

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		<b>All menu items are subject to change. We will post applicable updates on our website:</b> <a href="http://www.generationsofiv.org">www.generationsofiv.org</a>		

## 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.

# PROGRAM SCHEDULE

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><b>1</b></p> <p>Billiards Away vs Pennridge (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand &amp; Foot (8) 1:45 Painting (9)</p>	<p><b>2</b></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><b>3</b></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><b>4</b></p> <p>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><b>5</b></p> <hr/> <p><b>6</b></p>
<p><b>7</b></p> <p>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><b>8</b></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><b>9</b></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 &amp; Stability (13)</p>	<p><b>10</b></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><b>11</b></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><b>12</b></p> <hr/> <p><b>13</b></p> <p>11:00 Pines Dinner Theatre Trip (14)</p>
<p><b>14</b></p> <p>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><b>15</b></p> <p>Billiards Away vs Arbour Square (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand &amp; Foot (8) 1:45 Painting (9)</p>	<p><b>16</b></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><b>17</b></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><b>18</b></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><b>19</b></p> <hr/> <p><b>20</b></p>
<p><b>21</b></p> <p>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><b>22</b></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><b>23</b></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 &amp; Stability (13) 2:00 Tea at Two: Pursing Passions (6)</p>	<p><b>24</b></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><b>25</b></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><b>26</b></p> <hr/> <p><b>27</b></p> <p>10:00 Fulton Theatre/Sound of Music Trip (14)</p>
<p><b>28</b></p> <p>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><b>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:</b></p> <p style="text-align: center;"><a href="http://www.generationsofiv.org">www.generationsofiv.org</a></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](http://www.generationsofiv.org).
- See p. 3 for an important *January* schedule announcement.