

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheesesteak Hoagie with Lettuce, Tomato & Fried Onions; French Fries; Fresh Fruit	4 Baked Cod with White Wine Tomato Sauce; Wild Rice; Green Salad	5 Pulled Pork on Sweet Potato with Peach Salsa; Green Beans	6 BBQ Chicken Breast on Sandwich Thin with Crispy Onions & Cheddar Cheese; Potato Salad; Fruit	7 Generations Closed
10 Pasta Primavera with Creamy Garlic Sauce; Green Salad; Whole Wheat Roll; Fruit	11 Mediterranean Tuna Salad on Croissant with Greens; Slaw; Oven Fries; Fruit	12 Spinach, Mushroom, & Feta Quiche; Butternut Squash Hash; Fresh Fruit	13 Chicken Patty Burger with Lettuce, Tomato, Pickle, & Sun Chips Generations closes at 12:45	14 Chicken Pot Pie; Green Salad
17 Chicken A la King in Puff Pastry; Green Salad	18 French Onion Beef Sliders; Sweet Potato Fries; Fruit	19 Celebrate Spring Luncheon: Special Meal/Event/Time/Price (details on p. 1)	20 Flatbread Pizza with Sausage, Roasted Red Peppers, & Mozz.; Green Salad	21 Pineapple Chicken over Brown Rice; Roasted Yellow & Green Squash; Whole Wheat Roll
24 Salmon Burger with Dill Sauce and Arugula; Sweet Potato Fries; Pickles	25 Chicken and Potatoes with Dijon Cream Sauce; Green Salad; Biscuit	26 Meatloaf with Zesty Ketchup; Roasted Rosemary Potatoes; Garlic Green Beans Happy Birthday!	27 Chicken & White Bean Chili with Corn Bread Topping, Green Salad; Fruit	28 Baked Creamy Mushroom, Ham & Potato; Broccoli; Fruit
<p>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>				

OUR MEALS

Menu items are listed on the calendar above. **To register for a dine-in meal, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order.** A limited number of take-out meals are available for caregivers of homebound individuals. Please see our Social Services Coordinator, Emily Filice (215-723-1930) to request take-out meals. We cannot guarantee a meal for you without a reservation.

To receive a noon meal, arrive and seat yourself by 11:55. There are no assigned/reserved seats. We cannot guarantee entry to the community room before 11:30am. Upon arrival for meals, please sign in at our kiosk, and place your anonymous donation in the collection box at our front desk (suggested \$2 for each meal). Mask wearing is optional. **If you receive meals**

from Generations, you may hear from us to schedule a friendly consultation for a required nutrition assessment.

HAPPY BIRTHDAY


Everyone who is registered for the noon meal will receive a special treat on our birthday celebration days: Wednesday, April 26 (for April birthdays) or Wednesday, May 17 (for May birthdays).

OUR CAFÉ

Our Café is open Mon.-Fri. from 9:00am-1:00pm for dine-in or take-out. Enjoy our à la carte menu and daily specials of salads, sandwiches, snacks, coffee, heat & eat meals and more. No need to order; just stop by!

PROGRAM SCHEDULE

2023 / APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org		The number after the program listing indicates on which page of the newsletter more info. can be found.			1 2 2:30 AMT Abba Trip (15)
3 9:15 LIAerobics(14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	4 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Trivia at Ten (4) 11:30-1 Haircuts by Appt. (12) 1:45 Painting (9)	5 8:30 Mural Art (15) 9:30 Billiards Away vs Hillview (8) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 3:30 Caregivers Support (Virtual) (7)	6 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10:00 A Matter of Balance (3) 12:45 Pinochle (9) PA Medi Appt. (7)	7 Generations Closed 9:15 Billiards Away vs Norm. Farms (8)	8 <hr/> 9 
10 9:15 LIAerobics(14) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (3, 8)	11 9:00 Billiards Home vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)	12 9:30 Million \$\$ Quartet Trip (15) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 11:00 Recipe Club (4) 1:00 Walking Club (3, 14) 2:00 Caregivers Support (In-person) (7)	13 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 A Matter of Balance (3) 11-Mats that Matter(9) 12:30 Stories of Our Lives (3) NO Pinochle (9) Generations closes at 12:45 3:30 Board Meeting	14 9:30 Billiards (8) 9:15 Line Dance (14) 10:00 French Pastry Baking Demo (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	15 <hr/> 16 10:00 Out to Brunch Yellow House Hotel Trip (15)
17 9:30 Billiards (8) 9:15 LI Aerobics(14) 10-Best Healthcare Advocate (4) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (3, 8))	18 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-12:40 Haircuts by Appt. (12) 1:45 Painting Class	19 9:30 Billiards Away vs Hershey's Mill (8) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 11:30 Celebrate Spring Luncheon (1) 12-2 Collett Office Hours (p. 7) 1:00 Walking Club (3, 14) Financial Counsel.(p. 7)	20 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 A Matter of Balance (3) 10:00 Scrabble (9) 12:45 Pinochle (9) 12:30 Stories of Our Lives (3) Legal Aid (p. 7)	21 9:15 Billiards Away vs Arbour Square (8) 9:15 Line Dance (14) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	22 <hr/> 23
24 9:30 Billiards (8) 9:15 LI Aerobics(14) 10-Name That Tune (5) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (3, 8)	25 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:45 Painting (9)	26 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 12:45 Movie Matinee: The African Queen(5) 1:00 Walking Club (3, 14)	27 9:30 Billiards (8) 9:30 Dutch Apple Trip 9:30 Sit,Stretch,Flex (14) 10:00 A Matter of Balance (3) 11- Mats that Matter (9) 12:30 Stories of Our Lives (3) 12:45 Pinochle (9) 1-3 Creative Writing (8)	28 9:15 Billiards Away vs Brittany Pointe (8) 9:15 Line Dance (14) 9:30 Billiards (8) 9:30 AARP Safe Driving Refresher (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	29 <hr/> 30

Schedule Announcements: Generations will be closed on Friday, April 7 & Monday, May 29. Generations will close at 12:45 on Thursday, April 13 for a staff training.

Our May lunch menu will be posted at the Center and on our website (www.generationsofiv.org) by April 18.

2023 / MAY

WELCOME SHAWNA & VAL



We're pleased to welcome Shawna Boell & Val Perry as our new Member Services Coordinators. Since both employees are working part time sharing this position, you may see either one of these smiles when you visit our front desk to sign in, register for a program, pay for something, or stop by for a tour. We recently asked Shawna & Val some questions that stretched beyond their initial interviews. We hope you enjoy getting to know them as much as we do!



SHAWNA:

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

A: I was the office manager at a local plumbing company for over 12 years, and on the side, I had my own home organization business.

Q: What character from a movie or book are you like?

A: Queen Elsa - no one loves snow and winter more than me!

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

A: The sunrise from the top of Haleakala in Hawaii. It's stunning!

Q: If you knew the world was ending in a month, where would you go?

A: I would LOVE to tour Europe with my family!

Q: Anything else you'd like to share?

A: I've been married for over 17 years to my husband, Steve. We have 2 teenage sons, Norman (15) and Jack (14).

VAL:

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

A: I spent my early adult life as a school bus driver.

Q: What do you like most about Generations?

A: It's a really neat community that strives to have something for everyone! From dance classes and trips to volunteerism and support for those in need, it's a catalyst for connection and care.

Q: You've been given an elephant. You can't give it away or sell it. What would you do with the elephant?

A: I'd have a bbq and invite all my friends and neighbors to see it.

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

A: I love to learn peoples' stories, hear what happened to them, and build family trees. I also love to cook and feed people.

Q: Anything else you'd like to share?

A: I live with my husband Josh; our three children ages 12, 14, 17; our two Golden Retrievers, and my parents (who live in our in-law suite and are now new participants of Generations).

WELLNESS/SPA OFFERINGS

BLOOD PRESSURE SCREENINGS: MONDAYS, APRIL 17 & MAY 15, BEGINNING AT 11:15AM

Free blood pressure checks, provided by Abington Health Services are offered. First come, first serve; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.

HAIRCUTS BY APPOINTMENT: 1ST & 3RD TUESDAYS, BY APPOINTMENT

Robin Dennis, licensed cosmetologist offers haircuts by appointment on site at Generations. \$10 includes a "dry" cut and a donation to Generations. Call 215-723-5841 to schedule your appointment. Stop by our front desk upon arrival to check in.

MEDITATION & HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for a self-healing session via conference call. She will guide participants to help tune out negative stereotypes and replace them with positive affirmations for aging. Cost: Donation of \$3 per person per session. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

ON THE MOVE PHYSICAL THERAPY:

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!). No referrals needed, accepts most major insurances. 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>

PROGRAM SCHEDULE

2023 / MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
1 9:15 LIAerobics(14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (3, 8)	2 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-1 Haircuts by Appt. (12) 1:45 Painting (9)	3 9-Shuffleboard (9) 9:30 Highlands Garden Tour Trip (16) 9:30 Billiards Home HV (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 1:00 Walking Club (3, 14) 3:30 Caregivers Support (Virtual) (7)	4 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10-Scientific Ideas (5) 12:30 Stories of Our Lives (3) 12:45 Pinochle (9) 1:30 Beginner Mahjong (3) PA Medi Appt. (7)	5 9:15 Line Dance (14) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) HOAGIE ORDERS DUE	6 6:00 Leo Club Seniors Prom at SAHS (4) <hr/> 7 10:00 Out to Brunch Trip William Penn Inn (16)
8 9:15 LIAerobics(14) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (3, 8)	9 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)	10 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Down North Pizza Trip (16) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) 11:00 Recipe Club (4) 1:00 Walking Club (3, 14) 2-Caregivers Support (In-person) (7)	11 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10-Scientific Ideas (5) 11-Mats that Matter(9) 12:30 Stories of Our Lives (3) 12:45 Pinochle (9) 1-3 Creative Writing (8) 1:30 Beginner Mahjong (3) 3:30 Board Meeting	12 HOAGIE SALE 9:15 Line Dance (14) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	13 <hr/> 14 
15 9:30 Billiards (8) 9:15 LI Aerobics(14) 10:00 B.E.F.A.S.T. Strike Out Stroke (5) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (3, 8)	16 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-1 Haircuts by Appt. (12) 12:00 Afternoon Tea (1) 1:45 Painting (9)	17 9:30 Billiards vs Hershey's Mill (Home)(8) 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 9:30 Meditation/SH (12) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (14) Happy Birthday (during our Noon Meal) 12-2 Collett Office Hours (p. 7) 1:00 Walking Club (3, 14) Financial Counsel.(7)	18 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Scrabble (9) 10-Scientific Ideas (5) 12:30 Stories of Our Lives (3) 12:45 Pinochle (9) 1:30 Beginner Mahjong (3) Legal Aid (p. 7)	19 9:15 Line Dance (14) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 11:00 Are you Smarter Than a Middle Schooler? (6) 12:30 Mah Jong (8)	20 <hr/> 21 10:00 Candlelight Theater Trip (16)
22 9:30 Billiards (8) 9:15 LI Aerobics(14) 10:00 Adv. Beginner iPhone Class (3) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (3, 8)	23 9:00 Billiards Away vs. Penridge 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:45 Painting (9)	24 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 1:00 Walking Club (3, 14)	25 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10-Scientific Ideas (5) 11- Mats that Matter (9) 11-Pines Theatre Trip (16) 12:45 Pinochle (9) 1-3 Creative Writing (8) 1:30 Begin. Mahjong (3)	26 9:30 Billiards (8) 9:15 Line Dance (14) 10:00 Name That Tune (6) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	27 <hr/> 28
29 Generations Closed	30 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10 - 1 Ask the Pharmacist (6) 1:45 Painting (9)	31 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 12:45 Movie Matinee: <i>Mamma Mia!</i> (6) 1:00 Walking Club (3, 14) Bucks Mont Golf (3, 8)	All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org		The number after the program listing indicates on which page of the newsletter more information can be found.