

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: www.generationsofiv.org
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: www.generationsofiv.org				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) 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.

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.

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>

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.

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.

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 & 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 & Restore Yoga (14) 12:30 Mah Jong (8)</div>	<div>6</div> <div></div> <div>7</div> <div></div>
<div>8</div> <div>9:15 CardioTone (14) 9:30 Hand & 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 & 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 & Sample: Soups/ Tortellini Soup (9) 1 - 3 Polymer Earring Make & 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 & Restore Yoga (14) 12:30 Mah Jong (8)</div>	<div>13</div> <div></div> <div>14</div> <div></div>
<div>15</div> <div>9:15 CardioTone (14) 9:30 Hand & 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 & 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 & 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></div>
<div>22</div> <div>9:15 CardioTone (14) 9:30 Hand & 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 & 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 & 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 & Restore Yoga (14) 12:30 Mah Jong (8)</div>	<div>27</div> <div></div> <div>28</div> <div></div>
<div>29</div> <div>9:15 CardioTone (14) 9:30 Hand & 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 & Foot (8) 9:45 Mind/Body Pain Care (6, 14) 10:00 Fraud, Schemes & 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: www.generationsofiv.org</div>		<div>Schedule Announcements:</div> <div>• Generations will be closed on 1/1/24</div>