



## 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!



## BASKET RAFFLE

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. 6. You need not to be present to win. Thanks to all who contributed time and donations to this fundraiser! Proceeds benefit our Center programs.



## ANNUAL REINDEER RUN & WALK SATURDAY, DEC. 6, 8AM START

We are already prepping to don our reindeer antlers and hoof around Souderton for our annual Reindeer Run & Walk. Whether you like to run, walk, or simply

cheer on Generations, we need your support! This is a challenging 5K timed race, but the event also features a One Mile Fun Walk.

If the sound of pounding the pavement rain or shine doesn't ring your reindeer harness bells, you can simply help us spread the word by recruiting other participants or provide a monetary donation to help offset event costs.

Registration fees includes a long sleeved t-shirt, reindeer antlers, hot breakfast and one entry for raffle prizes. Medals will be awarded for race winners. Extra breakfasts for spectators, friends & family will be available for \$5.00 each.

Hurry! If you register before Nov.11 you'll get to choose your t-shirt size and get a discount! More information can be found at our front desk and our website: [www.generationsofiv.org](http://www.generationsofiv.org)

**A new policy for paid, on-site events is now in effect.** Please note that our trip policies differ (see p. 15). We will not add you to the registration list until payment is received. After the payment deadline listed with the event, if you cancel for any reason, your money will not be refunded unless there is a replacement. **Ways to Register/Pay:**

1. **In Person** at Generations front desk (Cash, Check, Credit (3% fee), Debit).
2. **By Phone** (Credit (3% fee)). Call 215-723-5841 between 9am-3:45pm.
3. **By Mail** (Check payable to Generations. Provide the name of the event you would like to register for, first and last names + phone numbers for all individuals registering). Mail to: 259 N. 2nd St., Souderton, PA, 18964.

**Visit Our Website:** For the most up-to-date program information and announcements please visit [www.generationsofiv.org](http://www.generationsofiv.org)

## HALLOWEEN BRUNCH, DANCE & COSTUME CONTEST FRIDAY, OCTOBER 31, 11:30

Our meal will be a spooky/silly themed brunch menu (see p. 10) and we'll have a costume contest. Prizes will be awarded for the best 1st, 2nd, & 3rd overall costumes. We'll also have trick or treaters from the Souderton Charter School Collaborative. After lunch we will open up the dance floor so you can rattle your bones to some of your favorite spooky and fun tunes. \$2 donation for the meal (as usual). Please note the earlier start time for meal! Registration is required and seating is limited. To register, stop by our front desk and pick up an event registration form or call 215-723-5841 by October 27.

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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  
Greg Green,  
Maintenance Coordinator  
Christine Hawkins, Sous Chef/  
Nutrition Services  
Beth Knize, Executive Chef/  
Nutrition Services  
Lexi Little, Kitchen Assistant  
Pat McQue,  
Indian Valley MOW Coordinator  
Val Perry,  
Member Services Coordinator  
JoAnn Steinly,  
MOW Kitchen Coordinator  
Amy Stover, ADC,  
Program Coordinator

### BOARD OF DIRECTORS

Linda Abram, Chair  
John H. Filice, Vice-Chair  
Timothy Swartley, Treasurer  
Dr. Stephen Carp  
Kristyn DiDominick  
M. Theresa Fosko  
Brian K. Goshow  
Joanne Kline  
D. Scott Landis  
Alexandra Metricarti  
Chari Richardson  
Ella M. Roush

## GIFT CARD RAFFLE! (DIFFERENT FROM OUR BASKET RAFFLE LISTED ON P. 1)

HELP SUPPORT GENERATIONS AND ENTER OUR GIFT CARD RAFFLE! TICKETS ARE \$10 EACH. PURCHASE THROUGH OCTOBER 17 AT OUR FRONT DESK OR ON OUR WEBSITE. THREE PRIZES WILL BE DRAWN ON FRIDAY, OCTOBER 17 DURING OUR NOON MEAL. YOU NEED NOT BE PRESENT TO WIN. ALL PROCEEDS BENEFIT OUR CENTER AND MEALS ON WHEELS PROGRAMMING. PLEASE SPREAD THE WORD AND HELP US SELL TICKETS - FLYERS AVAILABLE AT OUR INFORMATION HUB IN THE FRONT LOBBY!



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.

## GOOD NEWS!

Hi! It's Amy Stover, Program Coordinator here, to say thanks for taking a look at our newsletter. It is so fulfilling to see

Participants devouring this old fashioned print media with their pencils and calendars the day it becomes available! I want raise a red pen to Generations volunteers Howard and Annie. At a moment's notice, these two proofreaders are willing to clear their schedules to spend a day (or two) dissecting every last page for spelling, accuracy, and continuity. Sometimes I text them late at night or early in the morning, asking for fresh eyes to help give me clarity after marathon sessions of concentration and long hours cramming - and oh by the way - can you do in the next 12 hours? We don't always catch all of the glitches (I know this because people point them out to me), but it's always a "binding" experience building this newsletter!



# WELLNESS HUB: FRIDAY, OCTOBER 17, 9:30-11:30AM

Join Senator Collett and her staff for her annual fall Senior Services and Wellness Hub at Generations of Indian Valley! This free event is a one-stop-shop for seniors with giveaways, health screenings, state services and a variety of other wellness resources geared towards older adults.

Lunch will be provided for those who pre-register (see p. 10 for lunch information). Please call Sen. Collett's office at 215-368-1429 with any questions.



## COMMUNITY DANCES FOR SINGLES & COUPLES

We are excited to welcome back dancing for adults 50+ to Generations where all proceeds will benefit GENERATIONS. Our first two dates are **Nov. 7 and Dec. 12**, so mark your calendar now!

Cost is \$12 per person. Doors open at 6:30. Dancing is from 7-10. Light snacks and water are provided. BYOB and your favorite snacks. Dress is casual. Only the DJ gets

paid! All proceeds come back directly to Generations. As we are all volunteer, please consider giving 30 minutes of your time once-in-a-while to help with signing in dancers and/or taking money at the door. Questions? Please contact Linda Love [lindahlove@hotmail.com](mailto:lindahlove@hotmail.com)  
Hope to see you in November!



## HOLIDAY WREATH MAKING: WED., NOV. 5, 1:00PM

Join volunteer Sandi to make a beautiful holiday wreath that you can keep for years to come or gift to a friend or family member. Sandi will provide step-by-step instructions to help you cut, bunch, twist, and secure ribbon to a wire frame to achieve a textured, coordinated look for a beautiful wreath that is uniquely yours. See example pictured. >>>>  
Cost: \$25 includes class, all supplies, a beautiful ribbon wreath custom made by you to your liking, and a donation to

Generations. If you have a favorite pair of scissors suitable for cutting ribbon, please bring it along. This class is limited to a minimum of 8 people.

**Payment is due at the time of registration (you are not registered until payment is received). Registration and payment deadline: October 29 in person, by phone (215-723-5841), or by mail.**

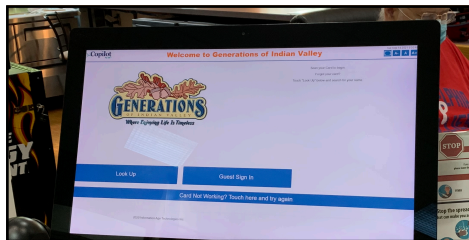


## FLASHBULB MEMORY SOCIAL FRIDAY, NOV. 21, 1:00PM

Our H.O.M.E. Team\* hosts this opportunity to chat about flashbulb memories. A flashbulb memory is a vivid recollection of the circumstances surrounding the learning of a surprising, emotionally significant event, such as the assassination of John F. Kennedy. (That's the only one we're giving away ahead of time)! Discussion prompts will be provided to foster reminiscence and help you tell your

story to connect and converse with others. Soft pretzels will be provided. A donation of \$2 per person (the day of the event) is appreciated. Call 215-723-5841 or stop by our front desk by Nov. 18 to register.

\*H.O.M.E. is an acronym for "Helping Organize Meaningful Experiences." Many thanks to the members of our H.O.M.E. Team for helping plan this event.



**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.



### NO LAUGHING MATTER

Unfortunately our Laughing Matters Comedy Night Fundraiser scheduled for October has been cancelled. We hope to regroup with better success and participation next spring. PS This is an actual photo of the son of one of our Generations staff members ha ha :-)



### BASKET FILLERS

We will gladly accept donations of new/wrapped items in good condition through Oct. 13 to create baskets for our raffle. 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 ask for the name of the program exactly as it is listed here.

## TRIVIA AT TEN ^

WEDNESDAY, OCT. 1, 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. **Please register if you plan to attend.** ^

## SKIP-BO CARD GAME ^

1ST & 3RD THURSDAYS, 9:30-11:30AM

Skip-Bo is an easy game to learn, and volunteer Sonia can teach you! Come have fun playing this addictive numerical sequencing card game. A \$2 donation per person is appreciated. **Please register at our front desk or call 215-723-5841.** ^

## ACRYLIC ONE-STROKE PAINTING FIVE WEEK SERIES ^

FRIDAYS., SEPT. 26 - OCT. 24, 9:30-11:30AM BEGINNER  
OR FRIDAYS., SEPT. 26 - OCT. 24,  
1-3PM INTERMEDIATE

One-stroke Painting is fast, fun and addictive, and you can do it! Join certified instructor Tish Ryan for a five week series of this fun and interesting acrylic painting method. Each class lesson builds upon the previous session. During the beginner class, you will learn how to load and utilize various brushes, plus how to paint leaves, stems, vines, various flowers, and more. The intermediate class we will advance to painting to fruit, more leaves and seasonal items for the Fall. For our final classes, you will be painting on your own surface to be kept or use for a unique gift. **Cost: \$40 for the five week series is payable with registration and due by September 19.** Sorry no a-la-carte class payments. All participants will be required to bring or purchase their own materials for use during class and for practice at home. A materials list will be provided for required and suggested purchases. Expect to spend an additional \$25-\$50 if you are buying new supplies.

## HISTORY OF THE MODERN STATE OF ISRAEL EXPLAINED ^

TUESDAYS, OCT. 7 - 28, 10:30AM

Gain an understanding of international developments in the Middle East and the events leading up to the current crisis surrounding Israel. During this series, we will discuss:

Oct. 7: The Origins and Creation of Israel

Oct. 14: The History of Israel and Its Wars

Oct. 21: The Israel-Gaza War and its Consequences

Oct. 28: Picking up the Pieces and Reflections

The discussions will be moderated by volunteer Thomas Kolsky, an historian and political scientist.

**Registration required.** ^

## TAKE OUT RIB DINNER DAY

RIB OUR RIVALS WITH GAME DAY GRUB

THURSDAY OCTOBER 9

Get ready for the ultimate showdown - Eagles vs. Giants - with our Take-Out Rib Dinner Special! Whether you're flying high with the Birds or watching the Giants go down, fuel your football feast with our take out rib meal for two. \$25 includes two generous portions of fall off the bone BBQ Ribs, Mac & Cheese, Baked Beans, and Slaw all for just \$25. Great ribs. Big rivalry. One delicious win. Stop by our front desk or call 215-723-5841 to place your order and pay by October 2. Pick up in our Cafe from 10:30am-3:00pm on October 9. ^



## CENTENARIAN EVENT

WEDNESDAY, OCTOBER 15 BY INVITATION

The Montgomery County Centenarian Celebration is an annual event that honors Montgomery County residents turning 100 years or older. We are honored to host the event this year, which features an in-person luncheon with entertainment, music, and food. This is a special day for centenarians and their families to celebrate reaching this significant milestone.

## A TRIBUTE TO MEN AND WOMENS HEALTH ^

MONDAY, OCTOBER 20, 10:00AM

Life expectancies have increased! Discover the latest research and recommendations for both men and women to stay healthy! This free presentation from Jefferson Health-Abington is offered in person at Generations. **Please register if you plan to attend.** ^

## MOVIE MATINEE: DOWNTON ABBEY

THE MOTION PICTURE PART 1 ^

TUESDAY, OCTOBER 21, 12:45PM

The beloved characters

of Downton Abbey take to the big screen in this motion picture from 2019, and it turns out that they've got a major event to



## MUSIC BINGO FRI., OCT. 24, CARD SALES AT 12:30, GAMES AT 1:00PM

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 or marker and refreshments or feel free to purchase refreshments in our Cafe. No registration required.





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prepare for. After all, it's not every day that royalty makes an appearance. Of course, it's not long before tensions are running high. Rated PG. Running time is 2 hours, 2 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café. **Please register if you plan to attend.** ^

## BEGINNER KNITTING ^

WEDNESDAYS, OCT. 22 - NOV. 26., 12:45PM  
(NO CLASS 11/5)

Join volunteer 'Cat' for this beginner knitting group, and learn basics such as knit and pearl. This class is appropriate for true beginners but Cat can also help intermediate knitters with guidance for more advanced stitches. Bring your own supplies: size 8 or 9 needles, worsted weight yarn in color of choice (Cat suggests acrylic Red Heart or Loops and Threads yarn available at Michaels or Amazon). \$30 per person for the series. **Registration & payment for the series required by October 17 (no a-la-carte classes).** ^

## BOSCOV'S DISCOUNT DAY & OPTIONAL SHOPPING BUS ^

WEDNESDAY, OCTOBER 22,

Visit our front desk to make a \$5 donation to Generations and receive a 25% off Boscov's shopping pass valid in store or online Wed., Oct. 22, 8am-11pm! Optionally, you can join us for a trip on the mini bus so we can shop till we drop together at the Plymouth Meeting Boscov's. Trip on 10/22 departs 10:30am, returns 2pm. \$5 for bus. Lunch and shopping on your own. Register at our front desk for the optional shopping trip: 215-723-5841.



## AARP SAFE DRIVING REFRESHER COURSE ^

THURSDAY, OCTOBER 30, 9:30AM-1:30PM

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 info. A short break will be given. Participants may purchase items in our Café or pack a lunch. Class Fee: \$20 for AARP Members; \$25 for Non-AARP Members, payable on the day of class. **Registration required October 23.** ^

## DIALOGUE WITHOUT FRONTIERS:

IMMIGRATION AND THE AMERICAN EXPERIENCE ^

THURSDAY, NOVEMBER 6, 1:00PM

Join us for a group discussion aimed at gaining mutual understanding about controversial issues with honesty and civility. This is an open forum for discussion in a democratic manner. Participants must be willing to listen and or speak about topics that may elicit differing opinions with a calm, open mind. At this initial meeting, we will discuss the potential for future meetings, topics, and discussion leaders. Our first discussion, Immigration and the American Experience, will be moderated by Thomas Kolsky. **Registration required.** ^

## NAME THAT TUNE: CHOOSE YOUR DECADE ^

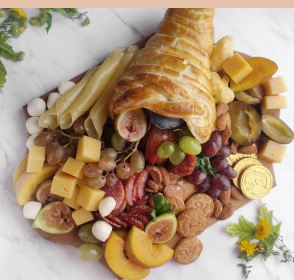
FRIDAY, NOVEMBER 14, 10:00AM

Come to Generations to build your brain power with a fun morning of identifying songs. Play for the glory because the prizes are lame! Led by Program Coordinator Amy. **Please register if you plan to attend.** ^

## DIGITAL LITERACY: NEWS, TRUST, & ONLINE INFO. ^

FRIDAY, NOVEMBER 7, 12:45PM

Join Alan Berry, Media Literacy Educator, Researcher, and Advocate, for a digital literacy workshop. This month's topic is the state of news media, trust, and how to evaluate information online. Free program. **Please register if you plan to attend or to inquire about topic, call our front desk at 215-723-5841.** ^



## SAVORY MOMENTS CORNUCOPIA CHARCUTERIE WORKSHOP

WEDNESDAY, NOVEMBER 26, 1:30PM

Join Angie & Cynthia, the owners of local Savory Moments LLC, to build a Thanksgiving charcuterie platter fit for sharing at your holiday gathering!

You will see a brief tutorial of washing and cutting, fancy cut options, and folding of meats. Then you will have a chance to create your own Thanksgiving charcuterie using a hollowed out cornucopia shaped bread for the centerpiece. Fill your cornucopia with a variety of supplied meats, cheeses, fruits, veggies, pickled items, nuts and dried fruits, as well as

crackers and dips. You'll take home your platter in a cake box ready to share at your Thanksgiving feast. (The photo shown is not an exact representation but similar to what we will make).

Cost: \$38 includes class, take-home charcuterie cornucopia platter that serves 3-4 people generously, and a donation to Generations. This class is limited to a minimum of six/ maximum of 25. Payment is due at the time of registration (you are not registered until payment is received). Registration and payment deadline: Nov. 20 in person, by phone or by mail. See p. 1 for full payment policy. ^

## NEWS & NOTES:

### FEATURED ARTISTS OCTOBER:

The Doylestown Art League seeks to promote art awareness and education through its activities. Membership is open to anyone, artists or non-artist, 16 year 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.

### FEATURED ARTISTS NOVEMBER:

Nello's Corner at The Center for Loss and Bereavement in Skippack, PA, is a family grief support group program offered throughout the school year for children, teens, and their caregivers who have experienced the death of an immediate family member. Children and teen participants in Nello's Corner are encouraged to create visual art to help process emotions and create pathways to hope. To celebrate The Center for Loss and Bereavement's 25th Anniversary this year, Nello's artists will showcase mixed-medium paintings, drawings, and collage at Generations.

### 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)

### WINTER WEATHER:

We no longer follow Souderton School District for weather related closings and delays. Visit our website [generationsofiv.org](http://generationsofiv.org) or call 215-723-5841 to see/hear if Generations or Meals has a schedule change. You can also visit our website to opt in for text notifications about inclement weather announcements.



# SPECIAL PROGRAMS (BY DATE ORDER)

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## OBESITY, DIABETES, AND WEIGHT LOSS MEDICATIONS ^

MONDAY, NOVEMBER 17,  
10:00AM

Discover what is new, what has changed, and current US trends in obesity and weight control. This free presentation from Jefferson Health-Abington is offered in person at Generations. **Please register if you plan to attend.**^

## MOVIE MATINEE: DOWNTON ABBEY A NEW ERA PART 2 ^

TUESDAY, NOVEMBER 18, 12:45PM

The beloved cast go on a grand journey to the South of France to uncover the mystery of the Dowager Countess' newly inherited villa. The 2022 motion picture is Rated PG. Running time is 2 hours, 5 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café.



**Please register if you plan to attend.**^

## FAMILY FEUD GAMES ^

WEDNESDAY, NOV. 19, 1:00PM

Nothing says family like joining together in some friendly competition for lame prizes. Gather a team together of between 4-6 people and join your host Amy for an afternoon of family feud style games naming the most popular answers to survey questions. Registration is required by Nov. 14. A \$2 donation per person toward prizes is appreciated. Please indicate at sign up whether you have a team, would like us match you with others, or are just coming to spectate. **Please register if you plan to attend.**^

## BUILD AN AUTUMN BOUQUET OR CENTERPIECE ^

TUESDAY, NOVEMBER 25, 9:30-11:30



Create a beautiful medium-sized autumn floral arrangement in a vase or in floral foam for a centerpiece just in time for Thanksgiving! \$25 includes all supplies and fresh florals.

Basic floral design tips and tricks will be provided. Led by Program Coordinator Amy. Please register for a 1/2 hour start time and indicate which item you'd like to build. **Registration & payment required by November 20.** ^

## LISTEN UP BENEFIT CONCERT WITH SHANNON & CAYDEN ^

WED., NOVEMBER 26, 11:00AM

Come and enjoy the vocal and piano stylings of Shannon Stover and Cayden Johnson. Shannon was ranked the #1 Soprano in all of PA by the Pennsylvania Music Educator's Association in 2025, and has performed in concerts and in community/school theaters for her whole life. She is currently studying music education at Temple University with a voice concentration. Cayden is a versatile performer in piano and vocals (bass) whose repertoire spans many genres from classical to rock and standards. He is studying music education at Temple with a piano/percussion concentration. During this exclusive concert benefitting Generations, Shannon and Cayden will share solos and duets of Broadway selections, Disney favorites, classical vocal and piano pieces and some of your favorite old standards. A donation with proceeds benefitting Generations (suggested \$5 per person) will be collected at the door. **Stop by our front desk or call 215-723-5841 to register by Nov. 21 if you plan to attend.** ^





# SOCIAL SERVICES

## 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 2:00pm at Adult Day Services, 51 Medical Campus Drive Lansdale, PA. Please contact: Susan Lamar: 215-361-4421

[susan.lamar@jefferson.edu](mailto:susan.lamar@jefferson.edu)

## COUNSELING FOR EVERY DAY STRUGGLES AND BEYOND BY APPOINTMENT

Counseling services for seniors are available at Generations. Being seen and heard-with empathy and without judgement-can create space for meaningful change. Shirley Elrod, LMFT, FT, is a professional licensed therapist who has specialized experience and training in grief, family systems, relationships, everyday struggles, and trauma. During sessions, Shirley works from a perspective that allows each individual the time and space to address their own needs within their unique situation.

## OUR SOCIAL SERVICES COORDINATOR

**Emily Filice is available Monday-Friday from 9:30-3:30. Appointments are recommended. Call ahead to schedule an appointment or speak with Emily over the phone at 215-723-1930.**

Shirley uses a sliding scale and works with

your budget for payment. To schedule an appointment at Generations or determine whether you could benefit from counseling with Shirley, please contact her directly:

Email: [shirley@selrodtherapy.com](mailto:shirley@selrodtherapy.com)

Phone: 215-650-3034

Website: [selrodtherapy.com](http://selrodtherapy.com)

## 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.

**LEGAL AID: THURSDAYS, OCT. 16 & NOV. 20, 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.

## MONTGO VETERANS AFFAIRS

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

## PA MEDI APPOINTMENTS THUR., OCT. 2 & NOV. 6

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.

## 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.

## 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.

## 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.

**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](http://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.



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

## CHOIR CHIMES: WEDNESDAYS, 10:30AM

The group, led by Anna Marie Dieterle, rehearses and performs a varied repertoire on hand chimes and meets September-May. Ringers who can read music are needed!

## CHORALEERS: MONDAYS, 1:00PM

The Choraleers rehearse a variety of popular, seasonal, and patriotic tunes from September - May. They perform at local community/retirement venues by request. 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 Café until 1pm or feel free to bring your own refreshments.** Registration begins at 12:15pm. Donation: \$1.00.



## GARDEN CARE:

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



## "GO" GAME DAY:

**1ST FRIDAY (OCTOBER 3 & NOVEMBER 7), 10:00AM - 2:00PM**  
Join volunteer Don to play the game "Go." It is a strategy 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.

## HAND & FOOT CARD GAME: TUES, 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: 1ST & 3RD 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.

## 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: 215-353-6699. If there is no answer, leave a message.

## MONTICO TRAIL CHALLENGE

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! Here's

**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.**





how to participate: (cont'd from p.8) Pick up your official trail challenge card at Generations or look for them at Montgomery County Park and Trail kiosks. You can also print the card at [www.montgomerycountypa.gov](http://www.montgomerycountypa.gov) Register yourself and any participating members of your household. Once you have completed as many trails as you can, return your completed card to Amy at Generations, to a designated drop box or online by December 1. You do not have to walk, run or bike the entire trail to get credit for the challenge – just visit and enjoy to earn your recognitions!

**PAINTING CLASS (WATERCOLOR):**  
**TUESDAYS, 1:00-3:00PM (RESUMES OCT. 7)**  
 Classes begin with instruction and demonstration of intermediate watercolor techniques in regards to negative space, composition and color. 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. Instructor Emma Hawkins. Please register for each monthly session if you plan to attend so that we know how many tables to set up. Upon arrival, pay \$10 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 Café 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:**  
**WEDNESDAY, OCTOBER 8, 11:00AM**  
**(VEGAN RECIPES)**  
**WEDNESDAY, NOVEMBER 12, 11:00AM**  
**(DIABETIC FRIENDLY)**  
 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).  
**Come try samples of delicious dishes! A donation of \$2 per person is appreciated.** Please register. Stop by our front desk or call 215-723-5841.

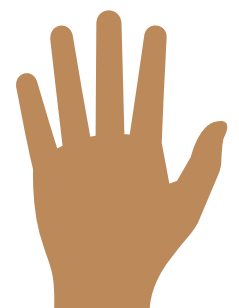
**RED HAT HAPPENINGS:**  
 For Red Hat concerns and registration, contact Linda: 215-450-4986, [mooma2cats@gmail.com](mailto:mooma2cats@gmail.com)  
 Upcoming events at 11:30am meeting time:  
 Lunch at Bella Fiona (Harleysville) - Wed., 10/15  
 Lunch at Luberto's (Dublin) - Wed., 11/19  
 Christmas Party at The Ram (Perkasie) - Fri., 12/5

**SCRABBLE: 1ST & 3RD WEDNESDAY, 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: WEDNESDAY, 9:00AM,**  
**LAST DAY FOR THE SEASON OCTOBER 29**  
 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.

**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 [astover@generationsofiv.org](mailto:astover@generationsofiv.org)  
 One of our tech volunteer will meet you at Generations and determine how best to assist you. Free service.



## 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 Tue., Nov. 18 at 9:15am. Contact Amy.**

**Donations of wet floral foam, medium vases, jars, or watertight floral arranging containers are requested for an activity by November 18.**

**Donations of new, packaged items are always appreciated. We use them as small prizes for our games and events. Candy bars and snacks are favorites!**

# LUNCH MENU

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

2025 / OCTOBER

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>All menu items are subject to change. We will post applicable updates on our website:</b> <a href="http://www.generationsofiv.org">www.generationsofiv.org</a>			1 Beef Nachos; Southwest Rice with Corn & Black Beans; Fresh Fruit	2 Chicken & Broccoli with Pesto Cream Sauce over Penne; Garlic Green Beans; Dinner Roll	3 Sloppy Joes on Onion Roll; Roasted Sweet Potatoes; Green Salad
6 Southwest Chicken Bake with Rice, Cheese, & Chili (mild); Fire Roasted Jicama Slaw	7 Pierogi & Kielbasa with Sautéed Cabbage; Green Veggie	8 Chicken Picatta Meatballs Served over Rice; Green Veggie; Dinner Roll	9 Shepherd's Pie; Garden Green Salad	10 Pulled Pork on Corn Bread with BBQ Drizzle; Green Salad	
13 Shrimp Scampi over Pasta; Green Salad; Bread Stick	14 Chicken Cutlet Milanese Style (thin cutlet topped with Caesar salad); Broccoli; Dinner Roll	15 Montgomery County Centenarian Event (p. 4) No Noon Meal	16 Baked Ravioli with Bolognese; Caesar Salad; Garlic Knot	17 Bacon Egg and Cheese Sliders; Salad; Fruit	
20 Chicken, Bacon, Ranch Flatbread; Salad, Fruit	21 Gnocchi with Butternut & Sausage; topped with Spinach Cream Sauce; Green Salad	22 <b>Happy Birthday!</b> New England Baked Cod in Cheese Sauce w/Crispy Panko Topping; Green Veggie; Roll	23 Hot Ham & Swiss with Dijon Mayo & Greens on Pretzel Roll; Fresh Fruit	24 Italian Chicken Stew; Garlic Knot; Fruit	
27 Beef Nachos; Southwest Rice with Corn & Black Beans; Fresh Fruit	28 Honey Garlic Salmon, Brown Rice; Snap Peas; Fortune Cookie	29 Ham and Cheddar Quiche with Hollandaise Sauce; Fresh Green Salad	30 Sloppy Joes on Onion Roll; Roasted Sweet Potatoes; Green Salad	31 11:30 Halloween Brunch: 'Eyeball' Sausage/Egg/Cheese Stuffed Pepper, Sweet Potato Monster Mash, Mandarin Pumpkin, Dirt Pudding (p. 1)	

## 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, October 22 and Wednesday, November 19.

## OUR CAFÉ

Our Café is open Mon.-Fri. from 9:00am-1:00pm for dine-in or take-out. Enjoy our a-la-carte menu and daily specials of salads, sandwiches, snacks, coffee, soups, heat & eat meals and more. No need to order; just stop by!




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p><b>The number after the program listing indicates on which page of the newsletter more information can be found.</b></p>		<p><b>1</b> 9:00 Shuffleboard (9) 9:30 Dancefit (14) 9:30 Billiards (8) 9:30 Chorus Line DADT Trip (15) Hearing Care Appt.(12) 10:00 Scrabble (9) 10:00 Trivia at Ten (4) 10:30 Balance/Tone/ Stretch (14) 10:30 Choir Chimes (8) 1-Acupuncture (12) 3:30 Caregivers Support (Virtual) (7)</p>	<p><b>2</b>  9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling Appt. (7) 9:30-11:30Skip-Bo (4) 11-Mats that Matter(8) 12:45 Pinochle (9) PA Medi Appt. (7) <b>Take Out Rib Dinner Orders Due (4)</b></p>	<p><b>3</b>  9:00 Billiards Away vs Normandy Farms (8) 9:30 Billiards (8) 9:30 One-Stroke Beginner (4) 10-2 “Go” Game (8) 10:30 Release &amp; Restore Yoga (14) 1:00 One-Stroke Intermediate (4) 12:30 Mah Jong (8)</p>	<p><b>4</b>          <b>5</b>          12:00 Harvest Opera Gala Trip (15)</p>
<p><b>All programs are subject to change. Please register and sign in for programs so we will know to contact you if we need to change something.</b></p>					
<p><b>6</b>  Massage Mondays (12) 9:30 CardioTone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8)</p>	<p><b>7</b>  9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 9:30 Billiards (8) 10:00 Scrabble (9) 10:30 Rhythmfitt (14) 10:30 History of Modern Israel (4) NO Haircuts (12) 1:00 Painting (9)</p>	<p><b>8</b>9-Shuffleboard (9) 9:00 Billiards Away vs Hershey’s Mill (8) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/ Stretch (14) 10:30 Choir Chimes (8) 11-Recipe Swap (9): Vegan 1-Acupuncture (12) 2 - Caregivers Support (7)</p>	<p><b>9</b>  9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling Appt. (7) 12:45 Pinochle (9) 3:30 Board Meeting <b>10:30-3 Take Out Rib Dinner Pick Up Day (4)</b></p>	<p><b>10</b>  9:30 One-Stroke Beginner (4) 10:00 Elton John/Billy Joel Tribute Trip (15) 9:30 Billiards (8) 10:30 Release &amp; Restore Yoga (14) 1:00 One-Stroke Intermediate (4) 12:30 Mah Jong (8)</p>	<p><b>11</b>          <b>12</b>          12:00 Harvest Opera Gala Trip (15)</p>
<p><b>13</b>  9:30 CardioTone(14) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY(7) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8)</p>	<p><b>14</b>  9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 10:30 Rhythmfitt (14) 10:30 History of Modern Israel (4) 1:00 Bingo (8) 1:00 Painting (9)</p>	<p><b>15</b>  9-Shuffleboard (9) NO Dancefit (14) 9:30 Billiards (8) 10:00 Scrabble (9) NO Choir Chimes (8) 10:30 Balance/Tone/ Stretch (14) 11:30 Red Hat Lunch at Bella Fiona (9) 12-2 Collett Hours (7) Centenarian Event(4) 1-Acupuncture (12) Financial Counsel (7)</p>	<p><b>16</b>  9:30 Billiards (8) NO Sit,Stretch,Flex (14) 9:30-11:30 Skip-Bo(4) 11-Mats that Matter(8) Counseling Appt. (7) 12:45 Pinochle (9) Legal Aid Appt. (7)</p>	<p><b>17</b>9-Billiards Away vs Arbour Square (8) 9:30 Billiards (8) 9:30 One-Stroke Beginner (4) 9:30-11:30 Collett Wellness Hub (3) 10:30 Release &amp; Restore Yoga (14) <b>Gift Card Raffle Drawing (2)!</b> 12:30 Mah Jong (8) 1:00 One-Stroke Intermediate (4)</p>	<p><b>18</b>  9:45 Grease @ Spring Lake Theatre Trip (16)          <b>19</b>          </p>
<p><b>20</b>  Massage Mondays(12) 9:30 Cardio Tone (14) 9:30 Billiards (8) 10:00 Mens &amp; Womens Health (4) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8)</p>	<p><b>21</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 9:30 Carpenters Trip (16) 10:30 Rhythmfitt (14) 10:30 History of Modern Israel (4) Haircuts by Appt. (12) 12:45 Movie Matinee: Downton Abbey Motion Picture Pt 1 (4) 1:00 Painting (9)</p>	<p><b>22</b>9-Shuffleboard (9) 9:15 Billiards Home vs Hillview (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes (8) 10:30 Balance/Tone/ Stretch (14) <b>Bosco’s Discount Day &amp; Opt. Trip (5)</b> 1- Acupuncture (12) 12:45 Beginner Knitting (5)</p>	<p><b>23</b>  9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) Counseling Appt. (7) 12:45 Pinochle (9)</p>	<p><b>24</b> 9:15 Billiards Home v Britt. Pt (8) 9:30 One-Stroke Beginner (4) 10:30 Release &amp; Restore Yoga (14) 11:00 Strasburg Railroad Trip (16) 12:30 Mah Jong (8) 1:00 Music Bingo (4) 1:00 One-Stroke Intermediate (4)</p>	<p><b>25</b>          <b>26</b>          </p>
<p><b>27</b>  9:30 CardioTone (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8)</p>	<p><b>28</b>  9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 10:30 History of Modern Israel (4) 10:30 Rhythmfitt (14) 1:00 Bingo (8) 1:00 Painting (9)</p>	<p><b>29</b> 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes (8) 10:30 Balance/Tone/ Stretch (14) 12:45 Beginner Knitting (4) 1- Acupuncture (12)</p>	<p><b>30</b>  9:30 Billiards (8) 9:30 AARP Safe Driving Refresher (5) 9:30 Sit, Stretch, Flex (14) Counseling Appt. (7) 12:45 Pinochle (9)</p>	<p><b>31</b>  9:30 Billiards (8) 10:30 Release &amp; Restore Yoga (14) 11:30 Halloween Brunch, Dance &amp; Costume Contest (1) 12:30 Mah Jong (8)</p>	<p><b>Schedule Announcements:</b>  • <b>No Dancefit or Chimes Oct. 15</b> • <b>No Sit, Stretch, Flex Oct. 16</b></p>

# LUNCH MENU

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

2025 / NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Pulled Pork on Corn Bread with BBQ Drizzle; Green Salad	<b>4</b> Chicken Picatta Meatballs Served over Pasta or Rice; Green Veggie; Dinner Roll	<b>5</b> Pierogi & Kielbasa with Sautéed Cabbage; Green Veggie	<b>6</b> Southwest Chicken Bake with Rice, Cheese, & Chili (mild); Fire Roasted Jicama Slaw	<b>7</b> Shepherd's Pie; Garden Green Salad
<b>10</b> Chicken Cutlet Milanese Style (thin cutlet topped with Caesar salad); Broccoli; Dinner Roll	<b>11</b> Baked Ravioli with Bolognese; Caesar Salad; Garlic Knot; Red, White & Blue Dessert <b>Donation Waived for Veterans</b>	<b>12</b> Bacon Egg and Cheese Sliders; Salad; Fruit	<b>13</b> Pork & Sauerkraut; Mashed Potatoes; Green Beans; Apple Sauce	<b>14</b> Shrimp Scampi over Pasta; Green Salad; Bread Stick
<b>17</b> Gnocchi with Butternut & Sausage; topped with Spinach Cream Sauce; Green Salad	<b>18</b> Hot Ham & Swiss with Dijon Mayo & Greens on Pretzel Roll; Fresh Fruit	<b>19 Happy Birthday!</b> Turkey, Stuffing, Mashed Potatoes, Gravy, Brussels, Cranberry Relish, Pumpkin Dessert Family Feud Games (p. 6)	<b>20</b> New England Baked Cod in Cheese Sauce w/ Crispy Panko Topping; Green Veggie; Roll	<b>21</b> Chicken, Bacon, Ranch Flatbread; Salad, Fruit
<b>24</b> Ham and Cheddar Quiche with Hollandaise Sauce; Fresh Green Salad	<b>25</b> Sloppy Joes on Onion Roll; Roasted Sweet Potatoes; Green Salad	<b>26</b> Honey Garlic Salmon, Brown Rice; Snap Peas; Fortune Cookie	<b>27</b> 	<b>28</b> <b>Generations Closed for Thanksgiving</b>
All menu items are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a>				

## WELLNESS/SPA OFFERINGS

### MASSAGE MONDAYS 1ST & 3RD MONDAYS, BY APPT

Enjoy a 30-minute chair massage for \$30 or a 60-minute fully clothed table massage for \$65 (shorts and a tank top recommended for comfort) with Licensed Massage Therapist Jim Davidson. Cash or check made payable to Jim Davidson. Tips are welcomed, and a portion of proceeds will benefit Generations directly. **Schedule at the front desk, or call/text Jim at 570-449-9466.**

### 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>

### ACUPUNCTURE FOR PAIN RELIEF: WEDNESDAYS, 1:00PM

B.J. Putnam, DAc, offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Pre-registration is no longer required. Sign in at the front desk upon arrival, and pay for a ticket before each session.

### BLOOD PRESSURE SCREENINGS:

**MONDAYS, OCTOBER 20 & NOVEMBER 17, BEGINNING AT 11:15AM**

Free blood pressure checks, provided by Jefferson Health-Abington. First come, first served; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.



### ATTENTUS HEARING CARE:

**WEDNESDAYS, OCTOBER 1 & NOVEMBER 5, BY APPOINTMENT**  
Audiologist Dr. Abby Holauchock offers free hearing screenings, hearing aid cleanings, and ear wax checks at Generations. **To schedule your free screening, please call 267-669-1345 (sorry text feature is no longer available).** Additional services available for a fee: ear wax removal and hearing aid repairs. Full evaluations and consultations are also available at Generations or in your home.



# PROGRAM SCHEDULE

2025 / NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<b>The number after the program listing indicates on which page of the newsletter more info. can be found.</b>		<b>All programs are subject to change. Please register and sign in for programs so we will know to contact you if we need to change something.</b>			<b>1</b> <div>Daylight Savings Time Ends</div> 
<b>3</b> 9:00 Billiards Away vs Shannondell (8) Massage Mondays (12) 9:30 Billiards (8) 9:30 CardioTone (14) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8)	<b>4</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) Haircuts by Appt. (12) 1:00 Painting (9)  <b>Election Day</b>	<b>5</b> 9:15 Billiards Home vs Hershey's Mill (8) Hearing Appts. (12) 9:30 Dancefit (14) 10:00 Scrabble (9) 10:15 Tea Around Town Trip (16) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 1:00 Acupuncture (12) 1- Holiday Wreaths (3) 3:30 Caregivers Support (Virtual) (7)	<b>6</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling Appt. (7) 9:30-11:30Skip-Bo (4) 11-Mats that Matter(8) 12:45 Pinochle (9) 1:00 Dialogue without Frontiers Intro (5) PA Medi Appt. (7)	<b>7</b> 9:00 Billiards Away vs Meadowood (8) 9:30 Billiards (8) 10-2 "Go" Game (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Digital Literacy: News & Online Info(5) 7:00 Community Dance (3)	<b>8</b>   <b>9</b>
<b>10</b> 9:30 Billiards (8) 9:30 CardioTone (14) 10:45 Malagari Hours / SEPTA KEY (7) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8)	<b>11</b> 9:00 Billiards Away vs Pennridge (8) 9:15 Kitchen Kettle Trip (16) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) 1:00 Bingo (8) 1:00 Painting (9)  <b>Veterans Day</b>	<b>12</b> 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes (8) 11:00 Recipe Swap: Diabetic Friendly (9) 10:30 Balance/Tone/Stretch (14) 12:45 Beginner Knitting (5) 1:00 Acupuncture (12) 2 - Caregivers Support (7)	<b>13</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling Appt. (7) 12:45 Pinochle (9) 3:30 Board Meeting	<b>14</b> 8:30 Green Dragon Trip (17) 9:00 Billiards Away vs Arbour Square (8) 9:30 Billiards (8) 10:00 Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>15</b>   <b>16</b>
<b>17</b> Massage Mondays (12) 9:30 Billiards (8) 9:30 CardioTone (14) 10:30 Tai Chi (14) 10-Obesity, Diabetes, Weight Loss Meds.(6) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8)	<b>18</b> 9:30 Billiards (8) 9:15Newsletter Mailing (9) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmit (14) Haircuts by Appt. (12) 12:45 Movie Matinee: Downton Abbey A New Era Part 2 (6) 1:00 Painting (9)	<b>19</b> 9:00 Billiards Away vs Hillview (8) 9:30 Billiards (8) 9:30 Dancefit (14) 9:45 Playhouse Christmas Trip (17) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 10:00 Scrabble (9) 11:30 Red Hat Lunch at Luberto's (9) 12:45 Beginner Knitting (5) 1:00 Family Feud (6) 12-2 Collett Hours (7) Financial Counsel.(7) 1:00 Acupuncture (12)	<b>20</b> Counseling Appt. (7) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30-11:30Skip-Bo (4) 11-Mats that Matter(8) 12:45 Pinochle (9) Legal Aid Appt. (7)	<b>21</b> 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 11:00 Out to Lunch at Marsha Browns (17) 12:30 Mah Jong (8) 1:00 Flashbulb Memory Social (3)	<b>22</b>   <b>23</b>
<b>24</b> 9:30 Billiards (8) 9:30 CardioTone (14) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (8) 1:00 Choraleers (8)	<b>25</b> 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 9:30-11:30 Build a Bouquet or Centerpiece (6) 10:30 Rhythmit (14) 1:00 Bingo (8) 1:00 Painting (9)	<b>26</b> 9:30 Billiards (8) NO Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 11:00 Listen Up with Shannon & Cayden (6) 12:45 Beginner Knitting (5) 1:00 Acupuncture (12) 1:30 Savory Moments Cornucopia Platter Charcuterie (5)	<b>27</b>  <div>Generations Closed for Thanksgiving</div>	<b>28</b>	<b>29</b>   <b>30</b>
<div>Schedule Announcements:</div> <ul style="list-style-type: none"> <li>• Generations will be closed on <b>Thur., Nov. 27 &amp; Fri., Nov. 28.</b></li> <li>• There will be no DanceFit on <b>Nov. 26.</b></li> </ul>					

# FITNESS OFFERINGS

## BALANCE, TONE, & STRETCH: WEDS., 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. Certified Instructor: Lysandra Sanchez. Effective November 26:  
Certified Instructor: Jean Tornetta  
Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

## DANCEFIT: WED., 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. Adaptations are offered for those who need more or less of a challenge.

## RELEASE & RESTORE YOGA: FRIDAYS AT 10:30AM

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

## 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, 9:30 - 10:15

This standing workout combines cardio, resistance training (equipment provided), and catchy tunes for all fitness levels. Modifications given for seated participants. Instructor: Lysandra Sanchez. Effective November 24 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. Instructors: Jean Tornetta, Sarah Trocine, or Sue Wolf

## 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](http://www.generationsofiv.org) for important announcements and last-minute changes.



## RHYTHMFIT SERIES: TUESDAYS AT 10:30AM, NEW SERIES RUNS THROUGH NOV. 25 THIS CLASS WILL BE OFFERED AS A SERIES THROUGHOUT 2025.

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 drumsticks, 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, 10:30AM

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](http://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](mailto: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 the payment deadline listed, if you cancel for any reason, your money will not be refunded unless there is a replacement traveler. If payment has not been made by this date, you forfeit your reservation, and we will offer the seat to someone else. 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.

### TRIP DAY INFORMATION:

- All trips depart from 259 N. Second St., Souderton unless otherwise specified.
- 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 listing indicates a new trip.
- Please be prompt and arrive 15-20 minutes early. Our bus will only wait five minutes after the scheduled departure time for latecomers.



## GET ON BOARD FOR TRIP OPENING

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

Please refrain from directing unkind behavior toward our staff and volunteers who are doing their best to accommodate everyone's requests fairly. 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

### A CHORUS LINE, DUTCH APPLE, LANCASTER WEDNESDAY, OCTOBER 1

Follow a group of Broadway dancers on this heart-pounding, nail-biting, ensemble audition. Watch as their individual lives transform them into A Chorus Line!

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

**Departs: 9:30am Returns: 5:00pm**

**Trip Opened: Sept. 2 Payment Deadline: Sept. 3**

### A TRIBUTE TO ELTON JOHN & BILLY JOEL, HUNTERDON HILLS, NJ FRIDAY, OCTOBER 10



Get ready for a high-energy tribute to two of the greatest Rock 'n' Roll artists of our time in a musical performance that brings Billy Joel & Elton John together.

**Cost: \$110 per person includes ride on our bus, show, lunch, taxes and gratuity.**

**Departs: 10:00am Returns: 4:30pm**

**Trip Opened: Sept. 2 Payment Deadline: Sept. 8**

### HARVEST OPERA GALA, NJ SUNDAY, OCTOBER 12

Experience an elegant afternoon of music, wine, and fine dining featuring Tomasello wines, elegantly prepared cuisine, and thoughtfully selected operatic arias by artists from the Academy of Vocal Arts.

**Cost: \$110 per person includes ride on our bus, lunch, wine, taxes, and gratuity.**

**Departs: 12:00pm Returns: 5:30pm**

**Trip Opened: Sept. 4 Payment Deadline: Sept. 10**

## DAY TRIPS CONT'D NEXT PAGE



DAY TRIPS (CONT'D)

GREASE, SPRING LAKE THEATRE,  
SPRING LAKE, NJ  
SATURDAY, OCTOBER 18  
Grease is the ultimate rock 'n' roll musical, bursting with high school romance, rebellious fun, and iconic hits. We will enjoy lunch before the show at Rod's Tavern.  
**Cost: \$100 includes ride on our bus, show, lunch, taxes and gratuity.**

**Departs: 9:45am Returns: 5:30pm**  
**Trip Opened: September 2**  
**Payment Deadline: September 12**

THE CARPENTERS,  
DUTCH APPLE, LANCASTER  
TUESDAY, OCTOBER 21  
This stunning tribute will take you on a truly unforgettable musical journey and includes hits like "Closer To You," "Rainy Day And Mondays," "Goodbye To Love," and "Yesterday Once More."  
**Cost: \$110 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Departs: 9:30am Returns: 5:30pm**  
**Trip Opened: September 4**  
**Payment Deadline: September 15**

STRASBURG RAILROAD & CASEY JONES, RONKS, PA  
FRIDAY, OCTOBER 24  
All aboard for "The Phantom Line," a spine-tingling, immersive Halloween experience at the historic Strasburg Railroad. As the train rolls through the countryside, prepare for ghostly encounters, mysterious séances, and paranormal phenomena that will leave you questioning what is real. We will enjoy lunch at Casey Jones Restaurant before our train ride.  
**Cost: \$130 includes ride on our bus, train ride, entertainment, lunch, taxes and gratuity.**  
**Departs: 11am Returns: 5:30pm**  
**Trip Opened: September 4**  
**Payment Deadline: September 19**



OUT TO LUNCH: TEA AROUND TOWN,\* PHILADELPHIA  
WEDNESDAY, NOVEMBER 5  
Step into a floral oasis on a repurposed double-decker bus with fine teas and cuisines, 360° views and live entertainment all complemented by seasonal tea. You will ride the bus through



the city on this unique trip enjoying tea and lunch while touring Philadelphia.  
**Cost: \$105 includes ride on our bus, lunch, tax and gratuity.**  
**Departs: 10:15am**  
**Returns: 3:00pm**  
**Trip Opens: October 2 @ 3pm by phone only ^**  
**Payment Deadline: October 6**



KITCHEN KETTLE & KLING HOUSE,\* LANCASTER  
TUESDAY, NOVEMBER 11  
Follow your nose to a most delicious destination....Kitchen Kettle Village. Take your pick of shopping in over 40 authentic PA Dutch local shops all located in one outdoor village. Enjoy lunch on your own at the Kling House (or one of several other eateries).  
**Cost: \$20 includes ride on our bus. Lunch and shopping is on your own.**  
**Departs: 9:15am. Returns: 4:00pm**  
**Trip Opens: October 3 @ 3pm by phone only ^**  
**Payment Deadline: October 17**



**^ 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 & DATE	REGISTRATION BY PHONE @3pm	\$\$\$\$ DUE
Tea Around Town November 5 Playhouse Christmas November 19	October 2 @ 3:00pm: 215-723-5841	\$105 Oct. 6 \$110 Oct. 17
Kitchen Kettle November 11 Green Dragon November 14 Marsha Brown's November 21	October 3 @ 3:00pm: 215-723-5841	\$20 Oct. 17 \$20 Oct. 14 \$65 Oct. 20
Holiday Inn December 3 Deck The Halls December 11 Opera Gala December 14 Christmas By Candlelight Dec. 17	November 3 @ 3:00pm: 215-723-5841	\$97 Nov. 4 \$110 Nov. 10 \$105 Nov. 6 \$90 Nov. 10

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



**GREEN DRAGON, GOODS & SHADY MAPLE,\* LANCASTER  
FRIDAY, NOVEMBER 14**

We will start out our morning at Green Dragon Farmers Market.

Then we will head to Goods & Shady Maple for free time to have lunch on your own and do some shopping.

**Cost: \$20 includes ride on our bus. Lunch and shopping are on your own.**

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

**Trip Opens: October 3 @ 3pm by phone only ^**

**Payment Deadline: October 14**

**A PLAYHOUSE CHRISTMAS,\*  
HUNTERDON HILLS, NJ**

**WEDNESDAY, NOVEMBER 19**

It's a beloved Christmas Tradition, with dazzling costumes, vibrant sets, timeless holiday classics, all the unforgettable moments you know and love that makes celebrating the season truly magical and one-of-a-kind. Join us for a Christmas celebration unlike any other!

**Cost: \$110 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Departs: 9:45am**

**Returns: 5:00pm**

**Trip Opens: October 2 @ 3pm by phone only ^**

**Payment Deadline: October 17**

**OUT TO LUNCH: MARSHA  
BROWN'S OLDESTONE  
RESTAURANT,\* NEW HOPE  
FRIDAY, NOVEMBER 21**

The Oldestone Steakhouse is located in a 125-year-old stone church right in the center of New Hope. The main dining room features 40-foot ceilings, and impressive 30-foot mural, antique furnishings, and stained glass windows. Choose from a select sandwich menu and dessert.

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

**Departs: 11:00am**



**Returns: 2:30pm**

**Trip Opens: October 3 @ 3pm by phone only ^**

**Payment Deadline: October 20**

**HOLIDAY INN, DUTCH APPLE,  
LANCASTER**

**WEDNESDAY, DECEMBER 3**

Jim and Linda transform a farmhouse into an inn celebrating every holiday with thrilling dance numbers, laugh-out-loud comedy, and a parade of Irving Berlin hits in this heartwarming, high-energy tap dance extravaganza. But what happens when Jim's best friend tries to lure Linda away with promises of being his new Hollywood dance partner? Hear favorites like "Blue Skies," "Easter Parade," "Heat wave," "White Christmas," and more.

**Cost: \$97 includes ride on our bus, lunch, taxes and gratuity.**

**Departs: 9:30am**

**Returns: 5:15pm**

**Trip Opens: November 3 @ 3pm by phone only ^**

**Payment Deadline: November 4**

**DECK THE HALLS,\* AMT,  
LANCASTER**

**THURSDAY, DECEMBER 11**

Check in at the decked-out St. Nicholas Hotel where we find our dashing dancers and merry musicians ready to "Deck the Halls!" Bubby Bubby bellhops and glittery guests make merriment in preparation for a visit from Old Saint Nick. This musical holiday adventure brings together friends old and new to celebrate the season with awe-inspiring performances designed to capture the hearts of the entire family. We will enjoy a family style meal at Huckleberry's Steamboat Inn before the show.

**Cost: \$110 includes ride on our bus, show, lunch, taxes and gratuity.**

**Departs: 10:45am**

**Returns: 7:15pm**

**Trip Opens: November 3 @ 3pm**



**by phone only ^**

**Payment Deadline: November 10**

**HOLIDAY OPERA GALA\*  
SUNDAY, DECEMBER 14**

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: \$105 includes ride on our bus, show, lunch, taxes and gratuity.**

**Departs: 12:00pm**

**Returns: 6:30pm**

**Trip Opens: November 3 @ 3pm by phone only ^**

**Payment Deadline: November 6**

**CHRISTMAS BY CANDLELIGHT,\*  
CANDLELIGHT DINNER THEATRE,  
DELAWARE**

**WEDNESDAY, DECEMBER 17**

There's no place like home for the holidays and we are thrilled to welcome you "home" to the barn for our heartwarming celebration of the season. Featuring some of your favorite seasonal and sacred tunes, as well as some new surprises, brought to life by some of your favorite Candlelighters.

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

**Departs: 9:30am**

**Returns: 5:30pm**

**Trip Opens: November 3 @ 3pm by phone only ^**

**Payment Deadline: November 10**



# 2026 OVERNIGHT TRIPS (NOW OPEN FOR BOOKING)

## 7 NIGHT BERMUDA CRUISE: MAY 10 - 17, 2026

Sailing aboard Celebrity Silhouette; Round trip bus from Souderton area to Cape Liberty Cruise Port; 7 night cruise onboard the Celebrity Silhouette including cruise taxes, meals onboard (specialty restaurants additional), most entertainment onboard; Celebrity Classic Beverage Package; Generations donation and a \$50 onboard credit per cabin from Travel Haus. \$1806 (inside cabin) per person double. \$3612 (inside cabin) per person single. \$2198 (verandah cabin) per person double. \$4396 (verandah cabin) per person single. Travel insurance information is available upon request. Contact Liza at Travel Haus for more information: 215-723-8687 or [liza@trvlhaus.com](mailto:liza@trvlhaus.com)



## SHOWTIME IN THE SMOKIES: SEPTEMBER 8 - 13, 2026



Motorcoach Transportation; Pirates Voyage Dinner Show; Dolly Parton's Dinner Show; Country Tonite Theater; Lunch and Performance by Gary "Biscuit" Davis (Banjo); Skyland Ranch; Dollywood; Titanic Museum; Great Smoky Mountain; Pigeon Forge; Five Nights Lodging; Five Breakfasts; Two Lunches; Three Dinners; Luggage Handling (as available); Driver Gratuity Cost: \$1979 double or \$2679 single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Contact Robert Brecker for more information or for reservations: 484-446-2369 or [travel@somuchtoseatravel](mailto:travel@somuchtoseatravel) **Join us for an information session on Wednesday afternoon, Aug. 6, 12:45pm at Generations. If you plan to attend, please contact Lisa at Generations: 215-723-5841.**

## BILTMORE'S CANDLELIGHT CHRISTMAS: DECEMBER 7 - 11, 2026

Motorcoach Transportation; Biltmore Estate Tours: Daylight, Antler Hill Village & Biltmore Winery, Candlelight Christmas Dinner, Candlelight Evening Tour; Asheville Museum of History; Brethren & Mennonite Heritage Center; Local Guide Service in Asheville; Four Nights Lodging; Four Breakfasts; Two Dinners; Luggage Handling (as available); Driver Gratuity Cost: \$1599 double or \$1949 single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Contact Robert Brecker for more information or for reservations: 484-446-2369 or [travel@somuchtoseatravel](mailto:travel@somuchtoseatravel) **Join us for an information session on Wednesday afternoon, Aug. 6, 12:45 at Generations. If you plan to attend, please contact Lisa at Generations: 215-723-5841.**



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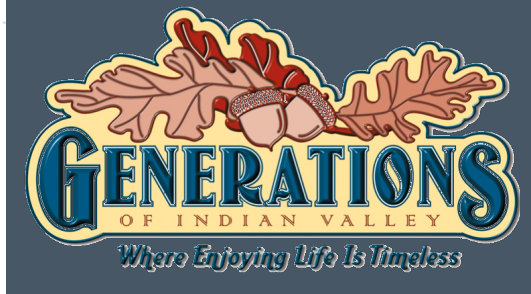
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#### WINTER WEATHER:

We no longer follow Souderton School District for weather related closings and delays. Visit our website [generationsofiv.org](http://generationsofiv.org) or call 215-723-5841 to see/hear if Generations or Meals has a schedule change. You can also visit our website to opt in for text notifications about inclement weather announcements.

CURRENT RESIDENT OR

TIME DATED MATERIAL

MAILED FROM LANSDALE SEPTEMBER 2025



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  
NOVEMBER 27 & 28

\*SEE P. 10 - 13 FOR IMPORTANT  
SCHEDULING ANNOUNCEMENTS.

## CONTACT US:

MAIN NUMBER: (215) 723-5841

SOCIAL SERVICES: (215) 723-1930

MEALS ON WHEELS: (215) 723-8555

RENTAL INQUIRIES (LINDA):  
215-518-7218

INFO@GENERATIONSOFIV.ORG

## GO H.O.M.E.!



We recently launched a H.O.M.E. Team effort to help new participants become acquainted with Generations. The acronym stands for "Helping Organize Meaningful Experiences." H.O.M.E. Team Committee Members can give tours, help new participants get acclimated, answer questions, and invite folks to events and meals. You don't have to be a new participant to learn about us! Stop by our front desk and pick up a copy of our one-page H.O.M.E. newsletter for tips, a listing of new participants, and more!

Pictured above:

H.O.M.E. Team Committee Members at our Ice Breaker Social