

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.

A WALK DOWN MEMORY LANE

JOANN POSES WITH HER FOLK ART MODELS



GUESTS ENJOY OVER 30 SCALE MODELS OF HISTORIC SOUDERTON BUILDINGS



1950S ERA LIONEL DISPLAY
COURTESY OF HENNINGS TRAINS



THE GENERATIONS CHAMBER
ENSEMBLE PLAYED BEAUTIFULLY



It's great when a plan comes together! That's what happened when months of meetings, emails, and visions culminated in our recent "Souderton Through Generations" event. It was a pleasure to work with Joann Johannsen and the Souderton-Telford Historical Society to create a unique opportunity for community members to

appreciate Joann's folk art and take a walk down memory lane through the (model) streets of Souderton. The proceeds from the event were divided equally among two great community organizations: Generations of Indian Valley and The Souderton-Telford Historical Society.

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

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
Emily Filice,
Social Services Coordinator
Bryan Finnemeyer, Housekeeping
Beth Knize, Kitchen Coordinator
Lexi Little, Kitchen Assistant
Pat McQue,
Indian Valley MOW Coordinator
Heather Lewis
North Penn MOW Coordinator
Stephanie Radcliff,
Member Services Coordinator
Michele Ross,
Kitchen Coordinator
Esther Stoudt, Rental Coordinator
Amy Stover, ADC,
Program Coordinator
Milt Stover,
Maintenance Coordinator

BOARD OF DIRECTORS

Joanne Kline, Chair
Ron Hallman, Secretary
Timothy Swartley, Treasurer
Linda Abram
Kristyn DiDominick
John H. Filice
M. Theresa Fosko
Brian K. Goshow
D. Scott Landis
Alexandra Metricarti
Rebecca Nice, D.O.
Ella M. Roush



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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, 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.

WASTE NOT

Many of you participate in our daily noontime meal program, and we love serving as many meals as possible. But did you realize that when someone makes a reservation for lunch but doesn't attend to eat that meal, Generations has to cover the cost of that uneaten meal? It might seem like a small amount of waste, but over the course of a year, those missed meals add up to a lot of food!

Our meals are all prepared at Generations. We order the items needed to make these meals based on the number of

people signed up for that meal. If 100 people have signed up, we need to order enough food to feed 100 people. But if some of those people don't show up every day, an unfortunate number of meals go wasted.

That's why we've revised the sign-up system that we use for noon meals. By signing up for meals when you check in, those meal counts can be shared directly with our kitchen staff and shared directly to the reports that we submit to Montgomery County each month. It may take a time or two to learn the new sign-up procedure, but our front desk staff and volunteers will be happy to assist you as you learn this new method. See more about our new system on p. 10.

UPDATE: GENERATIONS WILL BE CLOSED THROUGH JANUARY 31 BECAUSE OF THE RECENT COVID SURGE. ALL IN-PERSON PROGRAMS AND DAY TRIPS EXCEPT FOR OUR TAKE-OUT MEAL PROGRAM ARE CANCELLED. MEALS ON WHEELS WILL BE SERVED M-F. SOME VIRTUAL PROGRAMS WILL BE HELD AS SCHEDULED. WE HOPE TO REOPEN ON FEBRUARY 1, AND WE HOPE ALL OF OUR NEWLY SCHEDULED PROGRAMS LISTED HERE GO ON AS PLANNED. VISIT OUR WEBSITE OFTEN FOR THE MOST UP-TO-DATE INFORMATION ON PROGRAMS, SCHEDULES, AND WEATHER RELATED CLOSINGS & DELAYS: WWW.GENERATIONSOFFIV.ORG

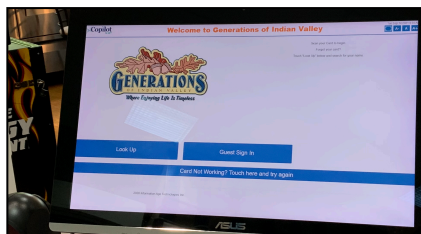
HEALTH & SAFETY INFO.

As we continue to offer even more in-person programs at Generations, we also are aware that the spread of COVID-19 in Montgomery county continues. In order for us to continue to remain open, it is imperative that our participants follow our masking guidelines (regardless of vaccination status) and all other guidelines that are provided by the Montgomery County Office of Public Health. Masks are required inside our building until further notice. Your willingness to follow these guidelines

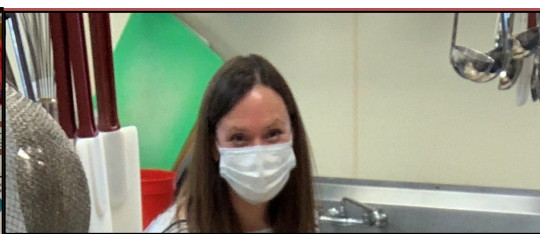
helps us stay open.

If you are experiencing symptoms of COVID-19, please stay home. If you have a known exposure or a diagnosis of COVID-19 please contact your healthcare provider for guidance, testing, any necessary quarantine procedures, and treatment.

Guidance from the health department can change quickly, so please check our website for program updates and announcements: www.generationsoffiv.org.



PLEASE SIGN IN at our front entrance kiosk and let us know what you're up to, even if you're just dropping by for a visit.



MASKS ARE REQUIRED inside our building until further notice. Your cooperation will help us to remain open.



COVID-19 VACCINES & BOOSTERS are strongly recommended, but we will not ask about your vaccination status.

MY LIFE, MY HEALTH

THURSDAYS, MARCH 24-APRIL 28, 10AM-12PM

Join us for this participant education program developed by Stanford University and led by certified workshop leaders from the Montgomery County Office of Senior Services.

Millions of adults live with one or more chronic health conditions. Our program will help people and their caregivers manage their symptoms, improve their quality of life, and reduce healthcare costs.

Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians and other health professionals both at Stanford and in the community have reviewed all materials in the workshop.

Topics include:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation.

- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Decision making
- How to evaluate new treatments

Class meets once a week for six weeks. Each session is two hours long.

The free program will be held in person only. Registration is required by March 1. Please register by stopping by or calling our front desk at 215-723-5841. Masks are required in our building until further notice.



LET'S GET HEART HEALTHY: MON., FEBRUARY 21, 10:00AM

Let's Get Heart Healthy! Learn the steps to maximize your heart health, manage and cope with heart disease, and discover how to accurately monitor your blood pressure at home.

Please join Jane Cero, RN, BSN, Chronic Care Management Nurse to learn heart health tips for February and beyond.

This free, informational presentation is offered virtually

via Zoom™. To register for the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events."

HEALTHY STEPS FOR OLDER ADULTS (VIRTUAL)



The Montgomery County Office of Senior Services is offering a virtual (Zoom™) version of The Pennsylvania Department of Aging's fall risk screening and prevention program this winter. The free program is offered to Generations Participants who are 60 years of age and older.

The program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources. The program is taught by

Certified Workshop Leaders and consists of two workshops, approximately 2-hours each in length, held on **Wednesday February 9 and Friday February 11, both from 9:30-11:30am.**

Healthy Steps for Older Adults (HSOA) addresses many common causes of falls: environmental safety; balance, strength, flexibility, and endurance exercises; nutrition; foot health; sensory deficits (vision/hearing); side effects of medication; health status/disease states, including

substance use; the need to maintain an active lifestyle; social connectedness; and mental/spiritual well-being.

This free program will be held virtually. Participants should have access to email and the free app Zoom™ (See p. 9 for technology training and assistance).

Registration is required by January 24. To register for this program, please visit our website www.generationsofiv.org and click on virtual program offerings.



THE NOT SO NEWLYWED GAME & VALENTINE SOCIAL FEB. 14

Join us for a fun afternoon with some "Not So Newlywed" couples from Generations. We'll also have February & Valentines "Jeopardy" type group trivia. More on p. 6.



MONTCO SENIOR GAMES

Registration for the Montgomery County Senior Games (May 9-13) will begin around Feb. 1. A full brochure will be mailed to **past** participants. For updates and registration visit www.montcoseniorgames.com



COMMUNITY EDUCATION

registration is now open for the Souderton Area School District Winter/Spring session. For more information visit www.soudertonsd.org/community/

NEWS & NOTES:

NO TAX PREP. AT GENERATIONS

AARP Tax Aide will not be offering tax prep. appointments at Generations this year. If you have an alternative tax prep resource, please use it. We have a list of low cost or free tax preparation alternatives available on our website www.generationsofiv.org or by mail upon request.

FEATURED ARTISTS: COLLEEN ALGEO & MADISON JERONIS

You may already know this dynamic Mother-Daughter team. Remember the Peter Becker Flower Show? Colleen was the creative director of this sweetheart of a local event for 17 years. She enjoyed painting and creating themes and exhibits while leading a team of enthusiastic volunteers. Madison worked side by side with her Mom beginning in 2004 and creatively supported the event through her artistic painting, character portrayals, costuming, prop creation, and more. Together they grew a variety of skills and became intrigued with all kinds of mediums. For the first time they are exhibiting together. Come out and see an inspired collection of their photographs, paintings, drawings and sculptures during the months of February & March. You'll be pleasantly surprised by the variety of work and themes.

SPECIAL PROGRAMS

THE NOT SO NEWLYWED GAME & VALENTINE SOCIAL

MONDAY, FEBRUARY 14, 1:30PM

"If your spouse won \$5000, what would he/she want to spend it on?" "Where did you share your first kiss?" These are the types of questions that will be posed to our panel of "Not So Newlywed" couples from Generations. Join us for a fun morning of putting these fine folks in the hot seat and helping them win some fabulous prizes! We'll also have "Jeopardy" type group trivia for both Valentines Day and the months of February. Enjoy a take home Valentine treat after the program. We could use one more couple for our Not So Newlywed Game. If interested, please contact Amy Stover: 215-723-5841. For all non-contestants, this program is offered both in-person and virtually.

Registration is required. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on the virtual program offerings under "upcoming events."

TEA AT TWO:

PURSUIING PASSIONS LATER IN LIFE WEDNESDAY, FEB. 23, 2:00PM

What does successful aging mean to you? To Colleen Algeo (this month's featured artist), it means focusing on the things which inspire her most, no matter how many candles she blows out on the cake! Although she has always been creative, she only just began pursuing some of her other life-long passions! In fact, most of her

creative pursuits began at 40 after a crisis unexpectedly hit her family. Hear an inspiring talk by Colleen, (now 57 and semi-retired), about her experiences as an artist and photographer, as the creative director of the flower show at Peter Becker Community, set designer at DCP Theatre, and finally the proprietor of a local artwork enhanced bed & breakfast. This program is offered both in-person and virtually. Registration is required. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on the virtual program offerings under "upcoming events." In-person participants will receive a take out tea and scone. A \$3 donation is appreciated for the take-out tea.

NAME THAT TUNE

FRIDAY, FEBRUARY 25, 10:00AM

Let love lift you this month, and come to Generations to build your brain power with a fun morning of identifying your favorite songs. This month we'll feature favorite love songs of all time. Led by Generations Program Coordinator Amy Stover. This fun, free program is offered both in-person and virtually. Registration is required. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on the virtual program offerings under "upcoming events."

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 Amy Stover: astover@generationsofiv.org.

PA MEDI (FORMERLY APPRISE)

THURSDAY, FEBRUARY 3

Ed Savitsky, our PA Medi counselor, can help you make good health insurance decisions and navigate the Medicare maze. Come learn what you need to know before you make changes. PA Medi is a free health insurance counseling program for older Pennsylvanians and is open to members of the community. Participants must register in advance to schedule an appointment. Call Social Services: 215-723-1930.

OUR SOCIAL SERVICES COORDINATOR

Emily Filice is available Monday-Friday from 9:30-12:30. Appointments are recommended. Call ahead to schedule an appointment or speak with Emily over the phone at 215-723-1930.

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.

CAREGIVER'S VIRTUAL SUPPORT

FIRST WEDNESDAY, 3:30-5PM

The Muller Institute for Senior Health hosts this support group where members can share information about their own responses to caregiving, helpful resources, and interventions. The group is open to both hands-on and long-distance caregivers; many issues apply to both groups. This free group is open to all; however registration is required. Participants may also use a landline phone. For join information please contact Amy Stover: 215-723-5841/
astover@generationsofiv.org.

LEGAL AID: 3RD THURSDAYS

1:00PM–4:00PM, 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

2ND MONDAY, 10:45-12:45

A member of State Rep. Steve Malagari'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 office at 267-768-3671. Appointments are not necessary, but appreciated.

TRANSNET/TRANSPORTATION

We may be able to assist you with transportation to Generations through TransNet's Shared Ride or other services. For questions about eligibility or to schedule appointments for TransNet, call Emily: 215-723-1930.

SOCIAL SERVICE RESOURCES

Our local & regional United Ways have an extensive database of social services available in the region. Anyone can access this information by dialing 211 and talking with an operator or visit www.211sepa.org.

MONTCO VETERANS AFFAIRS

To schedule a phone or in-person appointment, call the Office of Veterans Affairs: 610-278-3285. MontCo. is now providing door-to-door shuttle service to VA medical facilities for any Montgomery County Veteran (and their caretaker). Contact the Veterans Service Officer: 610-278-3285.

REGULARLY SCHEDULED PROGRAMS

The 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 for virtual program participation information.

Masks are required indoors until further notice. Please see additional health & safety guidelines on p.3.

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

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

BINGO (DAY) IN-PERSON:

2ND & 4TH TUESDAY, 1:00PM (NOTE THE EARLIER TIME)

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. No refreshments served at the break (for now).

BOWLING: WEDNESDAYS, 10:00AM

Enjoy a fun time at Earl Bowl in Earlington with a chance to win a free game. \$3 a game; \$2 shoe rental. Meet at Earl Bowl.

BUCKS MONT SENIOR GOLF LEAGUE:

SEE YOU IN SPRING!

The league is open to both men and women, singles or couples, 55 years of age and older of all skill levels. Twin Woods is a very user-friendly, flat, nine-hole course that is enjoyable to walk. Details about the league and the registration form are available online at bucksmontgolf.com, OR Call Twin Woods Golf Course to register: 215-822-9263.

CONVERSATIONS WITH GENERATIONS

TUESDAY, MARCH 15 (NO FEB MTG), 11:00AM

Come join an informal conversation with a Generations Staff Member. Our March topic will be announced in our next newsletter. Any questions or concerns about our various programs and any other topics relating to Generations are welcome. And so are you! Come join the conversation.

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.

CREATIVE WRITING:

2ND & 4TH THURSDAYS, 1:00PM-3:00PM

Do you like to write? Join our creative writing group. Share your stories, poems, or non-fiction articles. If you are interested in attending the group, please register in advance by calling our front desk at 215-723-5841.

DUPLICATE BRIDGE: MONDAYS, 12:30PM-3:30PM

This session features a serious approach to the game and requires a partner. Registration begins at 12:15. Donation: \$1.00. No refreshments served (for now).

GARDEN CLUB:

This group does gardening around the Center. New volunteers are welcome. Contact Linda Kratz: 215-703-4078

HAND & FOOT CARD GAME:

1ST, 3RD, 5TH TUESDAYS, 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.



**"I HAVE FOUND THAT IF YOU LOVE
LIFE, LIFE WILL LOVE YOU BACK."
—ARTHUR RUBINSTEIN**

MAHJONG: FRIDAYS, 12:30PM

Experienced players are welcome to join our fun group for this wonderful old Chinese tile game! Meet by the fireplace.

MATS THAT MATTER: 2ND & 4TH THURSDAYS, BEGINNING FEBRUARY 10, 11:00AM

Make mats for the homeless out of plastic bags with the help of volunteer Mary. Cut, fold, roll, sort, weave, and use a loom. Instructions and supplies will be provided.

MEMOIRS GROUP: MONDAYS, 1:00PM

Whether you're writing just for yourself or to pass on to your family, join this creative group led by Marilyn Gross. This program is now only offered virtually. To join the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events." For questions or concerns, call Marilyn: 215-723-5669.

VOLUNTEER OPPORTUNITIES

Volunteers are needed to help with prep, baking, packaging for the Café and more. Morning and afternoon positions available. Contact Beth: 215-723-5841 if you are interested in a fun and flexible volunteer opportunity.

Volunteer CDL Drivers are needed to assist with our day trip program. Contact Lisa: 215-723-5841.

Volunteers are needed to deliver Meals on Wheels to the North Penn area on Thursdays and Fridays. Times are approximately 10:45am-12:45pm. Contact Pat: 215-723-8555.

Volunteers are needed to help seal and label newsletters on Tuesday, February 15 at 9:15am. Contact Amy: 215-723-5841.

PAINTING (WATERCOLOR):

TUESDAYS, FEBRUARY 1 - 22 1:45PM–3:45PM

Class taught by Watercolor Instructor Sally Yates. Bring your own painting supplies if you have them. Class space is limited. Registration and pre-payment is required for classes. \$20 for the four week series. To register call our front desk: 215-723-5841.

PINOCHLE: THURSDAYS, 12:45PM-3:30PM

Straight bid, no partner required. No refreshments served (for now). Donation:\$2.00 (effective Dec. 2). Please arrive 10-15 minutes early to pay for your game.

RED HAT HAPPENINGS:

The Red Hat Society encourages an emphasis on the positive aspects of life, stressing the importance of friendship and sisterhood and the value of play. Members promote respect for all and the value of good will and good humor. For Red Hat questions or concerns, Contact Linda: 215-450-4986, mooma2cats@gmail.com or via Facebook OR Grace Price: 215-723-4722 priceswrite@verizon.net

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

Join this non-competitive group for a friendly game of skill-sharpening Scrabble sans scoring. Supplies provided. Space is limited. No need to register, just stop by.

TECHNOLOGY TIPS BY REQUEST

Visit our website www.generationsofiv.org Find "Upcoming Events," then click on "Stuck at Home? Our tech tips can help" for technology how-tos and FAQs for seniors. Try starting here for basic information on everything from WiFi to video calls to setting up your new phone and taking/sending photos. For questions about how to perform specific tasks on your device, you can request a "Technology Tips" appointment by calling 215-723-5841 or by visiting our website www.generationsofiv.org under virtual program offerings and requesting a virtual/phone appointment. Please let us know the nature of your concern, and one of our tech volunteers will determine how best to assist you. Free service.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fish & Chips; Cole Slaw; Fruit	2 Chicken Fajita Bowl with Brown Rice, Avocado, Black Beans, Corn; Tortilla Garnish	3 Swedish Meatballs over Whole Grain Noodles with Cranberry; Steamed Broccoli	4 Pulled Pork Stuffed Sweet Potato with BBQ Drizzle; Green Salad
7 Eggs Benedict Quiche with Hollandaise; Melon & Feta Salad	8 Vegetarian Chili; Honey Cheddar Corn Bread Muffin; Seasonal Fresh Fruit	9 Roast Turkey, Special Slaw, & Thousand Island Dressing on a Pretzel Roll	10 Crab Cake Sand. with Lettuce, Tomato, & Lemon Garlic Aioli; Carrot & Apple Slaw; Fruit Salad	11 Meatloaf with Red Wine & Mushroom Gravy; Smashed Red Skin Potatoes; Roasted Brussels Sprouts
14 Valentines Special Chicken Cordon Bleu with Creamy Dijon Sauce; Loaded Twice Baked Potato; Roasted Carrots; Special Treat	15 Meatball "Salad" with Fresh Mozzarella; Whole Wheat Roll	16 Happy Birthday! Haddock with Tomato Ginger Sauce; Sesame Noodles; Edamame	17 Acorn Squash Stuffed with Turkey, Quinoa, Apples, Leeks, Cranberries & Balsamic Glaze; Green Salad; Whole Wheat Roll	18 Chicken Pot Pie; Green Salad
21 Southwest Quiche with Green Chilies, Red Peppers, Mild Enchilada Sauce, & Cilantro Sour Cream Cheddar Cheese; Green Salad	22 Tortellini Soup with Italian Sausage & Kale; Garden Salad	23 Cuban Sliders with Black Bean Soup; Fresh Fruit	24 Chicken Parmesan; Green Salad	25 Pork & Sauerkraut; House Made Apple Sauce; Mashed Potatoes; Garlic Green Beans
28 Swedish Meatballs over Whole Grain Noodles with Cranberry; Steamed Broccoli		All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org		

OUR MEALS

Menu items are listed on the calendar above. We are offering take-out meals (no dine-in option) Monday-Friday. **To register, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order.** We cannot guarantee a meal for you without a reservation. To receive a hot meal, you must park and walk in to our main entrance (drive-through service is not offered at this time). Pick up your meal between 11:30am-12pm. Upon arrival, please sign in at our kiosk, and place your anonymous donation in the collection box at our front desk (suggested \$2 for each meal). Masks are required in our building until further notice.


HAPPY BIRTHDAY

If you have a birthday during the month of February, let us know when you order your take-out meal, and you'll get a special homemade birthday treat on Wednesday, February 16.

OUR CAFÉ

Our Café is open Mon.-Fri. from 10:00am-1:00pm until further notice for take-out only. Enjoy our à la carte menu and daily specials. No need to order; just stop by! Masks are required in our building until further notice.

2022 / FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
 <p>"Mats that Matter" returns this month! Help us craft mats for the homeless. More on p. 9.</p>	<p>1</p> <p>Billiards Away vs Pennridge (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 1:45 Painting (9)</p>	<p>2</p> <p>9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 10:15 Choir Chimes (8) 11:30 Walking Club (13) 3:30 Caregivers Support (7)</p>	<p>3</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Scrabble (9) 12:45 Pinochle (9) PA Medi (Form. Apprise) Appoint. (7)</p>	<p>4 9:15 Flexercise (13) 9:30 Billiards (8) 11:15 Out to Lunch: Panache (14) 10:30 Tai Chi (13) 12:30 Mah Jong (9)</p>	<p>5</p> <hr/> <p>6</p>
<p>7 9:15 LI Aerobics(13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:00 Out to Lunch: Fogo de Chao (14) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</p>	<p>8</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)</p>	<p>9</p> <p>9:30 Healthy Steps for Older Adults (5) 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 10:15 Choir Chimes (8) 11:30 Balance & Stability (13)</p>	<p>10</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 11:00 Mats that Matter (9) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting</p>	<p>11</p> <p>Billiards Home vs Arbour Square (8) 9:15 Flexercise (13) 9:30 Healthy Steps for Older Adults (5) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (9)</p>	<p>12</p> <hr/> <p>13 11:00 Pines Dinner Theatre Trip (14)</p>
<p>14 9:15 LIAerobics(13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:30 Not So Newlywed/ Valentine Social (6) Happy Valentines Day</p>	<p>15</p> <p>Billiards Away vs Arbour Square (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 1:45 Painting (9)</p>	<p>16</p> <p>9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 10:15 Choir Chimes (8) 11:30 Walking Club (13) Financial Counsel (p. 7)</p>	<p>17</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Scrabble (9) 12:45 Pinochle (9) Legal Aid (p. 7)</p>	<p>18</p> <p>9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (9) 3:15 Lititz Ice Festival Trip (14)</p>	<p>19</p> <hr/> <p>20</p>
<p>21 9:15 LIAerobics(13) Billiards Away vs Hillview (8) 10:00 Meditation (12) 10:00 Let's Get Heart Healthy (p. 4) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</p>	<p>22</p> <p>8:30 Hershey Chocolate Tour Trip (14) Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (13) 1:00 Bingo (8) 1:45 Painting (9)</p>	<p>23</p> <p>9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 10:15 Choir Chimes (8) 11:30 Balance & Stability (13) 2:00 Tea at Two: Pursing Passions (6)</p>	<p>24</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 11:00 Mats that Matter (9) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8)</p>	<p>25</p> <p>9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (9) 10:00 Name That Tune (6)</p>	<p>26</p> <hr/> <p>27 10:00 Fulton Theatre/Sound of Music Trip (14)</p>
<p>28 9:15 LIAerobics(13) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</p>	<p>The number after the program listing indicates on which page of the newsletter more information can be found. All programs are subject to change. We will post applicable updates on our website:</p> <p>www.generationsofiv.org</p>				

SCHEDULE ANNOUNCEMENTS:

- As a friendly reminder, we follow Souderton Area School District for WEATHER related closings and delays. Closings & delays will also be posted on our website: www.generationsofiv.org.
- See p. 3 for an important *January* schedule announcement.

WELLNESS/SPA OFFERINGS

ACUPUNCTURE: OFFERED OFFSITE

Acupuncture enables the body to heal and relieve symptoms by inserting thin, sterile needles into specific points on the body. Kimberly Niezgoda, L.Ac. Board Certified Licensed Acupuncturist, offers seated group treatments at her office (490 Pennbrook Pkwy, Lansdale, 19446) by appointment for \$30. Please allow 45-60 minutes for your appointment. For questions or scheduling, contact Kim: 215-500-3399 or kim.niezgoda@gmail.com.

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: \$3/class or \$14/8 classes. Pay at front desk.

MASSAGE: OFFERED OFF-SITE

Myofascial Release, Therapeutic Massage, and Zero Balancing Massage off-site appointments are available with James Ross, BSN, RN, LMT (20 Ridge Road, Telford, PA 18969). For more information or to schedule your appointments, contact James: 267-475-7013 or yourmassage@myabmp.com For pricing information, contact James. Mention Generations and receive a discount/coupon.

MEDITATION & HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for an experiential, self-healing session via conference call. She will guide participants in self-talk to help tune out negative stereotypes and replace them with positive affirmations for aging. Focus on whole-body healing one system at a time. Cost: Donation of \$3 per person per session. This program is being held via conference call. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

HEALTH SCREENINGS

BLOOD PRESSURE CHECKS:
Not currently offered.

HEARING CHECKS: MON., MAR. 28, 10:45AM-12:30PM
Please call our Front Desk at 215-723-5841 to schedule an appointment for a free hearing check and/or hearing aid service with Associates in Hearing.

DIABETIC SHOE FITTINGS:
Diabetics on Medicare may receive one pair of shoes and inserts per year. Indian Valley Podiatry will measure and evaluate your feet. For more information, call IV Podiatry at 215-723-9688. Be sure to tell them it's for Generations. Medicare Advantage plans holders not eligible.



FITNESS OFFERINGS

BALANCE & STABILITY WITH ON THE MOVE PT (VIRTUAL ONLY) 2ND & 4TH WEDNESDAYS, 11:30:

Join a licensed physical therapist for a free Zoom™ seated session focusing on your static and dynamic balance. Decrease your risk for falls, learn about the different anatomical systems involved in your balance, and increase your safety and stability. To register, contact Devyn Kerr, PT, DPT 267-644-7190/ devyn@otmpt.com.

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. Pay at front desk.

ON THE MOVE WALKING CLUB: 1ST & 3RD WEDNESDAYS, 11:30

Join us for a new structured walking program led by Hope Garges, Fitness Coordinator from On the Move Physical Therapy. We will begin with a stretch and warm up plus brief physical therapy tips and tricks. We will then take a 20

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) or our website www.generationsofiv.org for important announcements and last-minute changes.
- **Masks are required indoors at Generations. During periods of low Covid spread, masks may be removed during fitness classes while participants are socially distant. If the Covid infection rate has spiked, masks are required at all times (indoors). You can call our front desk for the current masking policy: 215-723-5841.**

minute walk on the sidewalks around Generations (weather permitting) followed by an active cool down. If the weather is cold or bad, we will walk indoors at Generations. Enjoy warm, friendly community interaction as we work to strengthen our bodies and integrate cardiorespiratory activities to maintain a healthy mind and body. Suggested donation: \$3 per person per class. Pay at front desk.

FIT FOR LESS

The following classes are led by certified fitness instructors. Please place \$3.00 per person, per class in the collection box at our front desk.

LOW IMPACT AEROBICS: MONDAYS, 9:15-10:15

This class has cardio and strength components. We no longer use a step for this standing workout. The format is middle to high level. Instructor: Jean Tornetta

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

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

FLEXERCISE: FRIDAYS, 9:15-10:15AM

Come join this vigorous one hour class featuring 1/2 hour of aerobics and 1/2 hour of strength work. All equipment provided. Instructor: Robyn Earl

TAI CHI: MONDAYS & FRIDAYS, 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. Pay at front desk.

FITNESS VIDEOS:

We are offering recorded videos of our classes for those participants who might still prefer an at-home option. We have included several options for the same class so you don't get too bored! 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.

DAY TRIPS

OUT TO LUNCH - PANACHE WOOD FIRE BRICK OVEN GRILL, BLUE BELL

FRIDAY, FEBRUARY 4

Panache offers American Cuisine all cooked in a coal-fired brick oven. Join us for a delicious three-course meal. Good food in a good setting.

Cost: \$50.00 includes ride on our bus, lunch taxes and gratuity.

Departs: 11:15am Returns: 2:15pm

Trip Opened: January 5

Payment Deadline: January 19

OUT TO LUNCH-FOGO DE CHAO, PHILADELPHIA

MONDAY, FEBRUARY 7

Fogo de Chao is a full-service Brazilian Steakhouse or churrascaria, serving rodizio style, notable for it's roving waiters who serve barbecued meats from large skewers directly onto the seated diners' plates.

Cost: \$12.00 includes ride in our small van. Lunch and gratuity is on your own. Full churrasco experience price is \$40.95 per person. Limited space.

Departs: 10:00am Returns: 3:30pm

Trip Opened: Jan. 5

Payment Deadline: Jan. 21

PINES DINNER THEATRE- LUCKY MALONE'S NOT SO LUCKY NIGHT, ALLENTOWN SUNDAY, FEBRUARY 13

Spend an evening at Lucky's Speakeasy, where the drinks are cold and the piano is hot. Lucky has it all....a doll on one hand, and a wad of cash in the other. But, all that may change when his arch nemesis Tommy "Two Times" shows up. By the time the dust settles, some unfortunate sap is deceased, and it's up to everyone to figure out who-

done-it. Don't miss this hilarious immersive comedy where anything can, and will, happen in this all new murder mystery!

Cost: \$78 includes ride on our bus, lunch, taxes, and gratuity.

Departs: 11:00am Returns: 4:30pm

Trip Opened: Jan. 5

Payment Deadline: Jan. 21st

LITITZ ICE FESTIVAL, LITITZ FRIDAY, FEBRUARY 18

The festivities start on Friday night with an ice carving demonstration. About 75 mesmerizing ice sculptures can be viewed all over downtown. Live music is playing while you stroll the downtown streets of Lititz. Visit the shops along the way. In addition to entertainment, there are a few dozen food trucks lining the central streets. Many shops and eateries are open late.

Cost: \$15 includes ride on our bus.

Dinner is on your own.

Departs: 3:15pm Returns: 9:45pm

Trip Opened: Jan. 5

Payment Deadline: Feb. 11

HERSHEY'S CHOCOLATE TOUR, HERSHEY

TUESDAY, FEBRUARY 22

See, feel, hear and smell the delicious transformation from bean to Hershey's famous chocolate. Immerse yourself in the flavorful world of chocolate! You will get to create your own candy bar and choose your ingredients to design your own wrapper as you enjoy an authentic Hershey's factory experience. We will enjoy lunch at Hershey's Kitchens Food Hall before we depart.

Cost: \$63 includes ride on our bus, tours, lunch, and taxes.

Departs: 8:30am Returns: 3:30pm

Trip Opened: Jan. 5

Payment Deadline: Jan. 28



THE SOUND OF MUSIC, FULTON THEATRE, LANCASTER SUNDAY, FEBRUARY 27

The theatre is alive, once again, with The Sound of Music! What better way to return to the theatre, than with the beloved musical that celebrates family, love, and perseverance? The inspirational story follows an ebullient postulate who serves as governess to the seven children of the imperious Captain Von Trapp, bringing music and joy to the household. But, as the forces of Nazism take hold of Austria, Maria and the entire Von Trapp family must make a moral decision. Before the show we will have lunch at Arthur's Terrace in the Eden Resort.

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

Departs: 10:00am Returns: 6:00pm

Trip Opened: Jan. 5

Payment Deadline: Jan. 27

OUT TO LUNCH: BUBE'S BREWERY, THE CATACOMBS,* MOUNT JOY, PA THURSDAY, MARCH 3

The Catacombs Restaurant is several stories below the surface of the street in the aging cellars of Bube's Brewery. You will descend 43 feet into the stone-lined vaults of the Catacombs. There you will enjoy a plated 3-course meal in this unique atmosphere. *Participants must be able to climb two flights of stairs to enter and exit the Catacombs.* After our meal, we will get a tour of the brewery and hear the history behind the oldest pre-prohibition brewhouse left standing in the United States.

Cost: \$57.00 includes ride on our bus, tour, lunch, taxes, and gratuity.

Departs: 10:00am Returns: 4:00pm

Trip Opens: Feb. 2

Payment Deadline: Feb. 14



TRIP POLICIES

RESERVATION INFORMATION:

- There are no in-person trip registrations on opening day at this time.
- On the day a trip opens (noted under each trip listing), phone reservations may be made beginning at 10:00am 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.
- Please ask about our current mask policy for trips when you make your reservation.

PAYMENT INFORMATION:

Trip payment is due by the deadline listed with each trip. After this date, your money will not be refunded unless you find 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.
- 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 trip listing indicates a new trip.

DAY TRIPS

OUT TO LUNCH: THE WHITE DOG,* PHILADELPHIA- WEDNESDAY, MARCH 9

The White Dog is located in three Victorian brownstones in University City. White Dog is a local favorite farm to table restaurant. They purchase their ingredients from local farms located no more than 50 miles from the restaurant. Space is limited on this trip. Our Executive Director Doug will be driving our small van.

Cost: \$12.00 includes ride in our van. Lunch is on your own.

Departs: 10:00am

Returns: 3:30pm

Trip Opens: Feb. 2

Payment Deadline: Feb. 25

PHILADELPHIA INSECTARIUM & BUTTERFLY PAVILION* FRIDAY, MARCH 11

Learn about the most successful group of animals in the world...insects! Enjoy two floors of exciting and educational exhibits filled with an amazing assortment of arthropods, including tarantulas, scorpions, and praying mantises! Get up and personal with butterflies in the year round Butterfly Pavilion. After our group tour, we will stop at the Liberty Bell Diner for lunch on your own.

Cost: \$30 includes ride on our bus and your tour. Lunch is on your own.

Departs: 8:00am

Returns: 3:30pm

Trip Opens: Feb. 2

Payment Deadline: Feb. 25

BATSTO MANSION & VILLAGE TOUR,* NEW JERSEY FRIDAY, MARCH 18

The 32-room mansion sits at the heart of Batsto Village and served as the residence of generations of ironmasters. The Batsto Mansion reflects the prosperity enjoyed during Batsto's industrial years. In the late 19th century Philadelphia businessman Joseph Wharton renovated the structure into the elegant Italianate style of architecture. After our tour, we will take some time to explore the village. We will stop at Silver Coin Diner for lunch on your own after our tour.

Cost: \$20 includes ride on our bus and tour of the mansion and town. Lunch is on your own.

Departs: 8:45am

Returns: 3:30pm

Trip Opens: Feb. 2

Payment Deadline: Mar. 4

DAY TRIPS CONTINUED ON P. 16



DAY TRIPS (CONTINUED FROM P. 15)

DAVID, SIGHT & SOUND,* LANCASTER

TUESDAY, MARCH 22

Master Poet. Fearless Warrior. Anointed King. From still waters to shadowed valleys, David's ascent to the throne is filled with towering giants, wild animals, and Philistine soldiers. After unprecedented victories lead to devastating failures, this passionate warrior will face the biggest battle of all: the one within himself. Come alongside this young shepherd on his journey to become a man after God's own heart. We will stop at Hershey Farms for a family-style lunch before the show.

Cost: \$105.00 includes ride on our bus, show, lunch, taxes and gratuity.

Departs: 10:30am

Returns: 7:00pm

Trip Opens: Feb. 2

Payment Deadline: Feb. 18

SHERLOCK RETURNS,* HUNTERDON HILLS, NEW JERSEY

TUESDAY, MARCH 29

Sherlock Returns is yet another crown jewel in our widely popular Sherlock Holmes immersive Musical Comedy Series! This uproarious musical features an all new plot and a slew of new songs! The Palace has been robbed and it's up to Sherlock Holmes, Dr. Watson and YOU, the audience, to go on a hilarious hunt to find the missing royal treasure!

Cost: \$90.00 includes ride on our bus, show, lunch, taxes, and gratuity.

Departs: 9:15am

Returns: 5:30pm

Trip Opens: Feb. 2

Payment Deadline: Feb. 18

OVERNIGHT TRIPS

IDAHO ADVENTURE: A LEWIS & CLARK DISCOVERY JUNE 15 – 21, 2022



The wilderness areas, national forests, and state and local parks of Idaho offer easy access to spectacular waterfalls, blue ribbon trout streams, ancient lava flows, surprising sand dunes, free-flowing rivers, sparkling lakes and towering mountains. Cities and towns provide the comforts

of home with lodging, dining, food stores and fuel stations, and serve as a natural base camp for outdoor recreation.

Highlights: 2 nights at the Coeur d'Alene Resort, mining town of Wallace, Lewiston, Lewis & Clark Discovery Center, Salmon River Jetboat, Silver Mine Tour, Rider Ranch Cookout, Resort town of McCall, Ketchum & Sun Valley, Sawtooth Mountains

Your trip includes: Six nights in first class hotels, 11 meals (six breakfasts, two lunches, and three dinners), tour director, motorcoach transportation, airfare, sightseeing per itinerary, and baggage handling at hotels. This trip is listed in the Premier Travel catalog as an "Easy 1 2 3 4 Active Trip" indicating that it includes a great deal of walking.

Cost per person: Single: \$4920 Double: \$3970

Contact Liza Leister at Travel Haus to register via phone or email: groups@trvlhaus.com or 215-723-8687.

OVERNIGHT TRIPS

MOUNTAIN MUSIC & RAILS OF WEST VIRGINIA

JULY 11-14, 2022

On this tour you will experience various musical performances. The Appalachian style entertainment will allow you to learn more about the people and history of the area. We will tour historic sights and ride the mountain locomotive along the cascading Shavers Fork of the Cheat River to High Falls of Cheat and views of the magnificent Monongahela National Forest in West Virginia. The music and rails tour is packed with entertainment. To end our trip we will spend a night in Baltimore and visit the aquarium



before heading home. Your tour includes: deluxe motor coach transportation via Perkiomen Tours; hotel accommodations; Penn Alps Restaurant; Spruce Forest Artisan Village; dinner and entertainment at the Gandy Dancer Theatre; New Tygart Flyer Wilderness Excursion; Beverly Heritage Center Tour; dinner and entertainment at Graceland Mansion; Philippi Covered Bridge; Adaland Mansion with lunch; nine meals included; one night in Baltimore; and Baltimore National Aquarium

Cost per person: A \$75.00 deposit per person is due with your reservation. There is a \$25 cancellation fee for all trips. Single: \$1389 Double: \$1168

Final balance due: June 1, 2021. Travel insurance information is available upon request.

Contact Lisa Furbacher to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org

LIGHTHOUSES OF THE MID-ATLANTIC

SEPTEMBER 12-15, 2022



See lighthouses from Cape May to Virginia Beach, and enjoy oceanfront lodging with free time and many activities!

Your tour Includes: deluxe motorcoach transportation via Perkiomen Tours; oceanfront accommodations in Ocean City Maryland (1 night) and Virginia Beach (2 nights); three lighthouses; Cape May-Lewes Ferry; aquarium; Bateman Center; free time on beautiful Virginia Beach; Spirit of Norfolk lunch cruise; tour around Chincoteague, eight meals (three breakfasts, two lunches, two dinners).

Cost per person: A \$75.00 deposit per person is due with your reservation. There is a \$25 cancellation fee for all trips. Single: \$1033 Double: \$825

Final balance due: August 1, 2022. Travel insurance information is available upon request.

Contact Lisa Furbacher to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org

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UPDATE: GENERATIONS WILL BE CLOSED THROUGH JANUARY 31 BECAUSE OF THE RECENT COVID SURGE. ALL IN-PERSON PROGRAMS AND DAY TRIPS EXCEPT FOR OUR TAKE OUT MEAL PROGRAM ARE CANCELLED. SOME VIRTUAL PROGRAMS WILL BE HELD AS SCHEDULED. WE HOPE TO REOPEN ON FEBRUARY 1, AND WE HOPE ALL OF OUR NEWLY SCHEDULED PROGRAMS LISTED HERE GO ON AS PLANNED. VISIT OUR WEBSITE OFTEN FOR THE MOST UP-TO-DATE INFORMATION ON PROGRAMS, SCHEDULES, AND WEATHER RELATED CLOSINGS & DELAYS: WWW.GENERATIONSOFIGV.ORG

CURRENT RESIDENT OR

TIME DATED MATERIAL
MAILED FROM LANSDALE JANUARY, 2022



WE'RE HERE:

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

EVENINGS & WEEKENDS AS
SCHEDULED

*SEE P. 11 FOR ADDITIONAL
IMPORTANT SCHEDULING

CONTACT US:

MAIN NUMBER: (215) 723-5841

RENTAL INFO.: (215) 723-6966

SOCIAL SERVICES: (215) 723-1930

MEALS ON WHEELS: (215) 723-8555

INFO@GENERATIONSOFIGV.ORG

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