



## 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.



## FUNNY FATHERS & FLOATS FRI., JUNE 9, 12:45PM

All are invited for a fun afternoon remembering some of our favorite funny fathers (like the three clowns pictured at left). From Gomez Addams and Steven Keaton to Cliff Huxtable and George Banks, we will share clips of some favorite dad-themed tv shows & movies. Enjoy Fathers Day tidbits, trivia and recorded music as you sip a root beer float and nosh on a soft

pretzel. Do you have a favorite father story to share? If so we'd love to hear it during this event!

A donation will be collected to help cover refreshment costs. (Suggested donation \$5 per person). Family & friends welcome. Seating is limited, and reservations are required. To register, stop by or call the Generations front desk at 215-723-5841 by Tuesday, June 6. This event is separate from our noon meal. A separate registration is required for this event and for our noon meal.

## FIFTH FRIDAY IN THE CAFE FRI., JUNE 30, 7:00PM

Join us for small plates and big fun! Cost: \$15 includes an evening of entertainment (TBA - please inquire about our entertainment at registration); plus light snacks and desserts; beer or wine; soda; coffee; and tea. To register, stop by our front desk or call 215-723-5841 by June 23.

## HOT DOG! IT'S A KARAOKE DANCE PARTY WED., JULY 19, 11:30

Do you love to dance and sing? Or... do you love to watch other people make fools of themselves? If so then join us for a fun karaoke dance party where you're in charge of the tunes! Let's get up and move to our favorite hits of the 40s, 50s, and 60s. If you like to sing along, we'll put the words up on the big screen and have a microphone available for the "hot dogs" in the room. \$15 includes a hot dog bar with all the fixin's, french fries, watermelon, and 50s float cocktails (for bravery before you take to the dance floor/stage). Hot dogs are generously donated complimentary of Fox Deli Provisions, a Local Purveyor of Boar's Head Brand Meats & Cheeses. All proceeds benefit our Center & Meals on Wheels Programming. Registration is required by July 12. Visit our front desk or call 215-723-5841. If you have special song requests you would like to hear/sing along to at this event, please share them upon registration.

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**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

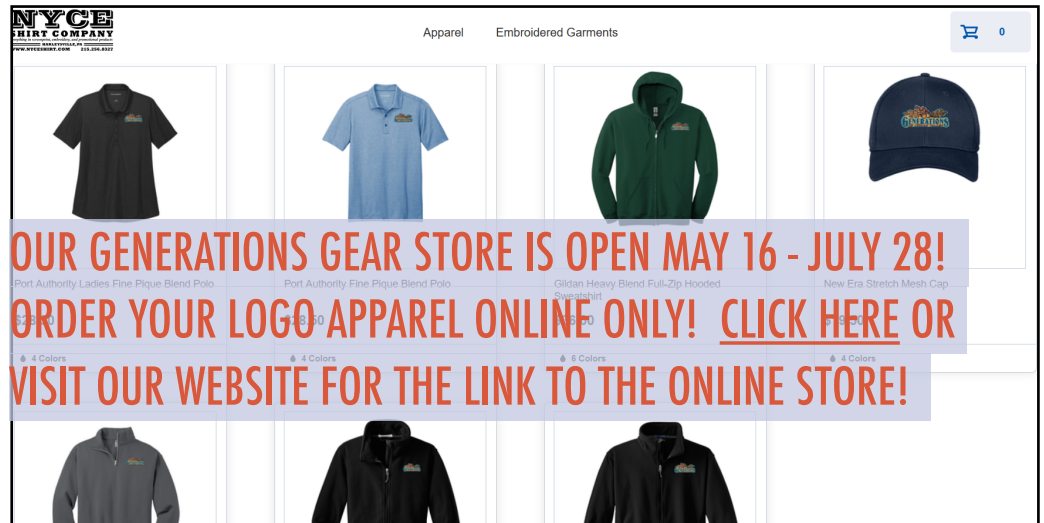
## OUR TEAM

### STAFF

Douglas Eschbach,  
Executive Director  
Lisa Furbacher,  
Assistant Director  
Shawna Boell,  
Member Services Coordinator  
Emily Filice,  
Social Services Coordinator  
Bryan Finnemeyer,  
Housekeeping  
Beth Knize, Kitchen Coordinator  
Lexi Little, Kitchen Assistant  
Pat McQue,  
Indian Valley MOW Coordinator  
Heather Lewis,  
North Penn MOW Coordinator  
Val Perry,  
Member Services Coordinator  
Michele Ross,  
Kitchen 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, 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.

## HEALTH & SAFETY INFORMATION

Please sign in at our kiosk upon arrival. At this time, masks are recommended (but optional) inside our building. COVID-19 vaccines and boosters are recommended, but we will not ask about your vaccination status. Please refrain from engaging in unkind behavior toward those who make different personal health decisions. If you are experiencing symptoms of COVID-19, please stay home. If you have a known exposure or a diagnosis of COVID-19 please contact your healthcare provider for guidance, testing, any necessary quarantine procedures, and treatment.

# FREE FALL RISK CLINIC WITH DESALES UNIVERSITY: WEDNESDAYS IN JUNE & JULY, BY APPT.



Did you know that one in three persons over age 60 has fallen once in the past six months? Those who fall and break a hip have a 50% chance of permanent disability. The three most commonly fractured bones due to a fall are the hip, the wrist, and the back.

The Centers for Disease Control and Prevention states that anyone who answers yes to any of the questions below should be screened for fall risk:

- Have you had a fall or near-fall in the past 12 months?
- Has anyone told you that you appear

unsteady when you walk?

- Is your balance less than it once was?
- Have you failed a fall risk assessment in the past 12 months?
- Would you like to be evaluated for fall risk?
- Are you interested in learning behaviors and exercises to decrease your risk of falls?
- Do you take more than four prescription drugs per day?

Generations of Indian Valley, in conjunction with the Doctor of Physical Therapy Program at DeSales University,

will offer Free Fall-Risk Clinic appointments on Wednesday mornings from May 31 - July 19.

Participants will receive a comprehensive physical examination, a review of medications, vital signs screening, and fall-risk tests and measures. Those found at risk for a fall will receive free interventions to decrease fall risk.

All services are free of charge.

For more information or to schedule a PT screening, visit our front desk or call 215-723-5841.

## SHINGLES VACCINE CLINIC FRI., JULY 14, BY APPT.

The CDC recommends that everyone 50 and older get Shingrix (the new Shingles vaccine), even if they had the earlier recommended vaccine Zostavax, or if they've already had a bout of shingles.

Pharmacists from Giant/Martins will offer a Shingles Vaccine Clinic at Generations this summer. An important note: Beginning Jan. 1, 2023, Medicare Part D enrollees won't have any out-of-pocket costs for the shingles

vaccine. Bring your insurance cards and wear a short sleeved shirt for the appointment. If possible, please bring a completed consent form. (Consent forms available on our website

[www.generationsofiv.org](http://www.generationsofiv.org) or when you schedule your appointment at our front desk). This is a two-dose series. The 2nd dose will be offered at Generations on Friday, October 13. If you plan to get the 2nd dose at

Generations, please schedule an appointment for Oct. 13 in addition to July 14 (you are not required to get the 2nd dose at the same location as the 1st dose).

To schedule your appointment at Generations, call 215-723-5841 or visit our front desk. If you have questions about whether this vaccine is right for you, please contact your healthcare



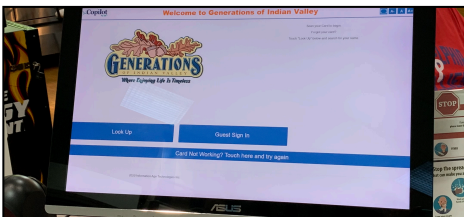
## ADVANCED BEGINNER IPHONE: MON., JUNE 12, 10-11:30AM

This is a slow-paced intermediate class taught by Rhonda Novicki. It covers Functions, Voice Mail, Email, Internet, Siri, Home Screens, Apps, Mapquest, Calendar, Contacts, Camera, Food Delivery Services, Transportation Assistance (eg Uber/Lyft), Restroom Finder, Social Media including Facebook,

Health Group Support Groups/Research, and Virtual Health Care.

Bring your charged iPhone along with your Apple ID and any passwords you may need to download apps (we won't ask you to share them but you may need them during the class).

Sorry, class is not applicable to Android phone users. Cost: \$15 per person, due at registration, includes a donation to Generations. Registration required. Space is limited. Visit our front desk or call 215-723-5841.



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



**GENERATIONS GEAR** is available for sale from May 16-July 28. A variety of screen printed and embroidered apparel featuring the Generations Logo is available. All orders **MUST** be placed online. You will need an email and a credit card. Visit our website for the link or if viewing the newsletter online [click here](#). If you need assistance ordering, see Amy Stover.



**DINNER IN WHITE FOR IVPL**  
The Indian Valley Public Library will hold their annual Dinner in White Fundraiser in Souderton Park on Sat., Aug. 19. For more info. or to purchase tickets, visit [www.ivpl.org](http://www.ivpl.org)



# SPECIAL PROGRAMS (IN ORDER OF DATE)

^ = Registration is required for this program. To register, stop by our front desk or call 215-723-5841. Save our number!

## SPELL CHECK

Our "Spell Check" game continues. Be on the lookout for the spelling mistake on our event promotion sign (located on 2nd Street outside of our building). The mistake could be on either side - you'll have to look for it! Be the first person to report the spelling mistake to our front desk and you could win \$5 "Kafe Kash."

## GREAT SCIENTIFIC IDEAS THAT CHANGED THE WORLD ^ THURSDAYS, 10:00AM

We continue to offer viewings of the "Great Courses" series, Great Scientific Ideas That Changed the World. Join us each week for a group viewing of two 30 minute lectures followed by a brief discussion (led by volunteer Dave). In this course, we will explore scientific ideas that have played a formative role in determining the infrastructure of modern life. You can attend as many (or as few) lectures as you'd like. A \$2 donation per person per class is appreciated. Registration required ^. **Please check with our front desk for potential black out dates in June & July.**

## AARP SAFE DRIVING REFRESHER COURSE ^ FRIDAY, JUNE 2, 9:30AM

Join instructor Judy Pfanders to learn how to operate your vehicle more safely. Most insurance companies require an eight hour course to be taken initially and a four hour refresher course every three years after that. Contact your insurance company to determine exact requirements for discounts. **A half hour lunch break will be given at 12:00. Participants may register for our noon meal (see. p. 10), purchase a la carte 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 May 30 ^.

## RICHTER SHRED TRUCK

### MONDAY, JUNE 5, 9:30-10:30AM ONLY

This event is free thanks to Richter. Find the truck in our front parking lot from 9:30-10:30am only on 6/5. No shredding accepted after the event. Limit 6 boxes/bags. Donations to Generations optional but always appreciated. No need to pre-register.

## DESALES & YOU WITH DESALES U ^

### WEDNESDAYS IN JUNE & JULY , 12:45PM

Join us this summer for a life-long learning series presented by subject matter experts from nearby top ranked DeSales University. Registration is required ^.

**June 7, 12:45pm: Topic TBA** Presented by Laura Baylor, Associate Professor of Nursing, DeSales University

**June 28, 12:45pm: The Mental & Physical Health Benefits of Dance** Presented by Julia Mayo Associate Professor and Chair of Dance, DeSales University

**July 12: Nursing: Where Do I Go From Here?** Learn how to decide whether to visit the Emergency Room, an urgent care center, or a provider's office based on your symptoms. Presented by Laura Baylor, Associate Professor of Nursing, DeSales University

**July 19: Diabetic Foot Care:** Why do I need to check my feet if I have diabetes? Presented by Dr. Stephen Carp, Associate Professor, Doctor of Physical Therapy Program, DeSales University.

## HEALTHY LIVING FOR YOUR BRAIN & BODY ^

### TUESDAY, JUNE 13, 10:00AM

Please join our colleagues from the Alzheimer's Association to hear the latest information and research in the battle to



## THANK YOU VERY MULCH!

Many thanks to the members of our Garden Club and to the Souderton High School Boys Lacrosse Team for spreading yards and yards of mulch for us! We're grateful to the volunteers who help keep the gardens looking beautiful!



## FREE ONLINE ADULT TECH TRAINING

RSVP offers free online class for adults using a computer, tablet or smartphone. Your device must be equipped with a camera and a microphone. Current classes offered are Internet Safety, Intro to Email, Web Browsing, Apps for Android/iPhone, and Zoom. For more information, call 610-834-1040 x. 128 or email [michellh@rsvpmc.org](mailto:michellh@rsvpmc.org)



## MONTCO TRAIL CHALLENGE

Pick up an official trail challenge card at Generations and visit any one of the participating trails. Record the symbol found there. Submit your card online or at a drop box by Dec. 3. More info: [www.montcopa.org/trailchallenge](http://www.montcopa.org/trailchallenge)



# SPECIAL PROGRAMS (IN ORDER OF DATE)

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cure Dementia and Alzheimer's disease! Learn about the newest medications being used to temporarily improve dementia symptoms, and learn how treating other common conditions can help alleviate symptoms. This free, Help Yourself to Healthy Living 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 the in-person option is also required ^.

## RECIPE SWAP & SAMPLE ^

WEDNESDAY, JUNE 14, 11:00AM (STRAWBERRIES)

WEDNESDAY, JULY 12, 11:00AM (COLD SOUPS)

Let's get together to exchange our favorite tried and true (or new and experimental) recipes. Each month we will have a theme and ask club participants to bring one copy of a favorite printed recipe that fits that theme. Then we will chat about and swap recipes. Participants will get a copy of each recipe that is shared. One volunteer from the group will prepare their recipe in the Generations kitchen before the club meeting so we can enjoy samples. Sorry - we cannot sample food prepared in a home kitchen. A donation of \$2 per person per meeting is optional. Led by Generations Volunteer Linda Roberts. Registration is required ^



## MOVIE MATINEE: THE HELP ^

WEDNESDAY, JUNE 14, 12:45PM

Juneteenth is now a federal holiday that recognizes June 19 as the day that commemorates the end of slavery in the United States. Although slavery officially ended in 1865, the struggle to strengthen the civil and human rights of every person in the United States continues today. This month's movie feature is the 2011 drama, The Help starring Emma Stone & Viola Davis. It is based Kathryn Stockett's best-

selling novel of the same name. An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis. Running time is two hours and 26 minutes. This movie is rated PG-13 for thematic material, violence and depictions of racial injustice. Free admission. Popcorn and other concessions available for purchase in our Cafe. Please register by June 12 if you plan to attend ^.

LISTEN BEFORE LUNCH: CLANN REDMOND ^  
FRIDAY, JUNE 16 11:00AM



Join us for special music with Clann Redmond. Playing traditional Irish music, the trio features award-winning instrumentalists Alannah Redmond (fiddle, whistle, bodhran) and Bridget Redmond (concertina, whistle, bodhran), backed by their father Tim on guitar and mandolin. Additionally, the girls' Irish dancing is often incorporated into the show. A donation will be collected during this event. A separate registration is required for this event and our noon meal ^.

## NAME THAT TUNE/TRIVIA AT TEN ^

MONDAY, JUNE 26, 10:00AM

This month we will meld together two of our favorite group games. We'll have music trivia combined with clues in song for a morning of building brain power. Led by Generations Program Coordinator Amy. Please register ^

## FREE NAIL ART APPOINTMENTS SELECT DATES TBA ^

Includes hand soak and massage followed by nail filing and painting/nail art with Shannon. (No trimming). Appointment required.^



## FLORAL DESIGN CLASS MON., JULY 17

Join us for a one-hour "make and take" floral design class to create a vase filled with beautiful, locally-grown flowers. The class will be instructed by Alanna Messner-Scholl, the owner of Wavy Roo Florals LLC. Located in Harleysville, Wavy Roo is a homegrown, online-only flower shop that began as a lighthearted postpartum hobby and has since grown -

literally and figuratively - into a full-service event florist and design studio. Alanna will teach this fun and laid-back class where participants will enjoy "playing with flowers" while learning basic design principles. She will also share tips for creating and sustaining a cut flower garden in your home, no matter how much garden space you have.

Cost: \$40 includes all flowers and materials (vases, floral scissors, ribbons, etc), a donation to Generations, and, of course, your take-home arrangement. Class size is limited. Registration and payment is due by July 10. Stop by our front desk or call 215-723-5841.

## NEWS & NOTES:

### FEATURED ARTIST MAY/JUNE:

Andy Roth found a love of nature photography when hiking with a friend/professional photographer. It was not long before photography became the reason to hike and travel, as Andy sought interesting things to photograph both locally and beyond. Photos of nature, landscapes, cityscapes, architecture and more can be found in Andy's diverse portfolio. Pocono Tourism, Sea Pines Resort, and the Village of Intercourse, PA are some of the places that have asked to use Andy's photos for marketing.

### FEATURED ARTIST JULY/AUG.:

To local artist, William Sauts Bock, art is life. His Souderton home is where he creates and curates his collection. With a career spanning 60 years, he has illustrated over 300 books, and many of his paintings hang in museums and embassies. While his subjects and inspirations have changed over the years, he spent 20 years documenting the Lenape Indian way of life and was adopted into the tribe as an official member. He painted in oil early in his career, and moved onto watercolor, gouache, and tempera. He continues to create in ink, pencil and watercolors to this day.

### FARMERS MARKET VOUCHER:

Montgomery County residents who are 60 years or older and have a household income that does not exceed \$26,973 (one person) and \$36,482 (two persons) are eligible to receive \$50 in farmers market food vouchers at Generations. Distribution is M-F, 10am-12pm, beginning Mon., June 5. Questions? Call Emily Filice, Social Services Coordinator: 215-723-1930.

# 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!

### TRIVIA AT TEN ^

FRIDAY, JULY 7 10:00AM

Maintain your mental muscles with a morning of Jeopardy style trivia. Fun prizes will be awarded for winning answers. Led by Generations Program Coordinator Amy Stover. ^

### MAXIMIZE YOUR SENSES ^

MONDAY, JULY 17, 10:00AM

Learn how your senses can help you enjoy your life fully! We will discuss ways to maximize vision, hearing, tasting, smelling and feeling! This free, Help Yourself to Healthy Living presentation from Jefferson Health-Abington is offered both in person at Generations and virtually via Zoom.™ To register for the Zoom™ meeting, visit our website and click on virtual program offerings under "upcoming events." Registration for the in-person option is also required ^.

### ARTIST RECEPTION

THURSDAY, JULY 6, 2PM

Join with Souderton Mayor Dan Yocum in celebrating local treasure William Sauts Bock. Enjoy light refreshments and crudites and appreciate William's summer exhibit here at Generations. Learn about his rich history of art experience and talent. See more about William at left. Registration required for reception. ^

### NAME THAT TUNE ^

MON., JULY 24 10:00AM

Build your brain power with a fun morning of identifying your favorite songs. Choose the decade you know best and we'll challenge your memory! Please register ^

### MOVIE MATINEE:

AN AFFAIR TO REMEMBER ^

TUESDAY, JULY 18, 12:45PM

This month's feature (by request) is the 1957 American romance, An Affair to Remember starring Cary Grant & Deborah Kerr. A man and a woman have a romance while on a cruise. Despite being engaged to other people, both agree to reunite at the top of the Empire State Building in six months. However, an unfortunate accident keeps her from the reunion, and he fears that she has married or does not love him anymore. Running time is one hour and 55 minutes. Free admission. Popcorn and other concessions available for purchase in our Cafe. Please register if you plan to attend ^.



## ENJOY CONCERT SUNDAES!

Held on Sundays at Souderton Community Park, 7pm (Rain: Souderton High School or Indian Crest Middle School). Refreshment Sales local community groups. Many thanks to all who donated to this year's season!

June 4	Mickey Bieberfield Trio & IV Mid. School Choir	Community Day
June 11	Beatlemania Again	Beatles Tribute
June 18	Elle Gyandoh	Rhythm & Blues
June 25	Philly Funk Authority	Party Band
July 2	Allentown Band	Patriotic Marches
July 9	Mike Greer & Co	Classic Rock
July 16	E. Street Shuffle and Generations serves refreshments!	Bruce Springsteen Tribute
July 23	Class of 84	New Orleans Swing, Hot Jazz
July 30	Merion Concert Band	Broadway, Classical



# 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 Amy Stover: [astover@generationsofiv.org](mailto:astover@generationsofiv.org).

## PA MEDI APPOINTMENTS

(FORMERLY APPRISE)

THURSDAY, JUNE 1

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.



FARMERS MARKET VOUCHER INFO  
ON PAGE 6

## OUR SOCIAL SERVICES COORDINATOR

**Emily Filice is available  
Monday-Friday from  
9:30-12:30. 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: THURS., 6/15 & 7/20

1:00PM–4:00PM, 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 at 267-768-3671 (State Rep. Steve Malagari) or 215-368-1429 (State Sen. Maria Collett). 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 a phone or in-person appointment, call the Office of Veterans Affairs: 610-278-3285. MontCo. is now providing 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 &  
HUMAN SERVICE RESOURCES.**



# REGULARLY SCHEDULED PROGRAMS

The 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 for virtual program participation information.

**Please see health & safety guidelines on p.2.**

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

Join in a game of pool at one of our two well-maintained tables. Limit: eight participants in the pool room at one time. Registration is required for tournament play.

Donation: \$1.00 per day. .

## **BINGO (DAY) IN-PERSON:**

### **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.



## **BOWLING:**

Bowling is no longer offered regularly. 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. A group member will contact you when they're planning to bowl.

## **BUCKS MONT SENIOR GOLF LEAGUE**

### **MONDAYS, 4:00PM**

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. When a holiday falls on a Monday, the league will be held the following Wednesday (ie May 29 moves to May 31). Details online at [bucksmontgolf.com](http://bucksmontgolf.com), OR Call Twin Woods: 215-822-9263.

## **CHOIR CHIMES: WEDNESDAYS, 10:30AM**

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. **See you in September!**

## **CHORALEERS: MONDAYS, 1:00PM, THROUGH JUNE 5**

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



## **CREATIVE WRITING**

### **2ND & 4TH THURSDAYS, 1-3PM**

Join our creative writing group. Each week will provide prompts for different types of creative writing. These may include poetry, plays/skits, short stories, narratives, or novellas. Writings may be shared for mutual response. If you are interested in attending, please register in advance by calling our front desk: 215-723-5841.

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

This session features a serious approach to the game and requires a partner. Registration begins at 12:15. Donation: \$1.00. Coffee available after games.

## **GARDEN CLUB:**

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

**PING PONG: Ping Pong Match Up is no longer a scheduled offering. Our table is available for play at other times 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.**



**MATS THAT MATTER: 2ND & 4TH THURSDAYS, 11AM**  
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.

**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. This program is now offered in-person. For questions or concerns, call Marilyn: 215-723-5669.

**PAINTING WORKSHOPS (WATERCOLOR):  
TUESDAYS, 1:45PM–3:45PM, JUNE - AUGUST**  
A painting workshop (with no instructor) is offered on Tuesdays through Aug. 29 from 1:45-3:45. Bring your own supplies and paint alongside friends. Suggested donation of \$1 per person for each workshop. No need to register for summer workshops. Regular painting classes require registration and resume in September.



**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 available after games. Donation: \$2.00. Please arrive 10-15 minutes early to pay for your game.

**RED HAT HAPPENINGS:**  
The Red Hat Society encourages an emphasis on the positive aspects of life, stressing the importance of friendship and sisterhood and the value of play. Members promote respect for all and the value of good will and good humor. For Red Hat questions or concerns, Contact Linda: 215-450-4986, [mooma2cats@gmail.com](mailto:mooma2cats@gmail.com) or via Facebook OR Grace Price: 215-723-4722 [priceswrite1953@yahoo.com](mailto:priceswrite1953@yahoo.com)

**SCRABBLE: 1ST & 3RD THURSDAYS, 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**

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.

**TECHNOLOGY TIPS BY REQUEST**  
Visit our website [www.generationsofiv.org](http://www.generationsofiv.org) Find "Upcoming Events," then click on "Stuck at Home? Our tech tips can help" for technology how-tos and FAQs for seniors. Try starting here for basic information on everything from WiFi to video calls to setting up your new phone and taking/sending photos. For questions about how to perform specific tasks on your device, you can request a "Technology Tips" appointment by calling 215-723-5841 or emailing [astover@generationsofiv.org](mailto:astover@generationsofiv.org) to request an appointment. Please let us know the nature of your concern, and one of our tech volunteers will determine how best to assist you. Free service.

## VOLUNTEER/DONATION OPPORTUNITIES

Volunteer greeters/hosts are needed for our noon meal, bingo games and special events, namely our evening event on Fri., June 30. We are also in need of sub Bingo callers. Contact Amy: 215-723-5841

We are seeking a donation of a new or gently used Mahjong set in good condition to keep here at Generations. Contact Amy: 215-723-5841

We are seeking donations of small prizes to give out for our games and special events. Suggested items are candy bars, snack bags or gift cards in small amounts. Items should be new, unopened and in good condition. Questions? Contact Amy: 215-723-5841.

Volunteers 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.

Volunteers are needed to help seal and label newsletters on Tuesday, July 18 at 9:15am. (No mailing in June). Contact Amy: 215-723-5841.

Volunteer Drivers are needed for our day trips (CDL preferred but Non-CDL Drivers who love to get out and about are also needed). Free tickets and meal comps for drivers. Contact Lisa: 215-723-5841.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>All menu items are subject to change.</b> <b>We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></b>			<b>1</b> Pierogi Pie with Caramelized Onions, Bacon, & Sour Cream; Green Salad	<b>2</b> Baked Haddock with Lemon Caper Sauce; Wild Rice; Broccoli; Whole Wheat Roll
<b>5</b> Chicken Cheesesteak Flatbread w/ Sautéed Mushrooms & Onions; Zesty Ketchup Drizzle; Mixed Greens Salad	<b>6</b> Wild Caught Salmon Fillet w/ Peach & Pineapple Salsa; Oven Roasted Sweet Potatoes; Garlic Green Beans	<b>7</b> Beef & Veggie Pie with Cheddar Top; Fresh Fruit	<b>8</b> Baked Eggplant Parm; Tossed Green Salad; Whole Wheat Roll	<b>9</b> Cheese Burger in Paradise; Fries, & Coleslaw (Funny Fathers & Floats after lunch - see p. 1)
<b>12</b> Tortellini Antipasto Salad on Greens; Garlic Knot; Fruit	<b>13</b> Baked Stuffed Potato with Cheddar, Ham, & Broccoli; Green Salad; Fresh Fruit	<b>14</b> Roasted Veggie Frittata with Sweet Potato Fries & Fresh Fruit	<b>15</b> Ham & Swiss Sliders; Broccoli Salad	<b>16</b> Chicken Marsala Served over Wild Rice with Broccoli
<b>19</b> Chicken Salad Stuffed Tomato on Greens; Whole Wheat Roll; Fruit	<b>20</b> BLT Quiche; Greek Salad; Fresh Fruit Monte Cristo Sandwich; Garden Salad; Fresh Fruit	<b>21</b> Baked Ravioli with Beef Bolognese & Mozz; Caesar Salad; Whole Wheat Roll <b>Happy Birthday!</b>	<b>22</b> Italian Chicken Cutlet Sandwich w/ Pesto Mayo, Lettuce, & Tomato; French Fries; Salad	<b>23</b> Monte Cristo Sandwich; Garden Salad; Fresh Fruit
<b>26</b> Baked Haddock with Lemon Caper Sauce; Wild Rice; Broccoli; Whole Wheat Roll	<b>27</b> Pierogi Pie with Caramelized Onions, Bacon, & Sour Cream; Green Salad	<b>28</b> Sloppy Joe; Loaded Potato Salad; Pickles; Fruit	<b>29</b> Pulled Pork on a Corn Bread Waffle with BBQ Drizzle; Fresh Fruit	<b>30</b> Bruschetta Chicken; Garden Salad; Whole Wheat Roll

## 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 dessert on our birthday celebration days: Wednesday, June 21 (for June birthdays) or Wednesday, July 12 (for July 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 / JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<b>All programs are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></b>			<b>1</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10-Scientific Ideas (4) 12:45 Pinochle (9) PA Medi Appt. (7)	<b>2</b> 9:15 Billiards Home vs Normandy Farms (8) 9:15 Line Dance (14) 9:30 AARP Safe Driving Refresher (4) NO Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>3</b>   <b>4</b>
<b>The number after the program listing indicates on which page of the newsletter more info. can be found.</b>					
<b>5</b> 9:15 LIAerobics(14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 9:30-10:30 Richter Shred Truck (4) NO Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8)	<b>6</b> 8:15 Riverlady Trip (15) 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 Workshop (9)	<b>7</b> 9-Shuffleboard (9) 9:30 Billiards Away vs Hillview (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) DeSales PT Appoint. (3) 10:30 Balance/Tone/Stretch (14) 12:45 DeSales & You: Topic TBA (4) 1:00 Walking Club (14) 3:30 Caregivers Support (Virtual) (7)	<b>8</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10-Scientific Ideas (4) 11-Mats that Matter(9) 12:45 Pinochle (9) 1-3 Creative Writing (8) 3:30 Board Meeting	<b>9</b> 9:30 Billiards (8) 9:15 Line Dance (14) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Funny Fathers and Floats (1)	<b>10</b> 9:00 9th Street Market Trip (15)   <b>11</b>
<b>12</b> 9:15 LIAerobics(14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:00 Adv. Beginner iPhone Class (3) 10:30 Tai Chi (14) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Golf League (8)	<b>13</b> 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Healthy Brain & Body (4) Blood Pressure Chk (12) 1:00 Bingo (8) 1:45 Painting Workshop (9) 6:30 Bereavement Support (7)	<b>14</b> 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) DeSales PT Appoint. (3) 10:30 Balance/Tone/Stretch (14) 11:00 Recipe Club (5) 12:45 Movie Matinee: The Help (5) 1:00 Walking Club (14) 2:00 Caregivers Support (In-person) (7)	<b>15</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10-Scientific Ideas (4) 12:45 Pinochle (9) Legal Aid (p. 7)	<b>16</b> 9:00 Lancaster Shopping Trip (15) 9:15 Line Dance (14) 9:30 Billiards Away vs Arbour Square (8) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 11-Listen Before Lunch: Clann Redmond (4) 12:30 Mah Jong (8)	<b>17</b>   <b>18</b> 
<b>19</b> 9:30 Billiards (8) 9:30 Hand & Foot (8) 9:15 LI Aerobics(14) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks Mont Senior Golf League (3, 8))	<b>20</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-12:40 Haircuts by Appt. (12) 1:45 Painting Workshop (9)	<b>21</b> 9-Shuffleboard (9) 9:30 Billiards Away vs Hershey's Mill (8) 9:30 Elvis Musical Trip (15) 9:30 Meditation/SH (12) 9:30 Dancefit (14) DeSales PT Appoint.(3) 10:30 Balance/Tone/Stretch (14) 12-2 Collett Office Hours (p. 7) 1:00 Walking Club (14) Financial Counsel.(p. 7)	<b>22</b> 9:30 Billiards (8) 9:30 Dutch Apple Trip 9:30 Sit,Stretch,Flex (14) 10-Scientific Ideas (4) 11- Mats that Matter (9) 12:45 Pinochle (9) 1-3 Creative Writing (8)	<b>23</b> 9:15 Line Dance (14) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>24</b>   <b>25</b> 10:00 So Much To Give Cafe Trip (16)
<b>26</b> 9:30 Billiards (8) 9:15 LI Aerobics(14) 9:30 Hand & Foot (8) 10-Name That Tune/ Trivia at Ten (5) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks Mont Senior Golf League (3, 8)	<b>27</b> 9:00 Billiards 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 Workshop (9)	<b>28</b> 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) DeSales PT Appoint.(3) 10:30 Balance/Tone/Stretch (14) 12:45 DeSales & You: Topic TBA (4) 1:00 Walking Club (14)	<b>29</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10-Scientific Ideas (4) 12:45 Pinochle (9)	<b>30</b> 9:15 Line Dance (14) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 7:00 Fifth Friday in the Cafe (1)	<b>Schedule Announcements:</b> <b>No Yoga on 6/2.</b> <b>No Tai Chi on 6/5.</b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chef's Salad with Ham, Turkey, Swiss, Hard Boiled Egg; House Vinaigrette; Whole Wheat Roll	4  <b>Generations Closed</b>	5 Wild Caught Salmon Fillet w/Peach & Pineapple Salsa; Oven Roasted Sweet Potatoes; Garlic Green Beans	6 Chicken Cheesesteak Flatbread w/ Sautéed Mushrooms & Onions, Zesty Ketchup Drizzle; Mixed Greens Salad	7 Beef & Veggie Pie with Cheddar Top; Fresh Fruit
10 Chicken Marsala Served over Wild Rice with Broccoli	11 Tortellini Antipasto Salad On Greens; Garlic Knot; Fruit	12 Baked Stuffed Potato with Cheddar, Ham, & Broccoli; Green Salad; Fresh Fruit <b>Happy Birthday!</b>	13 Roasted Veggie Frittata with Sweet Potato Fries & Fresh Fruit	14 Ham & Swiss Sliders; Broccoli Salad
17 Baked Ravioli w/ Beef Bolognese & Mozz.; Caesar Salad; Whole Wheat Roll	18 Monte Cristo Sandwich; Garden Salad; Fresh Fruit	19 Hot Dog It's a Karaoke Dance Party - Special Time/M meal/Price see p. 1 for details	20 BLT Quiche; Greek Salad; Fresh Fruit	21 Chicken Salad Stuffed Tomato on Greens; Whole Wheat Roll; Fruit
24 Pulled Pork on a Corn Bread Waffle with BBQ Drizzle; Fresh Fruit	25 Sloppy Joe; Loaded Potato Salad; Pickles; Fruit	26 Bruschetta Chicken; Garden Salad; Whole Wheat Roll	27 Pierogi Pie with Caramelized Onions, Bacon, & Sour Cream; Green Salad; Fresh fruit	28 Baked Haddock with Lemon Caper Sauce; Wild Rice; Broccoli; Whole Wheat Roll
31 Wild Caught Salmon Fillet w/Peach & Pineapple Salsa; Oven Roasted Sweet Potatoes; Garlic Green Beans		<div> <b>All menu items are subject to change.</b>  <b>We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></b> </div>		

## WELLNESS/SPA OFFERINGS

### BLOOD PRESSURE SCREENINGS: TUESDAY, JUNE 13 & MONDAY, JULY 17 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.

### 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>

2023 / JULY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY SUNDAY	
		The number after the program listing indicates on which page of the newsletter more information can be found.								1 2	
3 9:15 LI Aerobics(14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks Mont Senior Golf League (8)		4 Generations Closed 		5 9-Shuffleboard (9) 9:30 Billiards Home HV (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) DeSales PT Appoin. (3) 1:00 Walking Club (14) 3:30 Caregivers Support (Virtual) (7)		6 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10-Scientific Ideas (5) 12:45 Pinochle (9) 2:00 Artist Reception William Bock (6)		7 9:00 Eastern State Penitentiary Trip (16) 9:15 Line Dance (14) 9:30 Billiards (8) 10:00 Trivia at Ten (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)		8  9 11:00 The Wedding Singer Trip (16)	
10 9:15 LI Aerobics(14) 9:30 Hand & Foot (8) 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) Bucks Mont Senior Golf League (3, 8)		11 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:45 Painting Workshop (9) 6:30 Bereavement Support (7)		12 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) DeSales PT Appoint. (3) 11:00 Recipe Club (5) (14)12:45 DeSales & You: Where Do I Go? (4) 1:00 Walking Club (14) 2-Caregivers Support (In-person) (7)		13 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10-Scientific Ideas (5) 11-Mats that Matter(9) 12:45 Pinochle (9) 1-3 Creative Writing (8) 3:30 Board Meeting		14 9:15 Line Dance (14) 9:30 Billiards (8) 10-1 Shingles Vaccine Clinic (3) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)		15  16 7:00 Generations at Concert Sundaes/ E. Street Shuffle (6)	
17 9:15 LI Aerobics(14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:00 Maximize Your Senses (5) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 12:45 Wavy Roo Floral Design Class (5) 1:00 Memoirs (9) Bucks Mont Senior Golf League (3, 8)		18 9:15 Newsletter Mailing (9) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-1 Haircuts by Appt. (12) 12:45 Movie Matinee: An Affair to Remember (6) 1:45 Painting Workshop (9)		19 9:30 Billiards vs Hershey's Mill (Home)(8) 9-Shuffleboard (9) 9:30 Dancefit (14) 9:30 Meditation/SH (12) DeSales PT Appoin. (3) 11:30 Hot Dog! It's a Karaoke Party! 12-2 Collett Office Hours (p. 7) 12:45 DeSales & You: Diabetic Footcare (4) 1:00 Walking Club (14) Financial Counsel.(7)		20 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Scrabble (9) 10-Scientific Ideas (5) 12:45 Pinochle (9) Legal Aid (p. 7)		21 9:00 Lancaster Shopping Trip (16) 9:15 Line Dance (14) 9:30 Billiards Home vs Arbour Square (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)		22  23	
24 9:15 LI Aerobics(14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10-Name That Tune (6) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks Mont Senior Golf League (3, 8)		25 9:00 The Franklin Inst. Disney Trip (16) 9:00 Billards 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 Wksp (9)		26 9-Shuffleboard (9) 9:30 Dutch Apple Trip (Newsies) (16) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 1:00 Walking Club (14)		27 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10-Scientific Ideas (5) 11- Mats that Matter (9) 12:45 Pinochle (9) 1-3 Creative Writing (8)		28 9:30 Billiards (8) 9:15 Line Dance (14) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)		29  30	
31 9:15 LI Aerobics(14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) Bucks Mont Senior Golf League (3, 8)				All programs are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a>				Schedule Announcements:  Generations will be closed on Tuesday, July 4.  No Balance/Tone/Stretch in July.			



# FITNESS OFFERINGS

## BALANCE, TONE, & STRETCH: WEDNESDAYS, 10:30AM NO CLASSES IN JULY

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.

## 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.

## 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.**

### LOW IMPACT AEROBICS: MONDAYS, 9:15-10:15

This class has cardio and strength components. We no longer use a step for this standing workout. The format is middle to high level. Instructor: Robyn Earl

### 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.**

## 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.

## WALKING CLUB: WEDNESDAYS, 1:00PM

Sign up to join Dr. Devyn Kerr for a weekly walking club. Dr. Kerr is a board certified physical therapist and a passionate nutritional coach with a goal to promote physical activity in the community. We will meet in the cafe area of Generations at 1pm and walk as a group throughout the community. In the event of inclement weather, we will walk indoors - no excuses!

Our walks will not only be a form of physical activity, but Dr. Kerr hopes to make them educational as well! Participants are encouraged to ask questions along the way. Special guests during these walks will include Dr. Kerr's wife, Julie, and his two young sons Billy and Elliot. Donation \$2 per person, per class.

## 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. Please note the new time effective June, 2023
- 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.
- Please ask about our current mask policy for trips when you make your reservation.

### PAYMENT INFORMATION:

Trip payment is due by the deadline listed with each trip. After this date, your money will not be refunded unless you find 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.
- 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

### RIVER LADY, NEW JERSEY TUESDAY, JUNE 6



Join the Chambeau family for a delightful cruise on our 150-passenger 85 foot authentic reproduction of a 19th century Mississippi paddle wheel riverboat. Enjoy a 2 1/2 hour cruise while having a delicious meal featuring your choice of six entrees, a salad, and dessert.

**Cost: \$80 includes ride on our bus, lunch, taxes, and gratuity.**

**Departs: 8:15am Returns: 3:30pm**

**Trip Opened: May 3 Payment Deadline: May 15**

### 9TH STREET ITALIAN MARKET AND READING TERMINAL, PHILADELPHIA SATURDAY, JUNE 10

America's oldest and continuously operating outdoor market (9th Street Italian Market) is a collection of nearly 200 individual businesses situated in South Philly between two public parks and two beautiful churches. After we visit the 9th Street Market, we will head to the Reading Terminal for lunch on your own.



**Cost: \$13 includes ride on our bus. Lunch and shopping are on your own.**

**Departs: 9:00am Returns: 3:00pm**

**Trip Opened: May 3 Payment Deadline: June 1**

### LANCASTER SHOPPING FRIDAY, JUNE 16

Since its inception in 1932, The Green Dragon Farmers Market has grown to become one of the largest flea markets on the East Coast. After free time at Green Dragon, we will head to Good's and Shady Maple for lunch (on your own) and shopping.



**Cost: \$13 includes ride on our bus. Lunch and shopping is on your own.**

**Departs: 9:00am Returns: 4:30pm**

**Trip Opened: May 3 Payment Deadline: June 5**

### ELVIS: THE MUSICAL, DUTCH APPLE DINNER THEATRE WEDNESDAY, JUNE 21

Elvis: The Musical spans from his childhood in Tupelo, Mississippi to his triumphant 1968 "Comeback Special" and his ascent to be "The King." It features over 40 Elvis hits including, "All Shook Up," "Heartbreak Hotel," "Burning Love," "Jailhouse Rock," and more!

**Cost: \$90 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Departs: 9:30am**

**Returns: 5:30pm**

**Trip Opened: May 5**

**Payment Deadline: May 19**

## DAY TRIPS CONTINUED ON P. 16

# DAY TRIPS

## OUT TO BRUNCH: SO MUCH TO GIVE CAFÉ, CEDARS SUNDAY, JUNE 25

The mission of the So Much to Give Café is to provide a welcoming and inclusive experience to empower all people, including those with disabilities, and their families, to have equal opportunities to work, dine, socialize, volunteer and learn.

**Cost: \$10 includes ride on our bus. Brunch and gratuity is on your own.**

**Departs: 10:00am**

**Returns: 12:30pm**

**Trip Opened: May 5**

**Payment Deadline: June 12**

~NEW! JULY & AUG. TRIPS~

## EASTERN STATE PENITENTIARY & JACK'S FIREHOUSE, \* PHILLY

FRIDAY, JULY 7

Eastern State Penitentiary was once the most famous and expensive prison in the world, but stands today in ruin, a haunting world of crumbling cellblocks and empty guard towers. Known for its grand architecture and strict discipline, this was the world's first true "penitentiary," a prison designed to inspire penitence, or true regret, in the hearts of prisoners. Its vaulted, sky-lit cells once held many of America's most notorious lawbreakers, including bank robber "Slick Willie" Sutton and Al Capone. After our tour we will head to Jack's Firehouse across the street for lunch.

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



**Departs: 9:00am**  
**Returns: 3:30pm**  
**Trip Opens: June 7, @ 3pm**  
**Payment Deadline: June 20**

## THE WEDDING SINGER, PINES DINNER THEATRE, \* ALLENTOWN SUNDAY, JULY 9

The Wedding Singer takes us back to a time when hair was big, greed was good, collars were up and a wedding singer might just be the coolest guy in the room. Based on the hit Adam Sandler movie, The Wedding Singer's sparkling new score does for the 80's what Hairspray did for the 60's. Just say yes to the most romantic musical in twenty years.

**Cost: \$90 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Departs: 11:00am**

**Returns: 5:00pm**

**Trip Opens: June 7, @ 3pm**

**Payment Deadline: June 9**

## LANCASTER SHOPPING \* FRIDAY, JULY 21

We will head for Mr. Sticky's in Lancaster and get some famous sticky buns. Next, we will head to Lancaster Central Market for some free time to shop. Lastly, we will go to Oregon Dairy where you can spend time shopping and have lunch on your own at the restaurant onsite. They also have a Milkhouse Ice Cream Shoppe serving over 25 flavors of delicious hand-dipped ice cream, soft serve, signature sundaes, milkshakes and floats. Enjoy a treat on a beautiful deck overlooking the farm.



**Cost: \$20 includes ride on our bus. Lunch and shopping is on your own.**

**Departs: 9:00am**

**Returns: 4:15pm**

**Trip Opens: June 14**

**Payment Deadline: July 7**

## THE FRANKLIN INSTITUTE: DISNEY 100 EXHIBITION, \* PHILADELPHIA TUESDAY, JULY 25



The focus of this show is how Disney tells stories – where the ideas come from, how they are brought to life, and the ways in which they connect us. A visual and auditory feast, the exhibit traces the history of the company from Walt Disney's childhood and his first cartoons to the many properties the company owns today, like Star Wars, Marvel and Pixar. Your admission also includes the planetarium show. Lunch is on your own in The Eatery on-site.

**Cost: \$60 includes ride on our bus, and museum ticket.**

**Lunch is on your own.**

**Departs: 9:00am**

**Returns: 4:00pm**

**Trip Opens: June 14 @ 3pm**

**Payment Deadline: June 20**

## NEWSIES, THE MUSICAL, DUTCH APPLE THEATER, \* WEDNESDAY, JULY 26

Jack Kelly and his fellow "newsies", many of whom are orphaned or homeless, make a meager living on the 1899 New York City streets selling newspapers. When the prices of newspapers are hiked, (con't)

**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.**





# DAY TRIPS

(con't from p. 16) the newsies are hung out to dry. Jack and young newspaper reporter Katherine Plummer set out to form a union and organize a strike against the greedy New York World Publisher, Joseph Pulitzer.

**Cost: \$110 includes ride on our bus, lunch, taxes, and gratuity.**

**Departs: 9:30am**

**Returns: 5:30pm**

**Trip Opens: June 14 @ 3pm**

**Payment Deadline: June 23**

**SPIRIT OF PHILADELPHIA,  
LUNCH CRUISE\***



**FRIDAY, AUGUST 4**

Enjoy a lunch cruise while taking in the breathtaking skyline views. Featuring fine cuisine and exceptional service, the cruise offers sensational views along the historic Delaware River. We will enjoy a 2-hour cruise along with entertainment and a delicious lunch buffet with freshly prepared entrees, salads and desserts. (There are steps to get around the boat and down to the restroom).

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

**Departs: 9:30am**

**Returns: 4:00pm**

**Trip Opens: July 5 @ 3pm**

**Payment Deadline: July 6**

**GUYS AND DOLLS, DUTCH  
APPLE DINNER THEATRE\***

**FRIDAY, AUGUST 11**

This musical romantic comedy involves the unlikeliest of Manhattan pairings: a high-rolling gambler and a self-righteous missionary, a showgirl dreaming

of the straight and narrow and a crap game manager who is anything but. Guys and Dolls tells of con-man Nathan Detroit's efforts to find new life for his illegal, but notorious crap game. From the bustle of Times Square to the dance clubs of Havana to the sewers of New York City, this show demonstrates the great lengths to which a guy will go when he truly falls in love with a "doll."

**Cost: \$110 includes ride on our bus, show, lunch, taxes, and gratuity.**

**Departs: 9:30am**

**Returns: 5:30pm**

**Trip Opens: July 5 @ 3pm**

**Payment Deadline: July 10**

**THE SOUND OF MUSIC,\*  
CANDLELIGHT THEATRE,  
ARDENTOWN**

**WEDNESDAY, AUGUST 16**

One of the most beloved musicals of all time, The Sound of Music is the final collaboration between Rodgers & Hammerstein. Based on the memoir of Maria Augusta Trapp, it features a trove of cherished songs.

**Cost: \$90 includes ride on our bus, show, lunch, taxes and gratuity.**

**Departs: 9:30am**

**Returns: 4:00pm**

**Trip Opens: July 5 @ 3pm**

**Payment Due: July 14**

**OUT TO LUNCH:  
PINEVILLE TAVERN\***

**WEDNESDAY, AUGUST 23**

Built in the 18th century, The Pineville has seen many transformations, from feed mill to general store to hotel and, finally, to the Tavern. The Abruzzese family purchased the Pineville Tavern in 1989 and have

subsequently flourished the brand with strategic additions to the property, an elevated menu, and an unwavering commitment to excellence. They were featured on the Food Network for their famous snapper soup.

**Cost: \$68 includes ride on our bus, lunch, taxes, and gratuity.**

**Departs: 11:00am**

**Returns: 2:30pm**

**Trip Opens: July 12 @ 3pm**

**Payment Deadline: August 4**



Pineville Tavern

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



# OVERNIGHT TRIPS



WE ARE SORRY! THE MAINE TRIP & THE BRANSON TRIP HAVE BEEN CANCELLED! THE IRELAND TRIP IS BEING HELD AS SCHEDULED.



## A TASTE OF IRELAND OCTOBER 3 - 10, 2023

Ireland trip and reservation information can be found on our website:

[www.generationsofiv.org](http://www.generationsofiv.org) Contact Liza Leister at Travelhaus for more information or to make your reservation: 215-723-8687 or [groups@trvlhaus.com](mailto:groups@trvlhaus.com)

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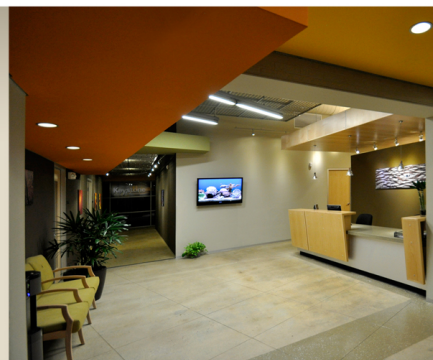
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Office of Senior Services

PARTIALLY FUNDED BY:

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If Montgomery County issues a **Code Red Health Warning** (in anticipation of a hot air mass with a heat index of 100°F or greater), you should take precautions. Drink plenty of non-alcoholic, non-caffeinated fluids. Wear lightweight, light-colored, loose-fitting clothing. Get outdoor work done in the morning. Keep windows and interior doors open when running a fan at home. Seek an air-conditioned building if available, if not, seek rest in the shade. Most of the Senior Centers are air-conditioned, as are malls and libraries.

CURRENT RESIDENT OR

TIME DATED MATERIAL

MAILED FROM LANSDALE MAY 2023



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@generationsofindianvalley



Find us on  
Facebook

WE'RE HERE:

MONDAY-FRIDAY, 9:00AM-4:00PM, \*

EVENINGS & WEEKENDS AS  
SCHEDULED

\*WE WILL BE CLOSED ON TUESDAY,  
JULY 4. SEE P. 11 & 13 FOR  
ADDITIONAL IMPORTANT  
SCHEDULING ANNOUNCEMENTS.

CONTACT US:

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