



## 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.

# DOES YOUR BATTERY NEED RECHARGING?



One of the things that I love about my work commute is that it gives me a half-hour to listen to radio programming twice each day. Sometimes the program is music, but I'm also a huge fan of NPR interviews that address the issues of the day.

Last week I listened to an interview with a woman who designs batteries. Specifically, she designs the tiny batteries that power medical devices that are implanted in people's bodies – pacemakers, nerve stimulators, etc. One of the things that stuck with me was how hard she works to make batteries smaller and smaller, while lasting longer and longer.

But then my mind began to wander. I began to think about how often I have to charge my phone. Usually, I can get away with charging it every night, but sometimes I can't make it through a full day on one charge. I get annoyed with having to re-charge so often.

But that negates the value of recharging!

It occurred to me that my phone isn't the only thing that needs to recharge every night. I DO TOO. By the end of the day I can feel my own "meter" drop to half power and my warning message flash that before I can keep going, I should plan to recharge.

We would be foolish (wouldn't we?), to ignore these warnings! If you push a battery too far...it dies. Better to stop long before that point and regenerate. The same is true for us! How many heart attacks, strokes, anxiety attacks, illnesses come to us as more serious warnings when the initial warnings of fatigue are ignored. How many times do we ignore that we are physical beings and forget that, like any battery, we can't run forever.

Increasingly, we live in a society that values work...work...work! We brag to each other about how busy we are. We harbor

insecurities that if we were to take some time away, we might find ourselves dispensable. We view life as a resume and fear that if we haven't run on to the fourth or fifth page of accomplishments, we've been "wasting" our time.

But the wisest among us know that life cannot be chased down. It is a gift to be savored. To be sure, we need to be good stewards of our talent and value, but the richness of life is seldom captured by pursuit.

I hope that over the summer you took some time to recharge your batteries. I hope that you feel healthier, more vibrant, and more joyful for doing so. I hope that rest came to you in quiet and unbidden ways, and that you welcomed it when it arrived.

If you missed it when it arrived...if you were on the phone when it knocked at the door...if you turned it away because you thought you didn't need it... It's never too late to find joy in rest as well as in work.

~Doug Eschbach, Executive Director

## CONTENTS

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

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

# GENERATIONS IS:

- A PLACE OF WELCOME AND FRIENDSHIP FOR ACTIVE ADULTS
- A COMMUNITY OF PEOPLE COMMITTED TO LEARNING, GROWTH, AND MUTUAL SUPPORT
- A GATHERING, WHERE THE NEEDS AND JOYS OF THE COMMUNITY CAN BE SHARED
- A SPIRIT OF PARTNERSHIP AND CARING WHICH LASTS. . .

FROM GENERATION TO GENERATION

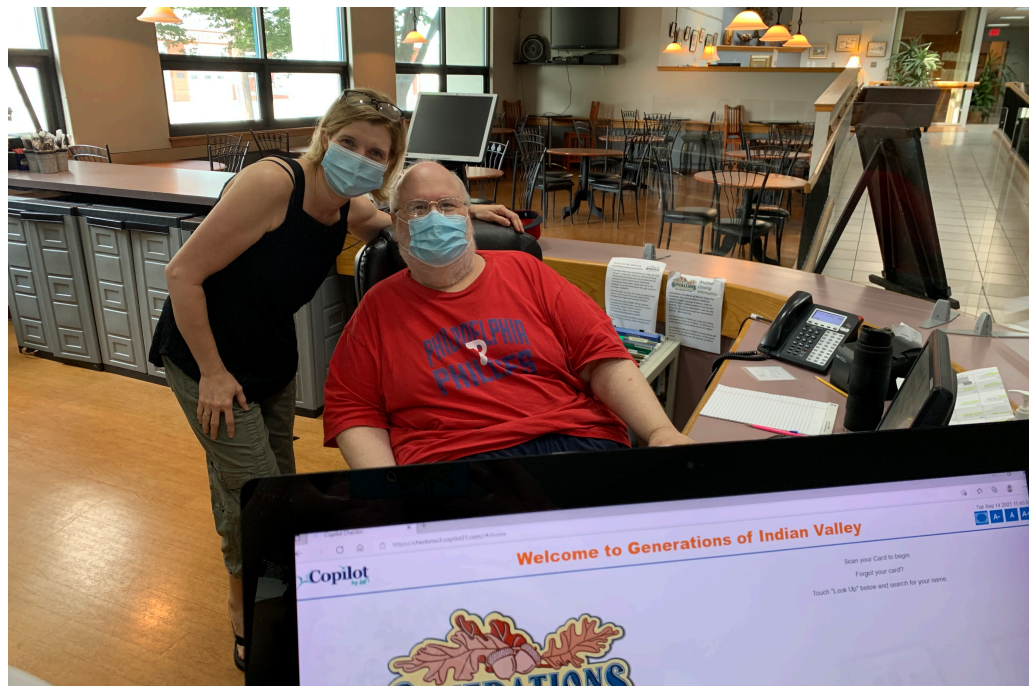
## OUR TEAM

### STAFF

Douglas Eschbach,  
Executive Director  
Lisa Furbacher,  
Assistant Director  
Chad Bickert,  
Kitchen Coordinator  
Emily Filice,  
Social Services Coordinator  
Bryan Finnemeyer, Housekeeping  
Kim Hendricks,  
MOW Coordinator (North Penn)  
Beth Knize, Kitchen Coordinator  
Lexi Little, Kitchen Assistant  
Pat McQue,  
MOW Coordinator (Indian Valley)  
Stephanie Radcliff,  
Member Services Coordinator  
Esther Stoudt, Rental Coordinator  
Amy Stover, ADC,  
Program Coordinator  
Milt Stover,  
Maintenance Coordinator

### BOARD OF DIRECTORS

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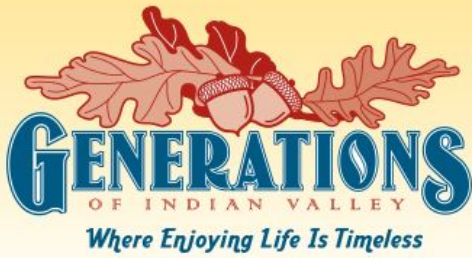
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Generations of Indian Valley is funded, in part, under contract with Aging and Adult Services of Montgomery County. Additional funding is provided by the United Way, foundation grants, municipal support, fundraising projects, and

individual and corporate contributions. We suggest, but do not require, an annual contribution from our participants to help defray the costs of our operating expenses.

We assure participation and services to anyone applying and qualifying without regard to race, religion, national origin, marital status, sex, sexual orientation, gender identity, or disability where a person is otherwise qualified or could be with reasonable accommodation. (See our participant application for specific guidelines). Generations is an Equal Opportunity Employer.





**JOIN US TODAY!**

**Volunteer**

**Ways To Donate**



Montgomery County  
Office of Senior Services

**Connect with us!**

**(215) 723-5841**



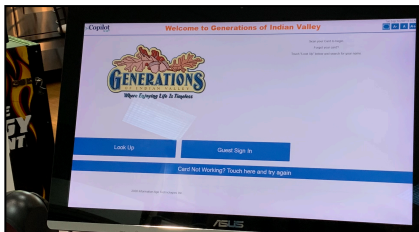
VISIT OUR WEBSITE OFTEN FOR THE MOST UP TO DATE INFORMATION ON PROGRAMS AND SCHEDULES: [WWW.GENERATIONSOFIGV.ORG](http://WWW.GENERATIONSOFIGV.ORG)

## HEALTH & SAFETY

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

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

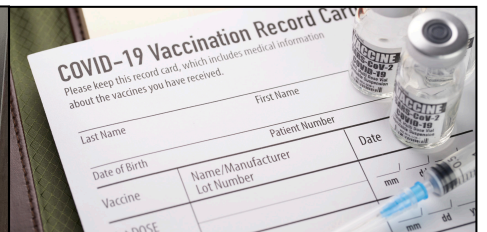
Although we are excited to be reopening and welcoming people back, guidance from the health department can change quickly, so please check our website for program updates and announcements: [www.generationsofigv.org](http://www.generationsofigv.org).



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



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



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





## AUTUMN SALADS COOKING DEMONSTRATION

### NUTRITION WITH TERI FRIDAY, OCT. 15, 10:00AM

You can liven up any weeknight dinner with a seasonal autumn salad. You will be amazed how delicious fall salads can be with only six ingredients and 30 minutes of prep time!

Come join Teri Wassel, MS, RD for an Autumn Salads cooking demonstration on October 15th at 10:00 am. Teri Wassel is a Public Health Nutritionist for Montgomery County. She enjoys teaching participants in our Senior

Centers about new and easy ways to make healthy eating part of their daily routine.

This free informational program is offered both in-person and virtually. Participants who choose the in-person option will be able to take home Teri's salads for later. Registration is required. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom meeting, visit our website [www.generationsofiv.org](http://www.generationsofiv.org) and click on the virtual program offerings under "upcoming events."

### HOW TO MINIMIZE DIZZINESS MON., OCT. 18, 10:00AM

Many seniors suffer from dizziness (syncope). Dizziness can result in falls (a major cause of injury).

Attend a free Abington Jefferson Community Health "Help Yourself to Healthy Living" presentation by

Jane Cero, RN, BSN, Chronic Care Management Nurse, to learn how to minimize your risk of developing dizziness.

This free, informational presentation is offered virtually via Zoom. To

register for the virtual Zoom meeting, visit our website [www.generationsofiv.org](http://www.generationsofiv.org) and click on virtual program offerings under "upcoming events."



# OKTOBERFEST FRI, OCT. 22, 4:00PM



Liebe Freunde! Join us this month for "ein Prosit" at an outdoor Oktoberfest event and enjoy the crisp fall air, great German specialties, and lively music!

Step inside and see our extensive renovations where you will be served pretzels; a sampling of cheddar wurst, bratwurst, and knockwurst; spaetzle with green beans, German potato salad, and sauerkraut with apples. Take your tray outside where

you can enjoy traditional German Oktoberfest songs with entertainer Willie Aust (accordion). A dessert of Bavarian cream puffs and homemade apple strudel will be served outside. Let's enjoy another Generations-style evening out - together and in person!

\$25 per person includes all food plus beer or wine, and hot spiced apple cider. All proceeds benefit our Center and Meals on Wheels

programming.

This is an outdoor event to be held in the Generations front parking lot. Please use our rear entrance to park your car. We will provide the tables but you **MUST** bring your own lawn chair. There will be no indoor dining option for this event. In the event of rain, the event will be cancelled and we will contact registrants.

Registration is required. To register, please stop by or call the Generations front desk: 215-723-5841.

The Montgomery County Office of Public Health recommends that unvaccinated individuals wear masks in crowded outdoor settings and sustained close contact with other unvaccinated people. Please note additional COVID 19 Health & Safety information on p. 3.



**A SENIOR FAIR** hosted by State Rep. Malagari will be held at Trinity Lutheran Church (1000 W. Main St, Lansdale) on Friday, Oct. 15 from 9am-11am. More info. is on our bulletin board.



**SASD COMMUNITY EDUCATION**  
The Fall 2021 session is open for registration. Brochures are available online at [www.soudertonsd.org/community/education](http://www.soudertonsd.org/community/education)



**SOUDERTON 3RD FRIDAY**  
**OCTOBER 15** Stop by from 6 to 9pm for an evening in town: live music, food trucks, beer garden, winery, vendors, stores open late, art, and ice cream...

## NEWS & NOTES:

### AMAZON SMILE

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

### AARP SAFE DRIVING

All previously scheduled in-person AARP Driver Safety courses have been postponed until 2022. Online courses can be completed at [www.aarp.org](http://www.aarp.org)

### FEATURED ARTIST SALLY YATES

Award winning watercolor artist (and Generations painting instructor) Sally Yates is the featured artist for September & October. Come see her varied and attractive display in our newly refurbished lobby area!

### TASTINGS OF THE INDIAN VALLEY TUE., OCT. 26, 5-7:30PM INDIAN VALLEY COUNTRY CLUB

Stop by this annual culinary event, highlighting select local restaurants, breweries, and wineries and showcasing their favorite dishes. Don't miss our table! Ticketing information is on our bulletin board.

## SPECIAL PROGRAMS

### BEHIND THE KITCHEN COUNTER WITH CHAD

WEDNESDAY, OCT. 6, 1:30PM

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

### HALLOWEEN "MASK"ERADE FRIDAY, OCT. 29, 10:30AM

If we all have to wear masks, we might as well have fun with it! Decorate your mask for Halloween and join us for a fun social with Halloween trivia, games, and music. You can stir up even more spirit by coming in costume! Prizes will be awarded for the best decorated masks and the best costumes. Cost \$5 per person covers prizes and take out Halloween treats. Registration is required. Please

visit our front desk or call 215-723-5841.

### NAME THAT TUNE

FRIDAY, OCT. 8, 10:30AM

It's time to "Shh Boom" on over to Generations and build your brain power with a fun morning of identifying your favorite songs. This month we'll feature doo-wop hits from the 40s, 50s, and 60s. Led by Generations Program Coordinator Amy Stover. This fun, free program is offered both in-person and virtually. Registration is required. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom meeting, visit our website [www.generationsofiv.org](http://www.generationsofiv.org) and click on the virtual program offerings under "upcoming events."

### SO, HOW ARE YOU?

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

### WALK WITH EASE

Walk with Ease will continue to be hosted by the Montgomery County Office of Senior Services at Generations on Tue., Wed, Thur at 10am through Oct.21.



# SOCIAL SERVICES

## ADULT BEREAVEMENT SUPPORT 2ND TUESDAY, 6:30PM

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

## APPRISE MEDICARE/ HEALTH INSURANCE INFO. THURSDAY, OCTOBER 7

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

## OUR SOCIAL SERVICES COORDINATOR

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

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

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

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

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

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

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

## LIHEAP:

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

## PROPERTY TAX/RENT REBATES

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

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

A member of State Representative Steve Malagari's office will be on-site at Generations to assist you with state related programs and issues, including SEPTA Key Senior ID, PennDOT concerns, vital records, benefits and rights for seniors and state related bills and regulations. If you have a question or need assistance completing a state related form, call the Lansdale office at 267-768-3671. Appointments are not necessary, but it is helpful to know in advance if you do have a specific request or question.

## TRANSNET/TRANSPORTATION

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

## SOCIAL SERVICE RESOURCES

Our local & regional United Ways have an extensive database of social services available in the region. Anyone can access this information by dialing 211 and talking with a live operator or by logging on to the system online: [www.211sepa.org](http://www.211sepa.org).

## MONTCO VETERANS AFFAIRS

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

# REGULARLY SCHEDULED PROGRAMS

The listings below show when programs are typically scheduled. Program schedules are subject to change. Please check our website for updates or call if you have a question.. Front Desk Information: 215-723-5841, 9:30am-3:00pm. Programs listed are offered in-person unless otherwise noted. Visit our website for virtual program participation information.

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

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

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

## BINGO (DAY) IN-PERSON:

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

Begin purchasing your bingo cards at 12:30pm for \$1.00 each. We play 20 games and have a 50/50 raffle at the break. No refreshments served at the break (for now).

## BOWLING: WEDNESDAYS, 10:00AM

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

## BUCKS MONT SENIOR GOLF LEAGUE: MONDAYS, THROUGH OCTOBER

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

## CONVERSATIONS WITH GENERATIONS TUESDAY, OCTOBER 19, 11:00AM

Come join an informal conversation with a Generations Staff Member. This month's meeting is hosted by Doug Eschbach, Executive Director, and he will speak about our recent renovations as well as our long awaited reopening. Any questions or concerns for Doug about these and any other topics relating to Generations are welcome. And so are you! Come join the conversation. Please register by

stopping by our front desk or calling 215-723-5841 if you plan to attend.

## CHOIR CHIMES: WEDNESDAYS, 10:30AM

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

## CREATIVE WRITING:

### 2ND & 4TH THURSDAYS, 1:00PM-3:00PM, BEGINNING OCT. 14

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

## DUPLICATE BRIDGE: MONDAYS, 12:30PM-3:30PM BEGINS OCT.4

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

## GARDEN CLUB:

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

## 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.





**"WE DON'T STOP PLAYING BECAUSE  
WE GROW OLD. WE GROW OLD  
BECAUSE WE STOP PLAYING."  
~ GEORGE BERNARD SHAW**

#### **MAHJONG: FRIDAYS, 12:30PM, BEGINS OCT. 1**

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

#### **MEMOIRS GROUP: MONDAYS, 1:00PM**

Whether you're writing just for yourself or to pass on to your family, join this creative group led by Marilyn Gross. This program is now only offered virtually. To join the virtual Zoom™ meeting, visit our website [www.generationsofiv.org](http://www.generationsofiv.org) and click on virtual program offerings under "upcoming events." For questions or concerns, call Marilyn: 215-723-5669.

#### **PAINTING (WATERCOLOR):**

**TUESDAYS, OCT. 5, 12, 19, 26 1:45PM–3:45PM**

Class taught by Watercolor Instructor Sally Yates. Bring your own painting supplies if you have them. Class space is limited. Registration and pre-payment is required for our October classes. \$20 for the four week series. To register call our front desk: 215-723-5841.

#### **PINOCHLE: THURSDAYS, 1:00PM-3:30PM, BEGINS OCT. 7**

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

#### **RED HAT HAPPENINGS:**

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

#### **SCRABBLE: THURSDAY, OCTOBER 28, 10:00AM**

Join this non-competitive group for a friendly game of skill-sharpening Scrabble without scoring. Supplies provided. Space is limited. Please register if you plan to attend: 215-723-5841.

#### **SHUFFLEBOARD: WEDNESDAYS, 9:00AM**

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

#### **TECHNOLOGY TIPS: WEDNESDAYS, BY APPOINTMENT**

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


### **VOLUNTEER OPPORTUNITIES**

Volunteers are needed to help with prep, baking, packaging for the Café and more. If you are not a morning person, no problem.... Positions are available throughout the day, and we have a spot for you. Please see Beth in the kitchen if you are interested in a fun and flexible volunteer opportunity.

Grace Inspired Ministries is seeking part time, PAID non CDL drivers to assist residents of The Community at Rockhill and The Lutheran Community at Telford. Pay between \$14-\$15 per hour. Contact Tracy Moore at 215-723-9819 and tell her you read about it here.

Volunteers are needed to deliver Meals on Wheels to the Harleysville area on Mondays and Wednesdays. Times are approximately 10:45am-12:45pm. Training will be provided. Contact Pat: 215-723-8555.

Volunteers are needed to help seal and label newsletters on Tue., Oct. 19 at 9:15am. Contact Amy: 215-723-5841.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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>				1 Seafood Scampi, Linguini & Broccoli
4 Pulled Pork, Rice & Green Beans	5 Caesar Chicken Breast, Scalloped Potatoes & Cauliflower	6 Bratwurst, Kraut & Buttered Noodles	7 Hot Turkey Sandwich, Peas, Mashed Potatoes	8 Spaghetti, Meatballs, Asparagus
11 BBQ Chicken, Redskin Potatoes, Cabbage	12 Stuffed Shells, Garlic Spinach	13 Cheese Omelet, Hash Browns, Broccoli	14 Beef Stew, Biscuits, Carrots	15 Vegetable Lasagne, Cauliflower
18 Bacon Mac & Cheese, Stewed Tomatoes	19 Meatloaf, Mashed Potatoes, Cauliflower	20 Happy Birthday! Pork & Sauerkraut, Mashed Potatoes	21 Chili with Cornbread	22 Chicken Breast Cutlet, Scalloped Potatoes, Corn
25 Baked Ziti, Sausage, Asparagus	26 Egg/Potato Casserole, Mixed Vegetables	27 Open Faced Roast Beef, California Vegetables	28 Stuffed Pepper Casserole	29 Seafood Scampi, Linguini & Broccoli
1 (November) Pulled Pork, Rice & Green Beans				

## OUR MEALS

Menu items are listed on the calendar above. Effective October 1, 2021, and until further notice, we are offering take-out meals (no dine-in option) Monday-Friday. To register, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order. We cannot guarantee a meal for you without a reservation. To receive a hot meal, you must park and walk in to our main entrance (drive-through service is not offered at this time). Pick up your meal between 11:30am-12pm. Meals picked up after 12pm will be kept cold and will need to be reheated at home before consumption. Upon arrival, please sign in at our kiosk, and place your anonymous donation in the collection box at our front desk (suggested \$2 for

each meal). Masks are required in our building until further notice.

## HAPPY BIRTHDAY

If you have a birthday during the month of October, let us know when you order your take-out meal, and you'll get a special homemade birthday treat on Wednesday, October 20.

## OUR CAFÉ

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



# PROGRAM SCHEDULE

2021 / OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<div>The number after the program listing indicates on which page of the newsletter more information can be found.</div>				<b>1</b> 9:15 Flexercise (13) 9:30 Billiards (8) 12:30 Mah Jong (9)	<b>2</b> <hr/> <b>3</b>
<b>4</b> 9:15 Step Aerobics (13) 9:30 Billiards (8) 12:30 Dup. Bridge (8) 1:00 Memoirs (9) Bucks Mont Golf (8)	<b>5</b> 9:30 Billiards at Pennridge (8) 9:30 Sit, Stretch, Flex (13) 10:00 Walk with Ease (6) 1:45 Painting (9)	<b>6</b> 9:30 Billiards (8) 9:30 Meditation (p. 12) 9:30 Dancefit (13) 9:30 Tech Tips (9) 10:00 Walk with Ease (6) 10:00 Bowling 10:30 Choir Chimes (8) 11:30 Balance & Stability (13) 1:30 Behind the Counter (6) 3:30 Caregivers Support (7)	<b>7</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Walk with Ease (6) Apprise Appt. (7) 1:00 Pinochle (9) 2:00 Idaho Info (16)	<b>8</b> 8:30 Phila. Zoo Trip (14) 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Name That Tune (6) 12:30 Mah Jong (9)	<b>9</b> <hr/> <b>10</b>
<b>1</b> 9:15 Step Aerobics (13) 9:30 Billiards (8) 10:45 Malagari Office Hours (p. 7) 11:00 Sight & Sound Trip (p. 14) 12:30 Dup. Bridge (8) 1:00 Memoirs (9) Bucks Mont Golf (8)	<b>12</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Walk with Ease (6) 1:00 Bingo (p. 8) 1:45 Painting (9) 6:30 Adult Bereavement Support (7)	<b>13</b> 9:30 Billiards (8) 9:30 Meditation (p. 12) 9:30 Dancefit (13) 9:30 Tech Tips (9) 10:00 Walk with Ease (6) 10:00 Bowling 10:30 Choir Chimes (8) 11:30 Balance & Stability (13)	<b>14</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Walk with Ease (6) 1:00 Pinochle (9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	<b>15</b> 9-11 Senior Fair (5) 9:15 Flexercise (13) 9:30 Billiards at Arbour Square (8) 10:00 Nutrition/ Cooking Demo. (4) 12:30 Mah Jong (10) Souderton 3rd Fri.(5)	<b>16</b> 9:30 Hike: Zacharias Creek (14) <hr/> <b>17</b>
<b>18</b> 9:15 Step Aerobics (13) 9:30 Billiards (8) 10:00 Dizziness (p. 4) 12:30 Dup. Bridge (8) 1:00 Memoirs (9) Bucks Mont Golf (8)	<b>19</b> 9:30 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (13) 10:00 Walk with Ease (6) 11:00 Conversations with Generations (p. 8) 1:45 Painting (9)	<b>20</b> 9:30 Billiards (8) 9:30 Meditation (p. 12) 9:30 Dancefit (13) 9:30 Tech Tips (9) 10:00 Walk with Ease (6) 10:00 Bowling 10:30 Choir Chimes (8) 11:30 Balance & Stability (13) Financial Counsel (p. 7)	<b>21</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Walk with Ease (5) 11:00 Pines Theater (p. 14) 1:00 Pinochle (9) Legal Aid (p. 7)	<b>22</b> 9:15 Flexercise (13) 9:00 Billiards Away at Brittany Pointe (8) 12:30 Mah Jong (9) 4:00 Oktoberfest (5)	<b>23</b> <hr/> <b>24</b>
<b>25</b> 9:15 Step Aerobics (13) 9:30 Billiards (8) 12:30 Dup. Bridge (8) 1:00 Memoirs (9) Bucks Mont Golf (8)	<b>26</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 1:00 Bingo (p. 8) 1:45 Painting (9) Tastings at IV CC (6)	<b>27</b> 9:30 Billiards (8) 9:30 Meditation (p. 12) 9:30 Dancefit (13) 9:30 Tech Tips (9) 10:00 Bowling 10:30 Choir Chimes (8) 11:30 Balance & Stability (13)	<b>28</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Scrabble (9) 1:00 Pinochle (9) 1:00 Creative Writing (p. 8)	<b>29</b> 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Halloween Mask-erade (6) 12:30 Mah Jong (9)	<b>30</b> 9:45 Mamma Mia! Trip (14) <hr/> <b>31</b>

## SCHEDULE ANNOUNCEMENTS:

As a friendly reminder, we follow Souderton Area School District for WEATHER related closings and delays.

All programs are subject to change. We will post applicable updates on our website: [www.generationsofiv.org](http://www.generationsofiv.org)

# WELLNESS/SPA OFFERINGS

## ACUPUNCTURE: OFFERED OFF-SITE

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

## MASSAGE: OFFERED OFF-SITE

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

## MEDITATION & HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for an experiential, self-healing session via conference call. She will guide participants in self-talk to help tune out negative stereotypes and replace them with

positive affirmations for aging. Focus on whole-body healing one system at a time. Cost: Donation of \$3 per person per session. This program is being held via conference call. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

## HEALTH SCREENINGS

### BLOOD PRESSURE CHECKS:

Look for more info. in the November newsletter. Free blood pressure checks are provided by Abington-Jefferson Community Health Services. First come, first serve. Sign in on the sheet outside the health room upon arrival.

### HEARING CHECKS: MON., NOV. 22, 10:45AM-12:30PM

Please call our Front Desk at 215-723-5841 to schedule an appointment for a free hearing check and/or hearing aid service with Associates in Hearing.

### DIABETIC SHOE FITTINGS:

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





# FITNESS OFFERINGS

## PLEASE NOTE:

- Class fees vary based on instructor fees and typical class attendance.
- At this time registration is NOT required for fitness offerings.
- Those interested in taking our fitness classes must sign up to become Generations Participants.
- Please sign in at our kiosk upon arrival.
- Check the bulletin board (in the vestibule) or our website [www.generationsofiv.org](http://www.generationsofiv.org) for important announcements and last-minute changes.
- **Masks are required indoors at Generations until further notice. Masks may be removed during fitness classes while participants are socially distant. Please wear your mask before and after class.**

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

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

## FIT FOR LESS

The following classes are led by certified fitness instructors. Please place \$2.00 per person, per class in the collection box at our front desk.

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

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

### SIT, STRETCH, FLEX: TUESDAYS & THURSDAYS, 9:30-10:15AM

This seated workout includes aerobics, strength, flexibility, and balance work. Keep moving, prevent falls, or return to exercise after a break. Equipment provided. Instructor: Jean Tornetta

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

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

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

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

### TAI CHI:

This class is not scheduled for October but we may add dates later in the month. Please call for info: 215-723-5841. Tai Chi Health can help you improve balance and coordination, relieve stress, and increase muscle mass. Darlene Cianci, Certified Instructor. Fee: \$3/class or \$14/8 classes. Pay at front desk.

### FITNESS VIDEOS:

Now that we have moved back to in-person fitness classes, we are offering recorded videos of our classes for those participants who might still prefer an at-home option. We have included several options for the same class so you don't get too bored! Feel free to use these videos at your convenience. To access the videos, visit our website: [www.generationsofiv.org](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) so we can include your participation in our monthly statistics. Thank you!

# DAY TRIPS

## PHILADELPHIA ZOO, FRIDAY, OCTOBER 8 (NEW DATE)

The Philadelphia Zoo (America's first zoo) is a 52-acre Victorian garden that is home to more than 1300 animals, many of them rare and endangered. Enjoy free time to explore the many animals and exhibits. We will stop for lunch afterwards at the Metropolitan Diner.

**Cost: \$50.00 includes ride on our bus, zoo ticket, lunch, taxes, and gratuity.**

**Depart: 8:30am\*Return: 3:00pm**

**Trip Opened: Sept. 3**

**Payment Deadline: Sept. 17th**

## QUEEN ESTHER, SIGHT AND SOUND THEATRE, RONKS, PA MONDAY OCTOBER 11TH

Set in the opulent yet perilous Persian Empire, Queen Esther is a captivating tale of beauty and bravery. Esther's ordinary life changed forever when she was taken through the palace doors, entering a new world of royalty and risk. With a crown on her head and a secret in her heart, can she find the courage to trust in God's plan and believe that she was made for such a time as this? We will have a smorgasbord lunch at Hershey Farms before the show.

**Cost: \$100.00 includes ride on our bus, show, lunch, taxes, and gratuity. Ice cream is on your own.**

**Depart: 11:00am\*Return: 7:30pm**

**Trip Opened: Sept. 3**

**Payment Deadline: Sept. 10**

## HIKE: ZACHARIAS CREEK, WORCESTER

**SATURDAY, OCTOBER 16TH**

The Zacharias Creek Trail is a beautiful trail through the heart of Worcester. At just over a mile and a half in length, the Zacharias Trail provides the public with beautiful scenery and safe areas to walk. Afterwards we will head to Zacharias Creekside Café for lunch on your own.

**Cost: \$5.00 includes ride on our bus. Lunch is on your own.**

**Depart: 9:30am\*Return: 1:30pm**

**Trip Opened: Sept. 3**

**Payment Deadline: Oct. 16**

"SOMETIMES ONE DAY IN A  
DIFFERENT PLACE WILL GIVE  
YOU MORE THAN TEN YEARS  
AT HOME."  
~ ANATOLE FRANCE

## BATTLESHIP NEW JERSEY



## MID-LIFE 2!, #WHAT DID I COME IN HERE FOR?, PINES DINNER THEATER, ALLENTOWN

**THURSDAY, OCTOBER, 21ST**

Three men and three women make up the cast of this wacky musical that takes a comic look at the "age old" conditions and situations faced in mid-life! From reading glasses and mammograms to weekend warriors and proctology exams - all are lampooned in this crazy show all about growing older. Everyone will relate to this hilarious - and at times touching musical.

**Cost: \$70.00 includes ride on our bus, show, lunch, taxes, and gratuity. Depart:**

**11:00am\*Return: 4:30pm**

**Trip Opened: Sept. 3**

**Payment Deadline: Sept. 17**

## MAMMA MIA!, \* SPRING LAKE, NJ SATURDAY, OCTOBER 30TH

We will start out at Arugula Modern Cuisine for lunch.

Next, we will head to Spring Lake Theatre for the fantastic show Mamma Mia! The story centers around a young girl who dreams of a white wedding, with her father giving her away at the altar. The problem is, she doesn't know who her father is. She invites three men to her upcoming wedding, each with the possibility of being her father.

**Cost: \$70.00 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Depart: 9:45am\*Return: 6:45pm**

**Trip Opened: Sept. 3**

**Payment Deadline: Sept. 24**



## TRIP POLICIES

### RESERVATION INFORMATION:

- **There are no in-person trip registrations on opening day at this time.**
- On the day a trip opens (noted under each trip listing), phone reservations may be made beginning at 10:00am by calling 215-723-5841. On all other days, reservations may be made in person at the Front Desk or by calling 215-723-5841, M-F from 9:00am-3:00pm.
- A Generations participant may sign up only himself/herself and one guest on opening day. Our active participants take precedence over guests.
- Please ask about our current mask policy for trips when you make your reservation.

### PAYMENT INFORMATION:

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

### WAIT LIST INFORMATION:

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

### MORE INFORMATION:

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



## DAY TRIPS

### OUT TO LUNCH: THE YARDLEY INN, \* YARDLEY THURSDAY, NOVEMBER 4

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

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

**Depart: 10:45am**

**Return: 2:30pm**

**Trip Opens: Oct. 6**

**Payment Deadline: Oct. 20**

### LANCASTER SHOPPING\* TUESDAY, NOVEMBER 9



Our first stop will be Good's Store and Shady Maple Grocery Store. Enjoy some free time exploring the stores. Next up is a lunch stop at Udder Choice, a family-owned restaurant known for their homemade ice cream. Finally, we will stop at Village Farm Market before heading home. You may want to bring a small cooler that fits under your seat for any goodies you purchase that need to stay cold.

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

**Depart: 8:30am**

**Return: 3:30pm**

**Trip Opens: Oct. 6**

**Payment Deadline: Nov. 9**

### BATTLESHIP NEW JERSEY- CITY AT SEA TOUR\* FRIDAY, NOVEMBER 12



On this hour-and-half tour lead by specially-trained guides, your group will see the areas of the ship not previously viewed by the public. This includes the Machine Ships, the Medical and Dental facilities, the Post Office, the TV Studio and Control Room, the Brig, the Barber Shop and more. After our tour, we will enjoy a BBQ lunch aboard the ship.

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

**Depart: 9:15am**

**Return: 2:30pm**

**Trip Opens: Oct. 6**

**Payment Deadline: Oct. 16**

## DAY TRIPS CONTINUED ON P. 16

# DAY TRIPS (CONTINUED FROM P. 15)

## HIKE: HAWK MOUNTAIN, \* KEMPTON

SATURDAY, NOVEMBER 20TH

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

**Cost: \$14 includes ride on our bus and admission to the trails. Lunch is on your own.**

**Depart: 9:30am**

**Return: 3:15pm**

**Trip Opens: Oct. 6**

**Payment Deadline: Nov. 20**



## WINTER WONDERLAND, \* AMERICAN MUSIC THEATRE, LANCASTER

TUESDAY, NOVEMBER 30

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

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

**Depart: 10:30am**

**Return: 7:00pm**

**Trip Opens: Oct. 6**

**Payment Deadline: Oct. 20**



# OVERNIGHT TRIPS

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



The wilderness areas, national forests, and state and local parks of Idaho offer easy access to spectacular waterfalls, blue ribbon trout streams, ancient lava flows, surprising sand dunes, free-flowing rivers, sparkling lakes and towering mountains. Cities and towns provide the comforts of home with lodging, dining, food stores and fuel stations, and serve as a natural base camp for outdoor recreation.

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

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

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

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

Join us in the Generations Cafe for an informational presentation on **Thursday, Oct. 7th at 2:00pm**. If you would like to attend the informational presentation, RSVP to Liza at Travel Haus either via phone or email. [groups@trvlhaus.com](mailto:groups@trvlhaus.com) or 215-723-8687.

# OVERNIGHT TRIPS

## VERMONT COUNTRY CHRISTMAS

### NOVEMBER 28-DEC. 1, 2021

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

#### Cost per person:

Single: \$1126 Double: \$912

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

Contact Lisa Furbacher to make your reservation: 215-723-5841 or [lfurbacher@generationsofiv.org](mailto:lfurbacher@generationsofiv.org)\*

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

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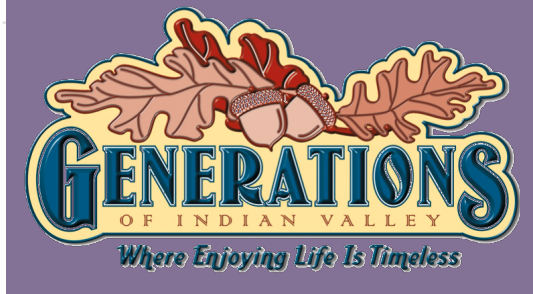


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2021/ **OCTOBER**

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## WE'RE HERE:

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

EVENINGS & WEEKENDS AS  
SCHEDULED

\*SEE P. 11 FOR ADDITIONAL  
IMPORTANT SCHEDULING

## CONTACT US:

MAIN NUMBER: (215) 723-5841

RENTAL INFO.: (215) 723-6966

SOCIAL SERVICES: (215) 723-1930

MEALS ON WHEELS: (215) 723-8555

INFO@GENERATIONSOFIG.ORG

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