LUNCH MENU

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

2026 / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items are subject to change. We will post applicable updates at our front desk.	1 Spaghetti & Meatballs; Caesar Salad; Garlic Knot	2 White Bean Chicken Chili; Green Salad; Cornbread	3 Turkey Rachel on Ciabatta; Salad; Chips	4 Bacon, Egg & Cheese on English Muffin; Roasted Potatoes; Vegetable
7 Generations Closed	8 Chicken Teriyaki Over Rice; Broccoli	9 Philly Cheesesteak Pasta; Green Salad	10 Kielbasa and Pierogis; Caramelized Onions; Baked Apples	11 Supreme Pizza Frittata; Italian Vegetable Blend; Dinner Roll
14 Meatball Stroganoff Over Mashed Potatoes; Vegetable	15 Open-faced French Onion Beef Sandwich; Green Salad; Fries	16 **Happy Birthday!** Spinach, Artichoke, & Chicken Flatbread; Green Salad	17 Pork and Sauerkraut; Mashed Potatoes; Green Beans; Applesauce	18 Butternut Squash Ravioli w/ Sausage & Spinach; Garlic Knot
21 Chicken Cordon Bleu, Roasted Potatoes, Glazed Carrots	22 Turkey "Gobbler" Bowl; Cranberry Sauce; Vegetable	23 11:30 Holiday Brunch Special Event/Time/ Meal (see. p. 3)	24 11:30 Chef's Choice **Generations Closes at 12:30**	25 Generations Closed
28	29	30	31	Jan. 1

GENERATIONS WILL CLOSE AT 12:30PM ON THUR., 12/24 AND REMAIN CLOSED THROUGH FRIDAY, 1/1/27. WE WILL RE-OPEN ON MONDAY, 1/4/27.

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. **PLEASE if you have registered for lunch and cannot attend (because you are sick or on a trip) call the center to cancel.**

To receive a noon meal, arrive and seat yourself by 11:55. 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 16 and Wednesday, January 13.

OUR CAFÉ

Our Café is open Mon.-Fri. from 9:00am-1:00pm for dine-in or take-out. Enjoy our a-la-carte menu and daily specials of salads, sandwiches, snacks, coffee, soups, heat & eat meals and more. No need to order; just stop by!

PROGRAM SCHEDULE 2026 / 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. **All programs are subject to change. Please check bulletins at the center and our website for updates.**	1 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Hand & Foot (8) 9:30 Sit, Stretch, Flex (14) 10:30 Rhythmfit (14) Haircuts by Appt. (12) 1:00 Trust Discussion Group (4) 1-Open Art Studio (9)	2 9:30 Dancefit (14) 9:30 Billiards (8) Hearing Care Appt.(12) 10:00 Scrabble (9) Choir Chimes to Valley Vista (8) 10:30 Balance/Tone/ Stretch (14) 1:00 Diabetes Prevention (4) 3:30 Caregiver Support (Virtual) (7)	3 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10- Fun & Games (8) 10-Boscov's Trip (15) 11:00 Mats that Matter (8) 12:30 Ed Savistky Retirement Social (4) 12:45 Pinochle (9) PA Medi Appt. (7)	4 9:00 Billiards Away vs Normandy Farms (8) 9am-4pm Reindeer Run Early Check-in (1) 9:30 Functional Fitness&Balance (14) 9:30 Billiards (8) 9:45 Hunterdon Hills Trip (15) 10-2 "Go" Game (8) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (8) 1:00 Generations Acting Up (4) **LAST DAY TO ENTER BASKET RAFFLE!**	5 8:00 Reindeer Run/ Walk (1) 6
7 **Generations Closed** Choraleers to Hidden Meadows	8 Keep on Track: German Christmas Village Excursion (4) Massage By Appt. (12) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8) 1-Open Art Studio (9) 1:00 Trust Discussion Group (4)	9 9:00 Billiards Away vs Hershey's Mill (8) 9:30 Holly Jolly @ Dutch Apple Trip (15) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/ Stretch (14) Choir Chimes to Willows 11-Recipe Swap Celebration (9) 1:00 Winter Readiness (4) 2-Caregiver Support (7)	10 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10- Fun & Games (8) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) Choir Chimes to Valley Manor (8) 1:00 Painting for Kids (4) 3:30 Board Meeting	11 9:15 Billiards Away vs. Arbour Square (8) 9:30 Billiards (8) 9:30 Functional Fitness&Balance(14) 10:00 Trivia at Ten (4) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (8) 12:45 Movie Matinee: Scrooged (4) 1:00 Generations Acting Up (4) **"Gingerbread" Entries Due (3)**	12 12:00 Holiday Opera Gala Trip (16) 13
14 9:15 Billiards Home vs Hillview (8) 9:30 CardioTone (14) 10-Meditation (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) Choraleers to Valley Vista (8)	15 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) Haircuts by Appt. (12) 10:30 Rhythmfit (14) NO Open Art Studio (9) 1:00 Jar Meals and Treats Workshop (5) 1:00 Trust Discussion Group (4)	16 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Scrabble (9) 10:30 Balance/Tone/ Stretch (14) 11:00 Holiday Inn @ Bucks Co. PH Trip (16) Financial Counsel (7) Choir Chimes to Peter Becker (8)	17 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling with Shirley Appt. (7) 10- Fun & Games (8) 11:00 Mats that Matter (8) 12-2 Sen. Collett Office Hours (7) 12:45 Pinochle (9) Legal Aid Appt. (7)	18 9-Billiards Away vs Schoolhouse Ctr. (8) 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (8) 1:00 Music Bingo (5)	19 20
21 Massage Mondays(12) 9:30 Billiards (8) 9:30 Cardio Tone (14) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) Choraleers to Peter Becker (8)	22 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8) NO Open Art Studio (9) 3:00 Longest Night (5)	23 NO Dancefit (14) 9:30 Billiards (8) 10:00 Bowling (8) 10:30 Balance/Tone/ Stretch (14) **11:30 Holiday Brunch (3)** Chimes to Hidden Meadows	24 9:30 Billiards (8) 9:30 Sit,Stretch, Flex (14) NO Fun & Games (8) NO Pinochle (9) 11:30 Early Meal!(10) **Generations Closes at 12:30pm**	25	26 27
28	29	30	31	Jan.1	Jan. 2

SCHEDULE ANNOUNCEMENTS:
Generations will be closed on Mon., 12/7. Meals on Wheels will run as scheduled.

There will be no Dancefit on 12/23.

HOLIDAY CLOSING: Generations will close at 12:30pm on Thur., 12/24 and remain closed through Friday, 1/1/27. We will re-open on Monday, 1/4/27. There will be no Meals on Wheels (MOW) deliveries on 12/25/26, or 1/1/27, 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.

LUNCH MENU

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

2027 / JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All menu items are subject to change. We will post applicable updates at our front desk.			1 Generations Closed
4 Chicken Parmesan Flatbread; Caesar Salad	5 Shepherd's Pie Topped Baked Potato; Green Salad	6 Pulled Pork w/ Mango Salsa Over Sweet Potato Wedges; Coleslaw	7 Frittata w/ Ham, Peppers, Cheddar and Spinach; Whole Wheat Roll; Green Veggie	8 Cheese Ravioli with Pesto Blush Sauce; Garlic Knot; Salad
11 BBQ Meatballs Over Mashed Potatoes; Green Vegetable Blend	12 Orange Chicken Bowl w/ Brown Rice, Broccoli; Fortune Cookie	13 **Happy Birthday!** Open-faced Tuna Melt with Creamy Tomato Soup	14 Penne w/ Marinara; Sausage and Peppers; Ciabatta Roll; Salad	15 Open-faced Hot Turkey Sandwich; Green Veggie; Roasted Potatoes
18 Cod w/ Roasted Tomato Sauce; Savory Rice; Green Veggie	19 Sloppy Joe Over Texas Toast; Potato Wedges; Green Veggie	20 Yacht Rock Lunch Special Menu/Event Price (see p. 1)	21 Turkey Sausage, Egg & Cheese on a Croissant; Fresh Fruit; Tater Tots	22 Beef Chili with Cheddar; Southwest Caesar Salad; Cornbread
25 Warm Ham and Cheese Slider; Loaded Potato Soup	26 Christine's Chicken Salad Over Greens; Cranberry Walnut Bread; Mandarin Oranges	27 Salmon with Lemon Butter Sauce; Rice; Green Vegetable	28 Warm Turkey, Apple & Cheddar on Ciabatta; Coleslaw; Sun Chips	29 BBQ Chicken Sandwich on Potato Roll; Baked Beans; Fresh Fruit

WELLNESS/SPA OFFERINGS

MASSAGE MONDAYS, SELECT MONDAYS, BY APPT

Enjoy a 30-minute chair massage for $30 or a 60-minute fully clothed table massage for $65 (shorts and a tank top recommended for comfort) with Licensed Massage Therapist Jim Davidson. Cash or check made payable to Jim Davidson. Tips are welcomed, and a portion of proceeds will benefit Generations directly. **To schedule, call/text Jim at 570-449-9466.**

ACUPUNCTURE FOR PAIN RELIEF: MONDAYS, 11:00AM

Charles Illingworth, IV, L.Ac., offers weekly Group Acupuncture. All participants will be treated for pain while seated. $20 per session includes donation to Generations. Pre-registration is not required. Sign in at the front desk upon arrival, and pay for a ticket before each session.

HAIRCUTS BY APPOINTMENT: SELECT TUESDAYS

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

BLOOD PRESSURE SCREENINGS:
MONDAY, JANUARY 11, BEGINNING AT 11:00AM

Free blood pressure checks, provided by St. Lukes PT. No need to make an appointment, just walk in! First come, first served.

GUIDED MEDITATION FOR STRESS RELIEF
MONDAYS, 10:00AM

Start your journey to a calmer mind by enjoying 30 quiet, refreshing minutes and a guided meditation from sound to silence. Result: a refreshed you with better focus. Darlene Cianci, Certified Instructor. Fee: $4/class or $20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

ATTENTUS HEARING CARE:
WEDNESDAYS, DEC. 2 & JAN. 6, 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 not 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

2027 / JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
All programs are subject to change. Please check bulletins at the center and our website for updates. Please register and sign in for programs in case we need to contact you.	**The number after the program listing indicates on which page of the newsletter more info. can be found.**	**Schedule Announcements: Generations will be closed on Friday, January 1.**		1 **Generations Closed**  **Happy New Year!**	2 3
4 9:30 Billiards (8) Massage Mondays (12) 9:30 CardioTone (14) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) **GENERATIONS REOPENS**	5 9:00 Billiards Away vs Hillview (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) Haircuts by Appt. (12) 1-Open Art Studio (9)	6 9:30 Billiards (8) 9:30 Dancefit (14) Hearing Care Appt.(12) 10:00 Scrabble (9) 10:30 Balance/Tone/ Stretch (14) 1:00 Diabetes Prevent Follow Up (4) 3:30 Caregiver Support (Virtual) (7)	7 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10- Fun & Games (8) 12:45 Pinochle (9) 11:00 Mats that Matter (8) 1:00 Advanced Directives: Making Your Wishes Known (5)	8 9:15 Billiards Home vs Arbour Square (8) 9:30 Functional Fitness & Balance(14) 10:00 Museum at Hoppenville Trip (16) 10-2 “Go” Game (8) 10:30 Release & Restore Yoga (14) 10:45 Oglebay Trip Presentation (18) 12:30 Mahjong (8) 1:00 Winter White Elephant Social (4)	9 12:00 Boar’s Head Festival Trip (16) 10
11 Massage Mondays (12) 9:30 Billiards (8) 9:30 CardioTone (14) 10-Meditation (12) 10:00 Vertigo and Balance Training (5) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY (7) 11:00 Blood Pressure Screenings (12) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)	12 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8) 1-Open Art Studio (9)	13 9:15 Billiards Home vs Hershey’s Mill (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/ Stretch (14) 11-Recipe Swap: Chili (9) 1:00 Alzheimer’s:10 Warnings Signs (5) 2 - Caregiver Support (7)	14 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10- Fun & Games (8) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 1-Painting for Kids (4) 3:30 Board Meeting	15 9:15-Billiards Home v Norm Farms.(8) 9:30 Functional Fitness &Balance(14) 10:00 Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (8) 1:00 Generations Acting Up (4) 1:00 Long Term Care Insurance Basics (6)	16 17 10:00 Out to Brunch: Yellow House Hotel (16)
18 9:30 Billiards (8) Tax Appt. Scheduling Opens (6) Massage Mondays(12) 9:30 Cardio Tone (14) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)	19 9:00 Billiards Away vs Pennridge (8) 9:15 Newsletter Mailing (9) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) Haircuts by Appt. (12) 1-Open Art Studio (9) 1:00 Book Club: The Last Secret Agent (6)	20 9:15 Billiards Home vs Ben Wilson (8) 9:30 Dancefit (14) 10:00 Scrabble (9) 10:30 Balance/Tone/ Stretch (14) Financial Counsel (7) 12:00 Yacht Rock Lunch (1)	21 9:30 Shear Madness DADT Trip (16) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling with Shirley Appt. (7) 10- Fun & Games (8) 11:00 Mats that Matter (8) 12-2 Collett Hours (7) 12:45 Pinochle (9) 1:00 Art Thou a Witch? (5) Legal Aid Appt. (7)	22 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 9:30 AARP Safe Driving Refresher (6) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (8) 12:45 Digital Literacy: Generative A.I. (6) 1:00 Generations Acting Up (4)	23 24
25 9:30 Billiards (8) 9:30 Cardio Tone (14) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)	26 9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8) 1-Open Art Studio (9)	27 10:00 Billiards Homevs Schoolhouse(8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/ Stretch (14) 1:00 State of the Center (6)	28 9:30 Billiards (8) 9:30 Sit,Stretch, Flex (14) 10- Fun & Games (8) 12:45 Pinochle (9) 1-Painting for Kids (4)	29 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (8) 12:45 Movie Matinee: Audrey’s Children (6) 1:00 Generations Acting Up (4)	30 31