

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 Happy Birthday! 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: 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 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!

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2026 / JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>		<p>1 Scenes from an Italian Restaurant Billy Joel Tribute Lunch Special Event/Meal Price see p. 1</p>	<p>2 Pulled pork w/ Mango Salsa; Sweet Potato Fries; Green Salad</p>	<p>3 Generations Closed Independence Day Holiday</p>
<p>6 Chicken Parm.; Caesar Salad; Garlic Knot</p>	<p>7 Beer Batter Fish on Brioche; Waffle Fries; Coleslaw</p>	<p>8 Lemon Orzo Salad with Shrimp, Dill and Tomatoes; Rosemary Focaccia</p>	<p>9 Monte Cristo with Maple Syrup; Mixed Greens Salad</p>	<p>10 Honey Chicken on a Biscuit; Cole Slaw; Fruit</p>
<p>13 Sausage and Hash Brown Frittata; Salad</p>	<p>14 Beef Taco Quesadilla with Avocado Crema; Ranch Caesar Salad</p>	<p>15 Happy Birthday! Chicago Style Hot Dog; Baked Beans; Broccoli Salad</p>	<p>16 Garlic Bread Meatball Boat; Garden Salad; Fruit</p>	<p>17 Sloppy Joe on Onion Roll; Corn Chips; Fresh Fruit</p>
<p>20 Baked Shells; Caesar Salad; Ciabatta Roll</p>	<p>21 Christine's Famous Chicken Salad over Greens with a Tomato Slice; Ciabatta Roll</p>	<p>22 Cheesesteak Flatbread w/Onions Mushrooms, & Ketchup; Caesar Salad</p>	<p>23 Turkey Stuffed Peppers; Salad; Whole Wheat Roll</p>	<p>24 Chicken Pot Pie; Salad</p>
<p>27 Chicago Style Hot Dog; Baked Beans; Broccoli Salad</p>	<p>28 Pulled pork w/ Mango Salsa; Sweet Potato Fries; Green Salad</p>	<p>29 Pineapple Glazed Salmon; Coconut Lime Rice; Green Vegetable</p>	<p>30 Chef's Salad (Ham, Turkey, Swiss, Hard Boiled Egg); Roll; Melon</p>	<p>31 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>The number after the program listing indicates on which page of the newsletter more info. can be found.</p>					
<p>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.</p>					
		<p>1 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>2 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>3 Generations Closed Independence Day Holiday</p>	<p>4  5</p>
<p>6 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>7 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (9) 10-Walk with Ease (3) 10:30 Rhythmit (14) Haircuts by Appt. (12) 1:00 Mental Wellness & Self Care (5) 1:00 Figure Drawing(3)</p>	<p>8 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>9 9:30 AARP Safe Driving Full Course 1 of 2 (5) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10- Fun & Games (8) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 3:30 Board Meeting</p>	<p>10 9:15 Billiards Home Arb. Square (8) 9:30 AARP Safe Driving Full Course 2 of 2 (5) 9:30 Functional Fitness & Balance(14) 10:00 Bartram's Gardens Trip (16) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9) 7:00 Community Dance (8)</p>	<p>11 12</p>
<p>13 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>14 9:15 Billiards Home vs Shannondell (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (9) 10-Walk with Ease (3) 10:30 Rhythmit (14) 1:00 Bingo (8) 1-Art Studio Space (8)</p>	<p>15 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>16 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>17 10-Billiards Home vs Schoolhouse Ctr.(8) 9:30 Functional Fitness & Balance(14) 10:00 Name That Tune (6) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9) 12:45 Digital Literacy with Alan: Potpourri Q & A (6)</p>	<p>18 19 11:30 Annie at Candlelight Theater Trip (16)</p>
<p>20 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>21 9:15 Billiards Home vs Pennridge (8) 9:15 Newsletter Mailing (9) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & 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>22 9:15 Ned & 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 & Tasting (4) 1:00 Diabetes Prevention (5)</p>	<p>23 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:45 Longwood Gardens Trip (16) 10- Fun & Games (8) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 1:00 Book Club: <i>Mudbound</i> (6)</p>	<p>24 9:00-Billiards Away vs Shannondell (8) 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9) 1:00 Music Bingo (5)</p>	<p>25 26</p>
<p>27 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>28 9:00 Billiards Away vs Ben Wilson (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (9) 10:30 Rhythmit (14) 1:00 Bingo (8) 1-Art Studio Space (8)</p>	<p>29 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>30 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>31 9:15-Billiards Home vs Arb. Square (8) 9:30 Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9)</p>	<p>Schedule Announcements: Generations will be closed on Friday, July 3.</p>