



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. We have an open-door policy for suggestions. If you have an idea, come chat with us!

LONGEST DAY CASH MUSIC BINGO WEDNESDAY, JULY 31, 1:00PM



alzheimer's association



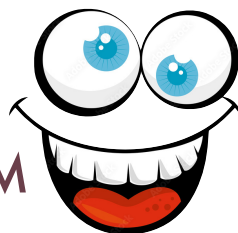
Come try this fun and exciting game of *Name That Tune* meets *Bingo*. Songs replace the numbers on a special bingo card. The host will play a song and reveal the correct name of that song. If you have that song listed on your card, you tick it off. Get a line, call "bingo!"

This month's Music Bingo serves as a fundraiser for both the Alzheimer's Association and for Generations.

Cost: \$5 per music bingo card or 3 cards for \$12. Bring your own refreshments or purchase snacks/drinks in our cafe until 2pm. Questions? Call 215-723-5841.

Why the Longest Day? Taking place this year on June 20, the longest day is the day with the most light — the summer solstice. The Longest Day event hosts fight the darkness of Alzheimer's and all other dementia through a fundraising activity. Generations' Longest Day Music Bingo event will raise funds to advance the care, support and research efforts of the Alzheimer's Association. Please note- our music bingo event does not last the whole day, just from 1-3pm.

CORNY COMEDY LUNCH WEDNESDAY, JUNE 12, 12:00PM



Laughter is the best medicine! And June is a great month to celebrate the the corniest people around - men! Whether it's in honor or in memory of dad, husband, son, or best bud, all are welcome to join in for a fun afternoon meant to tickle the food fancy and the funny bone!

Cost: \$20 for live comedy and magic with Mystique the Magician & lunch. Our lunch menu features Fall off the Funny Bone BBQ Ribs, Corny Bread, Belly Busting Baked Beans, Knee Slapping Slaw, Funny Cake, Iced Tea, Coffee, and Root Beer (both spiked & non-spiked). Seating is limited and registration is required. There will be no regular noon meal this day. To register, stop by our front desk or call 215-723-5841 by Thursday, June 6.

Visit Our Website: For the most up to date program information and announcements please visit www.generationsofiv.org

SECURITY UPGRADE FUNDS REQUESTED

We are meeting with local security firms to implement a security program that makes sense for Generations. We are NOT looking to become an armed fortress, but we want to take seriously the security of our facility and, most importantly, the safety of our daily participants. Some relatively simple modifications will address those concerns well.

State Rep. Steve Malagari recently announced that Generations has been awarded \$70,000 in state funding toward this campaign.

As we have in previous appeals, we also invite our participants and supporters in the community to contribute to this important project so that we can see it to completion. To make a donation, stop by our front desk or mail your check payable to Generations with "security" in the memo to:

259 N. 2nd St. , Souderton, PA 18964
Attn: Security

Who We Are	p. 2, 20
Health & Safety Info.	website
Special Announcements & Programs	p. 1-6, 12
Social Service & Volunteering	p. 7, 9
Recreational Offerings	p. 8, 9
Lunch Menus & Calendars	p. 10-13
Health, Wellness & Spa	p. 12, 14
Travel	p. 15-18
Hours & Contact	p. 20

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
Shawna Boell,
Member Services Coordinator
Emily Filice,
Social Services Coordinator
Bryan & Darlene Finnemeyer;
Chris Obrecht, Housekeeping
Christine Hawkins, Sous Chef/
Nutrition Services
Joe Heumann, Meals on Wheels
Kitchen Coordinator
Beth Knize, Executive Chef/
Nutrition Services
Lexi Little, Kitchen Assistant
Heather Lewis,
North Penn MOW Coordinator
Pat McQue,
Indian Valley MOW Coordinator
Val Perry,
Member Services Coordinator
Amy Stover, ADC,
Program Coordinator
Milt Stover,
Maintenance Coordinator

BOARD OF DIRECTORS

Linda Abram, Chair
John H. Filice, Vice-Chair
Ron Hallman, Secretary
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Brian K. Goshow
Joanne Kline
D. Scott Landis
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Ella M. Roush



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.

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, a contribution upon joining followed by 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.

GIVE A CHEER FOR THESE VOLUNTEERS

Volunteers are always at work around Generations helping with so much - from serving food and answering phones to washing dishes and data entry, we can never say thanks enough for all you do to make Generations the warm and welcoming place that it is! This month, in particular, we're highlighting: **Linda Kratz & Judy Hallman** for their many years of service beautifying and maintaining our outdoor spaces, **The Souderton H.S. Girls Softball Team** for helping us spread over 20 yards of mulch this season, and **Bob Pagni** for hosting photo days and donating time and photos to all who participated. He also took the staff photo above. Hip Hip Hooray!

FREE FALL RISK CLINIC APPOINTMENTS

The Doctor of Physical Therapy Program at DeSales University will offer a free Fall-Risk Clinic on Wednesday mornings, by appointment, from May 29 - July 17. Participants will receive a comprehensive physical examination, a review of medications, vital signs screening, and fall-risk tests and measures. Those found at risk will receive free counseling to decrease fall

risk. If you can answer “yes” to any of the following questions, this free program is for you! Have you had a fall or near-fall in the past 12 months? Has anyone told you that you appear unsteady? Is your balance less than it once was? Have you failed a fall risk assessment in the past 12 months? Would you like

to be evaluated for fall risk? Are you interested in learning behaviors and exercises to decrease your risk of falls? Do you take more than four prescription drugs per day? To schedule a free fall risk screening please visit the Generations front desk or call 215-723-5841.



GREAT AMERICAN LUNCH WEDNESDAY, JULY 3, 12:00PM

Cost: \$20 for live entertainment with Jackie Washam and her vocal students. They will perform a variety of patriotic tunes, plus selections by great American

composers such as Berlin, Gershwin, Porter, and Kern. Our lunch menu features BBQ Chicken Legs, Loaded Potato Salad, Tomato Cucumber Salad,

Watermelon, & Sundae Bar. There will be no regular noon meal this day. Register at out front desk or call 215-723-5841 by Friday, June 28



THE 10 WARNING SIGNS OF ALZHEIMER'S & MUSIC AS ‘MEDICINE’ WEDNESDAY, JULY 17, 2024 FROM 1:00-2:00PM



On Wednesday, July 17, at 1:00pm, The Alzheimer's Association will present information to help attendees learn about 10 common warning signs and what to watch for in yourself and others. The program covers typical age-related changes, common warning signs, how to approach someone about memory

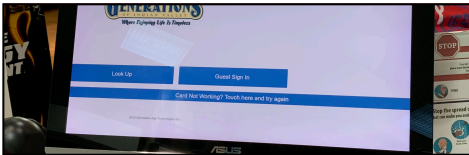
concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources. A 20-minute discussion on Music & Alzheimer's will also be shared. The session will be presented by Anne Martinez, MT-BC, CDP, Volunteer Community Educator, Alzheimer's

Association. To register for the free program, visit the Generations front desk or call 215-723-5841. Please note, if you love music and would like to help support the research efforts of the Alzheimer's Association, visit p. 1 for more information on our Longest Day Music Bingo event on July 31.

ENJOY CONCERT SUNDAES



Held on Sundays at Souderton Community Park, 7pm (Rain: Souderton High School or Indian Crest Middle School). Refreshment sales benefit local community groups. Many thanks to all who donated this year! We raised over \$1200!					
June 2	SAHS Alumni Men's Chorus & IVMS Select Choir	Community Day	July 7	Allentown Band	Concert Band/Marches
June 9	Zydeco-a-Go-Go	Vintage NOLA Rock	July 14	Reservoir Hill + Generations does food!	Country Rock
June 16	80s Revolution	80s Hits	July 21	Travis Wetzal Band	Acoustical Variety
June 23	KY3 Show Band	High Energy Latino Band	July 28	Best Shot	Pat Benatar Tribute
June 30	All Worn Out Band	Classic Rock Cover Band	Aug. 4	Robert Eric's Piano Man	Billy Joel Tribute



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



HEALTH FAIR FRI., AUG. 16, 10 - 12 Senator Maria Collett is hosting a Senior Health Fair at Generations. This event features giveaways, free health screenings, and a wide range of wellness resources for old adults. Questions? Call 215-368-1429

DONUT GO, MILT! Our Maintenance Director, Milt, is retiring after 12 years of dedicated service and smiles at Generations! Join us on Fri., Jun 28, 10-11:30am for coffee and donuts in the Cafe - and to wish him well!



SPECIAL PROGRAMS (IN ORDER OF DATE)

^ = Registration is required for this program. To register, stop by our front desk and pick up an event registration form or call **215-723-5841**. Please save that number in your contacts or caller ID in case we have to call you about a program.

~~MIND/BODY APPROACH TO PAIN ^ CANCELLED~~

~~TuesDAYS, THROUGH June 25, 9:45–10:45am~~

~~Diane Kistler instructs this six week series for those with chronic pain (back, knee, joint, and more). The goal is for the student to understand how the pain system works and change their pain. Added yoga tools alleviate suffering from pain. Practices explored are seated chair yoga, pain science, journaling, sharing, meditation, and breathing. No prior yoga experience is necessary. This class is appropriate for past participants of Diane's class or for newcomers. All equipment is provided. Adaptions are offered for those who need more or less challenge. Cost: \$60 for the series. Payment is due upon registration. ^~~

GREAT TOURS: GREECE AND TURKEY, FROM ATHENS TO ISTANBUL ^

THURSDAYS, 10:00AM, BEGINS MAY 23

Join us for another "Great Courses" series. Journey to the fabulous civilizations of the Greeks, Romans, Byzantines, and Ottomans, and to the natural wonders and idyllic landscapes that surround them. Experience these important sites and cultures through the eyes of an expert archaeologist and scholar. Each class consists of two 30 minute travelogues and a discussion led by volunteer Dave. ^

MOVIE MATINEES:

Donations appreciated. Popcorn provided. Other concessions available for purchase in our Cafe. Please register if you plan to attend. ^

A LEAGUE OF THEIR OWN ^ TUESDAY, JUNE 4, 12:45PM

In 1943, two sisters, Kit and Dottie (Lori Petty and Geena Davis) participate in the Women's Baseball Association, along with other girls on the "Rockford Peaches." Managed by the crabby drunkard Jimmy Dugan (Tom Hanks) and wild girl Mae Mordibeto (Madonna), they find themselves surrounded with drama and troubles. Running time is 2 hours, 8 minutes. Rated PG for some language. ^

TOP GUN MAVERICK ^ TUESDAY, JULY 16, 12:45PM

After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it. Running time is 2 hours, 10 min. Rated PG-13 for sequences of intense action, and some strong language. ^

RICHTER SHRED TRUCK

TUESDAY, JUNE 4, 9:30-10:30AM ONLY

This event is free thanks to Richter. Find the truck in our front parking lot from 9:30-10:30am only on 6/4. No shredding accepted after the event. Limit 6 boxes/bags. Donations to Generations optional but always appreciated. No need to pre-register.

SUMMER SING & DANCE ALONG ^

WEDNESDAY, JUNE 5, 12:45PM

Join us after lunch for some great fun as we open up the dance floor for favorite songs of the 50s, 60s, and 70s. We'll also put the lyrics up on the big screen. Bring your own snacks and a water bottle. Optional donation \$2 per person. Separate registrations are required for the Sing & Dance Along and the noon meal. ^

EVERYTHING YOU WANTED TO KNOW ABOUT LGBTQ BUT WERE AFRAID TO ASK ^

FRIDAY, JUNE 7, 10:00AM

Stephanie Barnett Jamison, Social Worker and President of Souderton Area for All, leads this interactive workshop along with other members of SAFA. Learn more about the LGBTQ+ community, terms and acronyms, the unique challenges LGBTQ+ youth encounter, and how you can support them in your community. There will be activities, discussion, and time to answer questions. This is a free educational program for anyone interested in expanding their knowledge of the LGBTQ+ community. It is not a forum for inviting criticism or unkindness. Please join us if you're looking to deepen your understanding. ^



ON THE MOVE IS MOVIN' ON: OPEN HOUSE MON, JUNE 10, 10AM-11AM

On the Move Physical Therapy is taking it up a notch! We're thrilled to announce our expansion into the Fairview room, conveniently located right across from The Ridgeview Room, near the side entrance to Generations.

This new space is set to redefine your therapy experience, with a fresh, modern look and state-of-the-

art gym equipment that will take your sessions to the next level. We remain dedicated to a distinctive physical therapy environment where each session is exclusively one-on-one!

But that's not all—mark your calendars for June 10th, because we're hosting an open house just for you! From 10-11am, swing by for

light refreshments, exciting raffle prizes, complimentary physical therapy screenings, and live demonstrations of our cutting-edge equipment. Don't miss out on this special event with Dr. Devyn Kerr—it's going to be a blast!



SPECIAL PROGRAMS (IN ORDER OF DATE)

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WHAT'S UP DOC?: UNLOCKING THE SECRETS OF LONGEVITY: STRATEGIES FOR A LONGER, HEALTHIER LIFE ^ MONDAY, JUNE 10, 11:00AM

This presentation by Dr. Devyn Kerr, owner of On the Move Physical Therapy, is an informative exploration of the science-backed methods and lifestyle choices that can help individuals live longer and healthier lives. From dietary recommendations to exercise tips and stress management techniques, attendees will gain practical insights into promoting longevity at any age. Whether you're looking to improve your overall well-being or enhance your quality of life as you age, this presentation offers actionable advice to empower you on your journey towards a longer, healthier future. ^

GRIEF & LOSS FOR CURRENT & FORMER CAREGIVERS: IT'S OK TO MISS YOUR OLD LIFE ^ WEDNESDAY, JUNE 12, 1:30PM



The Center for Loss & Bereavement hosts this dynamic discussion to share insight on stressors, guilt, and grief related to caregiving, while offering support and techniques that can be used to increase self-care. ^

TRIVIA AT TEN ^ FRI., JUNE 14, & MON., JULY 22, 10:00AM

Enjoy a morning of brain games and trivia. Fun prizes will be awarded for winning answers. Led by Generations Program Coordinator Amy Stover. Registration is required. ^

OUR PRECIOUS, AMAZING BRAINS ^ MONDAY, JUNE 17, 10:00AM

Explore brain disease advances, new treatments and healthy brain preservation. This free presentation from Jefferson Health-Abington is offered in person at Generations. Registration is required. ^

PUBLIC BENEFITS: QUALIFICATIONS, TYPES OF BENEFITS, & WHAT TO DO IF THERE ARE CHANGES ^ TUESDAY, JUNE 18, 12:45PM

Join Melina Dixon, Esq., Staff Attorney at Legal Aid of Southeastern PA (LASP), for an informative presentation on public benefits such as cash assistance, SNAP, special allowances,

LIHEAP, and medical assistance. Melina will discuss who qualifies, how benefits are determined, and what to do if there is a change. A brief time for questions/answers will follow the presentation. Feel free to bring any questions or concerns that may pertain to the group.

The mission of Legal Aid of Southeastern Pa (LASP) is to provide quality legal representation to low-income and vulnerable people in Bucks, Chester, Delaware and Montgomery Counties. ^

IPHONE 101B FOR ADVANCED BEGINNERS ^ WEDNESDAY JUNE 26, 10:00AM - 12:00PM

This is a slow-paced intermediate class taught by Rhonda Novicki. It covers Functions, Voice Mail, Email, Internet, Siri, Home Screens, Apps, Mapquest, Calendar, Contacts, Camera, Food Delivery Services, Transportation Assistance (ie Uber/Lyft), and more. Bring your charged iPhone along with your Apple ID and any passwords you may need to download apps (we won't ask you to share them but you may need them during the class). Cost: \$20 per person, due at registration, includes a donation to Generations. Registration required by June 21. Space is limited. ^

FROM BOWL TO BOWEL ^ WEDNESDAY JUNE 26, 12:45PM



You may be familiar with the term "pelvic floor." Did you know that pelvic floor dysfunction can cause abnormalities of bowel storage and bowel emptying, as well as pelvic pain? Physical Therapist and Pelvic Floor Certified Specialist, Danielle Knippenberg, will help you gain a greater understanding of the factors that contribute to pelvic floor dysfunction as related to the food we eat.

Come join us for an informative discussion about how food and drink affect our digestion. We will also discuss ways to reduce constipation and diarrhea. ^

GET THE MOST OUT OF YOUR DOCTOR'S APPOINTMENTS ^ THURSDAY, JUNE 27, 12:45PM

Dr. Timothy Daly from TriValley Primary Care, Indian Valley Office presents on this important topic. Dr. Daly is an experienced family physician who joined the practice in November 2023. He lives in our community and provides comprehensive preventative care and

complex disease management. After the presentation, TriValley will also offer blood pressure and blood glucose screenings. They will distribute medication and immunization cards, as well as blood pressure and blood glucose logs to encourage patients to be more engaged in their medical care. ^

BEHIND THE KITCHEN COUNTER: ^ WEDNESDAY, JULY 24, 1:30PM



Join Generations Assistant Director Lisa & Member Services Coordinator Val for a cooking demo in the Generations Cafe! Lisa & Val will share their recipes for easy stuffed mushrooms, "Lazy Caprese"

Salad," and a strawberry dessert. Samples will be provided and attendees will be given portions of each dish to enjoy at home. Cost: \$10 per person. Please register by July 18. ^

NEWS & NOTES:

FEATURED ARTIST MAY/JUNE:

When Barbara Machler was asked how she came to art, she said, "As soon as I could walk, I tottered into an art barn in a Maine camp called Medolark. From there I thought only, 'Take me away.'"

Barbara studied art in Baltimore, Philadelphia, and New York City, which led to several degrees. Recently, her art has been awarded prizes and honors in the Greater Philadelphia area.

FEATURED ARTIST JULY:

Gianna D'Amato is a recent graduate from West Chester University. She took a few art classes at Montco. Community College but is mostly self taught. She enjoys painting flowers and occasionally landscape portraits on canvas. She also creates custom oil paintings on canvas as requested, not limiting her focus on just flowers and landscapes.

NEED TO TALK?

Montgomery County Peer Support Talk Line: (855) 715-8255

Montgomery County Mobile Crisis Unit:

(855) 634-HOPE (4673)

National Suicide & Crisis Lifeline: Call or Text 988

Upper Bucks Crisis: 215-257-6551

PA Drug & Alcohol Helpline: 1-800-662-HELP (4357)

FARMERS MARKET VOUCHERS

Montgomery County residents who are 60 years or older and have a household income that does not exceed \$26,973 (one person) and \$36,482 (two persons) are eligible to receive \$50 in farmers market food vouchers at Generations. Distribution is M-F, 10am-12pm, beginning in June. Questions? Call Emily Filice, Social Services Coordinator: 215-723-1930.



SPECIAL PROGRAMS (BY DATE ORDER)

^ = Registration is required for this program. To register, stop by our front desk or call 215-723-5841. Save this number in your contacts in case we need to call you!

PAINTED GARDEN DECOR ROCKS! ^ TUESDAY, JULY 2, 10:00AM

Join artist and instructor Ali Aiken for this make & take craft class. You will learn different rock painting techniques and create unique garden decor featuring designs such as animals, vegetables, and flowers. You will leave with



several painted rocks. Feel free to bring your own rocks if you would like to paint more! See photo for inspiration. All supplies and instructions will be provided. Cost: \$8 is due with registration by June 27. ^

BUDDING BIRDERS: AN INTRO AND REFRESHER CLASS ^ WEDNESDAY, JULY 10, 12:45PM

Come join our favorite Master Gardener and Master Watershed Steward Leigh Kieser as she talks about adventures in nature. Cover the basics of birding as you get a refresher course on how to have a successful trek into the wilds and the woods we call the great outdoors. Learn what to wear and what to pack to bring with you, as well as basic trail safety for both you and our animal friends. And yes, there will be a lovely list of native PA birds. ^

NAME THAT TUNE: CHOOSE YOUR DECADES ^

FRIDAY, JULY 12, 10:00 AM
Come to Generations to build your brain power with a fun morning of identifying songs. See above for our monthly categories. Led by Program Coordinator Amy. ^


BEAT THE HEAT & GET GREAT SLEEP ^ MONDAY, JULY 15, 10:00AM

Gain an understanding of obstructive sleep apnea treatments and best sleep practices. This free presentation from Jefferson Health-Abington is offered in

person at Generations. Registration is required. ^

AARP SAFE DRIVING REFRESHER ^ FRIDAY, JULY 19, 9:30AM


Learn how to operate your vehicle more safely. Most insurance companies require an eight hour course to be taken initially and a four hour refresher course every three years after that. Contact your insurance company for exact discount requirements. A half hour lunch break will be given at 12:00.

Participants must register for our noon meal (see p. 10),  may purchase items in our Cafe, or pack a lunch. Fee: \$20 for AARP Members; \$25 for Non-AARP Members. Separate registrations are required for this class and our noon meal. Noon meal registration required by July 16.

DIGITAL WELLNESS ^ FRIDAY, JULY 26, 12:45PM

Join Alan Berry Media Literacy Educator, Researcher, and Advocate, for a digital wellness workshop, with a particular focus on managing your smartphone to minimize distractions. Registration is required for this engaging (and free!) program. ^

HULA CLASSES WITH SANDY ^ THURSDAYS, AUGUST 1 - 29, 12:45PM

Learn the art of Hula from Generations volunteer and Hula instructor Sandy Hensel. During this five week course, Sandy will teach basic Hula steps and hand movements culminating in a  complete Hawaiian dance. To get the most benefit, attend all five classes. Enjoy flowing movements and the healing music of Hawaii all while you improve your balance and memory. \$3 per class. ^

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 John Olsen: John.Olsen@jefferson.edu.

PA MEDI APPOINTMENTS

THURSDAY, JUNE 6 & JULY TBA

Ed Savitsky, our PA Medi counselor, can help you make good health insurance decisions and navigate the Medicare maze. PA Medi is a free health insurance counseling program for older Pennsylvanians and is open to members of the community. Call Social Services to schedule your appointment: 215-723-1930.

FARMERS MARKET VOUCHERS, COMING IN JUNE

See information on p. 6 (side bar). Questions? Call Emily: 215-723-1930.



OUR SOCIAL SERVICES COORDINATOR

Emily Filice is available Monday-Friday from 9:30-1:30. 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 SUPPORT

The Muller Institute for Senior Health hosts a **virtual support** via Zoom™/landline phone on the 1st Wed. of each month at 3:30pm. Registration is required. For join information please contact Katherine Rovine: Coordinator, Memory Fitness Center, 215-441-6888 or

Katherine.Rovine@jefferson.edu

An **in person Caregiver Support**

Group takes place the 2nd Wed. of every month at 2pm at Adult Day Services, 51 Medical Campus Drive Lansdale, PA. Please contact: Susan Lamar: 215-361-4421

susan.lamar@jefferson.edu

LEGAL AID: THURSDAYS,

JUNE 20 & JULY 18, 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 AM -12:45 PM

PA STATE SEN. OFFICE HOURS

3RD WEDNESDAY, 12 - 2PM

A member of State Rep. Steve Malagari's office OR State Senator Maria Collett'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 offices:

Rep. Steve Malagari: 267-768-3671

Sen. Maria Collett: 215-368-1429

Appointments are appreciated.

TRANSNET/TRANSPORTATION

We may be able to assist you with transportation to Generations through TransNet. For eligibility or to schedule appointments for TransNet, call Emily: 215-723-1930.

MONTCO VETERANS AFFAIRS

To schedule an appointment, call the Office of Veterans Affairs:

610-278-3285. MontCo. provides door-to-door shuttle service to VA medical facilities for any Montgomery County Veteran (and their caretaker).

**DIAL 211 FOR A TOLL-FREE
HOTLINE CONNECTING THE
COMMUNITY TO HEALTH &
SOCIAL/HUMAN SERVICE
RESOURCES.**

REGULARLY SCHEDULED PROGRAMS

The alphabetical 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 www.generationsofiv.org for virtual programs.

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

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

BINGO: 2ND & 4TH TUESDAY, 1:00PM

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. Bring your own refreshments to enjoy during the game/at the break.

BOARD GAME DAY:

1ST FRIDAY (JUNE 7 & JULY 5), 10:00AM - 2:00PM

Gather your friends to play some favorite board games. Come for an hour between 10:00-2:00 or stay the whole time (last games starts at 1:30). We have some great games to use or you can bring your favorite and teach others. **Volunteer Don will also be teaching interested participants the game "Go." It is a strategy board game similar to chess that is popular in China, Korea, and especially Japan.** Bring your own snacks or register for our noon meal and take a lunch break. A \$2 donation per person is appreciated. Please register at our front desk or call 215-723-5841.

BOWLING RESUMES!

2ND & 4TH WEDNESDAY

2:00PM AT EARL BOWL:

Join us for a few friendly, non-competitive games of bowling. Meet at Earl Bowl in Earlington/Telford (390 Morwood Rd, Earlington, PA 18918) This is not a league. Pay on your own and look for Generations volunteer Helene. Seniors (65+): \$3.25 per game; shoe rental additional \$3. Questions? call our front desk at 215-723-5841.

BUCKS MONT SENIOR GOLF LEAGUE

MONDAYS, 4:00PM

The league is held at Twin Woods Golf Course in Hatfield. It is open to both men and women, singles or couples, 55 years of age and older of all skill levels. Registration for the 2024 season is currently full with a waiting list. Details online at bucksmontgolf.org.

CHOIR CHIMES: WEDNESDAYS, 10:30AM

NOT HELD JUNE, JULY, AUGUST - SEE YOU IN SEPT.

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.

CHORALEERS: MONDAYS, 1:00PM

NOT HELD JUNE, JULY, AUGUST - SEE YOU IN SEPT.

The Choraleers sing and perform a variety of popular, seasonal, and patriotic tunes from September - May. New members welcome. Call Annamarie: 215-723-3591.

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

This session features a serious approach to the game and requires a partner. **Coffee and snacks available for purchase in the cafe until 1pm or feel free to bring your own refreshments.** Registration begins at 12:15. Donation: \$1.00.

GARDEN CLUB:

This group does gardening around the Center. New volunteers are welcome. Weeding/watering/raking volunteers are always needed! Contact Amy Stover: 215-723-5841.

HAND & FOOT CARD GAME:

MONDAYS, 9:30-12:30 & 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.

MAHJONG: FRIDAYS, 12:30PM

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

MATS THAT MATTER: 2ND & 4TH THURSDAYS, 11AM

Make mats for the homeless out of plastic bags with the help of volunteer Mary. Cut, fold, roll, sort, weave, and use a loom.

PING PONG: Our table is available for play as long as the room is not in use for another program. You can bring your own partner or we can put the table against the wall for single play. Check with Amy Stover for scheduling questions: 215-723-5841 ext. 104.

Instructions and supplies will be provided. **We do not need bags at this time.**

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. For questions or concerns, call Marilyn: 215-723-5669.

PAINTING CLASS (WATERCOLOR): NOT OFFERED IN JUNE, JULY, AUGUST

Instructor Ali Aiken will begin with teaching and demonstration of water color techniques. Class members will then be given the option of working on a teacher prompted project or on their own work. Support will be offered during class. Bring your own supplies. **Resumes in September.**

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

A fast paced game with straight bid, no partner required. Players must be proficient and able to keep up with fast pace. **Coffee and snacks available for purchase in the cafe until 1pm or feel free to bring your own refreshments.** Donation: \$2.00. Please arrive 10-15 minutes early to pay for your game.

RECIPE SWAP & SAMPLE:

WED., JUNE 12 11:00AM (STRAWBERRIES)

WED., JULY 10, 11:00AM (PICNIC FOODS & SNACKS)

Let's get together to chat and swap our favorite new and old recipes. Participants should bring one copy of a



favorite recipe that fits our monthly theme (see above).

Enjoy samples of Linda's Strawberry Dish (June) and or Peg's snack pretzels (July). A donation of \$2 per person is appreciated. Please register. Stop by our front desk or call 215-723-5841.

RED HAT HAPPENINGS:

For Red Hat concerns and registration, contact Linda: 215-450-4986, mooma2cats@gmail.com OR Grace: 215-721-2082 or priceswrite1953@yahoo.com

SCRABBLE: 1ST & 3RD TUES., 10:00AM BEGINS 6/4

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

SHUFFLEBOARD: WEDS., 9:00AM

Join this casual group during the warmer months (weather permitting) at Dan Roth Park (312 Maple Ave, Harleysville near Encore Experiences). No need to sign up, just show up.

TECHNOLOGY TIPS BY REQUEST

For questions about how to perform specific tasks on your device, you can request a free "Technology Tips" appointment by calling 215-723-5841 or emailing

astover@generationsofiv.org

One of our tech volunteers will determine how best to assist you. Free service.

VOLUNTEER/DONATION OPPORTUNITIES QUESTIONS/CONTACT: 215-723-5841

Front desk volunteers are needed on select days from 12 - 2pm. Contact Val or Shawna.

Drivers are needed to deliver Meals on Wheels in the Indian Valley and North Penn areas. Open routes for weekly, biweekly, or subs. Times are approximately 10:45am-12:45pm. Contact Pat or Heather: 215-723-8555.

Newsletter mailing helpers are needed on Tue., July 16 at 9:15am. Contact Amy.

Volunteers are needed to use our popcorn machine and bag popcorn for our movie matinees. It's easy! Contact Amy.

Welcoming & Garden Committees are now forming! Contact Amy.

Kitchen servers and dish washers are needed. Contact Beth.

A Head Volunteer needed to organize our garden/flower bed volunteers and to assist with hosting large volunteer groups for work days. Volunteers are needed to "adopt a plot" in our flower beds for weeding and watering. Times are flexible and you will work on your own once trained. Contact Amy.



Above: A group of local Zumba instructors held an amazing Cinco de Mayo event here! We are so grateful for the \$1200 they fundraised toward our Meals on Wheels program!

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!

2024 / JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org		The number after the program listing indicates on which page of the newsletter more info. can be found.			1
					2
3 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)	4 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) 10:00 Scrabble (9) Haircuts by Appt. (12) 10:30 Rhythmfitt (14) 12:45 Movie Matinee: A League of Their Own (4)	5 Shuffleboard (9) 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)	6 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)	7 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)	8
10 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)	11 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 9:45Mind/Body Pain (4) 10:30 Rhythmfitt (14) 1:00 Bingo (8) 6:30 Bereavement Support (7)	12 Shuffleboard (9) 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)	13 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	14 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)	15 16 Happy Fathers Day!
17 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)	18 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 Rhythmfitt (14) 12:45 Public Benefits with LASP (5)	19 Shuffleboard (9) 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)	20 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Great Tours (4) 12:45 Pinochle (9) Legal Aid (p. 7)	21 8:30 Grounds for Sculpture Trip (16) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	22 23
24 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)	25 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 Rhythmfitt (14) 1:00 Bingo (8)	26 Shuffleboard (9) 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 Bowl (5) 2:00 Bowling (8)	27 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)	28 9:30 Billiards (8) 9:00 Hlawatha Trip (15) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	29 30
Schedule Announcements: • 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 Veggie	2 French Dip with au jus; Curly Fries; Green Salad	3 Great American Lunch (Special Event/Mean/ 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; Veggie	31 Turkey Club Flatbread with Pesto Mayo; Broccoli Salad with Dried Cranberries, Bacon & Cheddar	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: 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.

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.

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>

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.

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.

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
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)	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)	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)	4 Generations Closed	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)	6 7 13 14
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)	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 Rhythmit (14) 1:00 Bingo (8) 6:30 Bereavement Support (7)	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)	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	12 9:30 Billiards (8) 10-Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	13 14
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)	16 9:15 Newsletter Mailing (9) 9:30 Billiards (8) 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: Top Gun Maverick (5)	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)	18 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Tours (4) 12:45 Pinochle (9) Legal Aid (p. 7)	19 9:30 Billiards (8) 9:30 AARP Safe Driving Refresher (6) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	20 21
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)	23 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1:00 Bingo (8)	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)	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)	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)	27 8:30 Veterans Tribute Concert & Picnic Trip (17) 28
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)	30 9:15 Billiards Home vs Meadowood(8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14)	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)	All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org		Schedule Announcements: <ul style="list-style-type: none"> • We will be closed on Thursday, July 4. • We will close early on Thur., July 11.

FITNESS OFFERINGS

BALANCE, TONE, & STRETCH: WEDNESDAYS, 10:30AM

Come for a class featuring full body standing and seated exercises for all fitness levels. Improve balance, strength, mobility, and flexibility. Resistance bands and weights (optional) are provided or bring your own. Lysandra Sanchez, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.



BEGINNER LINE DANCING: NO LONGER OFFERED EFFECTIVE JUNE 7

DANCEFIT: WEDNESDAYS, 9:30-10:15AM NO CLASS 7/3

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. No pre-registration required. Sign in and pay at front desk upon arrival. All equipment is provided. Adaptions are offered for those who need more or less challenge.

MONTCO TRAIL CHALLENGE: ON YOUR THROUGH DEC
Montgomery County boasts over 100 miles of trails that connect greenways, waterways, and heritage. Most Montgomery County residents are located within a few miles of a wonderful trail experience! Pick up an official trail challenge card at Generations and visit any one of the participating trails. Record the symbol found there. Submit your card online or at a drop box by Dec. 2. More info: www.montcopa.org/trailchallenge

FIT FOR LESS

The following classes are led by certified fitness instructors. Please sign in upon arrival and stop by the front desk to pay \$3.00 per person, per class.

CARDIO TONE:

MONDAYS, 9:15 - 10:00

This standing workout combines cardio, resistance training (equipment provided), and catchy tunes for all fitness levels. Modifications given for seated participants. Instructor: Lysandra Sanchez.

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

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/ lobby) or our website www.generationsofiv.org for important announcements and last-minute changes.
- Masks are optional at Generations. You can always call our front desk for the current masking policy: 215-723-5841.

RELEASE & RESTORE YOGA: FRIDAYS AT 10:30

Release stress and tension, and calm your mind. Appropriate for all levels and practiced standing and sitting. No mats are necessary. Darlene Cianci, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

RHYTHMFIT SERIES: TUESDAYS AT 10:30, FOUR WEEK SERIES #1: JUNE 4 - JUNE 25 FOUR WEEK SERIES #2: JULY 9 - 30

THIS CLASS WILL BE OFFERED AS A SERIES THROUGHOUT 2024. Burn calories and blast stress during this moderate cardio class with favorite instructor Kristin Messina! This class can be done sitting or standing. Participants will use drum sticks, large yoga balls, and other equipment for a fun workout that blends simple choreography and infectious beats. Kristin Messina, Certified Instructor. Fee: \$4/class or \$20/6 class discount card that never expires. No pre-registration required. Sign in and pay at front desk upon arrival. All equipment is provided..

TAI CHI: MONDAYS, 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. No pre-registration required.



FITNESS VIDEOS:

Recorded videos of our classes are offered on our website. 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.

TRIP POLICIES

RESERVATION INFORMATION



- **THERE ARE NO IN-PERSON TRIP RESERVATIONS ON OPENING DAY.**
- On the day a trip opens (noted under each trip listing), phone reservations may be made beginning at 3:00pm 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.

PAYMENT INFORMATION:



Trip payment is due by the deadline listed with each trip. After this date, your money will not be refunded unless there is 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.
- On trip days, please park across the street from Generations' front entrance in the lower level lot of the Perseverance Fire Co. Do not block their garage doors.
- 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.



GET ON BOARD FOR TRIP OPENINGS

We understand that many have frustrations about our opening day reservation policies. In an effort to alleviate the infuriating sound of a busy signal or incessant ringing, we have added trip opening days and another "staffed" phone line for all opening days.

If you're still unable to secure a spot for a desired trip, don't give up! Even if a trip has a "Sky High" waiting list of 30, we will continue to do our best to plan an additional trip to accommodate our waiting list. *Most* participants who add their names to a long waiting list will be able to go on that trip (although it might be a different day). You can be added to a waiting list any time after a trip opens up until the bus pulls out of our driveway.

Our day and overnight travel excursions have grown to be a great source of fundraising, and more importantly, a valued component of the good work we are doing here at Generations. Please keep in mind that our mission encompasses so much more than just travel (see the rest of this newsletter for more on that).

While we appreciate your concern and fully admit that there's no "perfect system" that will please everyone AND work with the resources we have, we're asking that folks refrain from directing unkind behavior toward our staff and volunteers who are doing their best to accommodate everyone's requests fairly. Please know that we're not TRYING to upset you; sometimes we have no idea how popular a trip will be until we list it. Sometimes the suggested trips we *think* will be a hit turns out to be a flop, and we unfortunately lose money on them. Please read our full trip policies at left (they're always there). Thanks for your continued enthusiasm about our travel program; we also think it's pretty great! Happy trails to you!

DAY TRIPS

OLD JAIL MUSEUM, ASA PACKER MANSION, LEHIGH GORGE TRAIN, JIM THORPE

THURSDAY, JUNE 6

We will begin with a tour of the Old Jail. Then we will have a tour of the Asa Packer Mansion. We will have some free time in town for lunch on your own and you can ride the Lehigh George Railway on your own before we head back (optional). The train has a 1:00pm departure.

Cost: \$80 includes ride on our bus, The Old Jail tour, and Asa Packer tour. Lunch and train are on your own.

Departs: 8:45am Returns: 4:30pm

Registration opened May 8 Payment Deadline: May 17



WEEKEND COMEDY, HUNTERDON HILLS, NJ

THURSDAY, JUNE 13

Two couples (one middle aged and one young) rent the same Catskills cabin for the same weekend by mistake.

Cost: \$100 includes ride on our bus, show, lunch, taxes, gratuity.

Departs: 10:00am Returns: 4:30pm

Registration Opened: May 9 Payment Deadline: May 17

DAY TRIPS CONTINUED ON P. 16

DAY TRIPS

OUT TO LUNCH: ANTHONY'S RESTAURANT, MALVERN

WEDNESDAY, JUNE 19

Anthony's Pizza & Italian Restaurant has gained a reputation on the Main Line for working with the finest quality ingredients no matter what. They are known for recreating Sunday dinner at Nonna's house.

Cost: \$60 includes ride on our small bus, lunch, taxes, and gratuity.

Departs: 10:30am Returns: 3:00pm

Registration opened May 15

Payment Deadline: May 31

GROUNDS FOR SCULPTURE, NJ

FRIDAY, JUNE 21

Enjoy lunch (on your own) at one of the eateries on-site: Van Gogh Café, Peacock Café, or Rat's Restaurant. Reservations suggested at Rat's Restaurant (call 609-584-7800). The tour begins at 10:00am and will be approximately 90 minutes.

Cost: \$45 includes ride on our bus and guided tour. Lunch is on your own.

Departs: 8:30am Returns: 3:00pm

Registration opened May 15

Payment Deadline: May 21

RIVER LADY LUNCH CRUISE, NJ

TUESDAY, JUNE 25

Cruise on the magnificent Toms River and the Barnegat Bay for 2 ½ hours. Enjoy a delicious meal, which features your choice of six entrees, complete from salad to dessert. Cost: \$100 includes ride on our bus, show, lunch, taxes, and gratuity.

Cost: \$100 includes ride on our bus, river cruise, lunch, taxes, and gratuity.

Departs: 8:30am Returns: 3:30pm

Registration opened May 9

Payment Deadline: May 24

HIAWATHA PADDLEWHEEL & LEJEUNE CHEF RESTAURANT, WILLIAMSPORT

FRIDAY, JUNE 28

We will start our day with a three-course meal at Le Jeune Chef Restaurant (translated "the young chef"). After our meal, enjoy a relaxing hour-long paddleboat cruise on the Susquehanna River. Through narration and music, hear the story of the Hiawatha.

Cost: \$75 includes guided boat tour, lunch, taxes, and gratuity.

Departs: 9:00am Returns: 6:00pm

Registration opened May 8

Payment Deadline: May 31

NEW TRIPS

FOR JULY & AUGUST

CHANTICLEER GARDENS,*WAYNE

FRIDAY, JULY 5

Chanticleer has been called the most romantic, imaginative, and exciting public garden in America. An experienced tour guide will lead the group through several garden areas and the first floor of the Chanticleer House. After our Chanticleer visit, we will enjoy lunch at the Firepoint Grill. **Cost: \$90 includes ride on our bus, tour of gardens, lunch, taxes & gratuity.**

Departs: 9:30am Returns: 3:00pm

Registration opens: June 12 @ 3pm by phone only ^

Payment Deadline: June 17

OCEAN CITY, NJ – BEACH DAY! *

WEDNESDAY, JULY 17

Enjoy a free time to do as you wish in Ocean City New Jersey. Walk the boardwalk, shop, eat, ride bikes, or relax on the beach! We will park at 13th Street where you can have full access to bikes, the boardwalk, the beach and the bathhouse (\$10 fee). The van will follow the bus if you want to bring a chair or umbrella.

Cost: \$45 includes ride on our bus and parking. Bathhouse and beach pass are on your own.

Departs: 6:00am Returns: 7:00pm

Registration opens: June 12 @ 3pm opening day by phone only ^

Payment Deadline: June 28

RYAN & FRIENDS, BIRD-IN-HAND*

THURSDAY, JULY 25

If you love to laugh with Ryan & Friends, you'll really roar at this non-stop comedy venue, featuring all of Ryan's zany cast of characters, most often-requested songs, and fans favorite funny bits and skits. Whether we're welcoming you back or you've

^ PLEASE NOTE: THERE ARE NO IN-PERSON TRIP RESERVATIONS ON OPENING DAY. ALL OPENING DAY RESERVATIONS ARE BY PHONE ONLY, BEGINNING AT 3PM. CALL 215-723-5841 MORE TRIP INFO. ON P. 15

TRIP NAME & TRIP DATE	REGISTRATION OPENS BY PHONE ONLY @3:00pm:	PAYMENT DUE
Chanticleer July 5 Ocean City July 17	June 12 @3:00pm: 215-723-5841	June 17 June 28
Phila. Lunch Cruise Jul 26 Hard Rock Casino July 31	June 4 @3:00pm: 215-723-5841	June 20 July 10
Ryan & Friends July 25 Veterans Tribute July 27	June 5 @3:00p: 215-723-5841	June 21 n/a
Yellow Springs Aug. 2	July 2 @3:00pm: 215-723-5841	July 17
Franklin Institute Aug. 6 Mamma Mia Aug. 8	July 3 @3:00pm: 215-723-5841	July 5 July 5
Jersey Boys Aug. 21 Adven. Aquarium Aug. 29	July 10 @3:00pm: 215-723-5841	July 19 July 26

DAY TRIPS

never had the pleasure, it's the perfect season to come laugh with this inspirational performance perfect for all ages.

Cost: \$85 includes ride on our bus, show, lunch, tax and gratuity.

Departs: 9:00am Returns: 5:00pm

Registration opens: June 5 @ 3pm opening day by phone only ^

Payment Deadline: June 21

PHILADELPHIA'S SIGNATURE LUNCH CRUISE *

FRIDAY, JULY 26

Dine and dance on the Delaware River with views of the city's magnificent skyline on this casual afternoon out. Enjoy a delicious, chef-prepared buffet including salad and dessert and gorgeous views of Philadelphia's spectacular architecture. You'll marvel at famed city landmarks, such as the Ben Franklin Bridge, form the cozy, climate-controlled interior, and open air-roof decks.

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

Departs: 9:30am Returns: 4:00pm

Registration opens: June 4 @ 3pm by phone only ^

Payment Deadline: June 20

14TH ANNUAL VETERANS TRIBUTE CONCERT & PICNIC, *

PHILADELPHIA

SATURDAY, JULY 27

Join us to honor our Veterans at the Gorgas Park in Philadelphia. It's a free event, fun for the whole family. Food is free to our Veterans and a small charge for family members. There is music, entertainment, food, playground and classic cars.

Cost: Free for Veterans.

Transportation free for all. Food small charge for non-Veterans (pay on your own)

Departs: 8:30am Returns: 2:00pm

Trip Opens: June 5 @ 3pm by phone only ^

HARD ROCK CASINO, * ATLANTIC CITY, NJ

WEDNESDAY, JULY 31

Let's Play!! The Hard Rock Casino in Atlantic City is a high-energy environment with over 2300 slot machines and 130 table games. Free time to play the many games, walk the boards, do some shopping and dine in one of the 11 eateries on site. Must have valid photo ID.

Cost: \$20 includes ride on our bus.

Lunch is on your own.

Departs: 8:00am Returns: 5:00pm

Registration opens: June 4 @ 3pm by phone only ^

Payment Deadline: July 10

YELLOW SPRINGS, * CHESTER SPRINGS, PA

FRIDAY, AUGUST 2

The history of Yellow Springs village spans nearly 300 years. We will tour the three natural water springs that have unique mineral qualities, the spring houses, and the only hospital that George Washington commissioned during the revolutionary war. After our tour we will head to Brickside Grille for lunch.

Cost: \$75 includes ride on our bus, tour, lunch, taxes and gratuity.

Departs: 9:00am Returns: 3:00

Trip Opens: July 2 @ 3pm by phone only ^

Payment Deadline: July 17

FRANKLIN INSTITUTE, * THE ART OF THE BRICK, PHILADELPHIA

TUESDAY, AUGUST 6

The world's largest display of LEGO art ever features original pieces of inspiring artworks as well as re-imagined versions of some of the world's most famous art masterpieces made exclusively from LEGO bricks. We will enjoy a box lunch onsite.

Cost: \$70 includes exhibits, planetarium show, lunch, taxes, &

gratuity.

Departs: 9:00am Returns: 4:00pm

Registration opens: July 3 @ 3pm by phone only ^

Payment Deadline: July 5

MAMMA MIA! ACADEMY OF MUSIC, * PHILADELPHIA

THURSDAY, AUGUST 8

Set on a Greek island paradise where the sun always shines, a tale of love, friendship, and identity is beautifully told through the timeless hits of Abba. On the eve of her wedding, a daughter's quest to discover the father she's never known brings three men from her mother's past back to the island they last visited decades ago.

Cost: \$140 includes ride on our bus, show, & boxed lunch.

Departs: 10:30am Returns: 5:00pm

Trip Opens: July 3 @ 3pm by phone only ^

Payment Deadline: July 5

JERSEY BOYS, * DUTCH APPLE, LANCASTER

WEDNESDAY, AUGUST 21

Go behind the music of Frankie Valli and The Four Seasons! Discover how the foursome work their way from the streets of New Jersey to the heights of stardom. Hear Sherry, Big Girls Don't Cry, Dawn, and more!

Cost: \$90 includes ride on our bus, show, lunch, taxes, & gratuity.

Departs: 9:30am Returns: 5:30pm

Trip Opens: July 10 @ 3pm by phone only ^

Payment Deadline: July 19

DAY TRIPS CONTINUED P. 18

**OUR TRIPS ARE
"FRAGRANCE FREE."
PLEASE RESPECT
OTHER TRAVELERS WHO MAY
BE "SCENTSITIVE."**



Thirty years after its opening in 1992, Adventure Aquarium has grown to two million gallons of water with over 7,000 species of fish. You can enjoy lunch on your own at one of the eateries on site.

Cost: \$45 includes ride on our bus and entrance to the Aquarium. Lunch is on your own.

Departs: 9:30am

Returns: 3:00pm

Trip Opens: July 10 3pm opening day by phone only ^

Payment Deadline: July 26

2024 OVERNIGHT TRIPS

**BOTH TRIPS ARE FULL
- WAIT LIST SPOTS
STILL AVAILABLE (NO
DEPOSIT NEEDED)**

TRAINS ACROSS MOUNTAINS SEPT. 29 - OCT. 2 OR OCT 6 -9

(4 Days, 3 Nights) Includes motor coach transportation; 3 nights deluxe accommodations in New Hampshire; 3 hotel breakfasts; 3 sumptuous New England dinners; rides on the Conway & Hobo/Winnepesaukee scenic railroads; visits to: Franconia Notch, Littleton, NH, Castle in the Clouds, Manchester, VT, The Billings Farm & Museum, Vermont Country Store and and more! Cost: \$770 double occupancy,

\$960 single occupancy **Payment deadline for both trips is July 10, 2024** Travel insurance information is available upon request. Contact Lisa Furbacher for more information or to make your reservation: 215-723-5841 or

lfurbacher@generationsofiv.org



SOUTHWEST NAT'L PARKS & CANYONS OCT 13 - 18

Includes roundtrip airfare; 5 nights first class hotel; 8 meals; motor coach transportation; baggage handling; hotel transfers; visits to Hoover Dam, Grand Canyon West, Bryce National Park, and Zion National Park; Las Vegas Leisure Day and more!

Cost: \$3299 double occupancy, \$3899 single occupancy Arrangements through Travel Haus. Travel

insurance information is available upon request. Contact Liza Leister for more information or for reservations: 215-723-8687 or groups@trvlhaus.com

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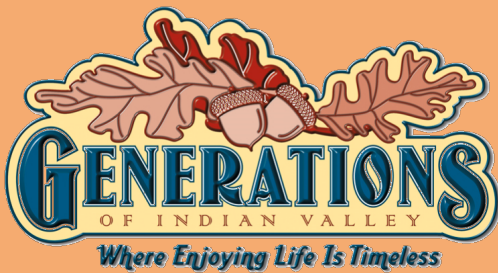
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@generationsofindianvalley



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WE'RE HERE:

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

EVENINGS & WEEKENDS AS
SCHEDULED

*WE WILL BE CLOSED ON
THU., JULY 4. SEE P. 11 - 13 FOR
ADDITIONAL IMPORTANT
SCHEDULING ANNOUNCEMENTS.

CONTACT US:

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GREAT AMERICAN LUNCH

WEDNESDAY, JULY 3

MORE ON P. 3

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