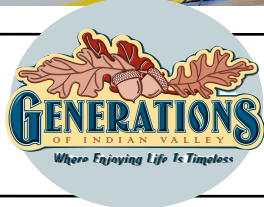




GENERATIONS OF
INDIAN VALLEY
MARCH/APRIL, 2021



COMMUNICATIONS FROM GENERATIONS

INSIDE OUR RENOVATIONS

Some of you have asked for a “sneak peek” at the renovations that are going on inside the Center. While there’s still a lot of progress to be made, the photo above shows some of the new things that have already been installed as well as the framework for updates still to come:

- A totally updated ceiling with new tile, lighting, HVAC, audio visual systems, beams/molding, and a much cleaner, brighter appearance has been installed.
- Old flooring removed and new waterproof sealants and levelers applied. A luxury vinyl plank “wood-look” floor will be installed throughout the room (you can see it on the stage at the bottom of the photo).
- The new, more soundproof partition (stacked against the wall on the right side of the photo) is a series of solid panels, covered with much more attractive tan vinyl that looks like cloth.
- A new doorway at the back of the photo opens on to the addition which provides a new banquet entrance for room rentals. On the right side of that hallway (going out) will be a separate set of entrances to our newly expanded and renovated restrooms. And on the left side of that hallway is a “family restroom,” a janitor’s closet, and a large storage room for tables and chairs.
- New molding, columns, chair rail, and wainscoting are being installed on the walls (right side of photo). New wall sconces, paint, and wallpaper will be added. New full height walls surround the serving area (left side of photo).

We can’t wait until we can open the doors and welcome you in this new space!



FORGET US NOT

Seeing your eyes at our drive through meals, reading your words in letters of thanks or encouragement, hearing your voices over the phone, or seeing your faces on our computer screens have been great motivators for us to keep going during this time of change and isolation.

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.

A MATTER OF BALANCE

THURSDAYS, APRIL 8 - JUNE 3, 9:30-11:30AM



MANAGING CONCERNS ABOUT FALLS

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award winning program designed to manage falls and increase activity levels. The program emphasizes practical strategies to manage falls. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

This class is appropriate for anyone concerned about falls; anyone interested in improving balance, flexibility, and strength; or anyone who has fallen in the past.

This free program will be held virtually via Zoom™ in partnership with the Montgomery County Office of Senior Services. Participants should have access to email and the free app Zoom™ (see p. 7 for more information about virtual program participation and assistance). To register, please visit our website www.generationsofiv.org and click on virtual program offerings.

GOING SOLO

During a recent virtual program, we had the pleasure of meeting with members of The PA Council on Aging's Social Isolation Task Force about their new SOLO guide. The SOLO (Strengthening Older Lives Online) program is a self-directed one with a fantastic interactive guide full of information and resources to help older adults cultivate a healthy mind, body and spirit amidst the challenges of the COVID-19 pandemic.

Certainly we don't have to tell you how challenging it can be to maintain a sense of well-being these days. But we can't just wait for the world to get better to take responsibility for our own well-being. We can't wait for things to be more normal, for politics to settle down, for that call to get the vaccine.

There are things you can do NOW to ensure that when we all can get back to normal,

you can present your best self to those with whom you're reuniting. The SOLO guide is a great way to get started on making the best of these "quieter" times. You can use it as a spring board to get you started with everything from online games to fitness classes and volunteer opportunities. You can view the whole guide at



(www.generationsofiv.org) under the "news" section. And if you're not online and can't get access to the guide, you can still use this time to do things the old fashioned way. . . things such as exercising, phoning a friend, writing in a journal or doing a crossword puzzle.

Whether you choose to take advantage of the online SOLO guide or come up with your own "solo" routine, the final product will be a happier, healthier you to present at your next gathering . . . whether that gathering is next month or next season.

CONCERT SUNDAES

The Concert Sundaes Committee (ice cream and free concerts in Souderton Park during "normal times") has asked that we



extend their gratitude to everyone who donated to the program last year. They have informed us that last year's donors will be included in this year's program again and noted that any donations received for the 2021 season will be added to patron listings in this year's program .

If you would like to make a contribution to the 2021 season, you may do so by sending a check made payable to "Concert Sundaes" c/o Generations at 259 N. 2nd St., Souderton , PA 18964

The Concert Sundaes Committee is hoping for a regular concert season and are planning accordingly. However, we are living in uncertain times so they will continue to monitor information and make decisions based on guidance from the State with the safety of the community at the forefront of their minds.

To receive updates about Concert Sundaes, subscribe to the seasonal newsletter through the website at www.concertsundaes.org. Concert Sundaes is a program of the Indian Valley Arts Foundation, 501c3 non-profit corporation; all Concert Sundaes donations are used to support the free community concert series, whether it occurs according to schedule or on an adjusted schedule due to safety issues.

THE SOUNDS OF WINTER: 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. I enjoy hearing the beautifully articulated snapshots into the interesting lives (or even the daily ho hum) of the class participants. I hope you enjoy their stories as much as I do.

~Amy Stover, Program Coordinator

Some things about winter sounded different when I was young. Of course there was the silence of a heavy, fluffy snowfall. Being out at night in that kind of storm was a quiet, peaceful experience. The skies seemed brilliantly dark and the deserted street was white and calmly hushed.

But the next morning the sounds changed. Big old heavy cars with regular tires tried to rev their way out of parking spaces or up a slippery, icy street. The intermittent hum signaled that someone was shifting from drive to reverse and back again, trying to gain some traction and move ahead.

The drivers who had an easier time driving in the snow had first struggled to put on the tire chains they retrieved from garage or trunk. Those ladder-like sets of chains had to be untangled, with all of the clanking of Marley's ghost, from the form they had taken after the previous winter or the previous snowfall. When the chains were clamped securely over each tire, the car and driver were off and running. The air seemed to be full of winter crickets as the chains made multiple little humming, clicking and whirring noises as they traveled down the street. But, alas, these were not the perfect solution for snow travel. As they rode over many bumpy roads or ice, they would slip and tangle on the tires. Besides all of this wear and tear, there was the ultimate hazard - the cleared roads.

Driving over dry streets, trolley tracks, salt and cinders, and dropping into potholes meant cracked links. As the chains broke, loosened or even released, added to the hum was more clanking and rattling, and sometimes even the sound of the loose chains whacking the body or undercarriage of the car. Although there were many fewer cars on the road because of the snow, the chains and the additional busses and trolleys increased the normal traffic noise.

Years later, the invention of studded snow tires obviated the need for chains. There was little additional noise as they drove on snow, but on drier, clearer roads the myriad of small metal studs embedded in the tires' surfaces

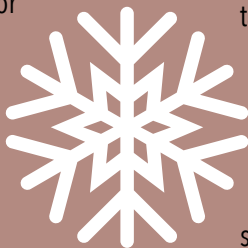
made constant rapid taps, with the rat-a-tat pitch rising as the cars increased their speed. Unfortunately, one of the drawbacks of studded tires was that they had poor traction on roads that were only wet, not snow-covered. When municipalities realized the damage that these studs did

to dry road surfaces, they passed laws to allow their use only during winter months.

I remember a year, when April 1st was the deadline to remove studded tires or risk being fined. There was a big snowstorm during the first week of April. The law was quickly changed to move the deadline to April 15th - and then woe to those unfortunate motorists who beat the deadline and soon found themselves struggling with the last snowstorm of winter on April 15th, 1966.

Now all-weather radial tires and year-round tires go unnoticed. They have eliminated the struggle with chains, the sliding with studs, and some of the sounds of the winter.

*Marilyn Gross, Generations
Memoirs Leader and Participant*



TAX PREP UPDATES

At this time,

Generations is NOT offering tax

preparation appointments with AARP Tax Aide. What we DO know is that any alternative in-person free tax preparation appointments in our area will be in very high demand and are being recommended only for those who are the most financially at risk with no alternatives. If you have a friend or family member who could help you prepare your taxes, or if you are able to pay for tax preparation services, this is the year to ask them for help. You can visit our website www.generationsofiv.org under the "news" section or call Emily at 215-723-1930 for a list of alternative tax filing resources.



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

COVID-19 VACCINE INFO.

Due to the limited supply of vaccine at this time, only people who qualify for Phase 1A will be given appointments. This includes people ages 65 and older and people ages 18-64 with specific underlying medical conditions known to be associated with severe cases of COVID-19. Appointment slots are limited and are available by reservation only. Walk-up registration is not accepted. To learn more about the 1A criteria or request an appointment, Montgomery County residents can visit www.montcopa.org/covid-19vaccine and Bucks County residents can visit www.buckscounty.org.

A new COVID-19 hotline is available for Montgomery County residents who have general questions about COVID-19 and the vaccine. The Montgomery County Office of Senior Services (MCOSS) is also partnering with Generations to assist seniors age 65 and over, as well as those under the age of 65 with a qualifying disability, in the completion of their registration for the COVID-19 vaccination by phone using the hotline. **The number to call is (833) 875-3967.** The Montgomery County COVID-19 hotline is operational six days a week, Monday through Saturday from 8 a.m. to 8 p.m., with live operators that can answer general COVID-19 questions.

We are looking for volunteers to help staff the call center and register people to schedule their vaccine appointment by phone. Among other requirements, volunteers must have a landline or cell phone and a desktop computer, laptop, tablet, or iPad that includes a separate keyboard (cannot use keyboard embedded in the tablet/ipad). If you are interested in volunteering for this vital project through Generations, please contact Emily Filice, Social Service Coordinator 215-723-1930/efilice@generationsofiv.org or visit our website www.generationsofiv.org under the "news" section.

DRIVE-THROUGH MEAL NEWS

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 press on through the winter months, 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. If you're not online, you can call our main phone number 215-723-5841 and listen to the current greeting to find out if we have canceled the take-out meal due to inclement weather. See you in the take-out line!



THE VIRTUAL REALITY

We have a lot of virtual program offerings available to you now (see p. 8-9), but the reality is that it's probably not enough to fill your whole day. Alternative opportunities for free senior virtual programming abound, and you should feel free to explore and enjoy those offerings too! In addition to the great virtual programs we're offering from Generations, we encourage you to check out these other opportunities for virtual enrichment, engagement, and connection:



MindMatters - WITF, Central Pennsylvania's affiliate for PBS and NPR, is offering an exciting initiative for Pennsylvania Department of Aging (PDA) Senior Community Centers to access highly engaging educational programming. The project, called MindMatters, delivers a large series of intellectually stimulating lectures by knowledgeable presenters on topics of most interest to older adults. To access MindMatters lectures, go to <http://mindmatters.witf.org/login/>. Select a lecture to watch. Log in with USERNAME: pdasite PASSWORD: mattersvideo1314

The **Virtual Senior Academy** is a free program that connects adults age 50 or older through interactive courses online that are offered throughout the day. They offer live virtual learning experiences that cover topics like health and wellness, arts and music, book clubs, history, current events, and much more. To find out more, visit virtualsenioracademy.org and create a free account to start taking classes.

The **Alzheimer's Association** invites you to get empowered and educated with FREE virtual webinars via Zoom™! Join one of their regular weekly webinars such as *COVID-19 and Caregiving*, *Dementia Symposium: Balancing Health & Wellness*, *Caregiver Symposium: A Glimpse into the Life of a Younger Caregiver*, *10 Warning Signs of Alzheimer's*, *Understanding Alzheimer's & Dementia*, and many other offerings. To find programs and full descriptions plus registrations, visit alz.org/crf. Registration is required via 800.272.3900.

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

MEALS ON WHEELS VOLUNTEERS RECEIVE COMMUNITY SERVICE AWARD



GENERATIONS PROVIDES THE MEALS ON WHEELS PROGRAM FOR THE EIGHT MUNICIPALITIES OF THE INDIAN VALLEY AND THE SEVEN MUNICIPALITIES OF THE NORTH PENN AREA. OUR VOLUNTEERS DELIVER TO HOMEBOUND CLIENTS IN COMMUNITIES FROM HORSHAM TO WORCESTER TO UPPER SALFORD TO TELFORD. OUR PROGRAM DELIVERS MEALS FOR EACH DAY TO 160 CLIENTS AND SERVES THESE COMMUNITY MEMBERS THROUGH THE VOLUNTEER EFFORTS OF NEARLY 250 VOLUNTEERS. ALTHOUGH SOME SCHEDULING AND VOLUNTEER EFFORTS HAVE CHANGED DURING THE COVID-19 PANDEMIC, ALL OF THE FOOD IS STILL MADE AT GENERATIONS BY OUR STAFF AND VOLUNTEERS. MEALS ON WHEELS IS OFTEN THE KEY INGREDIENT IN AN OLDER ADULT'S PLAN TO REMAIN IN THEIR HOME. THE NUTRITIONAL SUPPORT PROVIDED TO OUR CLIENTS, ALONG WITH A VISIT FROM A FRIENDLY VOLUNTEER, PROVIDES SUPPORT THAT HELPS TO PRESERVE THE INDEPENDENCE OF OUR HOMEBOUND CLIENTS.

The Daughters of the American Revolution, Towamencin Chapter is proud to present to the volunteers of Generations of Indian Valley, local 'Meals on Wheels' program the Community Service Award. The DAR, founded in 1890 and headquartered

in Washington D.C. is a nonprofit, nonpolitical volunteer women's service organization dedicated to promoting patriotism, preserving American history and securing America's future through better education. The DAR consists of over 185,000 members in 3,000 chapters across the world.


The Community Service Award provides the DAR a unique opportunity for chapters to recognize and honor a person or persons or organization that has contributed to the community in an outstanding manner through voluntary heroic, civic, benevolent service or by organizing or participating in community services. The Towamencin DAR Chapter is so proud of each volunteer, especially during these trying times with COVID-19. Thank you for all your hard work!

BUCKS-MONT SENIOR GOLF LEAGUE: MONDAYS, MAY-OCT.

Golf season and warmer weather are right around the corner, and Generations Participants again are invited to play golf this year with the Bucks-Mont Senior Golf League at Twin Woods Golf Course in Hatfield. The league is open to both men and women, singles or couples, 55 years of age and older of all skill levels. Twin Woods is a very user-friendly, flat, nine-hole course that is enjoyable to walk. Registrations now are being accepted, and league play begins on Monday, May 3. Details about the league and the registration form are available online at bucksmontgolf.com, OR Call Twin Woods Golf Course to register: 215-822-9263. Apple's App Store has approved the new app for the senior golf league. You can retrieve it by going to the App Store on your iPhone and entering these words in the search area: senior golf league. Registration for the league is also available on the app.

March 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 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. 8) 10:30 Tai Chi VP (p. 9) Ziti with Clam Sauce DT (p. 6)	4 10:00 Name That Tune VP (p. 8)	5 9:30 Sit, Stretch VP (p. 8) Pot Roast DT (p. 6)
8 10:00 Vertigo Away! VP (p. 9) 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. 8) 10:30 Tai Chi VP (p. 9) Pork & Sauerkraut DT (p. 6) 12:00 Personalize Your Plate VP (p. 8)	11 11:00 Take & Make: Ryan's Irish Potato Candies VP (p. 9)	12 9:30 Sit, Stretch VP (p. 8) Turkey Tetrassini DT (p. 6)
15 10:00 Dietary Guidelines VP (p. 8) 1:00 Memoirs VP (p. 8)	16 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) 11:45-12:15 Hoagie Sale (p. 12)	17 9:30 Sit, Stretch VP (p. 8) 10:30 Tai Chi VP (p. 9)  Corned Beef & Cabbage/ Grasshopper Pie DT (p. 6) 1:00 St. Paddy's Social VP p. 9	18 11:00 Spring Organizing: Managing Your Papers VP (p. 9)	19 9:30 Sit, Stretch VP (p. 8) Spaghetti with Meat Sauce DT (p. 6)
22 1:00 Memoirs VP (p. 8)	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. 8) 10:30 Tai Chi VP (p. 9) Chicken Croquettes DT (p. 6)	25	26 9:30 Sit, Stretch VP (p. 8) Beef Marsala DT (p. 6)
29 1:00 Memoirs VP (p. 8)	30 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8)	31 Easter Dinner 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: Our Easter Dinner Menu on

3/31 will feature Ham with

Raisin Sauce, Twice Baked Potato, Asparagus, & Lemon Meringue Pie.

NO MEALS SERVED 4/2.



April 2021

VP = Virtual Program

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

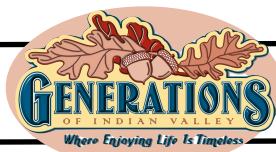
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Generations closed No Take Out Meals
5 1:00 Memoirs VP (p. 8)	6 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8)	7 9:30 Sit, Stretch VP(p. 8) 10:30 Tai Chi VP (p. 9) Pork & Sauerkraut DT (p. 6)	8 9:30 A Matter of Balance VP (p. 2)	9 9:30 Sit, Stretch VP (p. 8) Turkey Tetrazzini DT (p. 6)
12 1:00 Memoirs VP (p. 8)	13 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)	14 9:30 Sit, Stretch VP (p. 8) 10:30 Tai Chi VP (p. 9) Turkey/Stuffing DT (p. 6) 1:30 Behind the Kitchen Counter with Chad VP (p. 8)	15 9:30 A Matter of Balance VP (p. 2) 11:00 Spring Organizing: Ducks in a Row VP (p. 9)	16 9:30 Sit, Stretch VP (p. 8) Spaghetti with Meat Sauce DT (p.6)
19 10:00 Colon/Skin Cancer Recommendations VP (p. 8) 1:00 Memoirs VP (p. 8)	20 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8)	21 9:30 Sit, Stretch VP (p. 8) 10:30 Tai Chi VP (p. 9) Chicken Croquettes DT (p. 6)	22 9:30 A Matter of Balance VP (p. 2)	23 9:30 Sit, Stretch VP (p. 8) Beef Marsala DT (p.6)
26 11:00 Ask a Realtor VP (p. 8) 1:00 Memoirs VP (p. 8)	27 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) 1:30 Cash Bingo VP (p. 8)	28 9:30 Sit, Stretch VP (p. 8) 10:30 Tai Chi VP (p. 9) Ziti with Clam Sauce DT (p.6)	29 9:30 A Matter of Balance VP (p. 2) 11:00 Historical Trivia with Ron VP (p. 8)	30 9:30 Sit, Stretch VP (p. 8) Pot Roast DT (p.6)

REQUIREMENTS FOR VIRTUAL PROGRAM PARTICIPATION

- A device with internet access such as a PC, Mac, smart phone or tablet. Some programs can be enjoyed using only a "land line" phone and are indicated as such. Contact Amy for call-in information: astover@generationsofiv.org or 215-723-5841.
- 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.



MARCH/APRIL 2021



VIRTUAL PROGRAMS

Ask A Realtor *

Monday, April 26, 11:00am

Are you thinking about selling your house... some time? Are you wondering what's involved, whether you're ready, or how much money you'll need? Join local professional realtors Kylie Harrington and Ginny Vandenburg for an informative free session on their most frequently asked questions. If you have your own questions but aren't ready to call a realtor yet, this would be a great, no pressure way to get your answers. This program can also be enjoyed using only a "land line" phone.

Adult Bereavement Support Group *

2nd Tuesday, 6:30pm (Mar. 9 & Apr. 13)

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 registration information, contact Amy Stover: astover@generationsofiv.org.

Behind the Kitchen Counter with Chad *

Wednesday, April 14, 1:30pm

Join our own Chef Chad for a virtual cooking demo from the Generations Cafe! Hear pro cooking tips as Chad prepares a vegetable lasagne and a spring fruit trifle. Connect with us for an entertaining afternoon of cooking and creativity. Free program. Attendees will be given a "take & bake" meal of Chad's creation (a suggested donation of \$5 per meal is appreciated). We will contact you with pick up information shortly after the program).

Cash Bingo * \$

3/9, 3/23, 4/13, 4/27, 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!

Colon and Skin Cancer Prevention

Recommendations *

Monday, April 19, 10:00-10:45am

Learn what you need to know to help you prevent these cancers and obtain early detection screenings for treatment and promotion of longevity. Presented by Jane Cero, RN, BSN, Abington-Jefferson Health Chronic Care Management Nurse. This program can be enjoyed using only a "land line" phone.

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, April 29, 11:00am

Was Scotch tape invented before or after 1900? The answer might surprise you. Join us for a lighthearted historical trivia session featuring 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. This program now requires pre-registration. This program can be enjoyed using only a "land line" phone.

Dietary Guidelines Updated for Americans 2020-2025 *

Monday, March 15, 10:00-10:45am

Learn about the new dietary guidelines developed from evidenced based research. Get the most out of your meals to promote your health! Led by Caitlin Liscinski, MPH, AJH Coordinator, Abington-Jefferson Community Health Education. This program can be enjoyed using only a "land line" phone.

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.

Name That Tune *

Thursday, March 4, 10:00am

Doo wat ditty ditty dum ditty do - how many old songs are known by you?? Build your brain power with a fun morning of identifying your favorite songs from the 40s, 50s and 60s. Led by Generations Program Coordinator Amy Stover.

Personalize Your Plate Cooking Demo *

Wednesday, March 10, 12:00pm

Life is busy. Personalize Your Plate by learning how to use an air fryer and an Instant Pot. We will share current trends designed to shorten your cooking time and make healthier meals. Hosted by Teri Wassel, MS, RD. To register, email Teri at twassel@montcopa.org before Tuesday, March 9, 2021.

Sit, Stretch, Flex

Wednesdays & Fridays, 9:30-10:15am

(No class 3/31, 4/2)

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.

Spring Organizing Programs with Professional Organizer Bev Griffith

Let's "zoom" along to an easier, more streamlined life by exploring and discussing key areas of home organization and management. These sessions are based on organizing tips from "Full STEAM Ahead," Bev's handy guide book, which can be purchased on Amazon for \$12.95 or at Generations for \$10 or borrowed for the duration of these sessions. Please note that the book is not a requirement but is a very handy resource. As a special feature this year, Bev has offered to virtually coach any participants who



MARCH/APRIL 2021



VIRTUAL PROGRAMS

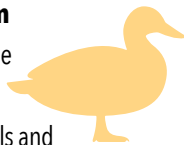
would like to work on their own home projects and might need some support, input or guidance. This support can be provided through email, telephone or video conferencing. It's a great opportunity to consider during this quiet period. If you are interested in this service, email Bev at anextrahandorg@comcast.net or call 215-260-6361. Information for our spring virtual organizing programs follows.

Spring Organizing: Managing Your Papers **Thursday, March 18, 11:00am**

Dealing with papers is the most challenging area for most people. Mail, flyers, recipes, articles, documents, photos, magazines seem to fly into our homes and create chaos and clutter. During this session, we will discuss what you need to keep and where to keep it, as well as the most important documents we all need to have during this chapter of our lives. Donations are appreciated.

Spring Organizing: Ducks in a Row **Thursday, April 15, 11:00am**

Our most vital yet non-renewable resource is our time. The focus here will be on establishing goals and priorities and tackling procrastination to create feelings of purpose and control. In addition, we will look at managing your health and wealth with



simple tips to implement right away for quick results. Donations are appreciated.

St. Paddy's Social *

Wednesday, March 17, 1:00pm

Pick up your corned beef, cabbage & grasshopper pie at our take out meal (see. p. 6) and then join us on Zoom™ for a St. Paddy's Celebration featuring a virtual performance by the Pride of Erin Irish Dancers, additional Irish music, trivia, and shenanigans. Donations are appreciated (see below or visit our website for donation information).



Tai Chi #

Wednesdays, 10:30am (No class 3/31)

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



Take & Make: Ryan's Irish Potato Candies *\$ **Thursday, March 11, 11:00am**

Join Amy (Ryan) Stover and her favorite lad and lassies to create the traditional Philadelphia confection that, despite its name, is not from Ireland, and does not usually contain any potato (but they do look like little potatoes). Once you register and pay for supplies, we will prepare a kit to make about five dozen candies for pick up at Generations before the class (we will contact

you with pick up times). It's up to you whether you keep them all for yourself or share with your favorite Leprechauns. Cost: \$5 per kit. A portion of the cost for this event is being supported by a Thrivent Action Team project, thereby making it a fantastic value for you.

Vertigo Away! *

Monday, March 8, 10:00am

Join Laura Bishop, a certified vestibular physical therapist for Core 3 Physical Therapy. Laura treats people with vertigo, dizziness and decreased balance. In this Zoom presentation, we will talk about what can cause vertigo and dizziness and how physical therapy can help these symptoms. We will demonstrate a few sample exercises for vertigo/dizziness that would be a part of a physical therapy program.

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.

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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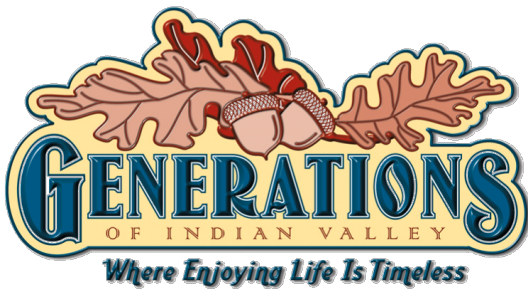
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CONTACT US

Main Number: (215) 723-5841

Social Services: (215) 723-1930

Meals on Wheels: (215) 723-8555

Generations of Indian Valley is a 501(c)3 non-profit community center serving active adults in The Indian Valley 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 suggest, but do not require, a minimum annual contribution from our participants to help defray the costs of our operating expenses.

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News & Notes

HOAGIE SALE! TUE., MAR. 16
\$6 each Italian or turkey. Large orders welcome. Reservations required. To reserve, leave a message at 215-723-5841 or email lfurbacher@generationsofiv.org.
Hoagie pick up only (no delivery) on Tue., March 16 between 11:45AM-12:15PM. Proceeds benefit Generations & Meals on Wheels.

- Check out the front cover for a photo and updates on our Community Room renovation project! You can't see it in the photo, but in recognition of a \$100,000.00 gift in honor of former Mayor and former Generations Board Member, Charlie Allebach, this new space will now be known as the "Charles H. Allebach, Jr. Community Room." And the Meals on Wheels kitchen, in recognition of a \$50,000.00 gift from Univest, will be known as the "Univest Meals on Wheels Kitchen."
- We are still raising money for these renovations! While our fundraising has gone very well (thanks to an amazingly generous community) the cost for this project will be over one million dollars. We've raised a lot of that, but your financial support to make all of this possible, is still needed and very much appreciated! To donate, please send checks (payable to Generations) to 259 N. Second St., Souderton PA 18964, Attn: Future Generations.