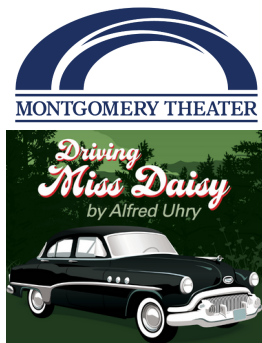




GENERATIONS OF INDIAN VALLEY

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!

"SHOW UP" FOR GENERATIONS NOV. 21



Many thanks to Souderton's own Montgomery Theater for designating Generations as the non-profit Community Partner for their run of the staged version of the beloved *Driving Miss Daisy*.

Meet us at Montgomery Theater (124 N. Main Street, Souderton) for a unique Generations fundraising event on Thursday, November 21. **Cost: \$30** includes a behind the scenes tour of the Montgomery Theater and an entertaining show of Alfred Uhry's staged play, *Driving Miss*

Daisy. Winner of the 1988 Pulitzer Prize for drama, it's the story of a friendship that develops between Daisy Werthan, an elderly Jewish widow living in Atlanta, and Hoke Coleburn, her African American chauffeur. The first 20 people to register (with Generations) for this fundraiser will be entered to win one of ten discounted tickets for just \$20!

But wait... there's more! We're also partnering with local eateries on Nov. 21. Choose to dine at one of them (see list below) on Nov. 21 and they will donate a portion of sales to Generations when you mention us! You can dine out and support us if you're not planning to attend the show. No need to register for dining out - just **SHOW UP on Nov. 21** to one of these great local restaurants and mention Generations: **Los Gemelos, The Burger Shop, Pepe's Steaks, or Souderton Pizza & Pasta!**

Details about backstage theater tour and show time options can be found at registration. **Registration for show tickets is a must** and opens Sept. 18. Payment is due Nov. 7. Visit the Generations front desk or call 215-723-5841.



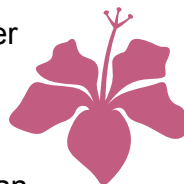
BASKET RAFFLE FUNDRAISER

Tickets may be purchased at our front desk between Nov. 7 - Dec. 6. Tickets are 1 for \$5; 5 for \$10 or 15 for \$20. You could win a fabulous gift basket valued between \$50 - \$100! Winners will be chosen at our Reindeer Run on Dec. 7. You need not to be present to win. Thanks to all who contributed time and donations to this fundraiser! Proceeds benefit our Center programs.

Visit Our Website: For the most up to date program information and announcements please visit www.generationsofiv.org

HAWAIIAN LUAU TUE. NOV. 19, 12:00

Are you dreading darker days? Lighten up with the Aloha spirit of Hawaii! Enjoy a lunch menu featuring Hawaiian Chicken with Pineapple, Veggies and Rice; Bacon Wrapped Pineapple Skewer with Shrimp; Festive Hawaiian Dessert; Tea, Coffee, Beer, & Tropical Cocktail. We'll have live Hawaiian Ukelele music and a special performance of Hula by Sandy and friends featuring highlights of the history and culture of Hawaii. Singles, couples, and groups of friends are welcome. Cost: \$20 for lunch, drinks and entertainment. There will be no regular noon meal this day. Registration and payment due Thur., Nov. 7. Visit our front desk or call 215-723-5841.



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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

Bryan & Darlene Finnemeyer;
Chris Obrecht, Housekeeping

Welcome Greg Green,
Maintenance Coordinator

Christine Hawkins, Sous Chef/
Nutrition Services

Joe Heumann, Meals on Wheels
Kitchen Coordinator

Beth Knize, Executive Chef/
Nutrition Services

Lexi Little, Kitchen Assistant

Heather Lewis,
North Penn MOW Coordinator

Pat McQue,
Indian Valley MOW Coordinator

Val Perry,
Member Services Coordinator

Amy Stover, ADC,
Program Coordinator

BOARD OF DIRECTORS

Linda Abram, Chair

John H. Filice, Vice-Chair

Ron Hallman, Secretary

Timothy Swartley, Treasurer

Kristyn DiDominick

M. Theresa Fosko

Brian K. Goshow

Joanne Kline

D. Scott Landis

Alexandra Metricarti

Chari Richardson

Ella M. Roush

DANCE AND SING ALONG FEATURING ANOTHER
FAVORITE LOCAL NON-PROFIT THAT SHALL NOT BE
NAMED.



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.

RUN RUN (OR WALK) RUDOLPH

Save the date Sat., Dec. 7, 8am start, for our annual Reindeer Run & Walk fundraiser. Early registration deadline for discount ends November 11.

Information can be found at our front desk and our website:

www.generationsofiv.org

Photo: Bob Pagni



A VOTE FOR RESPECT AND KINDNESS

It is a pledge from our Board of Directors and Staff that Generations always will be a place that welcomes diversity of background and thought in respectful ways. As we enter an election season that could divide us with

unkindness, Generations will continue to uphold the values of respect and kindness and address any incivility. We care too much about each other to lose that.

~Doug Eschbach

VACCINE CLINIC: FRIDAY, OCT 11, BY APPT.

Pharmacists from Giant/Martins will offer a Vaccine Clinic. Bring your insurance cards and wear a short sleeved shirt for the appointment. Please indicate which vaccines you would like to receive (Flu - (both senior and non-senior

formulations, Covid-both manufacturers, Shingles, Pneumonia, Tetanus, and Hep B) when you schedule. Appointments required. Stop by or call the Generations front desk at 215-723-5841 to schedule.



EXPRESS SPA DAY: MON., OCT. 14, BY APPOINT.

Pamper yourself with a morning of express spa offerings including a **5 minute chair massage, hand massage and nail painting, mini facial/mask, ear seeding, and Mary Kay color consultation/product trial.** This is a

free event as all of our event partners are donating their time. If you see a tip/donation jar out, please fill it up! Appointments are a must. Stop by our front desk or call 215-723-5841 to schedule appointments.

HEALTHY LIVING FOR BRAIN & BODY: TUES., OCT. 15, 1PM

For centuries, we have known that the health of the brain and the body are connected. Now, science is able to provide insights into how lifestyle choices may help keep your brain and body healthy as you age. Join Jane Cero, Volunteer Community Educator for the Alzheimer's

Association, to learn about research in the areas of diet, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these tips into a plan for healthy aging. Stop by our front desk or call 215-723-5841 to register for the free program.

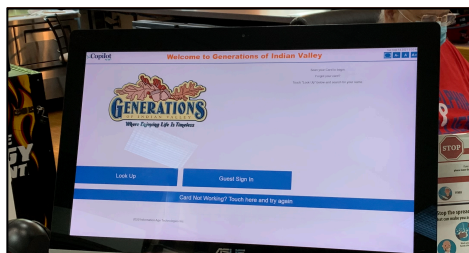
STORIES OF OUR LIVES OCT. 9 - NOV. 13, 12:45PM

Join us for another support group series in partnership with The Center for Loss and Bereavement (CLB). This is a program for those interested in shared discussion about life's journey, including personal experiences of loss and hardship along with rich stories of growth, joy, and wisdom.

The program will bring members together in a safe space of comfort, camaraderie, and compassion. Group sessions will be led by staff of The Center for Loss and Bereavement. This is not a drop-in group. Expect the

same participants for each meeting. Registration is required and available on our website www.generationsofiv.org or at our front desk.

This group is open to Generations Participants and any friends or persons who may benefit. It is appropriate for both newcomers and for those who have benefitted from a previous session. To express interest or for more info., see Emily: efilice@generationsofiv.org/215-723-1930.



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.



DOYLESTOWN ART LEAGUE

DOYLESTOWN ART LEAGUE OPENING RECEPTION FRI, OCT. 4

Generations Participants and the general public are invited to attend an opening reception at Generations for the Doylestown Art League's Fall Member Show. The reception will be held Fri., Oct. 4, 3:30-5:30



YOU'RE ON CAMERA!

Please help us update our records by getting your photo taken. Stop by Mon. from 9:30-11:30am or Tue. from 12-2pm and see Donna to get your "mug shot." We will only use these photos for identification. They will not be shared or posted.

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 save that number in your contacts or caller ID in case we have to call you about a program.

GROUP ACUPUNCTURE FOR PAIN RELIEF ^:

TUESDAYS AT 10:00, NEW TIME EFFECTIVE SEPT. 9

B.J. Putnam, DAc, offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Register at front desk or call 215-723-5841 and pay before the session.

TRIVIA AT TEN ^ WEDNESDAY, OCTOBER 2 & FRIDAY, NOVEMBER 8, 10:00AM

Enjoy a morning of brain games and trivia. Fun prizes will be awarded for winning answers. October trivia will be an intergenerational game with students from Indian Crest Middle School. Spoiler alert your prize that day is a cookie. Led by Generations Program Coordinator Amy Stover. Registration required. ^

LET'S TALK: FIGURING OUT THE FUNERAL, FILING, AND FEELINGS WHEN YOU LOSE A LOVED ONE ^

WED., OCTOBER 2, 12:45PM

During this informative presentation, three different speakers will help you think about your future and start planning to help your spouse, child or friends/family take the guesswork out of end-of-life decision making.

Kyle Koffel, of Williams Funeral Homes of Skippack and Franconia, will discuss what choices to consider when making funeral arrangements. He will also speak to forming an obituary and share common things folks can expect at the funeral home.

Ashley Herr from the Center for Loss & Bereavement will focus on navigating the emotions that come with losing a loved one.

Bev Griffith, professional organizer, will share tips and forms to help you prepare some of the end-of-life paperwork so you can keep your head on straight during the grieving process. This is a free program. Space is limited. Register by Sept. 30.

WALK WITH EASE

THURSDAYS, OCT. 3 - NOV. 7, 12:45PM

This class is now closed for registration.

Those who are registered should dress appropriately for the weather and wear proper shoes for walking.

DRAWING ON THE RIGHT SIDE OF THE BRAIN ^

THURSDAYS, OCTOBER 10 - 31, 10:00AM

Join a four-week drawing series taught by Terri Waterman (featured artist for November). Classes are inspired by the principles from "Drawing on the Right Side of the Brain" by Dr. Betty Edwards, and emphasize tapping into the creative and intuitive aspects of our brains to enhance drawing skills. Before every class, Terri encourages exercises to loosen up hand and arm muscles and to be open to trying new things! Class topics covered include *Perception* (Oct. 10), *Contour Drawing* (Oct. 17), *Understanding the Picture Plane and Negative Space* (Oct. 24), and *Drawing with a Grid* (Oct. 31). Bring your own pencils, and other drawing supplies if you have them. Terri will give participants a chance to try her supplies. Class Cost: \$12 per person, per class. Register for your classes of choice. Participants are encouraged to attend all four classes for the most enriching experience. Participants have the option to purchase a professional art kit for an additional \$15.50. ^

MEETING NUTRITIONAL NEEDS AS WE AGE ^:

THURSDAY, OCTOBER 10, 11:00AM

Join dietitian, Jena Wood, from GIANT for this free presentation. Discover essential information on common health concerns among older adults, identify key nutrients of concern, and get practical meal and snack suggestions. You'll also learn about valuable resources to help maintain optimal health and well-being in later years. This session is designed to provide actionable advice and support for healthy aging. ^

MOVIE MATINEES:

Donations appreciated. Popcorn provided. Other concessions available for purchase in our Cafe. Please register if you plan to attend. ^

COCO ^ WED., OCTOBER 16, 12:45PM

Aspiring musician Miguel, confronted with his family's



BASKET FILLER DONATIONS REQUESTED

We are looking for donations of new/wrapped items in good condition to create baskets for our Fall Basket Raffle Fundraiser. Please donate any of the following by Oct. 14: gift cards (most wanted!); bottles of wine; liquor or beer; wide wired ribbon; movie vouchers;

lottery tickets; nonperishable gourmet foods such as coffee, jellies, crackers, candy, nuts or cookies; spa/bath and body products; any other new items you think we could use to create a "theme" basket. THANK YOU!

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 save that number in your contacts or caller ID in case we have to call you about a program.

ancestral ban on music in their Mexican home, enters the Land of the Dead to find his great-great-grandfather, a legendary singer. Running time is 1 hour, 45 minutes. This animated film is rated PG, and although it is considered suitable for children, it tells a beautiful story with mature themes (such as love, loss, life, and death) and highlights the healing properties of music, especially with memory.

PLANES, TRAINS, & AUTOMOBILES [^]

TUE., NOV. 5, 12:45PM

Come see the 1987 John Hughes comedy about a Chicago advertising man (Steve Martin) who must struggle to travel home from New York for Thanksgiving, with a lovable oaf of a shower-curtain-ring salesman (John Candy) as his only companion. Running time is 1 hour, 33 min. Rated R for strong profanity, and some sexual references. [^]

CANCER UPDATES: JOIN THE FIGHT, ONE STEP AT A TIME [^]

MONDAY, OCTOBER 21, 10:00AM

Discover new treatments, recommendations, and strategies for the fight against Cancer. This free presentation from Jefferson Health-Abington is offered in person at Generations. Registration is required. [^]

MUSIC BINGO [^]

FRIDAY, OCTOBER 18, 10:00AM

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 dabber and refreshments or feel free to purchase refreshments in our Cafe. [^]

BEHIND THE KITCHEN COUNTER: OKTOBERFEST: [^]

TUE., OCT. 29, 1:30PM

Join Generations Executive Director Doug & Social Services Coordinator Emily for a cooking demo in the Generations Cafe! Doug will share one of his "wurst" dishes made with for a taste of Oktoberfest fun. Emily will share one of her favorite German specialties, Zwetschgen Kuchen (plum cake) which she rediscovered

during a recent trip to Germany. Samples will be provided and we will also serve pretzel bites. Meanwhile Amy will sing all of her favorite German lieder mit Lebensfreude. Attendees will be given portions of each dish to enjoy at home. Cost: \$10 per person. Please register by Oct. 24. [^]

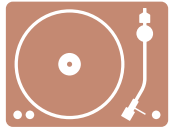


NAME THAT TUNE: CHOOSE YOUR DECADES [^]

FRIDAYS, OCTOBER 25 & NOVEMBER 22,

10:00 AM

Come to Generations to build your brain power with a fun morning of identifying songs. See above for our monthly categories. Play for the glory because the prizes are lame! Led by Program Coordinator Amy. [^]



HALLOWEEN BRUNCH & COSTUME CONTEST [^]

THURSDAY, OCTOBER 31, 11:30AM

Our meal will be a spooky/silly themed brunch menu (see p. 10) and we'll have a costume contest. Prizes will be awarded. \$2 donation for the meal (as usual). Register by October 26.



AARP SAFE DRIVING FULL COURSE [^]

THURSDAY, NOV 7 & FRIDAY, NOV. 8, 9:30AM

YOU MUST ATTEND BOTH SESSIONS

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 requirements. A half hour lunch break will be given at 12:00. Participants may register for our noon meal (see p. 10), may purchase items in our Cafe, or pack a lunch. Fee: \$20 for AARP Members; \$25 for Non-AARP Members. Separate registrations are required for this class and our noon meal. Noon meal registration required by Nov. 4.

DRIVING MISS DAISY NOV. 14 - DEC. 8 [^]

Many thanks to Souderton's Montgomery Theater for designating Generations as the non-profit Community Partner for their staged version of *Driving Miss Daisy*. To order discount tickets, visit www.montgomerytheater.org

and use the code

GENERATIONS (code good for all *Ms Daisy* performances; online fee applies). The absolute best deal is offered through our "Show Up For Generations" fundraiser on Nov. 21 (no fees, no steps to the box office, and Generations gets a generous portion of proceeds). Details on p. 1.

NEWS & NOTES:

FEATURED ARTISTS OCTOBER:

The Doylestown Art League seeks to promote art awareness and education through its activities. Membership is open to anyone, artist or non-artist, 16 years or older, who is interested in supporting the visual arts. Enjoy a mixed media exhibit of the works from members of the Art League during the month of October. Generations Participants the general public are invited to attend an opening reception at Generations for the Doylestown Art League's Fall Member Show. The reception will be held Friday, October 4, from 3:30-5:30

FEATURED ARTIST NOVEMBER:

Terri Waterman is versatile in working with various art mediums from traditional mediums such as charcoal, pencil and oils to the abstract world of multimedia. Terri believes in the transformative power of art, using art not only as a form of creative expression, but a tool for fostering a sense of support and community.

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)

WELCOME GREG

We're excited to welcome Greg Green to as our newly hired maintenance director, effective Sept. 30. Many thanks to Emma Hawkins, who served as our interim maintenance director, for her great service, willing spirit, and friendly smile!



SPECIAL PROGRAMS (BY DATE ORDER)

^ = Registration is required for this program. To register, stop by our front desk or call 215-723-5841. Save this number in your contacts in case we need to call you!

THANKFUL FOR VETERANS

LUNCH ^

WEDNESDAY, NOV. 13, 11:30AM

All noon meal donations are waived for Veterans today (\$2 donation for all others as usual). Before the meal, Veterans will be asked to stand and be recognized during a recording of the military medley. We will share moving historical information and presentations including POW/MIA and flag folding ceremonies. Our meal is a Thanksgiving Feast. Guests are welcome. Registration is required by Nov. 7. Meal registration & menu information on p. 10-11. ^

HOLIDAY HYDRANGEA

CRAFTING ^ FRI., NOV.15, 10AM

Join Traute and Tish to create a holiday arrangement with dried hydrangea flowers. Choose either a basket or a grapevine wreath to decorate with naturally dried hydrangeas, metallic spray painted hydrangeas, pinecones, ribbon, and other festive embellishments. You will create a unique, modern farmhouse gift for a friend or to add to your own holiday decor. Class size limited. \$20 due with registration by Nov. 8. ^



OUCH! ^

MONDAY, NOV. 18, 10:00AM

Learn how to alleviate acute and chronic pain. This free presentation from Jefferson Health-Abington is offered in person at Generations Registration is required. ^

DIGITAL LITERACY ^

FRIDAY, NOVEMBER 22, 12:45PM

Join Alan Berry, Media Literacy Educator, Researcher, and Advocate, for a digital literacy workshop. This month's topic is online security with a particular focus on the recent social security breach, and how to find out/what to do if you have been hacked. Registration is required for this engaging (and free!) program. ^



POLITICS: A BRIEF INTRO. ^

WEDS., NOV. 20, NOV. 27, &
DEC. 4, 12:45PM

Join Dr. Thomas Kolsky, college professor and author, for an introduction to the joy of politics. A political maverick, Dr. Kolsky advocates peace, intellectual freedom, religious pluralism, and market economy with a human face. Over the course of three weeks, Dr. Kolsky will discuss the building blocks of politics, some basic concepts, and key ideas. Topics covered include topics such as nature of the state, power, legitimacy, nation, characteristics of democracies, authoritarian/totalitarian governments, ideologies, political philosophy. Each session will include time for discussion in a relaxing and non-threatening environment. Please register for the program. A \$2 donation per person is appreciated. ^

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 John Olsen: John.Olsen@jefferson.edu.

PA MEDI APPOINTMENTS THURSDAYS, OCT. 3 & NOV. 7

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.

FARMERS MARKET VOUCHERS, NO LONGER AVAILABLE

Questions? Call Emily:
215-723-1930.

OUR SOCIAL SERVICES COORDINATOR

**Emily Filice is available
Monday-Friday from
9:30-1:30. Appointments
are recommended. Call
ahead to schedule an
appointment or speak with
Emily over the phone at
215-723-1930.**

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 SUPPORT

The Muller Institute for Senior Health hosts a **virtual support** via Zoom™/landline phone on the 1st Wed. of each month at 3:30pm. Registration is required. For join information please contact Katherine Rovine: Coordinator, Memory Fitness Center, 215-441-6888 or Katherine.Rovine@jefferson.edu
An **in person Caregiver Support Group** takes place the 2nd Wed. of every month at 2pm at Adult Day Services, 51 Medical Campus Drive Lansdale, PA. Please contact: Susan Lamar: 215-361-4421
susan.lamar@jefferson.edu

LEGAL AID: THURSDAYS, OCT. 17 & NOV. 21, 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 AM -12:45 PM

PA STATE SEN. OFFICE HOURS 3RD WEDNESDAY, 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.

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.

MONTCO VETERANS AFFAIRS

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

**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 for virtual programs.

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.

BOARD GAME DAY:

1ST FRIDAY (OCT. 4 & NOV. 1), 10:00AM - 2:00PM

Gather your friends to play some favorite board games. Come for an hour between 10:00-2:00 or stay the whole time (last games starts at 1:30). We have some great games to use or you can bring your favorite and teach others. **Volunteer Don will also be teaching interested participants the game "Go." It is a strategy board 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.

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 Helene. Seniors (65+): \$3.25 per game; shoe rental additional \$3. Questions? call our front desk at 215-723-5841.



BUCKS MONT SENIOR GOLF LEAGUE

MONDAYS, 4:00PM, THROUGH OCTOBER 14

The league is held at Twin Woods Golf Course in Hatfield. It is open to both men and women, singles or couples, 55 years of age and older of all skill levels. Registration for the 2024 season is currently full with a waiting list. Details online at bucksmontgolf.org.

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.

CHORALEERS: MONDAYS, 1:00PM

The Choraleers sing and perform a variety of popular, seasonal, and patriotic tunes from September - May. New members welcome. Call Annamarie: 215-723-3591.

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

GARDEN CLUB:

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



HAND & FOOT CARD GAME: TUESDAYS, 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: 2ND & 4TH THURSDAYS, 11AM

Make mats for the homeless out of plastic bags with the help of volunteer Mary. Cut, fold, roll, sort, weave, and use a loom. Instructions and supplies will be provided. **We do not need bags at this time.**

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.



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: 215-723-5669.

PAINTING CLASS (WATERCOLOR):

TUESDAYS, OCT. 1 - 29, NOV. 5 - 26, 1PM-3PM

Classes begin with instruction and demonstration of water color techniques. Class members will then be given the option of working on a teacher prompted project or on their own work. Support will be offered during class. Bring your own supplies or borrow ours until you see what you need. Please register for each monthly session if you plan to attend so that we know how many tables to set up. Upon arrival, pay \$7 per person, per class at the front desk. To register, call: 215-723-5841.

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 cafe 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:

WED., OCT. 9, 11:00AM (FALL VEGETABLES)

WED., NOV. 13, 11:00AM (HOLIDAY BREADS)

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). **Enjoy samples of Diane's Pumpkin Dessert (October) and Cliff's Bread Specialties (November). 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 OR Grace: 215-721-2082 or priceswrite1953@yahoo.com

SCRABBLE: 1ST & 3RD TUES., 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: WEDS., 9:00AM, THRU OCT. 16

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

Drivers are needed to deliver Meals on Wheels in the Indian Valley and North Penn areas. Open routes for weekly, biweekly, or subs. Times are approximately 10:45am-12:45pm. Contact Pat or Heather: 215-723-8555.

Newsletter mailing helpers are needed on Wed., Nov. 20 (note day change from usual schedule) at 9:15am. Contact Amy.

Welcoming & Garden Committees are still forming! Contact Amy.

Volunteers are needed to assist with greeting and hosting for our Express Spa Day on Oct. 14 and our Show Up for Generations fundraiser on Nov. 21. Contact Amy.

Volunteers are needed to spread the word about our annual 5K Reindeer Run Fundraiser on Dec. 7. Please tell 3 friends and encourage them to register or donate in support of Generations. More information on p. 2, at the front desk, and at www.generationsofiv.org

We need donations of: basket fillers by October 14 (see. p 4); bags of new, wrapped candy for a Halloween event by October 28; floral styrofoam, grapevine wreaths, spray paints in good, usable condition by Nov. 1 Thank you!

TECHNOLOGY TIPS BY REQUEST

For questions about how to perform specific tasks on your device, you can request a free "Technology Tips" appointment by calling 215-723-5841 or emailing



LUNCH MENU

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

2024 / OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org	1 Zwingli Ham Salad on Sourdough with Tomato & Greens; Cole Slaw; Oranges; Cookie	2 Zwingli Egg Salad on Rye with Swiss & Greens; Fruit; Pickle	3 Zwingli BBQ Chicken Salad on Whole Wheat Roll; Fritos; & Fruit	4 Zwingli "Protein Pack" w/ Turkey, String Cheese, HB Eggs, Hummus, Carrots, Celery, Apple Slices, & Naan Dippers
	8 Zwingli Bagel with Lox, Cream Cheese, Cucumber, & Red Onion; Carrot Raisin Salad	9 Zwingli Turkey BLT on Croissant; Cole Slaw; Cookie	10 Zwingli Mandarin Chicken Salad on Tomato with Greens; Fruit; Club Crackers	11 Zwingli Ham and Swiss on Kings Hawaiian Roll; Macaroni Salad; Cookie
7 Zwingli Roast Beef & Swiss on Flatbread with Horsey Sauce & Roasted Red Pepper; Sun Chips; Fruit	15 Taco Salad (mild) with Cheddar Cheese, Black Beans, Corn, Tomato Salsa, Avocado Cream, & Tortilla Crisps	16 Happy Birthday! Tri-Color Tortellini with Baby Shrimp, Pesto Sundried Tomato Cream Sauce; Broccoli	17 Pork and Sauerkraut with Mashed Potatoes, Apple Sauce, & String Beans	18 Chicken Cutlet Cordon Bleu with Honey Dijon Cream Sauce; Rosemary Roasted Potatoes; Green Salad
14 Baked Stuffed Shells; Garden Salad; Whole Wheat Roll	22 Baked Cod with Tomato & Onion Sauce; Veggie Fried Rice; Edamame	23 Stuffed Acorn Squash & Green Salad	24 Chicken Enchilada Lasagna with Sour Cream Drizzle; Green Salad	25 Swedish Meatballs Over Noodles; Cranberry Sauce; Broccoli
21 Pulled Pork with Mac-n-Cheese on Whole Grain Roll, Pepper Slaw, Fruit	29 Cheesesteak Salad Loaded with Tomatoes, Cheese, Onions, Mushrooms, & Creamy Parmesan Dressing	30 Chicken & Waffles; Roasted Veggies	31 11:30 Costume Contest (see p. 5) Brunch: Spooky Sausage; Jack o Lantern Applesauce; Pumpkin Spice French Toast Bake	
28 Eggs Benedict Frittata w/ Hollandaise; Toasted English Muffin; Broccoli				
From September 30 - through mid October, our noon meal will be served off-site due to another necessary floor remodeling project in our kitchen. Generations will open during this time, but the meal will be a cold offering served at the Family Life Center at Zwingli UCC, 350 Wile Ave. Souderton.				

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, Oct. 16 and Wednesday, Nov. 20

OUR CAFÉ

Our Café is open Mon.-Fri. from 9:00am-1:00pm for dine-in or take-out. Enjoy our à la carte menu and daily specials of salads, sandwiches, snacks, coffee, soups, heat & eat meals and more. No need to order; just stop by! **The Cafe will be closed for food service from Mon., Sept. 30- Fri., Oct. 11**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org	1 9:00 Billiards Away vs Pennridge(8) 9:30 Billiards (8) NO Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:00 Scrabble (9) NO Rhythmfit (14) Haircuts by Appt. (12) 1:00 Painting Class (9)	2 Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Trivia at Ten (4) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes 12:45Let's Talk: Funeral, Filing, Feelings (4) 2-Scotland Info. (18) 3:30 Caregivers Support (Virtual) (7)	3 9:00 Billiards Away vs Hillview (8) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 9:45 Islands in the Stream Trip (15) 12:45 Walkw/Ease (4) 12:45 Pinochle (9) PA Medi Appt. (7)	4 9:30 Billiards (8) 10-2 Board Game Day (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 3:30 Doylestown Art League Opening Reception (3, 6)	5 The number after the program listing indicates on which page of the newsletter more info. can be found. 6
	7 8:45 Brecknock Orchard & Shady Maple Trip (15) 9:15 CardioTone(14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8)\ 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8)	8 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:30 Rhythmfit (14) 1:00 Bingo (8) 1:00 Painting Class (9) 6:30 Bereavement Support (7)	9 Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes 11:00 Recipe Swap Fall Veggies (9) 10:30 Balance/Tone/Stretch (14) 12:45 Stories of Our Lives (3) 1:00 Chicago Info. (18) 2- Caregivers Support (7)	10 8:00 Best Kept Secrets Trip (16) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10-Drawing Class (4) 11-Mats that Matter(8) 11-Meeting Nutritional Needs As We Age (4) 12:45 Walkw/Ease (4) 12:45 Pinochle (9) 3:30 Board Meeting	11 Giant Pharmacy Vaccine Clinic, by Appointment (3) 9:30 Billiards Home vs Brittany Pointe (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)
14 9:15 Cardio Tone (14) 9:30 Billiards (8) Express Spa Day By Appt. (3) 10:30 Tai Chi (14) 10:45 Malagari Hours(7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8)	15 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Lehigh Vly. Gorge & Jim Thorpe Trip (15) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:00 Scrabble (9) 10:30 Rhythmfit (14) Haircuts by Appt. (12) 1:00 Painting Class (9) 1:00 Healthy Living for Brain & Body (3)	16 Shuffleboard (9) 9:00 Billiards Away at Hershey Mill (8) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 12:45 Stories of Our Lives (3) 12:45 Movie Matinee: Coco (5) 12-2 Collett Hours (7) Financial Counsel (7)	17 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 9:30 Hairspray (DADT) Trip (16) 10-Drawing Class (4) 12:45 Pinochle (9) 12:45 Walkw/Ease (4) Legal Aid (p. 7)	18 Nat'l Parks Trip Returns (18) 9:30 Billiards Home vs Arbour Square (8) 10:00 Music Bingo (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	19 20
21 9:15 Cardio Tone (14) 9:30 Billiards (8) 9:30 Patsy Cline at DADT Trip (15) 10-Cancer Update (5) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	22 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 10:00 Acupuncture (12) 1:00 Bingo (8) 1:00 Painting Class (9)	23 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 12:45 Stories of Our Lives (3)	24 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10-Drawing Class (4) 11-Mats that Matter(8) 12:45 Pinochle (9) 12:45 Walkw/Ease (4)	25 9:30 Billiards (8) 10:00 Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	26 27
28 9:15 CardioTone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	29 9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:30 Rhythmfit (14) 1:00 Painting Class (9) 1:30Behind the Kitchen Counter:Oktoberfest(5)	30 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 12:45 Stories of Our Lives (3)	31 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10-Drawing Class (4) 11:30 Halloween Brunch & Costume Contest (5) 12:45 Pinochle (9) 12:45 Walkw/Ease (4)	Schedule Announcements: <ul style="list-style-type: none">• There will be no Sit, Stretch, Flex or Rhythmfit on 10/1.• Our Cafe will be closed for food service from Sept. 30 - Oct. 11	



LUNCH MENU

**RESERVATION INFO BELOW.
PLEASE CALL 215-723-5841 IF
YOU NEED TO CANCEL!**

2024 / NOV.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org				1 Seafood Cakes with Remoulade; Roasted Sprouts; Fresh Fruit
4 Chicken Bacon Ranch Flatbread; Warm Spinach Salad	5 Roast Beef & Swiss on Ciabatta with Horsey Sauce; Arugula, Tomato, and Fresh Mozz Salad w/ Lemon Vinaigrette	6 Salmon & Dill Lasagna with Shaved Fennel; Garden Salad; Whole Wheat Roll	7 Baked Chicken Sausage & Zucchini with Shredded Provolone; Garden Salad; Garlic Knot	8 Shepherd's Pie; Garden Salad; Fresh Fruit
11 Taco Salad (mild) with Ched. Chs, Black Beans, Corn, Tomato Salsa, Avo. Cream, & Tortilla Crisps	12 Chick. Cutlet Cordon Bleu w/Honey Dijon Cream Sauce; Rosemary Roasted Potatoes; Green Salad	13 11:30 Thankful For Veterans Event: Turkey, Stuffing, Cranberries, Roasted Seasonal Veggies, Autumn Dessert (info. p. 6)	14 Pork & Kraut w/ Mashed Potatoes, Apple Sauce, & String Beans	15 Baked Stuffed Shells; Garden Salad; Whole Wheat Roll
18 Swedish Meatballs Over Noodles; Cranberry Sauce; Broccoli	19 Hawaiian Luau - Special Event/Menu/ Price (See p. 1)	20 Happy Birthday! Pulled Pork with M n-Cheese on Whole Grain Roll, Pepper Slaw, Fruit	21 Stuffed Acorn Squash & Green Salad	22 Chicken Enchilada Lasagna with Sour Cream Drizzle; Green Salad
25 Chicken & Waffles; Roasted Veggies	26 Cheesesteak Salad Loaded with Tomatoes, Cheese, Onions, Mushrooms, & Creamy Parmesan Dressing	27 Seafood Cakes with Remoulade; Roasted Brussels Sprouts; Fresh Fruit	28 Generations Closed	29 Generations Closed



WELLNESS/SPA OFFERINGS

GROUP ACUPUNCTURE FOR PAIN RELIEF: NOW HELD TUESDAYS AT 10:00AM

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, OCT. 21 & NOV. 18, BEGINNING AT 11:15AM
Free blood pressure checks, provided by Jefferson Health-Abington. First come, first serve; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.

MEDITATION & SELF HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for a self-healing session via conference call. Tune out negative stereotypes and replace them with positive affirmations. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

NEW! ATTENTUS HEARING CARE:

1ST WEDNESDAY, BY APPOINTMENT NEXT APPT. DEC. 4
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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org	Schedule Announcements: • We will be closed on Thu., Nov. 28 & Fri. Nov. 29.		The number after the program listing indicates on which page of the newsletter more information can be found.	1 9:30 Billiards (8) 10:00 Murder Mystery RR Trip (16) 10 Board Game Day (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	2 <hr/> 3 
4 9:15 CardioTone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	5 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:00 Scrabble (9) 10:30 Rhythmit (14) Haircuts by Appt. (12) 12:45 Movie Matinee: Planes, Trains & Aut(5) 1:00 Painting Class (9) Election Day	6 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 12:45 Stories of Our Lives (3) 3:30 Virt. Caregivers Support (7)	7 Basket Raffle Ticket Sales Open (1) 9:15 Billiards Home vs Hillview (8) 9:30 Sit,Stretch, Flex (14) 9:30 AARP Safe Drive Full Course 1 of 2 (5) 12:45 Pinochle (9) 12:45 Walkw/Ease (4) PA Medi Appt. (7)	8 9:00 Billiards Away vs Norm. Farms (8) 9:30 Billiards (8) 9:30 AARP Safe Drive Full Course 2 of 2 (5) 10-Trivia at Ten (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	9 <hr/> 10
11 9:15 CardioTone(14) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY(p. 7) 11:00 Veterans Day Observation (5) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8) Veterans Day Reindeer Run/Walk Discount Deadline (2)	12 9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 10:30 Rhythmit (14) 1:00 Bingo (8) 1:00 Painting Class (9) 6:30 Bereavement Support (7)	13 9:15 BilliardsHome vs Hershey Mill (8) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 11:00 Recipe Swap Holiday Breads (9) 11:30 Out to Lunch: Village Tea (16) 11:30 Thankful for Veterans Lunch (6) 12:45 Stories of Our Lives (3) 2 - Caregivers Sup.(7)	14 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 11-Mats that Matter (8) 12:45 Pinochle (9) 3:30 Board Meeting	15 9:00 Billiards Away vs Arbour Square (8) 9:30 Billiards (8) 10:00 Holiday Hydrangea Craft with Tish & Traute (6) 10:30 Holly Jolly Jukebox Trip (16) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	16 <hr/> 17 11:30 Holiday Inn Candlelight Theatre Trip (17)
18 9:15 CardioTone (14) 9:30 Billiards (8) 10:00 Ouch! (6) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	19 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) Haircuts by Appt. (12) 10:00 Scrabble (9) 12-Hawaiian Luau (1) 1:00 Painting Class (9)	20 9:15 Newsletter Mailing (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 12-2 Collett Hours (p. 7) Financial Counsel.(7) 12:45 Politics Intro (6)	21 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 12:45 Pinochle (9) Legal Aid (p. 7) Show Up For Generations & Dine Out Fundraiser (1)	22 9:15 Billiards Home vs Arb. Square (8) 10-Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Digital Literacy with Alan: Social Security Breach 3:00 A Longwood Christmas Trip (17)	23 <hr/> 24
25 9:15 CardioTone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	26 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Acupuncture (12) 1:00 Bingo (8) 1:00 Painting Class (9)	27 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 12:45 Politics Intro (6)	28 Generations Closed 	29 Generations Closed	30 <hr/> Dec. 1

FITNESS OFFERINGS

BALANCE, TONE, & STRETCH: WEDNESDAYS, 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. Lysandra Sanchez, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.



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. No pre-registration required. Sign in and pay at front desk upon arrival. All equipment is provided. Adaptions are offered for those who need more or less challenge.

MONTCO TRAIL CHALLENGE: ON YOUR OWN THRU DEC
Montgomery County boasts over 100 miles of trails that connect greenways, waterways, and heritage. Most Montgomery County residents are located within a few miles of a wonderful trail experience! Pick up an official trail challenge card at Generations and visit any one of the participating trails. Record the symbol found there. Submit your card online or at a drop box by Dec. 2. More info: www.montcopa.org/trailchallenge

RELEASE & RESTORE YOGA: FRIDAYS AT 10:30

Release stress and tension, and calm your mind. Appropriate for all levels and practiced standing and sitting. No mats are

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, 9:15 - 10:00

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

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 **No class 10/1**

PLEASE NOTE:

- Class fees vary based on instructor fees and typical class attendance.
- 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 for important announcements and last-minute changes.
- Masks are optional at Generations. You can always call our front desk for the current masking policy: 215-723-5841.

necessary. Darlene Cianci, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

RHYTHMFIT SERIES: TUESDAYS AT 10:30,

CURRENT SERIES RUNS THRU NOV. 12; NO CLASS 10/1

THIS CLASS WILL BE OFFERED AS A SERIES THROUGHOUT 2024. 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 drum sticks, 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, 10:30

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. 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 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.

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 this date, your money will not be refunded unless there is 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.
- On trip days, 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 trip listing indicates a new trip.

GET ON BOARD FOR TRIP OPENINGS

We understand that many have frustrations about our opening day reservation policies. In an effort to alleviate the infuriating sound of a busy signal or incessant ringing, we have added trip opening days and another "staffed" phone line for all opening days.

If you're still unable to secure a spot for a desired trip, don't give up! Even if a trip has a "Sky High" waiting list of 30, we will continue to do our best to plan an additional trip to accommodate our waiting list. *Most* participants who add their names to a long 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).

While we appreciate your concern and fully admit that there's no "perfect system" that will please everyone AND work with the resources we have, we're asking that folks refrain from directing unkind behavior toward our staff and volunteers who are doing their best to accommodate everyone's requests fairly. Please know that sometimes we have no idea how popular a trip will be until we list it. Sometimes the suggested trips we *think* will be popular turn out being hard to fill, and we unfortunately lose money on them. 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

ISLANDS IN THE STREAM - A TRIBUTE TO DOLLY AND KENNY, PENN'S PEAK, THURSDAY, OCTOBER 3

You will love this high-energy, fun-loving performance! We will enjoy a family style hot meal before the show. Space is very limited. This trip will be offered to the waiting list of a previous Islands in the Stream trip before opening.

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

Departs: 9:45am Returns: 4:30pm

Registration Opened: Sept. 4 Payment Deadline: Sept. 11

BRECKNOCK ORCHARD TOUR, MOHNTON MONDAY, OCTOBER 7



We will start with a wagon tour of the Orchard, which will include picking an apple and a pumpkin and enjoying a snack. Then we will make a succulent planter and honey butter to take home. Finally, we will have some free time to shop in the farmers market. We will then head to Shady Maple Smorgasbord for lunch.

Cost: \$80 includes ride on our bus, tour, lunch, taxes & gratuity.

Departs: 8:45am Returns: 4:00pm

Registration Opened: Sept. 4 Payment Deadline: Sept. 20

DAY TRIPS CON'T NEXT PAGE

DAY TRIPS

BEST KEPT SECRETS LANCASTER

THURSDAY, OCTOBER 10

This is an unusual shopping/food and fun adventure featuring some unique, off-the-beaten path businesses. You'll travel from place to place in our bus enjoying all the special things that we have planned for you! Lunch at Shady Maple Smorgasbord.

Cost: \$65 includes ride on our bus, lunch, taxes & gratuity.

Departs: 8:00am Returns: 4:30pm

Registration Opened: Sept. 11

Payment Deadline: Sept. 13



LEHIGH VALLEY GORGE SCENIC RAILWAY, JIM THORPE

TUESDAY, OCTOBER 15

Enjoy free time in town and get lunch on your own. Admire the beautiful mountain scenery of Pennsylvania from the one-of-a-kind autumn views that only the Lehigh Valley Scenic Railway can offer. After our train ride, we will head to Claude's Creamery for an ice cream treat before we head home.

Cost: \$40 includes ride on our bus and train ride. Lunch and ice cream are on your own.

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

Registration Opened: Sept. 11

Payment Deadline: Sept. 16



HAIRSPRAY, DUTCH APPLE,

THURSDAY, OCTOBER 17

It's 1962 and Baltimore's Tracy Turnblad, a big girl with big hair, wins a spot on the local TV dance program. Overnight she is transformed from an outsider to a teen celebrity.

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

Departs: 9:30 Returns: 5:15pm

Registration Opened: Sept. 5

Payment Deadline: Sept. 20

WALKIN' AFTER MIDNIGHT, A

PATSY CLINE TRIBUTE, *

DUTCH APPLE DINNER THEATRE

MONDAY, OCTOBER 21

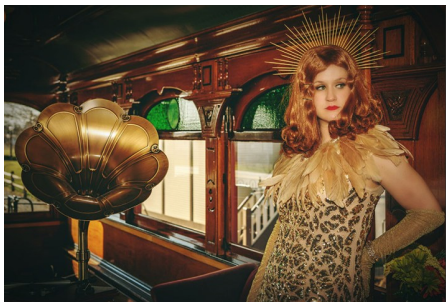
Whether you're a lifelong fan or new to Patsy Cline's music, you'll enjoy this tribute concert that is both captivating and endearing, delighting audiences of all ages!

Cost: \$105 includes ride on our bus, show, lunch, taxes & gratuity.

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

Registration Opened: Sept. 5

Payment Deadline: Sept. 20



Murder Mystery "The Show Must Go On" at Strasburg Railroad

NEW TRIPS

MURDER MYSTERY TRAIN, "THE SHOW MUST GO ON" AT STRASBURG RAIL ROAD*

FRIDAY, NOVEMBER 1



Guests are traveling by rail for the big premiere of a new Broadway show and to attend an intimate reception with its star. As the train departs, guests are treated to drinks for the bar, hors d'oeuvres, and soon after, a body.

Who could the killer be? It's anyone's guess! Before the train ride, we will enjoy a buffet lunch at Hershey Farms.

Cost: \$125 includes ride on our bus, train ride and show, lunch, taxes and gratuity.

Departs: 10:00am Returns: 5:15pm

Registration Opens: Oct. 2 @ 3pm

by phone only ^

Payment Deadline: Oct. 4

OUT TO LUNCH: THE VILLAGE

TEAHOUSE, * LANSDALE

WEDNESDAY, NOVEMBER 13

The 127-year-old Victorian home has transformed into a sweet and elegant tearoom. The owner, Meg Miley Shaffer, has embraced the long history of the house and village community to create a tearoom full of character and elegance. We will enjoy a full tea which includes quiche, salad, scone, tea sandwiches, sweets, and tea. You will not leave hungry!

Cost: \$60 includes ride on our bus, full tea, taxes, and gratuity.

Departs: 11:30am Returns: 2:30pm

Registration Opens: Oct 10 @ 3pm

by phone only ^

Payment Deadline: Oct. 14

HOLLY JOLLY JUKEBOX, MAGIC &

WONDER, * LANCASTER

FRIDAY, NOVEMBER 15

Everybody gather around the yuletide jukebox as we put the "rock" around your Christmas tree! Get ready to tap your toes, clap your hands, and dance down the aisles to the greatest rock & roll renditions of your favorite holiday tunes. This high energy song and dance review is sure to put everyone

^ 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 & TRIP DATE	REGISTRATION OPENS BY PHONE ONLY @3:00pm:	PAYMENT DUE
Murder Mystery Train Nov. 1 Holly Jolly Jukebox Nov. 15	Oct. 2 @3:00pm: 215-723-5841	Oct. 4 Oct. 11
Holiday Inn Nov. 17 Longwood Christmas Nov. 22	Oct. 9 @3:00pm: 215-723-5841	Oct. 14 Oct. 11
Village Teahouse Nov. 13	Oct. 10 @3:00p: 215-723-5841	Oct. 14
Joy to World @ AMT Dec. 3 Opera Gala Tomasello Dec. 15	Nov. 4 @3:00pm: 215-723-5841	Nov. 5 Nov. 11
White Christmas @ DADT Dec. 5 Christmas Candy Caper Dec. 11	Nov. 6 @3:00pm: 215-723-5841	Nov. 11 Nov. 11

DAY TRIPS

young and old in the holiday spirit. So grab your quarters and head on down to Shirley's soda shop at the Magic and Wonder Theater.

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

**Departs: 10:30am Returns: 6pm
Registration Opens: Oct. 2 @ 3pm
by phone only ^**

Payment Deadline: Oct. 11

HOLIDAY INN, CANDLELIGHT DINNER THEATRE, * DELAWARE SUNDAY, NOVEMBER 17

A Connecticut farmhouse is transformed into an inn featuring shows to celebrate each holiday from Thanksgiving to the Fourth of July. Inspired by the Academy Award winning film of the same name, Holiday Inn is a story of romance with a mix of small town living, bright lights, and the lure of stardom. This joyous musical features thrilling dance numbers, laugh out loud comedy, and nearly two dozen Irving Berlin classics. Enjoy a plated meal before the show.

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

**Departs: 11:30am Returns: 6:30pm
Registration Opens: Oct. 9 @ 3pm
by phone only ^**

Payment Deadline: Oct. 14

A LONGWOOD CHRISTMAS, * KENNETT SQUARE

FRIDAY, NOVEMBER 22

Prepare to be amazed at the magic of A Longwood Christmas. Revel in hundreds of thousands of lights, marvel at displays, and enjoy spectacular beauty at every turn. This year, A Longwood Christmas is even more magical as we celebrate the opening of Longwood Reimagined....and with it wondrous new spaces and surprising new experiences, all waiting to be discovered as you make



magical memories. Dinner on your own from one of the onsite eateries.
Cost: \$50 includes ride on our bus and ticket into Longwood Gardens. Dinner on your own.
Departs: 3:00pm Returns: 9:00pm
Trip Opens: Oct. 9 @ 3pm by phone only ^
Payment Deadline: Oct. 11

JOY TO THE WORLD, AMT, * LANCASTER

TUESDAY, DECEMBER 3

The ringing of church bells in a quaint town square sets the scene for Joy to the World. Evoking the revered holiday nostalgia of hometown America, our stage transforms into a small town winter carnival brimming with family, friends, and entertaining elves. Awe-inspiring music and dance, phenomenal voices, and light-hearted holiday humor are the ingredients for this holiday extravaganza! We will enjoy a family style meal at Huckleberry's Steamboat Inn before the show.

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

**Departs: 10:30am Returns: 7:00pm
Registration Opens: Nov. 4 @ 3pm
by phone only ^**

Payment Deadline: Nov. 5

WHITE CHRISTMAS, * DUTCH APPLE DINNER THEATRE, LANCASTER

THURSDAY, DECEMBER 5

Two male singers meet a sister duo and follow them to an inn in Vermont. They discover it's owned by their old Army General who fell on hard times. The foursome decides to put on a show to save the inn. Hear favorites like "Blue Skies, Sisters, Happy Holidays, and White Christmas."

Cost: \$95 includes ride on our bus, show, lunch, taxes and gratuity.

**Departs: 9:30am Returns: 5:30pm
Registration Opens: Nov. 6 @ 3pm
by phone only ^**

Payment Deadline: Nov. 11



CHRISTMAS CANDY CAPER, * BIRD-IN-HAND, LANCASTER WEDNESDAY, DECEMBER 11

When a perpetual prankster is kidnapped from her candy store at Christmastime, no one believes the ransom note. This delightful holiday musical combines lots of laughter and lighthearted moments with serious lessons about life, second chances, and the power of celebrating the season with loved ones.

Cost: \$87 includes ride on our bus, show, lunch, taxes and gratuity.

**Departs: 9:30am Returns: 4:30pm
Registration Opens: Nov. 6 @ 3pm
by phone only ^**

Payment Deadline: Nov. 11

OPERA GALA, TOMASELLO WINERY, * NJ

SUNDAY, DECEMBER 15

Experience an elegant afternoon of music, wine, and fine dining.

The matinee features Tomasello wines, elegantly prepared cuisine and thoughtfully selected operatic arias by artists from the Academy of Vocal Arts. For a sensory experience to savor, the music is complemented by a delicious four-course gourmet dinner prepared by Tomasello's excellent Executive Chef, who expertly pairs his creations with award winning wines.

Cost: \$87 includes ride on our bus, show, lunch, taxes and gratuity.

**Departs: 12pm Returns: 8pm
Registration Opens: Nov. 4 @ 3pm
by phone only ^**

Payment Deadline: Nov. 11



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



OVERNIGHT TRIPS

SOUTHWEST NAT'L PARKS & CANYONS OCT 13 - 18, 2024



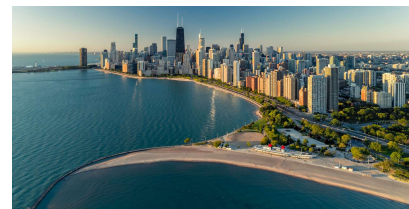
Includes roundtrip airfare; 5 nights first class hotel; 8 meals; motor coach transportation; baggage handling; hotel transfers; visits to Hoover Dam, Grand Canyon West, Bryce National Park, and Zion National Park; Las Vegas Leisure Day and more!

Cost: \$3299 double occupancy, \$3899 single occupancy Arrangements through Travel Haus. Travel insurance information is available upon request. Contact Liza Leister for more information or for reservations: 215-723-8687 or groups@trvlhaus.com

BEST OF CHICAGO: MAY 22 - MAY 26, 2025

Five Nights in Chicago; Chicago River architecture cruise; Chicago city tour; Willis Tower-Skydeck; Wrigley Field; Frank Lloyd Wright Home & Studio; Cantigny Park; "Untouchable" Gangster Tour; Racine, Wisconsin; Frank Lloyd Wright's SC Johnson Wax Headquarters; Wingspread by Frank Lloyd Wright; Eight meals (five-breakfasts & three dinners); Tour Director; Motorcoach Transportation; Baggage handling at hotels. \$3,445. Double \$4,145-Single. Travel insurance information is available upon request. Call Liza Leister at Travel Haus to register: (215) 723-8687

groups@trvlhaus.com. **Must book by November 15th 2024. Presentation at Generations on October 9 at 1:00pm.**



CAPE COD: MA JUNE 8, 2025-JUNE 12, 2025

Four nights deluxe accommodations; Four breakfasts; Four superb New England dinners; Tour of Chatham to Provincetown; Hyannis Harbor cruise and guided tour; National Seashore & Salt Pond Visitors Center; Guided tour of Hyannis & Sandwich; JFK Memorial & Korean War Memorial; Sandwich Glass Museum; Guided tour of Plymouth, MA; Cape Cod Canal Visitors Center. \$870 per person Double. \$1145 Single. Travel insurance information is available upon request. Contact Lisa Furbacher at Generations for more information or to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org



SCOTLAND JULY 26 - AUGUST 2 2025



INFO SESSION WED., OCT. 2, 2PM IN THE CAFE

6 Nights 7 Days - Includes Royal Edinburgh Military Tattoo; Castle Rock; Scone Palace; Loch Ness; Isle of Skye; Loch Lomond; Stirling Castle; Tour of Glasgow's Town; Tour of a whiskey distillery; Fort William; Glenfinnan; 6-breakfasts; 3-dinners

Cost: \$4505.00-double occupancy or \$4,995.00 single occupancy Arrangements through Travel Haus. Travel insurance information is available upon request. Contact Liza Leister for more information or for reservations: 215-723-8687 or groups@trvlhaus.com

1000 ISLANDS, NY: SEPTEMBER 21- SEPTEMBER 24, 2025



Three nights deluxe accommodations; Round trip motorcoach transportation; Three great breakfasts; Thousand Islands lunch cruise; Two sumptuous dinners; Wine tasting at Thousand Islands Winery; Guided tour of 1000 Islands; Visits to Boldt & Singer

Castles; Singer Castle Cruise; Antique Boat Museum. \$837 per person Double. \$1067 Single. Travel insurance information is available upon request. Contact Lisa Furbacher at Generations for more information or to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org



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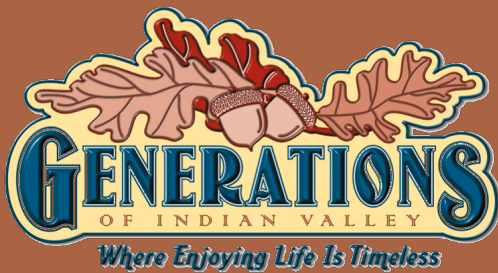
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OUR STAFF!



CURRENT RESIDENT OR

TIME DATED MATERIAL

MAILED FROM LANSDALE SEPTEMBER 2024



We're now on
Instagram

@generationsofindianvalley



Find us on
Facebook

WE'RE HERE:

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

EVENINGS & WEEKENDS AS
SCHEDULED

*WE WILL BE CLOSED ON
NOV. 28 & 29. SEE P. 10 - 13 FOR
ADDITIONAL IMPORTANT
SCHEDULING ANNOUNCEMENTS.

CONTACT US:

MAIN NUMBER: (215) 723-5841

SOCIAL SERVICES: (215) 723-1930

MEALS ON WHEELS: (215) 723-8555

INFO@GENERATIONSOFIV.ORG

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REQUESTS**



FALL 2024 APPEAL DONATIONS ARE REQUESTED AT
THIS TIME. SEE ENCLOSED LETTER.

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