

## 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!

## LIPSTICK, LOVE, LESSONS & LUNCH! WED., FEB. 11, 12:00PM

Join Renee McFillin for an hour of music and memories in this vibrant one-woman show featuring songs from the 50s and 60s. Through timeless hits like Dream Lover, Lipstick on Your Collar, Stupid Cupid, and Son of a Preacher Man, Renee takes us on a journey of first crushes, heartbreak, and finding your own voice. Enjoy this heartfelt story told through song, filled with laughter, tears and a whole lot of soul.

Get ready to tap your toes and feel the nostalgia as Renee proves that while styles may change, the lessons of love are forever.

Enjoy a gourmet lunch menu featuring Tender Brisket, AuGratin Potatoes, Roasted Asparagus, a Valentine Macaron & Velvety Mousse; Tea, Coffee, & Choice of Beer or a Lovely Cocktail.

Cost: \$20 is due with registration. Singles, couples, and groups of friends are welcome. (There will be no regular noon meal this day). To register, stop by or call our front desk by February 6: 215-723-5841.

## SHAMROCKS & SHENANIGANS FRIDAY, MARCH 20, 12:00PM

Join us for an afternoon of toe tapping, hand clapping and pint pouring! Enjoy traditional Irish music and jaw-dropping solo jigs and reels by prizewinning dancer Alannah. Hailing from York, PA, Clann Redmond plays Celtic music, with fast fingers and youthful exuberance. Cost: \$20 for festive, authentically Irish entertainment and food. Our meal features Corned Beef, Cabbage, Boiled Potatoes, Irish Soda Bread, a Rainbow Dessert, plus Choice of Irish Ale/Stout or Cocktail, Tea and Coffee.

(There will be no regular noon meal this day). To register, stop by our front desk or call 215-723-5841 by March 16.

**A new policy for paid, on-site events is now in effect.** Please note that our trip policies differ (see p. 15). 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).
2. **By Phone** (Credit (3% fee)). 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](http://www.generationsofiv.org)



**UNIVEST**  
BANKING INSURANCE INVESTMENTS  
Member FDIC

**LAUGHING MATTERS!**  
A comedy night fundraiser  
Proceeds benefit Meals On Wheels & community programs for seniors

**Saturday - April 25**  
Doors Open 6:30pm • Showtime 7:00pm

**Headliner** David Kaye   **Feature** Belynda Cleare   **Host** Brad Todd

**Generations Of Indian Valley**  
\$35.00 General Admission  
\$190 Reserved Table of 6  
\$250 Reserved Table of 8  
Includes Light Snacks & Water  
Plus Two Drink Tickets For Soda or Adult Beverages

**Ticket Sales**  
Available at Generations or Call 215-723-5841  
[www.generationsofiv.org](http://www.generationsofiv.org)



Click It - Ticket

## CONTENTS

Who We Are	p. 2, 20
Special Announcements & Programs	p. 1-6, 12
Social Service & Volunteering	p. 7, 9
Recreational Offerings	p. 8, 9
Lunch Menus & Calendars	p. 10-13
Health, Wellness & Spa	p. 12, 14
Travel - Day Trips + 2026 Overnight Trips	p. 15-18
Hours & Contact	p. 20

# 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, Sous Chef/**  
Nutrition Services

**Beth Knize, Executive Chef/**  
Nutrition Services

**Lexi Little, Kitchen Assistant**

**Pat McQue,**  
Indian Valley MOW Coordinator

**Val Perry,**  
Member Services Coordinator

**Amy Robillard,**  
North Penn MOW Coordinator

**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**

## REINDEER WRAP UP

What an incredible display of spirit at our annual Reindeer Run and Walk on December 5! Over 180 people came together to make a difference, fueled by the dedication of 100+ staff and volunteers who helped raise an astonishing \$12,000 to support our Center and Meals on Wheels programming. Thanks to everyone who supported this event. All winners of our 40 baskets have been notified and have claimed their baskets! Together, we are turning vision into action for seniors in our community!



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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.

## WHEN CELL PHONE USE HAS BAD RECEPTION

We are so thrilled people think of Generations as their "home away from home." Please help us ensure that everyone feels comfortable in our shared spaces by practicing some easy cell phone etiquette: 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. Do not use speakerphone. Use headphones/ear buds if watching/listening to media. Thanks!

# 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 one year was \$66,575.94 in 2025, and we served 15,014 meals during that time. Our average cost per meal was \$4.44. 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 Senior Services (MCOSS) 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 Pennsylvania Department of Aging 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 to complete a required NAT-E nutrition assessment. More info. about our noon meals can be found on p. 10.

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

## COMMUNITY DANCES FOR SINGLES & COUPLES



Adults 50+ are welcome to join us for dancing. All proceeds will benefit GENERATIONS. Upcoming Community Dance Dates are **Feb. 13, March 13, and April 10** (2nd Fridays) so mark your calendar now!

Cost is \$12 per person. Doors open at 6:30. Dancing is from 7-10. Light snacks and water are provided. BYOB and your favorite snacks. Dress is casual. Only the DJ gets

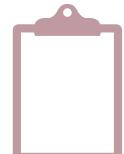
## TAX AIDE

AARP Foundation Tax Aide Volunteers will offer FREE tax preparation services BY APPOINTMENT at Generations on **Thursdays & Fridays, from Feb. 5 through April 2, 2026**.

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

paid! All proceeds come back directly to Generations. As we are all volunteer, please consider giving 30 minutes of your time once-in-a-while to help with signing in dancers and/or taking money at the door. Questions? Please contact Linda Love

[lindahlove@hotmail.com](mailto:lindahlove@hotmail.com)



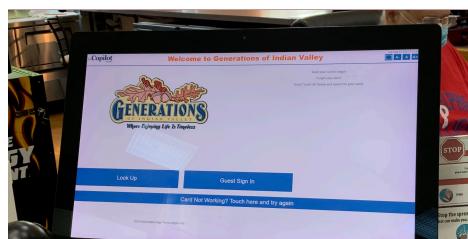
tax preparation.

Appointments are required for this service.

Appointments open for scheduling on Monday, January 19, 2026. **To schedule please call our front desk on or after Monday, January 19 at 9:30am: 215-723-5841.**

## HOAGIE SALE FRIDAY, MARCH 13

- \$10 Each for a 12" Turkey or Italian Hoagie on a fresh "Hearth Bakery" Roll.
- All proceeds benefit Generations & Meals on Wheels Programming.
- Order by March 6 online at [www.generationsofiv.org](http://www.generationsofiv.org) or call 215-723-5841.



**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.



**DONATIONS REQUESTED...**  
Please keep an eye out for our February appeal letter in your mailbox! We appreciate any and all monetary donations toward our operating costs as well as special projects. More information to come!



**EXTRA EXTRA!**  
Souderton Area High School presents their spring musical, *Newsies*, March 19 - 22. All performances and the box office are at 625 Lower Rd, Souderton. Get tickets in March at [cur8.com](http://cur8.com) or at the door 30 min before showtime.

# SPECIAL PROGRAMS (IN ORDER OF DATE)

<sup>^</sup> = 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.

## HEART HEALTH ^

MONDAY, FEBRUARY 2, 10:00AM

Learn how to keep your heart healthy and prevent (or treat) cardiovascular disease with lifestyle changes, medications and devices. This free presentation by Sue Smith, M Ed., RN, is brought to you by Jefferson Health-Abington. Registration is required. ^



## 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.



## KNITTING WITH 'CAT' ^

WEDNESDAYS, FEB. 4 - 18 12:45PM

Join volunteer 'Cat' for this intermediate knitting group and continue to build upon your basic knowledge of knitting. Learn to read a pattern and make a knitted winter cap. Participants should have a basic knowledge of knitting and must know how to "knit and purl." Bring your own supplies: 16" size 8 circular needles + a set of size 8 double pointed needles and 1 skein of worsted weight yarn in a color of your choice (Cat suggests acrylic Red Heart or Loops & Threads brands, both available at Michael's or Amazon). Space is limited to six participants. \$15 per person for the three week series. Snow date February 25.

**Registration is required. Payment is due at registration. ^**



## MINUTE TO WIN IT BIG GAME PEP RALLY

FRIDAY, FEBRUARY 6, 12:30

Join us for some fun and silly football-themed minute to win it games to get ready for the big game! Program coordinator Amy will host quick and easy challenges using inexpensive/household supplies that can be completed in 60 seconds or less. Small prizes (and one grand 'soup-themed' prize) will be awarded for winners! Free program. ^

## WOMEN WHO SHAPED AMERICA ^

MONDAYS, FEB. 9, 16, 23 & MAR. 9, 16, 23, 10:00AM

Join us for another "Great Courses" series. During this interesting series, we will meet the often-overlooked women who changed the face of America—feminists, scholars, reformers, and visionaries. Although each woman featured in 12 Women

*Who Shaped America: 1619 to 1920* has her unique story, the women are united by their belief in the value of women and the importance of public image. Each class consists of video lectures and a follow-up discussion led by volunteer Dave.

**Registration required. ^**

**New!**

## "CHAT ABOUT" DISCUSSION GROUP

2nd & 4th FRIDAYS, 10:00AM

(February 13 & 27, March 13 & 27)

Join volunteers Cindy and Norma for a new peer-led discussion group to talk about anything and everything from family or coupons to food or ailments. All participants will have the opportunity to share their thoughts if desired. Prompts will be given if needed. Please note this not a support or counseling group, just a safe space to share thoughts, laughs, and chat with friends and peers. **Registration required. ^**

## MOVIE MATINEE: WICKED (PART 1) ^

TUESDAY, FEBRUARY 17, 12:45PM

Elphaba, a young woman with green skin, navigates life at Shiz University and forms an unlikely friendship with the popular Galinda. Their bond deepens as they encounter the Wizard of Oz, leading to a series of events that ultimately shape their destinies and transform them into the Wicked Witch of the West and Glinda the Good. Starring Cynthia Erivo and Ariana Grande. Rated PG for some scary action and thematic material. Running time is 2 hours, 40 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café.

**Please register if you plan to attend. ^**



## PEYTON HEART PROJECT WORKSHOP ^

WEDNESDAY, FEBRUARY 18, 11:00AM

The mission of Peyton Heart Project is to raise global awareness about suicide, bullying, and to help end the stigma surrounding mental health issues. Peyton Heart does this by distributing small, hand-made hearts with inspirational messages in locations where we hope they'll be easily found. Join volunteers Franny & Britt for a Peyton Heart Workshop. Participants are needed to tag, trace on felt, and crochet hearts.

**Please register if you plan to attend. ^**



## THE AGING VOICE ^

WEDNESDAY, FEBRUARY 18, 1:00PM

Do friends or family sometimes ask you to repeat yourself? Join Nancy Ashbaugh, MS CCC-SLP, Speech Language Pathologist from Good Shepherd Rehabilitation, to learn easy ways to make

## MUSIC BINGO FRI., MARCH 6, CARD SALES AT 12:30, GAMES AT 1:00PM

Come try this fun and exciting game of Name That Tune meets Bingo. Songs replace the numbers on a special bingo card. The host will play a song and reveal the correct name of that song. If you have that song listed on your card, you tick it off. Get a line, call "bingo!" 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.



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conversations smoother and more enjoyable. Free program.

**Please register if you plan to attend.** ^

**TRIVIA AT TEN: AMERICA 250** ^

**FRIDAY, FEBRUARY 20, 10:00AM**

Enjoy a morning of brain games and trivia celebrating America's 250th anniversary. Fun prizes will be awarded for winning answers. Led by Generations Program Coordinator Amy Stover. **Registration required.** ^



**DISCOVER THE POWER OF NUTRITION** ^

**MONDAY, MARCH 2, 10:00AM**

Learn the importance of making informed food choices and developing healthy eating habits. This free presentation by Sue Smith, M Ed., RN, is brought to you by Jefferson Health-Abington. Registration is required. ^

**IALOGUE WITHOUT FRONTIERS: CURRENT EVENTS** ^

**THURSDAY, MARCH 5, 1:00PM**

This is an open forum for discussion about domestic and global current events in a democratic manner. Participants must be willing to listen and or speak about topics that may elicit differing opinions with a calm, open mind. The session will be moderated by Thomas Kolsky. Registration is required. ^

**AARP SAFE DRIVING FULL COURSE** ^

**THUR., MARCH 5 & FRI., MARCH 6, 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. **Must attend both classes. Register by March 2.** ^

**WINDOWSILL GARDEN WORKSHOP** ^

**WEDNESDAY, MARCH 11, 12:45PM**

Think spring and create your own indoor window sill garden using recycled materials, donated seeds/bulbs and organic fertilizer and soil. Students from Souderton High School's

S.A.V.E. program (Students Against Violating The Earth) will assist us with this project and will also share an earth day presentation along with fun earth day themed games and trivia. You will leave with your own window sill garden to care for at home. Seeds and bulbs graciously donated by the *America Responds with Love* organization. Free program. **Please register if you plan to attend.** ^



**NAME THAT TUNE: AMERICA 250** ^

**FRIDAY, MARCH 13, 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.** ^



**MOVIE MATINEE: WICKED FOR GOOD (PART 2)** ^

**TUESDAY, MARCH 17, 12:45PM**

Elphaba (Cynthia Erivo), now demonized as The Wicked Witch of the West, lives in exile and desperately tries to expose the truth she knows about The Wizard (Jeff Goldblum). Glinda (Ariana Grande), meanwhile, has become the glamorous symbol of Goodness for all of Oz. With their singular friendship now the fulcrum of their futures, they will need to truly see each other, with honesty and empathy, if they are to change themselves, and all of Oz, for good. Rated PG for some suggestive material, violence, and thematic material. Running time is 2 hours, 17 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café.

**Please register if you plan to attend.** ^

**BULLETPROOF YOUR NECK** ^

**WEDNESDAY, MARCH 25, 1:00PM**

Join us for a free presentation with Devyn Kerr, PT, DPT from Good Shepherd Rehabilitation! Learn how to strengthen the deep stabilizing muscles—often called the “abs of your neck”—to improve posture, reduce pain, and protect your spine. This session will include practical tips and exercises to keep your neck strong and healthy. Don’t miss this opportunity to feel your best! **Please register if you plan to attend.** ^



## WELCOME AMY ROBILLARD, NORTH PENN MEALS ON WHEELS COORDINATOR

Amy started out as a Meals on Wheels volunteer in 2016. To Amy, Meals on Wheels isn't just about delivering food, it's about connection with people in the community.

“I enjoy getting to know our clients and developing relationships. When my daughters were younger, they would come with me to deliver too. They used to fight over who could get to hand-deliver the meals!”

Amy is grateful that her kids got to devote time to community

service with older adults and feels they learned important skills during that time. Amy's family is originally from Minnesota. She now lives in Harleysville with her husband (her high school sweetheart). They have four teenage daughters.

“I am super excited to be part of the Generations community and everyone has been very patient!”

## NEWS & NOTES:

### FEATURED ARTIST FEBRUARY:

Emma Hawkins is a 2024 graduate of Tyler School of Art and Architecture with a degree in Visual Studies. Emma's work is often interdisciplinary and experimental with human form and temperature. Emma is an oil painter by trade but has also been exploring 3D works such as glass blowing and found object sculpture and has even created scenic post cards and artwork for Perkasie Borough. Emma works as a painting instructor at Generations and was recently elected to serve on the Perkasie Borough Council.

### FEATURED ARTIST MARCH:

Steve Allen lives in Upper Salford and is a scenic landscape painter who works in a variety of media including oil paints, charcoal pencil and screen prints. He attempts to recreate the beauty of the natural world and capture the feeling of atmosphere and distance. Steve has recently won awards at local juried art shows.

### NEED TO TALK?

Montgomery County Peer



Support Talk Line: (855) 715-8255

Montgomery County Mobile Crisis Unit: (855) 634-HOPE (4673)

National Suicide & Crisis Lifeline: Call or Text 988

Upper Bucks Crisis: 215-257-6551

PA Drug & Alcohol Helpline: 1-800-662-HELP (4357)

### ONE-STROKE PAINTING:

The One-Stroke Painting Landscape class with instructor Tish Ryan continues on Wednesdays through January 28 for those who have registered and paid. Classes are held from 1-3pm. Snow date is February 4.

### WINTER WEATHER:



We no longer follow Souderton School District for weather related closings and delays. Visit our website [generationsofiv.org](http://generationsofiv.org) to see if Generations or Meals has a schedule change. You can also visit our website to opt in for text notifications about inclement weather announcements.

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### BOOK CLUB ^

THURSDAY, MARCH 26, 1:00PM

Join our book club discussion with

Volunteer Deb. A Walk in the Woods:

Rediscovering America on the Appalachian Trail is a 1998 travel memoir by Bill Bryson, chronicling his attempt to thru hike the Appalachian Trail. Written in a comic style, the book mixes accounts of Bryson's walk with broader discussions about the Trail's history, and the sociology, ecology, conservation status and people of the places Bryson walked through. You can borrow a copy of this book from Generations or purchase on your own. **To borrow a copy or register for the book club discussion, visit our front desk or call 215-723-5841.**



your support of Generations and Concert Sundaes!

### DIGITAL LITERACY: CABLE VS STREAMING TV SERVICES ^

FRIDAY, MARCH 27, 12:45PM

Join Alan Berry, Media Literacy Educator, Researcher, and Advocate, for a digital literacy workshop. This month's topic is exploring streaming services vs cable for your home TV viewing. Free program.

**Please register if you plan to attend.^**

### FAMILY SELF DEFENSE ^

TUESDAY, APRIL 7, 10:30AM

Join Master Mark Cashatt for this one hour lesson in self defense. Master Cashatt will demonstrate physical applications for potential real-life situations and allow you practice so you can be prepared for real-life situation. Family/Friends welcome. Cost: \$8 per person due at registration.

**Registration deadline:**

**April 1.^**



### BASIC FIRST AID & CPR ^

WEDNESDAY, APRIL 8, 1:00PM

Join Cassidy Bowen, Community Health Educator from Montgomery County, PA, to learn about emergency response basics including hands-only CPR and AED training, choking response, and basic first aid. Free program designed for laypeople. NO CERTIFICATION. **Please register if you plan to attend.^**



### SHOULD I STAY OR SHOULD I GO? ^

THUR., APRIL 16, 10:30AM

Are you considering moving to a retirement community, care facility, 55+ housing option, or are you hoping to age in a place in your current home or living situation? Any of these options take planning, financial stability and clear-eyed recognition of the realities of aging. Save the date for a workshop designed to guide you in making decisions about whether to remain in your home or embrace another living arrangement. Hear from experts in the field including Oasis Senior Advisors, a Realtor, a home-mobility consultant, a home care expert, and a financial advisor. More information in our April/May newsletter. **Please register if you plan to attend.^**

# SOCIAL SERVICES

## CAREGIVER'S SUPPORT

The Muller Institute for Senior Health 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: Coordinator, Memory Fitness Center, 215-441-6888 or Katherine.Rovine@Jefferson.edu 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](mailto:susan.lamar@jefferson.edu)

## COUNSELING FOR EVERY DAY STRUGGLES AND BEYOND 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.

## 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.**

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](mailto:shirley@selrodtherapy.com) Phone: 215-650-3034 Website: [selrodtherapy.com](http://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

**THUR., FEB. 5 & MARCH 5**

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., (FEB. 9 & MAR. 9)**

**10:45 AM -12:45 PM**

## PA STATE SEN. OFFICE HOURS

**3RD THUR., (FEB. 19 & MAR. 19)**

**12 - 2PM (NEW DAY AS OF 1/15/26)**

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.

**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](http://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. Donation: \$1.00 per day.

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

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. 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. Seniors (65+): \$3.25 per game; shoe rental additional \$3. Questions? Call our front desk at 215-723-5841.

## "CHAT ABOUT" DISCUSSION GROUP

### 2nd & 4th FRIDAYS, 10:00AM:

#### (February 13 & 27, March 13 & 27)

Join volunteers Cindy and Norma for a new peer-led discussion group to talk about anything and everything from family or coupons to food or ailments. All participants will have the opportunity to share their thoughts if desired. Prompts will be given if needed. Please note this not a support or counseling group, just a safe space to share thoughts, laughs, and chat with friends and peers.

Registration required. ^

## 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.

## 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: \$1.00.

## 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 (FEBRUARY 6 & MARCH 6 ), 10:00AM - 2:00PM**  
Join volunteer Don to play the game "Go." It is a strategy game similar to chess that is popular in China, Korea, and especially Japan. Bring your own snacks or register for our noon meal and take a lunch break. A \$2 donation per person is appreciated. Please register at our front desk or call 215-723-5841.

## HAND & FOOT CARD GAME: TUES, 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.

## MAHJONG: FRIDAYS, 12:30PM

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

**PING PONG: Our table is available for play as long as the room is not in use for another program. You can bring your own partner or we can put the table against the wall for single play. Check with Amy Stover for scheduling questions: 215-723-5841 ext. 104.**



**MATS THAT MATTER: 1ST & 3RD THURSDAYS, 11AM**  
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.

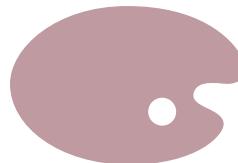
**MEMOIRS GROUP: MONDAYS, 1:00PM**

Whether you're writing just for yourself or to pass on to your family, join this creative group led by Marilyn Gross. For questions or concerns, call Marilyn: 215-353-6699. If there is no answer, leave a message.

**PAINTING CLASS (WATERCOLOR):**

**TUESDAYS, 1:00-3:00PM**

Classes begin with instruction and demonstration of intermediate watercolor techniques in regards to negative space, composition and color. Class members will then be given the option of working on a teacher prompted project or on their own work. Support will be offered during class. Bring your own supplies or borrow ours until you see what you need. Instructor Emma Hawkins. Please register for each monthly session if you plan to attend so that we know how many tables to set up. Upon arrival, pay \$10 per person, per class at the front desk. To register, call: 215-723-5841.



**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, FEBRUARY 11, 11:00AM**

**(SOUPS & STEWS)**

**WEDNESDAY, MARCH, 11:00AM**

**(SWEET OR SAVORY BREADS)**

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! A donation of \$2 per person is appreciated.** 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](mailto: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. 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 by calling 215-723-5841 or emailing [astover@generationsofiv.org](mailto:astover@generationsofiv.org)

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

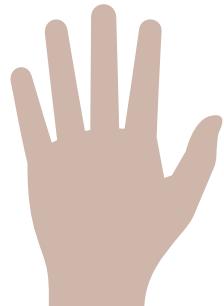
## **VOLUNTEER/DONATION OPPORTUNITIES QUESTIONS/CONTACT: 215-723-5841**

**Drivers are needed to deliver Meals on Wheels in the Indian Valley and North Penn areas on the second and fourth Tuesdays of each month. Times are approximately 10:45am-12:45pm. Contact Pat or Amy R.: 215-723-8555.**

**Newsletter mailing help is needed on Tue., March 17 at 9:15am. Contact Amy S.**

**Agile volunteers are needed help to weed and water our gardens in the upcoming warmer months. Training provided. Contact Amy S.**

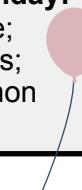
**Volunteers are needed to assist with packing for our Meals on Wheels program on select mornings from 8:45-11:00am. Contact Beth: 215-723-5841.**



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

## 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
<b>2</b> 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)	<b>3</b> 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)	<b>4</b> 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)	<b>5</b> 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)	<b>6</b> 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) <b>HOAGIE SALE ORDERS DUE (3)</b>	<b>7</b>  <b>8</b> 10:00 Drifters, etc at AMT Trip (16)
<b>9</b> 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)	<b>10</b> 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)	<b>11</b> 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)	<b>12</b> 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	<b>13</b> 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) <b>HOAGIE SALE (3)</b>	<b>14</b>  <b>15</b>
<b>16</b> 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)	<b>17</b> 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)	<b>18</b> 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)	<b>19</b> 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)	<b>20</b> 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)	<b>21</b> 9:30 Riverdance @ AMT Trip (16)  <b>22</b> 12:00 Tomasello Winery Trip (16)
<b>23</b> 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)	<b>24</b> 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)	<b>25</b> 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)	<b>26</b> 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)	<b>27</b> 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)	<b>28</b>  <b>29</b>
<b>30</b> 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)	<b>31</b> 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)				
<b>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.</b>					

# 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 Instructor: Jean Tornetta

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

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.

New!

## 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 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. Certified Instructors: Jean Tornetta, Sarah Trocine, or Sue Wolfe

## PLEASE NOTE:

- Class fees vary based on instructor fees and typical class attendance. Some of our punch card prices changed effective 1/20/26. We will honor all previously purchased punch cards until all punches are used.
- 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](http://www.generationsofiv.org) for important announcements and last-minute changes. See weather policy on p. 20.

## 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 MARCH 31

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.

## 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](http://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](mailto: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 policies 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

### MURDER AT MOUNT HOPE, MANHEIM

#### WEDNESDAY, FEBRUARY 11

Join us for an interactive culinary "who-done-it," which includes a sumptuous four-course meal! A great opportunity to become the detective, interrogate the suspects, put the clues together and uncover the truth! Your experience begins as soon as you walk into the mansion!

**Cost: \$90 includes ride on our bus, show, lunch, taxes and gratuity.**

**Departs: 11:00am Returns: 6:00pm**

**Trip Opened: Jan. 6 Payment Deadline: Jan. 9**

### OUT TO BRUNCH: PLUMSTEADVILLE INN

#### SUNDAY, FEBRUARY 22

The Plumsteadville Inn was built in 1715 and over the years has been renovated and improved. They say that the building was a stop on the Underground Railroad. We will enjoy a brunch buffet with an assortment of stations.

**Cost: \$50 includes ride on our bus, brunch, taxes and gratuity.**

**Departs: 9:15am Returns: 12:15pm**

**Trip Opened: Jan. 6 @ Payment Deadline: Jan. 20**

### THE SUNSHINE BOYS, HUNTERDON HILLS, NJ

#### WEDNESDAY, FEBRUARY 25

*The Sunshine Boys* by Neil Simon is a classic comedy about two aging vaudeville performers, Willie Clark and Al Lewis, who were once a legendary duo but haven't

## DAY TRIPS CONT'D NEXT PAGE

(DAY TRIPS CONT'D FROM P. 15) spoken in years due to a bitter falling out. When they reunite for a TV special, hilarious clashes and heartfelt moments ensue. Full of sharp wit, nostalgia, and Simon's signature humor, *The Sunshine Boys* is a touching tribute to friendship, show business, and the passage of time.

**Cost: \$105 includes ride on our bus, show, lunch, taxes and gratuity.**

Departs: 9:45am

Returns: 5:00pm

Trip Opened: Jan. 6

Payment Deadline: Jan. 20

## NEW TRIPS

THE DRIFTERS, THE PLATTERS & CORNELL GUNTER'S COASTERS, AMT, LANCASTER\*



SUNDAY, MARCH 8

It's not a concert....it's a party!! Spend a nostalgic afternoon saluting three of the world's most beloved musical groups who were instrumental in creating the Rock & Roll/Doo Wop Sound: Cornell Gunter's Coasters (Charlie Brown, Yakety Yak, Poison Ivy); The Platters (Only You, Smoke Gets In Your Eyes, The Great Pretender); and The Drifters (Under the Boardwalk, Up on the Roof, This Magic Moment, and On Broadway).

**^ 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	\$\$\$\$ DUE
Drifters/Platters AMT March 8 Riverdance AMT March 21	Tuesday, February 3 @ 3:00pm: 215-723-5841	\$115 Feb. 5 \$140 Feb. 18
Little Shop Of Horrors March 11 Joshua Sight & Sound March 26	Wednesday, February 4 @ 3:00pm: 215-723-5841	\$95 Feb. 9 \$145 Feb. 18
Imaginarium April 2 Oklahoma! April 9 Menopause The Musical April 11	Wednesday, March 3 @ 3:00pm: 215-723-5841	\$95 Mar. 4 \$100 Mar. 6 \$100 Mar. 10
Some Enchanted Evening April 15 9 to 5 April 28	Wednesday, March 4 @ 3:00pm: 215-723-5841	\$110 Mar. 13 \$95 Mar. 16
Iron Pigs Game May 7	Wed., Apr. 1 @ 3:00pm: 215-723-5841	\$55 Apr. 6

Before the show, we will enjoy a smorgasbord brunch at Hershey Farms.

**Cost: \$115 includes ride on our bus show, lunch, taxes and gratuity.**

Departs: 10:00am

Returns: 6:00pm

**Trip Opens: February 3 @ 3pm by phone only ^**

**Payment Deadline: February 5**

LITTLE SHOP OF HORRORS,  
DUTCH APPLE, LANCASTER\*

WEDNESDAY, MARCH 11

Based on the 1960 film, this rock musical follows a hapless florist shop worker who stumbles across a new plant breed he names "Audrey II" after his coworker crush. The foul-mouthed, R&B singing carnivorous plant promises fame and fortune - but at what price? Rated PG 13.

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

Departs: 9:30am

Returns: 5:30pm

**Trip Opens: February 4 @ 3pm by phone only ^**

**Payment Deadline: February 9**

RIVERDANCE, AMT,\*



LANCASTER

SATURDAY, MARCH 21

Since Riverdance first emerged onto the world stage, its fusion of Irish and international dance and

music has captured the hearts of millions worldwide. The Grammy award-winning music and the infectious energy of mesmerizing choreography and breathtaking performances has left audiences in awe and established Riverdance as a global cultural sensation. Before the show, we will enjoy a smorgasbord lunch at Hershey Farms. (Balcony seats at AMT).

**Cost: \$140 includes ride on our bus, show, brunch, taxes and gratuity.**

Departs: 9:30am

Returns: 7:00pm

**Trip Opens: Feb. 3 @ 3pm by phone only ^**

**Payment Deadline: Feb.18**

OPERA GALA, TOMASELLO WINERY, NJ\*

SUNDAY, MARCH 22

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.**

Departs: 12:00pm

Returns: 6.30pm

**This is a rescheduled trip. If you have interest, please give your name to the front desk for a waiting list beginning Jan. 23.**

JOSHUA, SIGHT & SOUND,\* LANCASTER



THURSDAY, MARCH 26

From the banks of the Jordan River to the towering walls of Jericho, *Joshua* is a miraculous adventure for the whole family. Journey alongside the people of Israel as they navigate their new-found freedom in an unforgiving wilderness. Experience one of the most redemptive stories of the

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



Bible as it comes to life in this brand-new original stage production. We will enjoy a smorgasbord lunch at Miller's before the show.

**Cost: \$145 includes ride on our bus, show, lunch, taxes and gratuity.**

**Departs: 10:00am**

**Returns: 7:30pm**

**Trip Opens: Feb. 4 @ 3pm by phone only ^**

**Payment Deadline: Feb.18**

**IMAGINARIUM: VARIETY MAGIC SHOW, MAGIC & WONDER**

**THEATER, \* LANCASTER**

**THURSDAY, APRIL 2**

Go as far as imagination can take you in this variety magic show! Experience wonder as illusionist Brett Myers takes audiences to a larger-than-life-circus, the whimsy of Wonka, the glamour of Hollywood, and the curiosities of a Steampunk era. Your eyes will witness the impossible as people appear, disappear, and fly. Lunch will be served before the show.

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

**Departs: 10:30am**

**Returns: 6:00pm**

**Trip Opens: March 3 @ 3pm by phone only ^**

**Payment Deadline: March 4**



**OKLAHOMA! DUTCH APPLE**

**DINNER THEATRE, LANCASTER**

**THURSDAY, APRIL 9**

Cowboy Curly and farm girl Laurey carve out a life together in a brand-new state. The unforgettable Rogers & Hammerstein score includes: "Oh, What a Beautiful Mornin," "People Will Say We're in

Love," "I Can't Say No!" and the exhilarating title song, "Oklahoma!"

**Cost: \$100 includes ride on our bus, show, lunch, taxes and gratuity.**

**Departs: 9:30am**

**Returns: 5:30pm**

**Trip Opens: March 3 @ 3pm by phone only ^**

**Payment Deadline: March 6**

**MENOPAUSE THE MUSICAL 2:**

**CRUISING THROUGH "THE CHANGE," STATE THEATRE, \***

**SATURDAY, APRIL 11TH**

All aboard sisters!! The hysterical sequel to the smash-hit Menopause The Musical is returning to the State Theatre in Easton, PA! Menopause The Musical 2: Cruising Through "The Change" is a hilarious and heartfelt look at the joys of menopause and friendship backed by a new soundtrack of toe-tapping parodied hits from the 70's, 80's and 90's. Don't miss it! We will enjoy lunch at Porter's Pub before the show.

**Cost: \$100 includes ride on our bus, show, lunch, taxes and gratuity.**

**Departs: 11:30am**

**Returns: 6:30pm**

**Trip Opens: March 3 @ 3pm by phone only ^**

**Payment Deadline: March 10**

**SOME ENCHANTED EVENING, HUNTERDON HILLS, NJ \***

**WEDNESDAY, APRIL 15**

Some Enchanted Evening is a celebration of songs that have become a part of our lives. Their melodies are the ones we hum in the shower, sway to in ballrooms, hear floating through the airwaves on the radio, and even encounter in the most unexpected places- elevators, supermarkets, and beyond. It is a heartfelt celebration of these unforgettable classics, brought to life by a cast of some of the most gifted and captivating performers in the country. This dazzling revue promises a night of timeless music, cherished

memories, and pure theatrical magic you won't soon forget.

**Cost \$110 includes ride on our bus, show, lunch, taxes and gratuity.**

**Departs: 9:45am**

**Returns: 4:30pm**

**Trip Opens: March 4 @ 3pm by phone only ^**

**Payment Deadline: March 13**

**9 TO 5, ACT 1, DESALES UNIVERSITY, CENTER VALLEY**

**TUESDAY, APRIL 28**

American icon Dolly Parton wrote the music for this Tony-nominated musical based on the 1980 film. Three employees of Consolidated Industries, Violet, Doralee, and Judy, who are pushed to their breaking points, become unlikely friends and hatch a scheme to take revenge on their misogynistic and lecherous boss, Franklin Hart Jr. When the scheme involves making Hart "unavailable," the three women use their ability to make changes at Consolidated - all for the benefit of the employees.

After the show we will enjoy lunch at Copperhead Grille.

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

**Departs: 8:45am**

**Returns: 2:30pm**

**Trip Opens: March 4 @ 3pm by phone only ^**

**Payment Deadline: March 16**

**IRON PIGS GAME, \* ALLENSTOWN**

**THURSDAY, MAY 7**

The Lehigh Valley Iron Pigs are a minor league baseball team affiliate of the Philadelphia Phillies. Our seats are located on the picnic patio. We will enjoy an all-you-can-eat buffet before the game.

**Cost: \$55 includes ride on our bus, ticket, buffet, tax and gratuity.**

**Departs: 4:30pm**

**Returns: Approx. 10:30pm**

**Trip Opens: April 1 @ 3pm by phone only ^**

**Payment Deadline: April 6**

# 2026 OVERNIGHT TRIPS

## 7 NIGHT BERMUDA CRUISE: MAY 10 - 17, 2026



Sailing aboard Celebrity Silhouette; Round trip bus from Souderton area to Cape Liberty Cruise Port; 7 night cruise onboard the Celebrity Silhouette including cruise taxes, meals onboard (specialty restaurants additional), most entertainment onboard; Celebrity Classic Beverage Package; Generations donation and a \$50 onboard credit per cabin from Travel Haus. \$1806 (inside cabin) per person double. \$3612 (inside cabin) per person single. \$2198 (verandah cabin) per person double. \$4396 (verandah cabin) per person single. Travel insurance information is available upon request. Contact Liza at Travel Haus for more information: 215-723-8687 or [liza@trvlhaus.com](mailto:liza@trvlhaus.com)

## SHOWTIME IN THE SMOKIES: SEPTEMBER 8 - 13, 2026



Motorcoach Transportation; Pirates Voyage Dinner Show; Dolly Parton's Dinner Show; Country Tonite Theater; Lunch and Performance by Gary "Biscuit" Davis (Banjo); Skyland Ranch; Dollywood; Titanic Museum; Great Smoky Mountain; Pigeon Forge; Five Nights Lodging; Five Breakfasts; Two Lunches; Three Dinners; Luggage Handling (as available); Driver Gratuity Cost: \$1979 double or \$2679 single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Full payment due 6/1/26. Contact Robert Brecker for more information or for reservations: 484-446-2369 or [travel@somuchtoseatravel](mailto:travel@somuchtoseatravel) Smokies & Biltmore presentation for newcomers on Tuesday, 4/21, 10:45am. Call Lisa to register for the presentation: 21-723-5841.

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



Motorcoach Transportation; Biltmore Estate Tours: Daylight, Antler Hill Village & Biltmore Winery, Candlelight Christmas Dinner, Candlelight Evening Tour; Asheville Museum of History; Brethren & Mennonite Heritage Center; Local Guide Service in Asheville; Four Nights Lodging; Four Breakfasts; Two Dinners; Luggage Handling (as available); Driver Gratuity Cost: \$1599 double or \$1949 single. Arrangements through So Much to Sea

Travel. Travel insurance upon request. Full payment due 9/1/26. Contact Robert Brecker for more information or for reservations: 484-446-2369 or [travel@somuchtoseatravel](mailto:travel@somuchtoseatravel). Smokies & Biltmore presentation for newcomers on Tuesday, 4/21, 10:45am. Call Lisa to register for the presentation: 21-723-5841.

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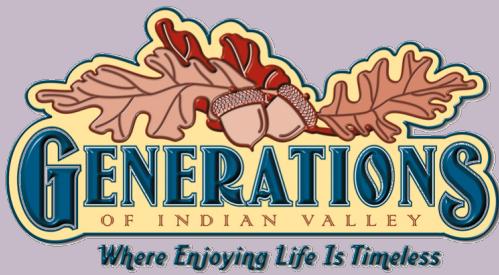
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#### WINTER WEATHER:

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

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

EVENINGS & WEEKENDS AS  
SCHEDULED

\*SEE P. 10 - 13 FOR IMPORTANT  
SCHEDULING ANNOUNCEMENTS.

#### REINDEER WRAP UP (MORE ON P. 2)



#### CONTACT US:

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