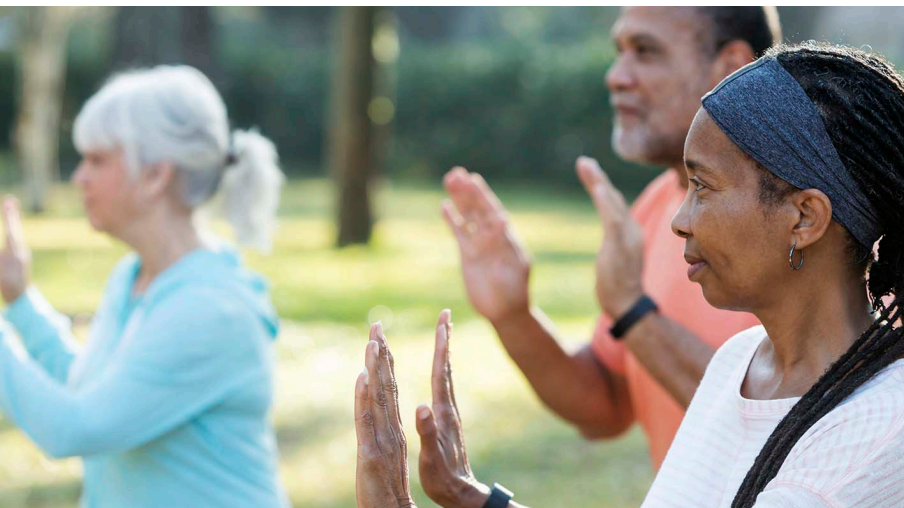




## GENERATIONS OF INDIAN VALLEY

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.



## TAI CHI FOR ARTHRITIS THURSDAYS, 12:45PM AUG 3. - SEPT. 21

Experts agree that suitable exercise for people with arthritis should incorporate components that can improve muscular strength, flexibility, and fitness. Increased muscular strength supports and protects joints, which will reduce pain. Flexibility exercises also help to reduce pain and stiffness, thus improving mobility. Stamina or fitness is important for overall health and proper function of your heart, lungs and muscles.

Tai Chi for Arthritis helps people with arthritis to improve

all these and more. It improves balance both mentally and physically thus significantly reduces the rate of fall of the older adults. Additional benefits include improving relaxation, vitality, posture, and immunity.

Join instructor Tracey Flynn for Tai Chi for Arthritis at Generations. This is a FREE eight session program with each session lasting between 45 and 60 minutes. Exercises can be done seated or standing. The program is most beneficial for individuals who attend all eight classes. Space is limited. Registration for the free program is required by July 27. Please call 215-723-5841 or visit our front desk to register.

## FIFTH FRIDAY IN THE CAFE FRIDAY, SEPT. 29, 7:00PM

Join us for small plates and big fun! Cost: \$15 includes an evening with entertainer Joe Ryan performing favorite hits of artists like Simon & Garfunkle, John Denver, The Beatles & Frank Sinatra (guitar and vocals). We'll also have light snacks and desserts, beer or wine, soda, coffee, and tea. To register, stop by our front desk or call 215-723-5841 by September 25.

## BROADWAY'S BEST IN CONCERT WEDNESDAY, AUG. 23 1:00PM



We are excited to welcome some of our favorite performers back to Generations! We'll hear from local actor/singer/piano/voice instructor Jackie Washam Cekovsky and several of her talented voice students

as they present performances of Broadway's best from shows like Les Miserables and Phantom of the Opera plus composers like Rogers & Hammerstein and Lerner & Lowe. (You may have recently seen Jackie perform as Guinevere in Montgomery Theater's production of Camelot). Sweet treats and beverages will be available to enjoy during the concert. A donation will be collected during the program to offset program costs. Registration is required by Aug. 21. Visit our front desk or call 215-723-5841.

**Visit Our Website:** For the most up to date program information and announcements please visit [www.generationsofiv.org](http://www.generationsofiv.org)

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# 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  
Shawna Boell,  
Member Services Coordinator  
Emily Filice,  
Social Services Coordinator  
Bryan & Darlene Finnemeyer,  
Housekeeping  
Beth Knize, Kitchen Coordinator  
Lexi Little, Kitchen Assistant  
Pat McQue,  
Indian Valley MOW Coordinator  
Heather Lewis,  
North Penn MOW Coordinator  
Chris Obrecht,  
Housekeeping  
Val Perry,  
Member Services Coordinator  
Michele Ross,  
Kitchen 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  
Chari Richardson  
Ella M. Roush

MANY THANKS TO PAINTING INSTRUCTOR SALLY YATES (BOTTOM ROW, CENTER) FOR HER YEARS OF SERVICE TO GENERATIONS. WE WISH HER WELL IN HER RETIREMENT!



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.

## BE PREPARED AND UP TO DATE!

If you have moved or have a new email address, phone number, or emergency contact, we need to know about it! If any of **your information has changed** since you became a Participant here, please stop at our front desk or call us at 215-723-5841, and provide us with an update. Additionally, please make sure you **carry your ID, insurance cards, and emergency contact info** when you visit Generations in case (heaven forbid!) you are ever involved in an emergency situation.



# ADV. BEG. IPHONE PART 2: MON., AUG. 28, 10AM-12PM



This is a continuation of the Advanced Beginner iPhone class previously taught by Rhonda Novicki. Class covers Functions, Voice Mail, Email, Internet, Siri, Home Screens, Apps, Mapquest, Calendar, Contacts, Camera, Food Delivery Services, Transportation Assistance (eg Uber/Lyft), Restroom Finder, Social Media including

Facebook, Health Group Support Groups/ Research, and Virtual Health Care. Bring your charged iPhone along with your Apple ID and any passwords you may need to download apps (we won't ask you to share them but you may need them during the class). Class is not applicable to Android phone

users. This class is for people who have beginner or advanced beginner iPhone knowledge or who have previously completed a beginner class with Rhonda. Cost: \$20 per person, due at registration, includes a donation to Generations. Registration required. Space is limited. Visit our front desk or call 215-723-5841.

## 12 STEPS TO A HAPPY LIFE: TUE., AUG. 15, 11:00AM

Join us for an uplifting presentation hosted by Heidi Noel Slook Marketing Director at Arbour Square.

The more you share your gifts the more you enjoy your purpose in life. Happiness and living a life of purpose is not always easy. It requires resilience and the ability to handle adversity. Long-term happiness requires delayed gratification and making tough

choices for a greater good. How many times do you get out of bed and think, "Another day, now what? How am I going to make a difference in my life and the lives of those around me?" If you're not sure of the answer to this question, then learn how you CAN make a difference. Learn about renewing your surroundings, renewing your relationships, renewing your

goals, and more importantly, renewing YOU. Learn how to use 12 steps to a happy life through the art of living well and begin the journey to a happy life today! Free program. Please register by August 11. Visit our front desk or call 215-723-5841.



## LET'S TALK ABOUT LOSS: WED. SEPT. 27, 12:45PM

The Center for Loss and Bereavement will offer a condensed workshop centered on loss. Loss can encompass so much more than the death of a loved one or friend. We experience loss in many of life's inevitable changes, from loss of independence to relocation of a home

or even retirement. During this one hour workshop, professionals from The Center for Loss & Bereavement will share specialized knowledge and supportive ways to cope with loss that you or someone close to you may be experiencing. We will

engage in meaningful connection and guide Participants in restorative practices for healing and hope. Free program. Please register by Sept. 25. Visit our front desk or call 215-723-5841.

## THE STORIES OF OUR LIVES: WEDS., OCT. 11 - NOV. 15

Join us for another support group series in partnership with The Center for Loss and Bereavement (CLB). The Stories of Our Lives is a program for those interested in shared discussion about life's journey, including personal experiences of loss and hardship along with rich stories of growth, joy, and wisdom.

The program will bring members together in a safe space of comfort, camaraderie, and

compassion. Group sessions will be led by staff of The Center for Loss and Bereavement, with added support from the staff of Generations.

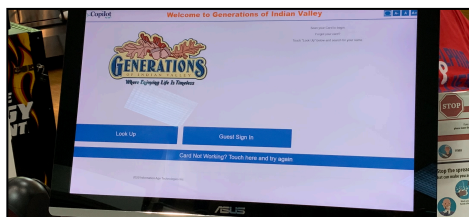
This is not a drop-in group. Expect the same participants for each meeting. Registration is required and available on our website [www.generationsofiv.org](http://www.generationsofiv.org) or at our front desk.

This group is open to Generations Participants and any friends or persons who may benefit. It

is appropriate for both newcomers and for those who have benefitted from a previous 'Stories of Our Lives' session.

**6- Week Group: Wednesdays, Oct. 11, 18, 25 and Nov. 1, 8, 15 from 12:45-2:15pm**

If you would like to visit Generations for lunch prior to the group, please register separately. To express interest or for more info., see Emily: [efillice@generationsofiv.org](mailto:efillice@generationsofiv.org)/215-723-1930.



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



**GENERATIONS GEAR** is available through July 28! A variety of screen printed and embroidered apparel featuring the Generations Logo is available. All orders **MUST** be placed online. You will need an email and a credit card. Visit our website for the link or if viewing the newsletter online [click here](#). If you need assistance ordering, see Amy Stover.



**DINNER IN WHITE FOR IVPL**  
The Indian Valley Public Library will hold their annual Dinner in White Fundraiser in Souderton Park on Sat., Aug. 19. For more info. or to purchase tickets, visit [www.ivpl.org](http://www.ivpl.org)

# SPECIAL PROGRAMS (IN ORDER OF DATE)

^ = Registration is required for this program. To register, stop by our front desk or call 215-723-5841. Save our number!

## SPELL CHECK

Our "Spell Check" game continues. Be on the lookout for the spelling mistake on our event promotion sign (located on 2nd Street outside of our building). The mistake could be on either side - you'll have to look for it! Be the first person to report the spelling mistake to our front desk and you could win \$5 "Kafe Kash."

## GREAT SCIENTIFIC IDEAS THAT CHANGED THE WORLD ^ THURSDAYS, 10:00AM THROUGH SEPT. 7

We continue to offer viewings of the "Great Courses" series, Great Scientific Ideas That Changed the World. Join us each week for a group viewing of two 30 minute lectures followed by a brief discussion (led by volunteer Dave). In this course, we will explore scientific ideas that have played a formative role in determining the infrastructure of modern life. You can attend as many (or as few) lectures as you'd like. A \$2 donation per person per class is appreciated. Registration required ^.

## RECIPE SWAP & SAMPLE ^

WEDNESDAY, AUGUST 9, 11:00AM (PEACHES)

WEDNESDAY, SEPTEMBER 6, 11:00AM (APPLES)  
Let's get together to exchange our favorite tried and true (or new and experimental) recipes. Participants should bring one copy of a favorite printed recipe that fits our monthly theme (see above). We will chat about and swap recipes. Participants will get a copy of each recipe that is shared. A volunteer will prepare their recipe in the Generations kitchen before the club meeting so we can enjoy samples. A donation of \$2 per person per meeting is optional. Led by Generations Volunteer Linda Roberts. Registration is required ^.



## AARP SAFE DRIVING REFRESHER COURSE ^

FRIDAY, AUGUST 11, 9:30AM

Join instructor Judy Pfanders to learn how to operate your vehicle more safely. Most insurance companies require an eight hour course to be taken initially and a four hour refresher course every three years after that. Contact your insurance company for exact discount requirements.. **A 1/2 hour lunch break will be given at 12:00. Participants may register for our noon meal (see p. 10), purchase items in our Cafe, or pack a lunch.** Fee: \$20 for AARP Members; \$25 for Non-AARP Members. Separate registrations are required for this class and our noon meal. Noon meal registration required by Aug. 8 ^.



## CRAFTING WITH THE SALTY SEASTERS ^

FRIDAY, AUGUST 4, 10:00AM



Join the "Salty Seasters" Becky and Amy, and their Mom, Tish, for a fun

morning making "bird's nest" jewelry like those pictured here. They can be customized for size, color of eggs, and color of nest. Craft for yourself or for a unique gift. Cost: \$12 includes materials and instruction to make up to three nests. Find out why we're called the "Salty Seasters!" Register by July 28. Call 215-723-5841 or stop by the front desk ^.

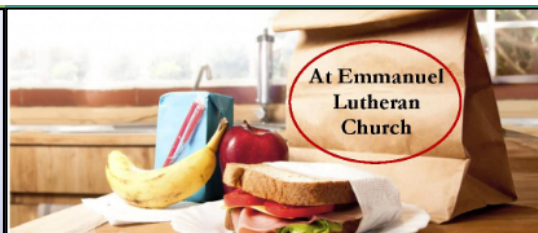
## MOVIE MATINEE: DIRTY ROTTEN SCOUNDRELS ^

TUESDAY, AUGUST 15, 12:45PM

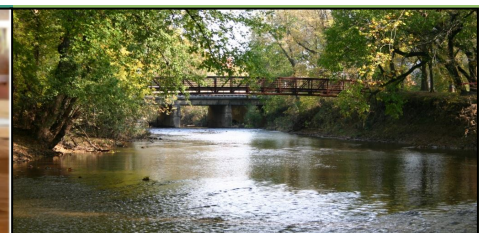
In this 1988 comedy remake of *Bedtime Story*, Steve Martin and Michael Caine play a pair of conmen who've been tricking the rich women of the French Riviera out of their fortunes before realizing they share the same turf. Thus begins an increasingly ridiculous duel, with Caine's buttoned-



**SHINGLES 2nd DOSE REMINDER**  
The 2nd dose in the two step Shingles vaccine will be offered at Generations on Friday, October 13. Registration is required. To schedule an appointment at Generations, call 215-723-5841 or visit our front desk.



**"E-MEAL" FOOD & VOLUNTEERS NEEDED!**  
Generations is collecting shelf stable, individually packed food items for use at Emmanuel Lutheran Church's E-Meal program. Most wanted: granola bars, cracker packs, applesauce pouches, juice boxes. Please bring items to the Generations front lobby by Thur., Aug. 31. Any donations after Aug. 31 OR donations of perishable/fresh items will be gladly accepted at the church (60 W. Broad St., Souderton) Mon-Sat between 11am-1pm. Questions? Call Anne Marie (215) 723-7514.



**MONTCO TRAIL CHALLENGE**  
Pick up an official trail challenge card at Generations and visit any one of the participating trails. Record the symbol found there. Submit your card online or at a drop box by Dec. 3. More info: [www.montcopa.org/trailchallenge](http://www.montcopa.org/trailchallenge)



# SPECIAL PROGRAMS (IN ORDER OF DATE)

^ = Registration is required for this program. To register, stop by our front desk or call 215-723-5841. Save our number!

up Lawrence making the perfect foil for Martin's goofball Freddy. Running time is one hour and 50 minutes. This movie is rated PG for violence, sexual content, language, and drug use. Free admission. Popcorn and other concessions available for purchase in our Cafe. Please register by August 15 if you plan to attend ^.

## INTERNET SAFETY CLASS ^

FRIDAY, AUGUST 18, 11:00AM

Want to learn how to avoid cybercrime, prevent identity theft, and maintain online personal privacy? Many internet users have their personal information, and devices exposed to hackers every single day without even knowing that they're in danger. Join Alan Berry, a volunteer with RSVP Montgomery County, for a free informational program about how to stay safe when using the internet. Alan will discuss the most common online threats facing seniors today, such as phishing, data breaches/password theft, social media scams, banking fraud and privacy violations. Registration required by Aug. 16 ^.

## EMERGENCY! ^

MONDAY, AUGUST 21 10:00AM

Every moment counts in an emergency. Learn what you can do to help yourself and others. This free, Help Yourself to Healthy Living presentation from Jefferson Health-Abington is offered both in person at Generations and virtually via Zoom.™ To register for the virtual Zoom™ meeting, visit our website [www.generationsofiv.org](http://www.generationsofiv.org) and click on virtual program offerings under "upcoming events." Registration for the in-person option is also required ^.



## NAME THAT TUNE ^

FRIDAY, AUG. 25 & MONDAY, SEPT. 25, 10:00AM

Come to Generations to build your brain power with a fun morning of identifying your favorite songs. Choose the decade you know best and we'll challenge your memory! Led by Generations Program Coordinator Amy. Please register ^.

## COOKING WITH TERI - BREAKFAST ^

TUESDAY, AUGUST 29, 11:00AM

Breakfast recipes are generally easy to make, endlessly versatile, and offer a complete meal all in one porcelain baking dish. Who wouldn't want to dig into an egg casserole filled with bell peppers, green onions, and cheese or a sweet and gooey French toast casserole? Join Teri Wassel to learn about breakfast nutrition tips and recipes that are worth getting out of bed for! Teri Wassel, MS, RD, is a Public Health Nutritionist for Montgomery County who enjoys teaching our senior center participants how to incorporate healthy eating into their daily routines. The best part? Samples. Registration required by Aug. 23 ^.

## FREE NAIL ART APPOINTMENTS

SELECT DATES IN AUGUST ^

Includes hand soak and massage followed by nail filing and painting/ nail art with Shannon. (No trimming). Appointment required. Check for availability and schedule at our front desk ^.



## BEHIND THE KITCHEN COUNTER WITH VAL & SHAWNA WEDNESDAY, AUGUST 16, 1:00PM ^

Join Generations Member Services Coordinators (and new guest chefs!) for a cooking demo in the Generations Cafe! Hear helpful tips and enjoy this afternoon of cooking and creativity. Val & Shawna will share their love of the versatile crepe! They will demonstrate different fillings and pairings, both savory and sweet, that will make

your crepe crafting incredible. Attendees will be given a "take home" meal featuring a crepe creation. Cost: \$8 per person includes attendance at the food demo and take home meal. Registration required by August 14 ^.



## NEWS & NOTES:

### FEATURED ARTIST JULY/AUG.:

To local artist, William Sauts Bock, art is life. His Souderton home is where he creates and curates his collection. With a career spanning 60 years, he has illustrated over 300 books, and many of his paintings hang in museums and embassies. While his subjects and inspirations have changed over the years, he spent 20 years documenting the Lenape Indian way of life and was adopted into the tribe as an official member. He painted in oil early in his career, and moved onto watercolor, gouache, and tempera. He continues to create in ink, pencil and watercolors to this day.

### SENIOR EXPO:

PA State Representative Steve Malagari will host a Senior Expo on Friday, September 22, 10:00 AM to 12:00pm at Trinity Evangelical Lutheran Church (1000 W. Main St., Lansdale, PA). The event features refreshments, free health screenings, resources and material in senior care, consumer protection, financial education and more.

### WE NOW TAKE CREDIT CARDS:

There is a \$5 minimum purchase for the Cafe and a \$10 minimum purchase for the front desk. A 3% fee will be added to all credit card transactions.

### FARMERS MARKET VOUCHERS:

Montgomery County residents who are 60 years or older and have a household income that does not exceed \$26,973 (one person) and \$36,482 (two persons) are eligible to receive \$50 in farmers market food vouchers at Generations. Distribution is M-F, 10am-12pm. Questions? Call Emily Filice, Social Services Coordinator: 215-723-1930.

## SPECIAL PROGRAMS

^ = Registration is required for this program. To register, stop by our front desk or call 215-723-5841. Save this number in your contacts in case we need to call you!

### DOWNTOWN SCOOP FUNDRAISER

THUR., AUG. 31, 3:00PM - 9:00PM

Visit Downtown Scoop on August 31 at 11 W Chestnut St. in Souderton for a delicious, super premium ice cream treat! Downtown Scoop is an adorable, small batch shop serving locally sourced ice cream that you will love! 10% of all sales on August 31 will be donated to Generations. Tell your friends & family!

### TRIVIA AT TEN ^

FRIDAY, SEPTEMBER 1, 10:00AM

Maintain your mental muscles with a morning of Jeopardy style trivia. Prizes will be awarded for winning players. Led by Generations Program Coordinator Amy Stover ^.

### MOVIE MATINEE: GREASE ^

WEDNESDAY, SEPT. 6, 12:45PM

This month's feature (by request) is the 1978 musical romance, Grease starring John Travolta & Olivia Newton-John. Experience the friendships, romances and adventures of a group of high school kids in the 1950s. Welcome to the singing and dancing world of "Grease," the most successful movie musical of all time. Running time is one hour and 50 minutes. This movie is rated PG-13 for violence, sexual references, teen smoking and drinking, and language. Free admission. Popcorn and other concessions available for purchase in our Cafe. Please register if you plan to attend ^.

### BREATHE EASY ^

TUE., SEPT. 26, 10:00AM

Learn how to prevent respiratory illnesses and keep chronic respiratory diseases (such as Asthma and COPD) under control. This free, Help Yourself to Healthy Living presentation from Jefferson Health-Abington is offered both in person at Generations and virtually via Zoom.™ To register for the Zoom™ meeting, visit our website and click on virtual program offerings under "upcoming events." Registration for the in-person option is also required ^.

### FRAUD, SCHEMES & SCAMS ^

THUR., SEPT. 28, 10:00AM

Join Christine O'Neill, Harleysville Bank Branch Manager, AVP, to learn how to protect yourself from common fraud, schemes, and scams aimed at seniors. Ms. O'Neill has 36 years of banking experience and currently serves as a Board of Director with the Indian Valley Chamber of Commerce. Participants can feel free to share their concerns or experiences with scams in the interest of education and awareness. Registration required for the free program ^.

## ENJOY CONCERT SUNDAES!

Held on Sundays at Souderton Community Park, 7pm (Rain: Souderton High School or Indian Crest Middle School). Refreshment Sales benefit local community groups.

July 23	Class of 84	New Orleans Swing, Hot Jazz
July 30	Merion Concert Band	Broadway, Classical
Aug. 6	The Motor City Review	Party Band, Oldies



# 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 John Olsen: [John.Olsen@jefferson.edu](mailto:John.Olsen@jefferson.edu).



## PA MEDI APPOINTMENTS (FORMERLY APPRISE)

THURSDAYS, AUG. 3 & SEPT. 7

Ed Savitsky, our PA Medi counselor, can help you make good health insurance decisions and navigate the Medicare maze. PA Medi is a free health insurance counseling program for older Pennsylvanians and is open to members of the community. Call Social Services to schedule your appointment: 215-723-1930.

## FARMERS MARKET VOUCHER INFO ON PAGE 6

### 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 SUPPORT

The Muller Institute for Senior Health hosts a **virtual support** via Zoom/landline phone on the 1st Wed. of each month at 3:30pm. Registration is required. For join information please contact Katherine Rovine: Coordinator, Memory Fitness Center, 215-441-6888 or [Katherine.Rovine@jefferson.edu](mailto:Katherine.Rovine@jefferson.edu). An **in person Caregiver Support Group** takes place the 2nd Wed. of every month at 2pm at Adult Day Services, 51 Medical Campus Drive Lansdale, PA. Please contact: Theresa Shomberg: 215-855-1298 [Theresa.Shomberg@jefferson.edu](mailto:Theresa.Shomberg@jefferson.edu)

LEGAL AID: THURS., 8/17 & 9/21  
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 AM -12:45 PM  
(NO HOURS AT GENERATIONS 9/11)

## PA STATE SEN. OFFICE HOURS

3RD WEDNESDAY, 12 - 2PM

A member of State Rep. Steve Malagari's office OR State Senator Maria Collett'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 offices at 267-768-3671 (State Rep. Steve Malagari) or 215-368-1429 (State Sen. Maria Collett). Appointments are appreciated.

## TRANSNET/TRANSPORTATION

We may be able to assist you with transportation to Generations through TransNet. For eligibility or to schedule appointments for TransNet, call Emily: 215-723-1930.

## MONTCO VETERANS AFFAIRS

To schedule an appointment, call the Office of Veterans Affairs: 610-278-3285. MontCo. provides door-to-door shuttle service to VA medical facilities for any Montgomery County Veteran (and their caretaker).

**DIAL 211 FOR A TOLL-FREE  
HOTLINE CONNECTING THE  
COMMUNITY TO HEALTH &  
HUMAN SERVICE RESOURCES.**

# 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 visit our website [www.generationsofiv.org](http://www.generationsofiv.org) for health & safety guidelines.

## **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 (NO BINGO SEPT. 12)**

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. Bring your own refreshments to enjoy during the game/at the break.

## **BOWLING:**

Bowling is no longer offered regularly. If you would like to be on a list of people to receive a phone call for playing 1-2 games at Earl Bowl, please call our front desk: 215-723-5841. A group member will contact you when they're planning to bowl.

## **BUCKS MONT SENIOR GOLF LEAGUE**

### **MONDAYS, 4:00PM**

The league is held at Twin Woods Golf Course in Hatfield. It 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. When a holiday falls on a Monday, the league will be held the following Wednesday (ie May 29 moves to May 31). Details online at [bucksmontgolf.com](http://bucksmontgolf.com), OR Call Twin Woods: 215-822-9263.

## **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. **See you on September 27!**

## **CHORALEERS: MONDAYS, 1:00PM, RESUMES SEPT. 25**

The Choraleers sing and perform a variety of popular, seasonal, and patriotic tunes from September - May. New members welcome. Call Annamarie: 215-723-3591.

## **CREATIVE WRITING**

### **2ND & 4TH THURSDAYS, 1 - 3PM**

Join our creative writing group. Each week will provide prompts for different types of creative writing. These may include poetry, plays/skits, short stories, narratives, or novellas. Writings may be shared for mutual response. If you are interested in attending, please register in advance by calling our front desk: 215-723-5841.

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

### **NOT HELD SEPT. 11 OR 18**

This session features a serious approach to the game and requires a partner. Registration begins at 12:15. Donation: \$1.00. Coffee available after games.

## **GARDEN CLUB:**

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



## **HAND & FOOT CARD GAME:**

### **MONDAYS, 9:30-12:30 & 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.

## **MAHJONG: FRIDAYS, 12:30PM**

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

**PING PONG:** Ping Pong Match Up is no longer a scheduled offering. Our table is available for play at other times as long as the room is not in use for another program. You can bring your own partner or we can put the table against the wall for single play. Check with Amy Stover for scheduling questions: 215-723-5841 ext. 104.





**MATS THAT MATTER: 2ND & 4TH THURSDAYS, 11AM**  
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. For questions or concerns, call Marilyn: 215-723-5669. Some September sessions may be held virtually. New participants please call Amy at 215-723-5841 if you plan to attend in September.

#### **PAINTING WORKSHOPS (WATERCOLOR):**

**TUESDAYS IN AUGUST, 1:45PM–3:45PM,**

A painting workshop (with no instructor) is offered on Tuesdays through Aug. 29 from 1:45-3:45. Bring your own supplies and paint alongside friends. Suggested donation of \$1 per person for each workshop. No need to register for summer workshops.

#### **PAINTING CLASS (WATERCOLOR):**

**TUES., SEPT. 5 - 26, 1 - 3PM (NEW TIME)**

Our new instructor is Ali Aiken. Ali is a tenured art educator whose current artistic focus is watercolor followed closely by any other art medium she can find a few minutes to dabble in. Classes will begin with

instruction and demonstration of water color techniques. Class members will then be given the option of working on a teacher prompted project or on their own work. Support will be offered during class. Bring your own supplies. **You must register and pre-pay for each new monthly session if you plan to attend.** Sessions are priced as a series; no a la carte class payments or credits. \$20 for the four week series; Registration opens August 15. See p. 12 for important information about a scheduled construction project 9/11-9/22. Painting classes will still be held. To register, call: 215-723-5841.

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

**NOT HELD SEPT. 14 OR 21**

A fast paced game with straight bid, no partner required. Players must be proficient and able to keep up with fast pace. Coffee available after games. Donation: \$2.00. Please arrive 10-15 minutes early to pay for your game.

#### **RED HAT HAPPENINGS:**

Save the date for the following Red Hat events:

**Wed., Sept. 20, 11:30: Picnic at Franconia Park**

**Thur., Dec. 14, Christmas Party at IVCC**

For Red Hat concerns and registration, contact Linda:

215-450-4986, [mooma2cats@gmail.com](mailto:mooma2cats@gmail.com) OR Grace

Price: 215-723-4722 or [priceswrite1953@yahoo.com](mailto:priceswrite1953@yahoo.com)



## **VOLUNTEER/DONATION OPPORTUNITIES**

Volunteer greeters/hosts are needed for our noon meal, bingo games and special events. We are also in need of sub Bingo callers. Contact Amy: 215-723-5841

Emmanuel Lutheran Church (Souderton) desperately needs volunteers for their "E-Meal" program. Daytime shifts for packing and or distribution held Mon-Sat. Contact Anne Marie 215-723-7514. See p. 4 for donation info.

Volunteers are needed to deliver Meals on Wheels in the Indian Valley and North Penn areas. Open routes for weekly, biweekly, or subs. Times are approximately 10:45am-12:45pm. Contact Pat or Heather: 215-723-8555.

Volunteers are needed to help seal and label newsletters on Tuesday, Sept. 19 at 9:15am. (No mailing in August). Contact Amy: 215-723-5841.

Volunteer Drivers are needed for our day trips (CDL preferred but Non-CDL Drivers who love to get out and about are also needed). Free tickets and meal comps for drivers. Contact Lisa: 215-723-5841.

#### **SCRABBLE: 1ST & 3RD THURS., 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: WEDS., 9:00AM**

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**

For questions about how to perform specific tasks on your device, you can request a free "Technology Tips" appointment by calling 215-723-5841 or emailing [astover@generationsofiv.org](mailto:astover@generationsofiv.org) to request an appointment. One of our tech volunteers will determine how best to assist you. Free service.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Beef & Veggie Pie with Cheddar Top; Fresh Fruit	<b>2</b> Chef's Salad with Ham, Turkey, Swiss, Hard Boiled Egg, & House Vinaigrette; Whole Wheat Roll	<b>3</b> Chick. Cheesesteak Flatbread w/ Sautéed Mushrooms & Onions, Zesty Ketchup Drizzle; Mixed Greens Salad	<b>4</b> Baked Eggplant Parm; Tossed Green Salad; Whole Wheat Roll
<b>7</b> Tortellini Antipasto Salad on Greens; Garlic Knot; Fruit	<b>8</b> Roasted Veggie Frittata with Sweet Potato Fries & Fresh Fruit	<b>9</b> Baked Stuffed Potato with Cheddar, Ham, & Broccoli; Green Salad; Fresh Fruit	<b>10</b> Chicken Marsala Served over Wild Rice with Broccoli	<b>11</b> Ham & Swiss Sliders; Broccoli Salad
<b>14</b> BLT Quiche; Greek Salad; Fresh Fruit	<b>15</b> Chicken Salad Stuffed Tomato on Greens; Whole Wheat Roll; Fruit	<b>16</b> Pork & Sauerkraut; Mashed Potatoes; Glazed Baby Carrots <b>Happy Birthday!</b>	<b>17</b> Baked Ravioli with Mozz. & Beef Bolognese; Caesar Salad; Whole Wheat Roll	<b>18</b> Monte Cristo Sandwich; Garden Salad; Fresh Fruit
<b>21</b> Sloppy Joe; Loaded Potato Salad; Pickles; Fruit	<b>22</b> Baked Haddock with Lemon Caper Sauce; Wild Rice; Broccoli; Whole Wheat Roll	<b>23</b> Pierogi Pie with Caramelized Onions, Bacon, & Sour Cream; Green Salad Best of Broadway Concert after Lunch! (see p. 1)	<b>24</b> Pulled Pork on a Corn Bread Waffle with BBQ Drizzle; Fresh Fruit	<b>25</b> Bruschetta Chicken; Garden Salad; Whole Wheat Roll
<b>28</b> Chick. Cheesesteak Flatbread w/ Sautéed Mushrooms & Onions, Zesty Ketchup Drizzle; Mixed Greens Salad	<b>29</b> Chef's Salad with Ham, Turkey, Swiss, Hard Boiled Egg, & House Vinaigrette; Whole Wheat Roll	<b>30</b> Wild Caught Salmon Fillet w/ Peach & Pineapple Salsa; Oven Roasted Sweet Potatoes; Garlic Green Beans	<b>31</b> Beef & Veggie Pie with Cheddar Top; Fresh Fruit	<b>All menu items are subject to change. We will post applicable updates on our website:</b> <a href="http://www.generationsofiv.org">www.generationsofiv.org</a>

## 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.



2023 / AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<div>The number after the program listing indicates on which page of the newsletter more info. can be found.</div>	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)	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)	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)	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)	5 Schedule Announcements: Low Impact Aerobics starts at 9:30 effective 8/7. No Dancefit or Balance, Tone, Stretch on 8/30.
	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)	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)	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)	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	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)
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)	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)	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)	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)	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)	19 20
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)	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)	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)	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)	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)	26 27
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)	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)	30 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) NO Dancefit (14) NO Balance/Tone/Stretch	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)	All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org	

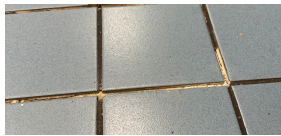
**Looking for our September lunch menu? It will be posted at the Center and on our website ([www.generationsofiv.org](http://www.generationsofiv.org)) by August 15.**

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
<b>All programs are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></b>				<b>1</b> 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)	<b>2</b> <b>The number after the program listing indicates on which page of the newsletter more information can be found.</b>
<b>Schedule Announcements:</b> <b>Generations will be closed on 9/4. There will be no Yoga on 9/8.</b> <b>Please note very important information for September 11-22 on p. 12.</b>					
<b>4</b> <b>Generations Closed</b> 	<b>5</b> 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)	<b>6</b> 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)	<b>7</b> 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)	<b>8</b> 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)	<b>9</b> <b>10</b>
<b>11</b> 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)	<b>12</b> 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)	<b>13</b> 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)	<b>14</b> 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	<b>15</b> 9:15 Line Dance (14) 9:30 Billiards Home vs Arbour Square (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>16</b> <b>17</b>
<b>18</b> 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)	<b>19</b> 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)	<b>20</b> 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)	<b>21</b> 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)	<b>22</b> 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)	<b>23</b> <b>24</b>
<b>25</b> 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)	<b>26</b> 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)	<b>27</b> 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)	<b>28</b> 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)	<b>29</b> 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)	<b>30</b> <b>Oct. 1</b>

# FITNESS OFFERINGS

**BALANCE, TONE, & STRETCH: WEDNESDAYS, 10:30AM**  
(NO CLASS 8/30)

Come for a class featuring full body standing and seated exercises for all fitness levels. Improve balance, strength, mobility, and flexibility. Resistance bands and weights (optional) are provided or bring your own. Lysandra Sanchez, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

**BEGINNER LINE DANCING: FRIDAYS, 9:15-10:15AM**

Stop by for fun and fitness led by Generations Participant Nancy Ehly. She'll show you easy-to-follow, partner-free dances from favorite categories such as waltz, mambo, rhumba, cha cha, polka and country. All dances are categorized as "absolute beginner" to "beginner." Fee: \$4/class or \$24/8 class card. No pre-registration required. Sign in and pay at front desk upon arrival.

**DANCEFIT: WEDNESDAYS, 9:30-10:15AM**

(NO CLASS 8/30, 9/13, 9/20)

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. No pre-registration required. Sign in and pay at front desk upon arrival.

**RELEASE & RESTORE YOGA: FRIDAYS AT 10:30**

Release stress and tension, and calm your mind. Appropriate for all levels and practiced standing and sitting. No mats are necessary. Darlene Cianci, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

## FIT FOR LESS

**The following classes are led by certified fitness instructors. Please sign in upon arrival and stop by the front desk to pay \$3.00 per person, per class.**

**LOW IMPACT AEROBICS: MONDAYS, 9:30-10:15 (NO CLASS AUG. 7)**

**NOTE NEW START TIME OF 9:30 EFFECTIVE AUGUST 14TH**

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: Robyn Earl.

**SIT, STRETCH, FLEX: TUESDAYS & THURSDAYS, 9:30-10:15AM**

This seated workout includes aerobics, strength, flexibility, and balance work. Keep moving, prevent falls, or return to exercise after a break.

Equipment provided. Instructor: Jean Tornetta

## 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/lobby) or our website [www.generationsofiv.org](http://www.generationsofiv.org) for important announcements and last-minute changes.**
- **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.**

**TAI CHI: MONDAYS, 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. No pre-registration required. Sign in and pay at front desk upon arrival.

**WALKING CLUB:- POSTPONED UNTIL FURTHER NOTICE AS OF JUNE, 2023.**

## PLEASE NOTE VERY IMPORTANT FITNESS CLASS SCHEDULE

**CHANGES FOR THE  
MONTHS OF AUGUST &  
SEPTEMBER ON P. 11-13**

### FITNESS VIDEOS:

Recorded videos of our classes are offered on our website. To access the videos, visit our website: [www.generationsofiv.org](http://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](mailto:astover@generationsofiv.org).

## 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 3:00pm by calling 215-723-5841. Please note the new time effective June, 2023
- 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

### SPIRIT OF PHILADELPHIA, LUNCH CRUISE

FRIDAY, AUGUST 4

Enjoy a lunch cruise while taking in the breathtaking skyline views. Featuring fine cuisine and exceptional service, the cruise offers sensational views along the historic Delaware River. We will enjoy a 2-hour cruise along with entertainment and a delicious lunch buffet with freshly prepared entrees, salads and desserts. (There are steps to get around the boat and down to the restroom).

**Cost: \$120 includes ride on our bus, lunch, cruise, taxes, and gratuity.**

**Departs: 9:30am**

**Returns: 4:00pm**

**Trip Opened: July 5 @ 3pm    Payment Deadline: July 6**



### GUYS AND DOLLS, DUTCH APPLE DINNER THEATRE

FRIDAY, AUGUST 11

This musical romantic comedy involves the unlikeliest of Manhattan pairings: a high-rolling gambler and a self-righteous missionary, a showgirl dreaming of the straight and narrow and a crap game manager who is anything but. Guys and Dolls tells of con-man Nathan Detroit's efforts to find new life for his illegal, but notorious crap game. From the bustle of Times Square to the dance clubs of Havana to the sewers of New York City, this show demonstrates the great lengths to which a guy will go when he truly falls in love with a "doll."

Cost: \$110 includes ride on our bus, show, lunch, taxes, and gratuity.

**Departs: 9:30am**

**Returns: 5:30pm**

**Trip Opened: July 5 @ 3pm    Payment Deadline: July 10**

### THE SOUND OF MUSIC, CANDLELIGHT THEATRE, ARDENTOWN

WEDNESDAY, AUGUST 16

One of the most beloved musicals of all time, The Sound of Music is the final collaboration between Rodgers & Hammerstein. Based on the memoir of Maria Augusta Trapp, it features a trove of cherished songs.

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

**Departs: 9:30am**

**Returns: 4:00pm**

**Trip Opened: July 5 @ 3pm    Payment Due: July 14**

## DAY TRIPS CONTINUED ON P. 16



# DAY TRIPS

## OUT TO LUNCH:

### PINEVILLE TAVERN

WEDNESDAY, AUGUST 23

Built in the 18th century, The Pineville has seen many transformations, from feed mill to general store to hotel and, finally, to the Tavern. The Abruzzese family purchased the Pineville Tavern in 1989 and have subsequently flourished the brand with strategic additions to the property, an elevated menu, and an unwavering commitment to excellence. They were featured on the Food Network for their famous snapper soup.

**Cost: \$68 includes ride on our bus, lunch, taxes, and gratuity.**

**Depart: 11:00am Return: 2:30pm**

**Trip Opened: July 12 @ 3pm**

**Payment Deadline: August 4**

## ~NEW! SEPT. & OCT. TRIPS~

### LANDIS VALLEY VILLAGE & MUSEUM,\* LANCASTER

THURSDAY, SEPTEMBER 7  
(RAIN DATE SEPT. 8)

Step back in time with a visit to Landis Valley Village & Farm Museum, considered by many to be the “best-kept secret in Pennsylvania.” Founded by brothers Henry and George Landis, it is the largest “living history” village in the country dedicated to the total preservation of early Pennsylvania German/Dutch life. We will “Have a Little Taste” of some traditional Pa Dutch foods when we first arrive. Then we will enjoy a guided tour of the village and make a traditional craft to take home. Next, we will head to Oregon



Dairy Restaurant for a for a Pennsylvania Dutch buffet lunch.

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

**Depart: 8:30am Return: 4:30pm**

**Trip Opens: August 9 @ 3pm**

**Payment Deadline: August 10**

### MAPLE ACRES FARM/MARKET\*

#### PLYMOUTH MEETING

MONDAY, SEPTEMBER 11

(RAIN DATE SEPT. 12)



Purchased in 1916 when it was just 12 acres, Maple Acres Farm has been a landmark of Plymouth Township for more than a century. Gary McKeown has preserved the Maple acres Farm, named by his mother Millie, as it expanded to 30 acres over the years. We will enjoy a hayride along with time to visit the animals, shop, and cut a bouquet of zinnia's to bring home. Afterwards we will stop at Cracker Barrel for lunch (on your own).

**Cost: \$45 includes ride on our bus, hayride and flowers.**

**Lunch is on your own.**

**Depart: 9:30am Return: 2:00pm**

**Trip Opens: August 9 @ 3pm**

**Payment Deadline: August 18**

### CLUE THE MUSICAL, PINES DINNER THEATRE,\* ALLENTOWN

THURSDAY, SEPTEMBER 14

The popular game is now a fun-filled musical that brings the world's best-known subjects to life and gets the audience to guess who killed Mr. Boddy, in what room, and with what weapon. Comic antics, witty lyrics, and a

surprise twist entertain from beginning to end in this hilarious show sure to please everyone.

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

**Depart: 11:00am Return: 4:30pm**

**Trip Opens: August 2 @ 3pm**

**Payment Deadline: August 11**

### MAGIC AND WONDER THEATRE- MYSTERY SHOW,\* PARADISE, PA

THURSDAY, SEPTEMBER 21

In this variety magic show, illusionist Brett Myers and his cast explore mysterious worlds such as “Atlantis” and “Neverland.” Enjoy the excitement of the “Roaring 1920's,” the mysteries behind a “Masquerade Ball” and the daring escapades of a “Secret Agent.” You will see more large illusions and more dynamic circus arts than ever before. A buffet meal is included at the theatre prior to the show.

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

**Depart: 11:30am Return: 7:00pm**

**Trip Opens: August 9 @ 3pm**

**Payment Deadline: August 18**

### THE ULTIMATE JOHNNY CASH TRIBUTE,\*

PENN'S PEAK, JIM THORPE

WEDNESDAY, SEPTEMBER 27

Terry Lee's Tribute to Johnny Cash has taken him all across the U.S., Canada, Ireland and the UK. In 2009 he was selected to provide the moves for the Johnny Cash character in Guitar Hero 5.

**PLEASE NOTE: THERE ARE NO IN-PERSON TRIP RESERVATIONS ON OPENING DAY. ALL OPENING DAY RESERVATIONS ARE BY PHONE ONLY, BEGINNING AT 3PM. SEE MORE TRIP RESERVATION INFORMATION ON P. 15.**



# DAY TRIPS

Now he's a regular on RFD-TV too! He looks like Johnny. He sounds like Johnny. He moves like Johnny. Nobody does Johnny Cash like Terry Lee Goffee.

Among the 34 songs included in the tribute are such Cash classics as: "A Boy Named Sue", "Sunday Morning Coming Down", "I Walk the Line", "Ring of Fire", "Folsome Prison Blues" and "Hurt".

**Cost: \$75 includes ride on our bus, show, lunch, taxes and gratuity.**

**Depart: 9:45am Return: 4:30pm**

**Trip Opens: August 2 @ 3pm**

**Payment Deadline: August 16**

## GARDEN OF HEALTH,\* NORTH WALES MONDAY, OCTOBER 2



Do you ever wonder where Generations food donations come from? Garden of Health is a local hunger hero! In 2021 they gave over 383K pounds of healthy food to families, individuals, and Senior Centers in Montgomery and Bucks Counties. We will tour the warehouse and learn how this freshly grown food is making an impact on the community. Learn how the hydroponic and aquaponic gardens work. After our tour, we will stop at The Metropolitan for lunch (on your own) after our tour.

**Cost: \$22 includes ride on our bus and tour. Breakfast or lunch is on your own.**

**Depart: 9:30am Return: 1:15pm**

**Trip Opens: Sept. 13 @ 3pm**

**Payment Deadline: Sept. 18**

## JIMMY BUFFET'S ESCAPE TO MARGARITAVILLE,\*

### DUTCH APPLE, LANCASTER

#### THURSDAY, OCTOBER 12

Jimmy Buffet's Escape To Margaritaville- where people go to get away from it all....and stay to find something they never expected!! This funny yet heartwarming musical tells the story of a part-time bartender/ singer who falls for a career-minded tourist. Hear the most loved Jimmy Buffett classics, including "Cheeseburger in Paradise," "Fins," "Volcano," "Margaritaville" and more.

**Cost: \$92 includes ride on our bus, show, lunch, taxes and gratuity.**

**Depart: 9:30am Return: 5:30pm**

**Trip Opens: Sept. 6 @ 3pm**

**Payment Deadline: Sept. 12**

## ISLANDS IN THE STREAM - A TRIBUTE TO DOLLY AND KENNY,\* PENN'S PEAK THURSDAY, OCTOBER 19

"Islands in the Stream" brings together Karen Hester as Dolly Parton and Dave Karl as Kenny Rogers to recreate the onstage magic of two superstars! From the moment they hit the stage, the audience will be blown away by their phenomenal, high energy vocals, stage presence, and ability to truly look like Dolly and Kenny.

**Cost: \$85 includes ride on our bus, show, lunch, taxes and gratuity.**

**Depart: 9:45pm Return: 4:30pm**

**Trip Opens: Sept. 6 @ 3pm**

**Payment Deadline: Sept. 13**

## CIRQUE DU SOLEIL,\* OAKS

### FRIDAY, OCTOBER 20



Cirque du Soleil BAZZAR is an eclectic lab of invention where a joyous troupe of acrobats, dancers, and musicians create an awe-inspiring display. The dynamic company reimagines, rebuilds, and reinvents vibrant scenarios in an artistic, athletic game of order and disorder. We will stop at P.J. Whelihan's before the show for a late lunch or snack (on your own).

**Cost: \$85 includes ride on our bus & show. Show seating is on bleachers. Lunch on your own.**

**Depart: 1:00pm Return: 7:00pm**

**Trip Opens: August 2 @ 3pm**

**Payment Deadline: August 4**

## GYPSY STAGE COMPANY & McCOOLE'S RESTAURANT,\* QUAKERTOWN

### SUNDAY, OCTOBER 22

Gypsy Stage presents "Edgar Allan Poe and the Flip Side of Comedy" with Grover Silcox. This is a wild-eyed, one-man show featuring comic-actor and media personality, Grover Silcox that promises to amuse and delight with giggles & goosebumps! Before the show, we will enjoy lunch at McCoolle's Restaurant (on your own).

**Cost: \$40 includes ride on our bus and show. Lunch is on your own.**

**Depart: 12:00pm Return: 4:30pm**

**Trip Opens: Sept. 6 @ 3pm**

**Payment Deadline: Sept. 13**

**OUR NEW BUS, "GENNI" HAS  
ARRIVED! (MORE ON P. 12)**



**OUR TRIPS ARE "FRAGRANCE  
FREE." PLEASE  
RESPECT OTHER  
TRAVELERS WHO  
MAY BE**



# OVERNIGHT TRIPS



## A TASTE OF IRELAND OCTOBER 3 - 10, 2023

Ireland trip and reservation information can be found on our website:

[www.generationsofiv.org](http://www.generationsofiv.org) Contact Liza Leister at Travelhaus for more information or to make your reservation: 215-723-8687 or [groups@trvlhaus.com](mailto:groups@trvlhaus.com)

## VIRGINIA BEACH JUNE 2 - 5, 2024 4 DAYS/3 NIGHTS



Includes roundtrip motor coach transportation; three nights deluxe accommodations in Virginia Beach, three breakfasts, three dinners, all taxes and meal gratuities, visits to Norfolk Naval Base, The MacArthur Memorial,

Old Cape Henry Lighthouse, Williamsburg Pottery, Guided Tour of Williamsburg, Naval Museum, free time on the beach/boardwalk and more!

Cost:

\$690 double occupancy

\$930 single occupancy

Travel insurance information is available upon request.

Contact Lisa Furbacher for more information or to make your reservation: 215-723-5841 or [lfurbacher@generationsofiv.org](mailto:lfurbacher@generationsofiv.org)

## NAT'L PARKS & CANYONS OF THE SOUTHWEST OCT 13 - 18, 2024



Includes roundtrip airfare; 5 nights first class hotel; 8 meals motor coach transportation; baggage handling; hotel transfers; visits to Hoover Dam, Grand Canyon West, Bryce National Park, Zion National

Park; Las Vegas Leisure Day and more!

**Info. session at Generations 9/20/23 at 2pm**

Cost: \$3399 per person

Arrangements through

Travel Haus. Travel

insurance information is

available upon request.

Contact Liza Leister for

more information or for

reservations: 215-723-8687

or [groups@trvlhaus.com](mailto:groups@trvlhaus.com)

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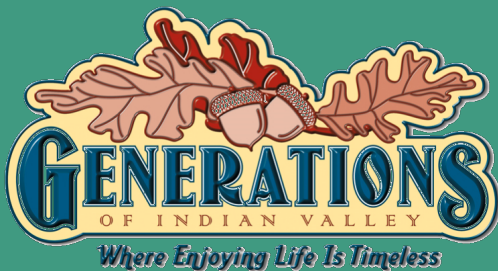


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Montgomery County  
Office of Senior Services

PARTIALLY FUNDED BY:

259 N. SECOND ST.

SOUDERTON, PA 18964



If Montgomery County issues a **Code Red Health Warning** (in anticipation of a hot air mass with a heat index of 100°F or greater), you should take precautions. Drink plenty of non-alcoholic, non-caffeinated fluids. Wear lightweight, light-colored, loose-fitting clothing. Get outdoor work done in the morning. Keep windows and interior doors open when running a fan at home. Seek an air-conditioned building if available, if not, seek rest in the shade. Most of the Senior Centers are air-conditioned, as are malls and libraries.

CURRENT RESIDENT OR

TIME DATED MATERIAL

MAILED FROM LANSDALE JULY 2023



We're now on  
Instagram

@generationsofindianvalley



Find us on  
Facebook

**WE'RE HERE:**

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

EVENINGS & WEEKENDS AS  
SCHEDULED

\*WE WILL BE CLOSED ON MON.,  
SEPT. 4. SEE P. 11 - 13 FOR  
ADDITIONAL IMPORTANT  
SCHEDULING ANNOUNCEMENTS.

**CONTACT US:**

MAIN NUMBER: (215) 723-5841

SOCIAL SERVICES: (215) 723-1930

MEALS ON WHEELS: (215) 723-8555

INFO@GENERATIONSOFIV.ORG

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