) 723-8687 groups@trvlhaus.com. **Must book by November 15th 2024.**



CAPE COD: MA JUNE 23 - JUNE 26, 2025*

Three nights deluxe accommodations; Round trip luggage handling; Guide on arrival night; Three breakfasts; Three superb New England dinners; Tour of Provincetown; Admission to Whydah Pirate Museum; Cape Cod Canal Visitors Center; Guided tours of Hyannis and Plymouth, MA; Cape Cod Central Railroad; Print by local artist; Meal taxes, meal gratuities, room taxes, local guide gratuity all included. \$1095 per person Double. \$1290 Single. Travel insurance information is available upon request. Contact Lisa Furbacher at Generations for more information or to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org*info. updated 11/6/24

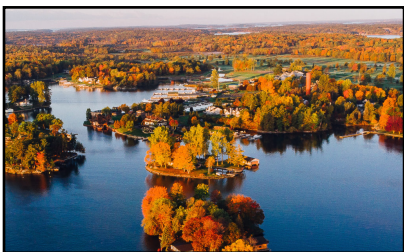


SCOTLAND JULY 26 - AUGUST 2, 2025



6 Nights 7 Days - Includes Royal Edinburgh Military Tattoo; Castle Rock; Scone Palace; Loch Ness; Isle of Skye; Loch Lomond; Stirling Castle; Tour of Glasgow's Town; Tour of a whiskey distillery; Fort William; Glenfinnan; 6-breakfasts; 3-dinners
Cost: \$4505.00-double occupancy or \$4,995.00 single occupancy Arrangements through Travel Haus. Travel insurance information is available upon request. Contact Liza Leister for more information or for reservations: 215-723-8687 or groups@trvlhaus.com

1000 ISLANDS, NY: SEPT. 21- 24, 2025



Three nights deluxe accommodations; Round trip motorcoach transportation; Three great breakfasts; Thousand Islands lunch cruise; Two sumptuous dinners; Wine tasting at Thousand Islands Winery; Guided tour of 1000 Islands; Visits to Boldt & Singer Castles; Singer Castle Cruise; Antique Boat Museum. \$837 per person Double. \$1067 Single. Travel insurance information is available upon request. Contact Lisa Furbacher at Generations for more information or to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org

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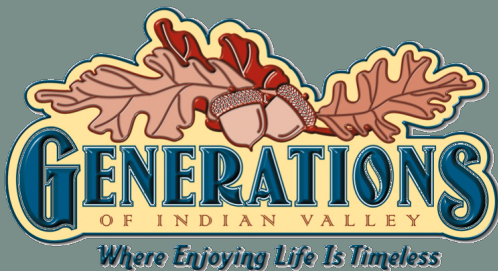
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EVENINGS & WEEKENDS AS
SCHEDULED

*WE WILL BE CLOSED ON
DEC. 9 & DEC. 25 - JAN. 1 SEE P. 10 -
13 FOR ADDITIONAL IMPORTANT
SCHEDULING ANNOUNCEMENTS.

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FUN AT OUR HALLOWEEN LUNCH &
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