

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.

TURN! TURN! TURN!

"To everything (turn, turn, turn), there is a season (turn, turn, turn)

And a time to every purpose, under heaven.

A time to be born; A time to die; A time to plant; A time to reap;

A time to kill; A time to heal; A time to laugh; A time to weep;

A time to build up; A time to break down; A time to dance; A time to mourn;

A time to cast away stones; A time to gather stones together;

A time of love; A time of hate; A time of war; A time of peace;

A time you may embrace; A time to refrain from embracing;

A time to gain; A time to lose; A time to rend, A time to sew;

A time for love, a time for hate; A time for peace; I swear it's not too late

To everything (turn, turn, turn), there is a season (turn, turn, turn)

And a time to every purpose, under heaven."

I've been trying to take more walks lately. Maybe it's the global pandemic; maybe it's the growing aches and pains; maybe it's the appreciation of the walkable community, but for some reason, I've never felt so compelled to practice what I always preach to seniors and start pounding the pavement myself.

My new favorite walking song is "Turn, Turn, Turn" by the Byrds. It's a song I've always enjoyed but never fully appreciated until the past few months. In addition to the invigorating and lively tune of this song, the lyrics (from the first eight verses of the third chapter of the biblical Book of Ecclesiastes) really seem to help me clear my head. The song and its lyrics have a timeless relevance because they're appropriate for just about every life event or situation.

But I think now, more than ever, this song really speaks to me. During the past 18

months, like many people I know, I seem to have experienced every single "time" the lyrics mention. When paired with regular walks, this tune has helped me process the many emotions between which I've been oscillating these past 18 months. And while I do know there is "a time to every purpose under heaven," I'm not sure that as humans we were meant to experience them all at once!

At Generations, we have also "felt it all" in recent months. We've felt the stability and comfort of knowing our place as a trusted community organization right alongside the fear and anxiety of the unknown (will we ever reopen????).

We have seen our building broken down to the studs and built up to beauty during our exciting remodeling process.

We have laughed with you trying to figure out creative (and virtual) ways to come together, and we have wept with you over

the loss, grief, and isolation we have collectively experienced due to the far-reaching and real effects of the events of 2020.

Most sadly, we have mourned the loss of many friends during a time when we had to refrain from embracing. We won't forget all that we've experienced to get where we are today. But it sure does feel good to know that "a time we may embrace" seems to be coming closer into view (even if we still have to do it with masks on).

Just like we, as individuals, must learn to "turn, turn, turn" with the times of life, our organization must do the same. Since our reopening, we have been thrilled to welcome old friends back to our Center again. Our doors are open and word must be spreading because we've also been happy to see many *new* participants and volunteers joining our active community. We look forward to seeing what purpose this new season will bring.

~Amy Stover, Program Coordinator

CONTENTS

| | |
|----------------------------------|-----------|
| Who We Are | p. 2 |
| COVID 19 Safety Info. | p. 3 |
| Special Announcements & Programs | p. 2-6 |
| Social Service & Volunteering | p. 7 |
| Recreational Offerings | p. 8, 9 |
| Lunch Menu & Calendar | p. 10, 11 |
| Health, Wellness & Spa | p. 12, 13 |
| Travel | p. 14-17 |
| Hours & Contact | p. 20 |

Visit Our Website: For the most up to date program information and announcements please visit 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
Chad Bickert,
Kitchen Coordinator
Emily Filice,
Social Services Coordinator
Bryan Finnemeyer, Housekeeping
Kim Hendricks,
MOW Coordinator (North Penn)
Beth Knize, Kitchen Coordinator
Lexi Little, Kitchen Assistant
Pat McQue,
MOW Coordinator (Indian Valley)
Stephanie Radcliff,
Member Services Coordinator
Esther Stoudt, Rental Coordinator
Amy Stover, ADC,
Program Coordinator
Milt Stover,
Maintenance Coordinator

BOARD OF DIRECTORS

M. Theresa Fosko, Chair
Joanne Kline, Vice Chair
Ron Hallman, Secretary
Timothy Swartley, Treasurer
Linda Abram
Kristyn DiDominick
John H. Filice
Brian K. Goshow
D. Scott Landis
Alexandra Metricarti
Rebecca Nice, D.O.
Ella M. Roush



Generations of Indian Valley is a 501(c)3 non-profit community center serving active senior adults in Souderton, Telford, Franconia, and the surrounding communities with programs in wellness, nutrition, social services, recreation, travel, and more.

Generations' Meals on Wheels program serves the Indian Valley and North Penn areas.

Generations of Indian Valley is funded, in part, under contract with Aging and Adult Services of Montgomery County.

Additional funding is provided by the United Way, foundation grants, municipal

support, fundraising projects, and individual and corporate contributions.

We suggest, but do not require, 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.

THANKSGIVING PIE FUNDRAISER

Make Thanksgiving entertaining as easy as pie and support Generations! All six varieties of pies are 9", cost \$14.00 each, and must be prepaid.

Please return all order(s) and prepayment by Wed., Nov. 17th.

Pies will be available for pickup at Generations on Wed., Nov. 24, from 10am-1pm only. To order: pick up a paper order form and return to Generations OR print one online and return to Generations OR order and pay on our website: www.generationsofiv.org.

WASTE NOT

Many of you participate in our daily noontime meal program, and we love serving as many meals as possible. But did you realize that when someone makes a reservation for lunch but doesn't attend to eat that meal, Generations has to cover the cost of that uneaten meal? It might seem like a small amount of waste, but over the course of a year, those missed meals add up to a lot of food!

Our meals are all prepared at Generations. We order the items needed to make these meals based on the number of

people signed up for that meal. If 100 people have signed up, we need to order enough food to feed 100 people. But if some of those people don't show up every day, an unfortunate number of meals go wasted.

That's why we've revised the sign-up system that we use for noon meals. By signing up for meals when you check in, those meal counts can be shared directly with our kitchen staff and shared directly to the reports that we submit to Montgomery County each month. It may take a time or two to learn the new sign-up procedure, but our front desk staff and volunteers will be happy to assist you as you learn this new method. See more about our new system on p. 10.



VISIT OUR WEBSITE OFTEN FOR THE MOST UP-TO-DATE INFORMATION ON PROGRAMS AND SCHEDULES: WWW.GENERATIONSOFIGV.ORG

HEALTH & SAFETY

As we plan to reopen even more in-person programs at Generations, we also are aware that the spread of COVID-19 in Montgomery county is increasing. In order for us to continue our process of reopening, it is imperative that our participants follow our masking guidelines (regardless of vaccination status) and all other guidelines that are provided by the Montgomery County Office of Public Health. Your willingness to follow these guidelines helps us stay open.

If you are experiencing symptoms of COVID-19, please stay home. If you have a known exposure or a diagnosis of COVID-19 please contact your healthcare provider for guidance, testing, any necessary quarantine procedures, and treatment.

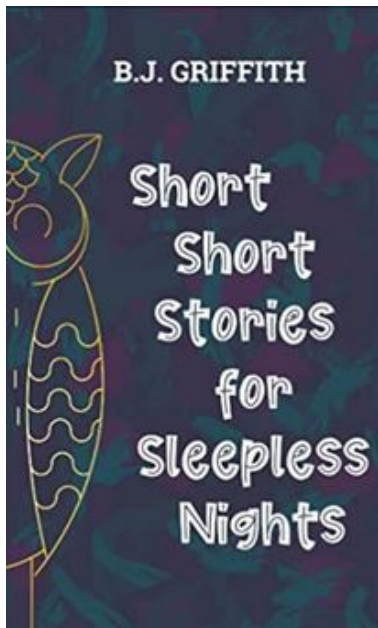
Although we are excited to be reopening and welcoming people back, guidance from the health department can change quickly, so please check our website for program updates and announcements: www.generationsofigv.org.



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

MASKS ARE REQUIRED inside our building until further notice. Your cooperation will help us to remain open.

COVID-19 VACCINES are strongly encouraged, but we will not ask about your vaccination status.



MEET THE AUTHOR/BOOK CLUB THUR., NOV. 18., 10:00AM

Meet author (and Generations Participant) Bev Griffith for a book discussion. Enjoy Short Short Stories for Sleepless Nights, Bev's collection of 14 provocative tales that reveal the quirky and humorous elements that make people tick. In these

short, short stories, you'll meet ordinary people who discover the extraordinary as they deal with the struggles of everyday life in the most unexpected ways.

Read the book on your own, then join us for a discussion of the book and the writing process. Hear a preview selection read aloud from Bev's not-yet-published sequel called More Short Short Stories for Sleepless Nights.

The program is free, however, you will need to either purchase or borrow a copy of the book to read before the discussion. You may purchase the book through Generations for \$8 OR from [amazon.com](https://www.amazon.com) for \$8.93 plus shipping OR \$2.35 for Kindle. We also have a limited number of copies available for lending (free) from Generations.

Registration is required. To register, stop by our front desk or call 215-723-5841.

THE LIBERTY BELL TRAIL IN OUR BACKYARD FRI., NOV. 12, 11:00AM

Eight area municipalities including Telford, Souderton, and Hatfield Boroughs as well as Franconia Township, are working with consultant Michael Baker International, the PA Environmental Council, and the Partnership TMA to conduct a trail feasibility study for the development and expansion of the Liberty Bell Trail. The historic Liberty Bell Trail in North Penn and Indian Valley (a multi-use trail proposed for walking and biking) will link residents and visitors alike to downtown centers; residential neighborhoods; parks, libraries, and schools; natural areas and open spaces; transportation hubs; and

much, much more. Come join representatives from the Liberty Bell Trail Committee to learn how you can share your feedback with municipal officials and trail planners. Share your thoughts and have questions answered about what the trail could look like right here in our community.

This free program is offered both in-person and virtually. Registration is required. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom meeting, visit our website www.generationsofiv.org and click on the virtual program offerings under "upcoming events."

DIABETES UPDATE 2021: MON., NOV. 15, 10:00AM

Diabetes is a national epidemic and affects millions of Americans. Many people have undiagnosed Diabetes!

Join Jane Cero, RN, BSN, Chronic Care Management

Nurse, to learn how to minimize your risk of developing diabetes. Tips to maximize health and manage diabetes will also be shared.

This free, informational

presentation is offered virtually via Zoom. To register for the virtual Zoom meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events."

"OUR VOLUNTEERS ARE STARS"

CONCERT EVENT FRI., NOV. 19, 6:00PM



Our volunteers are stars! So we're rolling out the red carpet to give them the star studded treatment this month at a fantastic private concert event right here at Generations.

Enjoy an evening of music from Broadway and beyond with two Souderton locals! Join mother-daughter duo Teresa Washam and Jackie Washam-Cekovsky as they sing some of your favorite Broadway, movie, and popular hits accompanied on piano by Teresa's sister Kathy Delozier.

Teresa recently retired after 22 years as the choir director at Souderton High School. She was also a

professional chorister with Philadelphia Singers performing throughout the Philadelphia area and in the Kimmel Center with the Philadelphia Orchestra. Highlights include performing in a chorus with Barbra Streisand at Madison Square Garden and with Andrea Bocelli at the Wells Fargo Center. Teresa has also performed in numerous operas with Opera Philadelphia performing at the Academy of Music.

Jackie moved back to the area after spending 12 years living and performing in NYC and all over the country in shows that include Camelot, My Fair Lady, and Fame.

She has performed concerts at NYC venues including Town Hall and 54 Below and can be heard in the podcast "Take A Ten" musicals. Most recently she performed in Montgomery Theater's productions of Sisters of Swing and Christmas of Swing as Maxene Andrews. Jackie is a private voice and piano teacher and a mom to three wonderful girls.

Kathy is a retired music teacher from western PA who keeps busy teaching piano students, playing the organ at church, and accompanying for local musical theater productions.

Registration is required for this "Our Volunteers are Stars" Concert Event. Admission includes personal-sized take-home charcuterie board & bottle of wine plus a gourmet dessert. Volunteers who have donated time in the past two years at Generations will receive the star treatment and "swag" (plus our unending gratefulness) for free! Generations participants, guests, and friends are also welcome but must pay an admission fee (\$25 each). To register, please stop by or call the Generations front desk: 215-723-5841.

Masks are required indoors at Generations until further notice. See p. 3 for Health & Safety information.



VETERANS receive a free blueberry muffin and coffee in our Cafe on Thursday, November 11 from 10am-1pm. Thank you for your service!



SASD COMMUNITY EDUCATION
The Fall 2021 session continues to be open for registration. Brochures are available online at www.soudertonsd.org/community/education



PIE FUNDRAISER
Make Thanksgiving entertaining as easy as pie and support Generations! Pie orders due Nov. 17. Pie pick up Nov. 24. More info. on p. 2

NEWS & NOTES:

AMAZON SMILE

If you shop on Amazon, you can help us out! Just visit [smile/amazon.com](https://www.amazon.com/smile/) and log in to your account. Once signed in to AmazonSmile, you will be prompted to pick a charity. Search for "Senior Adult Activity Center of Indian Valley" and select it as your charity. Moving forward, if you use the [smile/amazon.com](https://www.amazon.com/smile/) website to shop, Generations will receive a donation for each purchase.

SO HOW ARE YOU?

Socializing is one of our specialties! While there is currently no "dine-in" option in our Cafe or Community Room, we still welcome you to come, have a seat, and chat with friends after classes or before you pick up your take-out meals. . . or any time for that matter. We just ask that (at least for now) you keep your mask on while you're chatting.

NAIL ART APPOINTMENTS NOV. 2 & NOV. 24

Join volunteer Shannon for a FREE Nail Art appointment. You will love getting pampered with a hand soak and massage followed by nail filing and painting. (Sorry no nail cutting.) Enjoy a more traditional look or opt for one of her beautifully intricate nail designs and accents. To schedule your free appointment visit our front desk or call 215-723-5841.

SPECIAL PROGRAMS

BEHIND THE KITCHEN COUNTER WITH CHAD

WEDNESDAY, NOV. 10, 1:30PM

Join our own Chef Chad for a cooking demo from the Generations Cafe! Hear pro cooking tips as Chad prepares comfort dishes for your fall festivities. He'll bake a homemade turkey pot pie and stir up a pumpkin mousse. Connect with us for an entertaining afternoon of cooking and creativity. Free program. Attendees will be given a "take & bake" meal of Chad's creation (a suggested donation of \$5 per meal is appreciated. We will contact virtual participants with pick up information shortly after the program). This program is offered both in-person and virtually. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events."

TRIVIA TIME

WEDNESDAY, NOV. 24, 10:30AM

Team up with your friends for a fun morning of Q & A ranging from topics like Thanksgiving, music, pop culture, history and more. This program is offered both virtually and in-person. Registration is required. To register for the in-person option, visit our front desk or call 215-723-5841. To register for the virtual Zoom meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events."

CHANGES TO MEDICARE

THURSDAY, NOV. 4, 1:00PM

Ed Savitsky, our APPRISE counselor, can help you navigate the Medicare maze. For 2022 coverage, open enrollment will run from October 15, 2021, to December 7, 2021. During the annual enrollment period (AEP) you can make changes to various aspects of your coverage. You can switch from Original Medicare to Medicare Advantage, or vice versa. Come learn what you need to know before you make changes. APPRISE is a free health insurance counseling program for older Pennsylvanians and is open to members of the community. This program is offered both virtually and in-person.

Registration is required. To register for the in-person option, call Social Services: 215-723-1930. To register for the virtual Zoom meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events."

SAVE THE DATE: SOUDERTON CHRISTMAS THROUGH GENERATIONS

FRIDAY, DEC. 10, 4-6PM

Join us for a festive evening out featuring then & now presentations from the Souderton-Telford Historical Society, a train display with scale models of Souderton's most historical buildings, live music to brighten your spirits, wine & cheese, cookies, and hot chocolate (refreshments served outside). Cost: \$25 per person includes a donation to the Souderton-Telford Historical Society. To register, call our front desk at 215-723-5841.

SOCIAL SERVICES

ADULT BEREAVEMENT SUPPORT

2ND TUESDAY, 6:30PM

The Department of Pastoral Care of Abington-Jefferson Health presents this Zoom™ (virtual) group open to the community. Anyone who has experienced the loss of a loved one is welcome to participate. Registration is required for the free program. After you register, you will receive the meeting link by email. A call-in phone number will also be provided. For registration information, contact Amy Stover: astover@generationsofiv.org.

APPRISE MEDICARE/ HEALTH INSURANCE INFO. THURSDAY, DECEMBER 2

Ed Savitsky, our APPRISE counselor, can help you make good health insurance decisions and navigate the Medicare maze. Come learn what you need to know before you make changes. APPRISE is a free health insurance counseling program for older Pennsylvanians and is open to members of the community. Participants must register in advance to schedule an appointment. Call Social Services: 215-723-1930.

OUR SOCIAL SERVICES COORDINATOR

Emily Filice is available Monday-Friday from 9:30-12:30. Stop in during these hours or call ahead to speak with Emily at 215-723-1930 (her job duties sometimes take her outside of the office).

FINANCIAL COUNSELING

3RD WEDNESDAYS,
1:00PM–4:00PM, BY APPT.

A Financial Analyst with Univest Bank, provides a free review of your investments. The Analyst can also assist with creating a budget that works for you, regardless of your assets. Call for an appointment: 215-723-1930.

CAREGIVER'S VIRTUAL SUPPORT FIRST WEDNESDAY, 3:30-5PM

The Muller Institute for Senior Health hosts this support group where members can share information about their own responses to caregiving, helpful resources, and interventions. The group is open to both hands-on and long-distance caregivers; many issues apply to both groups. This free group is open to all; however registration is required. Participants may also use a landline phone. For join information please contact Amy Stover: 215-723-5841/
astover@generationsofiv.org.

LEGAL AID: 3RD THURSDAYS 1:00PM–4:00PM, BY APPT.

Meet with a lawyer to discuss your legal questions or have a will or Power of Attorney prepared. Appointments are limited and book up fast. Call Social Services to schedule: 215-723-1930.

LIHEAP:

The Low-Income Home Energy Assistance Program (LIHEAP) helps qualifying low-income families pay their heating bills. LIHEAP is a grant and does not need to be repaid. For questions or to determine your eligibility, call 215-723-1930.

PROPERTY TAX/RENT REBATES

Older adults and residents with disabilities may apply for rebates of rent and property taxes. Call to find out how: 215-723-1930.

PA STATE REP. OFFICE HOURS 2ND MONDAY, 10:45-12:45

A member of State Rep. Steve Malagari'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 office at 267-768-3671. Appointments are not necessary, but appreciated.

TRANSNET/TRANSPORTATION

We may be able to assist you with transportation to Generations through TransNet's Shared Ride or other services. For questions about eligibility or to schedule appointments for TransNet, call Emily: 215-723-1930.

SOCIAL SERVICE RESOURCES

Our local & regional United Ways have an extensive database of social services available in the region. Anyone can access this information by dialing 211 and talking with an operator or visit www.211sepa.org.

MONTCO VETERANS AFFAIRS

To schedule a phone or in-person appointment, call the Office of Veterans Affairs: 610-278-3285. MontCo. is now providing door-to-door shuttle service to VA medical facilities for any Montgomery County Veteran (and their caretaker). Contact the Veterans Service Officer: 610-278-3285.

REGULARLY SCHEDULED PROGRAMS

The 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 for virtual program participation information.

Masks are required indoors until further notice. Please see additional health & safety guidelines on p.3.

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

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

BINGO (DAY) IN-PERSON:

2ND & 4TH TUESDAYS, 1:00PM (NOTE THE EARLIER TIME)

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. No refreshments served at the break (for now).

BOWLING: WEDNESDAYS, 10:00AM

Enjoy a fun time at Earl Bowl in Earlington with a chance to win a free game. \$3 a game; \$2.00 shoe rental. Meet at Earl Bowl.

BUCKS MONT SENIOR GOLF LEAGUE:

SEE YOU IN SPRING!

The league is open to both men and women, singles or couples, 55 years of age and older of all skill levels. Twin Woods is a very user-friendly, flat, nine-hole course that is enjoyable to walk. Details about the league and the registration form are available online at bucksmontgolf.com, OR Call Twin Woods Golf Course to register: 215-822-9263.

CONVERSATIONS WITH GENERATIONS

TUESDAY, NOVEMBER 16, 11:00AM

Come join an informal conversation with a Generations Staff Member. This month's meeting is hosted by Amy Stover, Program Coordinator, and she will speak about our program offerings at Generations. Any questions or concerns for Amy about these and any other topics relating to Generations are welcome. And so are you! Come join the conversation. Please register by stopping by our front desk or calling 215-723-5841 if you plan to attend.

CHOIR CHIMES: WEDNESDAYS, 10:30AM

The group, led by Dottie Reed, rehearses and performs a varied repertoire on hand chimes and meets September-May. Ringers who can read music are needed! Contact Dottie: 215-721-9070.

CREATIVE WRITING:

2ND & 4TH THURSDAYS, 1:00PM-3:00PM,

Do you like to write? Join our creative writing group. Share your stories, poems, or non-fiction articles. If you are interested in attending the group, please register in advance by calling our front desk at 215-723-5841 so we know if we have enough people to run the group.

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

This session features a serious approach to the game and requires a partner. Registration begins at 12:15. Donation: \$1.00. No refreshments served (for now).

GARDEN CLUB:

This group does gardening around the Center. New volunteers are welcome. Contact Linda Kratz: 215-703-4078

HAND & FOOT CARD GAME:

1ST, 3RD, 5TH WEDNESDAYS, 10:00AM-1:15PM BEGINNING NOVEMBER 3

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.



"WHEN BEING TOGETHER IS MORE IMPORTANT THAN WHAT YOU DO, YOU ARE WITH A FRIEND."

MAHJONG: FRIDAYS, 12:30PM

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

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. This program is now only offered virtually. To join the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events." For questions or concerns, call Marilyn: 215-723-5669.

PAINTING (WATERCOLOR):

TUESDAYS, NOV. 2 - NOV. 30 1:45PM–3:45PM

Class taught by Watercolor Instructor Sally Yates. Bring your own painting supplies if you have them. Class space is limited. Registration and pre-payment is required for our October classes. \$25 for the five week series. To register call our front desk: 215-723-5841.

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

Straight bid, no partner required. No refreshments served (for now). Donation:\$1.50. Please arrive 10-15 minutes early to pay for your game.

RED HAT HAPPENINGS:

The Red Hat Society encourages an emphasis on the positive aspects of life, stressing the importance of friendship and sisterhood and the value of play. Members promote respect for all and the value of good will and good humor. For Red Hat questions or concerns, Contact Linda: 215-450-4986, mooma2cats@gmail.com or via Facebook OR Grace Price: 215-723-4722 priceswrite@verizon.net

SCRABBLE: THURSDAY, NOVEMBER 11, 10:00AM

Join this non-competitive group for a friendly game of skill-sharpening Scrabble sans scoring. Supplies provided. Space is limited. Please register if you plan to attend: 215-723-5841.

SHUFFLEBOARD: SEE YOU IN SPRING!

Join this casual group in the warmer months in Dan Roth Park at 312 Maple Ave in Harleysville (near Encore Experiences), weather permitting. No need to sign up, just show up. \$1 donation.

TECHNOLOGY TIPS: WEDNESDAYS, BY APPOINTMENT

Volunteer Tom can assist you one-to-one with technology concerns relating to your email, phone, tablets, laptops, websites, Zoom™, Facetime, and more. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events." Free service.

VOLUNTEER OPPORTUNITIES

Volunteers are needed to help with prep, baking, packaging for the Café and more. If you are not a morning person, no problem...positions are available throughout the day, and we have a spot for you. Contact Beth: 215-723-5841 if you are interested in a fun and flexible volunteer opportunity.

Volunteers are needed to help make reminder phone calls from home. Must be competent in using email. Contact Amy: 215-723-5841.

Volunteers are needed to deliver Meals on Wheels to the North Penn area on Thursdays and Fridays. Times are approximately 10:45am-12:45pm. Training will be provided. Contact Kim: 215-723-8555.

Volunteers are needed to help seal and label newsletters on Tue., Nov. 16 at 9:15am. Contact Amy: 215-723-5841.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 1 Pulled Pork, Rice & Green Beans | 2 Caesar Chkn Breast, Scalloped Potatoes & Cauliflower | 3 Bratwurst, Kraut & Buttered Noodles | 4 Hot Turkey Sandwich, Peas, Mashed Potatoes | 5 Spaghetti, Meatballs, Asparagus |
| 8 BBQ Chicken, Redskin Potatoes, Cabbage | 9 Stuffed Shells, Garlic Spinach | 10 Cheese Omelet, Hash Browns, Broccoli | 11 Beef Stew, Biscuits, Carrots | 12 Vegetable Lasagne, Cauliflower |
| 15 Bacon Mac & Cheese, Stewed Tomatoes | 16 Meatloaf, Mashed Potatoes, Cauliflower | 17 Happy Birthday! Pork & Sauerkraut, Mashed Potatoes | 18 Chili with Cornbread | 19 Chicken Breast Cutlet, Scalloped Potatoes, Corn |
| 22 Baked Ziti, Sausage, Asparagus | 23 Egg/Potato Casserole, Mixed Vegetables | 24 Turkey with Cranberries, Stuffing, Glazed Carrots | 25 Generations Closed. Happy Thanksgiving! | 26 |
| 29 Pulled Pork, Rice & Green Beans | 30 Caesar Chkn Breast, Scalloped Potatoes & Cauliflower | 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. We are offering take-out meals (no dine-in option) Monday-Friday. **To register, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order.** We cannot guarantee a meal for you without a reservation. To receive a hot meal, you must park and walk in to our main entrance (drive-through service is not offered at this time). Pick up your meal between 11:30am-12pm. Meals picked up after 12pm will be kept cold and will need to be reheated before consumption. Upon arrival, please sign in at our kiosk, and place your anonymous donation in the collection box at our front desk (suggested \$2 for each meal). Masks are required in our building until further notice.


HAPPY BIRTHDAY

If you have a birthday during the month of November, let us know when you order your take-out meal, and you'll get a special homemade birthday treat on Wednesday, November 17.

OUR CAFÉ

Our Café is open Mon.-Fri. from 10:00am-1:00pm until further notice for take-out only. Enjoy our à la carte menu and daily specials. No need to order; just stop by! Masks are required in our building until further notice.

2021 / NOVEMBER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY SUNDAY |
|---|---|---|--|--|---|
| 1 9:15 LI Aerobics (13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) | 2 Election Day 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) Nail Art Appoint. (6) 1:45 Painting (9) | 3 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 9:30 Tech Tips (9) 10:00 Bowling (8) 10-Hand & Foot (8) 10:30 Choir Chimes (8) 11:30 Balance & Stability (13) 3:30 Caregivers Support (7) | 4 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:45 Yardley Inn Trip (14) 1:00 Changes to Medicare (6) 12:45 Pinochle (9) | 5 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (9) | 6 7  |
| 8 9:15 LI Aerobics (13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) | 9 8:30 Lancaster(14) 9:30 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (13) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7) | 10 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 9:30 Tech Tips (9) 10:00 Bowling (8) 10:30 Choir Chimes (8) 11:30 Balance & Stability (13) 1:30Behind the Kitchen Counter (6) | 11 Veterans Day 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:30 Scrabble (9) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting | 12 9:15 Flexercise (13) 9:15 Battleship New Jersey Trip (14) 9:30 Billiards (8) 10:30 Tai Chi (13) 11:00 Liberty Bell Trail Our Backyard.(4) 12:30 Mah Jong (10) | 13 14 |
| 15 9:15 LI Aerobics (13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:00 Diabetes Update 2021 (p. 4) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) | 16 9:30 Billiards Home vs. Arbour Square (8) 9:30 Sit, Stretch, Flex (13) 11:00 Conversations with Generations (p. 8) 1:45 Painting (9) | 17 Pie Orders Due (2) 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 9:30 Tech Tips (9) 10:00 Bowling (8) 10-Hand & Foot (8) 10:30 Choir Chimes (8) 11:30 Balance & Stability (13) Financial Counsel (p. 7) | 18 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Meet the Author/Book Club (4) 12:45 Pinochle (9) Legal Aid (p. 7) | 19 9:15 Flexercise (13) 9:30 Billiards Home vs Arbour Square (8) 12:30 Mah Jong (9) 6:00 Our Volunteer Are Stars Concert Event (5) | 20 9:30 Hike: Hawk Mountain (14) 21 |
| 22 9:15 L.I. Aerobics(13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) Hearing Checks (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) | 23 9:30 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (13) 1:00 Bingo (p. 8) 1:45 Painting (9) | 24 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 9:30 Tech Tips (9) 10:00 Bowling (8) 10:30 Trivia Time (6) Nail Art Appt. (6) 10:30 Choir Chimes (8) 11:30 Balance & Stability (13) | 25 <div>Generations Closed. Happy Thanksgiving!</div> | 26 | 27 28 |
| 29 9:15 L.I. Aerobics (13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) | 30 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:30 AMT Trip (14) 1:45 Painting (9) | <div>The number after the program listing indicates on which page of the newsletter more information can be found.</div> | | | |

SCHEDULE ANNOUNCEMENTS:

- As a friendly reminder, we follow Souderton Area School District for WEATHER related closings and delays.
- We will be closed on Thursday, November 25 & Friday, November 26. Happy Thanksgiving!

All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org

WELLNESS/SPA OFFERINGS

ACUPUNCTURE: OFFERED OFFSITE

Acupuncture enables the body to heal and relieve symptoms by inserting thin, sterile needles into specific points on the body. Kimberly Niezgoda, L.Ac. Board Certified Licensed Acupuncturist, offers seated group treatments at her office (490 Pennbrook Pkwy, Lansdale. 19446) by appointment for \$30. Please allow 45-60 minutes for your appointment. For questions or scheduling, contact Kim: 215-500-3399 or kim.niezgoda@gmail.com.

GUIDED MEDITATION FOR STRESS RELIEF: MONDAYS, 10:00-10:30AM

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: \$3/class or \$14/8 classes. Pay at front desk.

MASSAGE: OFFERED OFF-SITE

Myofascial Release, Therapeutic Massage, and Zero Balancing Massage off-site appointments are available with James Ross, BSN, RN, LMT (20 Ridge Road, Telford, PA 18969). For more information or to schedule your appointments, contact James: 267-475-7013 or yourmassage@myabmp.com For pricing information, contact James. Mention Generations and receive a discount/coupon.

MEDITATION & HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for an experiential, self-healing session via conference call. She will guide participants in self-talk to help tune out negative stereotypes and replace them with positive affirmations for aging. Focus on whole-body healing one system at a time. Cost: Donation of \$3 per person per session. This program is being held via conference call. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

HEALTH SCREENINGS

BLOOD PRESSURE CHECKS:
Not currently offered.

HEARING CHECKS: MON., NOV. 22, 10:45AM-12:30PM
Please call our Front Desk at 215-723-5841 to schedule an appointment for a free hearing check and/or hearing aid service with Associates in Hearing.

DIABETIC SHOE FITTINGS:
Diabetics on Medicare may receive one pair of shoes and inserts per year. Indian Valley Podiatry will measure and evaluate your feet. For more information, call IV Podiatry at 215-723-9688. Be sure to tell them it's for Generations. Medicare Advantage plans holders not eligible.



FITNESS OFFERINGS

PLEASE NOTE:

- Class fees vary based on instructor fees and typical class attendance.
- At this time registration is NOT required for fitness offerings.
- 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) or our website www.generationsofiv.org for important announcements and last-minute changes.
- **Masks are required indoors at Generations until further notice. Masks may be removed during fitness classes while participants are socially distant. Please wear your mask before and after class.**

BALANCE & STABILITY WITH ON THE MOVE PT (VIRTUAL ONLY) WEDNESDAYS, 11:30:

Join a licensed physical therapist for a free Zoom™ seated session focusing on your static and dynamic balance. Decrease your risk for falls, learn about the different anatomical systems involved in your balance, and increase your safety and stability. To register, contact Devyn Kerr, PT, DPT 267-644-7190/ devyn@otmpt.com.

FIT FOR LESS

The following classes are led by certified fitness instructors. Please place \$3.00 per person, per class in the collection box at our front desk.

LOW IMPACT AEROBICS: MONDAYS, 9:15-10:15

This class has cardio and strength components. We no longer use a step for this standing workout. The format is middle to high level. 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. Instructor: Jean Tornetta

FLEXERCISE: FRIDAYS, 9:15-10:15AM

Come join this vigorous one hour class featuring 1/2 hour of aerobics and 1/2 hour of strength work. All equipment provided. Instructor: Robyn Earl

DANCEFIT: WEDNESDAYS, 9:30-10:15AM

Have fun getting fit while you move to this toe-tapping, Zumba-inspired workout which combines Latin and international music with some of your old favorites. Designed for all fitness levels including those with two left feet. Kristin Messina, Certified Instructor. Fee: \$4/class or \$20/6 classes. Pay at front desk.

TAI CHI: MONDAYS & FRIDAYS, 10:30, CLASSES NOW OPEN!

Tai Chi is a series of gentle, flowing exercises and stretches that can help you improve balance and coordination, relieve stress, and increase muscle mass. Darlene Cianci, Certified Instructor. Fee: \$3/class or \$14/8 classes. Pay at front desk.

FITNESS VIDEOS:

Now that we have moved back to in-person fitness classes, we are offering recorded videos of our classes for those participants who might still prefer an at-home option. We have included several options for the same class so you don't get too bored! Feel free to use these videos at your convenience. To access the videos, visit our website: www.generationsofiv.org and click on "Generations Fitness Class Videos" under the "Upcoming Events" section of the home page. If you decide to use them, please take a moment to drop an email to Amy: astover@generationsofiv.org so we can include your participation in our monthly statistics. Thank you!

DAY TRIPS

OUT TO LUNCH: THE YARDLEY INN, YARDLEY

THURSDAY, NOVEMBER 4

In 1832 Yardley was a stopping point for the farmers carrying their rich bounty down the Delaware River to Philadelphia's Front Street Market. It was then that The White Swan Inn was built to accommodate overnight travelers. In 1979, it became The Yardley Inn. We will enjoy a three-course lunch and a beautiful view of the river.

Cost: \$55 includes ride on our bus, lunch taxes, and gratuity.

Depart: 10:45am Return: 2:30pm

Trip Opened: Oct. 6

Payment Deadline: Oct. 20

LANCASTER SHOPPING

TUESDAY, NOVEMBER 9

Our first stop will be Good's Store and Shady Maple Grocery Store. Enjoy some free time exploring the stores.

Next up is a lunch stop at Udder Choice, a family-owned restaurant known for their homemade ice cream. Finally, we will stop at Village Farm Market before heading home. You may want to bring a small cooler that fits under your seat for any goodies you purchase that need to stay cold.

Cost: \$15 includes ride on our bus. Shopping and lunch is on your own.

Depart: 8:30am Return: 3:30pm

Trip Opened: Oct. 6

Payment Deadline: Nov. 9

BATTLESHIP NEW JERSEY- CITY AT SEA TOUR

FRIDAY, NOVEMBER 12

On this hour-and-half tour led by specially-trained guides, your group

will see the areas of the ship not previously viewed by the public. This includes the Machine Shops, the Medical and Dental facilities, the Post Office, the TV Studio and Control Room, the Brig, the Barber Shop and more. After our tour, we will enjoy a BBQ lunch aboard the ship.

Cost: \$55 includes ride on our bus, tour, lunch, taxes, and gratuity.

Depart: 9:15am Return: 2:30pm

Trip Opened: Oct. 6

Payment Deadline: Oct. 16

HIKE: HAWK MOUNTAIN, KEMPTON

SATURDAY, NOVEMBER 20

We will head to Hawk Mountain for a hike through a wildlife sanctuary in Kempton, PA. Bring your camera and capture some of the beautiful scenery. A lunch stop at Cracker Barrel will follow.

Cost: \$14 includes ride on our bus and admission to the trails.

Lunch is on your own.

Depart: 9:30am Return: 3:15pm

Trip Opened: Oct. 6

Payment Deadline: Nov. 20



"WE TRAVEL NOT TO ESCAPE LIFE, BUT FOR LIFE NOT TO ESCAPE US."

WINTER WONDERLAND, AMERICAN MUSIC THEATRE, LANCASTER

TUESDAY, NOVEMBER 30

Winter Wonderland will recapture the Christmas Spirit! This highly anticipated and critically acclaimed live music production will ignite your spirit and set your heart aglow! Before the show, we will enjoy a Family Style three-course meal at Good 'N Plenty.

Cost: \$80 includes ride on our bus, show, lunch, taxes, and gratuity.

Cost: \$80 includes ride on our bus, show, lunch, taxes, and gratuity.

Cost: \$80 includes ride on our bus, show, lunch, taxes, and gratuity.

Depart: 10:30am Return: 7:00pm

Trip Opened: Oct. 6

Payment Deadline: Oct. 20

OUT TO LUNCH: HAMPTON WINDS,* BETHLEHEM

THURSDAY, DECEMBER 2ND

Hampton Winds Restaurant is the training ground for Northampton's highly-regarded Culinary Arts program. Students in the second half of their studies run the facility under the guidance of skilled executive chefs.

Cost: \$45 includes ride on our bus, four-course lunch, taxes and gratuity.

Departs: 10:15am

Returns: 2:00pm

Trip Opens: Nov. 3

Payment Deadline: Nov. 17



TRIP POLICIES

RESERVATION INFORMATION:

- There are no in-person trip registrations on opening day at this time.
- On the day a trip opens (noted under each trip listing), phone reservations may be made beginning at 10:00am 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.
- Please ask about our current mask policy for trips when you make your reservation.

PAYMENT INFORMATION:

Trip payment is due by the deadline listed with each trip. After this date, your money will not be refunded unless you find a replacement traveler. If payment has not been made by this date, Generations reserves the right to cancel your reservation. Registrations may still be accepted after the payment deadline if space is available. Make checks payable to Generations of Indian Valley.

WAIT LIST INFORMATION:

If you don't get a spot on a desired trip, please sign up for the waiting list! If a waiting list becomes long enough to plan an additional trip, we will call those on the waiting list first.

MORE INFORMATION:

- All trips depart from 259 N. Second St., Souderton unless otherwise specified.
- Trips are escorted by volunteers, and as such, travelers must be cognitively and physically independent to participate.
- Look for the sneaker symbol to indicate the degree of walking involved in a trip.
- A star (*) after the trip listing indicates a new trip.



DAY TRIPS

HOLIDAYS AT MOUNT HOPE,* MANHEIM

FRIDAY, DECEMBER 10

Tim Cratchit, not so tiny anymore, has moved to America to be with his newlywed wife, Leah. This is his first Christmas away from London, and he's feeling homesick. When Leah's sister invites herself over along with some friends who are also separated from their families for the holidays, Tim and Leah realize that nothing would spark holiday joy more than a full house of friends! Now, anyone who needs the feeling of a home for the holidays is welcomed into the Mount Hope Mansion to spend an evening with the Cratchits! You will enjoy a wonderful and warming meal and sing Christmas Carols. This will surely put you in the holiday spirit!

Cost: \$80 includes ride on our bus, show, three-course meal, taxes, and gratuity.

Departs: 11:00am Returns: 6:00pm

Trip Opens: Nov. 3 Payment Deadline: Nov.9

WINTER LIGHT SPECTACULAR-LEHIGH VALLEY ZOO,* SCHNECKSVILLE

MONDAY, DECEMBER 13

The Lehigh Valley Zoo is transformed into a magical light display. Stroll through the Zoo and enjoy all the spectacular Christmas lights. We will stop for dinner first at Cracker Barrel.

Cost: \$25 includes ride on our bus and entrance to the light spectacular.

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

Trip Opens: Nov. 3 Payment Deadline: Nov. 19

A LONGWOOD CHRISTMAS,* KENNETT SQUARE

THURSDAY, DECEMBER 16

Set your spirits ablaze with towering trees adorned in amber to fiery red tones, flickering flame lanterns, and an inviting mountain retreat, complemented by icy-hued plantings, a "frozen" succulent fountain, and a refreshing alpine waterway that is the ultimate winter wonderland. Outdoors, cozy up to inviting fire pits, cool off with a stroll through half-a-million lights that dazzle and delight, and relish in the splendor of the season. Dinner in the café on your own.

Cost: \$35 includes your ride on our bus and ticket into Longwood Gardens. Dinner is on your own.

Departs: 3:30pm Returns: 9:45pm

Trip Opens: Nov. 3 Payment Deadline: Nov. 22



DAY TRIPS CONTINUED ON P. 16

DAY TRIPS (CONTINUED FROM P. 15)

IKEA SHOPPING, * PLYMOUTH MEETING

FRIDAY, DECEMBER 17

Ikea specializes in "functional home furnishing products at low prices." Come see their massive two-floor showroom and marketplace in Plymouth Meeting. Enjoy great prices on breakfast or lunch (on your own) in their café or Swedish Bistro.

Cost: \$5 includes ride on our bus. Lunch is on your own.

Departs: 9:30am Returns: 2:30pm

Trip Opens: Nov. 3 Payment Deadline: Nov. 19



DUTCH APPLE DINNER THEATRE, MIRACLE ON 34TH STREET, * LANCASTER

THURSDAY, DECEMBER 23RD

Six-year-old Susan Walker doesn't fill her head with romantic notions like believing in Santa Claus. But, when she meets the department store Santa who may in fact be the real Kris Kringle, a wave of love spreads across New York City and the little girl's beliefs make all the difference! Based on the film of the same name, this classic story will melt even the most cynical hearts!

Cost: \$72.00 includes ride on our bus, show, three-course meal, taxes and gratuity.

Departs: 9:15am Returns: 5:00pm

Trip Opens: Nov. 3 Payment Deadline: Nov. 17

OVERNIGHT TRIPS

IDAHO ADVENTURE: A LEWIS & CLARK DISCOVERY JUNE 15 – 21, 2022



The wilderness areas, national forests, and state and local parks of Idaho offer easy access to spectacular waterfalls, blue ribbon trout streams, ancient lava flows, surprising sand dunes, free-flowing rivers, sparkling lakes and towering mountains. Cities and towns provide the comforts

of home with lodging, dining, food stores and fuel stations, and serve a natural base camp for outdoor recreation.

Highlights: 2 nights at the Coeur d'Alene Resort, mining town of Wallace, Lewiston, Lewis & Clark Discovery Center, Salmon River Jetboat, Silver Mine Tour, Rider Ranch Cookout, Resort town of McCall, Ketchum & Sun Valley, Sawtooth Mountains

Your trip includes: Six nights in first class hotels, 11 meals (six breakfasts, two lunches, and three dinners), tour director, motorcoach transportation, airfare, sightseeing per itinerary, and baggage handling at hotels. This trip is listed in the Premier Travel catalog as an "Easy 1 2 3 4 Active Trip" indicating that it includes a great deal of walking.

Cost per person: Single: \$4920 Double: \$3970

Contact Liza Leister at Travel Haus to register via phone or email: groups@trvlhaus.com or 215-723-8687.

OVERNIGHT TRIPS

VERMONT COUNTRY CHRISTMAS

NOVEMBER 28 - DEC. 1, 2021

Experience the holiday season in Vermont's Green Mountains staying at the quaint and historic Middlebury Inn. Your four day, three night vacation includes: round trip deluxe Perkiomen Tours motor coach transportation, three nights accommodations at the Middlebury Inn in Middlebury, Vermont, Christmas tree farm, Dakin Farm's sugarhouse and smokehouse, lunch at Trapp Family Lodge, horse drawn sleigh ride, New England Maple Museum, lunch at Mountain Top Inn, eight meals (three breakfasts, two lunches, three dinners)

Cost per person:

Single: \$1126 Double: \$912

Final balance was due: September 15, 2021. Travel insurance is available upon request.

Contact Lisa Furbacher to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org*

*If you were signed up for this trip for 2020, your name remains on the list unless you requested to be removed. New reservations welcome!

TRAPP FAMILY LODGE



THANKS TO OUR PLATINUM SPONSOR



*Building
community
together*

At Univest, we firmly believe in giving back to the local communities we serve. For more than 140 years, it's been our way of making a difference each day, through helping to improve the quality of life for our friends and neighbors. Because local values are as important to us as they are to you.



COMMITTED TO LOCAL

THANKS TO OUR GOLD SPONSOR



DRIVEN TO SERVE®



Service on All Makes & Models!

Bergeys.com

THANKS TO OUR SILVER SPONSOR

Harleysville
SINCE 1915 BANK



**Bank Local. Be Proud. Get Rewarded.
That's Harleysville.**

www.harleysvillebank.com



THANKS TO OUR SILVER SPONSOR

Retirement living
to enhance your life



Dock Meadows
Hatfield, PA
215-822-0688

**Souderton
Mennonite
Homes**
Souderton, PA
215-723-9881

Dock Woods
Lansdale, PA
215-368-4438



www.livingbranches.org

THANKS TO OUR BRONZE SPONSOR

We'll Help You Put It All Together

fifs Franconia Insurance
& Financial Services
Smart Choices for a Secure Future

KEYSTONE

Smart Choices for a Secure Future

- Personal Insurance
- Business Insurance
- Financial Services
- Employee Benefits

267.384.5300 • www.fifs.com

THANKS TO OUR BRONZE SPONSORS



FLAHERTY FINANCIAL SERVICES, LLC

644 E. Broad St.
Souderton, PA 18964

SAMUEL J. FLAHERTY, CFP®
CERTIFIED FINANCIAL PLANNER™

(215)723-2000 • Fax (877)453-4554
E-mail: sam.flaherty@lpl.com

Securities offered through LPL Financial
Member FINRA/SIPC

Richard Kapusta & Company
Architects & Planners

215•723•3200

935 Landis Road
Telford • Pennsylvania • 18969

- Land Planning and Design Services
- Professional Architectural Services
- Structural Engineering
- Construction Management Services



www.rkco-architects.com

THANKS TO OUR BRONZE SPONSOR

Williams-Bergey-Koffel Funeral Home, Inc.

667 Harleysville Pike, Telford (Franconia Twp.)

*Serving the communities of Bucks
and Montgomery counties*

- ◆ Caring, experienced staff
- ◆ Bright, spacious facility to serve all of your needs
- ◆ Large chapel
- ◆ Well-lit, on-site parking lot
- ◆ CREMATORY ON PREMISES



www.WilliamsBergeyKoffel.com

Phone: 215.703.9800

J. Lowell Bergey, Supervisor

ADDITIONAL NEWSLETTER SUPPORTER



Home Appointments Available!

Dr. Devyn Kerr

PT, DPT

○ 267-932-8857

○ Devyn@otmpt.com

○ www.otmpt.com



FREE!

**BALANCE
& FALL-RISK
ASSESSMENT**

165 Main Street Suite 200, Harleysville PA 19438



THANKS TO OUR ADDITIONAL NEWSLETTER SUPPORTERS



SHOP



DONATE



VOLUNTEER



JOIN OUR TEAM

CASHIER • DECORATE • GREET CUSTOMERS • PRICE • RECEIVE DONATIONS
SALES • SORT • STOCK • UNPACK ITEMS • SMILE • AND MUCH MUCH MORE!!



Care & Share
THRIFT SHOPPES

Contact
Suzanne
ext. 113

Souderton Center - 783 Route 113 • Souderton, PA 18964

HOURS: Mon - Thu, Sat: 9AM - 5PM • Fri: 9AM - 8PM

215.723.0315 — careandsharehoppes.org

Sadler- Suess

Funeral Home

33 N. Main Street

Telford, PA 18969

215-723-4636

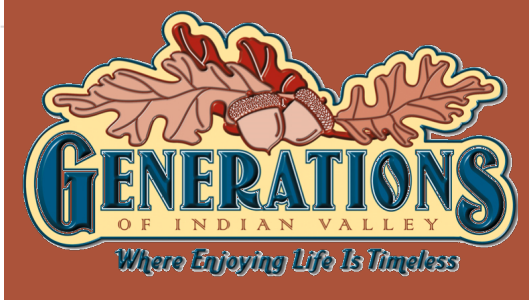


Pre-Need Planning for Burial or Cremation

Please call for an appointment
or visit our website at:

www.sadlersuessfuneralhome.net

Wendell G. Waddell, Supervisor
Jeffrey F. Gahman, Funeral Director
Mark L. Dunigan, Funeral Director



2021/ **NOVEMBER**

NON-PROFIT
ORGANIZATION

U.S. POSTAGE PERMIT
#64104

LANSDALE, PA 19446

259 N. SECOND ST.
SOUDERTON, PA 18964

CURRENT RESIDENT OR

TIME DATED MATERIAL
MAILED FROM LANSDALE OCTOBER, 2021



WE'RE HERE:

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

EVENINGS & WEEKENDS AS
SCHEDULED

*SEE P. 11 FOR ADDITIONAL
IMPORTANT SCHEDULING

CONTACT US:

MAIN NUMBER: (215) 723-5841

RENTAL INFO.: (215) 723-6966

SOCIAL SERVICES: (215) 723-1930

MEALS ON WHEELS: (215) 723-8555

INFO@GENERATIONSOFIGV.ORG

GENERATIONSOFIGV.ORG



BEHIND THE KITCHEN COUNTER
WITH CHAD