

LUNCH MENU

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

2024 / JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pulled Pork Mac-n-Cheese; Green Salad; Fruit	4 French Dip with au jus; Curly Fries; Green Salad	5 Turkey Club Flatbread with Pesto Mayo; Broccoli Salad with Dried Cranberries, Bacon & Cheddar	6 Chicken Cordon Bleu Quesadilla with Honey Mustard Sauce; Sweet Potato Fries; Veggie	7 Fish and Chips with House Made Tartar Sauce; Pickle; Green Veggie
10 Baked Ravioli with Beef Bolognese	11 Monte Cristo; Garden Salad; Fresh Fruit	12 Corny Comedy Lunch (Special Event/M meal/ Price see. p. 1)	13 Shrimp Po' Boy Salad with Tomato, Avocado, Remoulade Dressing, & Crostini; Fresh Fruit	14 Christine's Famous Chicken Salad on Lettuce and Tomato; Naan Dippers; Fresh Fruit
17 Baked Cod with Lemon Caper Sauce; Wild Rice; Broccoli; Whole Wheat Roll	18 Turkey, Brie, and Cranberry Wrap; White Bean & Herb Salad	19 Happy Birthday! Pork & Sauerkraut; Mashed Potatoes; Green Beans; Apple Sauce	20 Baked Eggplant Parm; Caesar Salad; Garlic Knot	21 Taco Pizza with Cheddar, Black Olives, Green Onion & Avocado Crema; Tossed salad with Buttermilk Dressing
24 Cuban Pork Sliders; Slaw; Fresh Fruit	25 BLT Quiche; Greek Salad	26 Open Faced Tuna Melt on Texas Toast; Avocado Corn Salad; Pickle	27 Ham, Broccoli, & Cheddar Stuffed Potato; Green Salad	28 Chicken Parm.; Green Salad; Garlic Knot



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. 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, June 19 and Wednesday, July 17.

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/ JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>		<p>The number after the program listing indicates on which page of the newsletter more info. can be found.</p>			1
3	4	5	6	7	8
<p>9:15 CardioTone(14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8)\ 1:00 Acupuncture (12) 1:00 Memoirs (9) Bucks Mont Senior Golf League (8)</p>	<p>9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30-10:30 Shred Truck (4) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 9:45Mind/Body Pain (4) 10:00 Scrabble (9) Haircuts by Appt. (12) 10:30 Rhythmit (14) 12:45 Movie Matinee: A League of Their Own (4)</p>	<p>9:30 Billiards (8) 9:30 Meditation/SH (12) Hearing Care Appt. (12) DeSales PT Screen (3) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14)) 12:45 Summer Dance & Sing Along (4) 3:30 Caregivers Support (Virtual) (7)</p>	<p>8:45 Old Jail/Asa Packer Museum (15) 9:00 Billiards Away vs Hillview (8) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Great Tours (4) 12:45 Pinochle (9) PA Medi Appt. (7)</p>	<p>9:30 Billiards (8) 10:30 Everything You Wanted to Know About LGBTQ (4) 10-2 Board Game Day (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	9
10	11	12	13	14	15
<p>9:15 Cardio Tone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:00 On The Move Open House (4) 10:30 Tai Chi (14) 10:45 Malagari Hours(7) 11:00 What's Up Doc Secrets of Longevity(5) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)</p>	<p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 9:45Mind/Body Pain (4) 10:30 Rhythmit (14) 1:00 Bingo (8) 6:30 Bereavement Support (7)</p>	<p>9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) DeSales PT Screen (3) 11:00 Recipe Swap & Sample:Strawberries (9) 10:30 Balance/Tone/Stretch (14) 12:00 Corny Comedy Lunch (1) 1:30 Grief & Loss/ Caregivers (5) 2- Caregivers Support (7) 2:00 Bowling (8)</p> 	<p>9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Weekend Comedy Trip (15) 10:00 Great Tours (4) 11-Mats that Matter(9) 12:45 Pinochle (9) 3:30 Board Meeting</p>	<p>9:30 Billiards (8) 9:30 Billiards Away vs Arbour Square (8) 10:00 Trivia at Ten (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	16 Happy Fathers Day!
17	18	19	20	21	22
<p>9:15 Cardio Tone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10-Amazing Brain (5) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)</p>	<p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 9:45Mind/Body Pain (4) 10:00 Scrabble (9) Haircuts by Appt. (12) 10:30 Rhythmit (14) 12:45 Public Benefits with LASP (5)</p>	<p>9:00 Billiards Away at Hershey Mill (8) 9:30 Billiards (8) 9:30 Meditation/SH (12) DeSales PT Screen (3) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Out to Lunch: Anthony's (16) 12-2 Collett Hours (7) Financial Counsel (7)</p>	<p>9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Great Tours (4) 12:45 Pinochle (9) Legal Aid (p. 7)</p>	<p>8:30 Grounds for Sculpture Trip (16) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	23
24	25	26	27	28	29
<p>9:15 CardioTone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)</p>	<p>8:30 Riverlady Lunch Cruise Trip (16) 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 9:45Mind/Body Pain (4) 10:30 Rhythmit (14) 1:00 Bingo (8)</p>	<p>9:30 Billiards (8) 9:30 Meditation/SH (12) DeSales PT Screen (3) 9:30 Dancefit (14) 10:00 iPhone 101B Adv. Begin. Class (5) 10:30 Balance/Tone/Stretch (14) 12:45 From Bowl to Bowel (5) 2:00 Bowling (8)</p>	<p>9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Great Tours (4) 11-Mats that Matter(9) 12:45 Pinochle (9) 12:45 Get the Most Out of Your Doc. Appt. (5)</p>	<p>9:30 Billiards (8) 9:00 Hlawatha Trip (15) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	30
<p>Schedule Announcements:</p> <ul style="list-style-type: none"> • Effective June 7, Line Dancing is no longer offered. 					

LUNCH MENU

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

2024 / JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fish and Chips with House Made Tartar Sauce; Pickle; Green Vегgie	2 French Dip with au jus; Curly Fries; Green Salad	3 Great American Lunch (Special Event/Meal/ Price see. p. 3)	4 Generations Closed Happy Independence Day!	5 Pulled Pork Mac-n-Cheese; Green Salad; Fruit
8 Tomato, Basil, & Mozz Quiche; Roasted Potatoes; Green Salad	9 Christine's Famous Chicken Salad on Lettuce and Tomato; Naan Dippers; Fresh Fruit	10 Monte Cristo; Garden Salad; Fresh Fruit	11 No Noon Meal Today; Generations Closes Early for Staff Training	12 Baked Ravioli with Beef Bolognese
15 Taco Pizza with Cheddar, Black Olives, Green Onion & Avocado Crema; Tossed Salad with Buttermilk Dressing	16 Baked Eggplant Parm; Caesar Salad; Garlic Knot	17 Happy Birthday Baked Cod with Lemon Caper Sauce; Wild Rice; Broccoli; Whole Wheat Roll	18 Pork & Sauerkraut; Mashed Potatoes; Green Beans; Apple Sauce	19 Turkey, Brie, and Cranberry Wrap; White Bean & Herb Salad
22 Ham, Broccoli, & Cheddar Stuffed Potato; Green Salad	23 Open Faced Tuna Melt on Texas Toast; Avocado Corn Salad; Pickle	24 Chicken Parm.; Green Salad; Garlic Knot	25 BLT Quiche; Greek Salad	26 Cuban Pork Sliders; Slaw; Fresh Fruit
29 French Dip with au jus; Curly Fries; Green Salad	30 Chicken Cordon Bleu Quesadilla with Honey Mustard Sauce; Sweet Potato Fries; Vегgie	31 Turkey Club Flatbread with Pesto Mayo; Broccoli Salad with Dried Cranberries, Bacon & Cheddar	<p>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>	

WELLNESS/SPA OFFERINGS

GROUP ACUPUNCTURE FOR PAIN RELIEF: MONDAYS AT 1:00PM BEGINNING JUNE 3

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.

BLOOD PRESSURE SCREENINGS:

MONDAYS, JUNE 17 & JULY 15, 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. Haircuts with Robin were on hold in April. We hope they will resume in June. If you are unsure, please stop by 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:

1ST WEDNESDAYS, (JUNE 5 & JULY 3 , 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

2024 / JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p>1 9:00 Billiards Away vs Shannondell (8) 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)</p>	<p>2 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Scrabble (9) 10:00 Painted Garden Decor Rocks! (6) Haircuts by Appt. (12)</p>	<p>3 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) Hearing Care Appt. (12) NO Dancefit (14) DeSales PT Screen (3) 10:30 Balance/Tone/Stretch (14) 12:00 Great American Songbook Lunch (3) 3:30Virt. Caregivers Sup.(7)</p>	<p>4 Generations Closed</p>	<p>5 9:30 Billiards (8) 9:30 Chanticleer Gardens Trip (16) 10 Board Game Day (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>6 The number after the program listing indicates on which page of the newsletter more information can be found.</p> <p>7</p>
<p>8 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 Acupuncture (12) Bucks Mont Senior Golf League (8)</p>	<p>9 9:00 Billiards Away vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8) 6:30 Bereavement Support (7)</p>	<p>10 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) DeSales PT Screen (3) 9:30 Sound of Music Trip (16) 10:30 Balance/Tone/Stretch (14) 11:00 Recipe Swap Picnic Fare&Snacks (9) 12:45 Budding Bird(6) 2 - Caregivers Sup.(7) 2:00 Bowling (8)</p>	<p>11 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Tours (4) 11-Mats that Matter (9) 11-Footloose Trip (16) Generations Closes Early For Staff Training NO Pinochle (9) 3:30 Board Meeting</p>	<p>12 9:30 Billiards (8) 10-Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>13</p> <p>14</p>
<p>15 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10-Get Great Sleep (6) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)</p>	<p>16 9:15 Newsletter Mailing (9) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) Haircuts by Appt. (12) 10:00 Scrabble (9) 12:45 Movie Matinee: Top Gun Maverick (5)</p>	<p>17 6:00 Day at the Beach Trip (16) 9-Shuffleboard (9) 9:30 Billiards (8) 9:15 Billiards Home vs Hershey Mill (8) DeSales PT Screen (3) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 12-2 Collett Hours (p. 7) Financial Counsel.(7) 1:00 10 Warning Signs of Alzheimers + Music as Medicine (3)</p>	<p>18 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Tours (4) 12:45 Pinochle (9) Legal Aid (p. 7)</p>	<p>19 9:30 Billiards (8) 9:30 AARP Safe Driving Refresher (6) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>20</p> <p>21</p>
<p>22 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:00 Trivia at Ten (4) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)</p>	<p>23 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8)</p>	<p>24 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 1:30 Behind The Kitchen Counter: Summer Entertain. (6) 2:00 Bowling (8)</p>	<p>25 9:00 Bird in Hand Trip (16) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Tours (6) 11-Mats that Matter (9) 12:45 Pinochle (9)</p>	<p>26 9:15 Billiards Home vs Arb. Square (8) 9:30 Phila. Signature Lunch Cruise (16) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Digital Wellness (6)</p>	<p>27 8:30 Veterans Tribute Concert & Picnic Trip (17)</p> <p>28</p>
<p>29 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)</p>	<p>30 9:15 Billiards Home vs Meadowood(8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14)</p>	<p>31 8:00 Hard Rock Casino Trip (16) 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 1:00 Longest Day Music Bingo (1)</p>	<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>	<p>Schedule Announcements:</p> <ul style="list-style-type: none"> • We will be closed on Thursday, July 4. • We will close early on Thur., July 11. 	