



## 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.

## RHYTHMFIT TUESDAYS, 10:30AM

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 drum sticks, large yoga balls, and other equipment for a fun workout that blends simple choreography and infectious beats. Cost: \$16 for a four week punch card. **Punches can be used for any Rythmfit classes scheduled through - Feb. 27.** Sorry no a la carte classes for Rhythmfit at this time. Please call our front desk to register for this upcoming series! 215-723-5841.



## LOVELY BRUNCH FRIDAY, FEB. 16, 11:15AM

Enjoy a lovely day for singles, couples, and groups of friends! Before brunch is served, enjoy a concert with "Classical Coordinations," a group of talented students from Souderton High School. With members who play brass, woodwind and string instruments, they will be performing a combination of solos and small group songs, sharing selections of music from across all genres, including classical and pop, as well as some love-themed songs.

Brunch (served at 12:00) includes a Monte Cristo Slider with Raspberry Preserves; Sausage, Egg, & Cheese Bite; Twice Baked Potato with Sour Cream and Chives; Spring Mix Salad with Shaved Fennel and Lemon Vinaigrette; Strawberry, Brownie, & Marshmallow Skewer with Dark Chocolate Drizzle; Spiked (and non-spiked) Mimosas; Fresh OJ; Tea; Coffee; Iced Tea; Cost: \$20 per person includes brunch & entertainment. Family & friends welcome. Seating is limited, and reservations are required. (There will be no regular noon meal this day). To register, stop by or call the Generations front desk at 215-723-5841 by Feb. 13.

## ST. PADDY'S PARTY FRIDAY, MARCH 15, 12:00PM

Enjoy traditional Irish music and dancing provided by The Pride Of Erin Irish Dancers. They'll perform solo jigs, reels, and hornpipes on soft shoe as well as traditional ceili (group) and set dances. You'll hear plenty of background information about Irish dance and traditions as well. Cost: \$20 for festive, authentically Irish entertainment and food. Our meal features Irish Lamb Stew, Colcannon Potatoes, Irish Soda bread, Rainbow Cake with Gold Coins; Choice of Irish Ale/Stoudt or Cocktail, Tea and Coffee. Meal will be served at 12:00. Dancing begins at 1:00. (There will be no regular noon meal this day). To register, stop by our front desk or call 215-723-5841 by Mar. 12.

**Visit Our Website:** For the most up to date program information and announcements please visit [www.generationsofiv.org](http://www.generationsofiv.org)

## FRIDAY IN THE CAFE MARCH 22, 7:00PM



Join us for small plates and big fun! Cost: \$15 includes an evening of entertainment with Hobie & Friends. We'll

also have light snacks and desserts, beer or wine, soda, coffee, and tea. "Hobie and Friends" is a small group of retired and semi-retired friends who enjoy playing music together. The core group includes Hobie Simms on piano, Dave Whetstone on drums and Billy Keane on bass guitar/fiddle. Other instrumental friends join us as they are able. Enjoy a wide range of music from the old jazz and Broadway standards going back to the early 1900s to "oldies" from the 50s and 60s and more recent jazz tunes.

To register, stop by our front desk or call 215-723-5841 by March 19.

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# GENERATIONS IS:

- A PLACE OF WELCOME AND FRIENDSHIP FOR ACTIVE ADULTS
- A COMMUNITY OF PEOPLE COMMITTED TO LEARNING, GROWTH, AND MUTUAL SUPPORT
- A GATHERING, WHERE THE NEEDS AND JOYS OF THE COMMUNITY CAN BE SHARED
- A SPIRIT OF PARTNERSHIP AND CARING WHICH LASTS FROM GENERATION TO GENERATION

## OUR TEAM

### STAFF

Douglas Eschbach,  
Executive Director

Lisa Furbacher,  
Assistant Director

Shawna Boell,  
Member Services Coordinator

Emily Filice,  
Social Services Coordinator

Bryan & Darlene Finnemeyer;  
Chris Obrecht, Housekeeping

Christine Hawkins, Sous Chef/  
Nutrition Services

Joe Heumann, Meals on Wheels  
Kitchen Coordinator

Beth Knize, Executive Chef/  
Nutrition Services

Lexi Little, Kitchen Assistant

Heather Lewis,  
North Penn MOW Coordinator

Pat McQue,  
Indian Valley MOW Coordinator

Val Perry,  
Member Services Coordinator

Amy Stover, ADC,  
Program Coordinator

Milt Stover,  
Maintenance Coordinator

### BOARD OF DIRECTORS

Linda Abram, Chair

John H. Filice, Vice-Chair

Ron Hallman, Secretary

Timothy Swartley, Treasurer

Kristyn DiDominick

M. Theresa Fosko

Brian K. Goshow

Joanne Kline

D. Scott Landis

Alexandra Metricarti

Chari Richardson

Ella M. Roush

Generations of Indian Valley is a 501(c)3 non-profit community center serving active senior adults in Souderton, Telford, Franconia, and the surrounding communities with programs in wellness, nutrition, social services, recreation, travel, and more.

Generations' Meals on Wheels program serves the Indian Valley and North Penn areas.

Generations of Indian Valley is funded, in part, under contract with Aging and Adult Services of Montgomery County. Additional funding is provided by the United Way, foundation grants, municipal support, fundraising projects, and

individual and corporate contributions. We suggest, but do not require, a contribution upon joining followed by an annual contribution from our participants to help defray the costs of our operating expenses.

We assure participation and services to anyone applying and qualifying without regard to race, religion, national origin, marital status, sex, sexual orientation, gender identity, or disability where a person is otherwise qualified or could be with reasonable accommodation. (See our participant application for specific guidelines). Generations is an Equal Opportunity Employer.

## WELCOME CHRISTINE & JOE



What's cookin' in the Generations kitchen besides over 400 meals a day? We recently welcomed two new staff members to our team!

Christine Hawkins, our new Sous Chef, comes to us with 25 years of experience in many facets of the food industry including event management, serving, bartending and restaurant ownership. Christine says she loves being able to add creative touches to the menu, cook every day, and work alongside amazing volunteers. In her spare time, Christine loves to travel with family, check out local events and farmer's markets, and watch her younger daughter play ice hockey. She also likes to explore great restaurants in the city with her older daughter, who is a senior at Temple.



Joe Heumann, our new Meals on Wheels Kitchen Coordinator, is a graduate of Cardinal Dougherty High School. Joe's background is in restaurant work and management. He appreciates how friendly and welcoming everyone at Generations is. In his spare time, he enjoys the beach, golf, and family time, and he's an avid sports fan.



# SNOW DAY COLD CASH

BY AMY STOVER, PROGRAM COORDINATOR



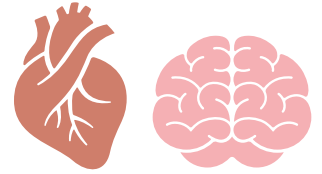
When I was just a little red-headed snippet, my Grandmom Ryan always created fun family games and theme parties for our large extended family. It is no wonder I ended up in this line of work!

One of my favorite things was our winter snow day calendar. Each person in the family would be assigned dates, and if it snowed on your day, you got a small prize (like chocolate or spearmint leaves) at the end of winter. But the real prize was the fun we all had trying to predict who might win or imagining a family member looking out the window

and then at the calendar to discover it was their snow day. Grandmom feigned being miffed when the Uncles sometimes resorted to cheating, petty blackmail, or not-so-nice name calling, but we knew it was all in good fun, and I think she knew that too. The snow day calendar lives on in our immediate family each year! This winter we'd like to bring it to you in the form of a fun cash raffle benefitting Generations! (I don't know if Grandmom would appreciate the gambling but it is a good cause)!

Here's how it works:  
Purchase "snow days" for \$5 each by visiting our front desk. The dates between Jan 30 - Apr. 30, 2024 **are still available for purchase. (Purchases close two weeks before the desired snow day). If it snows in Souderton any amount on your snow day, you will win CASH!** We will distribute 50% of our total income back to snow day buyers in cold cash prizes. For full details, visit [www.generationsofiv.org](http://www.generationsofiv.org) or our front desk. After all, there's no business like snow business!

## LOVE YOUR HEART, LOVE YOUR BRAIN TUESDAY, FEBRUARY 6, 1:00-3:30PM



The Alzheimer's Association Delaware Valley Chapter presents this FREE "Love Your Heart, Love Your Brain" Symposium at Generations. Attendees will hear from local experts on healthy habits for your brain, heart health, therapeutic movement for healthier aging and quality of life, and living with thankfulness and gratitude to

reduce stress. Register today and be inspired to take action for positive change to foster heart and brain health!

Session Speakers:  
Anne Martinez, MT-BC, CDP, PCHA, Alzheimer's Association Volunteer Community Educator; Devyn Kerr, PT, DPT, On the Move Physical Therapy;

Susan McKenna, RN, Jefferson Health - Abington

This event is in partnership with Jefferson Health, Montgomery County Office of Senior Services, and Generations of Indian Valley.

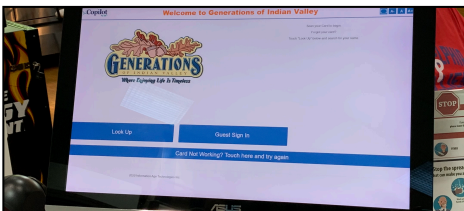
To register, visit <https://action.alz.org/mtg/630301971> or call 1.800.272.3900.

## GROUP ACUPUNCTURE FOR LOW BACK PAIN

B.J. Putnam, DAc, LOM, Dipl OM (NCCAOM) will offer six weekly GROUP ACUPUNCTURE sessions for BACK PAIN on Wednesdays through Feb. 14 at 10:30AM. Group acupuncture allows people to reduce the expense of acupuncture while gaining support of others who are experiencing similar challenges. Participants will all be treated for back pain

while seated by having points on their arms, legs, and head stimulated, thus eliminating the need for undressing. Our goal is to reduce the severity of back pain, increase mobility, and manage stress that occurs with chronic back pain. **Participants are strongly encouraged to attend all six weeks to obtain the most beneficial outcome.** This is a trial offering. If there is

enough interest, group acupuncture sessions will be offered in the future targeting other types of specialized pain. Fee: \$20 per session. A generous portion of this fee will be donated to Generations. All fees payable by credit, cash or check to Generations. Registration is required and closes two days before each session. Stop by our front desk 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.



**CHILI SALE FRI, FEB. 9, 9:30-3:30**  
Order some homemade chili for the big game! Quarts are frozen and ready to warm up at home. Try Chicken & White Bean or Hearty Beef & Bean. \$7 per quart or 2 for \$12. Pre-order by Feb. 2: 215-723-5841.



**FASTNACHTS MON. FEB 12**  
Enjoy traditional Fastnachts made by Generations staff member Val! \$5 for 1/2 dozen Fastnachts. Pre-order by Feb. 7: 215-723-5841. See p. 4 for Fastnacht demo info.

# SPECIAL PROGRAMS (IN ORDER OF DATE)

^ = Registration is required for this program. To register, stop by our front desk and pick up an event registration form or call **215-723-5841**. Please save that number in your contacts or caller ID in case we have to call you about a program.

## MIND/BODY APPROACH TO PAIN ^

**TUESDAYS, JANUARY 23 - FEBRUARY 27, 9:45 - 10:45AM**

Diane Kistler instructs this six week series for those with chronic pain. The goal is for the student to re-conceptualize their pain and have the agency to change it. Practices explored during this series are seated chair yoga, pain science, journaling, sharing, meditation, and breathing. No prior yoga experience is necessary. This class is appropriate for past participants of Diane's class or for newcomers. All equipment is provided. Adaptions are offered for those who need more or less challenge. Cost: \$60 for the series. Payment is due with registration ^.

## VETERANS BRUNCH ^

**FRIDAY, FEBRUARY 2, 11:30AM**

State Rep. Steve Malagari is hosting a brunch event for veterans at Generations. A meal will be provided, and there will be speakers, resource tables, and staff on hand to answer questions about veterans affairs and other benefits. There will be no regular noon meal this day. Veterans and family are welcome to this event. Space is limited. RSVP required to [repmalagari@pahouse.net](mailto:repmalagari@pahouse.net) or 267-768-3678. Snow date Feb. 9 ^.

## TRIVIA AT TEN ^

**FRIDAY, FEBRUARY 9, 10:00AM**

**FRIDAY, MARCH 8, 10:00AM**

Only 0.07% of (or 205,000) people in the US have a birthday on what day? What is the official flower for the month of March? Find out the answers to these questions and more during a morning of brain games and trivia. Fun prizes will be awarded for winning answers. Led by Generations Program Coordinator Amy Stover. Registration is required ^.

## WHAT'S UP DOC? WITH DR. KERR: OPTIMIZING VITALITY - FUNCTIONAL NUTRITION INSIGHTS FOR A HEALTHIER LIFE ^

**PART 1 - MONDAY, FEBRUARY 12, 11:00AM**

**PART 2 - MONDAY, APRIL 8, 11:00AM**

Did you know that 80% of your immune system originates from your GUT? Embark on a transformative journey with Dr. Devyn Kerr's functional nutrition series, designed to unveil the hidden truths of the food industry. Discover the strategies to minimize toxic exposure, boost immunity, and enhance overall health through intentional dietary choices and targeted supplements. Join us in exploring the powerful connection between what we consume and our well-being. It's time to open your eyes to a healthier, stronger you ^!

## BEHIND THE KITCHEN COUNTER ^

**MONDAY, FEBRUARY 12, 1:30PM**

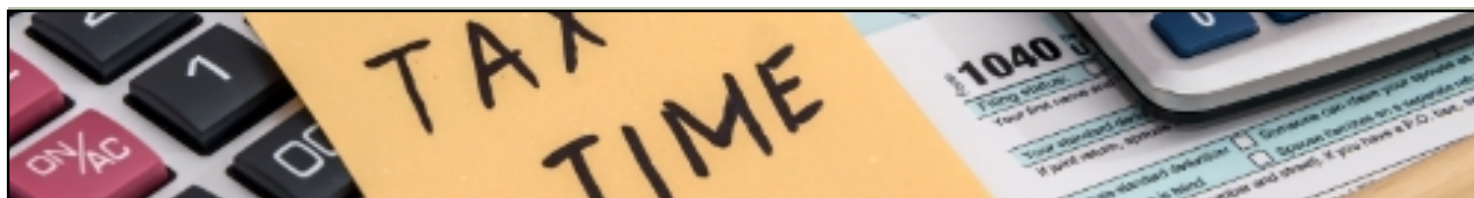
Join Generations Member Services Coordinator (and great guest chef!) for a cooking demo in the Generations Cafe! Hear helpful tips and enjoy this afternoon of cooking and creativity. Val will share her grandmother's recipe for traditional Fastnachts! Join the fun as Val shares tips and tidbits for making the most of Mardis Gras before the fast! Attendees will be given a 1/2 dozen "take home" Fastnachts. Cost: \$8 per person includes attendance at the food demo and take home Fastnachts. Registration required by Feb. 7 ^. See p. 3 for information on ordering additional Fastnachts.

## MOVIE MATINEES:

Donations appreciated. Popcorn provided. Other concessions available for purchase in our Cafe. Please register if you plan to attend ^.

**WEST SIDE STORY (2021) ^ TUE., FEBRUARY, 20, 12:45PM**

Enjoy Spielberg's stunning 2021 revival of the stage version of West Side Story. This film retains the songs and the dancing in a re-telling that will leave you gasping. Starring Ansel Elgort,



## TAX AIDE APPOINTMENTS

AARP Foundation Tax Aide Volunteers will offer FREE tax preparation services BY APPOINTMENT at Generations on Thursdays & Fridays, from Feb. 8 through April 12, 2024. **Appointments open for scheduling for our participants on Tuesday, Jan. 16, 2024.** Appointments are recommended for those over 50, with lower income, and who do not have access to other tax prep resources. No appointments held on March 14, 15, or 29. For a list of what the volunteers can/can't help with and a list of documents to bring, stop by our front desk or visit our website. To schedule, call 215-723-5841. on or after Jan.16.



# SPECIAL PROGRAMS (IN ORDER OF DATE)

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Rachel Zegler, Ariana DeBose, and Rita Moreno. Running time is 2 hours, 36 minutes. Rated PG-13 for violence, language, thematic content, & suggestive material.

## HIDDEN FIGURES ^ WEDNESDAY, MARCH 13, 12:45PM

Here is a film that celebrates both Black History and Womens History! As the U.S. raced against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians that served as the brains behind one of the greatest operations in U.S. history. Based on unbelievably true life stories, we follow three of these women known as "human computers" as they quickly rose the ranks of NASA alongside many of history's greatest minds. Running time is 2 hours, 7 min. Rated PG-13 for thematic elements and some language.

## SING, DANCE & LEAP PARTY ^

### WEDNESDAY, FEBRUARY 21, 12:45PM

Leap Years only come along once every four years so we should celebrate! Join us after lunch for some great fun as we open up the dance floor for favorite songs of the 50s, 60s, and 70s. We'll put the lyrics up on the big screen for a sing along. Bring your own snacks and a water bottle. Separate registrations are required for the Sing, Dance & Leap Party and the noon meal ^.

## NAME THAT TUNE: LOVE, LADIES & MOTOWN ^

### FRIDAY, FEBRUARY 23 10:00 AM

## NAME THAT TUNE: CHOOSE YOUR DECADES ^

### MONDAY, MARCH 25, 10:00AM

Come to Generations to build your brain power with a fun morning of identifying songs. See above for our monthly themes. Led by Generations Program Coordinator Amy ^.

## IPAD 101B CLASS FOR BEGINNERS ^

### MONDAY, FEBRUARY 26, 10:00AM - 12:00PM

This two-hour class taught by Rhonda Novicki features a guided tour of the iPad (including volume control, battery level, WiFi strength, sleep mode). If time allows, Rhonda, also hopes to

teach about: the web browser, folders, downloading apps, Siri, the camera function, organizing recipes, and rebooting your iPad. Class is not applicable to Android tablet users. Cost: \$20 per person, due at registration, includes a donation to Generations. Registration required by Feb.21. Space is limited. Visit our front desk or call 215-723-5841 ^.

## LET'S TALK ABOUT: GENERATIONAL DIFFERENCES ^

### WEDNESDAY, FEBRUARY 28, 12:45 - 2:00PM

Lois Robinson, who facilitated our recent *Stories of our Lives* support groups, will lead us as we share, laugh, and learn together. Are you having trouble connecting with the younger generations? Are you a spectator during family gatherings, shaking your head at the chaos? Are you now the family matriarch or patriarch thinking when did *that* happen?? Join us for lively discussion and story sharing as we explore strategies and support for bridging the gap between generations ^.

## HERBS 101: CULINARY, MEDICINAL, & OLFATORY DELIGHTS: ^

### WEDNESDAY, MARCH 6, 12:45PM

During this hands-on workshop, Leigh Kieser, Master Gardener and Master Watershed Steward with the Penn State Cooperative Extension, will discuss herbs and their many uses and benefits. She will guide you in starting your own custom herb garden from seed, which can later be transplanted to a larger container or to your home garden. Price TBA is due with registration by March 1 ^.

## CRAFTERNOONS: LUCKY HORSE SHOE ^

### THURSDAY, MARCH 7, 1:15PM

Volunteers (and equestrians) Tish & Traute lead this make & take craft class. You will learn to make a unique spring decoration using a real horse shoe. Use it as a door hanger, wall decor, or a gift for your favorite horse-lover. Decorating horse shoes is a fun and easy way to upcycle! All supplies, embellishments, and instructions will be provided. \$10 is due with registration by March 4 ^.



## A PATH OF MEANING AND PURPOSE AFTER RETIREMENT

TUESDAYS, MAR. 12 - APR. 2, 10:00 - 11:30AM



For many of us, our sense of identity hinges on what we do (or did) to make a living...teacher, mail carrier, doctor, homemaker, truck driver. Even post-retirement, when asked to share something about ourselves, our answer often leads with our former occupation. Nearing or at retirement, the question may come to mind, "Who am I now?"

This four-session workshop guides you on an adventure of self-exploration through various activities and small group sharing. Rediscover submerged talents, passions, missions you had forgotten or just didn't have time for in the work world.

Your guide is Ella Roush, a Generations board member who has co-facilitated

our Longest Night and Spirit Journeys programs for many years. Ella revels in real conversations with

others, sharing joys and sorrows, hopes and dreams.

This is a free program. Space is limited. To register, please stop by our front desk or call 215-723-5841.

"Aging is not 'lost youth' but a new stage of opportunity and strength."  
- Betty Friedan ^.

## NEWS & NOTES:

### FEATURED ARTISTS FEBRUARY

The featured artists for the month of February are the students of EMC Elementary (School Lane, Souderton). These students have art educator Sarah Hower to thank for their instruction. Viewers can expect to see a variety of artwork created by students in Kindergarten through Fifth Grade.



### 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: 1-800-622-4357

### WINTER WEATHER:



Generations and Meals on Wheels follow the Souderton Area School District (SASD) for WEATHER-related closings & delays. Check [www.generationsofiv.org](http://www.generationsofiv.org)

### FOR GENERATIONS:

If SASD has a two hour delay, Generations opens at 11:00am. If SASD has an early dismissal, Generations closes at 2:00pm.

### FOR MEALS ON WHEELS:

If SASD is closed, there will be no Meals on Wheels deliveries. In the event of a two hour delay, we will attempt to deliver meals.

### SHOW SOME LOVE



To our hardworking staff during the month of February. Drop a card, note of encouragement/recognition, or a "funny" in the staff valentine boxes in our front lobby by Feb. 29.

# SPECIAL PROGRAMS

^ = Registration is required for this program. To register, stop by our front desk or call 215-723-5841. Save this number in your contacts in case we need to call you!

### AARP SAFE DRIVING FULL COURSE^

THURSDAY, MARCH 14 &

FRIDAY, MARCH 15, 9:30AM

Learn how to operate your vehicle more safely. You must attend both sessions for the full course. 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 requirements. **A half hour lunch break will be given at 12:00 each day. Participants must register for our noon meal (see p. 10), may purchase items in our Cafe, or pack a lunch.**

Fee: \$20 for AARP Members; \$25 for Non-AARP Members. Separate registrations are required for this class and our noon meal. Noon meal registration required by Mar 11 ^.

### HEALTHY FOOD MAKES YOU FEEL GOOD ^

MONDAY, MARCH 18, 10:00AM

Join us to discuss nutrition and its effects on Diabetes and Cancer. This free presentation from Jefferson Health-Abington is offered both in person at Generations and virtually via Zoom.™ To register for the virtual Zoom™ meeting, visit our website [www.generationsofiv.org](http://www.generationsofiv.org) and click on virtual program offerings under "upcoming events." Registration for in-person is also required ^.



### PURIM OBSERVATION & EDUCATION^

WED., MARCH 20, 12:45PM

Join volunteers Dave & Charlie for an interesting and educational program about Purim, a Celebration of Jewish deliverance. Hear about the history and culture associated with the holiday, and take part in an energetic "audience participation" reading from the Book of

Esther as we learn about Jewish customs. Enjoy a traditional hamantash (a triangular filled pocket pastry). A donation of \$3 per person is appreciated for the hamantash. ^.

### LET'S TALK ABOUT: SELF ADVOCACY - GETTING MORE OF WHAT YOU WANT AND WHAT YOU NEED ^

WED., MARCH 27, 12:45 - 2:00PM

Lois Robinson, who facilitated our recent *Stories of our Lives* support groups, will create an inviting atmosphere, where all can share, laugh, and learn together. Join friends or make new ones during this topical discussion group: Ever feel like no one is listening to you, from doctors to family members? As we grow older, there is so much change, and it may seem like no one is listening anymore. Join with your peers as we learn from each other how to keep our voices strong and become more empowered to get what we need in any situation ^.

### COOKING WITH TERI: TBA ^

THUR., MARCH 28 1:30PM

Celebrate National Nutrition month and join Teri Wassel to make a surprise dish! Teri Wassel, MS, RD, is a Nutritionist for Montgomery County who enjoys teaching seniors how to incorporate healthy eating into their daily routines. The best part? Samples. Free program. Space is limited. Register by March 25 ^.



### SENIOR PORTRAIT DAY ^

THURSDAY, APRIL 18, BY APPT.

Dress your best or put on your favorite hat and come in for a free portrait.

Generations participant and photographer Bob Pagni will trade your modeling time for one free 8 x 10 portrait. Let us know if you have family members, friends, pets, musical instruments, or special props you'll bring along. Stop by our front desk or call 215-723-5841 by Apr 11 to schedule your appointment ^.





# 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 John Olsen: [John.Olsen@jefferson.edu](mailto:John.Olsen@jefferson.edu).

## PA MEDI APPOINTMENTS THURSDAYS, FEB. 1 & MAR. 7

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.



## OUR SOCIAL SERVICES COORDINATOR

**Emily Filice is available  
Monday-Friday from  
9:30-1:30. 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 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 join information please contact Katherine Rovine: Coordinator, Memory Fitness Center, 215-441-6888 or

[Katherine.Rovine@jefferson.edu](mailto:Katherine.Rovine@jefferson.edu)

An **in person Caregiver Support Group** takes place the 2nd Wed. of every month at 2pm 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)



## LEGAL AID: THURSDAYS, FEB. 15 & MAR. 21, 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 AM -12:45 PM

## PA STATE SEN. OFFICE HOURS 3RD WEDNESDAY, 12 - 2PM

A member of State Rep. Steve Malagari's office OR State Senator Maria Collett's office will be on-site at Generations to assist you with state related programs and issues, including **SEPTA Key Senior ID**, PennDOT concerns, vital records, benefits and rights for seniors and state related bills and regulations. If you have a question or need assistance with a state related form, call the offices:

Rep. Steve Malagari: 267-768-3671

Sen. Maria Collett: 215-368-1429

Appointments are appreciated.

## 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.

## MONTCO VETERANS AFFAIRS

To schedule an appointment, call the Office of Veterans Affairs: 610-278-3285. MontCo. provides door-to-door shuttle service to VA medical facilities for any Montgomery County Veteran (and their caretaker).

**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.

## BOARD GAME DAY:

1ST FRIDAY (FEB. 2 & MAR. 1), 10:00AM - 2:00PM

Gather your friends to play some favorite board games. Come for an hour between 10:00-2:00 or stay the whole time (last games starts at 1:30). We have some great games to use or you can bring your favorite and teach others. 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.



## BOWLING:

Bowling is coming soon! If you would like to be on a list of people to receive a phone call for playing 1-2 games at Earl Bowl, please call our front desk: 215-723-5841.

## BUCKS MONT SENIOR GOLF LEAGUE

### SEE YOU IN SPRING!

The league is held at Twin Woods Golf Course in Hatfield. It 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. Registration for new members starts February 1, 2024. Details online at [bucksmontgolf.com](http://bucksmontgolf.com), OR Call Twin Woods: 215-822-9263.

## 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.

## CHORALEERS: MONDAYS, 1:00PM

The Choraleers sing and perform a variety of popular, seasonal, and patriotic tunes from September - May. 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 cafe until 1pm or feel free to bring your own refreshments.** Registration begins at 12:15. Donation: \$1.00.

## GARDEN CLUB:

This group does gardening around the Center. New volunteers are welcome. Weeding/watering/raking volunteers are needed! Contact Linda Kratz: 215-703-4078

## HAND & FOOT CARD GAME:

MONDAYS, 9:30-12:30 & TUESDAYS, 9:30AM-1:15PM

Have fun playing (or learning) this card game that's similar to Canasta.

## KNIT PICKERS: 1ST & 3RD WEDNESDAYS, 12:45PM

Beginners and experienced knitters are welcome to join volunteer Jean for a friendly knitting group. Projects & patterns will be shared and taught or work on your own. Bring your own supplies. If you're just getting started, we can guide you with what to purchase or borrow for your project.



## 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: 2ND & 4TH 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. **We do not need bags at this time.** A volunteer is needed to cut strips out of the bags. .

**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: 215-723-5669.

**PAINTING CLASS (WATERCOLOR):**

**TUES., FEB. 6 - 27 & MAR. 5 - 19, 1 - 3PM**

Instructor Ali Aiken will begin with teaching and demonstration of water color techniques. 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. **You must register and pre-pay for each new monthly session if you plan to attend.** Sessions are priced as a series; no a la carte class payments or credits. \$20 for the four-week series (February), \$15 for the three week series (March). Registration for February opens Jan. 16. Registration for March opens Feb. 20. To register, call: 215-723-5841.

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

**NO PINOCHLE ON 2/29**

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 cafe 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:**

**WED., FEB. 14, 11:00AM (COOKIES)**

**WED., MARCH 13, 11:00AM (APPETIZERS)**

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).

**Enjoy samples of Sandy's mouth-watering Langues de Chat (Cat's Tongue) Cookies (February) or Flossie's heirloom cold cheese dip (March). A donation of \$2 per person is appreciated.** Please register. Stop by our front desk or call 215-723-5841.

**RED HAT HAPPENINGS:**

Save the date for this Red Hat event:

**Meet at The Energy Station -Wed., Feb. 21, 11:30am**

For Red Hat concerns and registration, contact Linda: 215-450-4986, [mooma2cats@gmail.com](mailto:mooma2cats@gmail.com) OR Grace: 215-721-2082 or [priceswrite1953@yahoo.com](mailto:priceswrite1953@yahoo.com)

**SCRABBLE: 2ND & 4TH THURS. (CHANGED DAYS EFFECTIVE IN FEBRUARY), 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: WEDS., 9:00AM**

**SEE YOU IN 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 volunteers will determine how best to assist you. Free service.

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

A volunteer is needed to help prepare and serve popcorn for movie matinees. Contact Amy.

Front desk volunteers are needed on select days from 12 - 2pm. Contact Val/Shawna.

Drivers are needed to deliver Meals on Wheels in the Indian Valley and North Penn areas. Open routes for weekly, biweekly, or subs. Times are approximately 10:45am-12:45pm. Contact Pat or Heather: 215-723-8555.

Newsletter mailing helpers are needed on Tue., March 19 at 9:15am. Contact Amy.

Thank you for the donations of Scrabble Dictionaries! We have plenty now :>)

Are you dynamic, detail oriented, creative, or energetic? If so (or even if not!), we need your assistance for special events and fundraisers in 2024. Contact Val or Shawna.

Kitchen and Cafe volunteer servers and dish washers are needed. Contact Beth.

A volunteer is needed to cut strips out of plastic bags. Flexible schedule. Contact Amy.

# LUNCH MENU

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

2024 / FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KINDLY HANG YOUR COAT IN THE FRONT VESTIBULE DURING THE CHILLY WINTER MONTHS (AND NOT ON THE BACK OF THE COMMUNITY ROOM CHAIRS).			1 Chicken & Potatoes with Dijon Cream Sauce; Green Salad; Biscuit	2 No Noon Meal - Special Veterans Events (See p. 4)
5 Pulled Pork on Sweet Potato with Peach Salsa; Green Beans	6 Baked Lasagna with Green Salad; Garlic Knot	7 Baked Cod with White Wine Tomato Sauce; Wild Rice; Green Salad	8 BBQ Chicken Breast on Sandwich Thin w/ Crispy Onions & Cheddar; Potato Salad; Fruit	9 Cheesesteak Hoagie, with Lettuce, Tomato & Fried Onions; French Fries; Fresh Fruit
12 Spinach, Mushroom, & Feta Quiche; Butternut Squash Hash; Fresh Fruit	13 Chicken Pot Pie; Green Salad	14 Pork and Sauerkraut; Mashed Potatoes; Creamed Corn; Green Beans	15 Chicken Parmesan, Caesar Salad, Garlic Knot	16 LOVEly Brunch for Singles & Couples (Special Event, Meal, Price - see p. 1)
19 Pineapple Chicken Over Brown Rice; Roasted Yellow and Green Squash; Whole Wheat Roll	20 Flatbread Pizza with Sausage, Roasted Red Peppers, & Mozzarella; Green Salad	21 Happy Birthday! French Onion Beef Sliders; Sweet Potato Fries; Fruit 12:45 Sing, Dance & Leap Party (see p. 5)	22 Chicken A la King in Puff Pastry; Green Salad	23 Grilled Cheese with Tomato Basil Soup; Fruit
26 Chicken & Potatoes with Dijon Cream Sauce; Green Salad; Biscuit	27 Salmon Burger with Dill Sauce; Sweet Potato Fries; Pickles	28 Chicken and White Bean Chili with Corn Bread Topping; Green Salad; Fruit	29 Meatloaf with Zesty Ketchup; Rosemary Roasted Potatoes; Garlic Green Beans	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>

## 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 21 and Wednesday, March 20.


## OUR CAFÉ

Our Café is open Mon.-Fri. from 9:00am-1:00pm for dine-in or take-out. Enjoy our à 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

2024 / FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p>The number after the program listing indicates on which page of the newsletter more info. can be found.</p> <p>All programs are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></p>			<p>1</p> <p>9:00 Billiards Away vs Hillview (8) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 12:45 Pinochle (9) PA Medi Appt. (7)</p>	<p>2</p> <p> <b>Chili Orders Due (3)</b> 9:30 Billiards (8) 9:15 Line Dance (14) 10-2 Board Game Day (8) 10:30 Yoga (14) 11:30 Malagari Veterans Brunch (4) 12:30 Mah Jong (8)</p>	<p>3</p> <p>4</p>
<p>5</p> <p>9:15 CardioTone(14) 9:30 Billiards (8) 9:30 Hand &amp; Foot (8) 10:30 Tai Chi (14) 9:30 Simply Olivia/ DADT Trip (15) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>6</p> <p>9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 9:45 Mind/Body Pain Care (4, 14) 10:30 Rhthymfit (1) 11:30-1 Haircuts by Appt. (12) 1:00 Painting (9) 1:00 Love Your Heart, Love Your Brain (3)</p>	<p>7</p> <p>9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Acupuncture for Back Pain (3) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 12:45 Knit Pickers (8) 3:30 Caregivers Support (Virtual) (7) <b>Fastnacht Orders Due (3)</b></p>	<p>8</p> <p>AARP Tax Appt. (4) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 11-Mats that Matter(9) 12:45 Pinochle (9) 3:30 Board Meeting</p>	<p>9</p> <p><b>9:30-3:30 Chili Order Pick Up (3)</b> 9:30 Billiards Home vs Brittany Pointe (8) 9:15 Line Dance (14) AARP Tax Appt. (4) 9:30 Barnes Trip (15) 10:00 Trivia at Ten (4) 10:30 Release &amp; Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>10</p> <p>11</p>
<p>12</p> <p>9:00 Billiards Away vs Shannondell (8) 9:15 CardioTone(14) 9:30 Billiards (8) 9:30 Hand &amp; Foot (8) 10:30 Tai Chi (14) 10:45 Malagari Hours(7) 11:00 What's Up Doc Functional Nutrition (4) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) 1:30 Behind the Counter w/ Val: Fastnachts <b>11:30-3:30 Fastnacht Order Pick Up (3)</b></p>	<p>13</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 9:45 Mind/Body Pain Care (4, 14) 10:30 Rhthymfit (1) 1:00 Bingo (8) 1:00 Painting (9) 6:30 Bereavement Support (7)</p>	<p>14</p> <p>9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Acupuncture for Back Pain (3) 10:30 Choir Chimes (8) 11:00 Recipe Swap &amp; Sample: Cookies (9) 2:00 Caregivers Support (7)</p>	<p>15</p> <p>AARP Tax Appt. (4) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 12:45 Pinochle (9) Legal Aid (p. 7)</p>	<p>16</p> <p>9:30 Billiards (8) 9:15 Line Dance (14) AARP Tax Appt. (4) 9:30 Billiards Away vs Arbour Square (8) 10:30 Release &amp; Restore Yoga (14) 11:15 LOVELY Brunch with Classical Coordination(1) 12:30 Mah Jong (8)</p>	<p>17</p> <p>18</p> <p>10:00 50s Dance Party Trip to AMT (15)</p>
<p>19</p> <p>9:15 CardioTone (14) 9:30 Billiards (8) 9:30 Hand &amp; Foot (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>20</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 9:45 Mind/Body Pain Care (4, 14) 10:30 Rhthymfit (1) 11:30-1 Haircuts by Appt. (12) 12:45 Movie Matinee: West Side Story (4) 1:00 Painting (9)</p>	<p>21</p> <p>9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 11:30 Red Hats to Energy Station (9) 12-2 Collett Office Hours (p. 7) 12:45 Knit Pickers (8) Financial Counsel (7) 12:45 Sing, Dance &amp; Leap Party (4)</p>	<p>22</p> <p>AARP Tax Appt. (4) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 11-Mats that Matter(9) 12:45 Pinochle (9)</p>	<p>23</p> <p>9:15 Line Dance (14) AARP Tax Appt. (4) 9:30 Billiards Home vs Arbour Square (8) 10-Name That Tune (5) Love, Ladies, &amp; Motown 10:30 Release &amp; Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>24</p> <p>25</p>
<p>26</p> <p>9:15 CardioTone (14) 9:30 Billiards (8) 9:30 Hand &amp; Foot (8) 10:00 iPad 101 B (5) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>27</p> <p>9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 9:45 Mind/Body Pain Care (4, 14) 10:30 Rhthymfit (1) 1:00 Bingo (8) 1:00 Painting (9)</p>	<p>28</p> <p>9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 9:30 Addams Family at DADT Trip (16) 10:30 Choir Chimes (8) 12:45 Let's Talk About Generation Difference (5)</p>	<p>29</p> <p>Tax Appt. (4) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) NO Pinochle (11)</p> <p>Show the Love to Our Staff Deadline (6)</p>	<p><b>Schedule Announcements:</b></p> <p>• There will be no Pinochle on 2/29.</p>	

# LUNCH MENU

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

2024 / MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KINDLY HANG YOUR COAT IN THE FRONT VESTIBULE DURING THE CHILLY WINTER MONTHS (AND NOT ON THE BACK OF THE COMMUNITY ROOM CHAIRS).		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>		1 Creamy Mushroom, Ham, and Potatoes; Fresh Broccoli; Fruit
4 Cheesesteak Hoagie, with Lettuce, Tomato & Fried Onions; French Fries; Fresh Fruit	5 BBQ Chicken Breast on Sandwich Thin w/ Crispy Onions & Cheddar; Potato Salad; Fruit	6 Pulled Pork on Sweet Potato with Peach Salsa; Green Beans	7 Baked Cod with White Wine Tomato Sauce; Wild Rice; Green Salad	8 Baked Lasagna with Green Salad; Garlic Knot
11 Pasta Primavera with Creamy Garlic Sauce; Green Salad; Whole Wheat Roll; Fruit	12 Pork and Sauerkraut; Mashed Potatoes; Creamed Corn; Green Beans	13 Chicken Parmesan, Caesar Salad Garlic Knot	14 Spinach, Mushroom, & Feta Quiche; Butternut Squash Hash; Fresh Fruit	15 St. Paddy's Special Event, Menu, Price (See p. 1) 
18 Flatbread Pizza with Sausage, Roasted Red Peppers, & Mozzarella; Green Salad	19 Chicken A la King in Puff Pastry; Green Salad	20 Happy Birthday! Grilled Cheese with Tomato Basil Soup; Fruit 	21 Pineapple Chicken Over Brown Rice; Roasted Yellow and Green Squash; Whole Wheat Roll	22 French Onion Beef Sliders; Sweet Potato Fries; Fruit
25 Creamy Mushroom, Ham, and Potatoes; Fresh Broccoli; Fruit	26 Chicken & Potatoes with Dijon Cream Sauce; Green Salad; Biscuit	27 Chicken and White Bean Chili with Corn Bread Topping; Green Salad; Fruit	28 Meatloaf with Zesty Ketchup; Rosemary Roasted Potatoes; Garlic Green Beans	29 GENERATIONS CLOSED

## GROUP ACUPUNCTURE FOR BACK PAIN:

WEDNESDAYS, JAN. 10 - FEB. 14 AT 10:30AM

B.J. Putnam, DAc, LOM, Dipl OM (NCCAOM) will offer six weekly GROUP ACUPUNCTURE sessions for BACK PAIN. Participants are strongly encouraged to attend all six weeks to obtain the most beneficial outcome. More info. on p. 3.

## BLOOD PRESSURE SCREENINGS:

MON., MARCH 18, BEGINNING AT 11:15AM

Free blood pressure checks, provided by Jefferson Health-Abington. First come, first serve; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.



**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. Call 215-723-5841 to schedule your appointment. Stop by our front desk upon arrival to check in.

## MEDITATION & SELF HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for a self-healing session via conference call. Tune out negative stereotypes and replace them with positive affirmations. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

## ON THE MOVE PHYSICAL THERAPY:

On The Move is an outpatient physical therapy clinic that provides a variety of services (pain relief, balance/falls risk, vestibular training, strengthening, conditioning, flexibility and much more!). No referrals needed, accepts most major insurances. To schedule an appointment at Generations, in your home, or in our mobile clinic, please call 267-932-8857 or book through our website: <https://www.otmpt.com>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<b>Schedule Announcements:</b> <b>• Generations will be closed on Friday, March 29.</b>	<p>The number after the program listing indicates on which page of the newsletter more information can be found.</p> <p>All programs are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></p>			<b>1</b> 9:15 Line Dance (14) AARP Tax Appt. (4) 9:30 Billiards (8) 10 Board Game Day (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>2</b> <hr/> <b>3</b>
<b>4</b> 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 9:30 Simon/Garfunkel DADT Trip (16) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	<b>5</b> 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-1 Haircuts by Appt. (12) 1:00 Painting (9)	<b>6</b> 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 12:45 Knit Pickers (8) 12:45 Herbs 101 (5)  3:30 Caregivers Support (Virtual) (7)	<b>7</b> 9:00 Flower Show Trip (16) 9:15 Billiards Home vs Hill View (8) AARP Tax Appt. (4) 9:30 Sit,Stretch,Flex (14) 12:45 Pinochle (9) 1:15 Crafter noon: Lucky Horseshoes (5) PA Medi Appt. (7)	<b>8</b> 9-Billiards Away vs Norm. Farms (8) AARP Tax Appt. (4) 9:15 Line Dance (14) 9:30 Billiards (8) 9:30 SEI West Oaks Trip (16) 10:00 Trivia at Ten (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>9</b> <hr/> <b>10</b>
<b>11</b> 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY(p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	<b>12</b> 9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10-Meaning & Purpose After Retirement (5) 1:00 Bingo (8) 1:00 Painting (9) 6:30 Bereavement Support (7)	<b>13</b> 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 11:00 Recipe Swap & Sample: Appetizers (9) 12:45 Movie Matinee: Hidden Figures (5) 2:00 Caregivers Support (7)	<b>14</b> 8:30 Pinnocchio/DeSales Trip (16) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 AARP Safe Driving Full Course(6) 10:00 Scrabble (9) 11-Mats that Matter (9) 12:45 Pinochle (9) 3:30 Board Meeting	<b>15</b> 9:30 Billiards (8) 9:15 Line Dance (14) 9:30 AARP Safe Driving Full Course(6) 10:30 Release & Restore Yoga (14) 12:00 St. Paddy's Special Lunch (1) 12:30 Mah Jong (8)	<b>16</b> <hr/> <b>17</b>
<b>18</b> 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:00 Healthy Food/Feel Good (6) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	<b>19</b> 9:15 Newsletter Mailing (9) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Meaning & Purpose After Retirement (5) 11:30-1 Haircuts by Appt. (12) 1:00 Painting (9)	<b>20</b> 9:30 Billiards (8) 9:30 Fulton Theatre (16) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 12:45 Knit Pickers (8) 12-2 Collett Hours (p. 7) Financial Counsel.(7) 12:45 Purim Obser. & Education (6)	<b>21</b> AARP Tax Appt. (4) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 12:45 Pinochle (9) Legal Aid (p. 7)	<b>22</b> 9:30 Billiards (8) 9:15 Line Dance (14) AARP Tax Appt. (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 7:00 Friday in the Cafe-Hobie & Friends (1)	<b>23</b> <hr/> <b>24</b>
<b>25</b> 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:00 Name That Tune Decades (5) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	<b>26</b> 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Meaning & Purpose After Retirement (5) 1:00 Bingo (8) NO Painting (9)	<b>27</b> 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) Choir Chimes to Adult Day Services Lansdale (8) 10:30 Balance/Tone/Stretch (14) 12:45 Let's Talk About Self Advocacy (6)	<b>28</b> AARP Tax Appt. (4) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Scrabble (9) 11-Mats that Matter (9) 12:45 Pinochle (9) 1:30Cooking with Teri: Topic TBA (6)	<b>29</b> 9:30 Billiards Away vs Arbour Square (8) <b>Generations Closed (Good Friday)</b>	<b>30</b> <hr/> <b>31 Happy Easter</b> 



# FITNESS OFFERINGS

**BALANCE, TONE, & STRETCH: WEDNESDAYS, 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. Lysandra Sanchez, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

**BEGINNER LINE DANCING: FRIDAYS, 9:15-10:15AM**  
Stop by for fun and fitness led by Generations Participant Nancy Ehly. She'll show you easy-to-follow, partner-free dances from favorite categories such as waltz, mambo, rumba, cha cha, polka and country. All dances are categorized as "absolute beginner" to "beginner." Fee: \$4/class or \$24/8 class card. No pre-registration required. Sign in and pay at front desk upon arrival.

**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. No pre-registration required. Sign in and pay at front desk upon arrival.

**MIND/BODY APPROACH TO PAIN ^**  
**TUESDAYS, JANUARY 23 - FEBRUARY 27, 9:45-10:45AM**  
Diane Kistler instructs this six week series for those with chronic pain. Practices explored during this series are seated chair yoga, pain science, journaling, sharing, meditation, and breathing. No prior yoga experience is necessary. This class is appropriate for past participants of Diane's class or for

## 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, 9:15 - 10:00**  
This standing workout combines cardio, resistance training (equipment provided), and catchy tunes for all fitness levels. Modifications given for seated participants. Instructor: Lysandra Sanchez.

**SIT, STRETCH, FLEX: TUESDAYS & THURSDAYS, 9:30-10:15AM**  
This seated workout includes aerobics, strength, flexibility, and balance work. Keep moving, prevent falls, or return to exercise after a break. Equipment provided. Instructor: Jean Tornetta

## PLEASE NOTE:

- **Class fees vary based on instructor fees and typical class attendance.**
- **Those interested in taking our fitness classes must sign up to become Generations participants.**
- **Please sign in at our kiosk upon arrival.**
- **Check the bulletin board (in the vestibule/ lobby) or our website [www.generationsofiv.org](http://www.generationsofiv.org) for important announcements and last-minute changes.**
- **Masks are optional at Generations. If the Covid infection rate has spiked, masks may be required. You can call our front desk for the current masking policy: 215-723-5841.**

newcomers. All equipment is provided. Adaptions are offered for those who need more or less challenge. Cost: \$60 for the series. Payment is due with registration by Jan. 16. Stop by our front desk or call 215-723-5841 to register.

**RELEASE & RESTORE YOGA: FRIDAYS AT 10:30**  
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 \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

**RHYTHMFIT: TUESDAYS AT 10:30 THROUGH 2/27**  
See p. 1 for details.

## TAI CHI: MONDAYS, 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. 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 this date, your money will not be refunded unless there is 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.
- On trip days, 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 trip listing indicates a new trip.

## DAY TRIPS

SIMPLY OLIVIA, DUTCH APPLE, LANCASTER

MONDAY, FEBRUARY 5

Join us for unforgettable music and memories as we pay homage to the one and only Olivia Newton-John! You'll hear all of her greatest hits such as "Xanadu," "I Honestly Love You," "Let Me Be There," "Suddenly," "Physical," and many more.

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

**Departs: 9:30am Returns: 5pm**

**Trip Opened: Jan. 3 @ 3pm Payment Deadline: Jan. 12**

BARNES FOUNDATION, PHILADELPHIA

FRIDAY, FEBRUARY 9

In the Barnes collection, artworks are arranged in ensembles that emphasize visual relationships; there are no labels like you would see in a typical museum. We will have a guided tour to explain the artwork. After the tour, we will enjoy a boxed lunch.

**Cost: \$75 includes ride on our bus and a guided tour of the museum, lunch, taxes, and gratuity.**

**Departs: 9:30am Returns: 3:30pm**

**Trip Opened: Jan. 3 @ 3pm Payment Deadline: Jan. 9**

50'S DANCE PARTY: THE MUSIC OF BUDDY HOLLY, THE BIG BOPPER, & RITCHIE VALENS, @ AMT

SUNDAY, FEBRUARY 18

John Mueller's 50's Dance Party is the official live and authentic re-creation of Buddy Holly, Ritchie Valens, and the Big Bopper's final tour and the only show endorsed by the Holly, Valens, and Richardson estates. Before the show we will have lunch at The Heritage Restaurant in Morgantown.

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

**Departs: 10:00am Returns: 7:00pm**

**Trip Opened: Dec. 13 @ 3pm Payment Deadline: Dec. 18**

DAY TRIPS CONTINUED ON P. 16



# DAY TRIPS

\*NEW MAR. & APR. TRIPS!\*

## THE ADDAMS FAMILY, DUTCH APPLE, LANCASTER

WEDNESDAY, FEBRUARY 28

America's Quirkiest family comes to life in this comedy musical! Observe the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.

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

**Departs: 9:30am**

**Returns: 5:00pm**

**Trip Opened: Jan. 10 @ 3pm**

**Payment Deadline: Jan. 26**

## SIMON & GARFUNKEL, DUTCH APPLE

MONDAY, MARCH 4

This Simon & Garfunkel tribute is a truly unique concert experience that will transport you to a magical era in music, poetry and history. Come back in time with hits like "Mrs. Robinson," "Homeward Bound," "The Sound of Silence," and more.

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

**Departs: 9:30am**

**Returns: 5:30pm**

**Trip Opened: Jan. 3 @ 3pm**

**Payment Deadline: Jan. 19**

## PHILADELPHIA FLOWER SHOW,\* PA CONV. CENTER THURSDAY, MARCH 7

Immerse yourself in breathtaking gardens and floral installation by award-winning designers. Create with skilled artisans. Shop at unique vendors, and learn more about the world of gardening. Lunch on your own at one of the vendors on site.

**Cost: \$65 includes ride on our bus and flower show. Lunch is on your own.**

**Departs: 9:00am**

**Returns: 5:00pm**

**Trip Opens: Feb. 7 @ 3pm**

**Payment Deadline: Feb. 19**



ABOVE: ARTWORK FROM SEI WEST COLLECTION IN OAKS

## SEI, WEST COLLECTION,\* OAKS FRIDAY, MARCH 8

Since the mid 1990's Al West and his daughter Paige West have built an amazing contemporary art collection with over 3,300 works, 800 of which are installed in the SEI Co. office in Oaks, PA. Peruse the



works on loan to SEI Oaks from the West Collection. After our guided tour of the art work, we will head to Lock 29 for a lunch buffet with a view alongside the Schuylkill Canal.

**Cost: \$75 includes ride on our bus, guided tour of the art collection, lunch, taxes, and gratuity.**

**Departs: 9:30am**

**Returns: 2:30pm**

**Trip Opens: Feb. 7 @ 3pm**

**Payment Deadline: Feb. 14**

## PINOCCHIO!-DESALES/ACT 1\* THURSDAY, MARCH 14



Geppetto, a lonely toymaker, carves a wooden puppet and makes a wish that one day he may have a real family. That night, the Blue Fairy grants his wish, and brings the puppet, Pinocchio, to life. She provides Pinocchio with a Cricket for guidance and reminds him that he must prove himself worthy so that he can one day become a real son to Geppetto. See how Pinocchio navigates his adventures and more as he discovers the power of honesty and the deep love of a family. Afterward the show, we will eat at Copperhead Grill.

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

**Departs: 8:30am**

**Returns: 3:00pm**

**Trip Opens: Feb. 7 @ 3pm**

**Payment Deadline: Feb. 14**

## 9 TO 5, FULTON THEATRE, LANCASTER

WEDNESDAY, MARCH 20

Dolly Parton's hit movie is brought to life onstage! Set



**PLEASE NOTE: THERE ARE NO IN-PERSON TRIP RESERVATIONS ON OPENING DAY. ALL OPENING DAY RESERVATIONS ARE BY PHONE ONLY, BEGINNING AT 3PM. SEE MORE TRIP RESERVATION INFORMATION ON P. 15. IF LINE IS BUSY, CALL AGAIN.**



# DAY TRIPS

in the late 1970s, this hilarious story of friendship and revenge in the Rolodex era is outrageous, thought-provoking, and even romantic. Before the show, we will stop at Shady Maple Smorgasbord for lunch.

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

**Departs: 9:30am**

**Returns: 6pm**

**Trip Opened: Jan. 10 @ 3pm**

**Payment Deadline: Jan. 22**

## DANIEL, SIGHT & SOUND\*

FRIDAYS, APRIL 5 & APRIL 12

Taken from his people, Daniel is exiled far from home in the powerful kingdom of Babylon. Now this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. As royal pressures mount, Daniel is faced with a dangerous choice. Will his trust in the one true God remain steadfast through every test of faith? We will stop at Miller's Smorgasbord before the show.

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

**Departs: 10:00am**

**Returns: 7:00pm**

**Both Trips Open: Mar. 6 @ 3pm (Please indicate at sign up which trip date is best for you).**

**Payment Deadline: Mar. 8**

## OUT TO LUNCH: SKY-HIGH,\* PHILADELPHIA

WEDNESDAY, APRIL 10

Dine above the clouds in this chic and comfortable dining room located atop Philadelphia's tallest



## PICTURED ABOVE: SKY HIGH, PHILADELPHIA

tower, on the 60th floor of the Four Seasons hotel. The views of the city of brotherly love still dazzle, and the service remains in true Four Seasons fashion, warm and polished. We will enjoy the views along with a two-course lunch. Attire is dressy casual. (Collared shirts for men and dress pants or skirts for women; No jeans).

**Cost: \$75 includes ride on our bus, lunch, taxes, and gratuity.**

**Departs: 10:00am**

**Returns: 4:00pm**

**Trip Opens: Mar. 6 @ 3pm**

**Payment Deadline: Mar. 27**

## PIANO MEN \*

DUTCH APPLE, LANCASTER  
TUESDAY, APRIL 16

Celebrate the musical influences of Billy Joel and Elton John brought to you by the amazing father and son team of Terry and Nick Davies. Their high-energy show includes mega-hits like "Only the Good Die Young," "Circle of Life," "Philadelphia Freedom," "Bennie and the Jets," and "Piano Man."

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

**Departs: 9:30am Returns: 5:30pm**

**Trip Opens: Mar. 13 @ 3pm**

**Payment Deadline: Mar. 18**

## READING TERMINAL MARKET,\* PHILADELPHIA

THURSDAY, APRIL 18

The market is home to more than 80 merchants, two of whom are descendants of the original stand holders from a century ago. On any given day, one can find an eclectic array of fresh baked Amish goods, produce direct from the field, unusual spices, free-range meats and poultry, flowers, ethnic foods and much more! Free time on your own to shop and have lunch.

**Cost: \$20 includes ride on our bus. Shopping and lunch is on your own.**

**Departs: 10:00am**

**Returns: 3:30pm**

**Trip Opens: Mar. 13 @ 3pm**

**Payment Deadline: Mar. 27**

## RAGTIME, DUTCH APPLE\*

WEDNESDAY, APRIL 24

Set in early twentieth-century New York, three distinctively American family tales are woven together in this musical. United by their courage, compassion and belief in the promise of the future, they confront history's timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair.

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

**Departs: 9:30am**

**Returns: 5:30pm**

**Trip Opens: Mar. 13 @ 3pm**

**Payment Deadline: Mar. 22**

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



# 2024 OVERNIGHT TRIPS



**TRIP IS FULL - WAIT  
LIST SPOTS STILL  
AVAILABLE (NO  
DEPOSIT NEEDED).**

## VIRGINIA BEACH JUNE 2 - 5

(4 Days, 3 Nights) Includes roundtrip motor coach transportation; three nights deluxe accommodations in Virginia Beach; three breakfasts, three dinners, all taxes and meal gratuities; visits to Norfolk Naval Base, The Macarthur Memorial, Old Cape Henry Lighthouse, Williamsburg Pottery, Guided Tour of Williamsburg, Naval Museum; free time on the beach/boardwalk and more!

Cost: \$690 double occupancy, \$930 single occupancy Travel insurance information is available upon request.

Contact Lisa Furbacher for more information or to make your reservation: 215-723-5841 or [lfurbacher@generationsofiv.org](mailto:lfurbacher@generationsofiv.org)



**TRIP IS FULL - WAIT  
LIST SPOTS STILL  
AVAILABLE (NO  
DEPOSIT NEEDED).**

## TRAINS ACROSS THE MOUNTAINS SEPT. 29 - OCT. 2

(4 Days, 3 Nights) Includes motor coach transportation; 3 nights deluxe accommodations in New Hampshire; 3 hotel breakfasts; 3 sumptuous New England dinners; rides on the Conway & Hobo/ Winnepesaukee scenic railroads; visits to: Franconia Notch, Littleton, NH, Castle in the Clouds, Manchester, VT, The Billings Farm & Museum, Vermont Country Store and and more!

Cost: \$770 double occupancy, \$960 single occupancy Travel insurance information is available upon request. Contact Lisa Furbacher for more information or to make your reservation: 215-723-5841 or [lfurbacher@generationsofiv.org](mailto:lfurbacher@generationsofiv.org)



## SOUTHWEST NAT'L PARKS & CANYONS OCT 13 - 18

Includes roundtrip airfare; 5 nights first class hotel; 8 meals; motor coach transportation; baggage handling; hotel transfers; visits to Hoover Dam, Grand Canyon West, Bryce National Park, and Zion National Park; Las Vegas Leisure Day and more!

Cost: \$3299 double occupancy, \$3899 single occupancy Arrangements through Travel Haus. Travel

insurance information is available upon request. Contact Liza Leister for more information or for reservations: 215-723-8687 or [groups@trvlhaus.com](mailto:groups@trvlhaus.com)

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Facebook

WE'RE HERE:

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

EVENINGS & WEEKENDS AS  
SCHEDULED

\*WE WILL BE CLOSED ON  
FRIDAY, MARCH 29 SEE P. 11 - 13  
FOR ADDITIONAL IMPORTANT  
SCHEDULING ANNOUNCEMENTS.

CONTACT US:

MAIN NUMBER: (215) 723-5841

SOCIAL SERVICES: (215) 723-1930

MEALS ON WHEELS: (215) 723-8555

[INFO@GENERATIONSOFIV.ORG](mailto:INFO@GENERATIONSOFIV.ORG)



SHOW SOME LOVE TO OUR STAFF DURING THE  
MONTH OF FEBRUARY! IT'S FREE & EASY. SEE P. 6  
FOR DETAILS. LEFT TO RIGHT: DOUG, SHAWNA, VAL,  
WHO IS THAT BEARDED GUY?, AMY, EMILY

GENERATIONSOFIV.ORG

