

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.generationsofv.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
<p>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:</p> <p>www.generationsofiv.org</p>					<p>1 Happy New Year!</p>
<p>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)</p>	<p>4 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 1:45 Painting (9)</p>	<p>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)</p>	<p>6 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Scrabble (9) 12:45 Pinochle (9) Apprise Appoint. (7)</p>	<p>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)</p>	<p>8</p> <p>9</p>
<p>109:15 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)</p>	<p>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)</p>	<p>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)</p>	<p>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</p>	<p>14 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (9)</p>	<p>15</p> <p>16 MLK Day of Service Event (5)</p>
<p>17</p> <p>Generations Closed Staff Training.</p>	<p>18 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 11:00 Conversations with Generations (8) 1:45 Painting (9)</p>	<p>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)</p>	<p>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)</p>	<p>21 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (9)</p>	<p>22</p> <p>23</p>
<p>249:15 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)</p> <p>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)</p>	<p>25 9:30 Sit, Stretch, Flex (13) 1:00 Bingo (8) 1:45 Painting (9)</p>	<p>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)</p>	<p>27 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8)</p>	<p>28 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (9)</p>	<p>29 9:45 Elvis B-day Bash Trip (14)</p> <p>30</p>

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.