



259 N. Second St.
Souderton, PA 18964

Contact us

Main Number: (215) 723-5841
Rental Info.: (215) 723-6966
Social Services: (215) 723-1930
Meals on Wheels: (215) 723-8555
info@generationsofiv.org
generationsofiv.org

Non-Profit Organization
U.S. Postage Permit #64104
Lansdale, PA 19446

Current Resident Or

Come Out of Your Shell For Our Clam Bake. . . p. 2
Walk with Ease Award Winning Program . . . p. 6

Time Dated Material
Mailed from Lansdale
August 17, 2021



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Hoagie Sale
Thur., Sept. 9, 9:30am-3:30pm
Enjoy a delicious hoagie on a fresh baked roll and help raise needed funds for our Center & Meals on Wheels programming!
Hoagies are \$6 for turkey or Italian. To place pre-orders, call 215-723-5841 or email Lisa: lfurbacher@generationsofiv.org by Tuesday, Sept. 7.

Did you know that we deliver locally for large hoagie orders? You can help us spread the word by picking up some order forms at our front desk and sharing them with friends, family, and co-workers. Our hoagies are sure to be a hit at your party, workplace, or dinner table. What a yummy way to help us out!

Remember: You can view our full newsletter on our website by the 1st of each month at www.generationsofiv.org



You Have Been Missed!

Sometimes it's good to go back to the beginning. When life throws you a curve...or a pandemic... it can be complicated to move forward. So, sometimes it's helpful to start with the basics. For us, at Generations, the basics are summed up in our Mission Statement. It's our promise to ourselves and to you to be true to our principles. It helps to guide us in uncertainty. It's on the back of every newsletter, but here it is again: 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
- Stu Bush, the Executive Director of the Upper Perkiomen Senior Community Center, said recently that closing the Centers was hard...but that re-opening them might be even harder. He's absolutely right. Finding the balance between safety and caution (on the one side) and returning to "normal" (on the other) is a tightrope that invites falling off on both sides. Protecting the concerns of our participants who are cautious, and balancing that with the eagerness of our participants who want to return to a pre-pandemic Center makes decisions complicated.

Our initial decisions on re-opening are intended to reflect those values expressed in our mission statement – being a place of welcome where all feel included and comfortable...being a place where all feel supported. Our re-opening policies have also been created in response to the concerns that so many of you shared with us in our recent participant survey. Over 150 participants responded to our re-opening survey which was distributed both at our take-out meal and in our email newsletter. As you might imagine, the responses run the gamut! Turn to p. 3 to find out what you need to know about our September, 2021 updates for re-opening. (Please note that they are subject to change). (Con't on p. 3)

We're here:

Monday-Friday,
9:00am-4:00pm,*
Evenings & Weekends as
scheduled

*Generations will be
closed on Monday,
September 6 for Labor
Day.

*See p. 11 for additional
important scheduling
announcements.

"The strength of the wolf is
in the pack." ~Rudyard Kipling

- Twice each year, we send a letter to each of our participants and invite you to contribute to the strength of our pack. Although we are fortunate to have strong financial support from some government sources, foundations, and private donors, it is the contributions from our generous participants that help to provide the improvements and programs not covered by other funders.
 - Please, never think that your support does not matter! The combined effect of your contributions makes a vital impact on our budget and expands our services and programs to many in need.
 - Generations is a strong pack. Thanks for being an important part of that strength!
- ~Douglas Eschbach, Executive Director
- To make a donation, please use the return envelope provided in our recently mailed letter or send checks payable to Generations with "Participant Donation" in the memo to:
 - Generations of Indian Valley
 - 259 N. Second St.
 - Souderton, PA 18964

Our team

Staff
Douglas Eschbach,
Executive Director
Lisa Furbacher,
Assistant Director
Chad Bickert,
Kitchen Coordinator
Emily Filice,
Social Services Coordinator
Bryan Finnemeyer,
Housekeeping
Kim Hendricks,
MOW Coordinator (North Penn)
Beth Knize,
Kitchen Coordinator
Lexi Little,
Kitchen Assistant
Pat McQue,
MOW Coordinator (Indian Valley)
Stephanie Radcliff,
Member Services Coordinator
Esther Stoudt,
Rental Coordinator
Amy Stover, ADC,
Program Coordinator
Milt Stover,
Maintenance Coordinator

Board of Directors
M. Theresa Schwartz
Chair
Joanne Kline
Vice Chair
Ron Hallman,
Secretary
Timothy Swartley,
Treasurer
Linda Abram
John H. Filice
Brian K. Goshow
D. Scott Landis
Alexandra Metricarti
Rebecca Nice, D.O.
Ella M. Roush

Generations is...

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, an annual contribution from our participants to

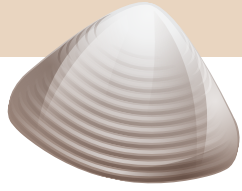
We can't wait to see you! Please take note of our reopening information on p. 1 & 3.



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.

Clam Bake
Friday, September 24, 6pm

It's time to come out of your shell! Join us this month for an outdoor Clam Bake as we savor those last "lazy, hazy, crazy days of summer!" Step inside and see our extensive renovations where you will be served a tray of clams with butter, shrimp with garlic butter, BBQ chicken, corn on the cob and roasted potatoes. Take your tray outside where you can enjoy oldies and your favorite summer tunes with entertainer Bruce Copp (guitar & vocals). Stay outside and soak up the breeze where we'll have fresh fruit and Key lime pie for dessert. Let's finally enjoy another Generations-style evening out - together and in person! \$25 per person includes all food plus beer or wine, and iced tea or lemonade.



All proceeds benefit our Center and Meals on Wheels programming. This is an outdoor event to be held in the Generations front parking lot. Please use our rear entrance to park your car. Limited indoor seating will be available (but you might not be able to hear the music). In the event of rain, the Clam Bake will be held indoors with limited seating and social distancing. Please note our reopening updates and mask policy on p. 3. If you plan to sit outside, we will provide the tables but you MUST bring your own lawn chair. Registration is required. **To register, please stop by or call the Generations front desk: 215-723-5841.**

September Re-opening Updates

(con't from p. 1)
Vaccinations: While we strongly encourage our participants to get a COVID-19 vaccine, we will not be asking participants about their vaccination status upon entry. PLEASE STAY HOME if you are experiencing: fever of 100° +, cough, shortness of breath/difficulty breathing, diarrhea, chills, shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell - or are feeling unwell in general.
Masks: We're all sick of these, and we get it. But we also know that, like a lot of health precautions, they ARE effective. At this writing, masks will be required indoors at Generations until further notice. The mask must cover the chin, mouth, and nose. Any exceptions to the mask policy (i.e. during exercise or at meal time) will be noted in that program description. Please be aware that the above information is subject to change based on current/emerging guidance. If there are changes, we will notify you with signage at our main entrance.
Noontime Meal: Putting nine people around a table for an hour is of concern for a lot of our participants. In order to respond to the concerns of both those who are uncomfortable with noon meal and those who are eager to return, we will offer indoor meals in September for up to 40 people at two seatings (five people at each of eight tables with one seating at 11:00am and one seating at 12:00pm). We will continue to offer take-out meals for those who would rather eat at home. There will NOT be a drive-through line for take-out meals, but they will be available to take home from the Café. Whether you are interested in eating at the Center or ordering a take-out meal, you MUST pre-register. All registration information and menus for September's meals may be found on p. 10 & 11. Be sure to take a look because it is different from before.

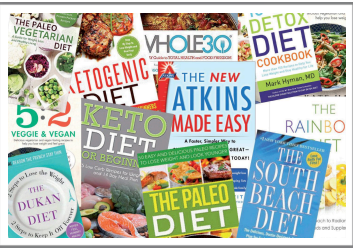
Limited Registration for Classes/Programs: Social distancing was a high priority for many of our survey respondents. Again, because we cannot confirm the vaccination status of our participants, FOR NOW we will limit the number of people in each class to allow for social distance when feasible. For now, participants MUST pre-register for on-site classes or programs where indicated in the program listing. We respectfully ask that you not arrive earlier than 15 minutes before a program is scheduled to begin or linger too long after a program ends.
Unkind Behavior (bullying): I'm proud to say that this was the highest level of concern expressed on our survey. As we reopen, we will come together as people who bring a wide variety of opinions and concerns about the best (and safest) way to gather again. That is fine. Any one of our participants is welcome to make the personal health choices that are right for them. Without question. But let me be clear. If Generations is (and we are!) a place of welcome and friendship, and a place where people are committed to each other, then any unkind behavior or "bullying" between people of conflicting opinions will not be tolerated. We know of Centers where this has been a serious problem and we are committed to ensure that Generations is not one of them. If a participant is unkind to another because of their health decisions, they will be asked to leave.
We can't wait to see you! We can't wait for you to see each other! We can't wait for you to enjoy our extensive renovations! We can't wait to be Generations again!

See you soon,
Doug Eschbach, Executive Director

News & notes

PARTICIPANT TIP	NO PARKING	SHOE DONATIONS
Have you heard about the Center for Learning in Retirement of Delaware Valley University? For more than 30 years, CLR has provided a diverse selection of peer-led classes in the arts and music, science, technology, and much more. There is something for everyone! You can view their full fall course catalog online at www.delval.edu . Membership fees apply. Thanks to participant Sue Moister for this great tip!	Did you know that a church (The Well Church) rents the smaller white building located next to Generations? As such we ask that Generations participants please refrain from parking in the handicap or visitor parking spots located in front of the Well Church building.	Please donate your gently used and new shoes to The Perseverance (Souderton) Volunteer Fire Company Auxiliary through Sept. 30, 2021. Donations can be dropped off anytime at the bin located on the side of the building by the red bench. 266 N. 2nd St., Souderton

Food Fads and Myth Busters



Monday, Sept. 27
11:00am

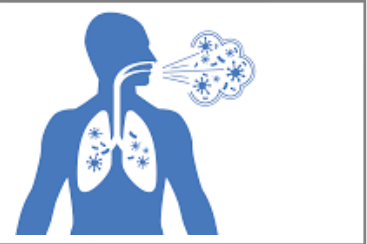
If losing weight or simply eating better is on your mind, there’s no shortage of ‘fad’ diets grappling for your attention!

Weight Watchers, Keto, Whole30, Intermittent Fasting, Juice Cleanses and more – some make grand claims, but do not always deliver on results long term. Stop by our Food Fads 101 & Myth Busters

presentation with Jena Wood, MS, RD, LDN, the Registered Dietitian for ShopRite. Learn where the truth falls with many of these popular diets! Enjoy a few samples and see if tasting is believing. . .

This free, informational presentation is offered both in-person and virtually. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events."

Flu, Covid, and Other Respiratory Illnesses



Monday, Sept. 20
10:00am

Attend a free Abington Jefferson Community Health "Help Yourself to Healthy Living" presentation by Sue Smith Lamar, RN, M Ed. Community Health Nursing Program Supervisor, to learn information about respiratory illnesses. We will discuss how to prevent flu, Covid, and

other respiratory illnesses. We will also share how to minimize symptoms and maximize recovery should you get one of these illnesses. This free, informational presentation is offered both in-person and virtually. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events."

AARP Safe Driving Refresher

Friday, Oct. 8 OR Friday, Oct. 29, 9:30–1:30

Two Safe Driving Refresher Courses will be offered at Generations in October. You only need to attend one of the classes. Most insurance companies require a full course to be taken initially. Once completed, a four hour refresher course should be taken at least every three years after that. We recommend contacting your insurance company to determine exact requirements. Pre-registration is required for these classes. Please

stop by our front desk or call 215-723-5841 and indicate for which of the two October courses you'd like to register. Fee: \$20 for AARP Members, \$25 for Non-members. Fee is payable by cash or check made out to AARP on the day of class.



Liberty Bell Trail News

Eight municipalities in Montgomery County are collaborating with the PA Environmental Council and consulting firm, Michael Baker International, to advance the planning of the Liberty Bell Trail (LBT). Those municipalities include Upper Gwynedd Township, North Wales Borough, Lansdale Borough, Hatfield Township, Hatfield Borough, Franconia Township, Souderton Borough and Telford Borough. The study will continue to investigate the potential development of the former 25-mile Liberty Bell Trolley route between Norristown to Quakertown into a shared use path network for walking and

bicycling. How can YOU get involved in the Montgomery County Liberty Bell Trail feasibility study? You can reach out to your elected officials to express your support for the Liberty Bell Trail. If you would like to stay up to date on upcoming public meetings and events, be sure to check out their webpage. <https://pecpa.org/program/liberty-bell-trail/> Email Zhenya Nalywayko (Znalywayko@pecpa.org) if you would like to be placed on their mailing list. Thank you for your support!



Taking a Breath with Beth

We’re pleased to welcome Beth Knize to our Generations team of fabulous staff members. Beth will be serving as our Kitchen Coordinator alongside Chad. You can read below to get to know Beth on paper, and then join us soon at Generations to get to know Beth in person!

Q: What previous job experience would you like our participants to know about?

A: I once worked on a llama ranch (true story) and I have nine years of experience working in senior centers.

Q: What are your most indispensable kitchen tools?

A: A 7” Santoku knife, a good sharpener, and my Bluetooth speaker

Q: What food are you most excited/concerned about preparing here at Generations?

A: I am excited about making healthy from scratch items for sale in our Café. I’m hoping to offer a nice selection of grab-and-go salads, sandwiches, breakfast goodies, baked goods and maybe some ready to heat meals offered at an affordable price. I would like to start a smoothie bar! I look forward to folks spending time in the Café. I also look forward to providing healthy and clean options to our friends at home via Meals on Wheels.

Q: In the time you have been with us/known about us, what has surprised you most about Generations?

A: That Doug is the “real” St. Pauli Girl (there is photo evidence).



Q: What is your favorite time of day?

A: Happy Hour!

Q: When you have 30 minutes of free time, what do you like to do?

A: Free Time? What is that?

Q: What chore do you hate doing?

A: At home - dishes! I have two teenagers and a husband for that! :)

Q: If you could paint a picture of any scenery you've seen before, what would it be?

A: Lake Tahoe from Homewood Ski resort.

Q: When was the last time you had an amazing meal? What/where was it?

A: May 24, 2021 – fresh homemade lobster rolls in my kitchen with my close friends.

Q: What character from a play/movie/book would you compare yourself to and why?

A: Lucy from Charlie Brown because I’m confident and passionate about all that I do (AKA bossy. ☺ PS: My kids said that ☺.)

Bucks Mont Senior Golf League

Mondays, Through October*

Golf season and warmer weather are upon us, 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 are still being accepted, and league play continues through October. 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.

*When a holiday falls on a Monday, the League will be held the following Wednesday.



Walk with Ease
Tuesdays, Wednesdays, Thursdays, 10:00am, Sept. 14–Oct. 21

The Arthritis Foundation’s program that is proven to reduce the pain of arthritis and improve your overall health is coming to Generations!

Whether you need relief from arthritis pain or just want to be active, the Arthritis Foundation’s structured six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life.

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to: reduce the pain and discomfort of arthritis; increase balance, strength and walking pace; build confidence in your ability to be physically active; and improve overall health.

Taking advantage of the Walk With Ease program in our in-person community setting will help provide social support, motivation, reinforcement, and problem-solving assistance to help you become and stay active in an exercise program. We’ll also have fun walking & talking around town!

Join certified leaders from the Montgomery County Office of Senior Services for this six week structured walking group. The group will meet at Generations on Tuesdays,

Wednesdays, and Thursdays at 10:00am from September 14 - October 21, 2021. Each session will include a pre-walk educational discussion about topics related to arthritis. Following our pre-walk talk, we’ll have warm-up exercises, a walk around town (weather permitting), and a cool-down activity.

Additional information:

If weather permits, we will walk around Souderton on the sidewalks in the vicinity of Generations. If the group agrees, we may later decide to meet at other locations with walking paths. If it rains, we will walk inside at Generations. Until further notice, masks are required indoors at Generations. Masks may be removed during indoor exercise when participants are socially distant and or removed during outside exercise.

Participants may donate \$1 per person per session (optional). This course needs a minimum of ten participants to be held (maximum of 15). Participants are encouraged to attend all 18 of the sessions. Please call our front desk at 215-723-5841 to register.



News & Notes

TRAIL CHALLENGE
Montgomery County boasts over 92 miles of trails that connect greenways, waterways, and heritage. Get out and visit any of the 15 participating trails between now and Dec. 5, then submit your trail challenge card and receive recognition. For more details or for a trail challenge card, see Amy at Generations or visit montcopa.org.

HEALTH PROBLEMS RELATED TO HEARING LOSS
Thur., Sept. 9, 11am
New research is beginning to connect untreated hearing loss to many common health problems such as depression, cardiovascular disease, dementia, tinnitus and many more. Although nearly 27 million Americans age 50 and older have hearing loss, only one in seven uses a hearing



device to treat the issue.

Join us for a free presentation with Dr. Patricia Reiff, Director of Audiology at Associates in Hearing to learn more. This presentation will describe how each ailment is correlated with hearing loss and show you the importance of addressing your overall hearing health.

To register for the free program, stop by our front desk or call 215-723-5841.

FEATURED ARTIST
Award winning watercolor artist (and Generations painting instructor) Sally Yates is the featured artist for September & October.

Mrs. Yates is a graduate of Moore College of Art, Philadelphia, and worked in commercial art for many years. She is a signature member of the Philadelphia Watercolor Society. Her work has been represented in galleries across Bucks, Chester, Montgomery, and Philadelphia counties.

Enjoy a varied display of Sally's paintings that capture the light on a still life, the freshness of a floral display, and the rich landscape of local scenes and vacation sites.

Social Services

Our Social Services Coordinator Emily Filice is available Monday-Friday from 11:00am-2:00pm. Stop in during these hours or call ahead to speak with Emily at 215-723-1930 (her job duties sometimes take her outside of the office).

Adult Bereavement Support
2nd Tuesday, 6:30pm
The Department of Pastoral Care of Abington-Jefferson Health presents this Zoom™ (virtual) 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.

APPRISE Medicare/Health Insurance Info.
Thursday, September 2
Ed Savitsky, our APPRISE counselor, can help you make good health insurance decisions and navigate the Medicare maze. Come learn what you need to know before you make changes. APPRISE is a free health insurance counseling program for older Pennsylvanians and is open to members of the community. Participants must register in advance to schedule an appointment. Call Social Services: 215-723-1930.

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.

Caregiver’s Virtual Support
First Wednesday, 3:30-5pm
The Muller Institute for Senior Health hosts this support group where members can share information about their own responses to caregiving, helpful resources, interventions that have proven helpful, etc. The group is open to both hands-on and long-distance caregivers; many issues apply to both groups. This free group is open to all; however registration is required. Participants may also use a landline phone. For join information please contact Amy Stover: 215-723-5841/astover@generationsofiv.org.

Legal Aid: 3rd Thursdays 1:00pm — 4:00pm, 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.

Property Tax/Rent Rebates:
Older adults and residents with disabilities may apply for rebates of rent and property taxes. Call to find out how to take advantage of this tax relief: 215-723-1930.

PA State Rep. Office Hours
2nd Monday, 10:45-12:45
A member of State Representative Steve Malagari’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 completing a state related form, call the Lansdale office at 267-768-3671. Appointments are not necessary, but it is helpful to know in advance if you do have a specific request or question.

TransNet/Transportation:
We may be able to assist you with transportation to Generations through TransNet’s Shared Ride or other services. For questions about eligibility or to schedule an appointment for TransNet services, call Emily: 215-723-1930.

Social Service Resources
Our local & regional United Ways have an extensive database of social services available in the region. Anyone can access this information by dialing 211 and talking with a live operator or by logging on to the system online: www.211sepa.org.

Montco Veterans Affairs:
Counseling: To schedule a phone or in-person appointment, call the Office of Veterans Affairs: 610-278-3285.
Shuttle Service: Montgomery Co. is now providing door-to-door service to and from VA medical facilities for any Montgomery County Veteran. Handicapable vehicles are available, and caretakers are welcome to ride with their veteran. Contact the Veterans Service Officer: 610-278-3285.



Interested in showing off your culinary talents? We are looking for Kitchen Volunteers to help with prep, baking, packaging for the Café and more. If you are not a morning person, no problem.... Positions are available throughout the day, and we have a spot for you. Please see Beth in the kitchen if you are interested in signing up. It’s a fun and flexible volunteer opportunity.

Volunteers are needed to deliver Meals on Wheels to the Harleysville area on Mondays and Wednesdays. Times are approximately 10:45am–12:45pm. Training will be provided. Contact Pat: 215–723–8555.

Volunteers are needed to help seal and label newsletters on Tue., Sept 21 at 8:00am. Contact Amy: 215–723–5841.

Regularly Scheduled Recreation

The listings below show when programs are typically scheduled. Activities may be cancelled or rescheduled. Please check the calendar 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. Please see our in-person participation and mask guidelines on p. 1 and 3. Visit our website for virtual program participation information. We hope to reopen for cards and games in October.**

Billiards: Monday-Friday, 9:30am-3:30pm

Join in a game of pool at one of our two well-maintained tables. Limit: eight participants in the pool room at one time. Registration is required for tournament play. Donation: \$1.00 per day.

Book Club with Judy

Thursday, Sept. 22, 1:00pm

Read City of Thieves by David Benioff on your own, and then join volunteer Judy Hallman to discuss the novel. "From the critically acclaimed author of The 25th Hour and When the Nines Roll Over and co-creator of the HBO series Game

of Thrones, a captivating novel about war, courage, survival — and a remarkable friendship that ripples across a lifetime" (Amazon.com). The book contains explicit language. This program is offered both in-person and virtually. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events."

Bowling:

Wednesdays, 10:00am

Enjoy a fun time at Earl Bowl in Earlington with a chance to win a

free game. \$3 a game; \$2.00 shoe rental. Meet at Earl Bowl.

Cash Bingo (Virtual)

Tuesdays, 9/14, 9/28, 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. Visit our website www.generationsofiv.org and click on the virtual program offerings to register. \$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!

Choir Chimes:

Wednesdays, 10:30am, Beginning Sept. 8

The group, led by Dottie Reed, rehearses and performs a varied repertoire on hand chimes and meets September-May. Ringers who can read music are needed! Contact Dottie: 215-721-9070.

Creative Writing:

2nd & 4th Thursdays, 1:00pm—3:00pm, Beginning Oct. 14

Do you like to write? Join our creative writing group. Share your stories, poems, or non-fiction articles. **If you are interested in attending the group, please register in advance by calling our front desk at 215-723-5841 so we know if we have enough people to run the group.**

Garden Club:

This group does gardening around the Center. New volunteers are welcome. Contact Linda Kratz: 215-703-4078.

Library: Monday-Friday

Our Library is available for your use unless it is reserved for a program. We use donations/honor system for borrowing.

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. This program is offered both in-person and virtually. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events."

Painting (Watercolor):

Tuesdays, 1:45pm—3:45pm

Class taught by Watercolor Instructor Sally Yates. Bring your own painting supplies if you have them. Class space is limited. Registration and pre-payment is required for our September classes. \$20 for the four week series. To register call our front desk: 215-723-5841.

Red Hat Happenings:

Check the Saxy Red Hatters bulletin board for upcoming event information.

See box at right for information about the September Red Hat events. For Red Hat questions or concerns, Contact Linda: 215-450-4986, mooma2cats@gmail.com or via Facebook OR Grace Price: 215-723-4722 priceswrite@verizon.net

Shuffleboard:

Wednesdays, 9:00am

Join this casual group in the warmer months in Dan Roth Park at 312 Maple Ave in Harleysville (near Encore Experiences), weather permitting. No need to sign up, just show up.

Technology Tips

Wednesdays, By Appointment

Volunteer Tom can assist you one-to-one with technology concerns

relating to your email, phone, tablets, laptops, websites, Zoom™, Facetime, and more To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events." Free service.

MASK INFORMATION



Masks will be required indoors at Generations until further notice. Any

exceptions to the mask policy (i.e. during exercise or at meal time) will be noted in the program description. Please be aware that the above information is subject to change based on current/emerging guidance. See more information on p. 3.



Red Hat Events

Picnic at Franconia Park (meet at Godshall Pavillion, Franconia) Wednesday, September 22, 11:30am. Register at the Generations front desk or call 215-723-5841. Questions? Contact Linda Dickinson: 215-450-4986 mooma2cats@gmail.com



Behind the Kitchen Counter with Chad Wednesday, Sept. 15 1:30pm

Join our own Chef Chad for a cooking demo from the Generations Cafe! Hear pro cooking tips as Chad prepares salads to help you savor the summer. He'll mix up a red-skinned potato salad and give you options for your mixed green salads such as grilled steak or roasted veggies. 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 virtual participants with pick up information shortly after the program). This program is offered both in-person and virtually. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events."

and pay (\$2 each) at
our front desk from
12:15pm– 12:45pm.

p. 11

FRIDAYS:
9:15 Flexercise
9:30-3:30 Billiards

Wellness/Spa Offerings

Acupuncture: Offered Off-site
Acupuncture is an ancient and continually-researched medicine that enables the body to heal and relieve symptoms by inserting thin, sterile needles into specific points on the body. Kimberly Niezgoda, L.Ac. Board Certified Licensed Acupuncturist, offers seated group treatments at her office (490 Pennbrook Pkwy, Lansdale. 19446) by appointment for \$30. Please allow 45-60 minutes for your appointment. For questions or scheduling, contact Kim: 215-500-3399 or kim.niezgoda@gmail.com.

Massage: Offered Off-site
Myofascial Release (hands-on technique that applies gentle sustained pressure to eliminate pain and restore motion)
Therapeutic Massage (soothing hand movements help relieve muscle tension)
Zero Balancing Massage (fully clothed body-mind work using skilled touch). Off-site appointments available with James Ross, BSN, RN, LMT (20 Ridge Road, Telford, PA 18969). For more information or to schedule your appointments, contact James: 267-475-7013 or yourmassage@myabmp.com For pricing information, contact James. Mention Generations and receive a discount/ coupon. Payment is due at time of appointment.

Health Screenings

Blood Pressure Checks:
Look for more info. in the October newsletter.
Free blood pressure checks are provided by Abington-Jefferson Community Health Services. First come, first serve. Sign in on the sheet outside the health room upon arrival.

Hearing Checks
Mon., Sept. 27
10:45am-12:30pm
Please call our Front Desk at 215-723-5841 to schedule an appointment for a free hearing check and/or hearing aid service with Associates in Hearing.

Diabetic Shoe Fittings:
Diabetics on Medicare may receive one pair of shoes and inserts per year. Indian Valley Podiatry will measure and evaluate your feet. For more information on services available at their office, call IV Podiatry at 215-723-9688. Be sure to tell them it's for Generations. Medicare Advantage plans holders not eligible.



Fitness Offerings

Class fees vary based on instructor fees and typical class attendance. Exercisers: Check the bulletin board (in the vestibule) for important announcements and last-minute changes. **Masks are required indoors at Generations until further notice. Masks may be removed during fitness classes while participants are socially distant. Please wear your mask before and after class.**



FITNESS CLASS VIDEOS:
Now that we have moved back to in-person fitness classes, we are offering recorded videos of our classes for those participants who might still prefer an at-home option. We have included several options for the same class so you don't get too bored!
Feel free to use these videos at your convenience. 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 do decide to use them, please take a moment to drop an email to Amy: astover@generationsofiv.org and say something like "I did the Dancefit Video today" so we can include your participation in our monthly attendance statistics. Thank you!

Dancefit: Wednesday, 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. Kristin Messina, Certified Instructor. Fee: \$4/ class or \$20/6 classes. Pay at front desk.

Tai Chi: This class is not scheduled for September but we may add September dates later in the month. Please call for info: 215-723-5841.
Tai Chi Health can help you improve balance and coordination, relieve stress, and increase muscle mass. Darlene Cianci, Certified Instructor. Fee: \$3/class or \$14/8 classes.

Fit less 4

The following classes are led by certified fitness instructors. Please place \$2.00 per person, per class in the collection box at our front desk.

Flexercise:
Fridays
9:15-10:15am

Come join this vigorous one hour class featuring ½ hour of aerobics and ½ hour of strength work. All equipment provided.
Instructor: Robyn Earl

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.
Instructor: Jean Tornetta

Step Aerobics:
Mondays,
9:15-10:15am

This class has cardio and strength components. Participants can select a preference of step or regular aerobics. The format is middle to high level. Instructor: Jean Tornetta

Day Trips

Please note the following trip reservation policies: There are no in-person trip registrations on opening day at this time.

On the day a trip opens (noted under each trip listing), phone reservations may be made beginning at 10:00am 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, Monday-Friday from 9:00am-3:00pm. A Generations participant may sign up only himself/herself and one guest on opening day. Please ask about our current mask policy for trips when you make your reservation.



PHILDELPHIA ZOO,* Philadelphia Thursday, October 7

The Philadelphia Zoo (America’s first zoo) is a 52-acre Victorian garden that is home to more than 1300 animals, many of them rare and endangered. Enjoy free time to explore the many animals and exhibits. We will stop for lunch afterwards at the Metropolitan Diner.

Cost: \$50.00 includes ride on our bus, zoo ticket, lunch, taxes, and gratuity.

Departs: 8:30am Returns: 3:00pm

Trip Opens: Sept. 3 Payment Deadline: Sept. 17th



QUEEN ESTHER,* Sight and Sound Theatre, Ronks, Pa Monday October 11th

Set in the opulent yet perilous Persian Empire, Queen Esther is a captivating tale of beauty and bravery. Esther’s ordinary life changed forever when she was taken through the palace doors,

entering a new world of royalty and risk. With a crown on her head and a secret in her heart, can she find the courage to trust in God’s plan and believe that she was made for such a time as this? We will have a smorgasbord lunch at Hershey Farms before the show.

Cost: \$100.00 includes ride on our bus, show, lunch, taxes, and gratuity. Ice cream is on your own.

Departs: 11:00am Returns: 7:30pm

Trip Opens: Sept. 3 Payment Deadline: Sept.10



HIKE: ZACHARIAS CREEK,* Worcester Saturday, October 16th

The Zacharias Creek Trail is a beautiful trail through the heart of Worcester. At just over a mile and a half in length, the Zacharias Trail provides the public with beautiful scenery and safe areas to walk. Afterwards we will head to Zacharias Creekside Café for lunch on your own.

Cost: \$5.00 includes ride on our bus. Lunch is on your own.

Departs: 9:30am Returns: 1:30pm

Trip Opens: Sept. 3 Payment Deadline: Oct. 16



Zacharius Creek Trail

Payment Information:

Trip payment is due by the deadline listed with each trip. After this date, your money will not be refunded unless you find a replacement traveler. If payment has not been made by this date, Generations reserves the right to cancel your reservation. Registrations may still be accepted after the payment deadline if space is available. Make checks payable to Generations of Indian Valley.



Philadelphia Zoo

Additional Trip Tips:

- All trips depart from 259 N. Second St., Souderton unless otherwise specified.
- Participants may sign up only himself/herself and one guest on opening day. Our active participants take precedence over guests.
- Travelers must be independent to participate in any trip.
- Look for the sneaker symbol to indicate the degree of walking involved in a trip.
- A star (*) after the trip listing indicates a new trip listing.
- 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 attempt to do so and call those on the waiting list first.



MID–LIFE 2!, #WHAT DID I COME IN HERE FOR?,* Pines Dinner Theater, Allentown Thursday, October, 21st



Three men and three women make up the cast of this wacky musical that takes a comic look at the “age old” conditions and situations faced in mid-life! From reading glasses and mammograms to weekend warriors and proctology exams – all are lampooned in this crazy show all about growing older. Everyone will relate to this hilarious - and at times - touching musical.

Cost: \$70.00 includes ride on our bus, show, lunch, taxes, and gratuity.

Departs: 11:00am Returns: 4:30pm

Trip Opens: Sept. 3 Payment Deadline: Sept. 17

MAMMA MIA!,* Spring Lake, NJ Saturday, October 30th



We will start out at Arugula Modern Cuisine for lunch. Next, we will head to Spring Lake Theatre for the fantastic show Mamma Mia! The story centers around a young girl who dreams of a white wedding, with her father giving her away at

the altar. The problem is, she doesn’t know who her father is. She invites three men to her upcoming wedding, each with the possibility of being her father.

Cost: \$70.00 includes ride on our bus, show, lunch, taxes, and gratuity.

Departs: 9:45am Returns: 6:45pm

Trip Opens: Sept. 3 Payment Deadline: Sept. 24



Spring Lake Theatre

Idaho Adventure:
A Lewis & Clark Discovery
June 15 – 21, 2022

Idaho has more kilometers of designated wilderness than anywhere else in the continental USA. These wilderness areas, national forests, and state and local parks offer easy access to spectacular waterfalls, blue ribbon trout streams, ancient lava flows, surprising sand dunes, free-flowing rivers, sparkling lakes and towering mountains. Cities and towns provide the comforts of home with lodging, dining, food stores and fuel stations, and serve a natural base camp for outdoor recreation.

Highlights:

- 2 Nights at the Coeur d’Alene Resort
- Mining town of Wallace
- Lewiston
- Lewis & Clark Discovery Center
- Salmon River Jetboat
- Silver Mine Tour
- Rider Ranch Cookout
- Resort town of McCall
- Ketchum & Sun Valley
- Sawtooth Mountains



Your trip includes: Six nights in first class hotels, 11 meals (six breakfasts, two lunches, and three dinners), tour director, motorcoach transportation, airfare, sightseeing per Itinerary, and baggage handling at hotels. This trip is listed in the Premier Travel catalog as an "Easy 1 2 3 4 Active Trip" indicating that it includes a great deal of walking.

Cost per person: Single: \$4920 Double: \$3970
Contact Liza Leister at Travel Haus to register via phone or email: groups@trvlhaus.com or 215-723-8687.
Join us in the Generations Cafe for an informational presentation on **Thursday, Oct. 7th at 2:00pm**. If you would like to attend the informational presentation, RSVP to Liza at Travel Haus either via phone or email. groups@trvlhaus.com or 215-723-8687.

Vermont Country Christmas
November 28–Dec. 1, 2021

Experience the holiday season in Vermont's Green Mountains staying at the quaint and historic Middlebury Inn.

Your four day, three night vacation includes:

- Round trip deluxe Perkiomen Tours motor coach transportation
- Three nights accommodations at the Middlebury Inn in Middlebury, Vermont
- Christmas tree farm
- Dakin Farm's sugarhouse and smokehouse
- Lunch at Trapp Family Lodge
- Horse drawn sleigh ride
- New England Maple Museum
- Lunch at Mountain Top Inn
- Eight meals (three breakfasts, two lunches, three dinners)

Cost per person:
Single: \$1126 Double: \$912



Final balance due: September 15, 2021. Travel insurance is available upon request.

Contact Lisa Furbacher to make your reservation:215-723-5841 or lfurbacher@generationsofiv.org*
*If you were signed up for this trip for 2020, your name remains on the list unless you requested to be removed. New reservations welcome!

Renovation Progression

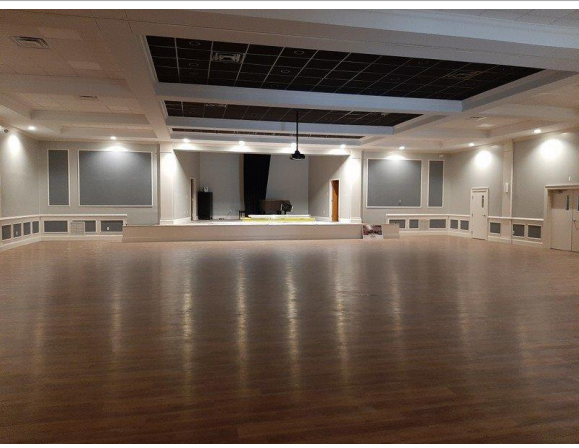
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After



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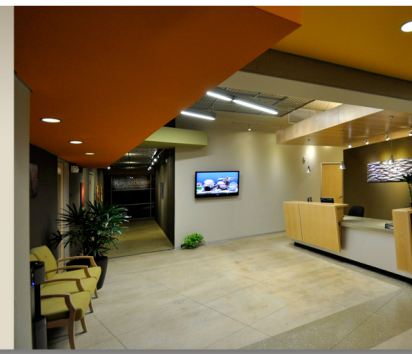
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