

LUNCH MENU

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

2026 / 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 Chicken Teriyaki Over Rice; Broccoli	2 Bacon, Egg & Cheese on English Muffin; Roasted Potatoes; Vegetable
5 Kielbasa and Pierogis; Caramelized Onions; Baked Apples	6 Supreme Pizza Frittata; Italian Vegetable Blend; Dinner Roll	7 Meatball Stroganoff Over Mashed Potatoes; Vegetable	8 Spinach, Artichoke, & Chicken Flatbread; Green Salad	9 Butternut Squash Ravioli w/ Sausage & Spinach; Garlic Knot
12 Chicken Cordon Bleu, Roasted Potatoes, Glazed Carrots	13 Open-faced French Onion Beef Sandwich; Green Salad; Fries	14 Happy Birthday! Turkey "Gobbler" Bowl; Cranberry Sauce; Vegetable	15 Philly Cheesesteak Pasta; Green Salad	16 Chicken Fajita Bowl; Cilantro Lime Rice; Tortilla Chips
19 Beer Battered Flounder; Waffle Fries; Coleslaw	20 Spaghetti & Meatballs; Caesar Salad; Garlic Knot	21 Oktoberfest! Special Event/Menu/Price See p. 1 for details	22 White Bean Chicken Chili; Green Salad; Cornbread	23 Turkey Rachel on Ciabatta; Salad; Chips
26 Pulled Pork w/ Pineapple Salsa on a Hawaiian Roll; Sweet Potato Wedges	27 Stuffed Pepper Soup; Dinner Roll; Green Salad	28 Chicken Teriyaki Over Rice; Broccoli	29 Bacon, Egg & Cheese on English Muffin; Roasted Potatoes; Vegetable	30 11:30 Halloween Brunch & Festivities (more on p. 5): Pumpkin Spice French Toast Bake; Maple Breakfast Sausage; Fruit

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 14 and Wednesday, November 18.

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!

2026 / OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
The number after the program listing indicates on which page of the newsletter more information can be found.	All programs are subject to change. Please check bulletins at the center and our website for updates. Please register and sign in for programs in case we need to contact you.		1 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10- Fun & Games (8) 11:00 Mats that Matter (9) 12:45 Pinochle (9) 1:15 Dialogue without Frontiers (4) PA Medi Appt. (7)	2 9:30 Functional Fitness&Balance (14) 9:30 Billiards (8) 10:00 CarFit Appt (3) 10-2 "Go" Game (8) 10:30 Release & Restore Yoga (14) 11:00 Colebrookdale Railroad Trip (16) 12:30 Mahjong (9)	3 4
5 9:30 Billiards (8) Massage Mondays (12) 9:30 American Highwaymen Trip (15) 9:30 CardioTone (14) 10-Meditation (12) 10:00 Successful Disease Prevention (4) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	6 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Hand & Foot (9) 9:30 Sit, Stretch, Flex (14) 10:30 Rhythmit (14) Haircuts by Appt. (12) 1:00 Watercolor Painting (9)	7 9:00 Shuffleboard (9) 9:00 Billiards Away vs Hershey's Mill (8) 9:30 Dancefit (14) 9:30 Billiards (8) Hearing Care Appt.(12) 10:00 Scrabble (9) 10:00 Trivia at Ten (4) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 1:00 Diabetes Prevention (5) 3:30 Caregiver Support (Virtual) (7)	8 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10- Fun & Games (8) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 1:00 Painting for Kids (4) 3:30 Board Meeting	9 9:15 Billiards Home vs. Shannondell (8) 9:30 Functional Fitness&Balance(14) 10:30 Release & Restore Yoga (14) 10:00 Chat About Discussion Group (8) 10:45 Outer Banks Trip Information (18) 12:30 Mahjong (9) 12:45 Movie Matinee: Clue (4) 7:00 Community Dance (8)	10 11 10:30 Statler Experience Trip (15)
12 9:15 Billiards Home vs Hillview (8) Massage Mondays (12) 9:30 CardioTone (14) 10-Meditation (12) 10:30 Tai Chi (14) 10:45 Malagari Hours /SEPTA KEY (7) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	13 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (9) 10:30 Rhythmit (14) 1:00 Bingo (8) 1:00 Watercolor Painting (9) 1:00 Trust Discussion Group (3)	14 9:00 Shuffleboard (9) 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: Nuts (9) 1:00 Propagate Houseplants (4) 2-Caregiver Support (7)	15 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10- Fun & Games (8) 11:00 Mats that Matter (9) 11:00 Colebrookdale Railroad Trip (16) 12-2 Collett Hours (7) 12:45 Pinochle (9) 1:15 Dialogue without Frontiers (4) Legal Aid Appt. (7)	16 9-Billiards Away vs Arbour Square (8) 9:30-11:30 Collett Wellness Hub (3) Glant Pharmacy Vaccine Appt. (4) 9:30 Billiards (8) NO Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9) Basket DONATIONS Due (3)	17 18
19 10-Billiards Away vs Schoolhouse Center (8) Massage Mondays(12) 9:30 Billiards (8) 9:30 Cardio Tone (14) 10-Meditation (12) 10:30 Tai Chi (14) 11:00 Healthy Cooking for One (5) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	20 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (9) Haircuts by Appt. (12) 10:30 Rhythmit (14) 12:30 Music Bingo (5) 1:00 Watercolor Painting (9) 1:00 Trust Discussion Group (3)	21 Boscov's Discount Day (3) 9 - Shuffleboard (9) 9:00 Goods & Shady Maple Trip (17) 9:30 Billiards (8) 9:30 Dancefit (14) 10:00 Scrabble (9) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) Financial Counsel (7) 12:00 Oktoberfest Lunch (1)	22 9:30 Billiards (8) 9:30 Sit,Stretch, Flex (14) 10- Fun & Games (8) 12:45 Pinochle (9) 1-Painting for Kids (4)	23 9-Billiards Away vs Norm. Farms (8) 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:00 Chat About Discussion Group (8) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9) 1:00 Crafternoon: Cotton Baskets (5)	24 25
26 9:30 CardioTone (14) Massage Mondays (12) 9:30 Billiards (8) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 11:00 Healthy Aging (5) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	27 9:15 Billiards Home vs Ben Wilson (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (9) 10:30 Rhythmit (14) 1:00 Bingo (8) 1:00 Watercolor Painting (9) 1:00 Trust Discussion Group (3)	28 9-Shuffleboard (9) 9:30 Dancefit (14) 9:30 Beautiful at DADT Trip (16) 9:30 Billiards (8) 10:00 Bowling (8) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 1:00 Book Club: Crossing the Line (5)	29 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10- Fun & Games: "WordSpiel" (8) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 1:00 Financial Decisions for Older Adults Part 1 (5)	30 9:30 Billiards (8) 9:30 Functional Fitness & Balance(14) 10:30 Release & Restore Yoga (14) 11:30 Halloween Brunch & Festivities (5, 10) 12:30 Mahjong (9)	31 Nov. 1

Schedule Announcements: There will be no Functional Fitness and Balance Training Class on Oct. 16.

LUNCH MENU

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

2026 / NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Kielbasa and Pierogis; Caramelized Onions; Baked Apples	3 Supreme Pizza Frittata; Italian Vegetable Blend; Dinner Roll	4 British Invasion Lunch Special Event/M meal Price see p. 1	5 Spinach, Artichoke, & Chicken Flatbread; Green Salad	6 Butternut Squash Ravioli w/ Sausage & Spinach; Garlic Knot
9 Chicken Cordon Bleu, Roasted Potatoes, Glazed Carrots	10 Open-faced French Onion Beef Sandwich; Green Salad; Fries	11 Turkey "Gobbler" Bowl; Cranberry Sauce; Vegetable	12 Philly Cheesesteak Pasta; Green Salad	13 Chicken Fajita Bowl; Cilantro Lime Rice; Tortilla Chips
16 Beer Battered Flounder; Waffle Fries; Coleslaw	17 Spaghetti & Meatballs; Caesar Salad; Garlic Knot	18 Happy Birthday! Pork & Sauerkraut; Mashed Potatoes; Green Beans; Applesauce	19 Turkey Rachel on Ciabatta; Salad; Chips	20 Pulled Pork w/ Pineapple Salsa on a Hawaiian Roll; Sweet Potato Wedges
23 Chicken Teriyaki Over Rice; Broccoli	24 Stuffed Pepper Soup; Dinner Roll; Green Salad	25 Bacon, Egg & Cheese on English Muffin; Roasted Potatoes; Vegetable	Generations Closed Thanksgiving Holiday 	
30 White Bean Chicken Chili; Green Salad; Cornbread	All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org			

WELLNESS/SPA OFFERINGS

MASSAGE 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. **To schedule, call/text Jim at 570-449-9466.**

ACUPUNCTURE FOR PAIN RELIEF: MONDAYS, 11:00AM

Charles Illingworth, IV, L.Ac., offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Pre-registration is not required. Sign in at the front desk upon arrival, and pay for a ticket before each session.

HAIRCUTS BY APPOINTMENT: SELECT TUESDAYS

Robin Dennis, licensed cosmetologist offers haircuts by appointment on site at Generations. \$10 includes a "dry" cut and a donation to Generations. Tips appreciated. To schedule your appointment, please stop by the Generations front desk or call 215-723-5841.

WELLNESS HUB: FRIDAY, OCTOBER 16, 9:30-11:30

This free event with health screenings, vaccines, state services and a variety of other wellness resources geared towards older adults. See p. 3 and 4 for more information.

GUIDED MEDITATION FOR STRESS RELIEF MONDAYS, 10:00AM

Start your journey to a calmer mind by enjoying 30 quiet, refreshing minutes and a guided meditation from sound to silence. Result: a refreshed you with better focus. Darlene Cianci, Certified Instructor. Fee: \$4/class or \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

ATTENTUS HEARING CARE:

WEDNESDAYS, OCT. 7 & NOV. 4, 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 not 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.

2026 / NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
29:30 Billiards (8) Massage Mondays (12) 9:30 CardioTone (14) 10-Meditation (12) 10:00 Advanced Care Planning (4) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	39:00 Billiards Away vs Shannondell (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (9) 10:30 Rhythmfitt (14) Haircuts by Appt. (12) 1:00 Watercolor Painting (9) 1:00 Trust Discussion Group (3) Election Day	49:30 Billiards (8) 9:30 Dancefit (14) Hearing Care Appt.(12) 10:00 Scrabble (9) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 12:00 British Invasion Lunch (1) Choir Chimes to Peter Becker (8) 1:00 Diabetes Prevent Follow Up (5) 3:30 Caregiver Support (Virtual) (7)	59:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10- Fun & Games (8) 10:15 Holly Jolly Jukebox Trip (16) 11:00 Cooking with Teri: Fall Flavors (5) 12:45 Pinochle (9) 11:00 Mats that Matter (9) PA Medi Appt. (7) 1:00 Financial Decisions for Older Adults Part 2 (5) 1:15 Dialogue without Frontiers (4)	69:15 Billiards Home vs Arbour Square (8) 9:30 Functional Fitness & Balance (14) 10-2 “Go” Game (8) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9) 1:00 Generations Acting Up (6) 12:45 Digital Literacy: Healthy Digital Relationships (6) BASKET RAFFLE TICKET SALES OPEN!	The number after the program listing indicates on which page of the newsletter more info. can be found.
99:00 Billiards Away vs Hillview (8) Massage (12) 9:30 Billiards (8) 9:30 CardioTone (14) 10-Meditation (12) 10:00 Name That Tune (6) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY (7) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Choraleers to Franklin Court (8)	109-Billiards Away vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (9) 10:30 Rhythmfitt (14) 10:45 Yardley Inn Trip (16) 1:00 Bingo (8) 1:00 Watercolor Painting (9) 1:00 Trust Discussion Group (3)	119:15 Billiards Home vs Hershey’s Mill (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 11-Recipe Swap: Festive Dishes (9) 12:00 Veterans Day Observation (6) 2 - Caregiver Support (7) End of Reindeer Run Registration Discount Veterans Day	129:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 9:30 The Christmas Rush Trip (16) 10- Fun & Games (8) Counseling with Shirley Appt. (7) 12:45 Pinochle (9) 1-Painting for Kids (4) 1-Book Club: A Gentleman in Moscow (6) 3:30 Board Meeting	139-Billiards Away vs Meadowood (8) 9:30 Billiards (8) 9:30 Functional Fitness &Balance(14) 9:30 AARP Safe Driving Refresher (6) 10:00 Chat About (8) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9) 1:00 Generations Acting Up (6) 7:00 Community Dance (8)	_____ 15_____
169:30 Billiards (8) Massage Mondays(12) 9:30 Cardio Tone (14) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Choraleers to The Willows (8)	179:15 Newsletter Mailing (9) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (9) 10:30 Keep on Track Pre-Trip Meeting (3) 10:30 Rhythmfitt (14) Haircuts by Appt. (12) 12:45 Movie Matinee: Bucket List (6) 1:00 Watercolor Painting (9) 1:00 Trust Discussion Group (3)	189:30 Billiards (8) 9:30 Dancefit (14) 10:00 Scrabble (9) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) Financial Counsel (7) 1:00 What Does a Funeral Home Do? (6) Choir Chimes to Franklin Court (8)	198:30 Phila. Art Museum Trip (16) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Counseling with Shirley Appt. (7) 10- Fun & Games (8) 11:00 Mats that Matter (9) 12-2 Collett Hours (7) 1:15 Dialogue without Frontiers (4) 12:45 Pinochle (9) Legal Aid Appt. (7)	209:15-Billiards Home v Norm Farms.(8) 9:30 Functional Fitness &Balance(14) 10:30 Release & Restore Yoga (14) 12:30 Mahjong (9) 1:00 Generations Acting Up (6) 1:00 Family Feud Games (5)	_____ 22_____
239:30 Billiards (8) Massage Mondays(12) 9:30 Cardio Tone (14) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Beginner Mahjong 101 (4) Choraleers to Hidden Meadows (8)	249:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (9) 10:30 Rhythmfitt (14) 1:00 Bingo (8) 1:00 Watercolor Painting (9) 1:00 Trust Discussion Group (3)	259:30 Billiards (8) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) Choir Chimes to Arbour Square	26 Generations Closed Thanksgiving Holiday	27	_____ 28_____ 2911:45 Scrooge! Candlelight Theater Trip (16)
309:30 Billiards (8) Massage Mondays(12) 9:30 Cardio Tone (14) 10-Meditation (12) 10:30 Tai Chi (14) 11-Acupuncture (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	All programs are subject to change. Please check bulletins at the center and our website for updates. Please register and sign in for programs in case we need to contact you.			Schedule Announcements: Generations will be closed on Thursday, November 26 and Friday, November 27.	