

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) 1:00 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>					