

## 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!

## THE FUTURE OF DEMOCRACY LIVE-STREAMED ON JUNE 13

During this day-long event at Philadelphia's Kimmel Center for the Performing Arts, 15 inspiring speakers will challenge and spark your imagination with their current thoughts on the future of our democracy. Generations has been chosen as a satellite location where the whole event will be live-streamed (FREE!) in our Community Room. Join us for all, or part, of this once-in-a-lifetime event (unless you plan to live another 250 years)!

### Generations Livestream Event Schedule:

- 10:30am Check-in
  - 11am – 12pm: Opening session TED Talks
  - 12:30 – 2:00pm: Lunch break (BYO or visit a nearby restaurant)
  - 2:00 – 3:30pm: Second Session – TED Talks
  - 3:30 – 4:00pm: Snack/coffee break and optional round table thoughts
  - 4:00 – 5:30pm: Third Session – TED Talks
- Join civic-minded members of your community for this event centered around the past, present, and future of modern democracy, streamed live from Philadelphia.

Please register if you plan to attend any part of our Livestream Future of Democracy Livestreamed Event! Stop by or call our front desk at 215-723-5841 by June 10.

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## BROADWAY'S BEST LUNCH WEDNESDAY, JUNE 10, 12:00PM

Oh What a Beautiful Mornin' it will be for a themed lunch, journey through some of the most beloved Broadway standards, and educational presentation! Oscar Hammerstein is the backdrop for this event. During our themed lunch, we will hear from favorite performers Shannon and Cayden (piano and vocals) who will share some of the most beloved Broadway standards of all time, from shows such as The Sound of Music, The King & I, South Pacific, Oklahoma!, Carousel, and Showboat. After lunch, enjoy a presentation by Julie Flack, of the new nearby Oscar Hammerstein Museum and Theatre Education Center. We will learn how this lyricist and librettist changed musical theatre in both his writing and his mentorship to young Stephen Sondheim.

Our lunch menu features varied flavors from around the world showcasing the cultures from some of Hammerstein's shows: Tropical Fruit Salad (South Pacific); BBQ Pork Tenderloin, Zucchini, Corn and Squash Casserole, Buttermilk Biscuit, Cowboy Caviar and Chips (Oklahoma!); Apple Strudel w/ Vanilla Whipped Cream (The Sound Of Music); Lemongrass, Thai Basil and Lime Cocktail (The King and I).

Cost: \$20 includes your meal, choice of beer, cocktail or soft drinks, plus coffee/tea, and performances/presentations, and is due with registration. All proceeds from this fundraising event benefit our Center and Meals on Wheels programming. There will be no noon meal this day. Seating is limited, and reservations are required. Stop by or call our front desk at 215-723-5841 to register and pay by June 4.

## SCENES FROM AN ITALIAN RESTAURANT BILLY JOEL TRIBUTE LUNCH WED., JULY 1, 12:00PM

Whether you're a Big Shot, an Uptown Girl or An Innocent Man, you will love this tribute to the one and only Piano Man. If you have a spouse, good friend, or even The Stranger, no Pressure, but This is the Time to Tell Her About It! The Entertainer Bill Monaghan will share this Billy Joel show with live piano and vocal music along with a multimedia presentation, "Billy Joel: The Songs, Successes, & Struggles."

Enjoy an Italian lunch menu featuring Spaghetti; Meatballs; Garlic Bread; Caesar Salad; Italian Dessert Sampler; Tea, Coffee, & Choice of Beer, Peach Bellini Cocktail, Soft Drink, or of course, a "Bottle of Red and a Bottle of White."

Cost: \$20 is due with registration. Singles, couples, and groups of friends are welcome. (There will be no regular noon meal this day). To register, stop by or call our front desk by June 25: 215-723-5841.

**Payment policy for paid, on-site events** (see p. 15 for our *trip* payment policies):

We will not add you to the registration list until payment is received. After the payment deadline listed with the event, if you cancel for any reason, your money will not be refunded unless there is a replacement.

### Ways to Register/Pay:

1. **In Person** at Generations front desk [Cash, Check, Credit (3% fee), Debit (free)].
2. **By Phone** [Credit (3% fee) or Debit (free)]. Call 215-723-5841 between 9am-3:45pm.
3. **By Mail** [Check payable to Generations. Provide the name of the event you would like to register for, first and last names + phone numbers for all individuals registering]. Mail to: 259 N. 2nd St., Souderton, PA, 18964.

**Visit Our Website:** For the most up-to-date program information and announcements please visit [www.generationsofiv.org](http://www.generationsofiv.org)

# GENERATIONS IS:

- A PLACE OF WELCOME AND FRIENDSHIP FOR ACTIVE ADULTS
- A COMMUNITY OF PEOPLE COMMITTED TO LEARNING, GROWTH, AND MUTUAL SUPPORT
- A GATHERING, WHERE THE NEEDS AND JOYS OF THE COMMUNITY CAN BE SHARED
- A SPIRIT OF PARTNERSHIP AND CARING WHICH LASTS FROM GENERATION TO GENERATION

## OUR TEAM

### STAFF

Douglas Eschbach,  
Executive Director

Lisa Furbacher,  
Assistant Director

Shawna Boell,  
Member Services Coordinator

Emily Filice,  
Social Services Coordinator

Greg Green,  
Maintenance Coordinator

Christine Hawkins, Executive  
Chef/Nutrition Services

Lexi Little, Kitchen Assistant

Kelly McMackin,  
Indian Valley MOW Coordinator

Val Perry,  
Member Services Coordinator

Kameele Rivera, Sous Chef/  
Nutrition Services

Amy Robillard,  
North Penn MOW Coordinator

JoAnn Steiny,  
MOW Kitchen Coordinator

Amy Stover,  
Program Coordinator

### BOARD OF DIRECTORS

John H. Filice, Chair

Dr. Stephen Carp, Vice-Chair

Timothy Swartley, Treasurer

Ella M. Roush, Secretary

Linda Abram

M. Theresa Fosko

Brian K. Goshow

Ron Hallman

Joanne Kline

D. Scott Landis

Alexandra Metricarti

Chari Richardson

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.



## WELCOME NEW STAFF!

**KAMEELE RIVERA,  
SOUS CHEF/  
NUTRITION SERVICES**

Kameele has worked at many restaurants, a favorite being the family-owned "The Pop

Inn," in Chalfont, PA. It was a comic book and superhero themed restaurant and it was a fun and creative environment.

When asked which character from a book or movie Kameele can relate to, Kameele responded, "It's such a combination! However, narrowing it down, I would say it's between Elvira, Mistress of the Dark because she is funny, authentic, and charming and Commander Bortus from the Sci-Fi show, The Orville, a loyal, principled officer who often stands up for his family and against cultural restrictions."

During free time, Kameele likes to read and do creative writing and walking, "but I usually end up doing my next favorite thing which is taking a nap."

Something that Kameele is proud of is working with children teaching them painting and color theory!

**KELLY MCMACKIN,  
INDIAN VALLEY  
MEALS ON WHEELS  
COORDINATOR**

Prior to working at Generations, Kelly was a stay-at-home Mom to

her son Ryan, and was also a Realtor.

Kelly says she has never worked with a nicer, more helpful group of people. The most challenging part of the job so far has been remembering the names of the volunteers! There are so many amazing volunteers who give their time and energy to helping others in need. I see a new group of volunteers almost every day. My predecessor Pat McQue, told me I would eventually get to know them all, and she was right- I am slowly getting to know them and remembering each of their names!

During her free time, Kelly loves to spend time with her family, read, garden, go shopping or watch The Eagles and the Phillies play!

Kelly feels very fortunate to be part of a team that is so committed to serving the community. She is grateful for the warm welcome and the opportunity to contribute to something meaningful!



# FIGURE DRAWING CLASS WITH EMMA

Join instructor Emma Hawkins for a six week intermediate figure drawing class held **Tuesdays, from 1-3pm June 2 - July 7**. Class will focus on the human form and proportion, capturing likeness in facial features and details of clothing and environment. The goal by the end of the series is to have a completed work of art. You will

need paper/a sketch book of any size and charcoal and pencils in varying hardness. Cost: \$60 per person due at registration. Min 4/Max 12. To register, visit our front desk or call 215-723-5841 by **May 29**.^

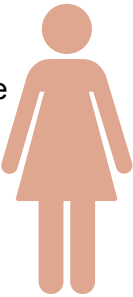


# VIGNETTES IN PINK MON., JUNE 8, 10:00AM

Edie Adam, of the Souderton Telford Historical Society presents "Vignettes in Pink," a presentation which explores the lives of local women in the roughly 40 years between Souderton's incorporation as a borough and World War II. Through a series of anecdotes gathered from the Souderton Independent

newspaper and a bit of history for context, you will see women at all levels of society building lives in sometimes surprising ways.

To register, visit our front desk or call 215-723-5841 by **June 4**.^



# WALK WITH EASE TUESDAYS, JUNE 9 - JULY 14

Join instructors Tracey, Debbie, and Claire from the Montgomery County Department of Health & Human Services for The Arthritis Foundation's Walk With Ease, a hybrid six week walking program, offered June 9-July 14. We will meet in person on Tuesdays from 10-11am, while you walk on your own the rest of the week.

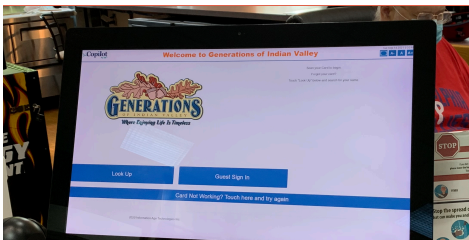
Manage arthritis, reduce pain and discomfort while you increase balance and strength. Learn tips for problem solving, health education and motivation. Gain strength and support walking with others. Space is limited. To register, visit our front desk or call 215-723-5841 by **June 1**.^



# CCRC 101 WEDNESDAY, JULY 29, 1:00PM

Melody Davis and Cathy Coghlan, Residency Counselors for Grace Inspired Living (The Lutheran Community at Telford and The Community at Rockhill) present this helpful overview of Continuing Care Retirement Community options, information and tips. Melody will discuss the right time to consider a move to a CCRC,

different living options for seniors, differences and similarities between area CCRCs, pricing, options, fee structures and what they mean for you. Enter to win great raffle prizes during the event. To register for this free program, visit our front desk or call 215-723-5841 by **July 23**.^



**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.



**LAUGHING REALLY DOES MATTER**  
Many thanks to our sponsor, UNIVEST, and to all who attended and helped with our Laughing Matters Comedy Night Fundraiser in April. We raised over \$1800 toward our Center and Meals on Wheels Programming.



**SHRED EVENT TUE. JUNE 2**  
This event is free thanks to Richter. Find the truck in our front parking lot from 9:30-10:30am only on 6/2. No shredding accepted after the event. Limit 6 boxes/bags. Donations to Generations optional but always appreciated. No need to register.

# 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 ask for the name of the program exactly as it is listed here.

## HEARING HEALTH. . .WHAT DID YOU SAY? ^ MONDAY, JUNE 1, 10:00AM

I said. . . come learn about hearing health, hearing loss, assistive devices and coping with hearing loss. This free presentation by Sue Smith, M Ed., RN, is brought to you by Jefferson Health-Abington. **Registration is required.** ^



## RICHTER SHRED TRUCK TUESDAY, JUNE 2, 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 6/2. No shredding accepted after the event. Limit 6 boxes/bags. Donations to Generations optional but always appreciated. Rain or shine. No need to register.

## RELATIONSHIPS IN LATER LIFE ^ WEDNESDAY, JUNE 3, 1:00PM

Join Beth Iula, Medical Advocate for the Women's Center of Montgomery County, for a presentation about the importance of healthy relationships in later life. Beth will discuss the positive mental and physical health benefits of self care and self worth. understanding healthy vs unhealthy friendships, and losing/ meeting friends in later life. **Please register.** ^

## DIALOGUE WITHOUT FRONTIERS: THE MEANING OF THE AMERICAN HISTORICAL EXPERIENCE ^ 1ST & 3RD THURSDAYS, 1:15PM

This is an open forum for discussion in a democratic manner. In recognition of American's 250th anniversary, our on-going topic for June and July is "The Meaning of the American Historical Experience." Participants must be willing to listen and or speak about topics that may elicit differing opinions with a calm, open mind. The session will be moderated by Thomas Kolsky. **Please register.** ^

## VACCINE CLINIC WITH GIANT PHARMACY ^ FRIDAY, JUNE 5, BY APPOINTMENT

Pharmacists from Giant/Martins will offer a Vaccine Clinic. Bring your insurance cards and wear a short sleeved shirt for the appointment. Pharmacists will be able to check the state registry to determine what vaccines you are eligible for.



Pharmacists will offer vaccines for Covid (both manufacturers), Shingles (1st or booster doses), Pneumonia, Tetanus, RSV, and Hep B. Free with health insurance. Appointments preferred; walk-ins between 9:30-11:30 if space is available. **Stop by or call the Generations front desk at 215-723-5841 to schedule by June 2.** ^

## TRIVIA AT TEN ^ FRIDAY, JUNE 5, 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 required.** ^



## FUN & GAMES ^ 2ND & 4TH THURSDAYS, 10:00AM

Volunteer Beth leads a different organized game for each session, proving that it's all fun and games until somebody. . . oh well, never mind the rest. If needed, Beth will provide assistance as you learn the game. Schedule below. Please register for the games you plan to attend. ^  
**June 11 & July 9 - 5 Crowns Cards**  
**June 25 & July 23 - Mexican Train Dominoes**

## ALZHEIMER'S AWARENESS ^ THURSDAY, JUNE 11, 1:00PM

Please join our guest speaker Jane Cero from Alzheimer's Association for an overview of brain health. We will touch on risks, 10 Healthy Habits, and the US Pointer Study. We all deserve to live with the healthiest brain possible. Learn the actions that we can take to protect our brain health. **Registration required.** ^

## HOT WEATHER SAFETY ^ MONDAY, JUNE 15, 10:00AM

Deb Jankowski, Outreach Coordinator for the Office of Aging Services/Department of Health and Human Services of Montgomery County, PA presents this program about how you can beat the heat! Deb will discuss the benefits of spending time outdoors, how to stay healthy in the heat, why older adults are more at risk for heat related illness, and how to spot and treat heat related illness. **Please register.** ^

## SWEET FREEZE ICE CREAM WORKSHOP & TASTING WED., JULY 22, 1PM

Chaya Thomas, Souderton High School graduate, rising sophomore at the University of Pittsburgh, and owner of The Sweet Freeze, will take you through a delicious demo and ice cream adventure. Learn about the history and philanthropic pursuits of Chaya's company. Sample freshly churned ice cream and homemade add-ins. Cost: \$18 per person, due at

registration by July 15, includes demo/presentation, samples, and one take-home pint of The Sweet Freeze's premium, small batch ice cream. Additional pints \$8-\$8.50 each. Indicate flavor choices at registration. To register, stop by or call our front desk by July 15: 215-723-5841. ^



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## MOVIE MATINEE: MISSION IMPOSSIBLE: DEAD RECKONING ^

TUESDAY, JUNE 16, 12:45PM

Ethan Hunt and his IMF team must track down a terrifying new weapon that threatens all of humanity in this epic action adventure. Starring Tom Cruise, Hayley Atwell, Simon Pegg, and Ving Rhames. Rated PG-13 for intense sequences of violence and action, some language, and suggestive material. Running time is 2 hours, 43 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café. **Please register if you plan to attend.** ^



## NATIONAL DIABETES PREVENTION PROGRAM ^

WEDNESDAYS, JUNE 17 - SEPT. 30, 1:00PM

The National Diabetes Prevention Program can help you make a change for life. Led by The Centers for Disease Control and Prevention, this program helps you learn how to change your lifestyle to prevent Type 2 Diabetes. Groups meet for 16 weekly, one-hour sessions with monthly follow-up sessions until reaching one year with trained Lifestyle Coaches (Tracey & Dawn). Sessions are one hour each and cover topics such as weight loss, physical activity, healthy choices when eating out and portion size. Free program. Class size limited. **Registration required.** ^



## BOOK CLUB: IT GIRL ^

THURSDAY, JUNE 25, 1:00PM

Join our book club discussion with Volunteer Ellie. *It Girl* follows Evelyn Talbot, a young woman who rises from hardship to become America's first self-made female celebrity, navigating fame, love, and scandal in turn-of-the-century New York City. You can borrow a copy of this book on your own or purchase through Generations/Hill & Hollow Bookstore for \$30 (hardback only). **To order a copy for purchase or register for the book club discussion, visit our front desk or call 215-723-5841 by June 9.**

## MIND IN MOTION ^

MONDAY, JULY 6, 1:00PM

Join Good Shepherd Rehabilitation Speech Language Pathologist, Nancy Ashbaugh, to discover enjoyable ways to stay mentally engaged and active in your everyday life. Learn strategies to support meaningful connections and participation in your daily activities. Free program. **Please register if you plan to attend.** ^



## MENTAL WELLNESS & SELF CARE ^

TUESDAY, JULY 7, 1:00PM

Double board-certified in family and obesity medicine, Montgomery County Coroner Dr. Janine Darby will share insights and practical guidance on mental and physical wellness, including the importance of self-care. This session encourages open dialogue and offers attendees the opportunity to ask questions in a supportive setting. Free program. **Please register if you plan to attend.** ^

## AARP SAFE DRIVING FULL COURSE ^

THURSDAY, JULY 9 & FRIDAY, JULY 10, 9:30AM-1:30PM

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 info. A short break will be given. Participants may purchase items in our Café or pack a lunch. Class Fee: \$20 for AARP Members; \$25 for Non-AARP Members, payable on the day of class. **Must attend both classes. Register by July 6.** ^

## BOWL TO BOWEL ^

WEDNESDAY, JULY 15, 1:00PM

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 Slater, will help you gain a greater understanding of the factors that (con't p. 6)



## MUSIC BINGO FRI., JULY 24, CARD SALES AT 12:30, GAMES AT 1:00PM

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!" Cost: \$5 per music bingo card or 3 cards for \$12. Best for ages 12

and up; most songs are from the 50s-80s. You don't have to know the songs to win. Bring your own dabbler or marker and refreshments or feel free to purchase refreshments in our Cafe. No registration required.



## NEWS & NOTES:

### FEATURED ARTIST

#### JUNE & JULY: ILENE BATTIN

When I began painting, I was instantly enamored. After I had been painting for a while, I began to see my own distinctive style. I paint on various substrates with various mediums.

The frames and many of my paintings on cradled wood panels are constructed by my biggest fan and collaborator, my husband, Mike. For most pieces I use new birchwood for the painting and repurposed wood for the cradle. The 6x6 and 8x8 sizes are easily hung on a wall or used as a shelf or tabletop sitter.

If you have a desire to express yourself by sketching, drawing, coloring, doodling, painting, etc., I hope my paintings inspire you to do so. Creating is always at your fingertips, easily available and a great way to calm and rejuvenate yourself.

### 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 \$29,526 (one person) or \$40,034 (two persons) are eligible to receive \$25 in farmers market food vouchers at Generations. Distribution is on a first-come, first-serve basis and begins Mon., June 1. Questions? Call Emily Filice: 215-723-1930

# SPECIAL PROGRAMS (BY DATE ORDER)

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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.

**Registration is required. ^**

### MOVIE MATINEE: MISSION IMPOSSIBLE THE FINAL RECKONING ^

TUESDAY, JULY 21, 12:45PM

The Final Reckoning finds Ethan Hunt and his IMF team racing against time to neutralize the Entity, a rogue AI threatening global security. Packed with death-defying stunts, breathtaking set pieces, and high-stakes espionage, it serves as a direct sequel to Dead Reckoning. Rated PG-13 for intense sequences of violence and action, some language, and suggestive material. Running time is 2 hours, 49 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café.

**Please register if you plan to attend. ^**

### NAME THAT TUNE ^

FRIDAY, JULY 17, 10:00AM

Come to Generations to build your brain power with a fun morning of identifying songs. Play for the glory because the prizes are lame! Led by Program Coordinator Amy. **Please register if you plan to attend. ^**

### DIGITAL LITERACY ^

FRIDAY, JULY 17, 12:45PM

Join Alan Berry, Media Literacy Educator, Researcher, and Advocate, for a digital literacy workshop. This month's session features a potpourri of topics. Come prepared with your burning digital literacy questions and Alan will do his best to answer them for the group. Free program. **Please register if you plan to attend. ^**



### BOOK CLUB: MUDBOUND ^ THUR., JULY 23, 1:00PM

Join our book club discussion with Volunteer Donna. Hillary Jordan's historical fiction novel,

*Mudbound*, follows Laura McAllan, uprooted from city life to a rough Mississippi Delta farm in 1946, where unending mud and an oppressive father-in-law shadow her days. When the people close to her return from war, shared scars forge a dangerous bond that stirs tensions to a breaking point. You can borrow or purchase a copy of this book on your own or borrow one from Generations. **To register for the discussion, visit our front desk or call 215-723-5841.**

### ICE BREAKER SOCIAL ^ THURSDAY, JULY 30, 1:00PM

Have fun during this casual get-together as we learn a thing or two about Generations friends old and new.

Discussion prompts will be provided to foster reminiscence and help you tell your story to connect and converse with others. Water ice will be provided. A donation of \$2 per person (the day of the event) is appreciated.

**Registration required by July 27. ^**

### ENJOY CONCERT SUNDAES

Held on Sundays at Souderton's Rotary 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 \$730!

Jun 7: Community Day/Q-town Band

Jun 14: Jesse Garron Elvis Tribute

Jun 21: Philly German Brass

Jun 28: Philadelphia Boys Choir

Jul 5: Allentown Patriotic Band

Jul 12: Gypsy 1960s-2020s

Jul 19: The Lewis Brothers Bluegrass

Jul 26: Groove City 70s/80s Dance Band

**August 2: Beatlemania Again GENERATIONS SERVES**

**REFRESHMENTS!**

August 9: Mike Greer Classic Rock Band



# SOCIAL SERVICES

## CAREGIVER'S SUPPORT

Katherine Rovine, working with the Alzheimer's Association, hosts a **virtual support** via Zoom™/landline phone on the 1st Wed. of each month at 3:30pm. Registration is required. For more information please contact Katherine Rovine: [215-280-0137/](tel:215-280-0137)

[ejjd41@comcast.net](mailto:ejjd41@comcast.net) (contact information is new as of 4/2026)

An **in-person Caregiver Support Group** takes place the 2nd Wed. of every month at 2:00pm at Adult Day Services, 51 Medical Campus Drive Lansdale, PA. Please contact: Susan Lamar: 215-361-4421

[susan.lamar@jefferson.edu](mailto:susan.lamar@jefferson.edu)

## COUNSELING w/ SHIRLEY FOR EVERY DAY STRUGGLES AND BEYOND BY APPOINTMENT

Counseling services for seniors are available at Generations. Being seen and heard with empathy and without judgement can create space for meaningful change. Shirley Elrod, LMFT, FT, is a professional licensed therapist who has specialized experience and training in grief, family systems, relationships, everyday struggles, and trauma. During sessions, Shirley works from a perspective that allows each individual the time and space to address their

## OUR SOCIAL SERVICES COORDINATOR

**Emily Filice is available Monday-Friday from 9:30-3:30. Appointments are recommended. Call ahead to schedule an appointment or speak with Emily over the phone at 215-723-1930.**

own needs within their unique situation. Shirley uses a sliding scale and

works with your budget for payment. To schedule an appointment at Generations or determine whether you could benefit from counseling with Shirley, please contact her directly: Email: [shirley@selrodtherapy.com](mailto:shirley@selrodtherapy.com) Phone: 215-650-3034 Website: [selrodtherapy.com](http://selrodtherapy.com)

## 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.

## LEGAL AID: 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.

## MONTCO VETERANS AFFAIRS

To schedule an appointment, call the Office of Veterans Affairs: 610-278-3285. Montgomery County provides door-to-door shuttle service to VA medical facilities for any Montgomery County Veteran (and their caregiver).

## PA MEDI APPOINTMENTS

**THUR., JUNE 4 & JULY 2** 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.

## PA STATE REP. OFFICE HOURS 2ND MON., (JUN 8 & JUL 13)

10:45 AM -12:45 PM

## PA STATE SEN. OFFICE HOURS 3RD THUR., (JUN 18 & JUL 16)

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.

## 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.

## 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.

**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](http://www.generationsofiv.org) for virtual programs.

## ART STUDIO SPACE:

**TUESDAYS, 1:00-3:00PM, JULY 14 - 28**

Enjoy this opportunity to spread out and work on your own painting, craft or handiwork project in the company of others. No instructor or specific format, just a chance for you to mark your calendar for some creativity time in air conditioned comfort. Suggested \$2 per person, per day donation. No need to register, just show up and bring your own projects and supplies.

## 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.

## BOWLING: 2ND & 4TH WEDNESDAY, 10:00AM 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 Wes to sign in. Seniors (65+): \$3.25 per game; shoe rental additional \$3. Questions? Call our front desk at 215-723-5841.

## "CHAT ABOUT" DISCUSSION GROUP (NOT OFFERED IN JUNE, JULY, AUGUST)

## CHOIR CHIMES: WEDNESDAYS, 10:30AM (NOT OFFERED IN JUNE, JULY, AUGUST)

The group, led by Anna Marie Dieterle, rehearses and performs a varied repertoire on hand chimes and meets September-May. Ringers who can read music are needed!

## CHORALEERS: MONDAYS, 1:00PM (NOT OFFERED IN JUNE, JULY, AUGUST)

The Choraleers rehearse a variety of popular, seasonal, and patriotic tunes from September - May. They perform at local community/retirement venues by request. New members welcome. Call Annamarie: 215-723-3591.

## COMMUNITY DANCES FOR SINGLES & COUPLES: 2ND FRIDAYS, 7:00PM

Adults 50+ are welcome to join us for dancing. All proceeds will benefit GENERATIONS. Upcoming Community Dance Dates are June 12, July 10, and August 14 (2nd Fridays) so mark your calendar now! Cost is \$12 per person. Doors open at 6:30. Dancing is from 7-10. Light snacks and water are provided. BYOB and your favorite snacks. Dress is casual. Only the DJ gets paid! All proceeds come back directly to Generations. As we are all volunteer, please consider giving 30 minutes of your time once-in-a-while to help with signing in dancers and/or taking money at the door. Questions? Please contact Linda Love [lindahlove@hotmail.com](mailto:lindahlove@hotmail.com).

**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 Café until 1pm or feel free to bring your own refreshments.** Registration begins at 12:15pm. Donation: \$1.00.

## FUN & GAMES ^ 2ND & 4TH THURSDAYS, 10:00AM

Volunteer Beth leads a different organized game for each session, proving that it's all fun and games until somebody . . . oh well, never mind the rest. If needed, Beth will provide assistance as you learn the game. Schedule below. Please register for the games you plan to attend. ^

**June 11 & July 9 - 5 Crowns Cards**  
**June 25 & July 23 - Mexican Train Dominoes**



**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.**

**GARDEN CARE:**

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

**“GO” GAME DAY:**

**1ST FRIDAY (JUNE 5), 10:00AM - 2:00PM**

Join volunteer Don to play the game "Go." It is a strategy 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.

**HAND & FOOT CARD GAME: TUES, 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: 1st & 3rd THURSDAYS, 11AM**

Make mats for the homeless out of plastic bags with the help of a volunteer. Cut, fold, roll, sort, weave, and use a loom. Instructions and supplies will be provided.

**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: 215-353-6699. If there is no answer, leave a message.

**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 Café 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:**

**WEDNESDAY, JUNE 10, 11:00AM (SPAM)**

**WED., JULY 8, 11:00AM (MAKE A THEMED MENU)**

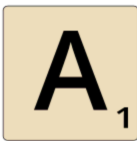
Let’s get together to chat and swap our favorite new and old recipes. Participants should bring one copy of a favorite recipe that fits our monthly theme (see above). Check in at our front desk for further instructions about our “make a themed menu” session in July. **Come try samples of delicious dishes! 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](mailto:mooma2cats@gmail.com)

**SCRABBLE: 1ST & 3RD WEDNESDAY, 10:00AM,**

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: WEDNESDAYS, 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.

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

**Regular and substitute drivers are needed to deliver Meals on Wheels in the Indian Valley and North Penn areas. Times are approximately 10:45am-12:45pm. Contact Pat or Amy R.: 215-723-8555.**

**Newsletter mailing help is needed on Tue., July 21 at 9:15am. Contact Amy S.**

**We will gladly accept donations of flowering perennials and annuals to beautify our gardens!**

**Please donate new hair ties, body wash, bath towels, maxi pads, t-shirts, for the Worthwhile Women’s Drive by June 8. Donation box in our front lobby.**

**TECHNOLOGY TIPS BY REQUEST**  
For questions about how to perform specific tasks on your device, you can request a free “Technology Tips” appointment with a knowledgeable volunteer. To request an appointment, contact Amy Stover: 215-723-5841 [astover@generationsofiv.org](mailto:astover@generationsofiv.org)

# LUNCH MENU

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

2026 / JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicago Style Hot Dog; Baked Beans; Broccoli Salad	2 Cheesesteak Flatbread w/Onions Mushrooms, & Ketchup; Caesar Salad	3 Lemon Orzo Salad with Shrimp, Dill and Tomatoes; Rosemary Focaccia	4 Pulled pork w/ Mango Salsa; Sweet Potato Fries; Green Salad	5 Grilled Cheese; Tomato Basil Soup; Fresh Fruit
8 Monte Cristo with Maple Syrup; Mixed Greens Salad	9 Pineapple Glazed Salmon; Coconut Lime Rice; Green Vegetable	10 Broadway's Best Lunch Special Event/ Meal Price see p. 1	11 Sloppy Joe on Onion Roll; Corn Chips; Fresh Fruit	12 Baked Shells; Caesar Salad; Ciabatta Roll
15 Garlic Bread Meatball Boat; Garden Salad; Fruit	16 Sausage and Hash Brown Frittata; Salad	17 <b>Happy Birthday!</b> Chicken Parm.; Caesar Salad; Garlic Knot	18 Kielbasa & Sauerkraut on Club Roll; Salad; Fruit	19 Chef's Salad (Ham, Turkey, Swiss, Hard Boiled Egg); Roll; Melon
22 Chicken Pot Pie; Salad	23 Turkey Stuffed Peppers; Salad; Whole Wheat Roll	24 Chicago Style Hot Dog; Baked Beans; Broccoli Salad	25 Beer Batter Fish on Brioche; Waffle Fries; Coleslaw	26 Beef Taco Quesadilla with Avocado Crema; Ranch Caesar Salad
29 Christine's Famous Chicken Salad over Greens with a Tomato Slice; Ciabatta Roll	30 Grilled Cheese; Tomato Basil Soup; Fresh Fruit		All menu items are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a>	

## 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 17 and Wednesday, July 15.

## OUR CAFÉ

Our Café is open Mon.-Fri. from 9:00am-1:00pm for dine-in or take-out. Enjoy our a-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 BELOW.  
PLEASE LET US KNOW IF  
YOU NEED TO CANCEL!

2026 / JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>All menu items are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></b></p>		<p><b>1</b> Scenes from an Italian Restaurant Billy Joel Tribute Lunch Special Event/Meal Price see p. 1</p>	<p><b>2</b> Pulled pork w/ Mango Salsa; Sweet Potato Fries; Green Salad</p>	<p><b>3</b> Generations Closed Independence Day Holiday</p>
<p><b>6</b> Chicken Parm.; Caesar Salad; Garlic Knot</p>	<p><b>7</b> Beer Batter Fish on Brioche; Waffle Fries; Coleslaw</p>	<p><b>8</b> Lemon Orzo Salad with Shrimp, Dill and Tomatoes; Rosemary Focaccia</p>	<p><b>9</b> Monte Cristo with Maple Syrup; Mixed Greens Salad</p>	<p><b>10</b> Honey Chicken on a Biscuit; Cole Slaw; Fruit</p>
<p><b>13</b> Sausage and Hash Brown Frittata; Salad</p>	<p><b>14</b> Beef Taco Quesadilla with Avocado Crema; Ranch Caesar Salad</p>	<p><b>15 Happy Birthday!</b> Chicago Style Hot Dog; Baked Beans; Broccoli Salad</p>	<p><b>16</b> Garlic Bread Meatball Boat; Garden Salad; Fruit</p>	<p><b>17</b> Sloppy Joe on Onion Roll; Corn Chips; Fresh Fruit</p>
<p><b>20</b> Baked Shells; Caesar Salad; Ciabatta Roll</p>	<p><b>21</b> Christine's Famous Chicken Salad over Greens with a Tomato Slice; Ciabatta Roll</p>	<p><b>22</b> Cheesesteak Flatbread w/Onions Mushrooms, &amp; Ketchup; Caesar Salad</p>	<p><b>23</b> Turkey Stuffed Peppers; Salad; Whole Wheat Roll</p>	<p><b>24</b> Chicken Pot Pie; Salad</p>
<p><b>27</b> Chicago Style Hot Dog; Baked Beans; Broccoli Salad</p>	<p><b>28</b> Pulled pork w/ Mango Salsa; Sweet Potato Fries; Green Salad</p>	<p><b>29</b> Pineapple Glazed Salmon; Coconut Lime Rice; Green Vegetable</p>	<p><b>30</b> Chef's Salad (Ham, Turkey, Swiss, Hard Boiled Egg); Roll; Melon</p>	<p><b>31</b> Grilled Cheese; Tomato Basil Soup; Fresh Fruit</p>

## WELLNESS/SPA OFFERINGS

### MASSAGE MONDAYS, BY APPT

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 Jim Davidson. Tips are welcomed, and a portion of proceeds will benefit Generations directly. **To schedule, call/text Jim at 570-449-9466.**

### ACUPUNCTURE FOR PAIN RELIEF: MONDAYS, 11:00AM

Charles Illingworth, IV, L.Ac., offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Pre-registration is not required. Sign in at the front desk upon arrival, and pay for a ticket before each session.

### HAIRCUTS BY APPOINTMENT: SELECT MONDAYS & 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.

### BLOOD PRESSURE SCREENINGS:

MONDAY, JUNE 1 BEGINNING AT 11:15AM  
(NO SCREENINGS JULY 6)

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.

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

Start your journey to a calmer mind by enjoying 30 quiet, refreshing minutes and a guided meditation from sound to silence. Result: a refreshed you with better focus. Darlene Cianci, Certified Instructor. Fee: \$4/class or \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

### ATTENTUS HEARING CARE:

WEDNESDAYS, JUNE 3 & JULY 1, 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 267-669-1345 (sorry text feature is no longer available).** 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

2026 / JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p><b>The number after the program listing indicates on which page of the newsletter more info. can be found.</b></p>					
<p><b>All programs are subject to change. Please check bulletins at the center and our website for updates. Please register and sign in for programs in case we need to contact you.</b></p>					
		<p><b>1</b> 9:00 Shuffleboard (9) 9:30 Billiards (8) NO Dancefit (14) Hearing Care Appt.(12) 10:00 Scrabble (9) 10:30 Balance/Tone/Stretch (14) 12:00 Scenes from an Italian Restaurant Billy Joel Tribute Lunch (1) 1:00 Diabetes Prevention (5) 3:30 Caregivers Support (Virtual) (7)</p>	<p><b>2</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 11:00 Mats that Matter (9) 1:15 Dialogue without Frontiers (4) PA Medi Appt. (7)</p>	<p><b>3</b> <b>Generations Closed</b> <b>Independence Day Holiday</b></p>	<p><b>4</b>  <b>5</b></p>
<p><b>6</b> Massage Mondays (12) 9:30 CardioTone (14) 9:30 Billiards (8) 10-Meditation (12) 10:30 Tai Chi (14) NO Blood Pressure Screenings (12) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1-Mind in Motion (5) 1:00 Memoirs (9)</p>	<p><b>7</b> 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (9) 10-Walk with Ease (3) 10:30 Rhythmit (14) Haircuts by Appt. (12) 1:00 Mental Wellness &amp; Self Care (5) 1:00 Figure Drawing(3)</p>	<p><b>8</b> 9-Shuffleboard (9) 9:15 Billiards Home vs Hershey's Mill (8) 9:30 Mary Poppins @ DADT Trip (16) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 11-Recipe Swap (9): Make a Themed Menu 1:00 Diabetes Prevention (5) 2 - Caregivers Support (7)</p>	<p><b>9</b> 9:30 AARP Safe Driving Full Course 1 of 2 (5) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10- Fun &amp; Games (8) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 3:30 Board Meeting</p>	<p><b>10</b> 9:15 Billiards Home Arb. Square (8) 9:30 AARP Safe Driving Full Course 2 of 2 (5) 9:30 Functional Fitness &amp; Balance(14) 10:00 Bartram's Gardens Trip (16) 10:30 Release &amp; Restore Yoga (14) 12:30 Mahjong (9) 7:00 Community Dance (8)</p>	<p><b>11</b> <b>12</b></p>
<p><b>13</b> 9:00 Billiards Away vs Hillview (8) Massage (12) 9:30 Billiards (8) 9:30 CardioTone (14) 10-Meditation (12) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY (7) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</p>	<p><b>14</b> 9:15 Billiards Home vs Shannondell (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (9) 10-Walk with Ease (3) 10:30 Rhythmit (14) 1:00 Bingo (8) 1-Art Studio Space (8)</p>	<p><b>15</b> 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Scrabble (9) 10:30 Balance/Tone/Stretch (14) Financial Counsel (7) 1:00 Bowl to Bowel (5) 1:00 Diabetes Prevention (5)</p>	<p><b>16</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling with Shirley Appt. (7) 11:00 Mats that Matter (9) 12-2 Collett Hours (7) 12:45 Pinochle (9) 1:15 Dialogue without Frontiers (4) Legal Aid Appt. (7)</p>	<p><b>17</b> 10-Billiards Home vs Schoolhouse Ctr.(8) 9:30 Functional Fitness &amp; Balance(14) 10:00 Name That Tune (6) 10:30 Release &amp; Restore Yoga (14) 12:30 Mahjong (9) 12:45 Digital Literacy with Alan: Potpourri Q &amp; A (6)</p>	<p><b>18</b> <b>19</b> 11:30 Annie at Candlelight Theater Trip (16)</p>
<p><b>20</b> 9:30 Billiards (8) Massage Mondays(12) 9:30 Cardio Tone (14) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</p>	<p><b>21</b> 9:15 Billiards Home vs Pennridge (8) 9:15 Newsletter Mailing (9) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (9) 10:30 Rhythmit (14) Haircuts by Appt. (12) 12:45 Movie Matinee: Mission Impossible: Final Reckoning (5) 1-Art Studio Space (8)</p>	<p><b>22</b> 9:15 Ned &amp; Nancy See America Trip (17) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 1:00 Sweet Freeze Ice Cream Workshop &amp; Tasting (4) 1:00 Diabetes Prevention (5)</p>	<p><b>23</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:45 Longwood Gardens Trip (16) 10- Fun &amp; Games (8) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 1:00 Book Club: <i>Mudbound</i> (6)</p>	<p><b>24</b> 9:00-Billiards Away vs Shannondell (8) 9:30 Billiards (8) 9:30 Functional Fitness &amp; Balance(14) 10:30 Release &amp; Restore Yoga (14) 12:30 Mahjong (9) 1:00 Music Bingo (5)</p>	<p><b>25</b> <b>26</b></p>
<p><b>27</b> 9:30 Billiards (8) Massage Mondays(12) 9:30 Cardio Tone (14) 10-Meditation (12) 10:30 Tai Chi (14) 10:45 TeaBerry's Tea Room Trip (17) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</p>	<p><b>28</b> 9:00 Billiards Away vs Ben Wilson (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (9) 10:30 Rhythmit (14) 1:00 Bingo (8) 1-Art Studio Space (8)</p>	<p><b>29</b> 9-Shuffleboard (9) 9:30 Billiards (8) 10:30 Balance/Tone/Stretch (14) 1:00 Diabetes Prevention (5) 1:00 CCRC 101 (3)</p>	<p><b>30</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 1:00 Icebreaker Social (6)</p>	<p><b>31</b> 9:15-Billiards Home vs Arb. Square (8) 9:30 Functional Fitness &amp; Balance(14) 10:30 Release &amp; Restore Yoga (14) 12:30 Mahjong (9)</p>	<p><b>Schedule Announcements:</b> <b>Generations will be closed on Friday, July 3.</b></p>

# FITNESS OFFERINGS

## BALANCE, TONE, & STRETCH: WEDS., 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. Certified Instructor: Jean Tornetta  
Fee: \$4/class or \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

## DANCEFIT: WED., 9:30-10:15AM NO CLASS JULY 1

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. Adaptations are offered for those who need more or less of a challenge. 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.

## FUNCTIONAL FITNESS & BALANCE FRIDAYS, 9:30AM

Join certified instructor Sue Wolfe for a new fitness program focused on balance and toning with the aim of helping you remain as independent as possible. Classes feature a warm-up with gentle movements and static stretches, strength training targeting various muscle groups, optional cardio burst that can be performed seated or standing, and balance training (seated modifications available). A cool down period with static stretches helps the body recover.  
Fee: \$4/class or \$20/6 class discount card that never expires. No need to pre-register. Sign in and pay at front desk upon arrival.

## 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, 9:30 - 10:15

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

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

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

## PLEASE NOTE:

- Class fees vary based on instructor fees and typical class attendance. Some of our punch card prices changed effective 1/20/26. We will honor all previously purchased punch cards until all punches are used.
- 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](http://www.generationsofiv.org) for important announcements and last-minute changes.

## RELEASE & RESTORE YOGA: FRIDAYS AT 10:30AM

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 \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

## RHYTHMFIT SERIES: TUESDAYS AT 10:30AM, CURRENT SERIES RUNS THROUGH AUGUST 11

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 drumsticks, 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, 10:30AM

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: \$4/class or \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

## FITNESS VIDEOS:

Recorded videos of our classes are offered on our website. To access the videos, visit our website: [www.generationsofiv.org](http://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](mailto: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 the payment deadline listed, if you cancel for any reason, your money will not be refunded unless there is a replacement traveler. If payment has not been made by this date, you forfeit your reservation, and we will offer the seat to someone else. 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.

## TRIP DAY INFORMATION:

- All trips depart from 259 N. Second St., Souderton unless otherwise specified.
- 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 listing indicates a new trip.
- Please be prompt and arrive 15-20 minutes early. Our bus will only wait five minutes after the scheduled departure time for latecomers.



# GET ON BOARD FOR TRIP OPENING

If you're unable to secure a spot for a desired trip, don't give up! Even if a trip has a long waiting list, we will continue to do our best to plan an additional trip. *Most* participants who add their names to a 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).

Please refrain from directing unkind behavior toward our staff and volunteers who are doing their best to accommodate everyone's requests fairly. 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

## ARSENIC AND OLD LACE, CANDLELIGHT DINNER THEATRE, DE. SUNDAY, JUNE 7

Mix in a dollop of Teddy Roosevelt, a dash of Albert Einstein, and stir with an assortment of quirky characters and you get a lethal cocktail of murder, mayhem, and laughter.

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

**Departs: 11:30am Returns: 6:30pm**  
**Trip Opened: May 6 Payment Deadline: May 7**

## HARD ROCK CASINO, ATLANTIC CITY, NJ TUESDAY, JUNE 9

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 a valid photo ID.

**Cost: \$20 includes ride on our bus. Lunch is on your own.**

**Departs: 10:00am Returns: 7:00pm**  
**Trip Opened: May 6 Payment Deadline: May 15**



## PHILADELPHIA'S SIGNATURE LUNCH CRUISE THURSDAY, JUNE 11

Enjoy a delicious, chef-prepared buffet and gorgeous views of Philadelphia's spectacular architecture. You'll marvel at famed city landmarks from the climate-controlled interior and open air-roof decks.

**Cost: \$120 includes ride on our bus, lunch, taxes and gratuity.**

**Departs: 9:30am Returns: 4:00pm**  
**Trip Opened: May 6 Payment Deadline: May 8**



# DAY TRIPS CONT'D NEXT PAGE

# NEW TRIPS

## HIAWATHA & LE JEUNE CHEF, WILLIAMSPORT



FRIDAY, JUNE 19

We enjoy a three-course meal at Le Jeune Chef Restaurant followed by a relaxing paddleboat cruise on the Susquehanna River.

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

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

**Trip Opened: May 7**

**Payment Deadline: May 13**

## READING TERMINAL MARKET, FOOD TOUR, PHILADELPHIA



WEDNESDAY, JUNE 24

This guided 45 minute walking tour kicks off with a tasty snack from a local favorite and continues through the vibrant aisles filled with mouthwatering aromas. Free time to explore and eat after the tour. Tour includes \$20 food voucher to be used anywhere in the market.

**Cost: \$65 includes ride on our bus, and tour and lunch voucher.**

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

**Trip Opened: May 7**

**Payment Deadline: May 20**

## MARY POPPINS, DUTCH APPLE\* WEDNESDAY, JULY 8

Everyone's favorite nanny is back! Adventure abounds as you get whisked away to meet dancing chimney sweeps and an array of colorful characters in this beloved musical. Hear classics like "Supercalifragilisticexpialidocious", "A Spoonful of Sugar," and "Chim Chim Cherr-ee."

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

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

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

**Payment Deadline: June 8**

## BARTRAM'S GARDEN,\* PHILADELPHIA



FRIDAY, JULY 10

Take a self-guided tour of America's first botanical garden and the Bartram family home. Enjoy a boxed lunch on your own, which you can enjoy inside the pavilion or outside.



Please make your lunch choice at registration. Rain Date: Jul 13

**Cost: \$25 includes ride on our bus and boxed lunch. Gardens are free.**

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

**Trip Opens: June 4 @ 3pm by phone only ^**

**Payment Deadline: June 26**

## ANNIE,\* CANDLELIGHT THEATRE SUNDAY, JULY 19

Little orphan Annie charms everyone's hearts as she attempts to find the parents who abandoned her years ago on the doorstep of a New York City orphanage. Based on the popular comic strip by Harold Gray, Annie has become a worldwide phenomenon and was the winner of seven Tony Awards, including Best Musical.

**Cost: \$100 includes ride on our bus, lunch and show.**

**Departs:11:30am Returns:6:30pm**

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

**Payment Deadline: June 12**

## NED & NANCY SEE AMERICA,\* BIRD-IN-HAND, LANCASTER WEDNESDAY, JULY 22

A brand-new RV. A cross-country itinerary. A couple married 40 years. What could go wrong? A celebratory cross-country road trip turns into a comedy of errors with many twists and turns! Ned and Nancy end up seeing more of America than postcards could begin to describe. We will enjoy a smorgasbord lunch before the show.

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

**Departs:9:15am Returns:5:30pm**

**Trip Opens: June 4 @ 3pm by phone only ^**

**Payment Deadline: June 15**

**^ 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 & DATE	REGISTRATION BY PHONE @3pm	\$\$\$\$ DUE
Mary Poppins July 8 Annie July 19 Teaberry's Tea Room July 27	Wed., June 3 @ 3:00pm: 215-723-5841	\$100 June 8 \$100 June 12 \$105 June 10
Bartram's Garden July 10 Ned & Nancy See America July 22 Longwood Gardens July 23	Thursday, June 4 @ 3:00pm: 215-723-5841	\$25 June 26 \$90 June 15 \$45 June 19
Ben & Rose Concert August 2 Enchanted August 4 School of Rock August 6 Adventure Aquarium August 13	Thursday, July 2 @ 3:00pm: 215-723-5841	\$85 July 3 \$95 July 6 \$100 July 6 \$50 July 10
Hard Rock Casino August 17 Pretty Woman August 21 Lancaster Shopping August 25	Monday, July 6 @ 3:00pm: 215-723-5841	\$20 July 17 \$100 July 17 \$20 July 24

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



**LONGWOOD GARDENS,\*  
KENNETT SQUARE**

**THURSDAY, JULY 23**

Visit this world-class horticultural display garden in Kennett Square, covering over 1,100 acres with more than 10,000 plant species. It features extensive indoor conservatories and outdoor gardens including meadows, woodlands, and a renowned fountain show. Free time to explore and eat lunch on your own in one of the three eateries on site.

**Cost: \$45 includes ride on our bus and admission to the gardens. Lunch is on your own. Departs:9:45am Returns:4:00pm Trip Opens: June 4 @ 3pm by phone only ^ Payment Deadline: June 19**

**TEABERRY'S TEA ROOM,\*  
FLEMINGTON, NJ**

**MONDAY, JULY 27**

We will enjoy an afternoon tea service in the English tradition. This includes soup or salad, tea sandwiches, scone with lemon curd, clotted cream and preserves, and bite-sized desserts and your pot of tea in a charming home.

**Cost: \$105 includes ride on our bus, lunch, taxes and gratuity. Departs:10:45am Returns:3:00pm Trip Opens: June 3 @ 3pm by phone only ^ Payment Deadline: June 10**

**BEN & ROSE WITH CONRAD FISHER CONCERT,\* AMT**

**SUNDAY, AUGUST 2**

Ben & Rose are more than just a duo – They are a harmony born of Lancaster County's Plain Community where tradition, faith, and family shape every note. Their music carries the quiet strength of country roads and the timeless beauty of rural life, weaving humility and heart into every song. Blending country, folk, and gospel, Ben & Rose create music that is both tender and timeless. We will enjoy lunch at Hershey Farms before the show.



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

**Departs:10:00am Returns:7:00pm Trip Opens: July 2 @ 3pm by phone only ^ Payment Deadline: July 3**

**ENCHANTED, MAGIC & WONDER DINNER THEATER,\* LANCASTER**

**TUESDAY, AUGUST 4**

Enchanted is an invitation into the extraordinary where every artifact holds a secret and every illusion becomes a doorway to another world. Filled with jaw-dropping effects and immersive storytelling, this unforgettable journey will transport guests out of reality and into the unimaginable!

**Cost: \$95 includes ride on our bus, show, lunch, taxes and gratuity. Departs:9:30am Returns:5:45pm Trip Opens: July 2 @ 3pm by phone only ^ Payment Deadline: July 6**

**SCHOOL OF ROCK,\* PINES DINNER THEATRE**

**THURSDAY, AUGUST 6**

Andrew Lloyd Webber's School of Rock – The Musical is a two-hour, two-act show based on the hit movie. The story follows Dewey Finn, a failed, wannabe rock star who decides to earn an extra bit of cash by posing as a substitute teacher at a prestigious prep school. There he turns a class of straight-A pupils into a guitar-shredding, bass-slapping, mind-blowing rock band.

**Cost: \$100 includes ride on our bus, show, lunch, taxes and gratuity. Departs:10:45am Returns:4:30pm Trip Opens: July 2 @ 3pm by phone only ^ Payment Deadline: July 6**

**ADVENTURE AQUARIUM,\***

**THURSDAY, AUGUST 13**

Adventure Aquarium in Camden has two million gallons of water with over 7,000



species of fish. Lunch on your own at an eatery on site.

**Cost: \$50 includes ride on our bus and entrance to the aquarium. Lunch on your own. Departs:9:30am Returns:3:00pm Trip Opens: July 2 @ 3pm by phone only ^ Payment Deadline: July 10**

**PRETTY WOMAN,\* DUTCH APPLE, LANCASTER**

**FRIDAY, AUGUST 21**

If you love the movie, you'll love the musical! This modern Cinderella tale follows a business man who hires an escort to spend the weekend with him. As the weekend unfolds, the two embark on an unexpected journey of self-discovery and find true love along the way. PG13

**Cost: \$100 includes ride on our bus, show, lunch, taxes and gratuity. Departs:9:30am Returns:5:30pm Trip Opens: July 6 @ 3pm by phone only ^ Payment Deadline: July 17**

**LANCASTER SHOPPING,\* BIRD-IN-HAND**

**TUESDAY, AUGUST 25**

We will begin at Emma's Popcorn and then head to Lapp's Store. Next, we will stop at Kitchen Kettle Village for shopping and lunch on your own in the village or at the "Kling House" next door. Lastly, we will stop at Kauffman's Orchard to feed the animals and pick some fruit if you choose.

**Cost: \$20 includes ride on our bus. Shopping and lunch is on your own. Departs:9:00am Returns:5:00pm Trip Opens: July 6 @ 3pm by phone only ^ Payment Deadline: July 24**



# 2026 & 2027 OVERNIGHT TRIPS

SHOWTIME IN THE SMOKIES: SEPTEMBER 8 - 13, 2026 CANCELLED

BILTMORE'S CANDLELIGHT CHRISTMAS: DECEMBER 7 - 11, 2026



Motorcoach Transportation; Biltmore Estate Tours: Daylight, Antler Hill Village & Biltmore Winery, Candlelight Christmas Dinner, Candlelight Evening Tour; Asheville Museum of History; Brethren & Mennonite Heritage Center; Local Guide Service in Asheville; Four Nights Lodging; Four Breakfasts; Two Dinners; Luggage Handling (as available); plus Driver Gratuity. Cost: \$1599 double or \$1949 single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Full payment due 9/1/26. Contact Robert Brecker for more information or for reservations: 484-446-2369 or [travel@somuchtoseatravel](mailto:travel@somuchtoseatravel)

OUTER BANKS NORTH CAROLINA: SEPTEMBER 13 - 17, 2027

Motorcoach Transportation; Four Nights of Lodging in Oceanfront Room; Four Hotel Breakfasts; One Box Lunch; Four Dinners; Guided Touring of OBX with Local Guide; Wright Brothers National Park and Monument; Shopping at the Village of Manteo; Manteo Harbor Lighthouse; Festival Park Living History Museum; Cape Hatteras National Seashore; Bodie Island Lighthouse; Johnny Dolphin Cruise; All Taxes and Tips; Hotel Luggage Handling; Umbrella & Chairs Provided. Cost: \$1739 per person double or \$2,559 single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Contact Robert Brecker for more information or for reservations: 484-446-2369 [travel@somuchtoseatravel](mailto:travel@somuchtoseatravel) or call Lisa at Generations: (215) 723-5841.



OGLEBAY RESORT FESTIVAL OF LIGHTS: DECEMBER 7 - 9, 2027



Motorcoach Transportation; Two Nights of Lodging; Two Hotel Breakfasts; Two Dinners; Glass Museum at Oglebay; Schrader Environmental Center; Wheeling City Centre Market; Winter Fantasy at the Good Zoo; Oglebay's Festival of Lights; Oglebay Mansion Museum; All taxes and Tips; Hotel Luggage Handling. Cost: \$840.00 per person Double or \$970.00 Single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Contact Robert Brecker for more information or for reservations: 484-446-2369 [travel@somuchtoseatravel](mailto:travel@somuchtoseatravel) or call Lisa at Generations: (215) 723-5841.

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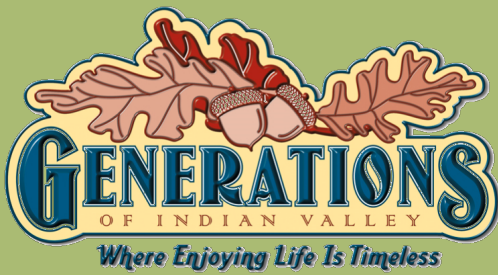
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**WE'RE HERE:**  
MONDAY-FRIDAY, 9:00AM-4:00PM, \*  
EVENINGS & WEEKENDS AS SCHEDULED

\*SEE P. 10 - 13 FOR IMPORTANT SCHEDULING ANNOUNCEMENTS.

**CONTACT US:**

MAIN NUMBER: (215) 723-5841  
SOCIAL SERVICES: (215) 723-1930  
MEALS ON WHEELS: (215) 723-8555  
RENTAL INQUIRIES (LINDA): 215-518-7218

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**YES CHEF!!**

WE SAID A THANKFUL "SEE YOU LATER" TO CHEF BETH IN APRIL. BETH IS MOVING ON TO LEND HER TALENTS AND PROFESSIONAL SKILLS TO ANOTHER ORGANIZATION. WE ARE SO GRATEFUL FOR HER MANY YEARS OF SERVICE TO

OUR NUTRITION AND CULINARY PROGRAMS AT GENERATIONS AND WE WILL MISS HER BEAUTIFUL SMILE. JOIN US AS WE CONGRATULATE OUR OWN CHRISTINE HAWKINS WHO HAS SMOOTHLY TRANSITIONED INTO THE ROLE OF EXECUTIVE CHEF AT GENERATIONS!

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