

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>		<p>1 Salmon Burger with Dill Sauce & Arugula; Sweet Potato Fries; Pickles</p>	<p>2 Baked Chicken & White Bean Chili with Corn Bread Topping, Green Salad; Fruit</p>	<p>3 Veterans Brunch (no regular noon meal today - see p. 4 for more information).</p>
<p>6 Pulled Pork on Sweet Potato with Peach Salsa; Green Beans</p>	<p>7 Cheesesteak Hoagie with Lettuce, Tomato & Fried Onions; French Fries; Fresh Fruit</p>	<p>8 Baked Lasagna with Green Salad; Garlic Knots</p>	<p>9 BBQ Chicken Breast on Sandwich Thin with Crispy Onions & Cheddar Cheese; Potato Salad; Fruit</p>	<p>10 Baked Cod with White Wine Tomato Sauce; Wild Rice; Green Salad</p>
<p>13 Spinach, Mushroom, & Feta Quiche; Butternut Squash Hash; Fresh Fruit</p>	<p>14 Valentine Brunch-Special Meal/Event/Time/Price (details on p. 1)</p>	<p>15 Mediterranean Tuna Salad on Croissant with Greens; Slaw; Oven Fries; Fruit Happy Birthday!</p>	<p>16 Pork and Sauerkraut with Mashed Potatoes; Creamed Corn; Fresh Vegetable</p>	<p>17 Pasta Primavera with Creamy Garlic Sauce; Green Salad; Whole Wheat Roll; Fruit</p>
<p>20 Pineapple Chicken over Brown Rice; Roasted Yellow & Green Squash; Whole Wheat Roll</p>	<p>21 Grilled Cheese with Tomato Basil Soup; Fruit</p>	<p>22 Flatbread Pizza with Sausage, Roasted Red Peppers, & Mozzarella; Green Salad</p>	<p>23 French Onion Beef Sliders; Sweet Potato Fries; Fruit</p>	<p>24 Chicken A la King in Puff Pastry; Green Salad</p>
<p>27 Salmon Burger with Dill Sauce and Arugula; Sweet Potato Fries; Pickles</p>	<p>28 Baked Creamy Mushroom, Ham & Potato; Broccoli; Fruit</p>			

OUR MEALS

Menu items are listed on the calendar above. **To register for a dine-in meal, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order.**

A limited number of take-out meals are available for caregivers of homebound individuals. Please see our Social Services Coordinator, Emily Filice (215-723-1930) to request take-out meals. We cannot guarantee a meal for you without a reservation.

To receive a noon meal, arrive and seat yourself by 11:55. There are no assigned/reserved seats. We cannot guarantee entry to the community room before 11:30am. Upon arrival for meals, please sign in at our kiosk, and place your anonymous donation in the collection box at our front desk (suggested \$2 for each

meal). Mask wearing is optional. **If you receive meals from Generations, you may hear from us to schedule a friendly consultation for a required nutrition assessment.**

HAPPY BIRTHDAY

Everyone who is registered for the noon meal will receive a special treat on our birthday celebration days: Wednesday, February 15 (for February birthdays) or Wednesday, March 15 (for March 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

2023 / FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
	<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 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>2 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10:00 The Symphony (4) 10:45 Rhythm Fit (4, 14) 12:45 Pinochle (9) PA Medi Appt. (7)</p>	<p>3 9:30 Billiards (8) 9:15 Line Dance (14) 10:30 Release & Restore Yoga (14) 11:30 Veterans Brunch (4) 12:30 Mah Jong (8)</p>	<p>4</p> <hr/> <p>5</p>
<p>6 9:15 LIAerobics(14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>		<p>7 9:00 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:00 Dr. Martin Luther King Jr. Program (4) 11:30-1 Haircuts by Appt. (12) 1:45 Painting (9)</p>	<p>8 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) 2:00 Caregivers Support (In-person) (7)</p>	<p>9 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 The Symphony (4) 10:45 Rhythm Fit (4, 14) 11-Mats that Matter(9) 12:45 Pinochle (9) 2:00 Ireland Presentation (4, 18) 3:30 Board Meeting</p>	<p>10 9:15 Billiards Home vs Norm. Farms (8) 9:15 Line Dance (14) 10:00 Trivia at Ten (4) 10:30 Release & Restore Yoga (14) 11:00 Ping Pong (8) 12:30 Mah Jong (8)</p>
<p>13 9:15 LIAerobics(14) 9:30 Billiards (8) 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>14 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30 Valentine Brunch (1) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)</p>	<p>15 9:30 Billiards Away vs Hershey's Mill (8) 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) 11:30 Out to Lunch: Ooka (15) Financial Counsel.(p. 7)</p>	<p>16 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 The Symphony (4) 10:00 Scrabble (9) 10:45 Rhythm Fit (4, 14) 12:45 Pinochle (9) Legal Aid (p. 7)</p>	<p>17 9:15 Billiards Away vs Arbour Square (8) 9:15 Line Dance (14) 9:30 Billiards (8) 10:00 Name That Tune (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>18</p> <hr/> <p>19 10:00 Out to Brunch: Well Fed (15)</p>
<p>20 9:30 Billiards (8) 9:15 LI Aerobics(14) 10:00 Fall in Love with Your Heart (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>21 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-12:40 Haircuts by Appt. (12) No Painting Class Generations Closes at 12:45 for Staff Training</p>	<p>22 9:30 Billiards Away vs Meadowwood(8) 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) 12:45 Movie Matinee: The Notebook (6)</p>	<p>23 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 The Symphony (4) 10:45 Rhythm Fit (4, 14) 11- Mats that Matter (9) 12-2 Sen. Collett Office Hours (7) 12:45 Pinochle (9)</p>	<p>24 9:30 Billiards (8) 9:15 Line Dance (14) 10:00 Willow Grove Mall Trip (16) 10:30 Release & Restore Yoga (14) 11:00 On The Road to Your New Home (5) 11:00 Ping Pong (8) 12:30 Mah Jong (8)</p>	<p>25</p> <hr/> <p>26</p>
<p>27 9:30 Billiards (8) 9:15 LI Aerobics(14) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>28 9:00Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:45 Painting (9)</p>	<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>		<p>Schedule Announcement: Generations will be closing at 12:45 on Tuesday, February 21 for a Staff Training.</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items are subject to change. see our website: www.generationsofiv.org		1 Baked Chicken & White Bean Chili with Corn Bread Topping, Green Salad; Fruit	2 Meatloaf with Zesty Ketchup; Roasted Rosemary Potatoes; Garlic Green Beans	3 Chicken and Potatoes with Dijon Cream Sauce; Green Salad; Biscuit
6 Cheesesteak Hoagie with Lettuce, Tomato & Fried Onions; French Fries; Fresh Fruit	7 Baked Lasagna; Green Salad; Garlic Knots	8 BBQ Chicken Breast on Sandwich Thin with Crispy Onions & Cheddar Cheese; Potato Salad; Fruit	9 Pulled Pork on Sweet Potato with Peach Salsa; Green Beans	10 Baked Cod with White Wine Tomato Sauce; Wild Rice; Green Salad
13 Chicken Pot Pie; Green Salad	14 Pasta Primavera with Creamy Garlic Sauce; Green Salad; Whole Wheat Roll; Fruit	15 Happy Birthday! Pork and Sauerkraut with Mashed Potatoes; Creamed Corn; & Fresh Vegetable	16 Spinach, Mushroom, & Feta Quiche; Butternut Squash Hash; Fruit	17 St. Paddy's Lunch-Special Meal/Event/Time/Price (see p. 1)
20 Flatbread Pizza with Sausage, Roasted Red Peppers, & Mozzarella; Green Salad	21 Chicken A la King in Puff Pastry; Green Salad	22 French Onion Beef Sliders; Sweet Potato Fries; Fruit	23 Pineapple Chicken over Brown Rice; Roasted Yellow & Green Squash; Whole Wheat Roll	24 Grilled Cheese with Tomato Basil Soup; Fruit
27 Baked Chicken & White Bean Chili with Corn Bread Topping, Green Salad; Fruit	28 Meatloaf with Zesty Ketchup; Roasted Rosemary Potatoes; Garlic Green Beans	29 Chicken and Potatoes with Dijon Cream Sauce; Green Salad; Biscuit	30 Baked Creamy Mushroom, Ham & Potato; Broccoli; Fruit	31 Salmon Burger with Dill Sauce & Arugula; Sweet Potato Fries; Pickles

WELLNESS/SPA OFFERINGS

BLOOD PRESSURE SCREENINGS: MONDAYS, FEBRUARY 20 & MARCH 20, 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- SORRY THIS CLASS IS DISCONTINUED EFFECTIVE FEB. 6~~

~~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, BY APPOINTMENT

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 / MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p>The number after the program listing indicates on which page of the newsletter more information can be found.</p>	<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>	<p>1 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>2 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Safe Driving Full Course (5) 10:00 Scrabble (9) 10:45 Rhythm Fit (4, 14) 12:45 Pinochle (9) PA Medi Appt. (7)</p>	<p>3 9:15 Line Dance (14) 9:30 Billiards (8) 9:30 Safe Driving Full Course (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>4</p> <hr/> <p>5</p>
		<p>6 9:15 LIAerobics(14) 9:30 Billiards (8) 10:00 Trivia at Ten (6) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>7 9:00 Billiards Home vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-1 Haircuts by Appt. (12) 1:30 Behind the Kitchen Counter (6) 1:45 Painting (9)</p>	<p>8 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (4, 14) Choir Chimes to IV Womens Club (8) 2:00 Caregivers Support (In-person) (7)</p>	<p>9 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 A Matter of Balance (3) 10:45 Rhythm Fit (4, 14) 11-Mats that Matter(9) 12:45 Pinochle (9) 1-3 Creative Writing (8) 3:30 Board Meeting</p>
<p>13 9:15 LIAerobics(14) 9:30 Billiards (8) 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>14 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)</p>	<p>15 9:30 Billiards vs Hershey's Mill (Home)(8) 9:30 Billiards (8) 9:30 Dancefit (14) 9:30 Meditation/SH (12) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (4, 14) 10:30 Sight & Sound Trip (16) Financial Counsel.(7)</p>	<p>16 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Scrabble (9) 10:00 A Matter of Balance (3) 10:45 Rhythm Fit (4, 14) 11:00 Mount Hope/ Trip (16) 12:45 Pinochle (9) Legal Aid (p. 7)</p>	<p>17 9:15 Line Dance (14) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 11:15 St. Paddy's Lunch (1) 12:30 Mah Jong (8)</p>	<p>18</p> <hr/> <p>19</p>
<p>20 9:30 Billiards (8) 9:15 LI Aerobics(14) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>21 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-1 Haircuts by Appt. (12) 1:45 Painting (9)</p>	<p>22 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Fulton Theater Trip (16) 10:30 Balance/Tone/Stretch (4, 14) 10:30 Choir Chimes (8)</p>	<p>23 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 A Matter of Balance (3) 10:45 Rhythm Fit (4, 14) 11- Mats that Matter (9) 12-2 Collett Office Hours (p. 7) 12:30 Stories of Our Lives Intro. (3) 12:45 Pinochle (9) 1-3 Creative Writing (8)</p>	<p>24 9:30 Billiards (8) 9:15 Line Dance (14) 10:30 Release & Restore Yoga (14) 11:00 Ping Pong (8) 11:00 Listen Before Lunch: Generations Chamber Ensemble (6) 12:30 Mah Jong (8)</p>	<p>25</p> <hr/> <p>26</p>
<p>27 9:15 LI Aerobics(14) 9:30 Billiards (8) 10:00 Name That Tune (6) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>28 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:45 Painting (9)</p>	<p>29 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (4, 14) 10:30 Choir Chimes (8) 12:45 Movie Matinee: <u>Far & Away</u> (7)</p>	<p>30 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Dutch Apple Trip (16) 10:00 A Matter of Balance (3) 10:45 Rhythm Fit (4, 14) 12:45 Pinochle (9)</p>	<p>31 9:30 Billiards Home vs Britt. Pointe (8) 9:15 Line Dance (14) 10:00 Supportive Living 101 (3) 10:30 Release & Restore Yoga (14) 11:00 Ping Pong (8) 12:30 Mah Jong (8) 7:00 Fifth Friday (1)</p>	