

LUNCH MENU

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

2025 / 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 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
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 Happy Birthday! 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>The number after the program listing indicates on which page of the newsletter more information can be found.</p>		<p>1 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>2 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) Take Out Rib Dinner Orders Due (4)</p>	<p>3 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 & Restore Yoga (14) 1:00 One-Stroke Intermediate (4) 12:30 Mah Jong (8)</p>	<p>4 5 12:00 Harvest Opera Gala Trip (15)</p>
<p>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.</p>					
<p>6 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>7 9:30 Sit, Stretch, Flex (14) 9:30 Hand & 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>89-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>9 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling Appt. (7) 12:45 Pinochle (9) 3:30 Board Meeting 10:30-3 Take Out Rib Dinner Pick Up Day (4)</p>	<p>10 9:30 One-Stroke Beginner (4) 10:00 Elton John/Billy Joel Tribute Trip (15) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 1:00 One-Stroke Intermediate (4) 12:30 Mah Jong (8)</p>	<p>11 12 12:00 Harvest Opera Gala Trip (15)</p>
<p>13 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>14 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfitt (14) 10:30 History of Modern Israel (4) 1:00 Bingo (8) 1:00 Painting (9)</p>	<p>15 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>16 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>179-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 & Restore Yoga (14) Gift Card Raffle Drawing (2)! 12:30 Mah Jong (8) 1:00 One-Stroke Intermediate (4)</p>	<p>18 9:45 Grease @ Spring Lake Theatre Trip (16) 19 </p>
<p>20 Massage Mondays(12) 9:30 Cardio Tone (14) 9:30 Billiards (8) 10:00 Mens & 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>21 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & 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>229-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) Bosco’s Discount Day & Opt. Trip (5) 1- Acupuncture (12) 12:45 Beginner Knitting (5)</p>	<p>23 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) Counseling Appt. (7) 12:45 Pinochle (9)</p>	<p>24 9:15 Billiards Home v Britt. Pt (8) 9:30 One-Stroke Beginner (4) 10:30 Release & 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>25 26 </p>
<p>27 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>28 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 History of Modern Israel (4) 10:30 Rhythmfitt (14) 1:00 Bingo (8) 1:00 Painting (9)</p>	<p>29 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>30 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>31 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 11:30 Halloween Brunch, Dance & Costume Contest (1) 12:30 Mah Jong (8)</p>	<p>Schedule Announcements: • No Dancefit or Chimes Oct. 15 • No Sit, Stretch, Flex Oct. 16</p>

LUNCH MENU

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

2025 / NOVEMBER

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

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
The number after the program listing indicates on which page of the newsletter more info. can be found.		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.			1 <div>Daylight Savings Time Ends</div> 
3 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)	4 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) Election Day	5 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)	6 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)	7 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)	8 9
10 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)	11 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) Veterans Day	12 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)	13 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling Appt. (7) 12:45 Pinochle (9) 3:30 Board Meeting	14 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)	15 16
17 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)	18 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)	19 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)	20 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)	21 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)	22 23
24 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)	25 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)	26 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)	27  <div>Generations Closed for Thanksgiving</div>	28	29 30
<div>Schedule Announcements:</div> <ul style="list-style-type: none"> • Generations will be closed on Thur., Nov. 27 & Fri., Nov. 28. • There will be no DanceFit on Nov. 26. 					