

LUNCH MENU

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

2025 / JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Chicken "Totchos" with Tots, Chicken, Cheddar, & Green Onions; South- west Garden Salad	3 Bon Appétit Lunch with Julia Special Event/M meal/Price see P. 1	4 Christine's Famous Chicken Salad on Greens & Tomato with Raisin Walnut Bread Fresh Fruit	5 Ham, Broccoli and Cheddar Stuffed Potatoes; Fresh Fruit	6 Pasta Primavera Tortellini w/ Chicken & Creamy Alfredo Sauce; Green Salad; Garlic Knot
9 Monte Cristo with Maple Syrup; Mixed Greens Salad with Lemon Vinaigrette; Fresh Berries	10 Chicken Marsala; Wild Rice; Seasonal Green Veggie; Whole Wheat Dinner Roll	11 French Onion Beef Sliders; Roasted Sweet Potato Fries; Broccoli Salad	12 Baked Cod w/ Roasted Tomato Basil Sauce; Wild Rice; Green Veggie	13 Pierogie Pie with Caramelized Onions, Sour Cream Drizzle; Green Onion; Apple Sauce
16 Sun-dried Tomato, Spinach & Mozzarella Quiche; Fresh Fruit	17 Greek Salmon with Tatziki; Lemon Dill Orzo Salad; Green Beans	18 Happy Birthday! Chicken Parmesan; Green Salad	19 Stuffed Peppers with Turkey Sausage, Brown Rice, Tomato Sauce, & Cheddar; Green Salad	20 Taco Salad with Roasted Corn, Cheddar, Black Beans, Salsa & Avocado Cream Dressing
23 Meatball and Mozz. Parmesan Sub; Italian Pasta Salad	24 Pulled Pork Over Sweet Potato w/ Peach Salsa, Green Salad	25 Eggplant Parmesan, Caesar Salad	26 Chef's Salad (ham, romaine, turkey, Swiss, HB egg) with Creamy Parm. Peppercorn Dressing; Wheat Roll	27 Garlic Bread Grilled Cheese; Tomato Soup; Fresh Fruit
30 Pasta Primavera Tortellini w/ Chicken & Creamy Alfredo Sauce; 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 18 and Wednesday, July 16.

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!

LUNCH MENU

RESERVATION INFO ON P. 10. PLEASE LET US KNOW IF YOU NEED TO CANCEL!

2025 / JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Christine's Famous Chicken Salad on Greens & Tomato with Raisin Walnut Bread Fresh Fruit	2 Ham, Broccoli and Cheddar Stuffed Potatoes; Fresh Fruit	3 Chicken "Totchos" with Tots, Chicken, Cheddar, & Green Onions; South-west Garden Salad	4 Generations Closed
7 Baked Cod w/ Roasted Tomato Basil Sauce; Wild Rice; Green; Veggie	8 French Onion Beef Sliders; Roasted Sweet Potato Fries; Broccoli Salad BBQ	9 Pierogie Pie with Caramelized Onions, Sour Cream Drizzle; Green Onion; Apple Sauce	10 Monte Cristo with Maple Syrup; Mixed Greens Salad with Lemon Vinaigrette; Fresh Berries	11 Chicken Marsala; Wild Rice; Seasonal Green Veggie; Whole Wheat Dinner Roll
14 Chicken Parmesan; Green Salad	15 Taco Salad with Roasted Corn, Cheddar, BlackBeans, Salsa & Avocado Cream Dressing	16 Happy Birthday! Greek Salmon w/ Tatziki, Lemon Dill Orzo Salad; Green Beans	17 Sun-dried Tomato, Spinach & Mozzarella Quiche; Fresh Fruit	18 Stuffed Peppers with Turkey Sausage, Brown Rice, Tomato Sauce, & Cheddar; Green Salad
21 Garlic Bread Grilled Cheese; Tomato Soup; Fresh Fruit	22 Pulled Pork Over Sweet Potato w/ Peach Salsa, Green Salad	23 Carnival Day: Special Meal/Event/Price (see p. 6)	24 Chef's Salad (ham, romaine, turkey, Swiss, HB egg) with Creamy Parm. Peppercorn Dressing; Wheat Roll	25 Meatball and Mozz. Parmesan Sub; Italian Pasta Salad
28 Chicken "Totchos" with Tots, Chicken, Cheddar, & Green Onions; South-west Garden Salad	29 Christine's Famous Chicken Salad on Greens & Tomato with Raisin Walnut Bread Fresh Fruit	30 Ham, Broccoli and Cheddar Stuffed Potatoes; Fresh Fruit	31 Pasta Primavera Tortellini w/ Chicken & Creamy Alfredo Sauce; Green Salad; Garlic Knot	All menu items are subject to change. We will post applicable updates at Generations.

MASSAGE MONDAYS 1ST & 3RD MONDAYS, BY APPOINTMENT, BEGINS JUNE 2

Enjoy a 30-minute chair massage for \$30 or a 60-minute fully clothed table massage for \$65 (shorts and a tank top recommended for comfort) with Licensed Massage Therapist Jim Davidson. Cash or check made payable to On the Move Physical Therapy. Tips are welcomed, and a portion of proceeds will benefit Generations directly. **Schedule at the front desk, or call/text Devyn at On the Move Physical Therapy at 267-932-8857.**

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. To schedule your appointment, please stop by the Generations front desk 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>

TAI CHI FOR ARTHRITIS

WEDNESDAYS, JULY 9 - AUGUST 27, 10:30AM

Tai Chi for Arthritis improves balance both mentally and physically thus significantly reduces the rate of fall of the older adults. Tai Chi for Arthritis is an 8 session program with each session lasting 45 minutes-1 hour. Exercises can be done seated or standing. More info. On p. 1. Registration opens May 20.

BLOOD PRESSURE SCREENINGS:

MONDAYS, JUNE 16 & JULY 21, BEGINNING AT 11:15AM

Free blood pressure checks, provided by Jefferson Health-Abington. First come, first served; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.

ATTENTUS HEARING CARE:

WEDNESDAYS, JUNE 4 & JULY 2, BY APPOINTMENT

Audiologist Dr. Abby Hlauchock 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

2025 / JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
The number after the program listing indicates on which page of the newsletter more information can be found.	1 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Scrabble (9) Haircuts by Appt. (12) 1:00 Drawing Class (4) Gift Card Raffle Sales Begin (3)	2 9:00 Billiards Away vs Hillview (8) Hearing Appts. (12) 9:00 Shuffleboard (9) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 1:00 Acupuncture (4) 3:30 Caregivers Support (Virtual) (7)	3 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Great Course: Roman Empire (4) Counseling Appt. (7) 11-Mats that Matter(8) 12:45 Pinochle (9) 1:00 Heritage (4) PA Medi Appt. (7)	4 Generations Closed	5 6
7 Massage Mondays (4) 9:30 CardioTone (14) 9:30 Billiards (8) 10-Ten Warning Signs of Alzheimers (5) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)	8 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:00 Out to Lunch: Cafe Antonio (16) 1:00 Drawing Class (4) 1:00 Bingo (8) 6:30 Bereavement Support (7)	9 9:30 Billiards (8) 9:00 Shuffleboard (9) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Tai Chi for Arthritis (1) 11:00 Recipe Swap: Preserves & Pickles (9) 10:30 Balance/Tone/Stretch (14) 12:45 Great Courses: Secrets of Spices (5) 1:00 Acupuncture (4) 2 - Caregivers Support (7)	10 9:30 Billiards (8) 9:30 Wizard of Oz Trip (16) 9:30 AARP Safe Driving Refresh (5) 9:30 Sit,Stretch,Flex (14) Counseling Appt. (7) 12:45 Pinochle (9) 1:00 Heritage (4) 3:30 Board Meeting	11 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	12 11:00 Mystery Train Trip (16) 13
14 9:30 Billiards (8) 9:30 CardioTone (14) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY (7) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)	15 9:00 Bodyworlds Trip (17) 9:30 Billiards (8) 9:15Newsletter Mailing (9) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) Haircuts by Appt. (12) 10:00 Scrabble (9) 12:45 Movie Matinee: Tuesdays with Morrie (5) 1:00 Drawing Class (4)	16 9:00 Billiards Away vs Hillview (8) 9:00 Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Tai Chi for Arthritis (1) 12-2 Collett Hours (7) Financial Counsel.(7) 1:00 Acupuncture (4) 12:45 Cataract Surgery: See Through the Clouds (6)	17 Counseling Appt. (7) 9:30 Billiards (8) 9:30 AARP Safe Driving Full 1 of 2 (5) 9:30 Sit, Stretch, Flex (14) 11-Mats that Matter(8) 12:45 Pinochle (9) 1:00 H.O.M.E. Team Meeting (1) Legal Aid Appt. (7)	18 9:30 Bowman's Hill Trip (17) 9:00 Billiards Away vs Norm. Farms (8) 9:30 AARP Safe Driving Full 2 of 2 (5) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	19 20 7:00 Generations at Concert Sundaes in the Park (Ferkio String Band) (3)
21 Massage Mondays (4) 9:30 Billiards (8) 9:30 CardioTone (14) 10:00 Immunizations Update (6) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	22 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8)	23 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Tai Chi for Arthritis (1) 10:30 Balance/Tone/Stretch (14) 1:00 Acupuncture (4) 12:00 Carnival Day Picnic (6)	24 9:30 Billiards (8) Counseling Appt. (7) 9:30 Sit, Stretch, Flex (14) 12:45 Pinochle (9) 1:00 Book Club <i>The Island of Sea Women</i> (6)	25 9:00 Hiawatha Paddle Wheel Trip (17) 9:30 Billiards (8) 10:00 Name That Tune (6) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Digital Literacy: Passwords (6)	26 27
28 9:30 Billiards (8) 9:30 CardioTone (14) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (8)	29 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8)	30 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 10:30 Tai Chi for Arthritis (1) 1:00 Acupuncture (4) 1-Ice Breaker Social (6)	31 9:30 Billiards (8) Counseling Appt. (7) 9:30 Sit, Stretch, Flex (14) 12:45 Pinochle (9) Gift Card Raffle Tix Sales End (3)	<div> Schedule Announcements: • Generations will be closed on Friday, July 4 </div>	

All programs are subject to change. Please register and sign in for programs so we will know to contact you if we need to change something.