



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!

OKTOBERFEST LUNCH WEDNESDAY, OCTOBER 21, 12:00PM



Ein Prosit! Wir werden viel Spaß beim Feiern des Oktoberfests haben! Genießen Sie warme deutsche Spezialitäten und live Musik!

A toast! We will have lots of fun at our Oktoberfest celebration! Enjoy warm German specialty foods and live music.

We'll have a hearty, warm sandwich of Black Forrest Ham, Sliced Apples, Muenster Cheese, and Whole Grain Mustard piled high on a Buttery Pretzel Roll; German Potato Salad; Beer Braised Red Cabbage; German Chocolate Cake for dessert plus Coffee, or Tea and choice of Beer or a Soft Drink. Enjoy live German music with Lederhosen sporting Willie Aust (Bier Garden style accordion). Cost: \$25 includes your meal, drinks, and live music. All proceeds from this fundraising event benefit our Center and Meals on Wheels programming. There will be no noon meal this day.

Seating is limited, and reservations are required. Payment is due at registration. Registration closes Oct. 16. Stop by or call our front desk at 215-723-5841 to register.

BRITISH INVASION LUNCH WEDNESDAY, NOVEMBER 4, 12:00PM



Favorite entertainer Bill Monaghan returns to present his *All You Need is Beatles* multimedia show featuring the Magical Music of Lennon, McCartney, Harrison, and Starr. We will even discuss some Mysteries and take a Tour of the Beatles through the years!

Our lunch menu features a Traditional British Pasty (meat pie with onions, potato and rutabaga); Cauliflower Cheese (cauliflower baked in a rich cheese sauce); Roasted Baby Carrots; Sticky Toffee Pudding; a Spot of Tea (or Coffee), & Choice of a "Bramble" Cocktail, "Brit" Beer, or Soft Drink. Cost: \$25 includes your meal, drinks, and live music. All proceeds from this fundraising event benefit our Center and Meals on Wheels programming. There will be no noon meal this day. Seating is limited, and reservations are required. **Payment is due at registration.** Registration closed Oct. 30. Stop by or call our front desk at 215-723-5841 to register.

BASKET RAFFLE! FUNDRAISER



Tickets may be purchased at our front desk between Nov. 6 - Dec. 4. You could win a fabulous gift basket valued between \$50 - \$100!

Winners will be chosen at our Reindeer Run on Dec. 5. You need not to be present to win.

Ticket prices:

1 Ticket for \$5

5 Tickets for \$10

15 Tickets for \$20.

Thanks to all who contributed time and donations to this fundraiser! Proceeds benefit our Center and Meals on Wheels Programs.

We are seeking donations of basket fillers through Oct. 16 (see p. 3).



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Payment policy for paid, on-site events (see p. 15 for our **trip** payment policies):
 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 (free)].
 2. **By Phone** [Credit (3% fee) or Debit (free)]. 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

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, Executive
Chef/Nutrition Services

Heather Lewis & Mattie Young,
North Penn MOW Coordinators

Lexi Little, Kitchen Assistant

Kelly McMackin,
Indian Valley MOW Coordinator

Val Perry,
Member Services Coordinator

Kameele Rivera, Sous Chef/
Nutrition Services

JoAnn Steinly,
MOW Kitchen Coordinator

Amy Stover,
Program Coordinator

BOARD OF DIRECTORS

John H. Filice, Chair

Dr. Stephen Carp, Vice-Chair

Timothy Swartley, Treasurer

Ella M. Roush, Secretary

Linda Abram

M. Theresa Fosko

Brian K. Goshow

Ron Hallman

Joanne Kline

D. Scott Landis

Alexandra Metricarti

Chari Richardson

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.

REINDEER RUN: SATURDAY, DECEMBER 5, 8AM START

WE ARE ALREADY PREPPING TO DON OUR REINDEER ANTLETS 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 ANTLETS, 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 \$7.00 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

PHOTO: VALERIE DIBLASI-PERRY

CELL PHONE REMINDERS . . . PLEASE:

Silence your phone during programs/events and keep ringer volume low at all other times.

If you need to use your phone, move to a quiet, private area.

Do not use speakerphone in common areas.

Use headphones/ear buds if watching/listening to media.



CARFIT CHECKUP FRI. OCT. 2, BY APPT.



The Montgomery County Department of Health & Human Services provides this free service meant to help ensure that your car is adjusted to your perfect fit. During your appointment, trained experts will show you how you can enhance your comfort, safety and fit within your vehicle. This is NOT a driving test or mechanical inspection and you

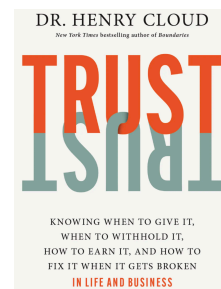
need not be a Montgomery County resident to receive the free service. For your appointment report to the lower end of the Perseverance Fire Company Parking Lot at 266 N. 2nd St. (across the street from Generations). To schedule your free appointment, stop by our front desk or call 215-723-5841. ^

TRUST: TUESDAYS, OCT. 13 - DEC. 15, 1:00PM

Volunteer Bob leads this discussion group based on Dr. Henry Cloud's book, *Trust*. Explore how to build healthier connections, spot trustworthy people, repair broken bonds, and navigate relationships with confidence.* Our group leader, Bob Simrak, worked in community mental health. He has a graduate degree in counseling and 40 years of experience in non-profit management. *Please

note that this is not a support group. It is recommended (but not required) that you purchase or borrow a copy of the book, *Trust*, by Dr. Henry Cloud on your own.

To register for the free 10 week session, visit our front desk or call 215-723-5841. ^



WELLNESS HUB: FRIDAY, OCT. 16, 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). See p. 4 for information about vaccines administered by Giant Pharmacy during this event.

Please call Sen. Collett's office at 215-368-1429 with any questions.



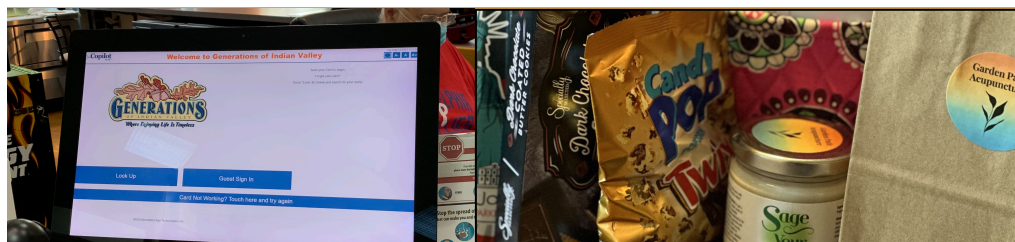
KEEP ON TRACK CLUB

All aboard for this new program hosted by our Director Doug! The goal of the program is to empower you to use your SEPTA key card* and regional rail independently to explore local places of interest. Our next excursion will be **Tues., Dec. 8!** We will ride from the Lansdale Station to Jefferson Station to explore the German Christmas Village in Philadelphia. **Registration is limited to 20 for this excursion and you must attend a pre-trip meeting on Tue., Nov. 17 at**

10:30AM at Generations in order to obtain pertinent details. Call our front desk to register for the excursion: 215-723-5841. ^

All participants for the Keep on Track Club must be cognitively and physically independent. Excursions will involve a great deal of walking. We cannot accommodate walkers or wheelchairs.

*Seniors over 65 are eligible to ride SEPTA for free but must have a key card issued ahead of time (see p. 7 for information on how to obtain your key card here at Generations).



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.

BASKET FILLERS WANTED!

We are seeking donations of new/wrapped items such as gift cards; wine; liquor or beer; wide wired ribbon; movie vouchers; lottery tickets; nonperishable gourmet food items; spa/bath and body products; and new gift items. Items needed by 10/16. THANK YOU!



BOSCOV'S DISCOUNT DAY

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. 21, 8am-11pm!

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.

DEAR JACK, DEAR LOUISE RUNS THROUGH OCTOBER 11 AT MONTGOMERY THEATER, SOUDERTON

A military doctor and an aspiring actress meet by letter during World War II. Will their love story ever make it off the page and into real life? In this heartfelt play, award-winning playwright Ken Ludwig shares the true story of his parents' unlikely courtship with wit, warmth, and irresistible charm. Senior discounts and dinner/show packages are available. For tickets, visit montgomerytheater.org or contact the Montgomery Theater Box Office (play@montgomerytheater.org or 215-723-9984).

ADVANCED CARE PLANNING ^ MONDAY, NOVEMBER 2, 10:00AM

Samantha Greco, Public Health Program Manager will discuss services available through the Bucks County Health Improvement Partnership (BCHIP). Samantha will share information on important conversations and key concerns surrounding advanced directives (documents that determine the kind of healthcare treatment you receive if you are physically unable to make those choices known). You do not have to be a Bucks County resident to attend or utilize BCHIP services. A time of questions and answers will follow. **Registration is required.** ^

DIALOGUE WITHOUT FRONTIERS ^ 1ST & 3RD THURS, 1:15PM

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. Moderated by Thomas Kolsky.

October topic: The U.S. 2026 Midterm Elections & Issues of Domestic and Foreign Policies.

November topic: 2026 U.S. Mid-term Elections and Israeli National Elections and the impact of both on the Iran Crisis.

SUCCESSFUL DISEASE PREVENTION ^ MONDAY, OCTOBER 5, 10:00AM

Celebrate successes in disease prevention for men's and women's health! This free presentation by Sue Smith, M.Ed., RN, is brought to you by Jefferson Health-Abington. **Please register.** ^

TRIVIA AT TEN: ARE YOU SMARTER THAN A MIDDLE SCHOOLER ^ WEDNESDAY, OCTOBER 7, 10:00AM

Enjoy a morning of brain games and trivia with special guests from Indian Crest Middle School. Spoiler alert: cookies are the prizes today and everyone's a winner! Led by Generations Program Coordinator Amy Stover. **Registration required.** ^

PAINTING FOR KIDS ^ 2ND & 4TH THURSDAYS, 1:00PM

Join volunteers Tish and Traute to paint for kids. Bring a few brushes, a water container, paper plates, paper towels or a rag, and a smock. All other supplies will be provided by the foundation Art2Hearts.com. Guidance and coaching will be provided if needed. Plan on a fun time painting pictures children will enjoy that will be donated to pediatric care facilities. A \$2 donation per person, per class is optional for use of the room/supplies. **Registration required.** ^

MOVIE MATINEE: CLUE ^ FRIDAY, OCTOBER 9, 12:45PM

Six colorful dinner guests gather at the mansion of their host — who turns up dead after his scheme to blackmail them is exposed. This 1985 suspenseful and witty dark comedy stars Eileen Brennan, Tim Curry, and Madeline Kahn and is rated PG for mild violence and frequent mild sexual innuendo. Running time is 1 hour, 34 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café until 1pm. **Please register.** ^

PROPAGATE HOUSEPLANTS WORKSHOP ^ WEDNESDAY, OCTOBER 14, 1:00PM

During this hands-on workshop, Volunteers Dave and friends will show you how to propagate a variety of common houseplants and share some of the science and tips to get your own houseplants thriving and add positive energy to your living space. You will leave with a small indoor plant to care for at home. If you have one, bring a 4-5" pot for your plant. We will have extras to share. All other supplies will be provided. Space is limited for the free program. **Please register.** ^

GIANT PHARMACY VACCINE CLINIC ^ FRIDAY, OCTOBER 16, BY APPOINTMENT

Pharmacists from Giant/Martins will offer a Vaccine Clinic. Bring your insurance cards and wear a short sleeved shirt for the appointment. Vaccines available: Flu (both senior and non-senior), Covid (both manufacturers), Shingles (1st or booster) Pneumonia, Tetanus, and Hep B. Free with health insurance. Appointments preferred; walk-ins between 9:30-11:30 if space is available. **Stop by or call the Generations front desk to schedule by Oct. 14.** ^ **Don't miss our Wellness Hub happening at the same time. See p. 3 for more info.**

BEGINNER MAHJONG 101 MONDAY, NOVEMBER 23, 1:00-3:30PM

Join Jen, a Certified Mahjong Instructor from The Lucky Tile Co., for a step by step lesson designed especially for beginners of the fun, social, strategic game, American Mahjong!

Class topics: Mahjong tiles and suits; the NMJL card; table set up and "building the walls;" dealing/racking tiles; choosing a hand; basics of the Charleston, how to draw, discard, and call

tiles; and how to work toward your first MAHJONG!

Class cost: \$70 and a portion of the registration fee goes to Generations Community Center! Call Jen at 267-566-5769 to reserve your seat today for this class held at Generations! **Registration is due by Nov. 20. Seats will go fast so don't wait!** ^

SPECIAL PROGRAMS (IN ORDER OF DATE)

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HEALTHY COOKING FOR ONE ^ MONDAY, OCTOBER 19, 11:00AM

Cooking for one requires thoughtful planning, motivation, and energy! Volunteer Ellie leads this new series to help you get inspired one meal at a time so you don't end up with another PBJ! This month's topic is fall soups and crock/pan dinners. Meal planning, tips, shopping lists, and recipes will be shared. **Please register if you plan to attend.** ^

MUSIC BINGO: TUESDAY, OCTOBER 20, CARD SALES 12:30-1:00, GAMES BEGIN AT 1:00

Come try this fun game! Songs replace the numbers on a special bingo card. 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 Café. No registration required.



CRAFTERNOON WITH AMY: BRAIDED FABRIC BASKET ^ FRIDAY, OCTOBER 23, 1:00PM

Calling all crafters! We still have T-shirts to upcycle! This month we will make a small cotton basket by braiding strips, and stitching the braids together with thread or embroidery floss. Use our T-shirts or bring a few favorites that you don't mind repurposing. If you have a good pair of fabric scissors, a fabric rotary cutter and mat, or sturdy sewing or embroidery needles, please bring them along to share. Moderate dexterity required for cutting fabric, braiding and hand sewing. Free program. **Please register if you plan to attend.** ^

HEALTHY AGING ^ MONDAY, OCTOBER 26, 11:00AM

Join our guest speaker Greg Strouse, PT, DPT, from Physical Therapy at St. Luke's for an engaging presentation on Healthy Aging, covering the benefits of lifelong physical activity, common aging myths, fall prevention, recovery strategies, and practical tips to stay safe, active, and independent. Dr. Strouse will also discuss what to do if you have a fall, and ways to safely get up after a fall. Time for questions and answers will follow the presentation. Free program. **Please register.** ^

BOOK CLUB: CROSSING THE LINE ^ WEDNESDAY, OCTOBER 28, 1:00PM

Volunteer JoAnn leads our book club discussion of *Crossing the Line*. It's an inspiring memoir of defying the odds from Kareem

Rosser, captain of the first all-black squad to win the National Interscholastic Polo championship. You will need to purchase or borrow the book on your own. **To register for the book club discussion, visit our front desk or call 215-723-5841.** ^

FINANCIAL DECISIONS FOR OLDER ADULTS ^ PART 1: THURSDAY, OCTOBER 29, 1:00PM PART 2: THURSDAY, NOVEMBER 5, 1:00PM



Join Jim Jacobson, and Andrew McDonough, both of Girard, a Univest Wealth Division, for this two part series. Our speakers will discuss financial planning, goal setting and charitable giving. They will also address the potential concern of outliving your money. It is not necessary, but strongly encouraged, to attend both sessions to get the most out of this series. Time for questions and answers will follow each presentation. Free program. **Please register for part 1 and part 2 separately.** ^

HALLOWEEN BRUNCH & FESTIVITIES ^ FRIDAY, OCTOBER 30, 11:30AM

Our meal will be a spooky/silly themed brunch menu (see p. 10) and we'll have a costume contest with prizes. We'll also enjoy a short sneak peek of the play, *The Open Window*, a spooky comedy by H.H. Munro performed by our new Reader's Theater group, *Generations Acting Up*. 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 the meal! Seating is limited. To register, stop by our front desk by October 27. **Registration required.** ^

DIABETES PREVENTION PROGRAM WEDNESDAYS, OCTOBER 7 & NOVEMBER 4, 1:00PM

The National Diabetes Prevention Program continues for those who have already completed the first portion of the series. This listing is for their reference only; registration is closed.

COOKING WITH TERI: FALL FLAVORS THURSDAY, NOVEMBER 5, 11:00AM



Teri Wassel, MS, RD, Montgomery County's Registered Dietitian, presents a cooking demonstration featuring a delicious and nutritious Autumn Wild Rice Salad made with seasonal favorites including sweet potatoes, pecans, cranberries, and Brussels sprouts! Learn how to create a wholesome dish packed with fiber, vitamins, antioxidants, and flavor! Samples provided. Space is limited. **Registration required by 11/2.**

FAMILY FEUD GAMES

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

FRIDAY, NOVEMBER 20, 1:00PM

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



NEWS & NOTES:

FEATURED ARTIST OCT. : TOM ZIMMERMAN

With a background in visual arts and a love for creative expression, Tom has shaped his artistic journey across diverse mediums and influences. Tom's work has been showcased in galleries, featured in community events, and celebrated by audiences for its emotive power and originality.

FEATURED ARTIST NOV. : SANDY ZIMMERMAN

Sandy Zimmerman belongs to the Doylestown Art League, Peace Valley Plein Air group, and Lehigh Art Alliance. She paints mostly with acrylics, but occasionally with watercolors or other media. She enjoys putting nature into her paintings. Sandy took classes at the Baum School of Art, as well as the Banana Factory in Bethlehem and the Doylestown Art League.

NEED TO TALK?

Montgomery County Peer Support Talk Line:
(855) 715-8255

Montgomery County Mobile Crisis:
(855) 634-HOPE (4673)

National Suicide & Crisis Line:
Call or Text 988

Upper Bucks Crisis:
215-257-6551

PA Drug & Alcohol Helpline:
1-800-662-HELP (4357)

REMINDER TO USE YOUR FARMERS MARKET VOUCHERS:
If you received Farmers Market Vouchers, this is your friendly reminder to use them before November 30.

THRIVENT CHOICE DOLLARS & ACTION TEAMS:

If you are a Thrivent member, please consider directing your choice dollars to Senior Adult Activity Center of Indian Valley (dba Generations) and applying for an Action Team to help us receive grant funds for special projects!



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DIGITAL LITERACY: HEALTHY DIGITAL RELATIONSHIPS ^

FRIDAY, NOVEMBER 6, 12:45PM

Join Alan Berry, Media Literacy Educator, Researcher, and Advocate, for a digital literacy workshop. For this month's topic, we will explore expectations, intentional engagement, privacy, respect, and balancing our time and well-being when using digital devices, social media, and online communities. Free program.

Please register. ^

GENERATIONS ACTING UP READERS THEATER ^

FRIDAYS, 1:00, BEGINS NOV. 6

Beat the winter blues working toward a purpose and a performance! Volunteer Dave leads this fun group to read short plays aloud with the goal of performing (with scripts) for a lunch theater at Generations! If you have a passion for performing or public speaking or revel in a good read-aloud, then you will love this low-stakes drama club. Join us! **Please register if interested. ^**

NAME THAT TUNE ^

MONDAY, NOVEMBER 9, 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. ^**

VETERANS DAY OBSERVATION ^

WEDNESDAY, NOV. 11 12:00PM

All noon meal donations are waived for Veterans today (\$2 donation for all others as usual). During the meal, our Generations Choir Chimes will perform a medley of patriotic favorites. Veterans will be asked to stand and be recognized for the armed forces medley. We will share moving historical information and presentations including POW/MIA and flag folding ceremonies. Guests are welcome. **Separate registrations are required (by Nov. 6) for the Veterans Day event and the noon meal. Noon meal registration & menu information on p. 10-12. ^**



BOOK CLUB: THUR., NOV. 12, 1:00PM A GENTLEMAN IN MOSCOW ^



Join our book club discussion of *A Gentleman in Moscow*, a beautifully written novel by Amor Towles. It's the story of one man confined to one hotel for one lifetime — and what a lifetime it was! **To register for the discussion or borrow a book (available Oct. 8), visit our front desk or call 215-723-5841.**

AARP SAFE DRIVING REFRESHER ^ FRIDAY, NOV. 13, 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. **Please register. ^**

MOVIE MATINEE: BUCKET LIST ^ TUESDAY, NOVEMBER 17, 12:45PM

In this 2007 comedy/drama/adventure, terminally ill men (Jack Nicholson & Morgan Freeman) escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die. Rated PG-13 for language, including a sexual reference. Running time is 1 hour, 37 min. Donations appreciated. Popcorn provided. Other concessions available for purchase in our Café. **Please register. ^**

WHAT DOES A FUNERAL HOME DO? ^ WEDNESDAY, NOVEMBER 18, 1:00PM

Kyle D. Koffel, of R.L. Williams and Williams-Bergey-Koffel funeral homes, will share helpful information to think about before someone dies. Kyle will discuss how a funeral home can help, including a checklist of items to think about/tasks to complete from writing an obituary and using legacy websites to changing the name of your utilities and obtaining copies of the death certificate. A time of questions and answers will follow. **Registration is required. ^**



SOCIAL SERVICES

CAREGIVER'S SUPPORT

Katherine Rovine, working with the Alzheimer's Association, hosts a **virtual support** via Zoom™/landline phone on the 1st Wed. of each month at 3:30pm. Registration is required. For more information please contact Katherine Rovine: [215-280-0137/](tel:215-280-0137)

ejjd41@comcast.net (contact information is new as of 4/2026)

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

COUNSELING w/ SHIRLEY FOR EVERY DAY STRUGGLES SELECT THURSDAYS 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. 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 Phone: 215-650-3034

Website: 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: 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.

MONTCO 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

THURSDAYS, OCT. 1 & NOV. 5

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 MON., (OCT. 12 & NOV. 9)
10:45 AM -12:45 PM

PA STATE SEN. OFFICE HOURS
3RD THUR., (OCT. 15 & NOV. 19)
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.

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.

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 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 to sign in. Seniors (65+): \$3.75 per game; shoe rental additional \$3.50 (new prices). Questions? Call our front desk at 215-723-5841.

"CHAT ABOUT" DISCUSSION GROUP ^

2nd & 4th FRIDAYS, 10:00AM

Join volunteers Cindy and Norma for a new peer-led discussion group to talk about anything and everything from family or coupons to food or ailments. All participants will have the opportunity to share their thoughts if desired. Prompts will be given if needed. Please note this not a support or counseling group, just a safe space to share thoughts, laughs, and chat with friends and peers.

Registration required. ^

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.

COMMUNITY DANCES FOR SINGLES & COUPLES: 2ND FRIDAYS, 7:00PM

Adults 50+ are welcome to join us for dancing. All proceeds will benefit GENERATIONS. Upcoming Community Dance Dates are Oct. 9, Nov. 13, Dec. 11 (2nd Fridays) 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.

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.

FUN & GAMES ^ THURSDAYS, 10:00AM

Volunteer Beth leads a different organized game for each session. If needed, Beth will provide assistance as you learn the game. Schedule below. Please register for the games you plan to attend. ^

Oct. 1 & 15, Nov. 5 & 19- Mexican Train Dominoes

Oct. 8 & 22, Nov. 12 - Five Crowns Cards

Oct. 29 - WordSpiel (Like Scrabble but with cards)

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 (OCT. 2 & NOV. 6), 10:00AM - 2:00PM

Join volunteer Don and watch or play the internationally popular board game of GO. It's easy to learn!

Playing GO helps sharpen focus and concentration skills while using strategy and adaptability in changing situations. Our friendly, growing Generations GO group welcomes new



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.

players and we'll help and encourage you to get involved with this endlessly fascinating game. A \$2 donation per person is appreciated. No need to register. Please sign in upon arrival.

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 a volunteer. 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.

PAINTING CLASS (WATERCOLOR): TUESDAYS, 1:00-3:00PM
Instructor Emma Hawkins begins with a prompt and demo. of intermediate watercolor techniques. You can choose to work from the prompt or on your own project. Support will be offered during class. Bring your own supplies or borrow ours until you see what you need.

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 in the class. 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, OCT. 14, 11:00AM (NUTS) WEDNESDAY, NOV. 11, 11:00AM (FESTIVE DISHES)
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

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: WEDNESDAYS, 9:00AM, THROUGH OCT. 28
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.

VOLUNTEER/DONATION OPPORTUNITIES QUESTIONS/CONTACT: 215-723-5841

Regular and substitute drivers are needed to deliver Meals on Wheels in the Indian Valley and North Penn areas. Times are approximately 10:45am-12:45pm. Contact Kelly M.: 215-723-8555.

Newsletter mailing help is needed on Tue., Nov. 17 at 9:15am. Contact Amy S.

Thanks to all who donated office supplies! We are seeking donations of 4" or 5" pots for a planting project. Please give to Amy by Oct. 12. Thank you!

We're looking for savvy seniors who are willing to request donations from local business for our basket raffle. A letter and a list of locations will be provided. Donations needed by Oct. 16. Contact Amy.

TECHNOLOGY TIPS BY REQUEST
For questions about how to perform specific tasks on your device, you can request a free "Technology Tips" appointment with a knowledgeable volunteer. To request an appointment, contact Amy Stover: 215-723-5841 astover@generationsofiv.org

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!

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 Hlauchock 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
2 9:30 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)	3 9:00 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	4 9:30 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)	5 9:30 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)	6 9:15 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!	7 The number after the program listing indicates on which page of the newsletter more info. can be found. 8
9 9:00 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)	10 9-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)	11 9:15 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	12 9:30 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	13 9-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)	14 15
16 9:30 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)	17 9:15 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)	18 9:30 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)	19 8:30 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)	20 9:15-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)	21 22
23 9:30 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)	24 9:15 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)	25 9:30 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 29 11:45 Scrooge! Candlelight Theater Trip (16)
30 9:30 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.	

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: Jean Tornetta
Fee: \$4/class or \$20/6 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. Adaptations are offered for those who need more or less of a challenge. 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.

FUNCTIONAL FITNESS & BALANCE

FRIDAYS, 9:30AM NO CLASS OCT. 16

Join certified instructor Sue Wolfe for a new fitness program focused on balance and toning with the aim of helping you remain as independent as possible. Classes feature a warm-up with gentle movements and static stretches, strength training targeting various muscle groups, optional cardio burst that can be performed seated or standing, and balance training (seated modifications available). A cool down period with static stretches helps the body recover.
Fee: \$4/class or \$20/6 class discount card that never expires. No need to pre-register. 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. Certified 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. Certified Instructors: Jean Tornetta or Sue Wolfe

PLEASE NOTE:

- Class fees vary based on instructor fees and typical class attendance. Some of our punch card prices changed effective 1/20/26. We will honor all previously purchased punch cards until all punches are used.
- 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 for important announcements and last-minute changes.

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 \$20/6 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

RHYTHMFIT SERIES: TUESDAYS AT 10:30AM, CURRENT SERIES RUNS THROUGH NOVEMBER 24

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: \$4/class or \$20/6 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 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.

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

AMERICAN HIGHWAYMEN CONCERT, DUTCH APPLE, MONDAY, OCTOBER 5

Hear hits such as "I Walk the Line", "On the Road Again", "Ring of Fire", "Mammas Don't Let Your Babies Grow Up to be Cowboys", "Ghost, Riders in the Sky", and more!

Cost: \$105 includes ride on our bus, concert, lunch, taxes and gratuity. Gratuity for bus driver is not included.

Departs: 9:30am

Returns: 5:30pm

Trip Opened: Sept. 2

Payment Deadline: Sept. 4

HIGHLAND FARM TOUR, DOYLESTOWN

THURSDAY, OCTOBER 8 - CANCELLED!

THE STATLER EXPERIENCE, AMERICAN MUSIC THEATRE, LANCASTER SUNDAY, OCTOBER 11



Enjoy the sound and the spirit of one of country music's most beloved vocal groups. Brunch at Hershey Farms.

Cost: \$100 includes ride on our bus, concert, lunch, taxes and gratuity. Gratuity for bus driver is not included.

Departs: 10:30am

Returns: 7:00pm

Trip Opened: Sept. 3

Payment Deadline: Sept. 9

DAY TRIPS CONT'D NEXT PAGE

DAY TRIPS CONT'D FROM P. 15

COLEBROOKDALE

RAILROAD, BOYERTOWN

FRI., OCT 2 OR THUR., OCT. 15

Enjoy a wonderful lunch aboard this historic train! Board the meticulously restored century old rail cars and ride into one of the most scenic and historic regions in the northeast.

Cost: \$90 includes ride on our bus, train ride, lunch, taxes and gratuity. Gratuity for bus driver is not included.

Departs: 11:00am Returns: 2:30pm

Trip Opened: September 1

Payment Deadline: September 10

GOOD'S & SHADY MAPLE, LANCASTER WED., OCT. 21

Stops at Sunnyside Bakery, Good's Store, Shady Maple Farmer's Market. Free time for lunch on your own at Shady Maple Smorgasbord. You may bring a small cooler for under your seat.

Cost: \$20 includes ride on our bus. Shopping and lunch is on your own. Gratuity for bus driver is not included.

Departs: 9:00am Returns: 4:00pm

Trip Opened: September 1

Payment Deadline: September 18



BEAUTIFUL, DUTCH APPLE, LANCASTER

WEDNESDAY, OCTOBER 28

This inspiring true story about Carole King spans from her early days as a Brooklyn teenager to her years spent as a music legend. Hear "So Far Away", "Natural Woman", "One Fine Day", "It's Too Late", and more. PG13

Cost: \$100 includes ride on our bus, show, lunch, taxes and gratuity. Gratuity for bus driver is not included.

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

Trip Opened: September 3

Payment Deadline: September 21

NEW TRIPS

HOLLY JOLLY JUKEBOX, * MAGIC AND WONDER, LANCASTER

THURSDAY, NOVEMBER 5

Celebrate the season with a joyful, high-energy holiday spectacular bursting with music, nostalgia, and breathtaking wonder! Journey to Toyland, enjoy audience-favorite hits, then travel back in time as we recreate a 1940s holiday radio show complete with a heartfelt military tribute and classics like "I'll Be Home for Christmas."

Cost: \$95 includes ride on

our bus, show, lunch, taxes and gratuity. Gratuity for bus driver is not included.

Departs: 10:15am Returns: 6:00pm

Trip Opens: October 6 @ 3pm by phone only ^

Payment Deadline: Oct. 13

OUT TO LUNCH: THE YARDLEY INN, * YARDLEY

TUESDAY, NOVEMBER 10

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 for overnight travelers. In 1979, it became The Yardley Inn. We will enjoy a three-course lunch and a beautiful view of the river.

Cost: \$60 includes ride on our bus, lunch, taxes & gratuity. Gratuity for bus driver is not included.

Departs: 10:45am Returns: 2:30pm

Trip Opens: October 7 @ 3pm by phone only ^

Payment Deadline: October 12

THE CHRISTMAS RUSH, * BIRD-IN-HAND, LANCASTER

THURSDAY, NOVEMBER 12

Attention shoppers-and showgoers! On the day before Christmas, the biggest department store in a small American town has announced a Last-Minute Madness Sale. Will the harried staff be able to handle the onslaught? Will the Santa in the lobby raise enough to save the town's soup kitchen? And will the recently widowed Alice and her daughter find what they are so desperately seeking?

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

^ 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
Holly Jolly Jukebox November 5 The Christmas Rush November 12 Scrooge November 29	Tuesday., October 6 @ 3:00pm: 215-723-5841	\$95 Oct. 13 \$90 Oct. 9 \$100 Oct. 22
Yardley Inn November 10 Philadelphia Art Museum Nov. 19	Wednesday, October 7 @ 3:00pm: 215-723-5841	\$60 Oct. 12 \$120 Oct. 28
Christmas at the Playhouse Dec. 4 Holly Jolly Holiday DADT Dec. 9 Holiday Inn Dec. 16	Tuesday, November 3 @ 3:00pm: 215-723-5841	\$107 Nov. 4 \$100 Nov. 10 \$125 Nov. 5
Bosco's December 3 Holiday Opera Gala December 12	Wednesday, November 4 @3:00pm: 215-723-5841	\$10 Nov. 20 \$105 Nov. 16

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



gratuity. Gratuity for bus driver is not included.

**Departs: 9:30am Returns: 5:00pm
Trip Opens: October 6 @ 3pm by phone only ^
Payment Deadline: October 9**

**PHILADELPHIA ART MUSEUM,*
THURSDAY, NOVEMBER 19**
The Philadelphia Museum of Art is a major cultural Institution with a collection of over 240,000 objects spanning 2,000 years. Known for its iconic neoclassical design and the "Rocky steps," it features significant European, American and Asian art, including masterpieces by Picasso and van Gogh, alongside historical period rooms. After our visit, we will stop at Borromini for a 3-course lunch.



Cost: \$120 includes ride on our bus, museum, lunch taxes and gratuity. Gratuity for bus driver is not included.

**Departs: 8:30am Returns: 4:00pm
Trip Opens: Oct 7 @ 3pm by phone only ^
Payment Deadline: October 28**

**SCROOGE!* CANDLELIGHT
DINNER THEATRE, DELAWARE
SUNDAY, NOVEMBER 29**
This timeless musical, an adaptation of Charles Dickens' A Christmas Carol, has enchanted generations with the transformative power of the Christmas spirit. With book, music, and lyrics by Leslie Bricusse, Scrooge! brings an Academy Award-nominated score to the beloved tale of a curmudgeonly miser who finds redemption and the true meaning of kindness and love. Based on the hugely popular 1970 film starring Albert Finney, Scrooge is the perfect way to kick off your holiday season.

Cost: \$100 includes ride on our bus, show, lunch taxes and gratuity. Gratuity for bus driver is not included.

**Departs: 11:45am Returns: 6:45pm
Trip Opens: October 6 @ 3pm by phone only ^
Payment Deadline: October 22**

**BOSCOV'S,* PLYMOUTH MEETING
THURSDAY, DECEMBER 3**

Enjoy free time shopping at the largest family-owned department store chain in the U.S. It operates over 50 full-service locations, selling clothing, shoes and jewelry, plus furniture and housewares. Have lunch on your own in the food court of the mall.



Cost: \$10 includes ride on our bus. Lunch is on your own. Gratuity for bus driver is not included.

**Departs: 10:00am Returns: 2:30pm
Trip Opens: November 4 @ 3pm by phone only ^
Payment Deadline: November 20**

**CHRISTMAS AT THE PLAYHOUSE,*
HUNTERDON HILLS, NJ
FRIDAY, DECEMBER 4**

To cap off Hunterdon Hills 50th Anniversary Season, their latest holiday show will be a true collection of everything you've loved through the years. Join us this season for timeless music, breathtaking dance numbers, heartfelt comedy, dazzling costumes and holiday cheer – all backed by the HHP Orchestra!

Cost: \$107 includes ride on our bus, show, lunch, taxes and gratuity. Gratuity for bus driver is not included.

**Departs: 9:45am Returns: 4:30pm
Trip Opens: November 3 @ 3pm by phone only ^
Payment Deadline: November 4**

**HOLLY JOLLY HOLIDAY,*
DUTCH APPLE DINNER THEATRE
WEDNESDAY, DECEMBER 9**

Immerse yourself in the spirit of the season with this original holiday musical extravaganza sure to make you merry. The halls are decked with holly, so let the jolly festivities begin with lively dancing and

singing to the yuletide turns you know and love – along with a visit from Old St. Nick himself!

Cost: \$100 includes ride on our bus, show, lunch, taxes and gratuity. Gratuity for bus driver is not included.

**Departs: 9:30am Returns: 5:30pm
Trip Opens: November 3 @ 3pm by phone only ^
Payment Deadline: November 10**

**HOLIDAY OPERA GALA,*
TOMASELLO WINERY
SATURDAY, DECEMBER 12**

For a sensory experience to savor, operatic arias are complemented by a delicious four-course gourmet dinner and award winning wines.

Cost: \$105 includes ride on our bus, show, lunch, taxes and gratuity. Gratuity for bus driver is not included.

**Departs: 12:00pm Returns: 6:30pm
Trip Opens: November 4 @ 3pm by phone only ^
Payment Deadline: November 16**

**HOLIDAY INN,* BUCKS COUNTY
PLAYHOUSE, NEW HOPE
WEDNESDAY, DECEMBER 16**

Celebrate the joy of every season with Irving Berlin's Holiday Inn, the Broadway musical inspired by the classic film. A top song-and-dance team work to save a Connecticut inn by transforming it into an unlikely holiday-first entertainment haven, with a trunk-load of over 20 Irving Berlin hits – including "Blue Skies," "Heat Wave," the Oscar-winning "White Christmas" and more! We will have lunch before the show at the Playhouse Deck restaurant.

Cost: \$125 Includes ride on our bus, show, lunch, taxes and gratuity. Gratuity for bus driver is not included.

**Departs: 11:00am Returns: 4:30pm
Trip Opens: November 3 @ 3pm by phone only ^
Payment Deadline: November 5**

2026 & 2027 OVERNIGHT TRIPS

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



Motorcoach Transportation; Biltmore Estate Tours; Ten Meals; Luggage Handling (as available); plus Driver Gratuity. Cost: \$1599 double or \$1949 single. Trip is full but we may add a second bus if there is enough interest. Contact Robert Brecker with So Much to Sea Travel for more information or for waiting list reservations: 484-446-2369 or travel@somuchtoseatravel

TUSCANY TREASURES – MAY 15 - MAY 23, 2027

7-Night guided tour of Tuscany including Cinque Terre and sightseeing; 7-Night at the Grand Hotel Croce di Malta, Montecatini including tax. 13 Meals; Airfare; Bus transfers. Cost: 4,999 per person double or \$5,494 per person for a single. More information: www.generationsofiv.org Please register by calling Liza at Travel Haus (215)723-8687/liza@trvlhaus.com.



OUTER BANKS NORTH CAROLINA: SEPTEMBER 13 - 17, 2027

Motorcoach Transportation; Four Nights of Lodging in Oceanfront Room; Four Hotel Breakfasts; One Box Lunch; Four Dinners; Guided Touring of OBX with Local Guide; Wright Brothers National Park and Monument; Shopping at the Village of Manteo; Manteo Harbor Lighthouse; Festival Park Living History Museum; Cape Hatteras National Seashore; Bodie Island Lighthouse; Johnny Dolphin Cruise; All Taxes and Tips; Hotel Luggage Handling; Umbrella & Chairs Provided. Cost: \$1739 per person double or \$2,559 single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Contact Robert Brecker for reservations: 484-446-2369 travel@somuchtoseatravel **Learn more at an information meeting on Fri., Oct. 9, 10:45am at Generations. Call Lisa at Generations to register for the meeting: 215-723-5841.**



OGLEBAY RESORT FESTIVAL OF LIGHTS: DECEMBER 7 – 9, 2027



Motorcoach Transportation; Two Nights of Lodging; Two Hotel Breakfasts; Two Dinners; Glass Museum at Oglebay; Schrader Environmental Center; Wheeling City Centre Market; Winter Fantasy at the Good Zoo; Oglebay's Festival of Lights, and more! All taxes and Tips; Hotel Luggage Handling. Cost: \$840.00 per person Double or \$970.00 Single. Arrangements through So Much to Sea Travel. Travel insurance upon request. Contact Robert Brecker for more information or for reservations: 484-446-2369 travel@somuchtoseatravel or call Lisa at Generations: (215) 723-5841. **Save the date for an information meeting on Friday, January 8, 2027, 10:45am**

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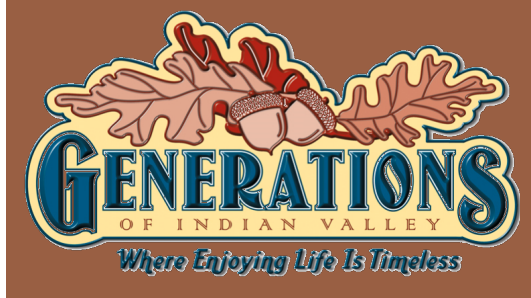
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2026 OCT/NOV

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

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

EVENINGS & WEEKENDS AS
SCHEDULED

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

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