

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sloppy Joe; Loaded Potato Salad; Pickles; Fruit	2 Italian Chicken Stew; Garden Salad; Whole Wheat Roll	3 Land & Sea Dinner Theater - Special Meal/Event/Price (details on p. 1) No Take-outs Today.	4 Pierogi Pie with Caramelized Onions, Bacon & Sour Cream; Green Salad	5 Pulled Pork on a Waffle with BBQ Drizzle; Salad; Fresh Fruit
8 Chef's Salad with Ham, Turkey, Swiss, HB Egg, House Vinaigrette; Whole Wheat Roll	9 Wild Caught Salmon Fillet with Peach & Pineapple Salsa; Oven Roasted Sweet Potatoes; Garlic Green Beans	10 Beef & Veggie Pie with Cheddar Biscuit Top; Fresh Fruit	11 Baked Eggplant Parm.; Tossed Green Salad; Whole Wheat Roll	12 Chick. Chssteak Flatbread with Sautéed Mushrooms & Onions, Zesty Ketchup Drizzle; Mixed Greens Salad
15 Seafood Mango Salad Over Greens; Whole Wheat Roll	16 Ham & Swiss Sliders with Shaved Brussels Sprouts Salad, Fruit	17 Happy Birthday! Chicken Marsala over Wild Rice; Broccoli	18 Stuffed Baked Potato with Broccoli, Ham, & Cheddar Sauce; Garden Salad; Fruit	19 Roasted Veggie Frittata with Sweet Potato Fries; Fresh Fruit
22 Monte Cristo Sandwich; Garden Salad; Fresh Fruit	23 BLT Quiche; Green Salad; Fresh Fruit	24 Baked Ravioli with Beef Bolognese & Mozz.; Caesar Salad; Whole Wheat Roll	25 Pork & Sauerkraut; Mashed Potatoes; Glazed Baby Carrot	26 Chicken Salad Stuffed Tomato on Greens; Whole Wheat Roll; Fruit
29 Pulled Pork on a Waffle with BBQ Drizzle; Salad; Fresh Fruit	30 Baked Haddock with Lemon Caper Sauce; Wild Rice; Broccoli; Whole Wheat Roll	31 Sloppy Joe; Loaded Potato Salad; Pickles; 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. Take-out meals are available by request. **To register for either dine-in or take-out, 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 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. To receive a take-out meal, you must park and walk in to our main entrance at 12:30pm. Upon arrival for dine-in or take-out 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). Masks wearing is now optional.

HAPPY BIRTHDAY

If you have a birthday during the months of August or September, let us know when you order your meal, and you'll get a special homemade birthday treat on Wednesday, August 17 (for August birthdays) or Wednesday, September 14 (for September birthdays).

OUR CAFÉ

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

PROGRAM SCHEDULE

2022 / AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
1 9:15 LI Aerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks-Mont Golf (8)	2 9:00 Billiards Away vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-1 Haircuts by Appt. (12) 1:45 PaintingWorkshop (9)	3 9:00 Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Fado Trip (15) 10:00 Bowling (8) 12:00 Stage & Screen Lunch Theater (1) 3:30 Caregivers Support (7)	4 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 12:45 Pinochle (9) PA Medi Appt. (7)	5 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Mah Jong (8)	6 _____ 7 10:15 Out to Brunch (15) 7:00 Concert Sundaes: Montco. Concert Band (3)
8 9:15 LIAerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks-Mont Golf (8)	9 9:00 Billiards Away vs Arbour Square (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:45 Painting Workshop (9) 6:30 Bereavement Support (7)	10 Surveys Due (20) 9 - Shuffleboard (9) 9:00 Billiards Away vs Hillview (8) 9:30 Meditation/SH (12) 9:30 Dancefit (13) 10:00 Bowling (8) 1:00 Listen After Lunch: Music History/Ice Cream Social (1) 2:00 Caregivers Support (7)	11 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 11-Mats that Matter(9) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	12 9:30 Billiards (8) 9:30 Dutch Apple Dinner Theater Trip (16) 10:00 Name That Tune (6) 10:30 Tai Chi (14) 12:30 Mah Jong (8)	13 _____ 14 7:00 Concert Sundaes: Chico's Vibe & Generations serves food! (3)
15 9:30 Billiards (8) 9:15 LI Aerobics(14) 10:00 Meditation (12) 10- COPD Update (4) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks-Mont Golf (8)	16 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-1 Haircuts by Appt. (12) 1:45 Paint Workshop (9)	17 9:00 Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) Financial Counsel (p. 7)	18 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Scrabble (9) 12:45 Pinochle (9) Legal Aid (p. 7)	19 8:30 Nemours Mansion Trip (15) 9:15 Billiards Home vs Arbour Square (8) 10:30 Tai Chi (14) 12:30 Mah Jong (8)	20 _____ 21 9:00 American Music Theatre Trip (16)
22 9:15 LI Aerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks-Mont Golf (8)	23 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:45 Paint Workshop (9)	24 9:00 Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8)	25 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 11- Mats that Matter (9) 12-2 Collett Office Hours (p. 7) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8)	26 9:00 Billiards Away vs Normandy Farms (8) 10:30 Tai Chi (14) 12:30 Mah Jong (8) 4:30 Longwood Gardens Trip (16)	27 _____ 28 _____
29 9:15 LI Aerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks-Mont Golf (8)	30 9:30 Sit, Stretch, Flex (14) 9:00 Billiards Away vs Arbour Square (8) 9:30 Hand & Foot (8) 10:30 Nutrition with Teri (5) 1:45 Paint Workshop (9)	31 9:00 Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8)	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>The number after the program listing indicates on which page of the newsletter more information can be found.</p> </div>		

All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Closed	6 Pulled Pork on a Roll with BBQ Sauce; Cole Slaw, Loaded Tater Tots; Fresh Fruit	7 Chicken Bacon Ranch Flatbread Pizza; Green Salad	1 Chicken & Waffles; Roasted Vegetables 8 Salmon, Green Onion & Potato Quiche w/ Dill Yogurt Drizzle; Green Salad; Fruit	2 Creamy Baked Ham and Noodles with Peas & Red Peppers; Broccoli 9 Baked Sausage and Zucchini w/ Provolone; Caesar Salad; WW Roll
12 Cheesy Baked Chicken Alfredo; Garlic Green Beans; Whole Wheat Roll	13 Sausage Egg and Cheese Frittata; Roasted Sweet Potatoes; Fruit	14 Happy Birthday! Tortellini & Baby Shrimp with Pesto Sundried Tomato Cream Sauce; Fresh Broccoli w/ Roasted Red Peppers	15 Ground Beef Stroganoff w/ Onions & Mushrooms over Cavatappi; Green Salad; Whole Wheat Roll	16 Stuffed Acorn Squash w/ Turkey, Rice, Apples, Leeks & Cranberries; Balsamic Glaze Whole Wheat Roll
19 Chicken Margarita Angel Hair Pasta; Green Salad	20 Pork & Sauerkraut; Mashed Potatoes; Glazed Baby Carrots	21 Little Bit Country/Little Bit Rock 'N' Roll - Special Meal/Event/Price (details on p. 1) No Take-Outs Today.	22 Seafood Cakes w/ Remoulade; Maple Bacon Brussels Sprouts; Fresh Fruit	23 Baked Stuffed Shells; Caesar Salad; Garlic Knots
26 French Onion Beef Sliders; Sweet Potato Fries; Fruit	27 Chicken a la King in Puff Pastry; Green Salad	28 Grilled Cheese with Tomato Basil Soup; Fruit	29 Pineapple Chicken over Brown Rice; Roasted Squash; WW roll	30 New England Style Clam Chowder; Oyster Crackers; Green Salad

WELLNESS/SPA OFFERINGS

BLOOD PRESSURE SCREENINGS: MONDAYS, AUGUST 15 & SEPTEMBER 19, 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.

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.

HAIRCUTS BY APPOINTMENT: 1ST & 3RD TUESDAYS

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>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
SCHEDULE ANNOUNCEMENTS: • We will be closed on Labor Day (Monday, Sept. 5).			1 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Scrabble (9) 12:45 Pinochle (9) PA Medi Appt. (7)	2 9:15 Billiards Home vs Brittany Pointe (8) 10:30 Tai Chi (14) 12:30 Mah Jong (8)	3 10:30 Taste of Hamburg-er Trip (16) 4
All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org					
5 Closed For Labor Day	6 9:00 Billiards Away vs Pennridge (8) 9:00 Lancaster Trip (16) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15 Release & Restore Yoga (4) 11:30-1 Haircuts by Appt. (12) 1:45 Painting(9)	7 9:00 Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (14) 10:00 Bowling (8) 1:00 Behind the Kitchen Counter (6) 3:30 Caregivers Support (7) Bucks-Mont Golf (8)	8 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:30 Medical Myths (5) 11-Mats that Matter(9) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	9 9:15 Billiards Home vs Arbor Square (8) 9:30 AARP Safe Driving Refresher (4) 10:30 Tai Chi (14) 12:30 Mah Jong (8)	10 11 Day Of Service (6)
12 Lighthouse Trip (18) 9:15 LIAerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 10:30 iPhone Basics (4) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks-Mont Golf (8)	13 Lighthouse Trip (18) 9:00 Billiards Away vs Arbour Square (8) 9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:00 Hymie's Trip (16) 10:15 Release/Restore Yoga (4) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)	14 Lighthouse Trip (18) 9:00 Shuffleboard (9) 9:15 Billiards Home vs Hillview (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (14) 10:00 Bowling (8) 2:00 Caregivers Support (7)	15 Lighthouse Trip (18) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Scrabble (9) 10:30 Medical Myths (5) 12:45 Pinochle (9) Legal Aid (p. 7)	16 9:30 Billiards (8) 10:00 Trivia at Ten (6) 10:30 Tai Chi (14) 12:30 Mah Jong (8)	17 18 9:30 Out to Brunch: The Farm House Trip (16)
19 9:30 Billiards (8) 9:15 LI Aerobics(14) 10:00 Meditation (12) 10-Flu, Covid, Respiratory Illness (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 Golf (8)	20 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15 Release & Restore Yoga (4) 11:30-1 Haircuts by Appt. (12) 1:45 Painting (9)	21 9:00 Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (14) 10:00 Bowling (8) Financial Counsel (p. 7) 12:00 Little Bit Country, Little Bit Rock 'N' Roll (1)	22 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Peddler's Village Trip (16) 10:30 Medical Myths (5) 11- Mats that Matter (9) 12-2 Collett Office Hours (p. 7) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8)	23 9:15 Chanticleer House & Gardens (16) 9:15 Billiards Home vs Normandy Farms (8) 10:30 Tai Chi (14) 12:30 Mah Jong (8)	24 25
26 9:15 LI Aerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 11:00 Book Club (6) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks-Mont Golf (8)	27 9:00 Dahlia Farm Trip (17) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15 Release & Restore Yoga (4) 1:00 Bingo (8) 1:45 Painting(9)	28 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes (8) 12:45 Real ID/PA Updates (3)	29 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:30 Medical Myths (5) 12:45 Pinochle (9)	30 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Mah Jong (8)	The number after the program listing indicates on which page of the newsletter more information can be found.