



GENERATIONS OF INDIAN VALLEY

Generations of Indian Valley is a 501(c)3 non-profit community center serving active senior adults in Souderton, Telford, Franconia, and the surrounding communities with programs in wellness, nutrition, social services, recreation, travel, and more. Generations' Meals on Wheels program serves the Indian Valley and North Penn areas.

IT WILL BE SO GOOD TO SEE YOU AGAIN



It feels like it has been forever since we have seen each other. Oh...we've been together... but actually SEEN each other? It feels like so long.

But I'm grateful to share with you that based on significant decline in the positivity rate for COVID-19, those departments that provide guidance to us (the Commonwealth, the Department of Aging, and the Health Department and Office of Senior Services in Montgomery County) have modified their recommendations for masking. Beginning on Monday, March 7, the wearing of face masks became optional at Generations.

There may be some of our participants who continue to feel more comfortable wearing masks, and that is fine! The recommendation that we have received indicates that if a person is immunocompromised or lives with someone who is immunocompromised, they may be advised by their medical professionals to remain cautious and wear masks. But for those not immunocompromised, our mask requirement has been lifted.

Our staff members are meeting to reinstate other programs that have been restricted for quite a while. We will be working to offer our noontime meal indoors again (while still maintaining the option for a take-out meal) and we will be working toward reopening the Generations Café.

Resuming these programs will take us some time to prepare, but we are excited to begin this planning and promise to keep you informed on further program openings as we can announce them!

The departments that advise us have reminded us that there may be limited periods of time in the future when Covid infection rates may spike and some restrictions may return. But our hope is that these episodes will be limited and that we are on the road to a return to the openness we enjoy.

It will be so good to see you again!

~Doug

CONTENTS

Who We Are	p. 2
Health & Safety Info.	p. 3
Special Announcements & Programs	p. 2-6
Social Service & Volunteering	p. 7
Recreational Offerings	p. 8, 9
Lunch Menu & Calendar	p. 10, 11
Health, Wellness & Spa	p. 12, 13
Travel	p. 14-17
Hours & Contact	p. 20

Visit Our Website: For the most up to date program information and announcements please visit www.generationsofiv.org

GENERATIONS IS:

- A PLACE OF WELCOME AND FRIENDSHIP FOR ACTIVE ADULTS
- A COMMUNITY OF PEOPLE COMMITTED TO LEARNING, GROWTH, AND MUTUAL SUPPORT
- A GATHERING, WHERE THE NEEDS AND JOYS OF THE COMMUNITY CAN BE SHARED
- A SPIRIT OF PARTNERSHIP AND CARING WHICH LASTS. . .

FROM GENERATION TO GENERATION

OUR TEAM

STAFF

Douglas Eschbach,
Executive Director
Lisa Furbacher,
Assistant Director
Emily Filice,
Social Services Coordinator
Bryan Finnemeyer, Housekeeping
Beth Knize, Kitchen Coordinator
Lexi Little, Kitchen Assistant
Pat McQue,
Indian Valley MOW Coordinator
Heather Lewis,
North Penn MOW Coordinator
Stephanie Radcliff,
Member Services Coordinator
Michele Ross,
Kitchen Coordinator
Esther Stoudt, Rental Coordinator
Amy Stover, ADC,
Program Coordinator
Milt Stover,
Maintenance Coordinator

BOARD OF DIRECTORS

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



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 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.

CONTACT US SO WE CAN CONTACT YOU

Have you recently moved or changed any of your contact information (home address, phone number, email)? If so, please let us know so that we can update your records in our database. Additionally, if you would like to be removed from our paper mailing list and or switched to email

delivery, please let us know. Please call our front desk at 215-723-5841 or email Steph:

sradcliff@generationsofiv.org to let us know how we can update your contact information.



HEALTH & SAFETY INFO.

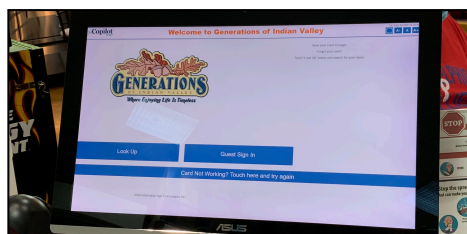
As we continue to offer even more in-person programs at Generations, we also are aware that the spread of COVID-19 in Montgomery county continues. In order for us to continue to remain open, it is imperative that our participants follow our masking guidelines (regardless of vaccination status) and all other guidelines that are provided by the Montgomery County Office of Public Health.

As of March 7, 2022, masks are optional inside our building. Please refrain from engaging in unkind behavior

toward those who make different personal health decisions.

If you are experiencing symptoms of COVID-19, please stay home. If you have a known exposure or a diagnosis of COVID-19 please contact your healthcare provider for guidance, testing, any necessary quarantine procedures, and treatment.

Guidance from the health department can change quickly, so please check our website for program updates and announcements: www.generationsofiv.org.



PLEASE SIGN IN at our front entrance kiosk and let us know what you're up to, even if you're just dropping by for a visit.



MASKS ARE OPTIONAL as of March 7, 2022. Please refrain from engaging in unkind behavior toward those who make different personal health decisions.



COVID-19 VACCINES & BOOSTERS are strongly recommended, but we will not ask about your vaccination status.

PLEASE SUPPORT CONCERT SUNDAES

On Sundays in June, July, and August, our community welcomes talented entertainers to Souderton Community Park where visitors can enjoy a free outdoor concert along with ice cream.

Generations is proud to be a "service club partner" for Concert Sundaes, and we are hoping to raise \$500 from our Center's participants to help support this worthy, community-building cause.

Cash or checks payable to **IVAF/Concert Sundaes** will be accepted. Any donation amount is greatly appreciated. For a donation of \$25.00

made by April 14 your name will be printed in the program. Donations will still be graciously accepted after April 14. Thank you for your support of Generations and Concert Sundaes!

Mail checks to:
Generations
259 N. 2nd St, Souderton PA 18964,
Attn: Concert Sundaes



BUCKS - MONT SENIOR GOLF LEAGUE

Golf season and warmer weather are finally upon us, and Generations participants are again 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 use-friendly, flat, nine-hole course that is enjoyable to walk. League play begins on April 11 and continues on Mondays through October.*

Details about the league and the registration form are available online at bucksmontgolf.com OR call Twin Woods Golf Course at 215-822-9263.

Apple's App Store has an app for the senior golf league. You can retrieve it by going to the App Store on your phone and searching for "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.



MAXIMIZE YOUR MENTAL HEALTH: MON., APRIL 18, 10:00AM

Spring forward to maximize your mental health!

Please join Jane Cero, RN, BSN, Chronic Care Management Nurse to learn current recommendations to

help you cope effectively with stress, anxiety, depression, and seasonal affective disorder.

This free, informational presentation is offered virtually via Zoom™. To register for the

virtual Zoom™ meeting, visit our website

www.generationsofiv.org and click on virtual program offerings under "upcoming events."

PAINT WITH FRIENDS FRIDAY, APRIL 8, 10:00AM

Artist Susie Camm will lead us in a morning of painting with friends. You will love flexing your creative muscles during this two hour class designed especially for beginners or even artists with no experience at all. All supplies will be provided, and easy to follow instructions will be provided. You will leave with an 8x10 canvas painting to be proud of (like the one pictured at right). Cost:\$12 includes all materials and instruction. The program is open to participants as well as guests. Please register by April 1. Stop by our front desk or call 215-723-5841.



WELCOME ON THE MOVE PHYSICAL THERAPY



**First 10 Patients Receive
FREE GIFT**

**To schedule an appointment at
Generations, please call 267-932-8857.**

You can now have your On The Move Physical Therapy appointment right here at Generations!

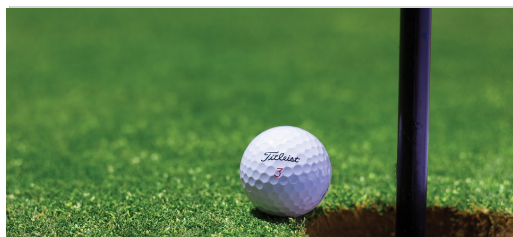
On The Move is an outpatient physical therapy clinic that provides a variety of services (pain relief, balance/falls risk, vestibular training, strengthening, conditioning, flexibility and much more!).

Our care is always 100% one-on-one which is not typical with most PT clinics. The mission of On The Move Physical Therapy is to provide the most comprehensive, individualized, and value-based solutions to today's healthcare challenges with integrity, compassion, and expertise. We have a relentless pursuit of transforming healthcare delivery.

We accept most major insurances including Medicare, Human, Cigna, Blue Cross Blue Shield, Anthem Blue Cross Blue Shield, Independence Blue Cross, Personal Choice, Keystone, Highmark, Tricare, and Medicaid
*Note: Those with medicare and a supplemental plan will typically have \$0 in out of pocket expenses. We also have cash based options to fit our patients needs.

We are direct access, so no prescription or referral necessary! To schedule an appointment at Generations, in your home, or in our mobile clinic, please call 267-932-8857 or book through our website:

<https://www.otmpt.com/contact-us>



TWO GOLFER SCRAMBLE

at Twin Woods Golf Course Monday, May 23. Military veterans or seniors 55+ (who are not already Bucks-Mont Golf League members) play a free round of golf. Optional \$8 riding cart. Cash prizes. Beverage and snacks at the after-golf awards social. More info. or register at bucksmontgolf.com/scramble. by May 16.



ANNUAL CRAFT/BAKE SALE

SATURDAY, MAY 21, 2022, 8AM-4PM
Walnut Meadows 55+ community (65 Woodhollow Dr., Harleysville) new & used items, vendors, inside & outside, book sale, bake sale, food trucks, live music, raffle baskets and more!



MANY THANKS

to the Girl Scouts of the Indian Valley Service Unit and to students of the Souderton Charter School for making valentines for our Meals on Wheels clients and center participants!

NEWS & NOTES:

NO TAX PREP. AT GENERATIONS

AARP Tax Aide will not be offering tax prep. appointments at Generations this year. If you have an alternative tax prep resource, please use it. We have a list of low cost or free tax preparation alternatives available on our website www.generationsofiv.org or by mail upon request.

FEATURED ARTIST: VANESSA LASSIN

Vanessa Lassin is a portrait and wedding photographer who resides in Bucks County, PA with her husband, daughter, two Bergamasco Sheepdogs and a gaggle of chickens. She approaches photography with a photo-journalistic style in which she strives to visually tell a story and capture the essence of a person or celebration.

When she is not behind the camera, Vanessa enjoys being out in nature where she gets a lot of inspiration, cooking with fresh ingredients from local farms, paddle boarding and being with her family and friends. Stop by Generations in April and May to enjoy her artwork. You can find out more at: vanessalassinphotography.com

MY LIFE, MY HEALTH

This participant education program continues (for registered participants only) on Thursdays from 10am-12pm through April 28.

SPECIAL PROGRAMS

SENIOR SELF DEFENSE

TUESDAY, APRIL 12, 10:00AM

Learn basic self-defense class so you can feel safer and more confident when you venture out. Instruction includes what to do (and what not to do), simple avoidance tactics, and blocking. Master instructor Mark Cashatt, 8th Degree Black Belt, will lead the class and make it fun, exciting and educational for all. Cost: \$10 per person includes a donation to Generations. Space is limited. Registration is required. Please stop by our front desk or call 215-723-5841 by April 5.

NAIL ART APPOINTMENTS

MONDAY, APRIL 18

Join volunteer Shannon for a FREE Nail Art appointment.

You will love getting pampered with a hand soak and massage followed by nail filing and painting. (Sorry no nail cutting.) Enjoy a more traditional look or opt for one of her beautifully intricate nail designs and accents. To schedule your free appointment visit our front desk or call 215-723-5841.

CASUAL COCKTAIL

DANCE PARTY

WEDNESDAY, APRIL 27, 12:00PM

Put a spring in your step for an afternoon of great food, great music and - if you're so inclined - some dancing too! We'll have lunch followed by entertainment with Jerry Trecroce featuring your favorite upbeat songs from the 50s, 60s and 70s (vocals & keyboard). Cost: \$18 per person includes entertainment, a lunch of pulled pork stuffed sweet potato with BBQ drizzle, green salad, dessert bar, two tickets for our featured afternoon cocktails, plus non-alcoholic drinks. To register, stop by our front desk or call 215-723-5841.

NAME THAT TUNE

FRIDAY, APRIL 29, 10:30AM

Come to Generations to build your brain power with a fun morning of identifying your favorite songs. This month we'll feature hits of the 50s and 60s. Led by Generations Program Coordinator Amy Stover. This fun, free program is offered both in-person and virtually. Registration is required. 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 the virtual program offerings

HAIRCUTS BY APPOINTMENT

Haircut appointments will again be offered at Generations beginning Tuesday, April 5! Check out p. 12 for details.



SOCIAL SERVICES

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.

PA MEDI (FORMERLY APPRISE)

THURSDAY, APRIL 7

Ed Savitsky, our PA Medi 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. PA Medi 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.

OUR SOCIAL SERVICES COORDINATOR

Emily Filice is available Monday-Friday from 9:30-12:30. Appointments are recommended. Call ahead to schedule an appointment or speak with Emily over the phone at 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, and interventions. 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: 215-723-1930.

PA STATE REP. OFFICE HOURS

2ND MONDAY, 10:45-12:45

A member of State Rep. 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 with a state related form, call the office at 267-768-3671. Appointments are not necessary, but appreciated.

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 appointments for TransNet, 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 an operator or visit www.211sepa.org.

MONTCO VETERANS AFFAIRS

To schedule a phone or in-person appointment, call the Office of Veterans Affairs: 610-278-3285. MontCo. is now providing door-to-door shuttle service to VA medical facilities for any Montgomery County Veteran (and their caretaker). Contact the Veterans Service Officer: 610-278-3285.

REGULARLY SCHEDULED PROGRAMS

The listings below show when programs are typically scheduled. Program schedules are subject to change. Please check our website for updates or call if you have a question. Front Desk Information: 215-723-5841, 9:30am-3:00pm. Programs listed are offered in-person unless otherwise noted. Visit our website for virtual program participation information.

Please see health & safety guidelines on p.3.

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.

BINGO (DAY) IN-PERSON:

2ND & 4TH TUESDAY, 1:00PM (NOTE THE EARLIER TIME)

Begin purchasing your bingo cards at 12:30pm for \$1.00 each. We play 20 games and have a 50/50 raffle at the break. No refreshments served at the break (for now).

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 shoe rental. Meet at Earl Bowl.

BUCKS MONT SENIOR GOLF LEAGUE:

BEGINS APRIL 11

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. 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.

CONVERSATIONS WITH GENERATIONS

TUESDAY, APRIL 19, 11:00AM

Come join an informal conversation with Generations Staff Member Lisa Furbacher. Our April topic will be our day and overnight trip program and will include updates on fundraising efforts for a new bus. Questions or concerns about this or any other topics relating to Generations are welcome. And so are you! Come join the conversation.

CHOIR CHIMES: WEDNESDAYS, 10:30AM

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.

CHORALEERS: MONDAYS, 1:00PM

The Choraleers sing and perform a variety of popular, seasonal, and patriotic tunes from September - May. New members welcome. Call Annamarie: 216-723-3591.

CREATIVE WRITING:

2ND & 4TH THURSDAYS, 1:00PM-3:00PM

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.

DUPLICATE BRIDGE: MONDAYS, 12:30PM-3:30PM

This session features a serious approach to the game and requires a partner. Registration begins at 12:15. Donation: \$1.00. No refreshments served (for now).

GARDEN CLUB:

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

HAND & FOOT CARD GAME:

1ST, 3RD, 5TH TUESDAYS, 9:30AM-1:15PM

Have fun playing (or learning) this card game that's similar to Canasta.

LIBRARY: MONDAY-FRIDAY, 9:30AM-3:30PM

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

BOOKS BY MAIL The Montgomery County-Norristown Public Library offers free library service by mail to homebound residents of Montgomery County. The program defines "homebound" as unable to leave the home without considerable difficulty and/or assistance. For more information call 610-278-5100 ext. 7 or email bookmobiles@mclinc.org

MAHJONG: FRIDAYS, 12:30PM

Experienced players are welcome to join our fun group for this wonderful old Chinese tile game! Meet by the fireplace.

MATS THAT MATTER: 2ND & 4TH THURSDAYS

Make mats for the homeless out of plastic bags with the help of volunteer Mary. Cut, fold, roll, sort, weave, and use a loom. Instructions and supplies will be provided.

MEMOIRS GROUP: MONDAYS, 1:00PM

Whether you're writing just for yourself or to pass on to your family, join this creative group led by Marilyn Gross. This program is now only offered virtually. To join the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events." For questions or concerns, call Marilyn: 215-723-5669.

PAINTING (WATERCOLOR):

TUESDAYS, APRIL 5-26, 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 classes. \$20 for the four week series. To register call our front desk: 215-723-5841.

VOLUNTEER OPPORTUNITIES

Volunteers are needed to help with serving and clean up (dish washing) for our noon meal. Positions available M-F between approximately 11:30am-1:30pm. Contact Beth: 215-723-5841.

Front Desk Volunteers are needed on Tuesday mornings from 9-12. Contact Lisa: 215-723-5841.

Volunteers are needed to deliver Meals on Wheels to the North Penn area on Mondays and Fridays. Times are approximately 10:45am-12:45pm. Contact Heather: 215-723-8555.

Volunteers are needed to help seal and label newsletters on Tuesday, April 19 at 9:15am. Contact Amy: 215-723-5841.

PINOCHLE: THURSDAYS, 12:45PM-3:30PM

Straight bid, no partner required. No refreshments served (for now). Donation:\$2.00. Please arrive 10-15 minutes early to pay for your game.

RED HAT HAPPENINGS:

The Red Hat Society encourages an emphasis on the positive aspects of life, stressing the importance of friendship and sisterhood and the value of play. Members promote respect for all and the value of good will and good humor. 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

SCRABBLE: 1ST & 3RD THURSDAYS, 10:00AM

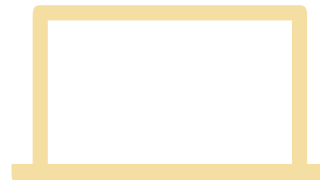
Join this non-competitive group for a friendly game of skill-sharpening Scrabble. Supplies provided. Space is limited. No need to register, just stop by.

SHUFFLEBOARD: WEDNESDAYS, 9:00AM, BEGINS MAY 4

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

TECHNOLOGY TIPS BY REQUEST

Visit our website www.generationsofiv.org Find "Upcoming Events," then click on "Stuck at Home? Our tech tips can help" for technology how-tos and FAQs for seniors. Try starting here for basic information on everything from WiFi to video calls to setting up your new phone and taking/sending photos. For questions about how to perform specific tasks on your device, you can request a "Technology Tips" appointment by calling 215-723-5841 or emailing astover@generationsofiv.org to request an appointment. Please let us know the nature of your concern, and one of our tech volunteers will determine how best to assist you. Free service.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org		Please watch for info. at Generations about our return to in-person noon meals coming soon!		1 Baked Stuffed Shells; Green Salad, Whole Wheat Roll
4 Crab Cake Sand. with Lettuce, Tomato, & Lemon Garlic Aioli; Carrot & Apple Slaw; Fruit Salad	5 Eggs Benedict Quiche with Hollandaise; Melon & Feta Salad	6 Meatloaf with Red Wine & Mushroom Gravy; Smashed Red Skin Potatoes; Roasted Brussels Sprout	7 Roast Turkey, Special Slaw, & Thousand Island Dressing on a Pretzel Roll	8 Vegetarian Chili; Honey Cheddar Corn Bread Muffin; Seasonal Fresh Fruit
11 Chicken Pot Pie; Green Salad	12 Acorn Squash Stuffed with Turkey, Brown Rice, Apples, Leeks, Cranberries; Whole Wheat Roll	13 Happy Birthday! Meatball "Salad" with Fresh Mozzarella; Whole Wheat Roll	14 Easter Special: Brown Sugar Baked Ham; Pineapple Stuffing; Green Beans; Easter Treat	15 Generations Closed
18 Chicken Parmesan; Green Salad	19 Tortellini Soup with Italian Sausage & Kale; Garden Salad	20 Cuban Sliders with Black Bean Soup; Fresh Fruit	21 Pork & Sauerkraut; House Made Apple Sauce; Mashed Potatoes; Garlic Green Beans	22 Baked Quiche with Green Chilies, Red Peppers, & Cilantro Sour Cream Cheddar Cheese; Green Salad
25 Fish & Chips; Cole Slaw; Fruit	26 Baked Stuffed Shells; Green Salad, Whole Wheat Roll	27 No take out meal today. Join us in person for our Casual Cocktail Dance Party at 12:00pm! See p. 6 for more info.	28 Chicken Taco Bowl with Brown Rice, Avocado, Black Beans, Corn; Tortilla Garnish	29 Swedish Meatballs over Whole Grain Noodles with Cranberry; Steamed Broccoli

OUR MEALS

Menu items are listed on the calendar above. We are offering take-out meals Monday-Friday (dine-in coming soon). **To register, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order.** We cannot guarantee a meal for you without a reservation. To receive a hot meal, you must park and walk in to our main entrance (drive-through service is not offered at this time). Pick up your meal between 11:30am-12pm. Upon arrival, please sign in at our kiosk, and place your anonymous donation in the collection box at our front desk (suggested \$2 for each meal). Masks wearing is now optional.

HAPPY BIRTHDAY


If you have a birthday during the month of April, let us know when you order your take-out meal, and you'll get a special homemade birthday treat on Wednesday, April 13.

OUR CAFÉ

Our Café is open Mon.-Fri. from 10:00am-1:00pm until further notice for take-out only (dine-in coming soon).. Enjoy our à la carte menu and daily specials. No need to order; just stop by!

PROGRAM SCHEDULE

2022 / APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
The number after the program listing indicates on which page of the newsletter more information can be found.		All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org		1 9:30 Billiards (8) 9:15 Flexercise (13) 10:30 Tai Chi (13) 12:30 Mah Jong (8)	2 <hr/> 3 11:15 Dutch Country Players Trip (14)
4 9:15 LI Aerobics(13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	5 Billiards Away vs Pennridge (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 11:30-1 Haircuts by Appt. (12) 1:45 Painting (9)	6 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 10:30 Choir Chimes (8) 11:30 Walking Club (13) 3:30 Caregivers Support (7)	7 9:15 Shofuso House Trip (14) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (13) 10:00 Scrabble (9) 10:00 My Life, My Health (6) 12:45 Pinochle (9) PA Medi Appt. (7)	8 Billiards Away vs Brittany Pointe (8) 9:15 Flexercise (13) 10:00 Paint with Friends (5) 10:30 Tai Chi (13) 12:30 Mah Jong (8) Choir Chimes to Dock Woods	9 <hr/> 10
11 9:15 LIAerobics(13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks-Mont Golf (4)	12 Billiards Away vs Arbour Square (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 10:00 Self Defense (6) 11:30-1 Haircuts by Appt. (12) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)	13 9:00 Balance & Stability (13) 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) Choir Chimes to Manor at Yorktown (8)	14 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 My Life, My Health (6) 11-Mats that Matter(9) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	15 9:15 Bird in Hand "A Simple Sanctuary" Trip Generations Closed	16 <hr/> 17 
18 9:30 Billiards (8) 9:15 LI Aerobics(13) Nail Art Appt. (6) 10:00 Guided Meditation (12) 10-Mental Health (p. 4) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks-Mont Golf (4)	19 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 11:00 Conversations with Generations (8) 11:30-1 Haircuts by Appt. (12) 1:45 Painting (9)	20 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 10:30 Choir Chimes (8) 11:00 Out to Lunch: McNally's Trip (14) 11:30 Walking Club (13) Financial Counsel (p. 7)	21 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Scrabble (9) 10:00 My Life, My Health (6) 12:45 Pinochle (9) Legal Aid (p. 7)	22 Billiards Home vs Arbour Square (8) 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (8)	23 <hr/> 24
25 9:15 LIAerobics(13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks-Mont Golf (4)	26 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (13) 11:30-1 Haircuts by Appt. (12) 1:00 Bingo (8) 1:45 Painting (9)	27 9:00 Balance & Stability (13) 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 10:30 Choir Chimes (8) 12:00 Casual Cocktail Dance Party (6)	28 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 My Life, My Health (6) 11- Mats that Matter (9) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8)	29 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 10:30 Name That Tune (6) 12:30 Mah Jong (8)	30 10:00 Colebrookdale Railroad Trip (14) <hr/> May 1

SCHEDULE ANNOUNCEMENTS:

- As a friendly reminder, we follow Souderton Area School District for WEATHER related closings and delays. Closings & delays will also be posted on our website: www.generationsofiv.org.
- Generations will be closed on Good Friday, April 15.

WELLNESS/SPA OFFERINGS

ACUPUNCTURE: OFFERED OFFSITE

Acupuncture 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.

GUIDED MEDITATION FOR STRESS RELIEF: MONDAYS, 10:00AM

Start your journey to a calmer mind by enjoying 30 quiet, refreshing minutes and a guided meditation from sound to silence. Result: a refreshed you with better focus. Darlene Cianci, Certified Instructor. Fee: \$3/class or \$14/8 classes. Pay at front desk.

MASSAGE: OFFERED OFF-SITE

Myofascial Release, Therapeutic Massage, and Zero Balancing Massage off-site appointments are 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.

MEDITATION & HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for an experiential, self-healing session via conference call. She will guide participants in self-talk to help tune out negative stereotypes and replace them with positive affirmations for aging. Focus on whole-body healing one system at a time. Cost: Donation of \$3 per person per session. This program is being held via conference call. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

OTHER OFFERINGS

BLOOD PRESSURE CHECKS:
Not currently offered.

HEARING CHECKS:
Not offered at Generations at this time. To schedule an appointment with Associates in Hearing of Lansdale (100 W. Main St., Suite 105), contact Sean Reiff at 215-855-4217/ sean.reiff@risecaremanagement.com

HAIRCUTS BY APPOINTMENT: TUESDAYS BEGINNING 4/5:
Robin Dennis, licensed cosmetologist and former owner of Wave Reviews in Lansdale, now offers haircuts by appointment on site at Generations. \$10 includes a "dry" cut and a donation to Generations. Call 215-723-5841 to schedule you appointment. On appointment day, stop by our front desk upon arrival to check in for your hair cut.



FITNESS OFFERINGS

BALANCE & STABILITY WITH ON THE MOVE PT
(VIRTUAL) 2ND & 4TH WEDNESDAYS, 9:00 (NEW TIME):
Join a licensed physical therapist for a free Zoom™ seated session focusing on your static and dynamic balance. Decrease your risk for falls, learn about the different anatomical systems involved in your balance, and increase your safety and stability. To register, contact Devyn Kerr, PT, DPT 267-644-7190/ devyn@otmpt.com.

DANCEFIT: WEDNESDAYS, 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.

ON THE MOVE WALKING CLUB:
1ST & 3RD WEDNESDAYS, 11:30
Join us for a new structured walking program led by Hope Garges, Fitness Coordinator from On the Move Physical Therapy. We will begin with a stretch and warm up plus brief physical therapy tips and tricks. We will then take a 20

FIT FOR LESS

The following classes are led by certified fitness instructors. Please place \$3.00 per person, per class in the collection box at our front desk.

LOW IMPACT AEROBICS: MONDAYS, 9:15-10:15
This class has cardio and strength components. We no longer use a step for this standing workout. The format is middle to high level.
Instructor: Jean Tornetta

SIT, STRETCH, FLEX: TUESDAYS & THURSDAYS, 9:30-10:15AM
This seated workout includes aerobics, strength, flexibility, and balance work. Keep moving, prevent falls, or return to exercise after a break.
Equipment provided. Instructor: Jean Tornetta

FLEXERCISE: FRIDAYS, 9:15-10:15AM
Come join this vigorous one hour class featuring 1/2 hour of aerobics and 1/2 hour of strength work. All equipment provided. Instructor: Robyn Earl

PLEASE NOTE:

- Class fees vary based on instructor fees and typical class attendance.
- Those interested in taking our fitness classes must sign up to become Generations participants.
- Please sign in at our kiosk upon arrival.
- Check the bulletin board (in the vestibule) or our website www.generationsofiv.org for important announcements and last-minute changes.
- **Effective March 7, masks are optional at Generations. If the Covid infection rate has spiked, masks may be required. You can call our front desk for the current masking policy: 215-723-5841.**

minute walk on the sidewalks around Generations (weather permitting) followed by an active cool down. If the weather is cold or bad, we will walk indoors at Generations. Enjoy warm, friendly community interaction as we work to strengthen our bodies and integrate cardiorespiratory activities to maintain a healthy mind and body. Suggested donation: \$3 per person per class. Pay at front desk.

TAI CHI: MONDAYS & FRIDAYS, 10:30
Tai Chi is a series of gentle, flowing exercises and stretches that can help you improve balance and coordination, relieve stress, and increase muscle mass. Darlene Cianci, Certified Instructor. Fee: \$3/class or \$14/8 classes. Pay at front desk.

FITNESS VIDEOS:

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! To access the videos, visit our website: www.generationsofiv.org and click on "Generations Fitness Class Videos" under the "Upcoming Events" section of the home page. If you decide to use them, please take a moment to drop an email to Amy: astover@generationsofiv.org.

DAY TRIPS

SAVANNAH SIPPING SOCIETY,
DUTCH COUNTRY PLAYERS,
TELFORD

SUNDAY, APRIL 3

Brought to you by the authors of “The Dixie Swim Club”, this hilarious comedy brings together four women who meet during Happy Hour. You will laugh (and perhaps get a little misty-eyed) with Randa, Marlafaye, Dot and Jinx (the life coach who is determined to help her new friends conquer their trials and tribulations). Over the course of the play, these women commiserate, support each other, and learn to laugh again—despite life’s challenges. We will enjoy a brunch on your own at the Rising Sun Inn before the show. (Pricing \$15-\$25).

Cost: \$27 includes ride on our bus and ticket. Brunch is on your own.
Departs: 11:15am Returns: 4:30pm
Trip Opened: March 2
Payment Deadline: March 16

SHOFUSO HOUSE AND
GARDENS, PHILADELPHIA
THURSDAY, APRIL 7



Shofuso was built in Japan in 1953 using traditional techniques and materials and exhibited in the courtyard at the Museum of Modern Art in New York. It was moved to Philadelphia in 1957, to the site of several structures and Japanese gardens dating to 1876. This tour will lead you through each of Shofuso’s rooms and gardens, explaining the purpose and significance of all the main features of the site. We will stop at the Metropolitan for lunch on your own after our tour.

Cost: \$25 includes ride on our bus and tour of Shofuso. Lunch is on your own.
Departs: 9:15am Returns: 3:15pm

Trip Opened: March 2
Payment Deadline: March 18th

BIRD IN HAND – A SIMPLE
SANCTUARY, A NEW MUSICAL,
FRIDAY, APRIL 15

When her past catches up to her, Melissa James does what she always does – she runs – from her happy life in Connecticut and her beloved husband, Ryan, a successful investment manager, leaving a note begging him to trust her. While his life is upended, she finds a quaint hiding spot – June Bug’s B & B, run by a Mennonite woman who is happy to have her first customer. Melissa feels safe in her simple sanctuary in Amish Country until Ivanov, a shadowy figure from her past, tracks her down, dragging the whole community into her mystery life. Will she share her secrets? Who can she trust? We will enjoy an all you can eat buffet lunch at Bird in Hand before the show.

Cost: \$75 includes ride on our bus, show, lunch, taxes and gratuity.
Departs: 9:15am Returns: 5:30pm
Trip Opened: March 2
Payment Deadline: March 15



OUT TO LUNCH: MCNALLY’S PUB,
CHESTNUT HILL
WEDNESDAY, APRIL 20

In 1921, Rose McNally opened “McNally’s Quick Lunch” in a small-corrugated steel building atop the highest hill in Philadelphia. In 1927 a new building was purchased and McNally’s Pub became a landmark in the city’s Chestnut Hill neighborhood. Look for the white-washed building with cedar shakes over a wide green door. We will enjoy some free time after lunch to visit some of the local shops.

Cost: \$12 includes ride in the van and parking. Lunch on your own.
Departs: 11:00am Returns: 3:30PM
Trip Opened: March 2
Payment Deadline: April 8

COLEBROOKDALE
RAILROAD, BOYERTOWN,
SATURDAY, APRIL 30



The dining experience on the Colebrookdale Railroad is the most-unique and luxurious way to have a meal. Calling back to the timeless splendor of dining on the rails in the early 20th Century, your two-hour expedition into the Secret Valley transports you into an environment that the highest-class citizens of the world would have experienced over a century ago while traveling for business or pleasure.

Cost: \$120 includes ride on our bus, train ride, lunch, taxes and gratuity.
Departs: 10:00am
Returns: 2:00pm
Trip Opened: March 2
Payment Deadline: March 25

OUT TO LUNCH:
COYOTE CROSSING,*
CONSHOHOCKEN
THURSDAY, MAY 5TH

We will celebrate Cinco de Mayo in style at Coyote Crossing authentic Mexican restaurant. Founded in 1997, Coyote Crossing offers an exciting culinary experience consisting of cuisine influenced by the owner’s grandmother.

Cost: \$10 includes ride on our bus. Lunch is on your own.
Departs: 11:00am Returns: 2:30pm

PLEASE NOTE:

There are no in-person trip reservations on opening day. See more trip reservation information on p. 15.

TRIP POLICIES

RESERVATION INFORMATION

- **There are no in-person trip reservations on opening day.**
- On the day a trip opens (noted under each trip listing), phone reservations may be made beginning at 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, M-F from 9:00am-3:00pm.
- A Generations participant may sign up only himself/herself and one guest on opening day. Our active participants take precedence over guests.
- Please ask about our current mask policy for trips when you make your reservation.

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.

WAIT LIST INFORMATION:

If you don't get a spot on a desired trip, please sign up for the waiting list! If a waiting list becomes long enough to plan an additional trip, we will call those on the waiting list first.

MORE INFORMATION:

- All trips depart from 259 N. Second St., Souderton unless otherwise specified.
- Trips are escorted by volunteers, and as such, travelers must be cognitively and physically independent to participate.
- We cannot accommodate assistive devices such as walkers or wheelchairs on our bus.
 - Look for the sneaker symbol to indicate the degree of walking involved in a trip.
- A star (*) after the trip listing indicates a new trip.



DAY TRIPS

I LEFT MY DIGNITY IN MY OTHER PURSE,* HUNTERDON HILLS, NJ
TUESDAY, MAY 10

Joyce DeWitt, renowned for her role as Janet in the iconic TV sitcom, "Three's Company," returns to the HHP stage for the premiere of this hilarious new comedy. Ruth Baker planned to retire and marry her fiancé in Tahiti, but then her retirement party spun wildly out of control, leaving Ruth too inebriated to remember everything that happened. Now with the help of her best friends, she must piece together the embarrassing events of that night.

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

Departs: 9:30am

Returns: 4:30pm

Trip Opens: April 8

Payment Deadline: April 22

IRON PIGS,* ALLENTOWN

THURSDAY, MAY 12

The Lehigh Valley Iron Pigs are a minor league baseball team that is an affiliate of the Philadelphia Phillies. Our seats are located on the picnic patio. We will enjoy an all you can eat buffet before the game.

Cost: \$50 includes ride on our bus, ticket, buffet, tax, and gratuity.

Departs: 4:45pm

Returns: Approx. 10:30pm

Trip Opens: April 8

Payment Deadline: April 8- due at sign-up



LAMBERTVILLE STATION RESTAURANT & SHOPPING,* NJ

SATURDAY, MAY 21

Treat yourself to an unforgettable escape in this historic 19th century train station, lovingly converted into an award-winning restaurant and elegant hotel. We will enjoy lunch as we take in the view of the Delaware River flowing peacefully past the front door. After our meal, we will enjoy free time for shopping or a stroll along the river.

Cost: \$55 includes ride on our bus, three course lunch, taxes, and gratuity.

Departs: 10:30am

Returns: 3:30pm

Trip Opens: April 8

Payment Deadline: May 6



WHY DO FOOLS FALL IN LOVE, PINES DINNER THEATRE,*
ALLENTOWN

THURSDAY, MAY 26

At her impromptu bachelorette party, Millie and her best friends dive into age-old questions about love, marriage, and the overwhelming dating game. As the celebration picks up steam and the drinks flow, the girls reveal scintillating secrets about their love lives, as they poke fun and challenge each other. This uplifting show reaffirms how true friendship always unveils its everlasting strength.

Cost: \$80 includes ride on our bus, show, lunch, taxes, and gratuity.

Departs: 11:00am

Returns: 4:30pm

Trip Opens: April 8

Payment Deadline: April 22

DAY TRIPS (CONTINUED FROM P. 15)

FIDDLER ON THE ROOF, STATE THEATRE, * EASTON SUNDAY, JUNE 19



Fiddler on the Roof is a heartwarming story of fathers and daughter; husbands and wives; and life, love and laughter. This show is rich with musical hits you know and love, including "Tradition," "Sunrise, Sunset," "If I Were a Rich Man," "Matchmaker, Matchmaker," and more! We will enjoy a lunch (on your own) at Colonial Pizza and Spaghetti House Pub.

Cost: \$80.00 includes ride on our bus and show. Lunch is on your own.

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

Trip Opens: April 8 Payment Deadline: April 18

NEW BUS OR BUST

In the past 21 years, our bus has really gotten around! While our current vehicle never will be forgotten (especially on some of the bumpy roads she's led us down), her final journey can't be too far away. We're planning now for her successor, committed to the idea that the more we travel through life's journey, the better life is.

Twice each year we invite participants and friends of Generations to contribute to an appeal that provides funding for programs and resources that directly benefit our participants. Your kind donations to this appeal will

supplement the fund for a new bus. With your help, we'll continue to take that road less traveled which, for so many, has made all the difference.

Please send donations, payable to Generations, and with a note "April Donation" in the memo to:

Generations of Indian Valley
259 N. 2nd St.,
Souderton PA 18964



OVERNIGHT TRIPS

IDAHO ADVENTURE: A LEWIS & CLARK DISCOVERY JUNE 15 - 21, 2022

The wilderness areas, national forests, and state and local parks of Idaho 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, fuel stations, and serve as a natural base camp for recreation.

Highlights: 2 nights at the historic town of Wallace, mining town of Wallace, Lewis & Clark Discovery Center, Salmon River, Silver Mine Tour, Rider Ranch Cookout, historic 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, and 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.



SORRY THIS TRIP IS CANCELLED EFFECTIVE 3/7.

OVERNIGHT TRIPS

MOUNTAIN MUSIC & RAILS OF WEST VIRGINIA

JULY 6-9, 2022 (NEW DATES)

The music and rails tour is packed with entertainment, historic sights, and views of the magnificent Monongahela National Forest in West Virginia. Your tour includes: deluxe motor coach transportation via Perkiomen Tours; hotel accommodations; Penn Alps Restaurant; Spruce Forest Artisan Village; dinner and entertainment at the Gandy Dancer Theatre; New Tygart Flyer Wilderness Excursion; Beverly Heritage Center Tour; dinner and entertainment at Graceland Mansion; Philippi Covered Bridge; Adaland Mansion with lunch;

nine meals included; one night in Baltimore; and Baltimore National Aquarium

Cost per person: A \$75.00 deposit per person is due with your reservation. There is a \$25 cancellation fee for all trips.

Single: \$1389 Double: \$1168

Final balance due: June 1, 2021. Travel insurance information is available upon request.

Contact Lisa Furbacher to make your reservation: 215-723-5841 or



LIGHTHOUSES OF THE MID-ATLANTIC SEPTEMBER 12-15, 2022

See lighthouses from Cape May to Virginia Beach, and enjoy oceanfront lodging with free time and many activities!

Your tour Includes: deluxe motorcoach transportation via Perkiomen Tours; oceanfront accommodations in Ocean City Maryland (1 night) and Virginia Beach (2 nights); three lighthouses; Cape May-Lewes Ferry; aquarium; Bateman Center; free time on beautiful Virginia Beach; Spirit of Norfolk lunch cruise; tour around Chincoteague, eight meals (three breakfasts, two lunches, two dinners).

Cost per person: A \$75.00 deposit per person is due with your reservation. There is a \$25 cancellation fee for all trips.

Single: \$1033 Double: \$825

Final balance due: August 1, 2022. Travel insurance information is available upon request.

Contact Lisa Furbacher to make your reservation: 215-723-5841 or

lfurbacher@generationsofiv.org

CHARLESTON & SAVANNAH OCTOBER 2-8, 2022

Welcome to Charleston...where history lives. Come visit a place where glorious gardens peek out from behind 300-year-old iron gates, where you can hear a jazz concert on the lawn of an antebellum plantation and where you can ride in air-conditioned comfort as you glide past Civil War sites. Savannah, Georgia, situated in the southeastern Atlantic coast of the United States, was founded in 1733 as the first colonial settlement and was one of the first planned cities in the United States.

Your tour Includes: Washington DC; 2 nights in Charleston's Historic District; 2 nights in Savannah's Historic District; 2 nights in North Carolina; Magnolia Plantation & Gardens; historic Charleston Tour; Fort Sumter; carriage tour of Beaufort; trolley tour of Savannah; dinner at River House Seafood Restaurant; 8 meals; motorcoach transportation; and hotel accommodations. This trip requires extensive amounts of walking.

Cost per person: A \$75.00 deposit per person is due with your reservation. There is a \$25 cancellation fee for all trips.

Single: \$2,078 Double: \$1,566

Final balance due: August 15, 2022. Travel insurance information is available upon request.

THANKS TO OUR PLATINUM SPONSOR



Building community together

At Univest, we firmly believe in giving back to the local communities we serve. For 145 years, it's been our way of making a difference each day, through helping to improve the quality of life for our friends and neighbors. Because local values are as important to us as they are to you.

univest.net | 877.723.5571



COMMITTED TO LOCAL



THANKS TO OUR SILVER SPONSORS

We'll Help You Put It All Together

fifs Franconia Insurance
& Financial Services
Smart Choices for a Secure Future

KEYSTONE

Smart Choices for a Secure Future

- Personal Insurance
- Business Insurance
- Financial Services
- Employee Benefits

267.384.5300 • www.fifs.com

MOYER
150 years
Indoor | Outdoor
Services you can count on
(215) 799-2000 • (866) 669-3747
emoyer.com

Heat & Air | Pest Control
Heating Fuels | Water Quality | Plumbing

Lawn Care | Tree & Shrub Care
Pool & Spa Care

THANKS TO OUR BRONZE SPONSORS

Rich in history, tradition and
values of the local community

**LANDIS, HUNSBERGER
GINGRICH & WEIK, LLP**

Law Firm

114 East Broad Street
P.O. Box 64769
Souderton PA 18964

P: 215.723.4350
LHGWLAW.com
info@LHGWLAW.com

 **On The Move
PHYSICAL THERAPY**
Home Appointments Available!

Dr. Devyn Kerr
PT, DPT

○ 267-932-8857
○ Devyn@otmpt.com
○ www.otmpt.com



FREE!
BALANCE
& FALL-RISK
ASSESSMENT



**Williams-Bergey-Koffel
Funeral Home, Inc.**

667 Harleysville Pike, Telford (Franconia Twp.)

*Serving the communities of Bucks
and Montgomery counties*

- ◆ Caring, experienced staff
- ◆ Bright, spacious facility to serve all of your needs
- ◆ Large chapel
- ◆ Well-lit, on-site parking lot
- ◆ CREMATORY ON PREMISES



www.WilliamsBergeyKoffel.com

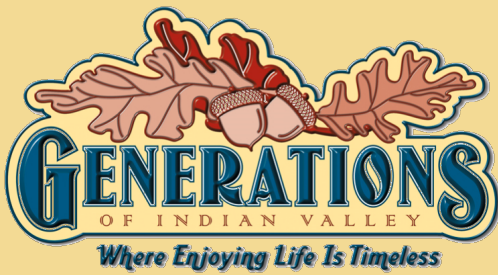
Phone: 215.703.9800

J. Lowell Bergey, Supervisor

THANKS TO OUR COPPER SPONSORS

Alderfer/Leidy's
Duane's Hair Design
Excel Communications
QNB Bank
Sellersville Lodge
Styles Unlimited Salon & Spa

2022 SPONSORSHIP/ADVERTISEMENT OPPORTUNITIES AVAILABLE!



2022/ **APRIL**

NON-PROFIT
ORGANIZATION

U.S. POSTAGE PERMIT
#64104

LANSDALE, PA 19446

259 N. SECOND ST.

SOUDERTON, PA 18964

CURRENT RESIDENT OR

**ABOUT TO TOSS THIS??? IF YOU
WOULD LIKE TO BE REMOVED
FROM OUR MAILING LIST, PLEASE
GIVE US A CALL TO UPDATE OUR
RECORDS SO WE CAN SAVE A BUCK
AND SAVE SOME PAPER!
215-723-5841. THANK YOU!**

TIME DATED MATERIAL
MAILED FROM LANSDALE MARCH, 2022



WE'RE HERE:

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

EVENINGS & WEEKENDS AS
SCHEDULED

*SEE P. 11 FOR ADDITIONAL
IMPORTANT SCHEDULING

CONTACT US:

MAIN NUMBER: (215) 723-5841

RENTAL INFO.: (215) 723-6966

SOCIAL SERVICES: (215) 723-1930

MEALS ON WHEELS: (215) 723-8555

INFO@GENERATIONSOFIG.ORG

GENERATIONSOFIG.ORG



**CHECK OUT OUR SEASONAL MENU!
MORE ON P. 10**