



LUNCH MENU

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

2024 / OCTOBER

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

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
<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>	<p>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 Rhythmit (14) Haircuts by Appt. (12) 1:00 Painting Class (9)</p>	<p>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)</p>	<p>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)</p>	<p>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)</p>	<p>5 The number after the program listing indicates on which page of the newsletter more info. can be found.</p> <p>6</p>
	<p>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)</p>	<p>8 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 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)</p>	<p>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)</p>	<p>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</p>	
<p>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)</p>	<p>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 Rhythmit (14) Haircuts by Appt. (12) 1:00 Painting Class (9) 1:00 Healthy Living for Brain & Body (3)</p>	<p>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)</p>	<p>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)</p>	<p>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)</p>	<p>19</p> <p>20</p>
<p>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)</p>	<p>22 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 10:00 Acupuncture (12) 1:00 Bingo (8) 1:00 Painting Class (9)</p>	<p>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)</p>	<p>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)</p>	<p>25 9:30 Billiards (8) 10:00 Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>26</p> <p>27</p>
<p>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)</p>	<p>29 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 Painting Class (9) 1:30Behind the Kitchen Counter:Oktoberfest(5)</p>	<p>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)</p>	<p>319:30 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)</p>	<p>Schedule Announcements:</p> <ul style="list-style-type: none"> • There will be no Sit, Stretch, Flex or Rhythmit 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
<p>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>				<p>1 Seafood Cakes with Remoulade; Roasted Sprouts; Fresh Fruit</p>
<p>4 Chicken Bacon Ranch Flatbread; Warm Spinach Salad</p>	<p>5 Roast Beef & Swiss on Ciabatta with Horsey Sauce; Arugula, Tomato, and Fresh Mozz Salad w/ Lemon Vinaigrette</p>	<p>6 Salmon & Dill Lasagna with Shaved Fennel; Garden Salad; Whole Wheat Roll</p>	<p>7 Baked Chicken Sausage & Zucchini with Shredded Provolone; Garden Salad; Garlic Knot</p>	<p>8 Shepherd's Pie; Garden Salad; Fresh Fruit</p>
<p>11 Taco Salad (mild) with Ched. Chs, Black Beans, Corn, Tomato Salsa, Avo. Cream, & Tortilla Crisps</p>	<p>12 Chick. Cutlet Cordon Bleu w/Honey Dijon Cream Sauce; Rosemary Roasted Potatoes; Green Salad</p>	<p>13 11:30 Thankful For Veterans Event: Turkey, Stuffing, Cranberries, Roasted Seasonal Veggies, Autumn Dessert (info. p. 6)</p>	<p>14 Pork & Kraut w/ Mashed Potatoes, Apple Sauce, & String Beans</p>	<p>15 Baked Stuffed Shells; Garden Salad; Whole Wheat Roll</p>
<p>18 Swedish Meatballs Over Noodles; Cranberry Sauce; Broccoli</p>	<p>19 Hawaiian Luau - Special Event/Menu/ Price (See p. 1)</p>	<p>20 Happy Birthday! Pulled Pork with M n-Cheese on Whole Grain Roll, Pepper Slaw, Fruit</p>	<p>21 Stuffed Acorn Squash & Green Salad</p>	<p>22 Chicken Enchilada Lasagna with Sour Cream Drizzle; Green Salad</p>
<p>25 Chicken & Waffles; Roasted Veggies</p>	<p>26 Cheesesteak Salad Loaded with Tomatoes, Cheese, Onions, Mushrooms, & Creamy Parmesan Dressing</p>	<p>27 Seafood Cakes with Remoulade; Roasted Brussels Sprouts; Fresh Fruit</p>	<p>28 Generations Closed</p>	<p>29 Generations Closed</p>



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.

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.

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.

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.

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>

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
<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>	<p>Schedule Announcements:</p> <p>• We will be closed on Thu., Nov. 28 & Fri. Nov. 29.</p>		<p>The number after the program listing indicates on which page of the newsletter more information can be found.</p>	<p>1</p> <p>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)</p>	<p>2</p> <hr/> <p>3</p> 
	<p>4</p> <p>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)</p>	<p>5</p> <p>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)</p> <p>Election Day</p>		<p>6</p> <p>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)</p>	<p>7</p> <p>Basket Raffle Ticket Sales Open (1)</p> <p>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)</p>
<p>11</p> <p>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)</p>	<p>12</p> <p>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)</p>	<p>13</p> <p>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)</p>	<p>14</p> <p>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 11-Mats that Matter (8) 12:45 Pinochle (9) 3:30 Board Meeting</p>	<p>15</p> <p>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)</p>	<p>16</p> <hr/> <p>17</p> <p>11:30 Holiday Inn Candlelight Theatre Trip (17)</p>
<p>18</p> <p>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)</p>	<p>19</p> <p>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)</p>	<p>20</p> <p>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)</p>	<p>21</p> <p>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)</p>	<p>22</p> <p>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)</p>	<p>23</p> <hr/> <p>24</p>
<p>25</p> <p>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)</p>	<p>26</p> <p>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)</p>	<p>27</p> <p>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)</p>	<p>28</p> <p>Generations Closed</p> 	<p>29</p> <p>Generations Closed</p>	<p>30</p> <hr/> <p>Dec. 1</p>