

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| | 1 Beef & Veggie Pie with Cheddar Top; Fresh Fruit | 2 Chef's Salad with Ham, Turkey, Swiss, Hard Boiled Egg, & House Vinaigrette; Whole Wheat Roll | 3 Chick. Cheesesteak Flatbread w/ Sautéed Mushrooms & Onions, Zesty Ketchup Drizzle; Mixed Greens Salad | 4 Baked Eggplant Parm; Tossed Green Salad; Whole Wheat Roll |
| 7 Tortellini Antipasto Salad on Greens; Garlic Knot; Fruit | 8 Roasted Veggie Frittata with Sweet Potato Fries & Fresh Fruit | 9 Baked Stuffed Potato with Cheddar, Ham, & Broccoli; Green Salad; Fresh Fruit | 10 Chicken Marsala Served over Wild Rice with Broccoli | 11 Ham & Swiss Sliders; Broccoli Salad |
| 14 BLT Quiche; Greek Salad; Fresh Fruit | 15 Chicken Salad Stuffed Tomato on Greens; Whole Wheat Roll; Fruit | 16 Pork & Sauerkraut; Mashed Potatoes; Glazed Baby Carrots Happy Birthday! | 17 Baked Ravioli with Mozz. & Beef Bolognese; Caesar Salad; Whole Wheat Roll | 18 Monte Cristo Sandwich; Garden Salad; Fresh Fruit |
| 21 Sloppy Joe; Loaded Potato Salad; Pickles; Fruit | 22 Baked Haddock with Lemon Caper Sauce; Wild Rice; Broccoli; Whole Wheat Roll | 23 Pierogi Pie with Caramelized Onions, Bacon, & Sour Cream; Green Salad Best of Broadway Concert after Lunch! (see p. 1) | 24 Pulled Pork on a Corn Bread Waffle with BBQ Drizzle; Fresh Fruit | 25 Bruschetta Chicken; Garden Salad; Whole Wheat Roll |
| 28 Chick. Cheesesteak Flatbread w/ Sautéed Mushrooms & Onions, Zesty Ketchup Drizzle; Mixed Greens Salad | 29 Chef's Salad with Ham, Turkey, Swiss, Hard Boiled Egg, & House Vinaigrette; Whole Wheat Roll | 30 Wild Caught Salmon Fillet w/ Peach & Pineapple Salsa; Oven Roasted Sweet Potatoes; Garlic Green Beans | 31 Beef & Veggie Pie with Cheddar Top; Fresh 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 dessert on our birthday celebration days: Wednesday, August 16 (for August birthdays) or Wednesday, September 6 (for Sept. 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! See p. 12 for special September Cafe information.

PROGRAM SCHEDULE

2023 / AUGUST

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY SUNDAY |
|---|---|---|--|--|---|
| <p>The number after the program listing indicates on which page of the newsletter more info. can be found.</p> | <p>1 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 Workshop (9)</p> | <p>2 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Billiards Away vs Hillview (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 3:30 Caregivers Support (Virtual) (7)</p> | <p>3 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10-Scientific Ideas (4) 12:45 Tai Chi for Arthritis (1) 12:45 Pinochle (9) PA Medi Appt. (7)</p> | <p>4 9:15 Billiards Home vs Normandy Farms (8) 9:15 Line Dance (14) 9:30 Spirit of Philadelphia Trip (15) 10:00 Crafting with the Salty Seasters (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p> | <p>5 Schedule Announcements: Low Impact Aerobics starts at 9:30 effective 8/7. No Dancefit or Balance, Tone, Stretch on 8/30.</p> |
| | <p>7 NO LI Aerobics (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks Mont Senior Golf League (8)</p> | <p>8 9:15 Billiards Home vs Pennridge (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)</p> | <p>9 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 11:00 Recipe Club (4) 2:00 Caregivers Support (In-person) (7)</p> | <p>10 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10-Scientific Ideas (4) 12:45 Tai Chi for Arthritis (1) 11-Mats that Matter(9) 12:45 Pinochle (9) 1-3 Creative Writing (8) 3:30 Board Meeting</p> | <p>11 9-Billiards Away vs Norm. Farms (8) 9:15 Line Dance (14) 9:30 Billiards (8) 9:30 Guys & Dolls at Dutch Apple Trip (15) 9:30 AARP Safe Driving Refresher (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p> |
| <p>14 9:30 LI Aerobics(14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks Mont Senior Golf League (8)</p> | <p>15 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:00 12 Steps to a Happy Life (3) 11:30-12:40 Haircuts by Appt. (12) 12:45 Movie Matinee: Dirty Rotten Scoundrels (4) 1:45 Painting Workshop (9)</p> | <p>16 9-Shuffleboard (9) 9:30 Billiards Away vs Hershey's Mill (8) 9:30 Billiards (8) 9:30 Sound of Music Trip (15) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 12-2 Collett Office Hours (p. 7) 1:30 Behind the Kitchen Counter (5) Financial Counsel.(p. 7)</p> | <p>17 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10-Scientific Ideas (4) 12:45 Tai Chi for Arthritis (1) 12:45 Pinochle (9) Legal Aid (p. 7)</p> | <p>18 9:15 Line Dance (14) 9:30 Billiards Away vs Arbour Square (8) 9:30 Billiards (8) 11:00 Internet Safety Class (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p> | <p>19 20</p> |
| <p>21 9:30 Billiards (8) 9:30 Hand & Foot (8) 9:30 LI Aerobics(14) 10:00 Emergency! (4) Blood Pressure Chk (12) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks Mont Senior Golf League (8)</p> | <p>22 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 Workshop (9)</p> | <p>23 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 11:00 Pineville Tavern Trip (15) 1:00 Broadway's Best In Concert (1)</p> | <p>24 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10-Scientific Ideas (4) 11- Mats that Matter (9) 12:45 Tai Chi for Arthritis (1) 12:45 Pinochle (9) 1-3 Creative Writing (8)</p> | <p>25 9:15 Line Dance (14) 9:30 Billiards (8) 10:00 Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p> | <p>26 27</p> |
| <p>28 9:30 Billiards (8) 9:30 LI Aerobics(14) 9:30 Hand & Foot (8) 10-Advanced Begin. iPhone Class Pt. 2 (3) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks Mont Senior Golf League (8)</p> | <p>29 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:00 Cooking with Teri Breakfast (5) 1:45 Painting Workshop (9)</p> | <p>30 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) NO Dancefit (14) NO Balance/Tone/Stretch</p> | <p>31 Downtown Scoop Fundraiser (6) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10-Scientific Ideas (4) 12:45 Tai Chi for Arthritis (1) 12:45 Pinochle (9) Last Day For E-Meal Donations (p. 4)</p> | <p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p> | |

Looking for our September lunch menu? It will be posted at the Center and on our website (www.generationsofiv.org) by August 15.

2023 / SEPT

GENERATIONS IS IN "FLOOR CLOSURE"



Did you read that headline correctly? Don't panic - it's a FLOOR closure, not a foreclosure! We wanted you to know that our kitchen floor is scheduled to be replaced between September 11 - 22. If you've ever done a kitchen remodel, then you know it affects the whole ecosystem of a place, and Generations is no different! Our Center WILL BE OPEN during this time, but OUR KITCHEN AND COMMUNITY ROOM WILL BE CLOSED. The noon meal will be a cold offering with greatly reduced seating capacity served in the Cafe. Our Cafe will remain open for beverages only. Many of the programs typically held in the Community Room will be moved elsewhere in the building. However, there are some programs we simply cannot accommodate in other spaces and those we have to cancel. Please note those schedule changes on the program calendar. It's also important to note that while we will be open, and we will try to keep things flowing as well as possible, there will be the expected dust, noise, and smells that come with construction projects. Now, let's move FLOORward for this renovation!

MEET OUR NEW BUS, "GENNI"

We are excited to introduce the newest member of the Generations family, affectionately named "Genni" (as voted on by our staff from Participant submissions). Our new, 2024, 26 passenger mini bus was delivered to us on June 6. The final cost was \$134,000, and the total amount we raised in donations to offset this cost was \$75,282 THANK YOU! At times, we will still use the smaller, 14 passenger bus, but the bigger bus will help us to give highly sought-after seats to more Participants for our most popular trips! Our day trips create much needed revenue for our Center, netting an average of \$20,000 towards Generations programs each year. We appreciate the continued support of our volunteer drivers, escorts and travelers as we continue to explore and adventure together!



WELLNESS/SPA OFFERINGS

BLOOD PRESSURE SCREENINGS: MONDAY, AUGUST 21 & TUESDAY, SEPTEMBER 26 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 (NO HAIRCUTS SEPTEMBER 19)

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 |
|---|--|---|--|---|--|
| <p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p> <p>Schedule Announcements: Generations will be closed on 9/4. There will be no Yoga on 9/8. Please note very important information for September 11-22 on p. 12.</p> | | | | <p>1 9:15 Line Dance (14) 9:30 Billiards (8) 10:00 Trivia at Ten (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p> | <p>2 _____ 3 _____ 10 _____ 16 _____ 17 _____ 23 _____ 24 _____ 30 _____ Oct. 1</p> |
| <p>4 Generations Closed</p>  | <p>5 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-1 Haircuts by Appt. (12) 1:00 Painting Class (9)</p> | <p>6 9-Shuffleboard (9) 9:30 Billiards Home HV (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 11:00 Recipe Club (5) 12:45 Movie Matinee: Grease (6) 3:30 Caregivers Support (Virtual) (7) Bucks Mont Senior Golf League (8)</p> | <p>7 8:30 Landis Valley Village Trip (16) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10-Scientific Ideas (4) 12:45 Tai Chi for Arthritis (1) 12:45 Pinochle (9) PA Medi Appt. (7)</p> | <p>8 8:30 Landis Valley Village Trip Rain Date (16) 9:15 Line Dance (14) 9:30 Billiards (8) NO Release & Restore Yoga (14) 12:30 Mah Jong (8)</p> | |
| <p>11 9:30 LI Aerobics (12) 9:30 Hand & Foot (8) 9:30 Billiards (8) 9:30 Maple Acres Trip (16) 10:30 Tai Chi (14) NO Malagari Office Hours (p. 7, 12) NO Dup.Bridge (12) 1:00 Memoirs (9) Bucks Mont Senior Golf League (8)</p> | <p>12 9:15 Billiards Home vs Pennridge (8) 9:30 Maple Acres Trip Rain Date (16) NO Sit, Stretch, Flex (12) 9:30 Hand & Foot (8) NO Bingo (12) 1:00 Painting Class (9) 6:30 Bereavement Support (7)</p> | <p>13 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) NO Dancefit (12) 10:30 Balance/Tone/Stretch (14) 2-Caregivers Support (In-person) (7)</p> | <p>14 9:30 Billiards (8) No Sit, Stretch, Flex (12) 11-Mats that Matter(9) 11:00 Clue The Musical Trip (16) 12:45 Tai Chi for Arthritis (1) NO Pinochle (9) 1-3 Creative Writing (8) 3:30 Board Meeting</p> | <p>15 9:15 Line Dance (14) 9:30 Billiards Home vs Arbour Square (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p> | |
| <p>18 9:30 LI Aerobics (12) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) NO Dup.Bridge (12) 1:00 Memoirs (9) Bucks Mont Senior Golf League (8)</p> | <p>19 9:15 Newsletter Mailing (9) 9:30 Billiards (8) NO Sit, Stretch, Flex (12) 9:30 Hand & Foot (8) NO Haircuts (12) 1:00 Painting Class (9)</p> | <p>20 9:30 Billiards vs Hershey's Mill (Home)(8) 9-Shuffleboard (9) 9:30 Meditation/SH (12) No Dancefit (12) 10:30 Balance/Tone/Stretch (14) 11:30 Red Hat Picnic (9) 12-2 Collett Office Hours (p. 7) 2:00 Nat'l Parks Trip Info. Meeting (18) Financial Counsel.(7)</p> | <p>21 9:30 Billiards (8) NO Sit, Stretch, Flex (14) 10:00 Scrabble (9) 11:30 Magic & Wonder Theater Trip (16) NO Pinochle (9) Legal Aid (p. 7)</p> | <p>22 9:30 Billiards (8) 9:15 Line Dance (14) 10:00 - 12:00 Senior Expo (Lansdale) (6) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p> | |
| <p>25 9:30 LI Aerobics(14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 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 (8)</p> | <p>26 9:00 Billards Away vs. Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Breathe Easy (6) Blood Pressure Chk (12) 1:00 Bingo (8) 1:00 Painting Class (9)</p> | <p>27 9-Shuffleboard (9) 9:45 The Ultimate Johnny Cash Trip (16) 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 Let's Talk About Loss (3)</p> | <p>28 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Fraud, Schemes, & Scams (6) 11- Mats that Matter (9) 12:45 Pinochle (9) 1-3 Creative Writing (8)</p> | <p>29 9:30 Billiards (8) 9:15 Line Dance (14) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 7:00 Fifth Friday in the Cafe (1)</p> | |