

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
| <p><b>All menu items are subject to change.</b><br/> <b>We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></b></p> |   | <p><b>1</b><br/>                     Sloppy Joe; Loaded Potato Salad; Pickles; Fruit</p>   | <p><b>2</b><br/>                     Italian Chicken Stew; Garden Salad; Whole Wheat Roll</p>               | <p><b>3</b> Baked Haddock with Lemon Caper Sauce; Wild Rice; Broccoli; Whole Wheat Roll</p>                       |
| <p><b>6</b><br/>                     Beef &amp; Veggie Pie with Cheddar Biscuit Top; Fresh Fruit</p>   | <p><b>7</b> Chix.Cheesesteak Flatbread with Sautéed Mushrooms, Onions, &amp; Zesty Ketchup Drizzle; Mixed Greens Salad</p>  | <p><b>8</b> Wild Caught Salmon Filet with Peach &amp; Pineapple Salsa; Oven Roasted Sweet Potatoes; Garlic Green Beans</p>             | <p><b>9</b> Baked Eggplant Parm.; Tossed Green Salad; Whole Wheat Roll</p>                                  | <p><b>10</b> Chef's Salad with Ham, Turkey, Swiss, Hard Boiled Egg, &amp; House Vinaigrette; Whole Wheat Roll</p> |
| <p><b>13</b><br/>                     Seafood Mango Salad over Greens; Whole Wheat Roll</p>  | <p><b>14</b><br/>                     Stuffed Baked Potato with Broccoli, Ham, &amp; Cheddar Sauce; Garden Salad; Fruit</p> | <p><b>15</b> Happy Birthday!<br/>                     Chicken Marsala served Over Wild Rice with Broccoli</p>                          | <p><b>16</b><br/>                     Ham &amp; Swiss Sliders with Shaved Brussels Sprouts Salad; Fruit</p> | <p><b>17</b><br/>                     Roasted Veggie Frittata with Sweet Potato Fries &amp; Fresh Fruit</p>       |
| <p><b>20</b> Monte Cristo Sandwich; Garden Salad; Fresh Fruit</p>  | <p><b>21</b> Baked Ravioli with Beef Bolognese &amp; Mozzarella; Caesar Salad; WW Roll</p>                                  | <p><b>22</b> Pork &amp; Sauerkraut; Mashed Potatoes; Glazed Baby Carrots</p>   | <p><b>23</b><br/>                     BLT Quiche; Greek Salad; Fresh Fruit</p>                              | <p><b>24</b> Chicken Salad Stuffed Tomato on Greens; Whole Wheat Roll; Fruit</p>                                  |
| <p><b>27</b><br/>                     Pulled Pork on a Corn Bread Waffle with BBQ Drizzle; Fresh Fruit</p>   | <p><b>28</b><br/>                     Italian Chicken Stew; Garden Salad; Whole Wheat Roll</p>                              | <p><b>29</b> Independence Day Celebration - Special Meal/Event/Price (details on p. 1)<br/>                     No Take Outs Today</p> | <p><b>30</b> Baked Haddock with Lemon Caper Sauce; Wild Rice; Broccoli; Whole Wheat Roll</p>                |   |

## OUR MEALS

Menu items are listed on the calendar above. Our indoor noon meal has returned! Take out meals are still available by request. **To register for either dine-in or take out, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order.** We cannot guarantee a meal for you without a reservation. To receive a take-out meal, you must park and walk in to our main entrance at 12:30pm. Upon arrival, please sign in at our kiosk, and place your anonymous donation in the collection box at our front desk (suggested \$2 for each meal). Masks wearing is now optional.

## HAPPY BIRTHDAY

If you have a birthday during the months of June or July, let us know when you order your meal, and you'll get a special homemade birthday treat on Wednesday, June 15 (for June birthdays) or Wednesday, July 20 (for July birthdays) .

## OUR CAFÉ

Our Café is open Mon.-Fri. from 10:00am-1:00pm for dine-in or take-out. Enjoy our à la carte menu and daily specials. No need to order; just stop by!

# PROGRAM SCHEDULE

2022/ JUNE

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY<br>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: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></p>                        | <p><b>1</b> 9:00 Shuffleboard (9)<br/>9:30 Billiards (8)<br/>9:30 Meditation/SH (p. 12)<br/>9:30 Dancefit (14)<br/>10:00 Bowling (8)<br/>Fall Risk Clinic (5)<br/>11:30 Walking Club (14)<br/>3:30 Caregivers Support (7)<br/>Bucks-Mont Golf (8)</p> | <p><b>2</b> 9:30 Billiards (8)<br/>9:30 Sit,Stretch,Flex (14)<br/>10:00 Scrabble (9)<br/>12:45 Pinochle (9)<br/>PA Medi Appt. (7)</p>   | <p><b>3</b> 9:15 Billiards Home vs Brittany Pointe (8)<br/>Ask The Pharmacist/ Prescription Chk. (4)<br/>10:30 Tai Chi (14)<br/>12:30 Mah Jong (8)</p>  | <p><b>4</b></p> <hr/> <p><b>5</b></p>   |
|  |  | <p><b>6</b> 9:15 LI Aerobics(14)<br/>9:30 Billiards (8)<br/>10:00 Meditation (12)<br/>10:00 Exercise Your Mind (4)<br/>10:30 Tai Chi (14)<br/>Blood Pressure Chk (12)<br/>12:30 Dup.Bridge (8)<br/>1:00 Memoirs (9)<br/>Bucks-Mont Golf (8)</p>       | <p><b>7</b> 9:15 Billiards Home vs Penridge (8)<br/>9:00 Crystal Cave Trip (15)<br/>9:30 Sit, Stretch, Flex (14)<br/>9:30 Hand &amp; Foot (8)<br/>11:30-1 Haircuts by Appt. (12)<br/>1:45 Painting (9)</p>  | <p><b>8</b> 9:00 Shuffleboard (9)<br/>9:00 Balance &amp; Stability (14)<br/>9:30 Billiards (8)<br/>9:30 Meditation/SH (p. 12)<br/>9:30 Dancefit (13)<br/>10:00 Bowling (8)<br/>Fall Risk Clinic (5)</p> | <p><b>9</b> 9:30 Billiards (8)<br/>9:30 Sit, Stretch, Flex (14)<br/>11-Mats that Matter(9)<br/>11:00 POA/Wills Information (5)<br/>12:45 Pinochle (9)<br/>1:00 Creative Writing (p. 8)<br/>3:30 Board Meeting</p> |
| <p><b>13</b> 9:15 LIAerobics(14)<br/>9:30 Billiards (8)<br/>10:00 Meditation (12)<br/>10:30 Tai Chi (14)<br/>10:45 Malagari Office Hours (p. 7)<br/>12:30 Dup.Bridge (8)<br/>1:00 Memoirs (9)<br/>3-Cuba Libre Trip (15)<br/>Bucks-Mont Golf (8)</p> | <p><b>14</b> 9:30 Sit, Stretch, Flex (14)<br/>9:30 Billiards (8)<br/>9:30 Hand &amp; Foot (8)<br/>1:00 Bingo (8)<br/>1:45 Painting (9)<br/>6:30 Bereavement Support (7)</p>            | <p><b>15</b> 9:00 Shuffleboard (9)<br/>9:30 Billiards (8)<br/>9:30 Meditation/SH (p. 12)<br/>9:30 Dancefit (14)<br/>10:00 Bowling (8)<br/>Fall Risk Clinic (5)<br/>11:30 Walking Club (14)<br/>Financial Counsel (p. 7)</p>                           | <p><b>16</b> 9:30 Billiards (8)<br/>9:30 Sit, Stretch, Flex (14)<br/>9:30 AARP Safe Driving Full Course(4)<br/>10:00 Scrabble (9)<br/>12:45 Pinochle (9)</p>  | <p><b>17</b> 8:15 Lake Tobias Trip (15)<br/>9:00 Billiards Away vs Normandy Farms (8)<br/>9:30 AARP Safe Driving Full Course(4)<br/>10:30 Tai Chi (14)<br/>12:30 Mah Jong (8)</p>                       | <p><b>18</b></p> <hr/> <p><b>19 Happy Fathers Day!</b><br/>10:00 Fiddler on the Roof Trip (16)<br/>7:00 Concert Sundaes: Jesse Garron followed by Fireworks (3)</p>   |
| <p><b>20</b> 9:15 LI Aerobics(14)<br/>9:00 Billiards Away vs Hillview (8)<br/>10:00 Meditation (12)<br/>10:30 Tai Chi (14)<br/>12:30 Dup.Bridge (8)<br/>1:00 Memoirs (9)<br/>Bucks-Mont Golf (8)</p>   | <p><b>21</b> 9:30 Sit, Stretch, Flex (14)<br/>9:00 Billiards Away vs Arbour Square (8)<br/>9:30 Hand &amp; Foot (8)<br/>11:30-1 Haircuts by Appt. (12)<br/>1:45 Paint Workshop (9)</p> | <p><b>22</b> 9:00 Shuffleboard (9)<br/>9:00 Balance &amp; Stability (14)<br/>9:30 Billiards (8)<br/>9:30 Meditation/SH (p. 12)<br/>9:30 Dancefit (14)<br/>10:00 Bowling (8)<br/>Fall Risk Clinic (5)</p>  | <p><b>23</b> 9:30 Billiards (8)<br/>8:15 Riverlady Cruise Trip (16)<br/>9:30 Sit, Stretch, Flex (14)<br/>11- Mats that Matter (9)<br/>12-2 Collett Office Hours (p. 7)<br/>12:45 Pinochle (9)<br/>1:00 Creative Writing (p. 8)<br/>Legal Aid (p. 7)</p> | <p><b>24</b> 9:00 Billiards Away vs Brittany Pointe (8)<br/>10:30 Tai Chi (13)<br/>12:30 Mah Jong (9)</p>   | <p><b>25</b></p> <hr/> <p><b>26</b> 7:00 Concert Sundaes: Bridgette &amp; Scott Johnson(3)</p>  |
| <p><b>27</b> 9:15 LI Aerobics(14)<br/>9:30 Billiards (8)<br/>10:00 Meditation (12)<br/>10:30 Tai Chi (14)<br/>12:30 Dup.Bridge (8)<br/>1:00 Memoirs (9)<br/>Bucks-Mont Golf (8)</p>  | <p><b>28</b> 9:00 Billiards Away vs Penridge (8)<br/>9:30 Sit, Stretch, Flex (14)<br/>9:30 Hand &amp; Foot (8)<br/>1:00 Bingo (8)<br/>1:45 Paint Workshop (9)</p>                      | <p><b>29</b> 9-Shuffleboard (9)<br/>9:30 Billiards (8)<br/>9:30 Meditation/SH (p. 12)<br/>9:30 Dancefit (14)<br/>10:00 Bowling (8)<br/>Fall Risk Clinic (5)<br/>12:00 Independence Day Celebration Picnic (1)</p>                                     | <p><b>30</b> 9:30 Billiards (8)<br/>9:30 Sit, Stretch, Flex (14)<br/>12:45 Pinochle (9)</p>   | <p><b>SCHEDULE ANNOUNCEMENTS:</b></p> <ul style="list-style-type: none"> <li>• Effective May 6, Flexercise will no longer be offered on Fridays.</li> </ul>   |   |

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
| 4<br><b>Closed</b>  | 5<br>Chix.Cheesesteak Flatbread with Sautéed Mushrooms, Onions, & Zesty Ketchup Drizzle; Mixed Greens Salad | 6<br>Wild Caught Salmon Filet with Peach & Pineapple Salsa; Oven Roasted Sweet Potatoes; Garlic Green Beans | 7<br>Baked Eggplant Parm.; Tossed Green Salad; Whole Wheat Roll       | 1 Sloppy Joe; Loaded Potato Salad; Pickles; Fruit<br>8 Chef's Salad with Ham, Turkey, Swiss, Hard Boiled Egg, & House Vinaigrette; Whole Wheat Roll |
| 11 Seafood Mango Salad over Greens; Whole Wheat Roll                | 12 Stuffed Baked Potato with Broccoli, Ham,& Cheddar Sauce; Garden Salad; Fruit                             | 13 Chicken Marsala served Over Wild Rice with Broccoli  | 14 Ham & Swiss Sliders with Shaved Brussels Sprouts Salad; Fruit      | 15 Roasted Veggie Frittata with Sweet Potato Fries & Fresh Fruit  |
| 18 Monte Cristo Sandwich; Garden Salad; Fresh Fruit                 | 19 Pork & Sauerkraut; Mashed Potatoes; Glazed Baby Carrots  | 20 Happy Birthday! Baked Ravioli with Beef Bolognese & Mozzarella; Caesar Salad; WW Roll                    | 21 BLT Quiche; Greek Salad; Fresh Fruit                               | 22 Chicken Salad Stuffed Tomato on Greens; Whole Wheat Roll; Fruit  |
| 25 Pulled Pork on a Corn Bread Waffle with BBQ Drizzle; Fresh Fruit | 26 Sloppy Joe; Loaded Potato Salad; Pickles; Fruit  | 27 Italian Chicken Stew; Garden Salad Whole Wheat Roll  | 28 Baked Haddock with Lemon Caper Sauce; Wild Rice; Broccoli; WW Roll | 29 Pierogi Pie with Caramelized Onions, Bacon, & Sour Cream; Green Salad  |

## WELLNESS/SPA OFFERINGS

### BLOOD PRESSURE SCREENINGS: MONDAYS, JUNE 6 & JULY 18, 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 you appointment. Stop by our front desk upon arrival to check in.

### MEDITATION & HEALING: WEDNESDAYS, 9:30AM

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

### ON THE MOVE PHYSICAL THERAPY:

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

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY SUNDAY   |
|---|--|--|--|---|---|
| <p>The number after the program listing indicates on which page of the newsletter more information can be found.</p>  |  | <p><b>SCHEDULE ANNOUNCEMENTS:</b></p> <ul style="list-style-type: none"> <li>Generations will be closed on Independence Day (Monday, July 4).</li> </ul>   |  | 1   | 2   |
| <p>All programs are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></p>   |  |  |  | <p>10:30 Tai Chi (14)<br/>12:30 Mah Jong (8)</p>  | 3   |
| 4   | 5  | 6  | 7  | 8   | 9   |
| <p><b>Closed</b></p>  | <p>9:15 Billiards Home vs Pennridge (8)<br/>9:30 Sit, Stretch, Flex (14)<br/>9:30 Hand &amp; Foot (8)<br/>11:30-1 Haircuts by Appt. (12)<br/>1:45 Paint Workshop (9)</p>   | <p>West VA Trip (18)<br/>9:00 Shuffleboard (9)<br/>9:30 Billiards (8)<br/>9:30 Meditation/SH (p. 12)<br/>9:30 Dancefit (14)<br/>10:00 Bowling (8)<br/>Fall Risk Clinic (5)<br/>11:30 Walking Club (14)<br/>3:30 Caregivers Support (7)<br/>Bucks-Mont Golf (8)</p> | <p>West VA Trip (18)<br/>9:30 Billiards (8)<br/>9:30 Sit,Stretch,Flex (13)<br/>10:00 Scrabble (9)<br/>12:45 Pinochle (9)<br/>PA Medi Appt. (7)</p>                                   | <p>West VA Trip (18)<br/>9:15 Billiards Home vs Arbor Square (8)<br/>10:30 Tai Chi (14)<br/>12:30 Mah Jong (8)</p>                    | <p>West VA Trip (18)</p>  |
| 11  | 12   | 13   | 14   | 15  | 16  |
| <p>9:15 LIAerobics(14)<br/>9:30 Billiards (8)<br/>10:00 Meditation (12)<br/>10:30 Tai Chi (14)<br/>10:45 Malagari Office Hours (p. 7)<br/>12:30 Dup.Bridge (8)<br/>1:00 Memoirs (9)<br/>Bucks-Mont Golf (8)</p>                           | <p>9:30 Sit, Stretch, Flex (14)<br/>9:30 Billiards (8)<br/>9:30 Hand &amp; Foot (8)<br/>1:00 Bingo (8)<br/>1:45 Paint Workshop (9)<br/>6:30 Bereavement Support (7)</p>  | <p>9:00 Shuffleboard (9)<br/>9:00 Balance &amp; Stability (14)<br/>9:15 Billiards Home vs Hillview (8)<br/>9:30 Meditation/SH (p. 12)<br/>9:30 Dancefit (14)<br/>10:00 Bowling (8)<br/>Fall Risk Clinic (5)</p>  | <p>9:30 Billiards (8)<br/>9:30 Sit, Stretch, Flex (13)<br/>11-Mats that Matter(9)<br/>12:45 Pinochle (9)<br/>1:00 Creative Writing (p. 8)<br/>3:30 Board Meeting</p>                 | <p>9:15 Billiards Home vs Normandy Farms (8)<br/>10:30 Strasburg Railroad Trip (16)<br/>10:30 Tai Chi (14)<br/>12:30 Mah Jong (9)</p> | <p>17</p> <p>7:00 Concert<br/>Sundae: Sounds of The Street (3)</p>            |
| 18  | 19   | 20   | 21   | 22  | 23  |
| <p>9:30 Billiards (8)<br/>9:15 LI Aerobics(14)<br/>10:00 Meditation (12)<br/>10-Find, Treat, Beat Cancer (4)<br/>10:30 Tai Chi (14)<br/>Blood Pressure Chk (12)<br/>12:30 Dup.Bridge (8)<br/>1:00 Memoirs (9)<br/>Bucks-Mont Golf (8)</p> | <p>9:00 Andalusia House/ Gardens Trip (16)<br/>9:30 Sit, Stretch, Flex (14)<br/>9:00 Billiards Away vs Pennridge (8)<br/>9:30 Hand &amp; Foot (8)<br/>11:30-1 Haircuts by Appt. (12)<br/>1:45 Paint Workshop (9)</p> | <p>9:00 Shuffleboard (9)<br/>9:30 Billiards (8)<br/>9:30 Meditation/SH (p. 12)<br/>9:30 Dancefit (14)<br/>10:30 Astraea Jewelry Workshop (6)<br/>10:00 Bowling (8)<br/>Fall Risk Clinic (5)<br/>11:30 Walking Club (14)<br/>Financial Counsel (p. 7)</p>           | <p>Ask The Pharmacist/ Blood Sugar Chk (4)<br/>9:30 Billiards (8)<br/>9:30 Sit, Stretch, Flex (14)<br/>10:00 Scrabble (9)<br/>12:45 Pinochle (9)<br/>Legal Aid (p. 7)</p>            | <p>9:15 Chanticleer House &amp; Gardens (16)<br/>9:30 Billiards (8)<br/>10:30 Tai Chi (14)<br/>12:30 Mah Jong (9)</p>                 | <p>24</p> <p>7:00 Concert<br/>Sundae: Phila. Boys Choir &amp; Chorale (3)</p> |
| 25  | 26   | 27   | 28   | 29  | 30  |
| <p>8:45 Museum of Illusions Trip (16)<br/>9:15 LI Aerobics(14)<br/>9:30 Billiards (8)<br/>10:00 Meditation (12)<br/>10:30 Tai Chi (14)<br/>12:30 Dup.Bridge (8)<br/>1:00 Memoirs (9)<br/>Bucks-Mont Golf (8)</p>                          | <p>9:00 Billiards Away vs Arbour Square (8)<br/>9:30 Sit, Stretch, Flex (14)<br/>9:30 Hand &amp; Foot (8)<br/>1:00 Bingo (8)<br/>1:45 Paint Workshop (9)</p>   | <p>9:00 Wind Creek Casino Trip (16)<br/>9:00 Shuffleboard (9)<br/>9:00 Balance &amp; Stability (14)<br/>9:30 Billiards (8)<br/>9:30 Meditation/SH (p. 12)<br/>9:30 Dancefit (14)<br/>10:00 Bowling (8)</p>   | <p>9:30 Billiards (8)<br/>9:30 Sit, Stretch, Flex (14)<br/>11- Mats that Matter (9)<br/>12-2 Collett Office Hours (p. 7)<br/>12:45 Pinochle (9)<br/>1:00 Creative Writing (p. 8)</p> | <p>9:00 Kitchen Kettle Trip (17)<br/>9:30 Billiards (8)<br/>10:00 Trivia at Ten (6)<br/>10:30 Tai Chi (14)<br/>12:30 Mah Jong (9)</p> | <p>31</p> <p>7:00 Concert<br/>Sundae: Barbone Street Jazz (3)</p>             |