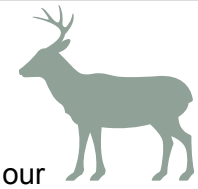
GENERATIONS OF INDIAN VALLEY

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
SATURDAY, DECEMBER 5, 8:00AM



It's time to don our antlers and hoof around Souderton for our annual Reindeer Run & Walk. Whether you like to run, walk, or simply cheer on Generations, we need your support! Choose the challenging 5K timed race or One Mile Fun Walk.

If 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 (how about asking your friends and family to participate in support of the awesome senior center you attend?) or provide a monetary donation to help offset event costs.

Registration fees includes a long sleeved t-shirt, reindeer antlers, hot breakfast and one entry for raffle prizes. Medals will be awarded for race winners. Extra breakfasts for spectators, friends & family will be available for $7.00 each. More information can be found at our front desk and our website: www.generationsofiv.org

YACHT ROCK LUNCH
WEDNESDAY, JANUARY 20, 12:00PM



Entertainer "Just Jessica" sails in for this "yacht rock" themed lunch featuring equal parts party boat and chill sunset vibes. Enjoy smooth soft rock sounds and R&B-infused grooves of the 70s and 80s for a rock the boat good time! Wear your nautical apparel and your sea faring smiles!

On deck for lunch is a themed menu featuring a *Doobie Brothers* BBQ Pork Slider on a Soft Brioche Roll with Bright Fruit *Pointer Sisters* Salsa; Creamy *Fleetwood Mac* and Cheese with a Toasted Panko Topping; Seasonal *Earth, Wind and Fire* Roasted Vegetables; *Summer Breeze* Berry Trifle w/ a *Don't Stop Believin'* Brownie Bite; Tea or Coffee, & Choice of *Ambrosia* Cocktail, Beer, or Soft Drink.

Cost: $25 includes your meal, drinks, and live music. All proceeds from this fundraising event benefit our Center and Meals on Wheels programming. There will be no noon meal this day. Seating is limited, and reservations are required. **Payment is due at registration**. Registration opens Nov. 17 and closes Jan. 13. Register at our front desk or call 215-723-5841.

BASKET RAFFLE! FUNDRAISER



Get your tickets at our front desk through Dec. 4. You could win a fabulous gift basket valued at $75 - $125!

Winners will be chosen at our Reindeer Run on Dec. 5. You need not be present to win.

Ticket prices:
1 Ticket for $5
5 Tickets for $10
15 Tickets for $20.

Proceeds benefit our Center and Meals on Wheels Programs.

So many volunteers and local businesses contributed time and donations to this fundraiser, and it was pretty amazing to watch it all come together! We can't name them all here but want to shout out Emily Edmonds, Peg Eure, Larry DiBlasi, Annie Meehan, Kristin Messina, and Rosemary Roynan for their efforts in soliciting donations and building baskets!

Check out the baskets in our Café and please patronize the establishments that supported Generations with donations.

Payment policy for paid, on-site events (see p. 15 for our ***trip*** payment policies):
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 (free)].
2. ***By Phone*** [Credit (3% fee) or Debit (free)]. 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

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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, Executive Chef/Nutrition Services
Heather Lewis & Mattie Young, North Penn MOW Coordinators
Lexi Little, Kitchen Assistant
Kelly McMackin, Indian Valley MOW Coordinator
Val Perry, Member Services Coordinator
Kameele Rivera, Sous Chef/ Nutrition Services
JoAnn Steinly, MOW Kitchen Coordinator
Amy Stover, Program Coordinator

BOARD OF DIRECTORS

John H. Filice, Chair
Dr. Stephen Carp, Vice-Chair
Timothy Swartley, Treasurer
Ella M. Roush, Secretary
Linda Abram
M. Theresa Fosko
Brian K. Goshow
Ron Hallman
Joanne Kline
D. Scott Landis
Alexandra Metricarti
Chari Richardson

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.

THE PRICE OF VALUABLE PROGRAMS

My friends and family members tease me about being a tightwad and I know my reputation is well-earned. Feelings about money can be so complex, can't they? When we've worked really hard on something, we feel appreciated if we're well paid; but if we've worked hard and are not well paid, we feel undervalued. On the other hand, if someone charges a lot for their work, we may think their price is unfair. It's important to find the right balance between the price of something and the value of what we receive.

At Generations we're sensitive to that. We strive to provide the greatest value for reasonable costs. By far, the greatest percentage of our income comes from outside funding sources – government, grants, sponsors, and donors. When the economy is challenging and funding is cut, we feel the squeeze pretty quickly and have to make difficult choices.

While Generations is not in danger of closing, we are on (what my mother used to call) an "austerity program."

To help us balance our income with our expenses, we need to increase some of our costs. Be assured that we will be doing this as carefully as possible so that these increases do not create hardship for our participants.

But just like you may find higher prices at the pump, you may notice some higher prices in the Café, or in the requested donations for activities.

Even with some higher costs or activity donation requests we hope you always find Generations to be a great value… and know how much we value each of you!

~Doug Eschbach, Executive Director

CELL PHONE REMINDERS . . . PLEASE:



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 or outside.

Do not use speakerphone in common areas.

Use headphones/earbuds if watching/listening to media.

"GINGERBREAD" HOUSE DECORATING CONTEST

Help us get into the holiday spirit by using your creativity to decorate an artificial gingerbread house. Visitors to Generations will love looking at all the entries and choosing their favorite. Here's the scoop:

- To enter, stop by our front desk for your "gingerbread" starter kit available on Nov. 24! ($5 donation to enter).
- We're using cardboard houses and craft embellishments. You MAY NOT use any food or candy.
- The *foundation* of your house must be the one we provide with your starter kit. You have the option of using a variety of craft items we will provide, adding your own decorative flare, or a combination of both.
- There are other important rules to follow in order to qualify. Full details will be included with your starter kit.
- Judging will take place between Dec. 14-23. All entries must be returned to Generations for judging by Dec. 11.

May the best "gingerbread" house win!

HOLIDAY BRUNCH WEDNESDAY, DEC. 23, 11:30

Get in the holiday spirit as favorite performers Shannon and Cayden share Holiday favorites from crooners to classical (voice, piano, violin).

Brunch menu: Spinach, Sun-dried Tomato, & Mozzarella Quiche; Winter Salad with Candied Pecans, Apple, Feta, Roasted Butternut Squash, & Pomegranate Seeds; Mini Warm Cinnamon Roll with Festive Sprinkles

Cost: $2 donation for the brunch payable on Dec. 23. Additional donations (suggested $5 per person) will be requested on event day to defray costs. Space is limited! Call 215-723-5841 or visit our front desk to register.

AM I REQUIRED TO MAKE A MEAL DONATION?

That is an excellent question! You are not required to make a donation for our regular noon meal. You are given an opportunity to contribute a voluntary and anonymous donation if you wish.

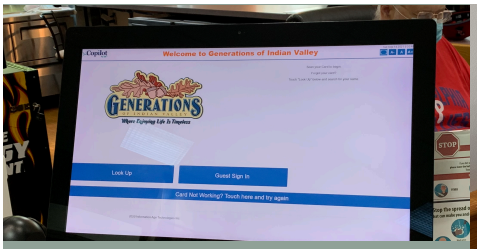
You will never be denied a meal if you do not make a donation. All donations collected are recycled back into programs to benefit seniors in Montgomery County. That means that a donation that you make today will benefit you or other residents of Montgomery County in the future!

At Generations, our noon meal cost for 2026 was $71,434.04, and we served 15,709 meals during that time. Our average cost per meal was $4.55. The suggested donation amount is $2 per meal.

The funding for our Noon Meal (and Meals on Wheels) programs are federal funds that are passed to the states and then on to the counties. The Montgomery County Office of Aging Services (MCOAS) then contracts with senior centers and home-delivered meal programs to provide meals for seniors. All contracted providers must follow the guidelines put in place by the PA Office of Aging Services, which include food safety and nutrition protocols.

If you've received a meal at Generations, this is a friendly reminder that you may also receive a request from a Generations staff member to complete a required NAT-E nutrition assessment.

We hope that you enjoy the meals provided. If you have any concerns about the program please contact the contracted provider office or your MCOAS care manager at 610-278-3601.



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.



PUMPKIN DECORATING CONTEST

Thanks to all who participated in our Pumpkin Decorating contest! We loved seeing all of the "bootiful" entries. The winners were: 1st: "Faboolous," 2nd: Penguin, Honorable Mention: Dancing Queen



LONGEST NIGHT PROGRAM TUESDAY, DEC. 22, 3:00PM Take some time for quiet reflection during this often-boisterous season. Come seek your inner light. More info. p. 5

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.

TRUST DISCUSSION GROUP ^
TUESDAYS AT 1:00PM THROUGH DECEMBER 15

Volunteer Bob leads this discussion group based on Dr. Henry Cloud's book, Trust. Explore how to build healthier connections, spot trustworthy people, repair broken bonds, and navigate relationships with confidence. This group has been meeting since October 13. If you are interested in joining the group for the last few sessions, **please register. ^**

DIABETES PREVENTION PROGRAM
WEDNESDAYS, DECEMBER 2 & JANUARY 6, 1:00PM

The National Diabetes Prevention Program continues for those who have already completed the first portion of the series. This listing is for their reference only; registration is closed.

CELEBRATING ED SAVITSKY'S RETIREMENT
THURSDAY, DECEMBER 3, 12:30PM

We at Generations proudly recognize and extend heartfelt thanks to Ed Savitsky who has dedicated more than 25 years as a PA MEDI volunteer (and many of those here at Generations). During this time, Ed has been helping seniors better understand Medicare, navigate their healthcare options, and make informed decisions about their coverage. Join us in congratulating and recognizing Ed at a gathering with some light refreshments in our Fireplace Lobby. There's no need to register, just stop by.

GENERATIONS ACTING UP READERS THEATER ^
FRIDAYS, 1:00PM - NO MEETINGS 12/18, 1/8



Beat the winter blues working toward a purpose and a performance! Volunteer Dave leads this fun group to read short plays aloud with the goal of performing (with scripts) for a lunch theater at Generations! They were last seen at our Halloween gathering. If you have a passion for performing or public speaking or revel in a good read-aloud, then you will love this low-stakes drama club. Join us! **Please register if interested. ^**

KEEP ON TRACK EXCURSION: GERMAN CHRISTMAS VILLAGE ^
TUESDAY, DECEMBER 8

Our director Doug leads this month's excursion to the German Christmas Village in Philadelphia. All registered participants should have attended the pre-trip meeting for pertinent information and our itinerary. This trip is now closed for registration. All participants for the Keep on Track Club must be cognitively and physically independent. Excursions will involve a great deal of walking.

WINTER READINESS^
WEDNESDAY, DECEMBER 9, 1:00PM

We will discus why cold weather is more dangerous to our bodies as we age, cold weather risks and how to prevent them, plus tips for maintaining a healthy lifestyle through the winter months. This free presentation by Deborah Jankowski is brought to you by The Montgomery County Office of Aging Services. **Please register. ^**

PAINTING FOR KIDS ^
2ND & 4TH THURSDAYS, 1:00PM

Join volunteers Tish and Traute to paint for kids. Bring a few brushes, a water container, paper plates, paper towels or a rag, and a smock. All other supplies will be provided by the foundation Art2Hearts.com. Guidance and coaching will be provided if needed. Plan on a fun time painting pictures children will enjoy that will be donated to pediatric care facilities. A $2 donation per person, per class is optional for use of the room/supplies. **Registration required. ^**

TRIVIA AT TEN ^
FRIDAY, DECEMBER 11, 10:00AM

Enjoy a morning of brain games and trivia. Play for the glory because the prizes are lame! Led by Generations Program Coordinator Amy Stover. **Registration required. ^**

MOVIE MATINEE: SCROOGED ^
FRIDAY, DECEMBER 11, 12:45PM

Bill Murray plays Frank Cross in this metafictional 1980s comedy retelling of A Christmas Carol. A cynical, selfish television executive is haunted on Christmas Eve by three

WINTER WHITE ELEPHANT SOCIAL
FRIDAY, JAN. 8 1:00PM



Let's get together to beat the winter blues at this fun social gathering! We'll have some silly minute to win it games and "get to know you" games. Warm up with some hot chocolate and cookies. Bring a wrapped white elephant 'mystery' gift valued between $8-$15 and get a ticket to take home your own mystery gift. (This part is completely optional, but if you bring a mystery gift, it should be something new and unused). Cost: $5 per person toward refreshments. **Payment is due at registration. Please register by Jan. 5. ^**

SPECIAL PROGRAMS (IN ORDER OF DATE)

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ghosts trying to bring him back to his holiday spirit. Rated PG-13 for language, mild violence, and sexual innuendo. Running time is 1 hour, 41 min. Donation: $2.00. Popcorn provided. Other concessions available for purchase in our Café until 1pm. **Please register. ^**

JAR MEALS & TREATS WORKSHOP ^
TUESDAY, DECEMBER 15, 1:00PM



Winter is coming! Use our space to spread out with friends in an "assembly line" style to make meals and desserts in a jar. Each participant will leave with one meal jar and one dessert jar. Recipe cards for cooking with the jars are also included. Take home your jars and add a few fresh ingredients at a later date for a hearty home meal or treat. . . or give a jar to a friend for a practical gift. We are collecting clean, one quart, wide mouth canning jars for this program. All other supplies/ingredients will be provided. Cost: $18 per person due at registration. Space is limited. **Registration required by Dec. 9. ^**

MUSIC BINGO: FRIDAY, DECEMBER 18,
CARD SALES 12:30-1:00, GAMES BEGIN AT 1:00

Come try this fun game! Songs replace the numbers on a special bingo card. 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 Café. No registration required.

LONGEST NIGHT ^
TUESDAY, DECEMBER 22, 3:00PM

For some, the holiday season can be a tough time. Spirits may sink as days grow shorter and we are surrounded by darkness. Join us for an educational presentation about the longest night of the year. We will explore the oirigns of Longest Night ceremonies across cultural boundaries. A brief presentation will be followed by a gathering with light refreshments. Take some time for quiet, self-reflection during this often-boisterous season. During the Longest Night of the year, come seek your inner light. Free program. **Please register. ^**

ADVANCED DIRECTIVES:
MAKING YOUR WISHES KNOWN ^
THURSDAY, JANUARY 7, 1:00PM



Join Montgomery County Coroner and board-certified physician Dr. Janine Darby to learn how advance directives can help you maintain control of your healthcare decisions, protect your wishes, and give your loved ones peace of mind. Free program. **Please register if you plan to attend. ^**

VERTIGO AND BALANCE TRAINING ^
MONDAY, JANUARY 11, 10:00AM

Are you spinning? Worried about losing your balance? Join our guest speaker Jillian Fontana, PT, DPT, from Physical Therapy at St. Luke's for an engaging presentation on vertigo and balance training. Learn how physical therapy can help you prevent falls. Time for questions and answers will follow the presentation. Free program. **Please register. ^**

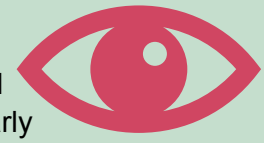
ALZHEIMER'S: 10 WARNING SIGNS ^
WEDNESDAY, JANUARY 13, 1:00PM

Please join Jane Cero, RN and Volunteer from The Alzheimer's Association for this informative program.. This workshop will help people recognize common signs of the disease vs common age- related changes, and identify the next steps to take, including how to talk to their health care provider. Free program. **Please register if you plan to attend. ^**

NAME THAT TUNE ^
FRIDAY, JANUARY 15, 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. ^**

ART THOU A WITCH? THURSDAY, JANUARY 21, 1:00PM



The dark days of winter were waning, but a cloud of fear had enveloped Telford. People were whispering that the explanation for "mysterious and malicious" acts over recent weeks was supernatural: A witch was at work in the community. And some people worried about where this all would lead. This program, "Art Thou a Witch?," from the Souderton-Telford Historical Society examines the history of witchcraft as it places the events of 1882 Telford in context.

Edie Adam lives in Telford and is a retired journalist who worked at The Reporter early in her career. She is a member of the historical society and editor of its bi-monthly newsletter, and a regular attendee of Generations' memoir group. Donation: $4.00 to benefit The Historical Society & Generations. Space is limited. **Please register for the program if you plan to attend. ^**

NEWS & NOTES:

ARTWORK FOR DECEMBER: REINDEER RUN PHOTOS

Enjoy a display of Reindeer Run photos from years past throughout the month of December. The framed photos were taken by Photographers Bob Pagni and Valerie DiBlasi Perry.

ARTWORK FOR JANUARY: PAINTING FOR KIDS

Since we started our "Painting for Kids" group at Generations back in August, Volunteers Tish and Traute have led participants and their family members in creating more than 75 works of art that will be donated to the organization Art2Hearts. The organization will then install the artwork in various locations with the hope of brightening the spirits of children in pediatric care facilities. Before we donate them, enjoy an uplifting display of these pieces throughout the month of January! More info. on the Painting for Kids project on p. 4.

NEED TO TALK?

Montgomery County Peer Support Talk Line: (855) 715-8255
Montgomery County Mobile Crisis: (855) 634-HOPE (4673)
National Suicide & Crisis Line: Call or Text 988
Upper Bucks Crisis: 215-257-6551
PA Drug & Alcohol Helpline: 1-800-662-HELP (4357)

AARP TAX AIDE 2027:

AARP Foundation Tax Aide Volunteers will offer FREE tax preparation services BY APPOINTMENT at Generations on Thursdays & Fridays, from Feb. 4 through March 25, 2027. You may schedule your appointment by calling 215-723-5841 beginning Monday, January 18, 2027 at 10:00am. We will not begin taking appointments until this date/time. Appointments fill up quickly!

This service is meant for older taxpayers, with lower incomes, and who may not have access to other means of tax preparation.

SPECIAL PROGRAMS (BY DATE ORDER)

^ = 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. If calling, ask for the name of the program exactly as it is listed here.

LONG TERM CARE INSURANCE BASICS ^
FRIDAY, JANUARY 15, 1:00PM

Join our guest speaker Fran Ryan from New York Life for an informative presentation on Long-Term Care Planning. Learn what long-term care is, how planning ahead can help protect your financial future and independence. Fran will discuss the different types of long-term care services, the potential costs associated with care, and how long-term care insurance may help protect your savings while easing the financial and emotional burden on loved ones. Learn about available options and practical steps you can take to prepare for the unexpected. Time for questions and answers will follow the presentation. Free program. **Please register if you plan to attend. ^**

BOOK CLUB: THE LAST SECRET AGENT ^
TUESDAY, JANUARY 19, 1:00PM

Volunteer Mary leads our book club discussion of *The Last Secret Agent: My Life as a Spy Behind Nazi Lines.* It is the memoir of Phyllis "Pippa" Latour Doyle, a female World War II British spy who served in Nazi-occupied France. *Mary's tip: Persevere through the first few chapters! It might seem slow but gives great background information.* You will need to purchase or borrow the book on your own. **Donation: $2.00. To register for the book club discussion, visit our front desk or call 215-723-5841. ^**

AARP SAFE DRIVING REFRESHER ^
FRIDAY, JANUARY 22, 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. **Please register. ^**

DIGITAL LITERACY: GENERATIVE A.I. ^
FRIDAY, JANUARY 22, 12:45PM

Join Alan Berry, Media Literacy Educator, Researcher, and Advocate, for a digital literacy workshop. For this month's topic, we will explore evaluating digital information for reliable, trustworthy content and spotting generative A.I. Free program. **Please register. ^**

MOVIE MATINEE: AUDREY'S CHILDREN ^
FRIDAY, JANUARY 29, 12:45PM

Based on a true story taking place in 1969, this film depicts the inspiring life of legendary Children's Hospital of Philadelphia (CHOP) Dr. Audrey Evans, who battles sexism, medical conventions, and the subterfuge of her peers to develop revolutionary treatments and purchase the first Ronald McDonald House, impacting millions. Rated PG for thematic content and some language. Running time is 1 hour, 50 min. Donation: $2.00. Popcorn provided. Other concessions available for purchase in our Café. **Please register. ^**

STATE OF THE CENTER WITH DOUG^
WEDNESDAY, JANUARY 27, 1:00PM

Executive Director Doug will share updates on Generations. From budgeting and planning to new programs and menus, expect to hear what's new and what's in the works. Bring your questions and concerns. **Please register. ^**

SOCIAL SERVICES

CAREGIVER'S SUPPORT

Katherine Rovine, working with the Alzheimer's Association, 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: 215-280-0137/ eojd41@comcast.net (contact information is new as of 4/2026)

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

COUNSELING w/ SHIRLEY FOR EVERY DAY STRUGGLES SELECT THURSDAYS 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 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
Phone: 215-650-3034
Website: 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 THURSDAY, DECEMBER 3

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 2ND MON., (DEC. 14 & JAN. 11) 10:45 AM -12:45 PM

PA STATE SEN. OFFICE HOURS 3RD THUR., (DEC. 17 & JAN. 21) 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.

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.

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. Requested **Donation: $2.00 per day effective Dec. 1.**

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



Begin purchasing your bingo cards at 12:30pm for **$2.00 each. Price per card increase effective Dec. 8.** 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 to sign in. Seniors (65+): $3.75 per game; shoe rental additional $3.50 (new prices). Questions? Call our front desk at 215-723-5841.

"CHAT ABOUT" DISCUSSION GROUP NO LONGER OFFERED

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.

COMMUNITY DANCES FOR SINGLES & COUPLES: NOT OFFERED AT THIS TIME EFFECTIVE NOV. 13

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: $2.00 increase effective Dec. 14.**

FUN & GAMES ^ THURSDAYS, 10:00AM

Volunteer Beth leads a different organized game for each session. If needed, Beth will provide assistance as you learn the game. Schedule below. Please register for the games you plan to attend. **Donation: $2.00 effective Dec. 3.^**
Dec. 3 & 17, Jan. 7 & 21- Mexican Train Dominoes
Dec. 10, Jan. 14 & 28 - Five Crowns Cards

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 (DEC. 4 & JAN. 8), 10:00AM - 2:00PM



Join volunteer Don and watch or play the internationally popular board game of GO. It's easy to learn! Playing GO helps sharpen focus and concentration skills while using strategy and adaptability in changing situations. Our friendly, growing Generations GO group welcomes new players and we'll help and encourage you to get involved with this endlessly fascinating game. **Donation: $2.00.** No need to register. Please sign in upon arrival.

HAND & FOOT CARD GAME: TUES, 9:30AM -1:15PM

Have fun playing (or learning) this card game that's similar to Canasta. **Donation: $2.00.**

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. **Donation: $2.00 effective Dec. 4.**

MATS THAT MATTER: 1st & 3rd THURSDAYS, 11AM

Make mats for the homeless out of plastic bags with the help of a volunteer. 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.

OPEN ART STUDIO MOST TUESDAYS, 1:00-3:00PM (SEE CALENDAR FOR SCHEDULE)

Bring your own projects and supplies and use our space to spread out and create. No need to register. Please sign in at the touch screen upon arrival. See calendar pages for black out dates. **Donation: $2.00 per person.**

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, DEC. 9, 11:00AM (CELEBRATION)
WEDNESDAY, JAN. 13, 11:00AM (CHILI)

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! Donation: $2.00.** 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

SCRABBLE: 1ST & 3RD WEDNESDAY, 10:00AM,

Join this non-competitive group for a friendly game of skill-sharpening Scrabble. Supplies provided. Space is limited. **Donation: $2.00, effective Dec. 6.** No need to register, just stop by.

SHUFFLEBOARD: 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.

TECHNOLOGY TIPS BY REQUEST

For questions about how to perform specific tasks on your device, you can request a free "Technology Tips" appointment with a knowledgeable volunteer. To request an appointment, contact Amy Stover: 215-723-5841 astover@generationsofiv.org

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

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

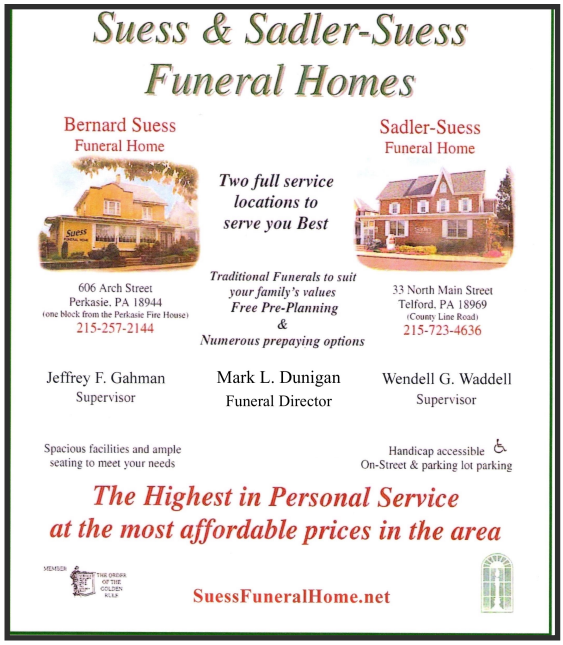
Regular and substitute drivers are needed to deliver Meals on Wheels in the Indian Valley and North Penn areas. Times are approximately 10:45am-12:45pm. Contact Kelly M.: 215-723-8555.

Newsletter mailing help is needed on Tue., Jan. 19 at 9:15am. Contact Amy.

We are collecting donations of clean, one quart, wide mouth canning jars for a project. Please give to Amy by Dec. 13. Thank you!







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

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 Instructors: Jean Tornetta & Lysandra Sanchez
Fee: $4/class or $20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

DANCEFIT: WED., 9:30-10:15AM NO CLASS 12/23

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

FUNCTIONAL FITNESS & BALANCE: FRIDAYS, 9:30AM

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. Sign in and pay at front desk upon arrival.

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.**
- **Please note that Generations is closed from 12/25/26-1/1/27**

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 $20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

RHYTHMFIT SERIES: TUESDAYS AT 10:30AM, CURRENT SERIES RUNS THROUGH JANUARY 26

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.

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. Certified Instructors: Jean Tornetta & Lysandra Sanchez

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. Certified Instructors: Jean Tornetta, Lysandra Sanchez & Sue Wolfe

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: $4/class or $20/6 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 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 polices 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

BOSCOV'S, PLYMOUTH MEETING
THURSDAY, DECEMBER 3

Enjoy free time shopping. Have lunch on your own in the food court of the mall.

Cost: $10 includes ride on our bus. Lunch is on your own. Driver gratuity is not included.
Departs: 10:00am Returns: 2:30pm
Trip Opened: Nov. 4 Payment Deadline: Nov. 20

CHRISTMAS AT THE PLAYHOUSE, HUNTERDON HILLS, FRIDAY, DECEMBER 4

Join us this season for timeless music, breathtaking dance numbers, heartfelt comedy, dazzling costumes and holiday cheer – all backed by the HHP Orchestra!

Cost: $107 includes ride on our bus, show, lunch, taxes and gratuity. Driver gratuity is not included.
Departs: 9:45am Returns: 4:30pm
Trip Opened: Nov. 3 Payment Deadline: Nov. 4

HOLLY JOLLY HOLIDAY, DUTCH APPLE DINNER THEATRE WEDNESDAY, DECEMBER 9

Let the jolly festivities begin with lively dancing and singing to the yuletide turns you know and love!

Cost: $100 includes ride on our bus, show, lunch, taxes and gratuity. Driver gratuity is not included.
Departs: 9:30am Returns: 5:30pm
Trip Opened: Nov. 3 Payment Deadline: Nov. 10

DAY TRIPS CONT'D NEXT PAGE

DAY TRIPS CONT'D FROM P. 15

HOLIDAY OPERA GALA, TOMASELLO WINERY
SATURDAY, DECEMBER 12

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. Driver gratuity is not included.
Departs: 12:00pm Returns: 6:30pm
Trip Opened: November 4
Payment Deadline: November 1

HOLIDAY INN, BUCKS COUNTY PLAYHOUSE, NEW HOPE
WEDNESDAY, DECEMBER 16

A top song-and-dance team work to save a Connecticut inn by transforming it into an unlikely holiday-first entertainment haven, with a trunk-load of over 20 Irving Berlin hits – including "Blue Skies,", "Heat Wave," the Oscar-winning "White Christmas" and more! We will have lunch before the show at the Playhouse Deck restaurant.

Cost: $125 Includes ride on our bus, show, lunch, taxes and gratuity. Driver gratuity is not included.
Departs: 11:00am Returns: 4:30pm
Trip Opened: November 3
Payment Deadline: November 5

NEW TRIPS

MUSEUM AT HOPPENVILLE,* PENNSBURG
FRIDAY, JANUARY 8

Step into a world of industrial heritage at The Construction History Museum, home to a masterfully curated collection of restored construction, farming, and mining vehicles, equipment, and memorabilia. We will also go through the Mack Truck Legacy Museum as well as the Haines Legacy and Race Car Museum. We will enjoy a boxed lunch (from Tosco's) at the museum.

Cost: $50 includes ride on our bus, tours, lunch, taxes and gratuity. Driver gratuity is not included.
Departs: 10:00am Returns: 2:00pm
Trip Opens: December 2 @ 3pm by phone only ^
Payment Deadline: December 18

BOAR'S HEAD FESTIVAL,* LAFAYETTE HILL
SATURDAY, JANUARY 9

This 14th century festival is a beautiful retelling of Christmas given by a full choir and orchestra. The Cameron Highland Pipe Band marches in ceremoniously, while the Beefeaters keep watch. There will be a live Nativity, medieval dancing, and plenty to keep everyone inspired and entertained. We will head to Brittingham's Pub for an early dinner after the festival.

Cost: $55 includes ride on our bus, festival, lunch, taxes and gratuity. Driver gratuity is not included.
Departs: 12:00pm Returns: 5:30pm
Trip Opens: December 2 @ 3pm by phone only ^
Payment Deadline: No pre-payment. Cash or check (to Generations) due on trip day.

OUT TO BRUNCH:* YELLOW HOUSE HOTEL, DOUGLASSVILLE
SUNDAY, JANUARY 17

The Yellow House Hotel is surrounded by the rolling farmland of rural Berks County. Built in 1801 in the scenic Oley Valley, it originally served as a stagecoach stop and country store for travelers between Reading and Philadelphia.

Cost: $12 includes ride on our Driver gratuity is not included.
Departs: 10:00am Returns: 1:30pm
Trip Opens: December 2 @ 3pm by phone only ^
Payment Deadline: No pre-payment. Cash or check (to Generations) due on trip day.

SHEAR MADNESS,* DUTCH APPLE DINNER THEATRE, LANCASTER
THURSDAY, JANUARY 21

This comical murder mystery play is set in a hair salon where the audience helps solve the crime. This whodunit is chock full of spontaneous humor, and the outcome can change from performance to performance! Can you spot the clues and solve the murder?

Cost: $100 includes ride on our bus, show, lunch, taxes and gratuity. Driver gratuity is not included.

^ 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	$$$$ DU
Museum at Hoppenville January 8 *Boar's Head Festival* January 9 *Yellow House Hotel* January 17	Wednesday, December 2 @ 3:00pm: 215-723-5841	$50 Dec. 18 $55 Jan. 9 $12 Jan. 17
Shear Madness January 21 *Broadway Great Gatsby* May 22	Thursday, December 3 @ 3:00pm: 215-723-5841	$100 Dec. 21 $205 Jan. 29
Parx Casino February 10 *Fire & Ice Festival* February 15 *Sebastian's Schnitzehaus* Feb. 18 *Main Line Symphony* February 28	Wednesday, January 6 @ 3:00pm: 215-723-5841	$20 Feb. 10 $55 Feb. 15 $60 Feb. 18 $45 Feb. 28

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

Departs: 9:30am Returns: 5:30pm
Trip Opens: December 3 @ 3pm by phone only ^
Payment Deadline: December 21

PARX CASINO,* BENSALEM
WEDNESDAY, FEBRUARY 10



Let's Play at the #1 casino in Pennsylvania offering state of the art gaming, 3,000 slot machines and 141 live table games along with six eateries on site.

Cost: $20.00 includes ride on our bus. Gaming and lunch is on your own. Driver gratuity is not included. Bring a valid photo ID.
Departs: 11:00am Returns: 7:00pm
Trip Opens: January 6
Payment Deadline: No pre-payment. Cash or check (to Generations) due on trip day.

FIRE & ICE FESTIVAL,* LITITZ
MONDAY, FEBRUARY 15



The Lititz Fire and Ice Festival takes place in downtown Lititz. This winter event features over 100 intricate ice sculptures, live ice carving, fire shows, local food trucks and shopping. We will stop for an early dinner at Oregon Dairy Restaurant for a dinner buffet before the festival.

Cost: $55 includes ride on our bus, dinner, taxes and gratuity. Driver gratuity is not included.
Departs: 2:30pm Returns: 9:00pm
Trip Opens: January 6
Payment Deadline: No pre-payment. Cash or check (to Generations) due on trip day.

OUT TO LUNCH:* SEBASTIAN'S SCHNITZELHAUS, NJ
THURSDAY, FEBRUARY 18TH

Established in 1994, this BYOB German-American restaurant is in the heart of Wrightstown. The inside décor is extravagant with Hummels, beer steins, and dolls lining the walls. Experience this family-friendly restaurant with lots to look at & authentic homemade German cuisine to enjoy.

Cost: $60.00 includes ride on our bus, three course lunch, taxes and gratuity. Driver gratuity is not included.
Departs: 10:00am Returns: 2:30pm
Trip Opens: January 6 @ 3pm by phone only ^
Payment Deadline: No pre-pay. CASH ONLY due on trip day.

MAIN LINE SYMPHONY ORCHESTRA CONCERT,* WAYNE
SUNDAY, FEBRUARY 28

Fun fact: Our director, Doug, is a very gifted French horn player! Let's enjoy one of his performances with the Main Line Symphony Orchestra as they present Concerto in E Major (Bach), Adagio of Strings & Organ (Albinoni), and The Pines of Rome (Respighi). We will enjoy lunch at Minella's Diner (on your own prices between $10-$25) before the performance. They serve food and spirits here.

Cost: $45.00 includes ride on our bus and concert ticket. Lunch (at Minella's) is on your own. Driver gratuity is not included.
Departs: 12:30pm Returns: 7:00pm
Trip Opens: January 6 @ 3pm by phone only ^
Payment Deadline: No pre-payment. Cash or check (to Generations) due on trip day.

BROADWAY DAY TRIP: THE GREAT GATSBY,* NYC
SATURDAY, MAY 22, 2027



Join your host, Amy, our program coordinator and lover of all things Broadway, for a fun day in NYC! This new musical brings F. Scott Fitzgerald's classic novel to the stage. The show pairs a lively jazz-age score with glamorous costumes and sets, and it won Tony Awards for its scenic and costume design. If you read the book in school or enjoyed the movies, this is a chance to see the story in a new way.

Cost: $205 includes ride on deluxe Perkiomen Tours coach and show tickets. Lunch is on your own. Driver gratuity is not included.
Departs: 8:00am Returns: 7:00pm
Trip Opens: December 3 @ 3pm by phone only ^
Payment Deadline: January 29

Psst! Generations Trip Gift Certificates are perfect for active seniors!





2026 & 2027 OVERNIGHT TRIPS

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



Motorcoach Transportation; Biltmore Estate Tours; Ten Meals; Luggage Handling (as available); plus Driver Gratuity. Cost: $1599 double or $1949 single. Trip is full but we may add a second bus if there is enough interest. Contact Robert Brecker with So Much to Sea Travel for more information or for waiting list reservations: 484-446-2369 or travel@somuchtoseatravel

TUSCANY TREASURES – MAY 15 - MAY 23, 2027



7-Night guided tour of Tuscany including Cinque Terre and sightseeing; 7-Night at the Grand Hotel Croce di Malta, Montecatini including tax. 13 Meals; Airfare; Bus transfers. Cost: 4,999 per person double or $5,494 per person for a single. More information: www.generationsofiv.org Please register by calling Liza at Travel Haus (215)723-8687/liza@trvlhaus.com.

OUTER BANKS NORTH CAROLINA: SEPTEMBER 13 - 17, 2027



Motorcoach Transportation; Four Nights of Lodging in Oceanfront Room; Four Hotel Breakfasts; One Box Lunch; Four Dinners; Guided Touring of OBX with Local Guide; Wright Brothers National Park and Monument; Shopping at the Village of Manteo; Manteo Harbor Lighthouse; Festival Park Living History Museum; Cape Hatteras National Seashore; Bodie Island Lighthouse; Johnny Dolphin Cruise; All Taxes and Tips; Hotel Luggage Handling; Umbrella & Chairs Provided. Cost: $1739 per person double or $2,559 single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Contact Robert Brecker for reservations: 484-446-2369 travel@somuchtoseatravel **Learn more at an information meeting on Fri., Oct. 9, 10:45am at Generations. Call Lisa at Generations to register for the meeting: 215-723-5841.**

OGLEBAY RESORT FESTIVAL OF LIGHTS: DECEMBER 7 – 9, 2027



Motorcoach Transportation; Two Nights of Lodging; Two Hotel Breakfasts; Two Dinners; Glass Museum at Oglebay; Schrader Environmental Center; Wheeling City Centre Market; Winter Fantasy at the Good Zoo; Oglebay's Festival of Lights, and more! All taxes and Tips; Hotel Luggage Handling. Cost: $840.00 per person Double or $970.00 Single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Contact Robert Brecker for more information or for reservations: 484-446-2369 travel@somuchtoseatravel or call Lisa at Generations: (215) 723-5841. **Save the date for an information meeting on Friday, January 8, 2027, 10:45am**

Tom Lawrence 215.720.0700

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

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PARTIALLY FUNDED BY: MONTGOMERY COUNTY, PA DEPARTMENT OF HEALTH & HUMAN SERVICES

WE'RE HERE:

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

EVENINGS & WEEKENDS AS SCHEDULED

*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

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FUN AT OUR HALLOWEEN FESTIVITIES!





WE HAVE AN OPEN DOOR POLICY. IF YOU HAVE A SUGGESTION THAT WOULD HELP US IMPROVE OR A CONCERN THAT YOU WOULD LIKE ADDRESSED, PLEASE COME CHAT WITH ANY MEMBER OF OUR STAFF!

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