

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!

SPAGHETTI & SINATRA DINNER SATURDAY, MARCH 22, 4:00PM



Below is an article originally written for the February, 2018 newsletter by Program Coordinator, Amy Stover.

Mangia! You might not know it by looking at my red hair and freckles, but this Italian directive meaning, "eat!" was a commonly heard household phrase for me.

Sunday afternoons spent in the kitchen at my Italian grandparents' Northeast Philly house - and later at our house - meant macaronis (aka spaghetti), gravy (aka red sauce), meatballs, crusty bread and butter, vegetables sautéed with garlic, and salad with oil & vinegar (eaten last, of course, and sometimes after a walk around the block was prescribed to make room for Entenmann's or Tasty Cakes).

Grandmom Mazza was quick to put us all to work snapping beans, chopping or utilizing our height advantage to reach ingredients for her or my mom (both vertically challenged). When the mamma mias weren't looking, we always stole to the stove to snatch sizzling gravy-less meatballs right off the pan. We fulfilled our prescribed tasks all while listening to Sid Mark and the Sounds of Sinatra (my Irish Dad's contribution to the weekly dinners).

Let's recreate that feeling of a weekend dinner with the familia! **Join us on Saturday, March 22 at 4:00pm for a Spaghetti & Sinatra dinner.** Enjoy the Sounds of Sinatra with Cousin Joey as you sip wine, twirl spaghetti, and then dance off the carbs to make room for dessert! \$25 includes crusty bread, Caesar salad, spaghetti with red gravy, meatballs, sausage, dessert, wine or beer, and coffee/tea. To register, stop by our front desk or call 215-723-5841 by March 17. All proceeds from this fundraising event benefit our Center and Meals on Wheels programming.

LOVELY LUNCH FRI., FEB. 14, 12:00PM



Enjoy a lovely day for singles, couples, and groups of friends! While lunch 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 and some who sing, 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.

Our menu is TBA. After lunch be sure to join us for some fun "minute to win it" games and trivia. Our usual \$2 donation will be collected the day of the event for the meal. An additional donation of \$3 per person is requested (payable the day of) to be used toward game prizes and a donation to Classical Coordinations. Family & friends welcome. Seating is limited, and reservations are required. To register, stop by or call the Generations front desk at 215-723-5841 by February 10.



ST. PADDY'S LUNCH WITH IRISH DANCING

FRI, MARCH 14, 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 Corned Beef, Cabbage, Red Potatoes, Irish Soda Bread, and Dessert, plus Choice of Irish Ale/Stout or Cocktail, Tea and Coffee.

Meal will be served at 12:00. Dancing begins at 12:30. (There will be no regular noon meal this day). To register, stop by our front desk or call 215-723-5841 by March 10.

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

GENERATIONS IS:

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

OUR TEAM

STAFF

Douglas Eschbach,
Executive Director

Lisa Furbacher,
Assistant Director

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

Heather Lewis,
North Penn MOW Coordinator

Pat McQue,
Indian Valley MOW Coordinator

Val Perry,
Member Services Coordinator

Amy Stover, ADC,
Program Coordinator

BOARD OF DIRECTORS

Linda Abram, Chair

John H. Filice, Vice-Chair

Timothy Swartley, Treasurer

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Kristyn DiDominick

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D. Scott Landis

Alexandra Metricarti

Chari Richardson

Ella M. Roush

REINDEER RUNDOWN - A RECORD NUMBER OF 250 + SUPPORTERS AND 75 + VOLUNTEERS HOOFED AROUND SOUDERTON FOR OUR ANNUAL REINDEER RUN BACK ON DEC. 7. WE RAISED OVER \$10,000 AT THIS FUN COMMUNITY EVENT. THANKS TO ALL WHO CAME OUT IN THEIR FESTIVE RACEWEAR, ALONGSIDE FAMILY AND FRIENDS, TO SHOW THEIR SUPPORT FOR GENERATIONS! PHOTOS: BOB PAGNI & AL SEROTA



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.

TAX AIDE APPOINTMENTS FEBRUARY - APRIL

AARP Foundation Tax Aide Volunteers will offer FREE tax preparation services BY APPOINTMENT at Generations on Thursdays & Fridays, from Feb. 6 through April 11, 2025. **Appointments open for scheduling on Tues., January 21, 2025.**

This service is meant for those over 50, with lower

income, and who do not have access to other tax prep resources. No appointments held on March 7.

For a list of what documents to bring and what the volunteers can help with, stop by our front desk or visit our website. **To schedule, call 215-723-5841 on or after January 21.**

CELEBRATE WOMEN'S HISTORY MONTH WITH ELEANOR ROOSEVELT

The Souderton-Telford Business Professional Womens Group invites you to Generations for a unique presentation with impersonator Linda Kenyon as Eleanor Roosevelt, "First Lady of the World."

Throughout her long career in politics, Eleanor Roosevelt used her platform as First Lady of the United States and as a member of the wealthy and prominent Roosevelt family to advocate for human and civil rights. Roosevelt not only believed that women were entitled to equal rights, but that their differences from men made them uniquely qualified to

engage in political activism.

The show lasts about an hour and there will be a time for Q&A following the presentation. There is no fee to attend, but participants are asked to donate a non-perishable, un-expired food item.

The show will be held on an evening in mid to late March. The date is still TBA. For more info., please contact our front desk at 215-723-5841. To register, please contact Mary at soudertontelfordbpw51@gmail.com/ 215-721-3167 by March 14.

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 \$61,944 in 2024, and we

served 14,386 meals during that time.

Our average cost per meal was \$4.31.

The suggested donation amount is \$2 per meal.

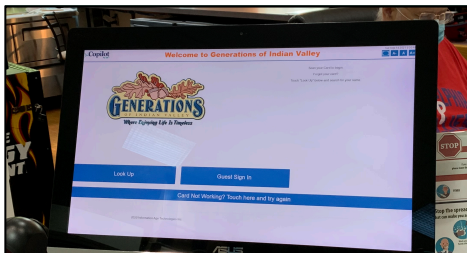
The funding for our Noon Meal (and Meals on Wheels) programs are federal funds that are passed to the states and then on to the counties. The Montgomery County Office of Senior Services (MCOSS) then contracts with senior centers and home-delivered meal programs to provide meals for seniors.

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 from a Generations staff member 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.

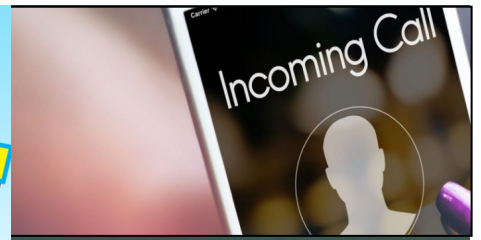


PLEASE SIGN IN at one of our entrance kiosks and let us know what you're up to, even if you're just dropping by for a visit.



SEUSSICAL THE MUSICAL

Souderton Area High School presents their spring musical, **Seussical The Musical**, Mar. 27 - 30. All performances and the box office are at 625 Lower Rd, Souderton. Get tickets in March at showtix4u.com or at the door 30 min before showtime.



WHO'S CALLING?

Please add us to your "trust" list or save our number in your mobile device: 215-723-5841. Call lists are generated when participants sign in at our touch screen for events, so please sign in every time you visit.

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.

GROUP ACUPUNCTURE FOR PAIN RELIEF: ^

WEDNESDAYS AT 1:00PM, EFFECTIVE 1/15/25

B.J. Putnam, DAc, offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Register at front desk or call 215-723-5841 and pay before the session.

COLLAGE SPEAKS ^ CURRENT SESSION:

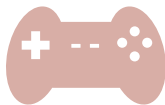
WEDNESDAYS AT 12:45 THROUGH FEBRUARY 5

Collage Speaks is a six week expressive arts class, facilitated by Generations Volunteer Donna Hoch. Participants will create personally meaningful collage cards, each with its own theme and story. If interested in the current session, please contact Amy Stover, Program Coordinator astover@generationsofiv.org/215-723-5841. See p. 6 about an upcoming Spring session.

WHAT'S UP DOC?: GAMING FOR GAINS ^

MONDAY, FEB. 10, 11:00AM

Virtual gaming, like the Nintendo Wii, is a fun and effective tool in physical therapy, helping to improve strength, balance, and motivation. By blending physical activity with entertainment, it enhances therapy outcomes and patient engagement. Join Dr. Devyn Kerr, of On The Move Physical Therapy, for a presentation on using virtual platforms during PT sessions. At the end of the presentation, participants can try *Wii Bowling* and another game, such as *Wii Baseball*, to experience how these games can make therapy both effective and enjoyable. ^



GREAT COURSES: ESSENTIAL SECRETS OF SPICES ^

FEB. 12 & MAR.12 12:45PM (2ND WED.)

Join us for another "Great Courses" series. During this interesting series, we will explore how different spices are used across the globe. This is an ongoing series planned in conjunction with our Recipe Swap & Sample (see p. 9). You can drop in during any 2nd Wednesday until June (see updates in subsequent newsletters). Each class consists of lectures and a discussion led by volunteer Dave. ^

VALENTINE MINUTE TO WIN IT & GAMES ^

FRIDAY, FEBRUARY 14, 12:45PM

Join Generations staff members for some silly and exciting minute to win it fun, family feud style games, and lots of love! A

donation (optional) will be collected and used toward fun prizes.

Separate registrations are required for this event and the Lovely Lunch (see p. 1). ^

HEART CHECKUP ^

MONDAY, FEBRUARY 17, 10:00AM

Take control of your heart health! Learn how to prevent a heart attack and how to accurately measure your blood pressure at home. This free presentation from Jefferson Health-Abington is offered in person at Generations. Registration is required. ^

MOVIE MATINEES:

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

RESPECT ^

TUESDAY, FEBRUARY, 18, 12:45PM

Following the rise of Aretha Franklin's career from a child singing in her father's church choir to her international superstardom, "Respect" (2021) is the remarkable true story of the music icon's journey to find her voice. Starring Grammy award winner Jennifer Hudson. Running time is 2 hours, 18 minutes. Rated PG-13 mature thematic content, strong language including racial epithets, violence, suggestive material, and smoking. ^

BROOKLYN ^

TUESDAY, MARCH 18, 12:45PM

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within. Starring Saoirse Ronan, Emory Cohen and Domhnall Gleeson, this 2015 romantic drama is a charming love story based on the best-selling 2009 novel of the same name (by Colm Tóibín). Running time is 1 hour, 57 min. Rated PG-13 for a scene of sexuality and brief strong language. ^

MUSIC BINGO ^

WEDNESDAY, FEBRUARY 19, CARD SALES

BEGIN AT 12:30PM, GAMES BEGIN 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!" (Con't on p. 5) Cost: \$5 per



GRILLED CHEESE - NOT YOUR MAMA'S ^ WED., FEB. 26, 12:45

What is better on a chilly night than a delicious grilled cheese and homemade soup? Come and learn how to prepare the perfect grilled cheese sandwich at this "Cooking with Teri" event. Different varieties of the favorite childhood classic will be made and tasted by all.

Teri Wassel, 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 February 21st. Call 215-723-5841 ^.



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.

(con't from p. 4) 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 Cafe. ^

TRIVIA AT TEN ^ MONDAY, FEBRUARY 24, 10:00AM

Enjoy a morning of brain games and trivia. Fun prizes will be awarded for winning answers. Led by Generations Program Coordinator Amy Stover. Registration required. ^

VETERANS BRUNCH ^

FRIDAY, FEBRUARY 28, ARRIVE BETWEEN 10-11AM

State Rep. Steve Malagari is hosting a brunch event for veterans at Generations. A meal will be served, 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 and fills up quickly. RSVP required to RepMalagari@PAHouse.net or 267-768-3671.

MEAL PLANNING FOR ONE, TWO, OR 200! ^ WEDNESDAY, MARCH 5, 1:30PM

March is the national nutrition month! Do you find meal planning a challenge? Imagine meal planning for 250 + people every day! Meet with our chefs Beth and Christine and get a look "beyond the table" at the how and why of our meal operations at Generations. Learn tricks and tips for crafting balanced meals at home that not only include required nutritional elements but have variety, meal appeal and great flavor! We'll also enjoy a smart snack sample. Free program. ^

RICH HISTORY OF THE MIDDLE EAST ^

WEDNESDAYS, MARCH 5, 12, 19, 12:45PM

Join Dr. Thomas Kolsky, college professor and author for a brief introduction to the rich history of the Middle East, with a focus on the 19th and 20th centuries and current developments in the region. Dr. Kolsky advocates peace, intellectual freedom, religious pluralism, and a market economy with a human face. Over the three week course, open discussion of current events

will be encouraged. Please register for the program. A \$2 donation per person is appreciated. ^

AARP SAFE DRIVING REFRESHER COURSE ^ FRIDAY, MARCH 7, 9:30AM

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 requirements. A half hour lunch break will be given at 12:00. Participants may 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 March 3. ^

LISTEN UP! WITH IRISH TENOR HUNTER HAIGHT ^ WEDNESDAY, MARCH 12, 11:00AM

Come and enjoy the vocal stylings of Hunter Haight, film and musical theater major at Ithaca University. Last spring, Hunter wowed audiences with this outstanding performance as Jean ValJean in SAHS's production of Les Miserables. During this exclusive concert, Hunter will share Broadway selections, pop hits from the 60s, 70s and 80s, old favorites from crooners like Frank Sinatra, and even a few Irish classics. Stop by our front desk or call to register if you plan to attend. A donation (suggested \$5 per person) will be collected at the door. ^

MARCH FORWARD WITH YOUR NUTRITION ^ MONDAY, MARCH 17, 10:00AM

Understand ways to consume a healthy diet while sticking to your budget and enjoying the foods you love! This free presentation from Jefferson Health-Abington is offered in person at Generations. Registration is required. ^

NAME THAT TUNE: CHOOSE YOUR DECADES ^ FRIDAY, MARCH 21, 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. ^

ACRYLIC ONE-STROKE PAINTING FREE DEMO ^

WEDNESDAY, MARCH 26, 12:45PM

Have you always wanted to paint but never thought you could? One-stroke Painting is fast, fun and addictive, and you can do it! You won't believe how easy it is to find creativity through this exciting painting technique. (con't on p. 6)

GIANT PHARMACY VACCINE CLINIC FRIDAY, FEB. 21, BY APPOINTMENT

Pharmacists from Giant/Martins will offer a Vaccine Clinic. Bring your insurance cards and wear a short sleeved shirt for the appointment.

Pharmacists will offer vaccines for Flu (both senior and non-senior formulations), Covid (both

manufacturers), Shingles (1st or booster doses) Pneumonia, Tetanus, and Hep B. Appointments preferred; walk-ins welcome if space is available. Stop by or call the Generations front desk at 215-723-5841 to schedule.



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.

FEATURED ARTIST MARCH:

Alice Beavers-Dake worked for over two decades as a scenic painter for area theatres including Act II Playhouse and Montgomery Theater. She is in year eleven of her "Drawing A Day" project and specializes in portraits including musicians, movie stars, and favorite authors and images of fun food - especially desserts! Alice works in a variety of media from pencil to watercolor brush pens and markers to acrylic and Posca paint, enjoying the whimsical freedom of expression they allow.

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)

WINTER WEATHER:

Generations and Meals on Wheels follow the Souderton Area School District (SASD) for WEATHER-related building closures (FID/Flexible Instruction Days) & delays. Check 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.

SPECIAL PROGRAMS (BY DATE ORDER)

^ = 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!

(con't from p. 5)

ACRYLIC ONE-STROKE PAINTING FREE DEMO ^

WEDNESDAY, MARCH 26, 12:45PM

Whether or not you'd like to join an upcoming six week spring class (April & May, more info in right column), join certified instructor Tish Ryan for this free demo and be mesmerized by this fun and interesting acrylic painting method. See below for more information about our spring class series! No supplies are needed for this free demo, but please register for the free demo if you plan to attend. ^



SPRING BOOK CLUB ^

THURSDAY, MARCH 27, 12:45PM

Join our Spring Book Club discussion of *Other Birds*, a novel by Sarah Addison Allen. This is an enchanting tale of lost souls, secrets, lonely strangers and how the right flock can guide you home. This book is soaked with hope and intriguing relationships. You can order a copy of this book and pick it up at Generations. Orders are fulfilled by Souderton's Hill & Hollow Bookstore. Trade Paperback (large size, font, quality) cost is \$19.07. You can also borrow/purchase a copy on your own. Order your book and register for the book club discussion by visiting our front desk or calling 215-723-5841. All *Other Birds* book orders through Generations/Hill & Hollow are due by Feb. 7.

DIGITAL LITERACY: EMAIL ^

FRIDAY, MARCH 28, 12:45PM

Join Alan Berry, Media Literacy Educator, Researcher, and Advocate, for a digital literacy workshop. This month's topic is the importance of email literacy for day to day function. Learn how to safely set up a free email account to assist you in day to day management of finances, benefits, medication/healthcare management,



and access to social services. This program is also helpful for those who already have email. Registration is required for this engaging (and free!) program. ^

ACRYLIC ONE-STROKE PAINTING SIX WEEK SERIES

WEDS., APR. 16 - MAY 21, 12:45PM

Have you always wanted to paint but never thought you could? One-stroke

Painting is fast, fun and addictive, and you can do it! You won't believe how easy it is to find creativity through this exciting painting technique. Join certified instructor Tish Ryan for

a six week series of this fun and interesting acrylic painting method. Each class lesson builds upon the previous session. You will learn how to load and utilize various brushes, plus how to paint leaves, stems, vines, various flowers, and more. One-stroke painting can be used to embellish many different surfaces such as wood, glassware, candles and clothing! Cost: \$60 for the six week series is payable with registration and due by Apr. 9. Sorry no a la carte class payments. A materials list will be provided at registration for supply purchase (on your own) or you can share/borrow some of our supplies subject to availability. ^

COLLAGE SPEAKS SPRING SESSION ^ THURS. AT 12:45, APR. 24 - MAY 29 (CLASS STARTS 1:45 ON MAY 8 ONLY)

Collage Speaks is a six week expressive arts class, facilitated by Generations Volunteer Donna Hoch. Participants will create personally meaningful collage cards, each with its own theme and story. There is a \$5 donation to Generations for the Spring series and materials fee of \$15 payable directly to the instructor. To register for the spring session, stop by or call the Generations front desk by April 17. ^

SOCIAL SERVICES

COUNSELING FOR LOSS & BEREAVEMENT BY APPOINTMENT

Through a partnership with The Center for Loss & Bereavement (CLB), counseling services are available at Generations for seniors who want an individualized opportunity to process personal experiences with loss and grief.

A professional licensed therapist from the CLB will provide the sessions, working from a perspective that allows each individual the time and space to address their own needs within their unique situation. Currently, the sessions are being scheduled with Shirley Elrod, LMFT, FT, one of the Center's senior grief counselors with specialized experience and training in grief, family systems, and traumatic loss.

Registration and intake with the CLB are required. A fee for service for each session applies. If you are interested in learning more, please contact Kendra Stenack, the CLB intake Coordinator, and mention that you wish to have your appointment with Shirley at Generations: 610-222-4110 ext. 101 or email 101info@bereavementcenter.org

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

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.



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.

PA MEDI APPOINTMENTS THURSDAYS, FEB. 6 & MAR. 6

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.



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

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

LEGAL AID: THURSDAYS, FEB. 20 & MAR. 20, 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

free

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

FEB. 10 & MAR. 10, 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. Montgomery County 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 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. 7 & MAR. 7), 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. **There is a participant interested in playing Skip-Bo with someone who knows the game. Volunteer Don will also be teaching 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.

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 Helene. Seniors (65+): \$3.25 per game; shoe rental additional \$3.

Questions? Call our front desk at 215-723-5841.

BUCKS-MONT SENIOR GOLF LEAGUE

MONDAYS, 4:00PM, 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. Details online at bucksmontgolf.org.

CHOIR CHIMES: WEDNESDAYS, 10:30AM

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

The Choraleers sing and perform a variety of popular, seasonal, and patriotic tunes from September - May. New members welcome. Call Annamarie: 215-723-3591.

CREATIVE WRITING:

MONDAYS, 10:00AM, EFFECTIVE JANUARY, 2025

Do you like to write? Join our creative writing group. Share your stories, poems or non-fiction articles. No need to register; but as always, please sign in at the touch screen upon arrival.



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 CLUB:

This group does gardening around the Center. New volunteers are welcome. Weeding/watering/raking volunteers are always needed! Contact Amy Stover: 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.

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.



MAHJONG: FRIDAYS, 12:30PM

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

MATS THAT MATTER: 2ND & 4TH THURSDAYS, 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.

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): RESUMES FEB. 4 TUESDAYS, 1PM-3PM

Meet our new instructor Emma Hawkins, a graduate of Tyler School of Art who has done watercolor work including postcards for Perkasio Borough. 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. 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:

WED., FEB. 12, 11:00AM (ASIAN INSPIRED)

WED., MAR. 12, 11:00AM (JEWISH CUISINE)

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 Sandy's Veggie Spring Rolls (**February**) and Flossie's Jewish Apple Cake (**March**). **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 OR Grace: 215-721-2082 or priceswrite1953@yahoo.com

SCRABBLE: 1ST & 3RD TUES., 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 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.

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

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

Newsletter mailing helpers are needed on Tue., March 18 at 9:15am. Contact Amy.

We will host our next Welcome Committee meetings on Thur., Feb. 13 and Mar. 13, at 1:00pm, for volunteers who would like to help acclimate new participants to our Center. If you are interested in being part of this group, please register at the front desk (even if you cannot attend the meetings).

Volunteers are needed to assist with the Spaghetti & Sinatra Dinner on 3/22 Contact Amy.

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

LUNCH MENU

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

2025 / FEBRUARY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| 3 Baked Chicken, Ranch, & Broccoli with Bacon; Corn Bread, Fresh Fruit | 4 Chicken Pot Pie with Puff Pastry Top; Green Salad | 5 Wild Caught Alaskan Salmon with Mango Salsa; Veggie Fried Rice; Edamame | 6 Meatloaf with Fresh Mushroom Gravy; Mashed Potatoes; Garlic Green Beans | 7 Creamy Sausage Gravy Over Biscuit; Green Salad; Fruit |
| 10 Chicken Cacciatore over Mashed Potatoes; Green Beans; Whole Wheat Roll | 11 New England Clam Chowder with Oyster Crackers; Green Salad | 12 Pork & Kraut w/ Mashed Potatoes; Apple Sauce; Garlic Green Beans | 13 Meatball "Salad" w/ Chickpeas, Romaine, Red Onion Shredded Parm.; Garlic Knot | 14 Menu TBA includes Dessert more info p. 1 & 4 |
| 17 Baked Cod with Lemon Caper Sauce; Wild Rice; Green Salad | 18 Cheese Ravioli with Marinara; Garlic Knot; Warm Brussels Sprouts Caesar Salad | 19 Happy Birthday! Sausage and Roasted Red Pepper Flatbread; Tossed Green Salad | 20 Eggroll in a Bowl with Fried Rice & Wonton Strips; Edamame | 21 Chicken Mushroom Stroganoff Over Cavatappi Noodles; Broccoli; Whole Wheat Roll |
| 24 Chicken a la King on Puff Pastry; Green Salad; Fruit | 25 Spinach, Feta, & Mushroom Quiche; Butternut Hash; Fruit | 26 Teriyaki Meatballs with Sesame Noodles; Steamed Broccoli; Fortune Cookie | 27 Crispy Cod Sandwich with Dill Pickle Aioli; Slaw & French Fries | 28 Veterans Resources & Brunch Special Meal/Event see p. 5 |
| <p>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p> | | | | |

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, Feb. 19 and Wednesday, March 19

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



2025 / FEBRUARY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY SUNDAY |
|--|--|---|---|---|---|
| The number after the program listing indicates on which page of the newsletter more information can be found. | | | | | Feb. 1 Feb. 2 |
| 3 9:30 CardioTone (14) 9:30 Billiards (8) 10:00 Creative Writing (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8)\n1:00 Memoirs (9) 1:00 Choraleers (8) | 4 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Scrabble (9) 10:30 Rhythmit (14) Haircuts by Appt. (12) 1-Watercolor Class (9) | 5 Hearing Appts. (12) 9:00 Billiards Away vs Hershey's Mill (8) 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 Collage Speaks (4) 1:00 Acupuncture (12) 3:30 Caregivers Support (Virtual) (7) | 6 Tax Aide Appts (3) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 12:45 Pinochle (9) PA Medi Appt. (7) | 7 Tax Aide Appts (3) 9:00 Billiards Away vs Norm. Farms (8) 9:30 Billiards (8) 10-2 Board Game Day (8) 10:30 Yoga (14) 12:30 Mah Jong (9) | 8 9:15 Out to Brunch: Founding Farmers (15) 9 |
| 10 9:30 CardioTone (14) 9:30 Billiards (8) 10:00 Creative Writing (8) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY(7) 11:00 What's Up Doc? Gaming for Games (4) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) | 11 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1:00 Bingo (8) 1-Watercolor Class (9) 6:30 Bereavement Support (7) | 12 9:15 Billiards Home vs Hillview (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 11:00 Recipe Swap: Asian Inspired (9) 12:45 Great Courses: Secrets of Spices (4) 1:00 Acupuncture (12) 2- Caregivers Support (7) | 13 Tax Aide Appts (3) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 11-Mats that Matter(9) 12:45 Pinochle (9) 1:00 Welcome Committee Mtg (9) 3:30 Board Meeting | 14 Tax Aide Appts (3) 9:15 Billiards Home vs Brittany Pointe (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (9) 12:00 Lovely Lunch with Classical Coordinations (1) 12:45 Valentine Minute to Win It & Games (4) | 15 16 |
| 17 9:30 Cardio Tone (14) 9:30 Billiards (8) 10-Heart Checkup (4) 10:00 Creative Writing (8) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) | 18 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Scrabble (9) 10:30 Rhythmit (14) Haircuts by Appt. (12) 1-Watercolor Class (9) 12:45 Movie Matinee: Respect (4) | 19 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 9:30 Something Rotten (16) 10:30 Balance/Tone/Stretch (14) 12-2 Collett Hours (7) 10:30 Choir Chimes (8) 1:00 Acupuncture (12) Financial Counsel (7) 1:00 Music Bingo (5) | 20 Tax Aide Appts (3) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 12:45 Pinochle (9) Legal Aid (7) | 21 9:30 Billiards (8) Tax Aide Appts (3) 9:00 Billiards Away vs Arbour Square (8) Giant Pharm. Vaccine Clinic by Appt. (5) 10:30 Amish Meal Trip (16) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (9) | 22 23 |
| 24 9:30 Cardio Tone (14) 9:30 Billiards (8) 10:00 Creative Writing (8) 10:00 Trivia at Ten (5) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) | 25 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1-Watercolor Class (9) 1:00 Bingo (8) | 26 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 11-DeadlyDerbyTrip (15) 12:45 Cook with Teri: Grilled Cheese (4) 1:00 Acupuncture (12) | 27 Tax Aide Appts (3) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 11-Mats that Matter (9) 12:45 Pinochle (9) | 28 Tax Aide Appts (3) 9:30 Billiards (8) 10:00 Veterans Brunch (5) NO Release & Restore Yoga (14) 12:30 Mah Jong (9) | |
| All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org | | | Schedule Announcements: • No Yoga Feb. 28 | | |

LUNCH MENU

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

2025 / **MARCH**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 3 Wild Caught Alaskan Salmon with Mango Salsa; Veggie Fried Rice; Edamame | 4 Meatloaf with Fresh Mushroom Gravy; Mashed Potatoes; Garlic Green Beans | 5 Baked Chicken, Ranch & Broccoli with Bacon; Corn Bread, Fresh Fruit | 6 Creamy Sausage Gravy Over Biscuit; Green Salad; Fruit | 7 Chicken Pot Pie with Puff Pastry Top; Green Salad |
| 10 Mac-N-Cheese Quiche; Garden Salad; Fruit | 11 Chic. Cacciatore over Mashed Potatoes; Green Beans; Wheat Roll | 12 New England Clam Chowder with Oyster Crackers; Green Salad | 13 Pork & Kraut w/Mashed Pot.; Apple Sauce; Green Beans | 14 St. Paddy's Special Meal/Event/Price (see p. 1)  |
| 17 Cheese Ravioli w/ Marinara; Warm Brussels Sprouts Caesar Salad; Garlic Knot | 18 Eggroll in a Bowl with Fried Rice & Wonton Strips; Edamame | 19 Happy Birthday! Baked Cod w/ Lemon Caper Sauce; Wild Rice; Green Salad  | 20 Chicken Mushroom Stroganoff Over Noodles; Broccoli; Whole Wheat Roll | 21 Sausage and Roasted Red Pepper Flatbread; Tossed Green Salad |
| 24 Teriyaki Meatballs w/Sesame Noodles; Steamed Broccoli; Fortune Cookie | 25 Chicken a la King on Puff Pastry; Green Salad; Fruit | 26 Crispy Cod Sandwich with Dill Pickle Aioli; Slaw & Fries | 27 Garlic Texas Toast Sloppy Joe; Potato Salad; Fruit | 28 Spinach, Feta, & Mushroom Quiche; Butternut Hash; Fruit |
| 31 Creamy Sausage Gravy Over Biscuit; Green Salad; Fruit | All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org | | | |

WELLNESS/SPA OFFERINGS

GROUP ACUPUNCTURE FOR PAIN RELIEF:

NOW HELD WEDNESDAYS AT 1:00PM (EFFECTIVE 1/15/25)
B.J. Putnam, DAc, offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Call 215-723-5841 to register. Pick up payment ticket at the front desk before class.

BLOOD PRESSURE SCREENINGS:

MONDAYS, FEB. 17 & MAR. 17, 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.

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.

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>

NEW! ATTENTUS HEARING CARE:

WEDNESDAYS, FEBRUARY 5 & MARCH 5, 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 or text 267- 669-1345. 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

2025 / MARCH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY SUNDAY |
|--|---|---|--|---|---|
| <p>All programs are subject to change. We will post applicable updates on our website:</p> | | <p>The number after the program listing indicates on which page of the newsletter more information can be found.</p> | | | <p>1</p> <hr/> <p>2 10:15 Riverdance Trip (16)</p> |
| <p>3 9:00 Billiards Away vs Shannondell (8) 9:30 CardioTone (14) 9:30 Billiards (8) 10:00 Creative Writing (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p> | <p>4 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Scrabble (9) 10:30 Rhythmit (14) Haircuts by Appt. (12) 1-Watercolor Class (9)</p> | <p>5 Hearing Appts. (12) 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 Rich History of Middle East (5) 1:00 Acupuncture (12) 1:30 Meal Planning (5) 2 - Caregivers Sup.(7)</p> | <p>6 Tax Aide Appts (3) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 11:30 Nonsense Trip to Pines Theatre (16) 12:45 Pinochle (9) PA Medi Appt. (7)</p> | <p>7 NO Tax Aide (3) 9:00 Billiards Away vs Norm. Farms (8) 9:30 Billiards (8) 9:30 AARP Safe Driving Refresher (5) 10-2 Board Game Day (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (9)</p> | <p>8</p> <hr/> <p>9</p>  |
| <p>10 9:30 Billiards (8) 9:30 CardioTone (14) 10:00 Creative Writing (8) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY (7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p> | <p>11 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Neil Diamond Tribute Trip (16) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1-Watercolor Class (9) 1:00 Bingo (8) 6:30 Bereavement Support (7)</p> | <p>12 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) NO Choir Chimes 11:00 Listen Up w/ Hunter Haight (6) 11:00 Recipe Swap: Jewish Cuisine (9) 12:45 Great Course: Secrets of Spices (4) 1:00 Acupuncture (12) 12:45 Middle East (5)</p> | <p>13 Tax Aide Appts (3) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 11-Mats that Matter(9) 12:45 Pinochle (9) 1:00 Welcome Committee Mtg (9) 3:30 Board Meeting</p> | <p>14 9-Billiards Away vs Arb. Square (8) Tax Aide Appts (3) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:00 St. Pat's Lunch with Pride of Erin Dancers (1) 12:30 Mah Jong (9)</p> | <p>15</p> <hr/> <p>16</p> |
| <p>17 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 CardioTone (14) 10:00 Creative Writing (8) 10:00 March Forward with Nutrition (5) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p> | <p>18 9:30 Billiards (8) 9:15 Newsletter Mailing (9) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) Haircuts by Appt. (12) 10:00 Scrabble (9) 12:45 Movie Matinee: Brooklyn (4) 1-Watercolor Class (9)</p> | <p>19 9:00 Billiards Away vs Hillview (8) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 12-2 Collett Hours (p. 7) 12:45 Middle East (5) 1:00 Acupuncture (12) Financial Counsel.(7)</p> | <p>20 Tax Aide Appts (3) 9:30 Waitress @ Dutch Apple Trip (16) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 12:45 Pinochle (9) Legal Aid (7)</p> | <p>21 9:15 Billiards Home vs Norm. Farms (8) Tax Aide Appts (3) 10:00 Name That Tune (5) 10:30 Amish Meal Trip (16) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (9)</p> | <p>22 4:00 Spaghetti & Sinatra Dinner (1)</p> <hr/> <p>23</p> |
| <p>24 9:30 CardioTone (14) 9:30 Billiards (8) 10:00 Creative Writing (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p> | <p>25 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1-Watercolor Class (9) 1:00 Bingo (8)</p> | <p>26 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 11:45 B's Tea Trip (16) 12:45 Acrylic 1-Stroke Paint Demo (5, 6) 1:00 Acupuncture (12)</p> | <p>27 9:30 Billiards (8) Tax Aide Appts (3) 9:30 Sit, Stretch, Flex (14) 11-Mats that Matter (9) 12:45 Pinochle (9) 12:45 Spring Book Club Discussion: <i>Other Birds</i> (6)</p> | <p>28 9:30 Billiards (8) Tax Aide Appts (3) 10:30 Release & Restore Yoga (14) 11:00 Noah Sight & Sound Trip (17) 12:30 Mah Jong (9) 12:45 Digital Literacy with Alan: Email (6)</p> | <p>29</p> <hr/> <p>30</p> |
| <p>31 9:30 Billiards (8) 9:30 CardioTone (14) 10-Creative Writing (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p> | | | | | |

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. Lysandra Sanchez, Certified Instructor. Fee: \$4/class or \$24/8 classes. 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. All equipment is provided. Adaptations are offered for those who need more or less of a challenge.



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. **No class February 28.**

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 for important announcements and last-minute changes.

RHYTHMFIT SERIES: TUESDAYS AT 10:30AM, CURRENT SERIES RUNS THROUGH FEB. 25
 NEW SPRING SERIES MARCH 4 - APRIL 22
 THIS CLASS WILL BE OFFERED AS A SERIES THROUGHOUT 2025.

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..

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. 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 Torretta

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 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.

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, 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, 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 listing indicates a new trip.

GET ON BOARD FOR TRIP OPENINGS

We understand that many have frustrations about our opening day reservation policies. In an effort to alleviate the infuriating sound of a busy signal or incessant ringing, we have added trip opening days and another "staffed" phone line for all opening days.

If you're still 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 to accommodate our waiting list. **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).

While we appreciate your concern and fully admit that there's no "perfect system" that will please everyone AND work with the resources we have, we're asking that folks refrain from directing unkind behavior toward our staff and volunteers who are doing their best to accommodate everyone's requests fairly. Please know that sometimes we have no idea how popular a trip will be until we list it. Sometimes the suggested trips we *think* will be popular turn out being hard to fill, and we unfortunately lose money on them. 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

OUT TO BRUNCH: FOUNDING FARMERS, KING OF PRUSSIA SATURDAY, FEBRUARY 8

At Founding Farmers, everything matters. Nothing is too small. If something can be made better, smarter, healthier, that is how they want to do it. Everything is made from scratch from the bread to the booze. This is a farmer owned company and is designed to ensure American family farmers earn a larger share of the food dollar. We will enjoy an all-you-can-eat brunch buffet.

Cost: \$60 includes ride on our bus, brunch, taxes, and gratuity.

Departs: 9:15am Returns: 12:30pm

Trip Opened: Jan. 8 Payment Deadline: Jan. 10

DEADLY DERBY, MOUNT HOPE MANSION, MANHEIM CHANGED TO WEDNESDAY, FEBRUARY 26

Don your hats, place your bets and make sure your Juleps are strong; we have a murder mystery to solve.

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

Departs: 11:00am Returns: 5:30pm

Trip Opened: Jan. 3 Payment Deadline: Jan. 10

DAY TRIPS CON'T NEXT PAGE

DAY TRIPS

AMISH AT HOME MEAL WITH SAMUEL AND RUTH LAPP, PARADISE, PA



FRIDAY, FEBRUARY 21

The Lapp Farm At Home Meal is a far different experience from a PA Dutch smorgasbord. The menu includes hearty and simple Amish favorites. The meal is planned from family recipes that have been passed from mother to daughter and most are contained in a small "From Our Farm" recipe book available to purchase.

Cost: \$55 includes ride on our bus, lunch, taxes, and gratuity.

Departs: 10:30am

Returns: 3:30pm

Trip Opened: Jan. 8

Payment Deadline: Jan. 13

SOMETHING ROTTEN, CANDLELIGHT THEATRE, DELAWARE



WEDNESDAY, FEBRUARY 19

Two brothers set out to write the world's first musical in this hilarious mashup of sixteenth-century Shakespeare and twenty-first-century Broadway.

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

Departs: 9:30am Returns: 4:30pm

Trip Opened: Jan. 3

Payment Deadline: Jan. 17

Additional Info: Attendees must be able to climb three steps.

RIVERDANCE: 30TH ANNIVERSARY, AMT, LANCASTER SUNDAY, MARCH 2



The Grammy award-winning music and the infectious energy of mesmerizing choreography and breathtaking performances have left audiences in awe and established Riverdance as a global cultural sensation. We will enjoy a family-style meal at Huckleberry's before the show.

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

Departs: 10:15am

Returns: 5:30pm

Trip Opened: Jan. 3

Payment Deadline: Jan. 10

NEW TRIPS

NUNSENSE, * PINES DINNER THEATRE, ALLENTOWN THURSDAY, MARCH 6

Nunsense follows the crazy antics of five nuns from the Little Sisters of Hoboken. When their cook accidentally serves up some tainted soup, 52 of the sisters are poisoned and die, leaving only five living nuns who were not at home the day of the

toxic meal. What happens next will have you rolling in the aisles!

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

Departs: 11:30am

Returns: 5:00pm

Trip Opens: Feb. 6 @ 3pm by phone only ^

Payment Deadline: Feb. 7

HOT AUGUST NIGHT: THE ULTIMATE NEIL DIAMOND TRIBUTE, * DUTCH APPLE, LANCASTER



TUESDAY, MARCH 11

Come for a night of pure nostalgia and musical excellence. Sing along, tap your feet, and relive Neil's timeless classics like "Sweet Caroline," "Hello Again," and "Love on the Rocks." You will be dazzled by this sensational tribute act!

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

Departs: 9:30am

Returns: 5:30pm

Trip Opens: Feb. 5 @ 3pm by phone only ^

Payment Deadline: Feb. 12

WAITRESS, * DUTCH APPLE, LANCASTER

THURSDAY, MARCH 20

Featuring music and lyrics by Grammy Award Winner Sara Bareilles, *Waitress* is the story of Jenna, an expert pie maker who dreams of a way out of her small town and rocky marriage. It's a tale of self-discovery, resilience and the pursuit of happiness.

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

Departs: 9:30am

Returns: 5:30pm

Trip Opens: Feb. 5 @ 3pm by phone only ^

Payment Deadline: Feb. 12

B'S TEA AT THE THRIVING HIVE, * SELLERSVILLE

WEDNESDAY, MARCH 26

Bebe & Pop's Thriving Hive is a quaint restaurant in Sellersville. We will enjoy a full tea. They also have a gift shop on site with locally made



^ 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 & TRIP DATE | REGISTRATION OPENS BY PHONE ONLY @3:00pm | PAYMENT DUE |
|--|--|--|
| Hot Night/Neil Diamond Mar. 11 Waitress @ DADT Mar. 20 B's Tea @ Thriving Hive Mar. 26 | Feb. 5 @3:00pm: 215-723-5841 | \$110 Feb. 12 \$100 Feb. 12 \$55 Feb. 14 |
| Nunsense Mar. 6 Noah @ Sight & Sound Mar. 28 | Feb. 6 @3:00pm: 215-723-5841 | \$90 Feb. 7 \$145 Feb. 17 |
| Joseph Spring Lake Thea. Apr 5 Singin' in the Rain Apr. 29 | Mar. 4 @3:00pm: 215-723-5841 | \$100 Mar. 5 \$90 Mar. 10 |
| Bright Star Apr. 16 Rise Fall Fannie Biscuits Apr. 23 | Mar. 5 @3:00pm: 215-723-5841 | \$90 Mar. 10 \$90 Mar. 14 |
| Hard Rock Casino Apr. 9 Goods & Shady Maple Apr. 11 | Mar. 10 @3:00pm: 215-723-5841 | \$20 Mar. 13 \$20 Mar. 20 |

sweets & treats, jellies, jams, honey and more.

Cost: \$55 includes ride on our bus, lunch, taxes, and gratuity.

Departs: 11:45am

Returns: 2:15pm

Trip Opens: Feb. 5 @ 3pm by phone only ^

Payment Deadline: Feb. 14

Additional Info: Attendees must be able to climb steps.

NOAH, * SIGHT & SOUND, LANCASTER

FRIDAY, MARCH 28



Returning for one season only, this landmark production takes you on board one of the world's best-known voyages as live animals fill the stage and aisles. Set sail inside the enormous ark as this extraordinary story comes to life in a special 30th anniversary season! We will enjoy a smorgasbord lunch at Hershey Farms before the show.

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

Departs: 11:00am

Returns: 7:00pm

Trip Opens: Feb. 6 @ 3pm by phone only ^

Payment Deadline: Feb. 17

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT, * SPRING LAKE THEATRE

SATURDAY, APRIL 5

Andrew Lloyd Webber's multi-award-winning show has been performed hundreds of thousands of times, including multiple runs in the West End, on Broadway, and tours in over 80 countries worldwide. One of the world's most beloved family musicals, it features much loved classics including "Any Dream Will Do," "Close Every Door," and "Go,Go,Go Joseph." Before the show we will enjoy a buffet lunch at St. Stephen's Green Publick House.

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

Departs: 10:00am

Returns: 6:00pm

Trip Opens: Mar. 4 @ 3pm by

phone only ^

Payment Deadline: Mar. 5

HARD ROCK CASINO, * ATLANTIC CITY, NJ WEDNESDAY, APRIL 9



Let's Play!!! The Hard Rock Casino in Atlantic City is a high-energy environment with over 2300 slot machines and 130 table games. Free time to play the many games, walk the boards, do some shopping and dine in one of the 11 eateries on site. Must have valid photo ID.

Cost: \$20 includes ride on our bus.

Lunch is on your own.

Departs: 10:00am

Returns: 7:30pm

Trip Opens: Mar. 10 @ 3pm by phone only ^

Payment Deadline: Mar. 13

GOODS & SHADY MAPLE, * FRIDAY, APRIL 11



On our first stop, you can get a delicious treat at Sunnyside Pastries. Then we will head to Shady Maple Farmers Market, Goods and Shady Maple Restaurant. We will have free time to shop and eat (on your own). Finally, we will head to Emma's Popcorn before heading home.

Cost: \$20 includes ride on our bus.

Lunch and shopping are on your own.

Departs: 8:30am

Returns: 4:00pm

Trip Opens: Mar. 10 @ 3pm by phone only ^

Payment Deadline: Mar. 20

BRIGHT STAR, * CANDLELIGHT DINNER THEATRE, DELAWARE WEDNESDAY, APRIL 16



Inspired by a true story and featuring the Tony nominated score by Steve Martin and Edie Brickell, Broadway's *Bright Star* tells a sweeping tale of love and redemption set in the American South in the 1920s and 40s.

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

Departs: 9:45am

Returns: 4:15pm

Trip Opens: Mar. 5 @ 3pm by

phone only ^

Payment Deadline: Mar. 10

THE RISE AND FALL OF MISS FANNIE'S BISCUITS, * BIRD-IN-HAND

WEDNESDAY, APRIL 23

A rigged contest. A missing baker. A determined detective. The right recipe for total disaster! These are the ingredients of Blue Gate Musical's new hit comedy, written by best-selling authors Wanda Brunstetter and Martha Bolton.

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

Departs: 9:15am

Returns: 5:30pm

Trip Opens: Mar. 5 @ 3pm by phone only ^

Payment Deadline: Mar. 14

SINGIN' IN THE RAIN, * DESALES, CENTER VALLEY



TUESDAY, APRIL 29

Harken back to a time in 1920s Hollywood when the "Jazz Singer" and talking pictures became all the rage, and silent film actors and actresses suddenly found themselves learning to enunciate for the camera. Based on the classic 1952 MGM film, *Singin' in the Rain* is the story of a movie studio and its leading actors, Don Lockwood and Lina Lamont, navigating the new talking picture technology. After the show we will head to Copperhead Grill for lunch.

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

Departs: 8:45am

Returns: 2:30pm

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

Payment Deadline: Mar. 10

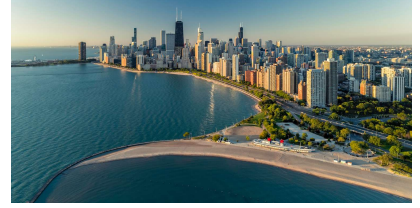
OUR TRIPS ARE "FRAGRANCE FREE." PLEASE RESPECT OTHER TRAVELERS WHO MAY BE "SCENTSITIVE."



OVERNIGHT TRIPS

BEST OF CHICAGO: MAY 22 - MAY 26, 2025

Five Nights in Chicago; Chicago River architecture cruise; Chicago city tour; Willis Tower-Skydeck; Wrigley Field; Frank Lloyd Wright Home & Studio; Cantigny Park; "Untouchable" Gangster Tour; Racine, Wisconsin; Frank Lloyd Wright's SC Johnson Wax Headquarters; Wingspread by Frank Lloyd Wright; Eight meals (five-breakfasts & three dinners); Tour Director; Motorcoach Transportation; Baggage handling at hotels. \$3445. Double \$4145-Single. Travel insurance information is available upon request. Call Liza Leister at Travel Haus to register: (215) 723-8687 groups@trvlhaus.com. **Must book by November 15th 2024.**



CAPE COD, MA: JUNE 23 - JUNE 26, 2025

Three nights deluxe accommodations; Round trip luggage handling; Guide on arrival night; Three breakfasts; Three superb New England dinners; Tour of Provincetown; Admission to Whydah Pirate Museum; Cape Cod Canal Visitors Center; Guided tours of Hyannis and Plymouth, MA; Cape Cod Central Railroad; Print by local artist; Meal taxes, meal gratuities, room taxes, local guide gratuity all included. \$1095 per person Double. \$1290 Single. Travel insurance information is available upon request. Contact Lisa Furbacher at Generations for more information or to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org



SCOTLAND: JULY 26 - AUGUST 2, 2025



6 Nights 7 Days - Includes Royal Edinburgh Military Tattoo; Castle Rock; Scone Palace; Loch Ness; Isle of Skye; Loch Lomond; Stirling Castle; Tour of Glasgow; Tour of a whiskey distillery; Fort William; Glenfinnan; 6-breakfasts; 3-dinners
Cost: \$4505 double occupancy or \$4995 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

1000 ISLANDS, NY: SEPTEMBER 21- 24, 2025*



Three nights accommodations at Riveredge Resort; Round trip motorcoach transportation; Seven meals; Island Queen lunch cruise; 1000 Islands Tower; Tour of Kingston, Canada; Heart Island; Visits to Boldt & Singer Castles; Antique Boat Museum; Cruise to Dark Island; Sackets Harbor Battlefield; United Presbyterian Church. \$1225 per person Double. \$1464 Single. Travel insurance information is available upon request. A passport is needed for this trip. Contact Lisa Furbacher at Generations for more information or to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org *information updated 1/10/25

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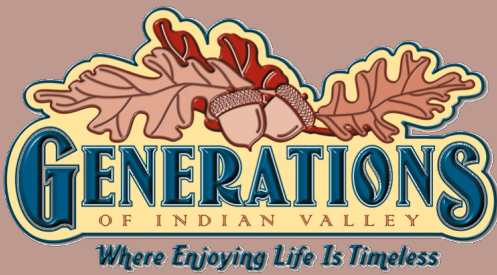
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WE'RE HERE:
MONDAY-FRIDAY, 9:00AM-4:00PM, *
EVENINGS & WEEKENDS AS SCHEDULED

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

CONTACT US:
MAIN NUMBER: (215) 723-5841
SOCIAL SERVICES: (215) 723-1930
MEALS ON WHEELS: (215) 723-8555
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