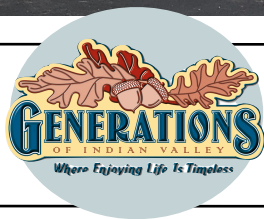




GENERATIONS OF
INDIAN VALLEY
JANUARY/FEBRUARY, 2021



THE "LOOK AT OUR ADDITION" EDITION

LOOKING FORWARD TO LOOKING BACK

At this time last year, we were riding the high on the heels of our Reindeer Runners (from our biggest fundraiser of the year) and settling down for some much needed peace after a bustling holiday season at Generations. But now, as we turn the corner of a new year, we find ourselves missing our large group gatherings, longing for the old hustle and bustle, and far from finding inner peace. I think it's safe to say that we are all feeling exhausted from the stresses of this pandemic.

Our hearts and heads are torn. We ride the waves between that sense of "sacrifice fatigue" and an overwhelming feeling of gratefulness as we count our blessings. We are looking to the future with both great anticipation and crippling fear. We are bored, yet unmotivated; tired, yet restless. This is not the way we wanted to ring in 2021.

We implore you to please stay the course. Don't give up! We are just bursting (and frankly getting a little impatient) with anticipation to welcome you back to your old favorite Center with some great new additions (see photo above). Until then, please do what you can to stay connected with each other, your family, and with us. Take time each day to move, find meaning, and be mindful. Remember that we will once again gather to sing Auld Lang Syne, and until then please know that we are really looking forward to looking back on all of this!



WE LOVE TO HEAR FROM YOU

Please keep in touch! We love to see so many signing up for our virtual newsletters. We love to hear your voices on our phone messages, see your emails in our inboxes, and read your cards/letters.

During our closures, our online platforms such as our website, our Facebook page, and the email newsletter are the best way to stay up to date. You can view the archived emails on our website www.generationsofiv.org. There you can also sign up to receive our emails by filling out the pop-up form. Although the form "pops up" every time you visit the website, you only

need to fill it out one time in order to be added to the email list. Our website features helpful articles and information including food resources, health and wellness videos, tips on video conference calls, and more.

We have a task force of friendly (and bored) volunteers who continue to make check-in calls to many of our participants. If you're not receiving a check-in call and you think you could use one, please let us know.

We are responding to emails and voice mails. If you have a question or concern, and especially if you need assistance with basic needs, please contact us at 215-723-5841 or info@generationsofiv.org.

MEET THE AUTHOR/BOOK DISCUSSION

THURSDAY, JANUARY 28, 11:00AM

Join author Bev Griffith (and Generations Participant) for a virtual book discussion. Read her amusing and sensitive novella Easy Out on your own, then join us on Zoom™ for a discussion of the book and Bev's writing process.

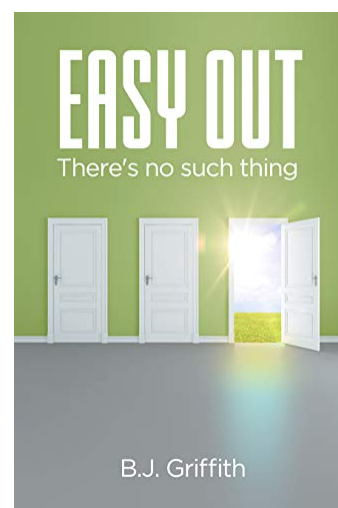
The clock is ticking for lively Mary and steady Jack Brown as they approach their 40th wedding anniversary. They are still adorable lovebirds, but Jack must make a major decision about their future before time runs out. The situation is complicated by their fit and feisty daughter and her nerdy husband, as well as by an array of quirky characters who try to help them find an easy out.

Love stories abound in this thought-provoking tale which takes an upbeat look at some of life's most pressing questions. Which way out would you choose?

Chat with Bev Griffith, a professional organizer and author of Full Steam Ahead, about the creative process and how her 21 years

spent in England, France and Switzerland influenced her philosophy and writing.

Registration is required for this program. The program is free, however, you will need to either purchase or borrow a copy of the book to read before the discussion. You may purchase the book through Generations for \$5 OR from [amazon.com](https://www.amazon.com) for \$8.99 plus shipping OR from [amazon.com](https://www.amazon.com) \$2.99 for Kindle. We also have a limited number of copies available for lending (free) from Generations. These copies may be borrowed on a first come, first serve basis. To register, visit our website www.generationsofiv.org and click on virtual program offerings. You will be emailed additional instructions and links to join the Zoom™ meeting. See p. 7 for additional virtual program participation requirements.



VIRTUALLY VALIDATED

Thank you to all who have supported our virtual programming ventures. Each time we host a meeting we get more virtually versed! We appreciate your continued patience and support as we try to improve our participants' experience and create connections.

If you have ideas about a virtual program you think would work well to help keep our seniors engaged, or if you would be interested in helping to host a virtual program, please let us know!

Email Amy Stover:

astover@generationsofiv.org. If you haven't tried yet, it's not too late! See more information on p. 7-9.



THEN AND NOW: AN EXCERPT FROM THE MEMOIRS OF A GENERATIONS PARTICIPANT

Foreword: For the last few months, It has been my great pleasure to help host the Monday Memoirs virtual meetings using the Generations Zoom account. While I don't always have the opportunity to fully participate, I have so enjoyed hearing the beautifully articulated snapshots into the interesting lives of the class participants. I hope you enjoy their stories as much as I do. ~Amy Stover, Program Coordinator

I handed Mom the bottle of coffee creamer and pointed out it was the Irish cream flavor she preferred. Mom had given me a list of grocery shopping, and I was helping to unload the bags in her kitchen.

"Yes," Mom said, "but it's not the green bottle."

"But it was," I replied. "See, the label was green."

"No," she said, "it has a gold cap, and the one we like is green."

"But Mom," I said, "remember I asked whether any brand was OK as long as it was the Irish cream flavor?"

"Well, yes," she said. "But the bottle we like is green."

I mentally threw up my hands as she rummaged in the recycling box and triumphantly held up the empty bottle. It was BAILEY'S Irish cream coffee creamer, not the one I had bought, and the bottle and cap WERE green.

That's when I realized that doing the grocery shopping for Mom was like when we drove together. We knew where to turn but couldn't remember the name of the street.

Mom knew what she wanted but not the brand names she preferred. This is something we need to figure out as she's not always physically able to walk through the large supermarket and do her own shopping. Do you know how many types and colors of coffee creamer there are in the store?!

I moved into my first apartment in 1981 when I was 23. And started grocery shopping trips on

my own, for myself paying with my first checks from money earned at my first job. Of course, I had Mom's shopping habits ingrained as a guide. I reviewed the food ads for Clemens or Ralph's in The North Penn Reporter every week and made a list based on the sales and what I needed. Coupons were clipped. But except for a few items, I had little brand loyalty and went more by price than anything else. It was my first job out of college, after all.

A few years later, in 1989, I moved to Virginia for work, so shared shopping trips were the exception. But in 2003, Mom and Dad moved to Virginia to share my house. We had separate schedules and separate kitchens but did share a Costco card and giant packages of paper towels and jars of pickled beans. But she liked her brand of toilet paper and I didn't really care. It was toilet paper!

I retired early from my job, and moved to Telford in 2016, a few years after Mom and Dad had moved back to live in their retirement home apartment. Now I'm 5 minutes away, but shared shopping trips are still not a thing. Except now, the pain in her legs occasionally makes it harder for Mom to get out. As a result, we're inching toward adding her shopping to mine. It can be funny: She tells me I can find her favorite XYZ in the aisle closer to the produce section, not the one in the dairy where the milk is but in the one where the cheese is. Huh?

We are in a new phase of life. She's going to have to learn the names of the "streets." And I'm going to have to be sure I can know where to turn the cart to the right green bottle! (Note: This was written before the pandemic. Mom and I have gotten much better at creating a shared shopping list. And I've learned to appreciate the value of the pricier brand toilet paper.)

~Eddie Adam,

Generations Memoirs Participant



PERSONAL NAVIGATORS

The Personal Navigator Program of VNA – Community Services, Inc is a free, community-funded program that is designed to connect eligible individuals in Montgomery County with benefits that will improve their health including: application assistance with CHIP/Medical Assistance, health insurance marketplace enrollment, Medicare, free or low-cost prescription medication, SNAP benefits [food stamps], LIHEAP/utility assistance, PA property tax and rent rebates, and other financial and social supports. Email info@vnacs.org or call 1-800-591-8234.



SOCIAL SERVICE ASSISTANCE:

The following Social Services offerings can be done over the phone or by mail:

- APPRISE Medicare/Health Insurance Info.
 - Financial Counseling
 - LIHEAP (Low Income Home Energy Assistance)
 - Legal Aid
 - Property Tax/Rent Rebates
 - Referrals for Basic Needs/Food Security
- To request information or assistance, call or email Emily: 215-723-1930/
efilice@generationsofiv.org

MY LIFE, MY HEALTH

MONDAYS, JAN. 11-FEB. 15, 2021

10:00AM

My Life, My Health is a workshop series designed for those with chronic physical and/or emotional challenges that impact quality of life, including diabetes, arthritis, weight issues, high blood pressure, heart disease, COPD, or any other chronic condition.

Highly interactive virtual workshops are designed to help people gain self-confidence in their ability to control symptoms and learn how health problems affect their lives. Workshops provide mutual support and build participants' confidence to manage their health and remain active. Participants set goals and create weekly "action plans" in a very supportive, fun atmosphere. Caregivers and family members are also welcome in the program.

Participants meet once a week for six sessions, and virtual workshops are facilitated by a pair of leaders, one or both of whom are non-health professionals with chronic diseases themselves.

The workshop topics include how to deal with frustration, fatigue, pain, and isolation; ways to maintain and improve strength, flexibility, and endurance; managing medications; how to communicate more effectively with family, friends, and health professionals; and healthy eating.

This free six week virtual program is offered by the Montgomery County Office of Senior Services. Participants will receive a free workbook, relaxation CD, and exercise CD.

Participants will need to have a device or computer with internet access, a microphone, and a camera as well as access to the free website/app, Zoom™.

Please visit our website at www.generationsofiv.org to register by Jan. 6.

Registration will close at 10 participants.

If you need individual assistance with program participation on Zoom™, see our Virtual Technology Training info. on p. 9. You can do it!

NOON MEAL NEWS



When we started providing drive-through take out meals last spring, we didn't anticipate that we'd still be providing them the following winter. . . but here we are! To all who have partaken of our drive-through meals, we thank you for your continued support. We love to see you in person, even if it is only

for a "drive-by" interaction. By now, we've also gotten pretty good at identifying your eye colors as well as the colors, makes, and models of your vehicles!

We're happy to continue to partner with the Montgomery County Office of Senior Services to provide this meal. Their support, in addition to your generous voluntary donations, helps to defray the costs of the meals. And as we like to do several times a year, we've recently mixed up the menu items a bit to add a little variety to our offerings (*it is the spice of life, after all!*)! You can find all of the drive-through meal details and new menu items on p. 6-7.

Since we have moved our meals out to your wheels, you'll notice that we're much more concerned when the weather outside is, well, frightful. As we enter the winter months and the danger of more treacherous driving becomes a real concern, we ask that you please keep up to date by checking our website (www.generationsofiv.org) for any weather related announcements before you come for a take-out meal. Unfortunately for those who are not "online," this is the most viable way for us to communicate any necessary closures. The old days of following Souderton School District are a little uncertain this year, and since we do not currently have an automated call system in use and can no longer send announcements to WNPV, we find that using our website is the best way to let you know of weather-related closures. If you're not online, please try to connect with a friend who *does* have access to the website so that you can check in with them by phone call before you get in your car during wintry weather. See you in the take-out line!



A NEW SEASON OF LIFE



THIS "CHRISTMAS CACTUS" WAS GIVEN TO DOUG BY A LONG-TIME PARTICIPANT OF GENERATIONS. EVERYONE WHO VISITS DOUG'S OFFICE COMMENTS ON THE BEAUTY OF THIS PLANT WHICH PEAKS DURING THE DREARY WINTERTIME. THIS YEAR IT BLOOMED JUST AS DOUG WAS SPENDING TIME WITH HIS MOTHER, MARILLA, DURING HER LAST DAYS ON EARTH. WE HOPE THAT YOU, TOO, CAN THRIVE AND GROW WITH HEALTH EVEN DURING THESE COLD, DARK TIMES.

As you receive this newsletter, it will be for January and February of 2021. But as I write this article, it is still December, in 2020. You've heard it said over and over...and maybe even have said it yourselves... that this has been a year like no other. A year that has changed life for us in dramatic and far-reaching ways. 2020 has taught us that life is full of inconvenience and, despite our best intentions and efforts, we are not in charge.

Generations is not a faith community. Instead, it is a community of many faiths. And I give thanks for the richness and diversity of the traditions and beliefs that our members bring together into a fellowship that sees and defines our

shared lives from different perspectives. We have so much to learn from each other and so much to share.

My tradition is the Christian tradition and as I write this, we are in the liturgical season of Advent. While most of us think of this time of year as the "end of the year," the season of Advent comes at the beginning of the Church's year and gently, quietly invites us to enter a new year with joy and expectation for what is to come. If there ever was a year that I was glad to see come, and a new season of life that I have longed for in promise, it is the one we enter soon.

I began 2020 in the hospital with an undiagnosed illness that knocked the willies out of me. And, I am ending 2020 in a hospital in Dayton, Ohio, by the bedside of my mother whose life is likely drawing to a close. It has been a year, for all of us, of isolation and losses. A year of sadness and unbidden conflict. A year of living apart rather than together. I know, even in our distance, that so many of you have felt these losses and partings.

But in my tradition, Advent invites us to bring all of these losses before God and to ask that God will honor and bless and receive our losses, taking them into his merciful heart. And opening to us a new beginning, a new and renewed life of promise and hope and joy. A new beginning. A chance to bring the learnings of the past year to a new chance. A dividing line that allows us to relinquish pain from the past, and welcome joy in the future.

Whatever your traditions in this dark time of the calendar year, I hope that your days are filled with light and love; promise and peace. May we all find ways to share it with each other in the times ahead.

Peace,

Doug Eschbach, Executive Director

January 2021

VP = Virtual Program
DT=Drive-Through Meal
See below for Drive-Through Meal details.

Monday	Tuesday	Wednesday	Thursday	Friday
4 1:00 Memoirs VP (p. 8)	5 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8)	6 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Ziti with Clam Sauce DT (p. 6)	7	8 9:30 Sit, Stretch VP (p. 9) Pot Roast DT (p. 6)
11 10:00 My Life, My Health VP (p. 4) 1:00 Memoirs VP (p. 8)	12 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) 1:30 Cash Bingo VP (p. 8) 6:30 Bereavement Group VP (p. 8)	13 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Pork & Sauerkraut DT (p. 6)	14 10:00 Pain Management VP (p. 8, 9) 11:00 SOLO Presentation with PA Council on Aging VP (p. 9)	15 9:30 Sit, Stretch VP (p. 9) Turkey Tetrazzini DT (p. 6)
18 10:00 My Life, My Health VP (p. 4) 10:00 Boost Your Immune System VP (p. 8) 1:00 Memoirs VP (p. 8)	19 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8)	20 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Turkey/Stuffing DT (p. 6) 1:30 Behind the Kitchen Counter with Chad VP (p. 8)	21 11:00 Historical Trivia with Ron VP (p. 9)	22 9:30 Sit, Stretch VP (p. 9) 10:30 Breathe & Balance VP (p. 8) Spaghetti with Meat Sauce DT (p. 6)
25 10:00 My Life, My Health VP (p. 4) 1:00 Memoirs VP (p. 8)	26 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) 1:30 Cash Bingo VP (p. 8)	27 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Chicken Croquettes DT (p. 6)	28 11:00 Meet the Author/ Book Discussion: <u>Easy Out</u> VP (p. 2)	29 9:30 Sit, Stretch VP (p. 9) Veal Marsala DT (p. 6)



DRIVE-THROUGH TAKE-OUT MEALS WEDNESDAYS & FRIDAYS RESERVATIONS REQUIRED

We continue to offer drive-through take-out meals to those 60 years and older on Wednesdays and Fridays. Please note the updated information. Menus and information are subject to change.

Reservation Information:

Call 215-723-5841 or 215-723-7997 to leave a

message by Friday of the preceding week.

Provide:

- Your first and last name
- Your phone number
- Days you will pick up meals
- First and last name of each person for whom you will be picking up meals

Pick-up Information:

Please form a line heading

west on Fairview Ave., turn right onto N. Second St., and enter at 259 N. Second St., Souderton. There you will be asked to make an anonymous voluntary contribution (we suggest \$2 per meal).

Last names A-M, arrive

11:45-12:00

Last names N-Z, arrive

12:00-12:15

See above for take-out meal schedule. PLEASE

NOTE: NO MEALS SERVED: 12/25, 12/30, 1/1

TAKE OUT MEALS RESUME 1/6/2021

February 2021

VP = Virtual Program

DT=Drive-Through Meal
See below for Drive-Through Meal details.

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 My Life, My Health VP (p. 4) 1:00 Memoirs VP (p. 8)	2 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8)	3 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Ziti with Clam Sauce DT (p. 6)	3	4 9:30 Sit, Stretch VP (p. 9) Pot Roast DT (p. 6)
8 10:00 My Life, My Health VP (p. 4) 1:00 Memoirs VP (p. 8)	9 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) 1:30 Cash Bingo VP (p. 8) 6:30 Bereavement Group VP (p. 8)	10 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Pork & Sauerkraut DT (p. 6) 1:30 Behind the Kitchen Counter with Stacy VP (p. 8)	11 11:00 Prepare Now for the Spring Home Market VP (p. 9)	12 9:30 Sit, Stretch VP (p. 9) Turkey Tetrastini DT (p. 6)
15 10:00 My Life, My Health VP (p. 4) 1:00 Memoirs VP (p. 8)	16 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) 1:30 Book Club: <u>The Glass Castle</u> VP (p. 8)	17 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Turkey/Stuffing DT (p. 6)	18 11:00 Talking with Your Doctor VP (p. 9)	19 9:30 Sit, Stretch VP (p. 9) Spaghetti with Meat Sauce DT (p. 6)
22 1:00 Memoirs VP (p. 8) 1:00 Memoirs VP (p. 8) 28	23 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) 1:30 Cash Bingo VP (p. 8)	24 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Chicken Croquettes DT (p. 6)	25	26 9:30 Sit, Stretch VP (p. 9) Veal Marsala DT (p. 6)

REQUIREMENTS FOR VIRTUAL PROGRAM PARTICIPATION

- A device with internet access such as a PC, Mac, smart phone or tablet.
- A camera and a microphone are recommended but are not a requirement (most smart phone/tablets are already equipped with these things).
- An email address (we will not text meeting links)
- **Subscription (free) to our email list for weekly updates and log-in instructions.** You can join by completing the pop-up form on our website www.generationsofiv.org or by sending your email address to info@generationsofiv.org. You only need to join/fill out the pop-up form on our website one time. After that, just close the pop-up window.
- Access to the free internet based program or app Zoom™. Please plan to join the Zoom™ meetings 5-10 minutes before the listed start time.
- See new program listings on p. 8-9.
- **Patience** as we are all learning together about using virtual platforms to connect with one another!
- If you need assistance setting up any of the technology requirements, see our "Virtual Technology Training" listing on p. 9.





VIRTUAL PROGRAMS

Adult Bereavement Support Group *

Tue., Jan. 12 & Tue., Feb. 9, 6:30pm

The Department of Pastoral Care of Abington-Jefferson Health presents this Zoom™ group open to the community. Anyone who has experienced the loss of a loved one is welcome to participate. Registration is required for the free program. After you register, you will receive the meeting link by email. A call in phone number will also be provided. For more information and to register, email John.Olsen@jefferson.edu or call Rev. John Olsen, MDiv, BCC, Chaplain at (215) 481-2700.

Breathe & Balance Specialty Class

Friday, January 22, 10:30am

Join certified fitness instructor Darlene Cianci for a session to help you feel refreshed and renewed for 2021. Enjoy relaxing music as you find mind-body balance through this slow, focused stretch and tone class. Exercises may be done seated or standing.

Behind the Kitchen Counter with Chad *

Wednesday, January 20, 1:30pm

Join our own Chef Chad for a virtual cooking demo from the Generations Cafe! Hear about pro cooking tips as Chad prepares a hot seafood dip and caramel apple bread pudding. Be sure to connect with us for an entertaining afternoon of cooking, creativity, and even a little comedy. Free program. Attendees will be given a take-out meal of Chad's creation (Donations are appreciated for take out meals. We will contact you with pick up information shortly after the program). Pre-registration is required. (See (*) box on p. 9 for instructions).

Behind the Kitchen Counter with Stacy *

Wednesday, February 10 1:30pm

Join our own Chef Stacy for more fun from the Generations Kitchen! During this interactive Zoom™ presentation, Stacy will share creative Valentines Day meals that won't break your bank.

Free program. Attendees will be given a take-out meal of one of Stacy's Valentine Meal creations (Donations are appreciated for take out meals. We will contact you with pick up information shortly after the program). Pre-registration is required. (See (*) box on p. 9 for instructions).

Book Club with Judy

Tuesday, February 16, 1:30pm

Read The Glass Castle: A Memoir by Jeannette Walls on your own, and then join volunteer Judy Hallman to discuss the novel. It's a "remarkable memoir of resilience and redemption, and a revelatory look into a family at once deeply dysfunctional and uniquely vibrant."

Cash Bingo * \$

1/12, 1/26, 2/9, 2/23,

1:30pm



Join us on Zoom™ for a fun afternoon. Pre-registration and prepayment is required so we can provide your Bingo cards before the game (see (*) \$) box on p. 9 for instructions). \$5 per person includes two cards, five regular games and one jackpot game. Additional cards \$2 each. Payouts per game are determined by the number of players. The more people play, the more we pay!

Dancefit

Tuesdays, 9:45-10:30am

Have fun getting fit while you move to this toe-tapping, Zumba-inspired workout which combines Latin and international music with some of your old favorites. Designed for all fitness levels including those with two left feet. Kristin Messina, Certified Instructor.

Historical Trivia with Ron

Thursday, January 21, 11:00am

Were contact lenses invented before or after 1900? The answer might surprise you. Join us for a lighthearted historical trivia session. We will quiz you on everything from historical figures and events to pop culture and inventions. Questions,

answers and discussion /memories welcome during this interactive session. Led by Generations Volunteer and History Buff Ron Hallman.

How To Boost Your Immune System During A Pandemic *

Monday, January 18, 10:00-10:45am

Everyone wants to be healthy and stay well. Stress has been known to decrease our immune response system. How do we stay healthy when we are in the midst of a pandemic? This free Help Yourself To Healthy Living presentation will provide insight to help you boost your immune system! Led by Abington-Jefferson Health Community Health Educators.

Meet the Author/Book Discussion:

Easy Out #

Thursday, January 28, 11:00am

Read the amusing and sensitive novella Easy Out on your own, then join us on Zoom™ for a discussion of the book and author Bev Griffith's writing process. See more info. on p. 2.

Memoirs

Mondays, 1pm-3pm

Your story is worth telling, and there has never been a better time to tell it! Whether you're writing just for yourself or to pass on to your family, join this creative group led by Marilyn Gross. Prompts are provided and thoughtful discussions help us connect even when we can't be together. New writers welcome! No pre-registration is required for this class. Donations appreciated. For questions or concerns, call Marilyn: 215-723-5669 or grossm111@comcast.net.

Pain Management Options for Seniors *

Thursday, January 14, 10:00am

Join this virtual presentation hosted by the Montgomery County Office of Senior Services and receive a free locked medication bag for



JANUARY/FEBRUARY 2021



VIRTUAL PROGRAMS

attending the event and completing a survey during the event. Presented by Massage Therapist Lisa Hibberd, Chiropractor Dr. Christopher Cianci, Yoga Instructor Stacey Skilton, and Acupuncturist Kate Pietrowski. Pre-registration is required. (See (*) box on p. 9 for instructions).

Prepare Now For the Spring Market * **Thursday, February 11, 11:00am**

"In most areas, the best time of year to sell a home is during the first two weeks of May. You can expect to sell 18.5 days faster than any other month and for 5.9 percent more money. In other places, early April or June is better for home sales than May" (themortgagereports.com). Join local professional realtors Kylie Harrington and Ginny Vandenburg for an informative free session on the top ways to prepare your home for sale for the spring season. A time of Q & A will follow.

Sit, Stretch, Flex # **Wednesdays & Fridays,** **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 is optional. Jean Tornetta, Certified Instructor.

SOLO: **Strengthening Older Lives Online *** **Thursday, January 14, 11:00am**

The Pennsylvania Council on Aging's Social Isolation Task Force is holding a free, virtual, small-group, interactive session with Generations Participants. This SOLO virtual session gives older adults the opportunity to focus on their health and spend an hour with peers discussing the best ways to maintain mental, spiritual, and physical health. Now more than ever, these tips and reminders are critically important.

Tai Chi # **Wednesdays, 10:30am**

Tai Chi Health can help you improve balance and coordination, relieve stress, cope with pain, and increase muscle mass. Darlene Cianci, Certified Instructor.

Talking with your Doctor: **How to Prepare ***



Thursday, February 18, 11:00am

Learn how you can take an interactive role in your healthcare! This presentation features tips on how to get ready for a doctor's visit, effectively talking with a doctor about health concerns, making decisions together about treatment and remembering what was discussed following the appointment. Presented by Dawn Batman, Program Specialist, Montgomery County Office of Senior Services. Free program. Pre-registration is required. (See (*) box on p. 9 for instructions).

Virtual Technology Training **with Tom * Tuesdays, by Appt.**

Volunteer Tom can assist you with technology concerns relating to your email, phone, tablets, laptops, websites, Zoom™, Facetime, and more. He can help you over the phone or with a video conference call from your home. Free virtual service. If Tuesdays don't work for you, Tom can be flexible in scheduling your appointment. See below under (*) for registration information.

NEW PROGRAMS ARE ADDED THROUGHOUT THE MONTH! SIGN UP FOR EMAIL UPDATES AT WWW.GENERATIONSOFIGV.ORG TO GET THE LATEST NEWS AND LOG-IN INSTRUCTIONS.

VIRTUAL PROGRAM REGISTRATION INFORMATION KEY



* Pre-registration is required for this program. Visit our website at www.generationsofigv.org and click on "Virtual Program Offerings" to register. You will be emailed unique log-in information and instructions.



No pre-registration is required for this program but you must be signed up to receive our email blasts. If you're already getting the emails, just watch for a weekly email with program log-in information and instructions. See box on p. 7 for instructions on subscribing (free) to our emails.



*\$ Pre-registration and pre-payment are required for this program. Visit our website at www.generationsofigv.org and click on "Virtual Program Offerings" to register. You will be emailed unique log-in information and instructions.

We are offering most of our virtual programs at no charge, but we will need your help to sustain these offerings. Donations are always gratefully accepted to help cover programming costs and can be provided by clicking the link in our Virtual Program Offering emails to pay by PayPal or by sending a check to us with "Virtual Programs" in the memo to: Generations of Indian Valley, 259 N. Second St., Souderton, PA 18964.

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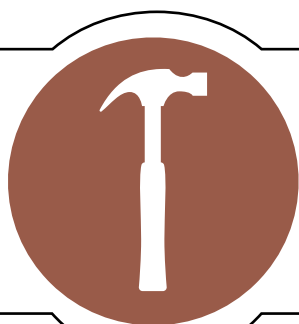
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