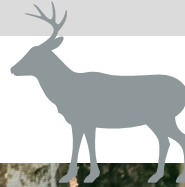


## GENERATIONS OF INDIAN VALLEY

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.



## HOOFIN' IT RAIN OR SHINE



Our Reindeer Run and Walk will be held **Sat., Dec. 2**. It's our 11th year hosting the fundraiser, and we typically raise between \$10,000 - \$12,000 at this highly anticipated community event. The hearty "rain dears" pictured above braved some pretty nasty weather last year to support us! (Photo: Bob Pagni)

Reindeer Run day always gives us a chance to show off our beautiful building and help others to understand the community impact that Generations delivers. We try to welcome event-goers with the same hospitality we always extend to our participants, and we think that's why they keep coming (also there's food).

Each year, a few more of our participants join the fun, and this year we would love to see you there with antlers (and bells) on! You can also sponsor the event by making a donation without even setting foot on the cold December sidewalk. For more information or to register, visit our front desk or our website.

## FESTIVE HOLIDAY FEAST WED., DEC. 20, 12:00PM

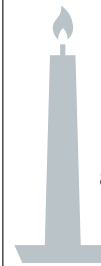
Let's enjoy an elegant holiday gathering. Cost: \$20 per person includes special entertainment, a holiday surf & turf meal with seasonal sides and a gourmet dessert; wine, beer, and wassail; plus coffee & tea. All proceeds benefit our Center & Meals on Wheels funding. Seating is limited, and reservations are required. (There will be no regular noon meal this day). To register, stop by or call the Generations front desk at 215-723-5841 by Thursday, Dec. 14.

## DAY OF MAGIC & MYSTERY WED., JAN. 24, 11:30AM

Enjoy a special mystery meal featuring menu items so mouthwatering, they will disappear before your very eyes! We'll have an exciting and unforgettable show featuring Mystique the Magician. Bring a wrapped 'mystery' gift valued between \$5-\$10 and get a ticket to take home your own mystery gift (this part is completely optional).

Cost: \$20 per person includes lunch, magic show, and magical cocktails and cocktails. Mystery gift exchange is optional. Family & friends are welcome (students attending SASD have off this day). Reservations are required. (There will be no regular noon meal this day). To register, stop by or call the Generations front desk at 215-723-5841 by Thursday, Jan. 18.

## THE LONGEST NIGHT



Most people associate the holiday season with happiness and blessings, but for some, it can be a time of great sadness. Spirits may sink as days grow shorter and we are surrounded by darkness. Some are reminded of recent or past painful loss, or experience feelings of isolation.

Join us for an educational presentation held on the longest night of year, **Thursday, Dec. 21, at 7:00pm**. We will explore the origins of Longest Night ceremonies across cultural boundaries. A brief community ceremony will be followed by a gathering with light refreshments. Take some time for quiet, self-reflection during this often-boisterous season. On the Longest Night of the year, come seek your inner light. . . Please stop by our front desk or contact us to register for this free offering: 215-723-5841/ [astover@generationsofiv.org](mailto:astover@generationsofiv.org)



## CONTENTS

Who We Are	p. 2, 20
Health & Safety Info.	website
Special Announcements & Programs	p. 1-6, 12
Social Service & Volunteering	p. 7, 9
Recreational Offerings	p. 8, 9
Lunch Menus & Calendars	p. 10-13
Health, Wellness & Spa	p. 12, 14
Travel	p. 15-18
Hours & Contact	p. 20

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

# GENERATIONS IS:

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

FROM GENERATION TO GENERATION

## OUR TEAM

### STAFF

Douglas Eschbach,  
Executive Director

Lisa Furbacher,  
Assistant Director

Shawna Boell,  
Member Services Coordinator

Emily Filice,  
Social Services Coordinator

Bryan & Darlene Finnemeyer,  
Housekeeping

Beth Knize, Kitchen Coordinator

Lexi Little, Kitchen Assistant

Heather Lewis,  
North Penn MOW Coordinator

Pat McQue,  
Indian Valley MOW Coordinator

Chris Obrecht, Housekeeping

Val Perry,  
Member Services 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



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, a contribution upon joining followed by 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.

## BASKET RAFFLE FUNDRAISER



**Tickets may be purchased at our front desk through Dec. 1.**

**Tickets are 1 for \$5; 5 for \$10 or 15 for \$20.** Each basket is valued between \$100-\$200! Winners will be chosen at our Reindeer Run on Dec. 2. You need not be present to win. We are so grateful to everyone who donated the many wonderful basket contents! Many thanks to Rosemary Roynan and Home Stream LLC for volunteering time and supplies to create our beautiful baskets!



# SNOW DAY COLD CASH

BY AMY STOVER, PROGRAM COORDINATOR



When I was just a little red-headed snippet, my Grandmom Ryan always created fun family games and theme parties for our large extended family. It's no wonder I ended up in this line of work!

One of my favorite things was our winter snow day calendar. Each person in the family would be assigned dates, and if it snowed on your day, you got a small prize (like chocolate or spearmint leaves) at the end of winter. But the real prize was the fun we all had trying to predict who might win or imagining a family member looking out the

window and then at the calendar to discover it was their snow day.

Grandmom feigned being miffed when the Uncles sometimes resorted to cheating, petty blackmail, or not-so-nice name calling, but we knew it was all in good fun, and I think she knew that too.

The snow day calendar lives on in our immediate family each year! This winter we'd like to bring it to you in the form of a fun cash raffle benefitting Generations! (I don't know if Grandmom would appreciate the gambling but it is a good cause!)

Here's how it works: Purchase "snow days" for \$5 each by visiting our front desk beginning Dec. 8.

The dates between Jan 1 - Apr. 30, 2024 are available for purchase. Purchases close two weeks before the desired snow day. If it snows in Souderton *any* amount on your snow day, you will win CASH! We will distribute 50% of our total income back to snow day buyers in cold cash prizes. For full details, visit [www.generationsofiv.org](http://www.generationsofiv.org) or our front desk. After all, there's no business like snow business!

## AM I REQUIRED TO MAKE A MEAL DONATION?

That is an excellent question! You are not required to make a donation for our regular noon meal. You are given an opportunity to contribute a voluntary and anonymous donation if you wish. You will never be denied a meal if you do not make a donation.

All donations collected are recycled back into programs to benefit seniors in Montgomery County. That means that a donation that you make today will benefit you or other residents of Montgomery County in the future! At Generations, our noon meal cost for one year was

\$54,218.77 in 2022, and we served 12,798 meals during that time. Our average cost per meal was \$4.24. The suggested donation amount is \$2 per meal.

The funding for our Noon Meal (and Meals on Wheels) programs are federal funds that are passed to the states and then on to the counties. The Montgomery County Office of Senior Services (MCOSS) then contracts with senior centers and home delivered meal programs to provide meals for seniors.

All contracted providers must follow the guidelines put in place by the

Pennsylvania

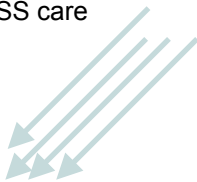
Department of Aging which include food safety and nutrition protocols.

If you've received a meal at Generations, this is a friendly reminder that you may also receive a request from a Generations staff member to complete a required NAT-E nutrition assessment.

We hope that you enjoy the meals provided. If you have any concerns about the program please contact the contracted provider office or your MCOSS care manager at 610-278-3601.



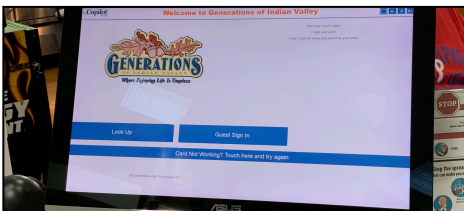
## GROUP ACUPUNCTURE FOR LOW BACK PAIN



B.J. Putnam, DAC, LOM, Dipl OM (NCCAOM) will offer six weekly GROUP ACUPUNCTURE sessions for BACK PAIN Wednesdays, Jan. 10 - Feb. 14 at 10:30AM. Group acupuncture allows people to reduce the typical expense of an acupuncture treatment while gaining support of others who are experiencing similar challenges. Participants will all be treated for back pain while

seated by having points on their arms, legs, and head stimulated, thus eliminating the need for undressing. Our goal is to reduce the severity of back pain, increase mobility, and manage stress that occurs with chronic back pain. **Participants are strongly encouraged to attend all six weeks to obtain the most beneficial outcome.** This is a trial offering. If there is enough interest,

group acupuncture sessions will be offered in the future targeting other types of specialized pain. Fee: \$20 per session. A generous portion of this fee will be donated to Generations. All fees payable by credit, cash or check to Generations. Registration is required and closes two days before each session. Stop by our front desk or call 215-723-5841.



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



### THE NEXT GENERATION

It's so nice to have students from local schools join us for the day! School groups have helped us with gardening, cleaning, special events, and even playing games. The kids are always kind, caring, and helpful.



**BORROW A BOARD** We have lots of board games you can borrow! From Chess to Yahtzee, you can take one home or play while you're visiting. See Amy.

# SPECIAL PROGRAMS (IN ORDER OF DATE)

^ = Registration is required for this program. To register, stop by our front desk and pick up an event registration form or call **215-723-5841**. Please save that number in your contacts or caller ID in case we have to call you about a program.

## KNIT PICKERS ^

**1ST & 3RD WEDNESDAYS, 12:45PM, BEGINS OCT. 4**

Join Generations Volunteer Jean for a friendly new knitting group. Projects & patterns will be shared and taught, or if you choose to work on your own project, we can help with pointers and techniques for getting starting (or finishing). Beginners and experienced knitters are welcome to join us as we chat and stitch. Bring your own supplies. If you're just getting started, we can guide you with what to purchase or borrow for your project ^.



## PERFECT PIE BAKING DEMO ^

**TUESDAY, DECEMBER 5, 10:30AM**

Join Chef Sunny Hassett for a professional baking demo featuring tips for the perfect pie dough. Observe her process for rolling the dough and decorating the pie, and be inspired by two of Sunny's pie recipes (chai pumpkin and apple/caramel). Participants will be given a slice of chai pumpkin pie to take home. Chef Sunny Hassett is Founder and Chef of the Bakehouse, an online European-inspired boutique bakery. If you've enjoyed an authentic European masterpiece at Generations such as a croissant, macaron, morning bun, or even the apple strudel for our Oktoberfest, it was a "Sunny Sensation!" Cost: \$8 includes baking demo and slice of chai pumpkin pie. Space is limited. To register, visit our front desk or call 215-723-5841 by Nov. 28 ^.

## TRIVIA AT TEN ^

**WEDNESDAY, DECEMBER 6, 10:00AM**

**FRIDAY, JANUARY 12, 10:00AM**

What is the traditional birthstone for December? What is the snowiest city on earth? Find out the answers to these questions and more during a morning of brain games and trivia. Fun prizes will be awarded for winning answers. Led by Generations Program Coordinator Amy Stover. Registration is required ^.

## CRAFTERNOONS: HOLIDAY HORSE BIT ^

**THURSDAY, DECEMBER 7, 1:15PM**

Volunteers (and equestrians) Tish & Traute lead this make & take craft class. You will learn to make a unique seasonal decoration using a real horse bit. Use it as a door hanger, wall decor, tree ornament, or a gift for your favorite horse-lover. Get your creative juices and the fun flowing! All supplies, embellishments, and instructions will be provided. \$15 is due with registration by Dec. 5 ^.



## GREAT COURSES: YOUR AGING BRAIN ^

**THURSDAYS, 10:00AM, BEGINS DEC. 7**

Join us for another "Great Courses" series. Each week we will have a group viewing of two 30 minute lectures followed by a brief discussion (led by volunteer Dave). In this course, we will discuss which functions in the aging brain decline, and which brain functions remain stable—or even improve—as we age. You'll also learn a number of strategies you can implement to stave off declining brain function (such as attending these classes) ^!

## SWEET SING ALONG WITH JACKIE & FRIENDS ^

**FRIDAY, DECEMBER 8, 3:00PM**

Join us for some good old fashioned holiday cheer and sweets! Favorite entertainer Jackie Washam, and a select group of her talented voice students will share holiday performances and lead us as we sing along. You can join us in song or just sit back and enjoy as they serenade you! Hot chocolate and cookies will be served. A donation (suggested amount \$5) will be requested to cover program and refreshment costs. Please register by December 6 if you plan to attend ^.

## WHAT'S UP DOC? WITH DR. KERR: FROM FALL TO RISE:

**MASTERING BALANCE AND RECOVERY ^**

**MONDAY, DECEMBER 11, 11:00AM**

Step into a world of improved balance with Dr. Devyn Kerr from On



## ORDER YOUR BAKEHOUSE SPECIALITIES AND SUPPORT GENERATIONS!

The Bakehouse boutique bakery will be selling pies, teacakes, bread pudding, citrus morning buns, buche de noel, and cronky bread bundts for the holidays. Online orders will begin Tue., Nov. 28th and will be open for

two weeks. Paper order forms will also be available in the cafe at Generations. Stop by for free samples between 10:30am -1pm on Thu., Nov. 30! All orders will be available for pick up on Friday, Dec. 22nd, from 10am-2pm at

Generations. 15% of the sales will be given back to Generations to support future programming.

TO ORDER: Stop by our front desk for a paper order form or order online at [www.thebakehousellc.com](http://www.thebakehousellc.com) by Dec. 15.



# SPECIAL PROGRAMS (IN ORDER OF DATE)

**^** = Registration is required for this program. To register, stop by our front desk and pick up an event registration form or call **215-723-5841**. Please save that number in your contacts or caller ID in case we have to call you about a program.

the Move Physical Therapy! Rooted in scientific research and clinical practice, this free interactive presentation offers valuable information and practical strategies. Delve into the science of balance, identify factors that can contribute to falls, and explore proven interventions. Dr. Kerr will share ways to integrate safety and stability into your daily life **^**.

## **HOLIDAY MUSIC WITH INDIAN CREST MIDDLE SCHOOL **^** TUESDAY, DECEMBER 12, 11:30AM**

Brighten your spirits by listening to some holiday music performed by the Indian Crest Middle School jazz, chamber, and vocal ensemble. If you plan to attend the noon meal after the concert, you must register by Dec. 7 (see p. 10 for more info). If you are only coming for the concert, there is no need to register.

## **PURPOSEFUL AND SAFE INTERNET USE SERIES **^** FRI., DEC. 15, 10AM - 12PM (BEST PRACTICES)**

**THUR., JAN. 18, 1:30 - 3:30PM (BYO DEVICE)**

The Internet helps us stay connected with friends and family, manage our lives from home, and access entertainment, news, and information. Join Alan Berry for a free series of informational and interactive programs about how to maximize the benefits of the internet while minimizing the potential threats. Through discussion and hands-on learning, we will explore the most common online threats facing seniors today, build basic computer and digital literacy skills, and develop personal strategies for using the internet and digital devices.

The December meeting will focus on email and browser best practices. The January meeting will focus on personal devices. "Bring your own devices" (BYOD) and specific questions/tasks you would like to explore **^**.

## **LESS-STRESS HOLIDAY SEASON & FALL PREVENTION **^** MONDAY, DECEMBER 18, 10:00AM**

Have a peaceful and "less-stress" holiday season! Learn how to reduce stress that can sometimes surround holiday traditions. We will also discuss the importance of fall prevention for the coming winter months (and all year)! This free 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 in-person is also required **^**.

## **MOVIE MATINEES:**

Donations appreciated. Popcorn provided. Other concessions available for purchase in our Cafe. Please register if you plan to attend **^**.

## **THE HOLIDAY **^** TUESDAY, DECEMBER 19, 12:45PM**

In this 2006 romantic comedy starring Cameron Diaz, Kate Winslet, Jude Law, and Jack Black, two women troubled with guy-problems swap homes in each other's countries, where they each meet a local guy and fall in love. Running time is 2 hours, 16 minutes. Rated PG-13 for sexual content and some strong language. .

## **THE INTERN **^** WEDNESDAY, JANUARY 17, 12:45PM**

The Intern is a 2015 comedy-drama film starring Robert De Niro, Anne Hathaway, and Rene Russo. A 70-year-old widower becomes a senior intern at a fashion website, where he forms an unlikely friendship with the company's workaholic CEO. Running time is 2 hours. Rated PG-13 for some suggestive content and brief strong language.

## **NAME THAT TUNE: HOLIDAY/WINTER **^** FRI., DEC. 22, 10AM**

## **T.V. THEMES **^** FRI, JAN. 26, 10:00AM**

Come to Generations to build your brain power with a fun morning of identifying songs. See above for our monthly themes. Led by Generations Program Coordinator Amy **^**.

## **CHARTER SCHOOL CONCERT **^****

## **THURSDAY, DECEMBER 21, 11:30AM**

Enjoy Souderton Charter School's special presentation of winter and holiday music before lunch. If you plan to attend the noon meal after the concert, you must register by Dec. 18 (see p. 10 for more info) **^**. If you are only coming for the concert, there is no need to register.

# **LOVING LIFE IN A RETIREMENT COMMUNITY TUE., JAN. 16, 10:30AM**

Loving Life in a Life Plan Community is a 271-page soft-cover guide to navigating the questions of where to live in one's older years. Part narrative and part analysis, it gives information and stories that help a person feel confident in a retirement community. Meet the author, Janice Arrowsmith, who will share the history of the book, highlight two or three readings

(including the very well-received excerpts on downsizing), and allow time for discussion, questions, and answers.

Janice says that creating this book has been an adventure. The book is both (1) a practical guide to explain choices for living safely and long, and (2) dozens of stories that convey the feeling of living among fellow retirees.

Books will be available for sale (\$19.95 credit, cash, or checks payable to Janice Arrowsmith). No specific retirement community will be endorsed during this program.

Free program. A \$2 donation per person is appreciated and will be collected on the day of the presentation. Please register if you plan to attend **^**.

## NEWS & NOTES:

### FEATURED ARTIST NOV/DEC CRIS CASERTA:

Come appreciate a mixed media exhibit of the artwork of Cris Caserta. Cris' paintings are influenced by memories, impressions and feelings. Through her artwork, Cris hopes to inspire and provoke awareness and creativity in the viewer, as well as good stewardship of the environment and a connection to the natural world.



### NEED TO TALK?

Montgomery County Peer Support Talk Line: (855) 715-8255  
Montgomery County Mobile Crisis Unit: (855) 634-HOPE (4673)  
National Suicide & Crisis Lifeline: Call or Text 988  
Upper Bucks Crisis: 215-257-6551  
PA Drug & Alcohol Helpline: 1-800-622-4357

### SOUP'S ON

It's a thrill to warm your chill, and once again offer take home soup quarts for \$6 each in our Cafe. (Cafe info on p. 10).

### VETERANS BRUNCH ^

**FRIDAY, FEBRUARY 2, 11:30am**  
To register, contact Rep. Steve Malagari at 267-768-3671 ^.

### WINTER WEATHER:

Generations and Meals on Wheels follow the Souderton Area School District (SASD) for WEATHER-related closings & delays. Check [www.generationsofiv.org](http://www.generationsofiv.org) FOR GENERATIONS:

If SASD has a two hour delay, Generations opens at 11:00am. If SASD has an early dismissal, Generations closes at 2:00pm.

### FOR MEALS ON WHEELS:

If SASD is closed, there will be no Meals on Wheels deliveries. In the event of a two hour delay, we will attempt to deliver meals.



# 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!

### POLYMER EARRING MAKE & TAKE ^ WED., JANUARY 10, 1PM - 3PM

Join art teacher Ali Aiken to craft earrings using polymer clay. Three different techniques will be demonstrated. Moderate dexterity is needed. Cost: \$14 per person includes all supplies and three pairs of earrings to take home. Registration and payment is due by Jan. 8 ^.

### AARP SAFE DRIVING REFRESHER ^ FRIDAY, JANUARY 12, 9:30AM

Learn how to operate your vehicle more safely. Contact your insurance company for exact discount requirements. **A half 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 Jan. 9 ^.

### 8 BALL POOL TOURNAMENT ^ THUR., JAN. 18 & FRI., JAN. 19

There is still time to register if you are either one of our weekly players or a member of the pool team. Spectators are also welcome. All proceeds from the event benefit Generations. More info and registration can be found at the Generations Pool Room ^.



### ORGANIZING FOR THE INEVITABLE (DEATH & TAXES) FRIDAY, JAN. 19, 10:00AM ^ (SNOW DATE JAN. 26)

Professional Organizer Bev Griffith will share ways to manage your space, time, energy, and money. Ben Franklin said only death and taxes are certain in life and that if you fail to plan, you plan to fail. Let's resolve to get organized! We will review basic paper management strategies, including tackling junk mail, and summarize what documents you need for tax season. We will also take a light look at end-of-life planning and



discuss options with guest speaker, Kyle Koffel of Williams-Bergey-Koffel Funeral Home. "Full Steam Ahead," Bev's guidebook, can be purchased at Generations for \$10 or borrowed for the session (optional) ^.

### MIND/BODY APPROACH TO PAIN ^ TUESDAYS, JANUARY 23 - FEBRUARY 27, 9:45 - 10:45AM

Diane Kistler instructs this six week series for those with chronic pain. The goal is for the student to re-conceptualize their pain and have the agency to change it. Practices explored during this series are seated chair yoga, pain science, journaling, sharing, meditation, and breathing. No prior yoga experience is necessary. This class is appropriate for past participants of Diane's class or for newcomers. All equipment is provided. Adaptions are offered for those who need more or less challenge. Cost: \$60 for the series. Payment is due with registration by Jan. 16 ^.

### FRAUD, SCHEMES & SCAMS ^

#### TUESDAY, JANUARY 30, 10:00AM

Join Christine O'Neill, Harleysville Bank Branch Manager, AVP, to learn how to protect yourself from common 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 share their concerns or experiences with scams in the interest of education and awareness. Free ^.

### COOKING WITH TERI ^

#### WED., JANUARY 31, 12:45PM

Join Teri Wassel to make a healthier Italian Wedding Soup! Teri Wassel, MS, RD, is a Nutritionist for Montgomery County who enjoys teaching seniors how to incorporate healthy eating into their daily routines. The best part? Samples. Free program. Space is limited. Register by Jan. 26 ^.





# 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 THURSDAYS, DEC. 7 & JAN. 4

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.



## OUR SOCIAL SERVICES COORDINATOR

**Emily Filice is available  
Monday-Friday from  
9:30-1:30. 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: THURSDAYS, DEC. 21 & JAN. 18, 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

## 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:

Rep. Steve Malagari: 267-768-3671

Sen. Maria Collett: 215-368-1429

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 &  
SOCIAL/HUMAN SERVICE  
RESOURCES.**

# REGULARLY SCHEDULED PROGRAMS

The alphabetical 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 [www.generationsofiv.org](http://www.generationsofiv.org) for virtual programs.

## BILLIARDS: MONDAY-FRIDAY, 9:30AM-3:30PM

Join in a game of pool at one of our two well-maintained tables. Registration is required for tournament play. Donation: \$1.00 per day.

## BINGO: 2ND & 4TH TUESDAY, 1:00PM

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.

## BOARD GAME DAY:

### 1ST FRIDAY (DEC. 1 & JAN. 5), 10:00AM - 2:00PM

Gather your friends and use our space to play some favorite board games. Come for an hour between 10:00-2:00 or stay the whole time (last games starts at 1:30). From Dutch Blitz to Rummikub or Mexican Train, we have some great games to use or you can bring your favorite and teach others. Feel free to bring your own snacks or register for our noon meal and take a lunch break. A \$2 donation per person is appreciated. Please register at our front desk or call 215-723-5841.



## BOWLING:

Bowling is coming soon! 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.



## BUCKS MONT SENIOR GOLF LEAGUE

### SEE YOU IN SPRING!

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. Registration for new members starts February 1, 2024. Details online at [bucksmontgolf.com](http://bucksmontgolf.com), OR Call Twin Woods: 215-822-9263.

## CHOIR CHIMES: WEDNESDAYS, 10:30AM

### NO MEETINGS IN JANUARY

The group, led by Dottie Reed, rehearses and performs a varied repertoire on hand chimes and meets September-May.

Ringers who can read music are needed! Contact Dottie: 215-721-9070.



## CHORALEERS: MONDAYS, 1:00PM

### NO MEETINGS IN JANUARY

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

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

This session features a serious approach to the game and requires a partner. **Coffee and snacks available for purchase in the cafe until 1pm or feel free to bring your own refreshments.** Registration begins at 12:15. Donation: \$1.00.

## GARDEN CLUB:

This group does gardening around the Center. New volunteers are welcome. Weeding/watering/raking 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.

## MATS THAT MATTER: 2ND & 4TH THURSDAYS, 11:00AM

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.

**PING PONG: Our table is available for play 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.**





## 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.

## PAINTING CLASS (WATERCOLOR):

TUES., DEC. 5 - 19 & JAN. 2 - 30 1 - 3PM

Instructor Ali Aiken 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. \$15 for the three week series (Dec.); \$25 for the five week series (Jan). Registration for December opens November 21. Registration for January opens December 19. To register, call: 215-723-5841.

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

A fast paced game with straight bid, no partner required. Players must be proficient and able to keep up with fast pace. **Coffee and snacks available for purchase in the cafe until 1pm or feel free to bring your own refreshments.** Donation: \$2.00. Please arrive 10-15 minutes early to pay for your game.



## RECIPE SWAP & SAMPLE:

WED., DEC. 13, 11:00AM (DESSERTS)

WED., JAN. 10, 11:00AM (SOUPS)

Let's get together to chat and swap our favorite new and old recipes. Participants should bring one copy of a favorite recipe that fits our monthly theme (see above).

**Enjoy samples of Dave's award-winning mincemeat pie (December) or Peggy's secret ingredient tortellini soup (January). A donation of \$2 per person is appreciated.** Led by Generations Volunteer Linda Roberts. Please register. Stop by our front desk or call 215-723-5841.

## RED HAT HAPPENINGS:

Save the date for the following Red Hat events:

**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: 215-721-2082 or [priceswrite1953@yahoo.com](mailto:priceswrite1953@yahoo.com)

## 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

### SEE YOU IN SPRING

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.



## VOLUNTEER/DONATION OPPORTUNITIES QUESTIONS/CONTACT: 215-723-5841

A volunteer is needed to help prepare and serve popcorn for movie matinees. Contact Amy.

Front desk/reception volunteers are needed on select days from 12 - 2pm. Contact Val/Shawna.

Drivers 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.

Newsletter mailing helpers are needed on Tue., Jan. 16 at 9:15am. Contact Amy.

We are seeking a donation of one or two copies of a scrabble dictionary printed after the year 2000. If you volunteer at the Care & Share or the Library, please keep an eye out for us!

Are you dynamic, detail oriented, creative, or energetic? If so (or even if not!), we need your assistance for special events and fundraisers coming in 2024. Contact Val or Shawna.

Kitchen and Cafe volunteer servers are needed. Contact Beth.

## 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.



# LUNCH MENU

RESERVATION INFO  
BELOW. PLEASE LET  
US KNOW IF YOU  
NEED TO CANCEL!

2023 / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KINDLY HANG YOUR COAT IN THE FRONT VESTIBULE DURING THE CHILLY WINTER MONTHS (AND NOT ON THE BACK OF THE COMMUNITY ROOM CHAIRS).				1 Baked Sausage & Zucchini with Shredded Provolone; Garden Salad; Garlic Knot
4 Generations Closed	5 Taco Salad (mild) with Cheddar Cheese, Black Beans, Corn, Tomato Salsa & Avocado Cream; Tortilla Crisps	6 Pork & Sauerkraut; Mashed Potatoes; Apple Sauce; String Beans	7 Tri-Color Tortellini with Baby Shrimp and Pesto Sundried Tomato Cream Sauce; Broccoli	8 Chicken Cutlet Cordon Bleu with Honey Dijon Cream Sauce; Rosemary Roasted Potatoes; Green Salad
11 Pulled Pork with Mac-n-Cheese on Whole Grain Roll; Pepper Slaw; Fruit	12 Stuffed Acorn Squash; Green Salad	13 Happy Birthday! Baked Haddock with Tomato Ginger Sauce; Veggie Fried Rice; Green Vegetable	14 Swedish Meatballs Over Noodles; Cranberry Sauce; Broccoli	15 Chicken Enchilada Lasagna with Sour Cream Drizzle; Green Salad
18 Eggs Benedict Frittata with Hollandaise; Toasted English Muffin; Broccoli	19 Seafood Cakes with Remoulade; Roasted Brussels Sprouts; Fresh Fruit	20 Festive Holiday Feast Special Event/Menu/ Price (see p. 1 for details)	21 Chicken & Waffles; Roasted Veggies	22 Galen's Cheesesteak Salad Loaded w/Chs, Tomatoes, Onions, Mushrooms, & Creamy Parm Dressing
25	26	27	28	All menu items are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a>
GENERATIONS CLOSED				

## 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. If you need to cancel your lunch reservation, please let us know.

To receive a noon meal, arrive and seat yourself by 11:55. PLEASE HANG COATS IN THE VESTIBULE. 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). 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, December 13 and Wednesday, January 17.

## 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, soups, heat & eat meals and more. No need to order; just stop by!



2023 / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
All programs are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a>				1 Reindeer Run Early Check-In (1) 9:15 Billiards Away vs Brittany Pointe (8) 9:15 Line Dance (14) 10-2 Board Game Day (8) 10:30 Yoga (14) 12:30 Mah Jong (8) Last Day for Basket Raffle Tickets (2)	2 8:00 Reindeer Run & Walk Fundraiser (1)  3
		The number after the program listing indicates on which page of the newsletter more info. can be found.			
4 Generations Closed (The Reindeer are stabled)	5 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Perfect Pie Baking Demo (4) 11:00 Holidays at Mt. Hope Trip (15) 11:30-1 Haircuts by Appt. (12) 1:00 Painting (9)	6 9:30 Billiards Away vs Hillview (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Trivia at Ten (4) 10:30 Balance/Tone/Stretch (14) Choir Chimes to Keystone Villas (8) 12:45 Knit Pickers (4) 3:30 Caregivers Support (Virtual) (7)	7 9:30 Billiards Away vs Meadowood (8) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10:00 Your Aging Brain (4) 12:45 Pinochle (9) 1:15 Crafternoons: Holiday "Horse Bit"(4) PA Medi Appt. (7)	8 9:30 Billiards (8) 9:15 Line Dance (14) 10:30 The First Noel @ AMT Trip (15) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 3:00 Sweet Sing Along with Jackie & Friends (4)	9       10
11 9:15 CardioTone(14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 10:45 Malagari Hours SEPTA KEY(p. 7) 11:00 What's Up Doc From Fall to Rise (4) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	12 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30 Holiday Music with ICMS Jazz/Orchestra/Choir (5) 1:00 Bingo (8) 1:00 Painting (9) 6:30 Bereavement Support (7)	13 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 11:00 Xmas Dinner/ Bird in Hand Trip (15) 11:00 Recipe Swap & Sample: Desserts/ Mincemeat (9) 2:00 Caregivers Support (7)	14 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 9:00 A Xmas Carol at Dutch Apple Trip(16) 10:00 Your Aging Brain (4) 11:00 Red Hat Xmas Party (9) 11-Mats that Matter(8) 12:45 Pinochle (9) 3:30 Board Meeting	15 9:15 Line Dance (14) 9:30 Billiards Away vs Arbour Square (8) 10-12 Purposeful/ Safe Internet Use (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) Bakehouse Orders Due (4)	16       17
18 9:15 CardioTone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:00 Less-Stress Holidays (5) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	19 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Sight & Sound Trip (16) 11:30-1 Haircuts by Appt. (12) 12:45 Movie Matinee: The Holiday (5) 1:00 Painting (9)	20 9:30 Billiards Away vs Hershey's Mill (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) Choir Chimes to Phoebe (8) 12:00 Festive Holiday Feast (1) 12-2 Collett Office Hours (p. 7) 12:45 Knit Pickers (4) Financial Counsel.(p. 7)	21 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10:00 Your Aging Brain (4) 11:30 Soud. Charter School Concert (5) 12:45 Pinochle (9) Legal Aid (p. 7) 7:00 Longest Night (1)	22 10-2 Bakehouse Order Pick Up (4) 9:15 Line Dance (14) 9:30 Billiards (8) 10-Name That Tune Holiday/Winter (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	23       24
25	26	27	28	29	30

**HOLIDAY CLOSING:** Generations will be closed on Monday, December 4. In addition, Generations will be closed Monday, December 25 through Monday, January 1, 2024. We will re-open on Tuesday, January 2, 2024. There will be no Meals on Wheels deliveries on December 25 or January 1, but Meals on Wheels will otherwise run during this time. If you are a MOW driver and are unable to drive during the holiday season, please call our MOW office and let us know: 215-723-8555.

*Happy Holidays!*

**Looking for our January 2024 lunch menu? It will be posted at the Center and on our website ([www.generationsofiv.org](http://www.generationsofiv.org)) by December 19.**

## WHAT'S COOKING? KITCHEN & CAFÉ UPDATE



Earlier this fall we gathered a lot of information from you about your ideas for expanding our Café options. You gave us great suggestions and we have put them into categories of things we can do right away and things that we will be able to introduce over time.

In the meantime, one of our favorite kitchen employees, Michele, moved from her position at Generations to accept a teaching position at the Montgomery County Intermediate Unit Head Start Program. With an opening in the kitchen, we knew that we needed to put any additional Café projects "on hold" until we were back to full staffing in the kitchen.

Up to this point, we have talked with some great candidates for those positions but we haven't been able to fill them yet. Other organizations that we work with have shared with us that they, too, are having a hard time filling positions and all of us are looking for people who are just the right fit.

Speaking of being understaffed, we could use all of the volunteer help we can get with kitchen and Café preparation and service (contact Beth if you're interested - 215-723-5841).

If you participate in some of our card games or billiards, you may also notice that, effective December 1, we will no longer be offering snacks and coffee during games, as we prioritize the preparation of 450+ meals each day. Folks are always welcome to purchase those items in our Café until 1pm or feel free to bring your own refreshments.

Once we have the kitchen staff filled in again, we'll be moving forward with your Café suggestions! In the meantime, please take advantage of all of the great things already being offered in the Café, from coffee, delicious soups and heat/eat meals to special smoothie days and educational cooking demonstrations and more!

*~Doug Eschbach, Executive Director*

## WELLNESS/SPA OFFERINGS

### GROUP ACUPUNCTURE FOR BACK PAIN:

WEDNESDAYS, JAN. 10 - FEB. 14 AT 10:30AM

B.J. Putnam, DAc, LOM, Dipl OM (NCCAOM) will offer six weekly GROUP ACUPUNCTURE sessions for BACK PAIN. Participants are strongly encouraged to attend all six weeks to obtain the most beneficial outcome. More info. on p. 3.

### BLOOD PRESSURE SCREENINGS:

MON., DEC. 18, BEGINNING AT 11:15AM

Free blood pressure checks, provided by Jefferson Health-Abington. 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,** 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.

Tune out negative stereotypes and replace them with positive affirmations. 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>



# PROGRAM SCHEDULE

2024 / JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<div>1</div> <div>Generations Closed Happy New Year!</div>	<div>2</div> <div>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 11:30-1 Haircuts by Appt. (12) 1:00 Painting (9)</div>	<div>3</div> <div>9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 12:45 Knit Pickers (4) 3:30 Caregivers Support (Virtual) (7)</div>	<div>4</div> <div>9:15 Billiards Home vs Hill View (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10:00 Your Aging Brain (4) 12:45 Pinochle (9) PA Medi Appt. (7)</div>	<div>5</div> <div>9:15 Line Dance (14) 9:30 Billiards (8) 9:45 Valley Forge Casino Trip (16) 10-2 Board Game Day (8) 10:30 Release &amp; Restore Yoga (14) 12:30 Mah Jong (8)</div>	<div>6</div> <div></div> <div>7</div>
<div>8</div> <div>9:15 CardioTone (14) 9:30 Hand &amp; Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Hours /SEPTA KEY(p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</div>	<div>9</div> <div>9:00 Billiards Away vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand &amp; Foot (8) 10:30 Lapp Family Amish Meal Trip (16) 1:00 Bingo (8) 1:00 Painting (9) 6:30 Bereavement Support (7)</div>	<div>10</div> <div>10:30 Acupuncture for Back Pain (3) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14)) 11:00 Recipe Swap &amp; Sample: Soups/ Tortellini Soup (9) 1 - 3 Polymer Earring Make &amp; Take (6) 2-Caregivers Support (In-person) (7)</div>	<div>11</div> <div>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 11-Mats that Matter (8) 10:00 Your Aging Brain (4) 12:45 Pinochle (9) 3:30 Board Meeting</div>	<div>12</div> <div>9:00 Billiards Away vs Brittany Pointe (8) 9:15 Line Dance (14) 9:30 Billiards (8) 9:30 AARP Safe Driving Refresher (6) 10:00 Trivia at Ten (4) 10:30 Release &amp; Restore Yoga (14) 12:30 Mah Jong (8)</div>	<div>13</div> <div></div> <div>14</div>
<div>15</div> <div>9:15 CardioTone (14) 9:30 Hand &amp; Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</div>	<div>16</div> <div>9:15 Newsletter Mailing (9) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 10:30 Loving Life in a Retirement Comm (5) 11:30-1 Haircuts by Appt. (12) 1:00 Painting (9)</div>	<div>17</div> <div>10:30 Acupuncture for Back Pain (3) 9:15 Billiards Home vs Hershey's Mill (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 12:45 Knit Pickers (4) 12-2 Collett Hours (p. 7) Financial Counsel.(7) 12:45 Movie Matinee: The Intern (5)</div>	<div>18</div> <div>8 Ball Special Tourney (6) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Scrabble (9) 10:00 Your Aging Brain (4) 1:30-3:30 Purposeful/ Safe Internet Use (5) 12:45 Pinochle (9) Legal Aid (p. 7)</div>	<div>19</div> <div>8 Ball Special Tourney (6) 9:15 Line Dance (14) 10:00 Organizing for the Inevitable (5) 10:30 Release &amp; Restore Yoga (14) 12:30 Mah Jong (8)</div>	<div>20</div> <div>9:30 Elvis B-day Bash Trip (16)</div> <div>21</div>
<div>22</div> <div>9:15 CardioTone (14) 9:30 Hand &amp; Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</div>	<div>23</div> <div>9:15 Billiards Home vs Meadowood (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 9:45 Mind/Body Pain Care (6, 14) 1:00 Bingo (8) 1:00 Painting (9)</div>	<div>24</div> <div>10:30 Acupuncture for Back Pain (3) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 11:30 Day of Magic &amp; Mystery (1)</div>	<div>25</div> <div>9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 The Mousetrap @ Dutch Apple Trip (16) 11-Mats that Matter (8) 10:00 Your Aging Brain (4) 12:45 Pinochle (9)</div>	<div>26</div> <div>9:15 Billiards Home vs Norm. Farms (8) 9:15 Line Dance (14) 10:00 Name That Tune TV Themes (5) 10:30 Release &amp; Restore Yoga (14) 12:30 Mah Jong (8)</div>	<div>27</div> <div></div> <div>28</div>
<div>29</div> <div>9:15 CardioTone (14) 9:30 Hand &amp; Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)</div>	<div>30</div> <div>9:15 Billards Home vs. Pennridge(8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 9:45 Mind/Body Pain Care (6, 14) 10:00 Fraud, Schemes &amp; Scams (6) 1:00 Painting (9)</div>	<div>31</div> <div>10:30 Acupuncture for Back Pain (3) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 12:45 Cooking with Terri (6)</div>	<div>The number after the program listing indicates on which page of the newsletter more information can be found.</div> <div>All programs are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></div>		<div>Schedule Announcements:</div> <div>• Generations will be closed on 1/1/24</div>

# FITNESS OFFERINGS

**BALANCE, TONE, & STRETCH: WEDNESDAYS, 10:30AM**  
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**  
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.

**MIND/BODY APPROACH TO PAIN ^**  
**TUESDAYS, JANUARY 23 - FEBRUARY 27, 9:45-10:45AM**  
Diane Kistler instructs this six week series for those with chronic pain. The goal is for the student to re-conceptualize their pain and have the agency to change it. Practices explored during this series are seated chair yoga, pain science, journaling,

## 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.**

**CARDIO TONE (FORMERLY LOW IMPACT AEROBICS):**  
**MONDAYS, 9:15 - 10:00 NEW INSTRUCTOR &**  
This standing workout combines cardio, resistance training (equipment provided), and catchy tunes for all fitness levels. Modifications given for seated participants. Instructor: Lysandra Sanchez.

**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.**

sharing, meditation, and breathing. No prior yoga experience is necessary. This class is appropriate for past participants of Diane's class or for newcomers. All equipment is provided. Adaptions are offered for those who need more or less challenge. Cost: \$60 for the series. Payment is due with registration by Jan. 16. Stop by our front desk or call 215-723-5841 to register.

**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.

## 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.

## 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.
- 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.



### PAYMENT INFORMATION:



Trip payment is due by the deadline listed with each trip. After this date, your money will not be refunded unless there is 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.
- On trip days, please park across the street from Generations' front entrance in the lower level lot of the Perseverance Fire Co. Do not block their garage doors.
- 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

### HOLIDAYS AT MOUNT HOPE, MANHEIM

TUESDAY, DECEMBER 5

Merrymaking and good cheer abound at Mount Hope Estate & Winery. The Holidays at Mount Hope Interactive Dinner show is approximately three hours long. You will enter the gorgeously decorated historic mansion and be greeted by holiday characters and carolers. Appetizers will be displayed and served upon arrival. Throughout your hearty three-course meal, the cast will entertain you with carols, stories, and parlor games.

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

**Depart: 11:00am Return: 6:00pm**

**Trip Opened: Nov. 1 @ 3pm Payment Deadline: Nov. 13**

### THE FIRST NOEL, AMERICAN MUSIC THEATRE, LANCASTER



Witness the magic and splendor of our holiday celebration as AMT presents The First Noel, featuring incredible singers, astonishing dancers, wondrous costumes, breathtaking sets, and all the endearment of a perfect fireside family moment! Bask in the beauty of the season and cherish the stories of spirit and love as we bring all your favorite sights and sounds to the stage. We will enjoy lunch at Iron Hill Brewery before the show.

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

**Depart: 10:30am Return: 7:00pm**

**Trip Opened: Nov. 1 @ 3pm Payment Deadline: Nov. 8**

### OUR CHRISTMAS DINNER, BIRD-IN-HAND, LANCASTER

Expect the unexpected when an unlikely mix of strangers and kinfolk are thrown together in the middle of a snowstorm. This hit musical is a hilarious look at family tradition, holiday expectations and the real meaning of Christmas. We will enjoy a lunch smorgasbord before the show.

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

**Depart: 11:00am Return: 6:00pm**

**Trip Opened: Nov. 8 @ 3pm Payment Deadline: Nov. 13**

## DAY TRIPS CONTINUED ON P. 16



**A CHRISTMAS CAROL,  
DUTCH APPLE DINNER THEATRE,  
LANCASTER**

**THURSDAY, DECEMBER 14**

A season favorite! Even for a grumpy old miser like Ebenezer Scrooge, it's never too late to change. With help from the ghosts of Christmas Past, Present, and Future, Scrooge learns to spread goodwill and greets Christmas morning with a newfound happiness.

**Cost: \$100 includes ride on our bus, show, lunch, taxes, and gratuity.**

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

**Trip Opened: Nov. 8**

**Payment Deadline: Nov. 16**

**MIRACLE OF CHRISTMAS,  
SIGHT AND SOUND,  
LANCASTER**

**TUESDAY, DECEMBER 19**

Travel back in time to Bethlehem as the original Christmas story unfolds all around you. Journey alongside Mary and Joseph, a flock of surprised shepherds, and three wisemen – along with their camels! There may be no room at the inn, but God has a lowly stable prepared as the angels announce the coming of the Messiah! We will enjoy a smorgasbord lunch at Miller's before the show.

**Cost: \$140 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Depart: 10:30am Return: 7:30pm**

**Trip Opened: Nov. 1**

**Payment Deadline: Nov. 16**

**~NEW JAN. & FEB. TRIPS!~**

**VALLEY FORGE CASINO,\*  
KING OF PRUSSIA**

**FRIDAY, JANUARY 5**

Let's play! Valley Forge Casino resort is the region's only full-amenity gaming resort with live table games and all the latest and greatest slot machines. The luxurious and exciting casino floor features 850 of the hottest and most popular slot machines, along with 50 of the best table games, including Blackjack, Craps, Roulette, Pai Gow Poker, and Baccarat. Lunch is on your own at one of the eateries on site. Must bring valid government issued ID.

**Cost: \$20 includes ride on our bus. No package offered.**

**Departs: 9:45am Returns: 5:15pm**

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

**Payment Deadline: Dec. 20**

**OUT TO LUNCH: AMISH MEAL:  
HOSTED BY THE LAPPS,\*  
PARADISE, PA**

**TUESDAY, JANUARY 9**

We will enjoy an authentic Amish meal at the home of Samuel and Ruth Lapp. The menu includes hearty and simple Amish favorites. Mrs. Lapp's meal is planned from family recipes that have been passed from mother to daughter and most are maintained in a small "From our Farm" recipe book available for purchase. They also have a gift shop on the homestead that you can browse when you are finished with your lunch. On the way home, we will stop by Kitchen

Kettle Village for a quick shopping trip before heading home.

**Cost: \$57 includes ride on our bus, lunch, taxes, and gratuity.**

**Departs: 10:30am Returns: 4pm**

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

**Payment Deadline: Dec. 20**

**ELVIS BIRTHDAY BASH, AMT,\*  
LANCASTER**

**SATURDAY, JANUARY 20**

Mike Albert and Scot Bruce are widely considered the premier Elvis impersonators of our time, performing as the older and younger Elvis, respectively. Come experience AMT's Elvis Birthday Bash and see why audiences are... All Shook Up! We will enjoy a family style meal at Huckleberry's before the show.

**Cost: \$100 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Departs: 9:30am Returns: 6pm**

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

**Payment Deadline: Dec. 18**

**THE MOUSETRAP,\*  
DUTCH APPLE, LANCASTER**

**THURSDAY, JANUARY 25**

Based on the Agatha Christie murder mystery novel. Seven strangers are snowed in at a remote countryside guesthouse. When a police sergeant arrives on skis, they discover-to their horror-that a killer is in their midst! One by one the suspicious characters reveal their sordid pasts.

**Cost: \$100 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Departs: 9:30am Returns: 5pm**

**Trip Opens:**

**Dec. 13 @ 3pm**

**Payment**

**Deadline: Dec. 22**

**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. IF LINE IS BUSY, CALL AGAIN.**

# DAY TRIPS

SIMPLY OLIVIA, DUTCH APPLE, \*  
LANCASTER

MONDAY, FEBRUARY 5

Join us for unforgettable music and memories as we pay homage to the one and only Olivia Newton-John! You'll hear all of her greatest hits such as "Xanadu," "I Honestly Love You," "Let Me Be There,"

"Suddenly," "You're the One That I Want," "Hopelessly Devoted to You," "Physical," and many more.

**Cost: \$115 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Departs: 9:30am Returns: 5pm**

**Trip Opens: Jan. 3 @ 3pm**

**Payment Deadline: Jan. 12**

BARNES FOUNDATION, \*  
PHILADELPHIA

FRIDAY, FEBRUARY 9

In the Barnes collection, artworks are arranged in ensembles that emphasize visual relationships; there are no labels like you would see in a typical museum. We will have a guided tour to explain the artwork. After the tour, we will enjoy a boxed lunch.

**Cost: \$75 includes ride on our bus and a guided tour of the museum, lunch, taxes, and gratuity.**

**Departs: 9:30am Returns: 3:30pm**

**Trip Opens: Jan. 3 @ 3pm**

**Payment Deadline: Jan. 9**

50'S DANCE PARTY: \*

THE MUSIC OF BUDDY HOLLY,  
THE BIG BOPPER, AND RITCHIE  
VALENS, @ AMT

SUNDAY, FEBRUARY 18

John Mueller's 50's Dance Party is the official live and authentic re-creation of Buddy Holly, Ritchie Valens, and the Big Bopper's final

tour and the only show endorsed by the Holly, Valens, and Richardson estates. Each live performance includes over two hours of unbridled, high voltage entertainment featuring all the hit songs of the 50's era, "That'll Be The Day," "Peggy Sue," "Oh Boy," "Rave On," "Chantilly Lace," and many, many more. Before the show we will have lunch at The Heritage Restaurant in Morgantown.

**Cost: \$115 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Departs: 10am Returns: 7pm**

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

**Payment Deadline: Dec. 18**

THE ADDAMS FAMILY, \*  
DUTCH APPLE, LANCASTER  
WEDNESDAY, FEBRUARY 28

America's Quirkiest family comes to life in this comedy musical! Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family. Everything will change on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.

**Cost: \$100 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Departs: 9:30am Returns: 5pm**

**Trip Opens: Jan. 10 @ 3pm**

**Payment Deadline: Jan. 26**

SIMON & GARFUNKEL, \*  
DUTCH APPLE

MONDAY, MARCH 4

This Simon & Garfunkel tribute is a truly unique concert experience that will transport you to a magical era in music, poetry and history. Come back in time with hits like "Mrs. Robinson," "Homeward Bound," "The Sound of Silence," and more.

**Cost: \$115 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Departs: 9:30am Returns: 5:30pm**

**Trip Opens: Jan. 3 @ 3pm**

**Payment Deadline: Jan. 19**

9 TO 5, FULTON THEATRE, \*  
LANCASTER

WEDNESDAY, MARCH 20

Dolly Parton's hit movie is brought to life onstage! Set in the late 1970s, this hilarious story of friendship and revenge in the Rolodex era is outrageous, thought-provoking, and even romantic. Before the show, we will stop at Shady Maple Smorgasbord for lunch.

**Cost: \$95 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Departs: 9:30am Returns: 6pm**

**Trip Opens: Jan. 10 @ 3pm**

**Payment Deadline: January 22**



BARNES FOUNDATION

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



# 2024 OVERNIGHT TRIPS



## VIRGINIA BEACH JUNE 2 - 5

(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)



## TRAINS ACROSS THE MOUNTAINS SEPT. 29 - OCT. 2

(4 Days, 3 Nights) Includes motor coach transportation; 3 nights deluxe accommodations in New Hampshire; 3 hotel breakfasts; 3 sumptuous New England dinners; rides on the Conway & Hobo/Winnepesaukee scenic railroads; visits to: Franconia Notch, Littleton, NH, Castle in the Clouds, Manchester, VT, The Billings Farm & Museum, Vermont Country Store and and more!

Cost: \$770 double occupancy, \$960 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)



## SOUTHWEST NAT'L PARKS & CANYONS OCT 13 - 18

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, and Zion National Park; Las Vegas Leisure Day and more!

Cost: \$3299 double occupancy, \$3899 single occupancy 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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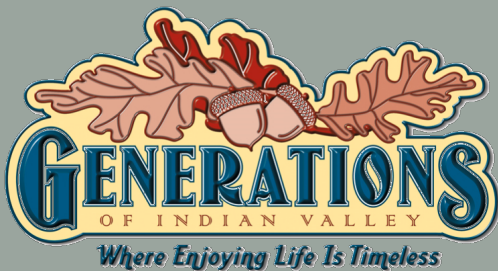


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OR [WWW.GENERATIONSOFIV.ORG](https://www.generationsofiv.org)

TIME DATED MATERIAL

MAILED FROM LANSDALE NOVEMBER 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  
DEC. 4 & DEC. 25 - JAN. 1 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](mailto:INFO@GENERATIONSOFIV.ORG)

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