

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.

JUST LIKE OLD TIMES



It was late in the year but it still felt like a new beginning. In November, at long last, we finally got to plan a big event again! It was the "Our Volunteers are Stars" Concert Event and we were excited! Walking into the kitchen to prepare refreshments before the event, our staff was buzzing in anticipation because expecting 100 or so people felt so much more like our "old normal" than our "new normal."

As guests arrived, they were greeted with open arms and fist bumps. Volunteers were showered with plenty of thanks for their dedication and hard work and escorted to our red carpet for photos.

Our volunteers, who have worked so hard for us, especially during these particularly trying last few years,

were recognized and honored as part of the program. A special rendition of Twinkle Twinkle Little Star performed by Amy Stover and Doug Eschbach was dedicated to those volunteers just before Amy and Doug were escorted off the stage with a hook and a gong. All event participants then enjoyed a fantastic evening of (actual good) music with Teresa Washam, Jackie Washam-Cekovsky, and other guest "stars."

Everyone was sent home with a lovely charcuterie board and small bottle of wine, and our Volunteers were given this "star swag" for free as a token of our appreciation.

Whether or not they were able to attend the event, we want to extend our sincere thanks to all of our Volunteers who continue to show up

for us in so many ways, day after day.

All in all it was a successful evening, and we just can't stress how rejuvenating it felt to have so many of our favorite people join us for an evening out. . . just like old times.

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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
Emily Filice,
Social Services Coordinator
Bryan Finnemeyer, Housekeeping
Beth Knize, Kitchen Coordinator
Lexi Little, Kitchen Assistant
Pat McQue,
MOW Coordinator (Indian Valley)
Stephanie Radcliff,
Member Services Coordinator
Michele Ross,
Kitchen Coordinator
Esther Stoudt, Rental Coordinator
Amy Stover, ADC,
Program Coordinator
Milt Stover,
Maintenance Coordinator

BOARD OF DIRECTORS

M. Theresa Fosko, Chair
Joanne Kline, Vice Chair
Ron Hallman, Secretary
Timothy Swartley, Treasurer
Linda Abram
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John H. Filice
Brian K. Goshow
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Rebecca Nice, D.O.
Ella M. Roush



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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, 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.

WASTE NOT

Many of you participate in our daily noontime meal program, and we love serving as many meals as possible. But did you realize that when someone makes a reservation for lunch but doesn't attend to eat that meal, Generations has to cover the cost of that uneaten meal? It might seem like a small amount of waste, but over the course of a year, those missed meals add up to a lot of food!

Our meals are all prepared at Generations. We order the items needed to make these meals based on the number of

people signed up for that meal. If 100 people have signed up, we need to order enough food to feed 100 people. But if some of those people don't show up every day, an unfortunate number of meals go wasted.

That's why we've revised the sign-up system that we use for noon meals. By signing up for meals when you check in, those meal counts can be shared directly with our kitchen staff and shared directly to the reports that we submit to Montgomery County each month. It may take a time or two to learn the new sign-up procedure, but our front desk staff and volunteers will be happy to assist you as you learn this new method. See more about our new system on p. 10.



VISIT OUR WEBSITE OFTEN FOR THE MOST UP-TO-DATE INFORMATION ON PROGRAMS, SCHEDULES, AND WEATHER RELATED CLOSINGS & DELAYS:
WWW.GENERATIONSOFIGV.ORG

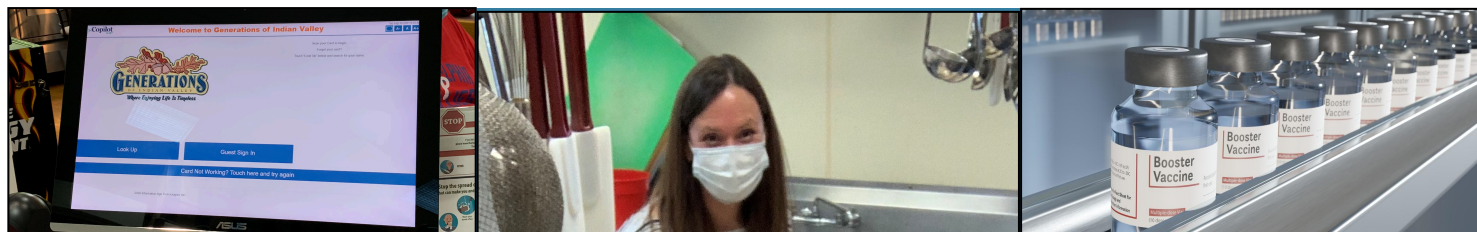
HEALTH & SAFETY INFO.

As we continue to offer even more in-person programs at Generations, we also are aware that the spread of COVID-19 in Montgomery county continues. In order for us to continue to remain open, it is imperative that our participants follow our masking guidelines (regardless of vaccination status) and all other guidelines that are provided by the Montgomery County Office of Public Health. Masks are required inside our building until further notice. Your willingness to follow these guidelines

helps us stay open.

If you are experiencing symptoms of COVID-19, please stay home. If you have a known exposure or a diagnosis of COVID-19 please contact your healthcare provider for guidance, testing, any necessary quarantine procedures, and treatment.

Guidance from the health department can change quickly, so please check our website for program updates and announcements: www.generationsofigv.org.



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

MASKS ARE REQUIRED inside our building until further notice. Your cooperation will help us to remain open.

COVID-19 VACCINES & BOOSTERS are strongly recommended, but we will not ask about your vaccination status.

GENERATIONS: WHO'S WHO IN 2022

It's a new year, and there's plenty of news to share about recent staffing updates here at Generations. Two staff members, Chad Bickert (Kitchen Coordinator) and Kim Hendricks (North Penn Meals on Wheels Coordinator), have recently transitioned to other employment positions outside of Generations. We will miss them both but we of course wish Chad and Kim all the best for great success!

Beth Knize, who joined us in July of 2021, has moved into the role of Kitchen Coordinator, and someone's in the kitchen with Beth! It's another talented foodie who's no stranger to coordinating both projects and people: Michele Ross! Please join us in welcoming Michele to our team at Generations. Enjoy this fun Q & A with Michele so you can get to know her better:

Q: What previous job experience would you like our participants to know about?

A: I have worked at two different senior centers. I volunteer for a food bank.

Q: What was your favorite food as a child?

A: My favorite childhood meal was meatballs and noodles, with gravy.

Q: What character from a movie or book are you like?

A: Sometimes I am like Fern from Charlotte's Web.

Q: You've been given an elephant. You can't give it away or sell it. What would you do with the

elephant?

A: If I was given a live elephant I would set it free in a safe area. If this elephant was a statue I would use it as a nice door stop.

Q: What was the last gift you gave someone?

A: The last gift I gave was a backpack for my future daughter in law.

Q: What chore do you hate doing?

A: Trimming weeds is the worst job.

Q: If you could paint a picture of any scenery you've seen before, what would it be?

A: I would paint a picture of a lighthouse on top of rocky waters in Maine.

Q: If you were shipwrecked on a deserted island, but all your human needs—such as food and water—were taken care of, what two items would you want to have with you?

A: My cell phone and a solar powered charger

Q: If you knew the world was ending in a month, where would you go?

A: If the world was ending in a month I would be wherever my family was.



Michele Ross

MEDICATION MANAGEMENT: JANUARY 10, 10:00AM

Start your New Year off right with Medication Safety! Join us to learn the latest tips in medication management, supplements, and over the counter medications.

Please join Jane Cero, RN, BSN, Chronic Care Management Nurse to learn about tools for managing multiple medications and how to safely discard old medications. This free, informational

presentation is offered virtually via Zoom™. To register for the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events."

HEALTHY STEPS FOR OLDER ADULTS (VIRTUAL)



The Montgomery County Office of Senior Services is offering a virtual (Zoom™) version of The Pennsylvania Department of Aging's fall risk screening and prevention program this winter. The free program is offered to Generations Participants who are 60 years of age and older.

The program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources. The program is taught by

Certified Workshop Leaders and consists of two workshops, approximately 2-hours each in length, held on **Wednesday February 9 and Friday February 11, both from 9:30-11:30am.**

Healthy Steps for Older Adults (HSOA) addresses many common causes of falls: environmental safety; balance, strength, flexibility, and endurance exercises; nutrition; foot health; sensory deficits (vision/hearing); side effects of medication; health status/disease states, including

substance use; the need to maintain an active lifestyle; social connectedness; and mental/spiritual well-being.

This free program will be held virtually. Participants should have access to email and the free app Zoom™ (See p. 9 for technology training and assistance).

Registration is required by January 24. To register for this program, please visit our website www.generationsofiv.org and click on virtual program offerings.



FEATURED ARTISTS

The featured artists for December & January are the participants of the Generations painting class. See more info. on our class on p. 9. Painting above is a collaborative class project.



AFTERNOON OF SERVICE

SUN. JAN. 16 Join us at Generations as we gather with local faith communities in a variety of service projects for the nonprofit organizations in the Indian Valley. More info. on our bulletin board.



GREETING CARDS REQUESTED

Donations of recycled greeting cards from any occasion are requested at this time by our painting class to be used for artistic subject matter.

NEWS & NOTES:

TAX PREP. AT GENERATIONS

It is unlikely that AARP Tax Aide appointments will be offered at Generations. If appointments will be available, we will post information in our February newsletter. If you have an alternative tax prep resource, we suggest you use it. We have a list of low cost or free tax preparation alternatives available on our website www.generationsofiv.org or by mail upon request.

DEL VAL CENTER FOR LEARNING

For more than 30 years, The Center for Learning in Retirement of Delaware Valley University (CLR) has provided a diverse selection of peer-led classes in the arts and music, science, technology, and much more. There is something for everyone! You can view their full fall course catalog online at www.delval.edu. Membership fees apply. Online registration for their spring courses begins on January 3.

SOUTHEASTERN PA SYMPHONY ORCHESTRA Romance & Heartbreak

Sat., Feb. 12, 7:30pm

Dock Mennonite Academy
Fall in love with the iconic, beautifully tragic story of Romeo & Juliet then journey to a lush and luxurious celebration of romance with Richard Strauss' music from his opera Der Rosenkavalier. From Moscow to Paris – Russian Pianist Anna Kislitsyna makes her SPSO debut with Shostakovich's heart-wrenching 2nd Piano Concerto. For more info. and tickets visit www.spsorchestra.org

SPECIAL PROGRAMS

BEHIND THE KITCHEN COUNTER WEDNESDAY, JAN. 19, 1:30PM

Did you know that our Executive Director Eschbach is a boss in the kitchen too? Join Doug for a cooking demo from the Generations Cafe! Hear fun stories and enjoy Doug's infectious laughter as he prepares a hearty tomato soup and grown up grilled cheese to warm up your winter. Connect with us for an entertaining afternoon of cooking and creativity. Free program. Attendees will be given a "take & bake" meal of Doug's creation (a suggested donation of \$5 per meal is appreciated). We will contact virtual participants with pick up information shortly after the program. This program is offered both in-person and virtually. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events."

NUTRITION WITH TERI: CHILI FOR "SOUPER BOWL" THURSDAY, JAN. 13, 11:00AM

Game On! Come learn how to prepare the top-scoring chili recipes for "Souper Bowl Sunday!" Chili has been a staple of the American diet for more than 100 years, and over that time, it has evolved in some interesting ways. Join Teri Wassel, Public Health Nutritionist for Montgomery County, for unique spins on this beloved dish. This free program is offered both in-person and virtually. Registration is required. To register for the in-

person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom meeting, visit our website www.generationsofiv.org and click on the virtual program offerings under "upcoming events."

NAME THAT TUNE JANUARY 26, 10:00AM

Chill out this month, and come to Generations to build your brain power with a fun morning of identifying your favorite songs. This month we'll feature easy listening hits from the 50s, 60s, and 70s. Led by Generations Program Coordinator Amy Stover. This fun, free program is offered both in-person and virtually. Registration is required. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom meeting, visit our website www.generationsofiv.org and click on the virtual program offerings under "upcoming events."



SOCIAL SERVICES

ADULT BEREAVEMENT SUPPORT

2ND TUESDAY, 6:30PM

The Department of Pastoral Care of Abington-Jefferson Health presents this Zoom™ (virtual) group open to the community. Anyone who has experienced the loss of a loved one is welcome to participate. Registration is required for the free program. After you register, you will receive the meeting link by email. A call-in phone number will also be provided. For registration information, contact Amy Stover: astover@generationsofiv.org.

APPRISE MEDICARE/ HEALTH INSURANCE INFO. THURSDAY, JANUARY 6

Ed Savitsky, our APPRISE counselor, can help you make good health insurance decisions and navigate the Medicare maze. Come learn what you need to know before you make changes. APPRISE is a free health insurance counseling program for older Pennsylvanians and is open to members of the community. Participants must register in advance to schedule an appointment. Call Social Services: 215-723-1930.

OUR SOCIAL SERVICES COORDINATOR

Emily Filice is available Monday-Friday from 9:30-12:30. Appointments are recommended. Call ahead to schedule an appointment or speak with Emily over the phone at 215-723-1930.

FINANCIAL COUNSELING

3RD WEDNESDAYS,
1:00PM–4:00PM, BY APPT.

A Financial Analyst with Univest Bank, provides a free review of your investments. The Analyst can also assist with creating a budget that works for you, regardless of your assets. Call for an appointment: 215-723-1930.

CAREGIVER'S VIRTUAL SUPPORT FIRST WEDNESDAY, 3:30-5PM

The Muller Institute for Senior Health hosts this support group where members can share information about their own responses to caregiving, helpful resources, and interventions. The group is open to both hands-on and long-distance caregivers; many issues apply to both groups. This free group is open to all; however registration is required. Participants may also use a landline phone. For join information please contact Amy Stover: 215-723-5841/
astover@generationsofiv.org.

LEGAL AID: 3RD THURSDAYS 1:00PM–4:00PM, BY APPT.

Meet with a lawyer to discuss your legal questions or have a will or Power of Attorney prepared. Appointments are limited and book up fast. Call Social Services to schedule: 215-723-1930.

LIHEAP:

The Low-Income Home Energy Assistance Program (LIHEAP) helps qualifying low-income families pay their heating bills. LIHEAP is a grant and does not need to be repaid. For questions or to determine your eligibility, call 215-723-1930.

PROPERTY TAX/RENT REBATES

Older adults and residents with disabilities may apply for rebates of rent and property taxes. Call to find out how: 215-723-1930.

PA STATE REP. OFFICE HOURS 2ND MONDAY, 10:45-12:45

A member of State Rep. Steve Malagari'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 office at 267-768-3671. Appointments are not necessary, but appreciated.

TRANSNET/TRANSPORTATION

We may be able to assist you with transportation to Generations through TransNet's Shared Ride or other services. For questions about eligibility or to schedule appointments for TransNet, call Emily: 215-723-1930.

SOCIAL SERVICE RESOURCES

Our local & regional United Ways have an extensive database of social services available in the region. Anyone can access this information by dialing 211 and talking with an operator or visit www.211sepa.org.

MONTCO VETERANS AFFAIRS

To schedule a phone or in-person appointment, call the Office of Veterans Affairs: 610-278-3285. MontCo. is now providing door-to-door shuttle service to VA medical facilities for any Montgomery County Veteran (and their caretaker). Contact the Veterans Service Officer: 610-278-3285.

REGULARLY SCHEDULED PROGRAMS

The 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 for virtual program participation information.

Masks are required indoors until further notice. Please see additional health & safety guidelines on p.3.

BILLIARDS: MONDAY-FRIDAY, 9:30AM-3:30PM

Join in a game of pool at one of our two well-maintained tables. Limit: eight participants in the pool room at one time. Registration is required for tournament play. Donation: \$1.00 per day.

BINGO (DAY) IN-PERSON:

2ND & 4TH TUESDAY, 1:00PM (NOTE THE EARLIER TIME)

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. No refreshments served at the break (for now).

BOWLING: WEDNESDAYS, 10:00AM

Enjoy a fun time at Earl Bowl in Earlington with a chance to win a free game. \$3 a game; \$2 shoe rental. Meet at Earl Bowl.

BUCKS MONT SENIOR GOLF LEAGUE:

SEE YOU IN SPRING!

The league is open to both men and women, singles or couples, 55 years of age and older of all skill levels. Twin Woods is a very user-friendly, flat, nine-hole course that is enjoyable to walk. Details about the league and the registration form are available online at bucksmontgolf.com, OR Call Twin Woods Golf Course to register: 215-822-9263.

CONVERSATIONS WITH GENERATIONS

TUESDAY, JANUARY 18, 11:00AM

Come join an informal conversation with a Generations Staff Member. January's meeting is hosted by Emily Filice, Social Services Coordinator, and she will speak about how she can assist you through our social service offerings or referrals. Any questions or concerns for Emily about these and any other topics relating to Generations are welcome. And so are you! Come join the conversation. Please register by stopping by our front desk or calling 215-723-5841 if you plan to attend.

CHOIR CHIMES: WEDNESDAYS, 10:30AM

The group, led by Dottie Reed, rehearses and performs a varied repertoire on hand chimes and meets September-May. Ringers who can read music are needed! Contact Dottie: 215-721-9070. (Not held this January).

CREATIVE WRITING:

2ND & 4TH THURSDAYS, 1:00PM-3:00PM

Do you like to write? Join our creative writing group. Share your stories, poems, or non-fiction articles. If you are interested in attending the group, please register in advance by calling our front desk at 215-723-5841.

DUPLICATE BRIDGE: MONDAYS, 12:30PM-3:30PM

This session features a serious approach to the game and requires a partner. Registration begins at 12:15. Donation: \$1.00. No refreshments served (for now).

GARDEN CLUB:

This group does gardening around the Center. New volunteers are welcome. Contact Linda Kratz: 215-703-4078

HAND & FOOT CARD GAME:

1ST, 3RD, 5TH TUESDAYS, 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.



"ONE KIND WORD CAN WARM THREE WINTER MONTHS." —JAPANESE PROVERB

MAHJONG: FRIDAYS, 12:30PM

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

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. This program is now only offered virtually. To join the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events." For questions or concerns, call Marilyn: 215-723-5669.

PAINTING (WATERCOLOR):

TUESDAYS, JAN.4 - 25 1:45PM–3:45PM

Class taught by Watercolor Instructor Sally Yates. Bring your own painting supplies if you have them. Class space is limited. Registration and pre-payment is required for classes. \$20 for the four week series. To register call our front desk: 215-723-5841.

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

Straight bid, no partner required. No refreshments served (for now). Donation:\$2.00 (effective Dec. 2). Please arrive 10-15 minutes early to pay for your game.

RED HAT HAPPENINGS:

The Red Hat Society encourages an emphasis on the positive aspects of life, stressing the importance of friendship and sisterhood and the value of play. Members promote respect for all and the value of good will and good humor. **Join the Red Hatters for their annual Regifting Party on Wednesday, January 12, 11:30am at the Franconia Cafe. To register, contact Linda: 215-450-4986.** For Red Hat questions or concerns, Contact Linda: 215-450-4986, mooma2cats@gmail.com or via Facebook OR Grace Price: 215-723-4722 priceswrite@verizon.net

SCRABBLE: 1ST & 3RD THURSDAYS, 10:00AM

Join this non-competitive group for a friendly game of skill-sharpening Scrabble sans scoring. Supplies provided. Space is limited. No need to register, just stop by.

TECHNOLOGY TIPS BY REQUEST

Visit our www.generationsofiv.org and click on "tech tips" under "upcoming events" for technology how-tos and FAQs for seniors. Try starting here for basic information on everything from WiFi to video calls to setting up your new phone and taking/sending photos. For questions about how to perform specific tasks on your device, you can request a "Technology Tips" appointment by calling 215-723-5841 or by visiting our website www.generationsofiv.org under virtual program offerings and requesting a virtual/phone appointment. Please let us know the nature of your concern, and one of our tech volunteers will determine how best to assist you. Free service.

VOLUNTEER OPPORTUNITIES

Volunteers are needed to help with prep, baking, packaging for the Café and more. Morning and afternoon positions available. Contact Beth: 215-723-5841 if you are interested in a fun and flexible volunteer opportunity.

Volunteer CDL Drivers are needed to assist with our day trip program. Contact Lisa: 215-723-5841.

Volunteers are needed to deliver Meals on Wheels to the North Penn area on Thursdays and Fridays. Times are approximately 10:45am-12:45pm. Contact Pat: 215-723-8555.

Volunteers are needed to help seal and label newsletters on Tuesday, January 18 at 9:15am. Contact Amy: 215-723-5841.

Volunteers are needed to help make reminder phone calls from home. Must be competent in using email. Contact Amy: 215-723-5841.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Swedish Meatballs over Whole Grain Noodles with Cranberry; Steamed Broccoli	4 Pulled Pork Stuffed Sweet Potato with BBQ Drizzle; Green Salad	5 Fish & Chips; Cole Slaw; Fruit	6 Chicken Fajita Bowl with Brown Rice, Avocado, Black Beans, Corn; Tortilla Garnish	7 Baked Stuffed Shells; Green Salad; Whole Wheat Roll
10 Roast Turkey, Special Slaw, & Thousand Island Dressing on a Pretzel Roll	11 Meatloaf with Red Wine & Mushroom Gravy; Smashed Red Skin Potatoes; Roasted Brussels Sprouts	12 Vegetarian Chili; Honey Cheddar Corn Bread Muffin; Seasonal Fresh Fruit	13 Crab Cake Sand. with Lettuce, Tomato, & Lemon Garlic Aioli; Carrot & Apple Slaw; Fruit Salad	14 Eggs Benedict Quiche with Hollandaise; Melon & Feta Salad
17	18 Chicken Pot Pie; Green Salad	19 Happy Birthday! Clam Chowder with Potatoes, Corn, & Bacon; Salad; Oyster Crackers	20 Meatball "Salad" with Fresh Mozzarella; Whole Wheat Roll	21 Acorn Squash Stuffed with Turkey, Quinoa, Apples, Leeks, Cranberries & Balsamic Glaze; Green Salad; Whole Wheat Roll
Generations Closed Staff Training.				
24 Chicken Parmesan; Green Salad	25 Southwest Quiche with Green Chilies, Red Peppers, Mild Enchilada Sauce, & Cilantro Sour Cream Cheddar Cheese; Green Salad	26 Pork & Sauerkraut; House Made Apple Sauce; Mashed Potatoes; Garlic Green Beans	27 Cuban Sliders with Black Bean Soup; Fresh Fruit	28 Tortellini Soup with Italian Sausage & Kale; Garden Salad
31 Baked Stuffed Shells; Green Salad; Whole Wheat Roll		All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org		

OUR MEALS

Menu items are listed on the calendar above. We are offering take-out meals (no dine-in option) Monday-Friday. **To register, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order.** We cannot guarantee a meal for you without a reservation. To receive a hot meal, you must park and walk in to our main entrance (drive-through service is not offered at this time). Pick up your meal between 11:30am-12pm. Upon arrival, please sign in at our kiosk, and place your anonymous donation in the collection box at our front desk (suggested \$2 for each meal). Masks are required in our building until further notice.

HAPPY BIRTHDAY

If you have a birthday during the month of January, let us know when you order your take-out meal, and you'll get a special homemade birthday treat on Wednesday, January 19.

OUR CAFÉ

Our Café is open Mon.-Fri. from 10:00am-1:00pm until further notice for take-out only. Enjoy our à la carte menu and daily specials. No need to order; just stop by! Masks are required in our building until further notice.

PROGRAM SCHEDULE

2022 / JANUARY

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. All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org					1 Happy New Year! 2
3 9:15 LI Aerobics (13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	4 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 1:45 Painting (9)	5 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 11:30 Walking Club (13) 3:30 Caregivers Support (7)	6 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Scrabble (9) 12:45 Pinochle (9) Apprise Appoint. (7)	7 9:15 Flexercise (13) 9:30 Billiards (8) 9:30 Pearl S. Buck Trip (14) 10:30 Tai Chi (13) 12:30 Mah Jong (9)	8 9
10 9:15 LIAerobics (13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:00 Medication Management (p. 4) 10:30 Tai Chi (13) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	11 9:30 Sit, Stretch, Flex (13) 10:00 Liz's Kitchen Trip (14) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)	12 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 11:30 Balance & Stability (13) 11:30 Red Hat Regifting Party (9)	13 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 11:00 Nutrition with Teri: Souper Bowls (6) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	14 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (9)	15 16 MLK Day of Service Event (5)
17 Generations Closed Staff Training.	18 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 11:00 Conversations with Generations (8) 1:45 Painting (9)	19 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 11:30 Walking Club (13) Financial Counsel (p. 7) 1:30 Kitchen Counter (6)	20 9:00 Helicopter Museum Trip (14) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Scrabble (9) 12:45 Pinochle (9) Legal Aid (p. 7)	21 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (9)	22 23
24 9:15 LIAerobics (13) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (13) Hearing Checks (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 31 9:15 LIAerobics (13) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (13) 11:45 Tilly Mints (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	25 9:30 Sit, Stretch, Flex (13) 1:00 Bingo (8) 1:45 Painting (9)	26 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 10:00 Name That Tune (6) 11:30 Balance & Stability (13)	27 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8)	28 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (9)	29 9:45 Elvis B-day Bash Trip (14) 30

SCHEDULE ANNOUNCEMENTS:

- As a friendly reminder, we follow Souderton Area School District for WEATHER related closings and delays.
- We will be closed on Monday, January 17 for a staff training.

WELLNESS/SPA OFFERINGS

ACUPUNCTURE: OFFERED OFFSITE

Acupuncture enables the body to heal and relieve symptoms by inserting thin, sterile needles into specific points on the body. Kimberly Niezgoda, L.Ac. Board Certified Licensed Acupuncturist, offers seated group treatments at her office (490 Pennbrook Pkwy, Lansdale, 19446) by appointment for \$30. Please allow 45-60 minutes for your appointment. For questions or scheduling, contact Kim: 215-500-3399 or kim.niezgoda@gmail.com.

GUIDED MEDITATION FOR STRESS RELIEF: MONDAYS, 10:00AM

Start your journey to a calmer mind by enjoying 30 quiet, refreshing minutes and a guided meditation from sound to silence. Result: a refreshed you with better focus. Darlene Cianci, Certified Instructor. Fee: \$3/class or \$14/8 classes. Pay at front desk.

MASSAGE: OFFERED OFF-SITE

Myofascial Release, Therapeutic Massage, and Zero Balancing Massage off-site appointments are available with James Ross, BSN, RN, LMT (20 Ridge Road, Telford, PA 18969). For more information or to schedule your appointments, contact James: 267-475-7013 or yourmassage@myabmp.com For pricing information, contact James. Mention Generations and receive a discount/coupon.

MEDITATION & HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for an experiential, self-healing session via conference call. She will guide participants in self-talk to help tune out negative stereotypes and replace them with positive affirmations for aging. Focus on whole-body healing one system at a time. Cost: Donation of \$3 per person per session. This program is being held via conference call. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

HEALTH SCREENINGS

BLOOD PRESSURE CHECKS:
Not currently offered.

HEARING CHECKS: MON., JAN. 24, 10:45AM-12:30PM
Please call our Front Desk at 215-723-5841 to schedule an appointment for a free hearing check and/or hearing aid service with Associates in Hearing.

DIABETIC SHOE FITTINGS:
Diabetics on Medicare may receive one pair of shoes and inserts per year. Indian Valley Podiatry will measure and evaluate your feet. For more information, call IV Podiatry at 215-723-9688. Be sure to tell them it's for Generations. Medicare Advantage plans holders not eligible.



FITNESS OFFERINGS

BALANCE & STABILITY WITH ON THE MOVE PT

(VIRTUAL ONLY) 2ND & 4TH WEDNESDAYS, 11:30:

Join a licensed physical therapist for a free Zoom™ seated session focusing on your static and dynamic balance. Decrease your risk for falls, learn about the different anatomical systems involved in your balance, and increase your safety and stability. To register, contact Devyn Kerr, PT, DPT 267-644-7190/ devyn@otmpt.com.

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. Pay at front desk.

ON THE MOVE WALKING CLUB:

1ST & 3RD WEDNESDAYS, 11:30

NEW!

Join us for a new structured walking program led by Hope Garges, Fitness

Coordinator from On the Move Physical Therapy. We will begin with a stretch and warm up plus brief physical therapy

FIT FOR LESS

The following classes are led by certified fitness instructors. Please place \$3.00 per person, per class in the collection box at our front desk.

LOW IMPACT AEROBICS: MONDAYS, 9:15-10:15

This class has cardio and strength components. We no longer use a step for this standing workout. The format is middle to high level. Instructor: Jean Tornetta

SIT, STRETCH, FLEX: TUESDAYS & THURSDAYS, 9:30-10:15AM

This seated workout includes aerobics, strength, flexibility, and balance work. Keep moving, prevent falls, or return to exercise after a break. Equipment provided. Instructor: Jean Tornetta

FLEXERCISE: FRIDAYS, 9:15-10:15AM

Come join this vigorous one hour class featuring 1/2 hour of aerobics and 1/2 hour of strength work. All equipment provided. Instructor: Robyn Earl

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) or our website www.generationsofiv.org for important announcements and last-minute changes.
- **Masks are required indoors at Generations. Masks may be removed during fitness classes while participants are socially distant. Please wear your mask before and after class.**

tips and tricks. We will then take a 20 minute walk on the sidewalks around Generations (weather permitting) followed by an active cool down. If the weather is cold or bad, we will walk indoors at Generations. Enjoy warm, friendly community interaction as we work to strengthen our bodies and integrate cardiorespiratory activities to maintain a healthy mind and body. Suggested donation: \$3 per person per class. Pay at front desk.

TAI CHI: MONDAYS & FRIDAYS, 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. Pay at front desk.

FITNESS VIDEOS:

We are offering recorded videos of our classes for those participants who might still prefer an at-home option. We have included several options for the same class so you don't get too bored! 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.

DAY TRIPS

PEARL S. BUCK INTERNATIONAL, DOYLESTOWN

FRIDAY, JANUARY 7

Pearl S. Buck was a Pulitzer and Nobel Award-winning author, a humanitarian, and an activist. This traditional biographic tour of her home, the Pearl S. Buck House and National Historic Landmark museum, allows visitors to learn about the life and legacy of this remarkable woman. After our tour, we will head to Hawkeye's for lunch.



Cost: \$45.00 includes ride on our bus, tour, lunch, taxes, and gratuity.

Depart: 9:30am Return: 1:30pm

Trip Opened: Dec. 3

Payment Deadline: Dec. 22

LIZ'S AMISH KITCHEN & KITCHEN KETTLE, PARADISE

TUESDAY, JANUARY 11

At Liz's Amish Kitchen, relax and be a part of their Amish home, enjoying a delicious, authentic Amish meal served by Liz and her family.



Dishes made with home-grown, farm-raised food. After our delicious meal, we will head to Kitchen Kettle for some shopping.

Cost: \$35 includes ride on our bus, lunch, taxes, and gratuity.

Depart: 10:00am Return: 4:30pm

Trip Opened: Dec. 3

Payment Deadline: Dec. 22

AMERICAN HELICOPTER MUSEUM, WEST CHESTER THURSDAY, JANUARY 20

The American Helicopter Museum & Education Center has over 35 helicopters on display inside and outside. They offer a hands-on experience of rotary flight for visitors of all ages. After our tour we will head to The Stone Tavern for lunch.



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

Depart: 9:00am Return: 2:00pm

Trip Opened: Dec. 3

Payment Deadline: Dec. 22

ELVIS BIRTHDAY BASH, AMERICAN MUSIC THEATRE, LANCASTER

SATURDAY, JANUARY 29

AMT welcomes back Scot Bruce and Mike Albert who perform as the younger and older Elvis, respectively. They are widely considered the premier Elvis impersonators of our time. Scot Bruce's Elvis act is revered all over the world. Mike Albert has been featured on Oprah Winfrey and Inside



LITITZ ICE FESTIVAL

Edition. We will have a family style lunch at Huckleberry's Restaurant before the show.

Cost: \$75.00 includes ride on our bus, lunch, taxes, and gratuity.

Depart: 9:45am Return: 6:00pm

Trip Opened: Dec. 3

Payment Deadline: Dec. 22

OUT TO LUNCH: TILLY MINT'S TEA ROOM, SOUDERTON

MONDAY, JANUARY 31

For Trish, the owner of Tilly Mint's, tea evokes a feeling of comfort and being loved. It always reminds her of the familiar ritual her mom would go through when she made a pot of tea. First, she would "put the kettle on" and as the water began to boil, she would gather together her tea accouterments: the silver tea scoop to commemorate the coronation of Elizabeth II; the loose tea sent by her sister from England; the stainless steel teapot with the beautiful design; the knit tea cozy; the teaspoons; and, of course, the pretty china tea cups. We will enjoy a full tea three-course meal at this local Souderton gem.

Cost: \$40.00 includes ride on our bus, lunch, taxes, and gratuity.

Depart: 11:45am Return: 2:00pm

Trip Opened: Dec. 3

Payment Deadline: Jan. 14

OUT TO LUNCH - PANACHE WOOD FIRE BRICK OVEN GRILL, * BLUE BELL

FRIDAY, FEBRUARY 4

Panache offers American Cuisine all cooked in a coal-fired brick oven. Join us for a delicious three-course meal. Good food in a good setting.

Cost: \$50.00 includes ride on our bus, lunch taxes and gratuity.

Departs: 11:15am Returns: 2:15pm

Trip Opens: January 5

Payment Deadline: January 19

TRIP POLICIES

RESERVATION INFORMATION:

- There are no in-person trip registrations on opening day at this time.
- On the day a trip opens (noted under each trip listing), phone reservations may be made beginning at 10:00am 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.
- Please ask about our current mask policy for trips when you make your reservation.

PAYMENT INFORMATION:

Trip payment is due by the deadline listed with each trip. After this date, your money will not be refunded unless you find 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.
- Trips are escorted by volunteers, and as such, travelers must be cognitively and physically independent to participate.
- We cannot accommodate assistive devices such as walkers or wheelchairs on our bus.
- Look for the sneaker symbol to indicate the degree of walking involved in a trip.
- A star (*) after the trip listing indicates a new trip.

DAY TRIPS

OUT TO LUNCH-FOGO DE CHAO,* PHILADELPHIA MONDAY, FEBRUARY 7

Fogo de Chao is a full-service Brazilian Steakhouse or churrascaria, serving rodizio style, notable for its roving waiters who serve barbecued meats from large skewers directly onto the seated diners' plates.

Cost: \$12.00 includes ride in our small van. Lunch and gratuity is on your own. Full churrasco experience price is \$40.95 per person.

Limited space.

Departs: 10:00am

Returns: 3:30pm

Trip Opens: Jan. 5

Payment Deadline: Jan. 21

PINES DINNER THEATRE- LUCKY MALONE'S NOT SO LUCKY NIGHT,* ALLENTOWN SUNDAY, FEBRUARY 13

Spend an evening at Lucky's Speakeasy, where the drinks are cold and the piano is hot. Lucky has it all....a doll on one hand, and a wad of cash in the other. But, all that may change when his arch nemesis Tommy "Two Times" shows up. By the time the dust settles, some unfortunate sap is deceased, and it's up to everyone to figure out who-done-it. Don't miss this hilarious immersive comedy where anything can, and will, happen in this all new murder mystery!

Cost: \$78 includes ride on our bus, lunch, taxes, and gratuity.

Departs: 11:00am

Returns: 4:30pm

Trip Opens: Jan. 5

Payment Deadline: Jan. 21st

LITITZ ICE FESTIVAL,* LITITZ FRIDAY, FEBRUARY 18

The festivities start on Friday night with an ice carving demonstration. About 75 mesmerizing ice sculptures can be viewed all over downtown. Live music is playing while you stroll the downtown streets of Lititz. Visit the shops along the way. In addition to entertainment, there are a few dozen food trucks lining the central streets. Many shops and eateries are open late.

Cost: \$15 includes ride on our bus. Dinner is on your own.

Departs: 3:15pm

Returns: 9:45pm

Trip Opens: Jan. 5

Payment Deadline: Feb. 11



DAY TRIPS CONTINUED ON P. 16

DAY TRIPS (CONTINUED FROM P. 15)

HERSHEY'S CHOCOLATE TOUR, * HERSHEY

TUESDAY, FEBRUARY 22

See, feel, hear and smell the delicious transformation from bean to Hershey's famous chocolate. Immerse yourself in the flavorful world of chocolate! You will get to create your own candy bar and choose your ingredients to design your own wrapper as you enjoy an authentic Hershey's factory experience. We will enjoy lunch at Hershey's Kitchens Food Hall before we depart.

Cost: \$63 includes ride on our bus, tours, lunch, and taxes.

Departs: 8:30am

Returns: 3:30pm

Trip Opens: Jan. 5

Payment Deadline: Jan. 28



THE SOUND OF MUSIC, * FULTON THEATRE, LANCASTER

SUNDAY, FEBRUARY 27

The theatre is alive, once again, with The Sound of Music! What better way to return to the theatre, than with the beloved musical that celebrates family, love, and perseverance? The inspirational story follows an ebullient postulate who serves as governess to the seven children of the imperious Captain Von Trapp, bringing music and joy to the household. But, as the forces of Nazism take hold of Austria, Maria and the entire Von Trapp family must make a moral decision. Before the show we will have lunch at Arthur's Terrace in the Eden Resort.

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

Departs: 10:00am

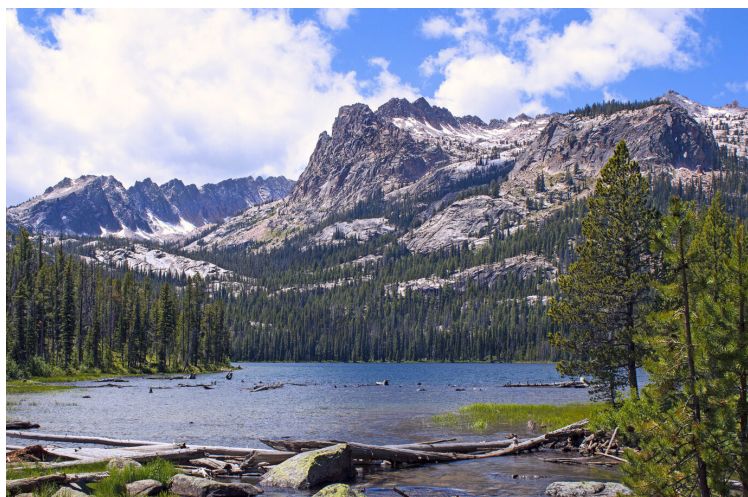
Returns: 6:00pm

Trip Opens: Jan. 5

Payment Deadline: Jan. 27

OVERNIGHT TRIPS

IDAHO ADVENTURE: A LEWIS & CLARK DISCOVERY JUNE 15 – 21, 2022



The wilderness areas, national forests, and state and local parks of Idaho offer easy access to spectacular waterfalls, blue ribbon trout streams, ancient lava flows, surprising sand dunes, free-flowing rivers, sparkling lakes and towering mountains. Cities and towns provide the comforts

of home with lodging, dining, food stores and fuel stations, and serve as a natural base camp for outdoor recreation.

Highlights: 2 nights at the Coeur d'Alene Resort, mining town of Wallace, Lewiston, Lewis & Clark Discovery Center, Salmon River Jetboat, Silver Mine Tour, Rider Ranch Cookout, Resort town of McCall, Ketchum & Sun Valley, Sawtooth Mountains

Your trip includes: Six nights in first class hotels, 11 meals (six breakfasts, two lunches, and three dinners), tour director, motorcoach transportation, airfare, sightseeing per itinerary, and baggage handling at hotels. This trip is listed in the Premier Travel catalog as an "Easy 1 2 3 4 Active Trip" indicating that it includes a great deal of walking.

Cost per person: Single: \$4920 Double: \$3970

Contact Liza Leister at Travel Haus to register via phone or email: groups@trvlhaus.com or 215-723-8687.

OVERNIGHT TRIPS

MOUNTAIN MUSIC & RAILS OF WEST VIRGINIA

JULY 11-14, 2022

On this tour you will experience various musical performances. The Appalachian style entertainment will allow you to learn more about the people and history of the area. We will tour historic sights and ride the mountain locomotive along the cascading Shavers Fork of the Cheat River to High Falls of Cheat and views of the magnificent Monongahela National Forest in West Virginia. The music and rails tour is packed with entertainment. To end our trip we will spend a night in Baltimore and visit the aquarium before heading home. Your tour includes: deluxe motor coach transportation via Perkiomen Tours; hotel accommodations; Penn Alps Restaurant; Spruce Forest Artisan Village; dinner and entertainment at the Gandy Dancer Theatre; New Tygart Flyer Wilderness Excursion; Beverly Heritage Center Tour; dinner and entertainment at Graceland Mansion; Philippi Covered Bridge; Adaland Mansion with lunch; nine meals included; one night in Baltimore; and Baltimore National Aquarium



Cost per person: A \$75.00 deposit per person is due with your reservation. There is a \$25 cancellation fee for all trips. Single: \$1389 Double: \$1168

Final balance due: June 1, 2021. Travel insurance information is available upon request.

Contact Lisa Furbacher to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org

LIGHTHOUSES OF THE MID-ATLANTIC

SEPTEMBER 12-15, 2022



See lighthouses from Cape May to Virginia Beach, and enjoy oceanfront lodging with free time and many activities!

Your tour Includes: deluxe motorcoach transportation via Perkiomen Tours; oceanfront accommodations in Ocean City Maryland (1 night) and Virginia Beach (2 nights); three lighthouses; Cape May-Lewes Ferry; aquarium; Bateman Center; free time on beautiful Virginia Beach; Spirit of Norfolk lunch cruise; tour around Chincoteague, eight meals (three breakfasts, two lunches, two dinners).

Cost per person: A \$75.00 deposit per person is due with your reservation. There is a \$25 cancellation fee for all trips. Single: \$1033 Double: \$825

Final balance due: August 1, 2022. Travel insurance information is available upon request.

Contact Lisa Furbacher to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org

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PT, DPT

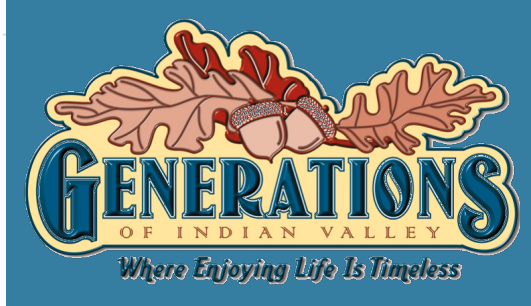
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WE'RE HERE:

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

EVENINGS & WEEKENDS AS
SCHEDULED

*SEE P. 11 FOR ADDITIONAL
IMPORTANT SCHEDULING

CONTACT US:

MAIN NUMBER: (215) 723-5841

RENTAL INFO.: (215) 723-6966

SOCIAL SERVICES: (215) 723-1930

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