

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

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<div style="border: 1px solid black; padding: 5px; background-color: #e0e0e0;"> The number after the program listing indicates on which page of the newsletter more information can be found. </div>				1 9:15 Flexercise (13) 9:30 Billiards (8) 12:30 Mah Jong (9)	2 <hr/> 3
4 9:15 Step Aerobics (13) 9:30 Billiards (8) 12:30 Dup. Bridge (8) 1:00 Memoirs (9) Bucks Mont Golf (8)	5 9:30 Billiards at Pennridge (8) 9:30 Sit, Stretch, Flex (13) 10:00 Walk with Ease (6) 1:45 Painting (9)	6 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)	7 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)	8 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)	9 <hr/> 10
1 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)	12 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)	13 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)	14 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	15 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)	16 9:30 Hike: Zacharias Creek (14) <hr/> 17
18 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)	19 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)	20 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)	21 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)	22 9:15 Flexercise (13) 9:00 Billiards Away at Brittany Pointe (8) 12:30 Mah Jong (9) 4:00 Oktoberfest (5)	23 <hr/> 24
25 9:15 Step Aerobics (13) 9:30 Billiards (8) 12:30 Dup. Bridge (8) 1:00 Memoirs (9) Bucks Mont Golf (8)	26 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 1:00 Bingo (p. 8) 1:45 Painting (9) Tastings at IV CC (6)	27 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)	28 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Scrabble (9) 1:00 Pinochle (9) 1:00 Creative Writing (p. 8)	29 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Halloween Mask-erade (6) 12:30 Mah Jong (9)	30 9:45 Mamma Mia! Trip (14) <hr/> 31

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