

LUNCH MENU

2022 / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org			1 Chicken Bacon Ranch Flatbread Pizza; Green Salad	2 Roast Beef & Swiss on Ciabatta Roll w/ Horsey Sauce; Arugula Salad w/ Fresh Mozzarella & Tomatoes
5 Generations Closed	6 Tortellini & Baby Shrimp w/ Pesto Sundried Tomato Cream Sauce; Fresh Broccoli w/ Roasted Red Peppers	7 Sausage, Egg, & Cheese Frittata; Roasted Sweet Potatoes; Fruit	8 Cheesy Baked Chicken Alfredo; Garlic Green Beans; Whole Wheat Roll	9 Stuffed Acorn Squash with Turkey, Rice, Apples, Leeks, Cranberries, & Balsamic Glaze; Whole Wheat Roll
12 Seafood Cakes w/ Remoulade Sauce; Maple Bacon Brussels Sprouts; Fresh Fruit	13 Pork and Sauerkraut (thank the heavens above), Mashed Potatoes, Apple Sauce, Vegetables	14 Holiday Brunch- Special Meal/Event/Time/Price (details on p. 1)	15 Baked Stuffed Shells; Caesar Salad; Garlic Knots	16 Chicken Fajita Stuffed Pepper; Green Salad; Tortilla Chips
19 Creamy Baked Ham & Noodles w/ Peas & Red Peppers; Broccoli	20 Chicken and Waffles; Roasted Vegetables Chicken Margarita Angel Hair Pasta; Green Salad	21 Happy Birthday! Fish and Chips; Slaw; Fruit	22 Jumbo Eggroll Wrap w/ Sweet & Sour Sauce; Fried Rice; Green Beans	23 Shepherd's Pie in a Baked Potato; Green Beans
26	27	28	29	30
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.

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.

HAPPY BIRTHDAY

Effective December 21, you do not need to sign up for a birthday treat. Everyone who is registered for the noon meal will receive a special treat on our birthday celebration days:





Wednesday, December 21 (for December birthdays) or
Wednesday, January 18 (for January 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!

PROGRAM SCHEDULE

2022 / DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p> <p>The number after the program listing indicates on which page of the newsletter more information can be found.</p>			<p>1 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10:45 Rhythm Fit (4, 14) 12:45 Pinochle (9) PA Medi Appt. (7)</p>	<p>2 Last day to purchase basket raffle tickets! (p.3) 9:00 Billiards Away vs Brittany Pointe(8) 9:30 Billiards (8) 9:15 Line Dance (14) 10:30 Tai Chi (14) 12:30 Mah Jong (8)</p>	<p>3 8:00am Reindeer Run/Walk </p> <p>4</p>
<p>5 Generations Closed 1:00 Memoirs (Virtual) (9)</p>	<p>6 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15 Release & Restore Yoga (4) 11:30-1 Haircuts (12) 1:45 Painting (9)</p>	<p>7 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (4, 14) 3:30 Caregivers Support (Virtual) (7)</p>	<p>8 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:45 Rhythm Fit (4, 14) 11-Mats that Matter(9) 12:45 Pinochle (9) 3:30 Board Meeting 3:45 A Longwood Christmas Trip (15)</p>	<p>9 9:15 Billiards Home vs Arbour Square (8) 9:15 Line Dance (14) Flu/Covid Vaccine Clinic by appt (4) 10:30 Tai Chi (14) 11:00 Ping Pong (8) 12:30 Mah Jong (8)</p>	<p>10</p> <p>11</p>
<p>12 9:15 LIAerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>13 9:00Billiards Away vs Arbour Sq. (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15 Release & Restore Yoga (14) 11:00 Tentative SAHS Choir Performance 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)</p>	<p>14 9- Billiards Away vs Hillview 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) NO Choir Chimes (8) 10:30 Balance/Tone/Stretch (4, 14) 11:30 Holiday Brunch/Music by Indian Crest (1) Choir Chimes to Valley Vista 2:00 Caregivers Support (In-person) (7)</p>	<p>15 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Paint with Friends (4) 10:00 Scrabble (9) 10:45 Rhythm Fit (4, 14) 12:45 Pinochle (9) Legal Aid (p. 7) 3:15 Koziar's Village Trip (15)</p>	<p>16 9:00 Billiards Away vs Normandy Farms (8) 9:15 Line Dance (14) 10:00 Name That Tune (4) 10:30 Tai Chi (14) 12:30 Mah Jong (8)</p>	<p>17</p> <p>18 Happy Hanukkah </p>
<p>19 9:30 Billiards (8) 9:15 LI Aerobics(14) 10:00 Meditation (12) 10:00 Baby It's Cold Outside (5) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>20 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15 Release & Restore Yoga (14) 10:30 AMT Trip (15) 11:30-1 Haircuts by Appt. (12) 12:45 Movie Matinee: <u>White Christmas</u> (6) 1:45 Painting (9)</p>	<p>21 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) NO Choir Chimes (8) 10:30 Balance/Tone/Stretch (4, 14) Financial Counseling (p. 7)</p>	<p>22 9:00 Elf The Musical Trip (15) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:45 Rhythm Fit (4, 14) 11- Mats that Matter (9) 12:45 Pinochle (9)</p>	<p>23 9:30 Billiards (8) 9:15 Line Dance (14) 10:00 Festive Sing Along (5) 10:30 Tai Chi (14) 11:00 Ping Pong (8) No Mah Jong (8) Generations Closes at 2pm</p>	<p>24</p> <p>25 Merry Christmas </p>
26	27	28	28	30	31 Happy New Year 

HOLIDAY CLOSING: Generations will be closed on Monday, December 5. In addition, Generations will close at 2pm on Friday, December 23 and remain closed through Monday, January 2, 2023. We will re-open on Tuesday, January 3, 2022. There will be no Meals on Wheels deliveries on December 26 or January 2, 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!

LUNCH MENU

2022 / JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 GENERATIONS CLOSED. HAPPY NEW YEAR!	3 Salmon Burger with Dill Sauce & Arugula; Sweet Potato Fries; Pickles	4 Creamy Mushroom Ham & Potatoes; Fresh Broccoli; Fruit	5 Baked Chicken & White Bean Chili with Corn Bread Topping; Green Salad, Fruit	6 Meatloaf with Zesty Ketchup; Roasted Rosemary Potatoes; Garlic Green Beans
9 BBQ Chicken Breast on Sandwich Thin w/ Crispy Onions & Cheddar; Potato Salad; Fruit	10 Baked Cod with White Wine Tomato Sauce; Wild Rice; Green Salad	11 Cheesesteak Hoagie, with Lettuce, Tomato, & Fried Onions; French Fries; Fresh Fruit	12 Pulled Pork on Sweet Potato with Peach Salsa; Green Beans	13 HOAGIE SALE (no regular meal; see. p. 5)
16 Mediterranean Tuna Salad on Croissant with Greens; Slaw; Oven Fries; Fruit	17 Pasta Primavera with Creamy Garlic Sauce; Green Salad; Whole Wheat Roll; Fruit	18 Happy Birthday! Pork and Sauerkraut with Mashed Potatoes; Creamed Corn; & Fresh Vegetable	19 Chicken Pot Pie; Green Salad	20 Spinach Mushroom & Feta Quiche; Butternut Squash Hash; Fresh Fruit
23 French Onion Beef Sliders; Sweet Potato Fries; Fruit	24 Chicken A la King in Puff Pastry; Green Salad	25 Grilled Cheese with Tomato Basil Soup; Fruit	26 Pineapple Chicken Over Brown Rice; Roasted Yellow & Green Squash; WW Roll	27 Flatbread Pizza with Sausage, Roasted Red Peppers, & Mozz.; Green Salad
30 Chicken and Potatoes Dijon Cream Sauce, Biscuit; Green Salad	31 Meatloaf with Zesty Ketchup; Roasted Rosemary Potatoes; Garlic Green Beans	All menu items are subject to change. see our website: www.generationsofiv.org		

WELLNESS/SPA OFFERINGS

BLOOD PRESSURE SCREENINGS: MONDAYS, DECEMBER 19 & JANUARY 16, BEGINNING AT 11:15AM

Free blood pressure checks, provided by Abington Health Services are offered. First come, first serve; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.

GUIDED MEDITATION FOR STRESS RELIEF: MONDAYS, 10:00AM

Start your journey to a calmer mind by enjoying 30 quiet, refreshing minutes and a guided meditation from sound to silence. Result: a refreshed you with better focus. Darlene Cianci, Certified Instructor. Fee: \$3/class or \$14/8 classes.

HAIRCUTS BY APPOINTMENT: 1ST & 3RD TUESDAYS

Robin Dennis, licensed cosmetologist offers haircuts by appointment on site at Generations. \$10 includes a "dry" cut and a donation to Generations. Call 215-723-5841 to schedule your appointment. Stop by our front desk upon arrival to check in.

MEDITATION & HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for a self-healing session via conference call. She will guide participants to help tune out negative stereotypes and replace them with positive affirmations for aging. Cost: Donation of \$3 per person per session. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

ON THE MOVE PHYSICAL THERAPY:

On The Move is an outpatient physical therapy clinic that provides a variety of services (pain relief, balance/falls risk, vestibular training, strengthening, conditioning, flexibility and much more!). No referrals needed, accepts most major insurances. To schedule an appointment at Generations, in your home, or in our mobile clinic, please call 267-932-8857 or book through our website: <https://www.otmpt.com/contact-us>

PROGRAM SCHEDULE

2023 / JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
2 Generations Closed 1:00 Memoirs (Virtual) (9)	3 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:15 Release & Restore Yoga (14) 11:30-1 Haircuts by Appt. (12) 1:45 Painting (9)	4 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (4, 14) 3:30 Caregivers Support (Virtual) (7)	5 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10:00 The Symphony (5) 10:45 Rhythm Fit (4, 14) 12:45 Pinochle (9) PA Medi Appt. (7)	6 9:15 Line Dance (14) 9:30 Billiards (8) 9:30 AARP Safe Driving Refresher (5) 10:30 Tai Chi (14) 12:30 Mah Jong (8)	7 <hr/> 8
9 9:15 LIAerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	10 9:00 Lancaster Shopping Trip (16) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:15Release/Restore Yoga (14) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)	11 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (4, 14) 12:45 Winter White Elephant Social (5) 2:00 Caregivers Support (In-person) (7)	12 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 The Symphony (5) 10:45 Rhythm Fit (4, 14) 11-Mats that Matter(9) 12:45 Pinochle (9) 3:30 Board Meeting	13 HOAGIE SALE! (5) 9:15 Line Dance (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 11:00 Ping Pong (8) 12:30 Mah Jong (8)	14 <hr/> 15
16 9:30 Billiards (8) 9:15 LI Aerobics(14) 10:00 Meditation (12) 10-Stay Healthy in the New Year (6) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	17 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:15 Release & Restore Yoga (14) 11:30-1 Haircuts by Appt. (12) 1:00 Behind the Kitchen Counter (6) 1:45 Painting (9)	18 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (4, 14) 10:30 King George Inn II Trip (16) Financial Counseling (p. 7)	19 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Scrabble (9) 10-The Symphony (5) 10:45 Rhythm Fit (4, 14) 12:45 Pinochle (9) Legal Aid (p. 7)	20 9:30 Murder on The Orient Trip (16) 9:15 Line Dance (14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Mah Jong (8)	21 <hr/> 22
23 9:15 LI Aerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	24 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:15 Release & Restore Yoga (14) 1:00 Bingo (8) 1:45 Painting (9)	25 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (4, 14) 10:30 Choir Chimes Resumes (8) 12:45 Movie Matinee: <u>The Apartment</u> (6)	26 9:00 Adventure Aquarium Trip (17) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 The Symphony (5) 10:45 Rhythm Fit (4, 14) 11- Mats that Matter (9) 12-2 Collett Office Hours (p. 7) 12:45 Pinochle (9)	27 9:30 Billiards (8) 9:15 Line Dance (14) 10:00 Trivia at Ten (6) 10:30 Tai Chi (14) 11:00 Ping Pong (8) 12:30 Mah Jong (8)	28 <hr/> 29
30 9:15 LI Aerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:00 Vertigo Away! (6) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)	31 9:30 Billiards (8) 9:30 Hunterdon Hills Trip (17) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:15 Release & Restore Yoga (14) 11:00 Cooking with Teri (6) 1:45 Painting (9)	The number after the program listing indicates on which page of the newsletter more information can be found.	All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org		