



# 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 9:30-3:30 Chili Order Pick Up (3)</p> <p>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> <ul style="list-style-type: none"> <li>• There will be no Pinochle on 2/29.</li> </ul>	

# 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> 