


LUNCH MENU

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

2025 / MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org			1 Chef's Salad (ham, romaine, turkey, Swiss, HB egg) with Creamy Parm. Peppercorn Dressing; Wheat Roll	2 Pulled Pork Over Sweet Potato with Peach Salsa, Green Salad
5 Ham, Broccoli and Cheddar Stuffed Potatoes; Fresh Fruit	6 BBQ Chicken "Totchos" with Tots, Chicken, Cheddar, & Green Onions; South-west Garden Salad	7 Cheesesteak Flatbread w/ Arugula, Tomato & Mozz.; Caprese Salad	8 Pasta Primavera Tortellini w/ Chicken & Creamy Alfredo Sauce; Green Salad; Garlic Knot	9 Christine's Famous Chicken Salad on Greens & Tomato with Raisin Walnut Bread Fresh Fruit
12 Baked Haddock w/ Roasted Tomato Basil Sauce; Wild Rice; Green; Veggie	13 Monte Cristo with Maple Syrup; Mixed Greens Salad with Lemon Vinaigrette; Fresh Berries	14 Special Event - Volunteer Picnic (No Noon Meal) See. p. 1	15 Pierogie Pie with Caramelized Onions, Sour Cream Drizzle; Green Onion; Apple Sauce	16 French Onion Beef Sliders; Roasted Sweet Potato Fries; Broccoli Salad
19 Taco Salad with Roasted Corn, Cheddar, BlackBeans, Salsa & Avocado Cream Dressing	20 Chicken Parmesan; Green Salad	21 Happy Birthday! Stuffed Peppers with Turkey Sausage, Brown Rice, Tomato Sauce, & Cheddar; Green Salad	22 Greek Salmon w/ Tatziki, Lemon Dill Orzo Salad; Green Beans	23 Sun-dried Tomato, Spinach & Mozzarella Quiche; Fresh Fruit
26 Generations Closed 	27 Meatball and Mozz. Parmesan Sub; Italian Pasta Salad	28 Pulled Pork Over Sweet Potato w/ Peach Salsa, Green Salad	29 Garlic Bread Grilled Cheese; Tomato Soup; Fresh Fruit	30 Eggplant Parmesan, Caesar Salad

GROUP ACUPUNCTURE FOR PAIN RELIEF:
WEDS., 1:00PM IN APRIL & FRIDAYS, 1:00PM MAY 9 - JUNE 6
 B.J. Putnam, DAc, offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Call 215-723-5841 to register. Pick up payment ticket at the front desk before class.

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>

BLOOD PRESSURE SCREENINGS:
MONDAYS, APR. 21 & MAY 19, 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.

COMING SOON: 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. To come in the June/July issue. Registration opens May 20.

NEW! ATTENTUS HEARING CARE:
WEDNESDAYS, APRIL 2 & MAY 7, BY APPOINTMENT
 Audiologist Dr. Abby Holauchock offers free hearing screenings, hearing aid cleanings, and ear wax checks at Generations. **To schedule your free screening, please call or text 267- 669-1345.** Additional services available for a fee: ear wax removal and hearing aid repairs. Full evaluations and consultations are also available at Generations or in your home.