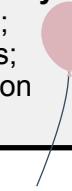


LUNCH MENU

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

2026 / FEBRUARY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| 2 Pulled Pork Stuffed Potato w/ Cheddar Cheese, BBQ Sauce and Green Onions; Fresh Veggie; Fruit | 3 Chicken Cordon Bleu with Dijon Swiss Cheese Sauce; Roasted Potatoes; Green Veggie | 4 Meatloaf with Zesty Brown Sugar Glaze; Mashed Potatoes; Roasted Carrots; Fruit | 5 Salmon Filet with Lemon Caper Butter; Rice; Garlic Green Beans | 6 Warm Turkey Ciabatta Sandwich with Pesto, Sundried Tomato, & Fresh Mozz. Blush Dipping Sauce; Chips; Fresh Fruit |
| 9 Beef Goulash; Caesar Salad; Garlic Knot | 10 Chicken & Waffles w/ Cream Gravy and Real Maple Syrup; Sweet Potato Fries; Fruit | 11 Special Meal/ Menu/Price: Lipstick, Love, Lessons & Lunch see p. 1  | 12 Teriyaki Meatballs with Pineapple, Red Peppers, Fried Rice, & Sugar Snap Peas; Fortune Cookie | 13 Tuna Melt on Garlic Texas Toast with Swiss Cheese; Garden Salad; Fruit |
| 16 Broccoli Cheddar Quiche; Green Salad; Fresh Fruit | 17 Chicken Marsala Meatballs; Orzo; Green Veggie; Whole Wheat Roll | 18 Happy Birthday! Stuffed Cabbage; Mashed Potatoes; Roasted Cinnamon Apples  | 19 Italian Chicken Sausage w/ Peppers & Onions; Roasted Potatoes; Green Salad; Whole Wheat Roll | 20 New England Clam Chowder; Crusty Bread; Green Salad |
| 23 Beef Chili with Cheddar Cheese; Cornbread; Fruit | 24 Toasted Chopped Italian Grinder; Pickles; Chips | 25 Biscuit & Sausage Gravy; Green Veggie; Fruit | 26 Chicken Cacciatori Served on Risotto or Polenta; Crusty Bread; Salad | 27 Oven Baked Cod with Roasted Tomato & Onion Gravy; Wild Rice; 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. To register for a dine-in meal, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order.

A limited number of take-out meals are available for caregivers of homebound individuals. Please see our Social Services Coordinator, Emily Filice (215-723-1930) to request caregiver meals. We cannot guarantee a meal for you without a reservation.

If you need to cancel your lunch reservation, please let us know.

To receive a noon meal, arrive and seat yourself by 11:55. PLEASE HANG COATS IN THE VESTIBULE. There are no assigned/reserved seats. We cannot guarantee entry to the community room before 11:30am. Upon arrival for meals, please sign in at our kiosk, and place your anonymous donation in the

collection box at our front desk (suggested \$2 for each meal). If you receive meals from Generations, you may hear from us to schedule a friendly consultation for a required nutrition assessment.

HAPPY BIRTHDAY

Everyone who is registered for the noon meal will receive a special dessert on our birthday celebration days: Wednesday, February 18 and Wednesday, March 18.

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 / FEBRUARY

All programs are subject to change. Please register and sign in for programs in case we need to contact you.

LUNCH MENU

RESERVATION INFO
ON P. 10. PLEASE LET
US KNOW IF YOU
NEED TO CANCEL!

2026 / MARCH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| 2 Chicken Cordon Blue with Dijon Swiss Cheese Sauce; Roasted Potatoes; Green Veggie | 3 Warm Turkey Ciabatta Sandwich with Pesto, Sundried Tomato, & Fresh Mozz. Blush Dipping Sauce; Chips; Fresh Fruit | 4 Meatloaf with Zesty Brown Sugar Glaze; Mashed Potatoes; Roasted Carrots; Fruit | 5 Pulled Pork Stuffed Potato w/ Cheddar Cheese, BBQ Sauce and Green Onions; Fresh Veggie; Fruit | 6 Salmon Filet with Lemon Caper Butter; Rice; Garlic Green Beans |
| 9 Beef Goulash; Caesar Salad; Garlic Knot | 10 Chicken & Waffles w/ Cream Gravy and Real Maple Syrup; Sweet Potato Fries; Fruit | 11 Teriyaki Meatballs with Pineapple & Red Peppers; Fried Rice; Sugar Snap Peas; Fortune Cookie | 12 Pork & Sauerkraut; Mashed Potatoes; Green Beans; Apple Sauce | 13 No Noon Meal - Hoagie Sale Fundraiser see p. 3 |
| 16 Chicken Marsala Meatballs; Orzo; Green Veggie; Whole Wheat Roll | 17 Italian Chicken Sausage w/ Peppers & Onions; Roasted Potatoes; Green Salad; Whole Wheat Roll | 18 Happy Birthday! Broccoli Cheddar Quiche; Green Salad; Fresh Fruit | 19 New England Clam Chowder; Crusty Bread; Green Salad | 20 Special Meal/ Menu/Price: Shamrocks & Shenanigans Lunch see p. 1 |
| 23 Biscuit & Sausage Gravy; Green Veggie; Fruit | 24 Toasted Chopped Italian Grinder; Pickles; Chips | 25 Beef Chili with Cheddar Cheese; Cornbread; Fruit | 26 Chicken Cacciatori Served on Risotto or Polenta; Crusty Bread; Salad | 27 Oven Baked Cod with Roasted Tomato & Onion Gravy; Wild Rice; Broccoli |
| 30 Pulled Pork Stuffed Potato w/ Cheddar Cheese, BBQ Sauce and Green Onions; Fresh Veggie; Fruit | 31 Chicken Cordon Bleu with Dijon Swiss Cheese Sauce; Roasted Potatoes; Green Veggie | All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org | | |

WELLNESS/SPA OFFERINGS

MASSAGE 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: 1ST & 3RD TUESDAYS

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

BLOOD PRESSURE SCREENINGS:

MONDAYS, FEBRUARY 2 & MARCH 2, BEGINNING AT 11:15AM Free blood pressure checks, provided by Jefferson Health-Abington. First come, first served; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.

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 \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

ATTENTUS HEARING CARE:

WEDNESDAYS, FEBRUARY 4 & MARCH 4, 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 no longer 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

2026 / MARCH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY SUNDAY |
|---|--|--|---|--|---|
| | | The number after the program listing indicates on which page of the newsletter more info. can be found. | | | 1 |
| 2 Massage Mondays (12) 9:30 CardioTone (14) 9:30 Billiards (8) 10-Meditation (4, 12) 10-Nutrition/Colon Health (5) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY (7) 11- Blood Pressure Screenings (12) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8) | 3 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) Haircuts by Appt. (12) 1:00 Painting (9) | 4 9:15 Billiards Home vs Hershey's Mill (8) 9:30 Dancefit (14) 10:00 Scrabble (9) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 3:30 Caregivers Support (Virtual) (7) | 5 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 9:30 AARP Safe Driving Full Course 1 of 2 (5) Counseling with Shirley Appt. (7) 11-Mats that Matter(8) 12:45 Pinochle (9) 1:00 Dialogue without Frontiers (5) PA Medi Appt. (7) | 6 9:15 Billiards Home vs Arb. Squ.(8) 9:30 AARP Safe Drive Full Course 2 of 2 (5) 9:30 Functional Fitness & Balance (14) 10-2 "Go" Game (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 1:00 Music Bingo (4) HOAGIE SALE ORDERS DUE (3) | 7 8 10:00 Drifters, etc at AMT Trip (16) |
| 9 Massage (12) 9:30 Billiards (8) 9:30 CardioTone (14) 10-Meditation (4, 12) 10:00 Women Who Shaped America (4) 10:45 Malagari Hours / SEPTA KEY (7) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8) | 10 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8) 1:00 Painting (9) | 11 9:30 Billiards (8) 9:30 Dancefit (14) 9:30 Little Shop Horrors @ DADT Trip (16) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 11-Recipe Swap (9): Sweet & Savory Breads 12:45 Windowsill Garden Workshop (5) 2 - Caregivers Support (7) | 12 9:30 Billiards (8) Tax Aide By Appt. (3) 9:30 Sit,Stretch,Flex (14) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 3:30 Board Meeting | 13 9:00 Billiards Away v Meadowod(8) Tax Aide By Appt. (3) 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:00 Name That Tune: America 250(5) 10:00 Chat About (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 7:00 Community Dance (3) HOAGIE SALE (3) | 14 15 |
| 16 9:00 Billiards Away vs Hillview (8) Massage Mondays(12) 9:30 Cardio Tone (14) 9:30 Billiards (8) 10:00 Women Who Shaped America (4) 10-Meditation (4, 12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8) | 17 9:15 Newsletter Mailing 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) Haircuts by Appt. (12) 12:45 Movie Matinee: Wicked For Good pt 2 (5) 1:00 Painting (9) | 18 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Scrabble (9) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) Financial Counsel (7) | 19 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Tax Aide By Appt. (3) 11-Mats that Matter(8) Counseling with Shirley Appt. (7) 12-2 Collett Hours (7) 12:45 Pinochle (9) Legal Aid Appt. (7) | 20 9:15 Billiards Home vs Norm.Farms(8) 9:30 Billiards (8) Tax Aide By Appt. (3) 9:30 Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 12:00 Shamrocks & Shenanigans (1) 12:30 Mah Jong (8) | 21 9:30 Riverdance @ AMT Trip (16) 22 12:00 Tomasello Winery Trip (16) |
| 23 9:30CardioTone (14) Massage Mondays (12) 9:30 Billiards (8) 10:00 Women Who Shaped America (4) 10-Meditation (4, 12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8) | 24 9:00 Billiards Away vs Ben Wilson (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8) 1:00 Painting (9) | 25 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 1:00 Bulletproof Your Neck (5) | 26 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) Tax Aide By Appt. (3) 10:00 Joshua at Sight & Sound Trip (16) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 1-Book Club: A Walk in the Woods (6) | 27 10-Billiards Home vs Schoolhouse Ctr.(8) Tax Aide By Appt. (3) 9:30 Functional Fitness & Balance(14) 10:00 Chat About (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Digital Literacy with Alan: A.I. (6) | 28 29 |
| 30 9:30 CardioTone(14) Massage Mondays (12) 9:30 Billiards (8) 10-Meditation (4, 12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8) | 31 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Painting (9) | | | | |
| All programs are subject to change. Please register and sign in for programs so we will know to contact you if we need to change something. | | | | | |