

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.

WE COULD USE A LITTLE IRISH LUCK!

ST. PADDY'S CELEBRATION THUR., MARCH 17, 11:00AM



It was two whole years ago, right before our big planned St. Paddy's Day party, that we first closed our doors due to the pandemic. We've had a lot of ups and downs (let's be honest - mostly downs) since then, and we think we're due for a bit of Irish luck!

On Thursday, March 17 we will welcome two fabulous Irish entertainment groups to Generations!

First, we'll hear from Clann Redmond. Playing traditional Irish music, the band 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.

We'll also enjoy traditional Irish music and dancing provided by The Pride Of Erin Irish Dancers. They'll perform solo jigs, reels, and hornpipes on soft shoe as well as traditional ceili (group) and set dances.

Optionally, you can order a take out meal of corned beef and cabbage to enjoy at home after our gathering (see p. 10 for more information).

Cost: \$10 for a morning of festive, authentically Irish entertainment (\$2 donation per meal is not included). Registration is required for our St. Paddy's Celebration. To register for the entertainment, meal, or both, stop by our front desk or call 215-723-5841.



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Visit Our Website: For the most up to date program information and announcements please visit 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
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
Stephanie Radcliff,
Member Services Coordinator
Michele Ross,
Kitchen Coordinator
Esther Stoudt, Rental Coordinator
Amy Stover, ADC,
Program Coordinator
Milt Stover,
Maintenance Coordinator

BOARD OF DIRECTORS

Joanne Kline, Chair
Ron Hallman, Secretary
Timothy Swartley, Treasurer
Linda Abram
Kristyn DiDominick
John H. Filice
M. Theresa Fosko
Brian K. Goshow
D. Scott Landis
Alexandra Metricarti
Rebecca Nice, D.O.
Ella M. Roush

CHOIR CHIMES PRACTICE (SEE MORE ON P. 8)



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.

CONTACT US SO WE CAN CONTACT YOU

Have you recently moved or changed any of your contact information (home address, phone number, email)? If so, please let us know so that we can update your records in our database. Additionally, if you would like to be removed from our paper mailing list and or switched to email

delivery, please let us know. Please call our front desk at 215-723-5841 or email Steph:

sradcliff@generationsofiv.org to let us know how we can update your contact information.



HEALTH & SAFETY INFO.

As we continue to offer even more in-person programs at Generations, we also are aware that the spread of COVID-19 in Montgomery county continues. In order for us to continue to remain open, it is imperative that our participants follow our masking guidelines (regardless of vaccination status) and all other guidelines that are provided by the Montgomery County Office of Public Health. Masks are required inside our building until further notice. Your willingness to follow these guidelines

helps us stay open.

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.

Guidance from the health department can change quickly, so please check our website for program updates and announcements: www.generationsofiv.org.



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.

MASKS ARE REQUIRED inside our building until further notice. Your cooperation will help us to remain open.

COVID-19 VACCINES & BOOSTERS are strongly recommended, but we will not ask about your vaccination status.

WELCOME HEATHER!

We are happy to welcome Heather Lewis as our new North Penn Meals on Wheels Coordinator! Heather has served in administrative roles in the non-profit world, and she derives pleasure and energy from serving people. Having grown up in Souderton and having a personal connection with certain Generations volunteers, Heather is no stranger to us. Her two sons both volunteered for our garden club.

When Heather has 30 minutes of free time, she enjoys watching the sunset, starting a family text to keep her Penn State son and Georgia son connected, catching up with a friend or news, or going for a walk.

Now, let's talk turkey. Heather's favorite meal consists of a large pour of red wine, barbecued chicken, sweet potato fries, a big salad and anything chocolate for dessert. She

loves when her husband smokes or grills meats. When dining out, her family especially enjoys the Parc Bistro in Skippack.

Heather says she has always heard wonderful things about Generations and that working here has shown her what a community gem it is. "Everyone is welcoming, and the volunteers rock! With the selection of programs and meal offerings, there is truly something for everyone." Heather is excited to start this next chapter in her life and be part of the Generations family.



MY LIFE, MY HEALTH MAR. 24-APRIL 28, 10AM-12PM

Join us for this participant education program developed by Stanford University and led by certified workshop leaders from the Montgomery County Office of Senior Services.

Millions of adults live with one or more chronic health conditions. Our program will help people and their caregivers manage their symptoms, improve their quality of life, and reduce healthcare costs.

Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians and other health professionals both at Stanford and in the community have reviewed all materials in the

workshop.

Topics include: techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; decision making; and how to evaluate new treatments

Class meets once a week for six weeks. Each session is two hours long. The free program will be held in person only. Registration is required by March 1. Please register by stopping by or calling our front desk at 215-723-5841.



EXPLORING NUTRITION: MON., MARCH 21, 10:00AM

Simple changes in your diet can help promote and maintain healthy bowel habits! Learn how you can cope with and best manage GERD and Hiatal Hernia!

Please join Jane Cero, RN, BSN, Chronic Care Management Nurse to learn nutrition tips for March and beyond.

This free, informational presentation is offered virtually

via Zoom™. To register for the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events."

PAIN IN THE NECK

FRIDAY, MARCH 11, 11:00AM



Join Dr. Bill Dunne, PT, DPT, doctor of physical therapy at CORE 3 to learn more about how to manage neck pain with simple exercises. Bill is certified in the McKenzie method which is mostly utilized for treatment of the spine. This month, he will be presenting on the neck and teaching

about how the neck can cause pain that radiates into the arms. Dr. Dunne will speak about how posture affects neck pain and teach some general neck and posture related exercises. This free program will be held both in-person and virtually via Zoom™. To

register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual program, visit our website www.generationsofiv.org and click on virtual program offerings.

PAINT WITH FRIENDS

FRIDAY APRIL 8, 10:00AM

Artist Susie Camm will lead us in a morning of painting with friends. You will love flexing your creative muscles during this two hour class designed especially for beginners or even artists with no experience at all. All supplies will be provided, and easy to follow instructions will be provided. You will

leave with an 8x10 canvas painting to be proud of (like the one pictured at right). Cost:\$12 includes all materials and instruction. The program is open to participants as well as guests. Please register by April 1. Stop by our front desk or call 215-723-5841.



CONGRATULATIONS

To our Member Services Coordinator Steph and her fiancée Hank Hartman who recently became engaged! The couple will be tying the knot on April 30 and then moving to Scottsdale, Arizona! Steph's last day at Generations will be April 22. Please join us in wishing Steph & Hank well. More on p. 6.



MONTCO SENIOR GAMES

Online registration for the Montgomery County Senior Games (May 9-13) will begin Mon. Feb. 28. A full brochure will be mailed to past participants. For updates and registration visit www.montcoseniorgames.com



MARCH MEAL MADNESS!

Delicious homemade soups and freezer meals are available for purchase in our Cafe (\$6 per quart of soup, \$2 per freezer meal). Check in the Cafe for daily specials.

NEWS & NOTES:

NO TAX PREP. AT GENERATIONS

AARP Tax Aide will not be offering tax prep. appointments at Generations this year. If you have an alternative tax prep resource, please use it. We have a list of low cost or free tax preparation alternatives available on our website www.generationsofiv.org or by mail upon request.

FEATURED ARTISTS: COLLEEN ALGEO & MADISON JERONIS

You may already know this dynamic Mother-Daughter team. Remember the Peter Becker Flower Show? Colleen was the creative director of this sweetheart of a local event for 17 years. She enjoyed painting and creating themes and exhibits while leading a team of enthusiastic volunteers. Madison worked side by side with her Mom beginning in 2004 and creatively supported the event through her artistic painting, character portrayals, costuming, prop creation, and more. Together they grew a variety of skills and became intrigued with all kinds of mediums. For the first time they are exhibiting together. Come out and see an inspired collection of their photographs, paintings, drawings and sculptures during the month of March. You'll be pleasantly surprised by the variety of work and themes.

SPECIAL PROGRAMS

COOKING FOR ONE OR TWO MONDAY, MARCH 14, 11:00AM

Cooking for 1 or 2 people can pose different challenges than cooking for a crowd! Often people can feel unmotivated to cook meals for just themselves, but providing nourishing food for yourself doesn't have to be a struggle!

Join Jena Wood, MS, RD, LDN, the Registered Dietitian for ShopRite, to learn tips, tricks, and product suggestions that can make cooking for one or two people easy! If you have your own tips on what works for your home, we would love to hear those too!

This program is only offered virtually. Registration is required. To register for the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on the virtual program offerings under "upcoming events."

SHOWERS OF HAPPINESS FOR STEPH & HANK

WED., MARCH 23, 12:30PM

Our Member Services Coordinator Steph and her fiancée Hank Hartman recently became engaged (see photo on p. 5)! The couple will be tying the knot on April 30 and then moving to Scottsdale, Arizona! Steph's last day at Generations will be April 22. Please join us in wishing Steph & Hank well. We will have a card shower for Steph & Hank on Wednesday, March 23 at 12:30pm. We will play games, wish Steph well, and provide a piece of cake for you to take home. Bringing a gift for Steph & Hank is

completely optional. If you do plan to bring a gift, please opt for a card with well wishes, a monetary gift or a gift card. Steph is moving across the country soon and she won't have the capability to transport any "stuff." Again, bringing a gift is completely optional. RSVP to attend the bridal shower by March 16. Don't worry if Steph takes your registration; it's NOT a surprise. Stop by our front desk or call 215-723-5841.

TRIVIA AT TEN

FRIDAY, MARCH 25, 10:00AM

Maintain your mental muscles with a morning of brain games and March-themed Jeopardy style trivia. Fun prizes will be awarded for winning answers. Led by Generations Program Coordinator Amy Stover. This fun, free program is offered both in-person and virtually. Registration is required. To register for the in-person option, stop by our front desk or call 215-723-5841. To register for the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on the virtual program offerings under "upcoming events."



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.

PA MEDI (FORMERLY APPRISE)

THURSDAY, MARCH 3

Ed Savitsky, our PA Medi counselor, can help you make good health insurance decisions and navigate the Medicare maze. Come learn what you need to know before you make changes. PA Medi is a free health insurance counseling program for older Pennsylvanians and is open to members of the community. Participants must register in advance to schedule an appointment. Call Social Services: 215-723-1930.

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 VIRTUAL SUPPORT

FIRST WEDNESDAY, 3:30-5PM

The Muller Institute for Senior Health hosts this support group where members can share information about their own responses to caregiving, helpful resources, and interventions. The group is open to both hands-on and long-distance caregivers; many issues apply to both groups. This free group is open to all; however registration is required. Participants may also use a landline phone. For join information please contact Amy Stover: 215-723-5841/
astover@generationsofiv.org.

LEGAL AID: 3RD THURSDAYS

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, 10:45-12:45

A member of State Rep. Steve Malagari'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 office at 267-768-3671. Appointments are not necessary, but appreciated.

TRANSNET/TRANSPORTATION

We may be able to assist you with transportation to Generations through TransNet's Shared Ride or other services. For questions about eligibility or to schedule appointments for TransNet, call Emily: 215-723-1930.

SOCIAL SERVICE RESOURCES

Our local & regional United Ways have an extensive database of social services available in the region. Anyone can access this information by dialing 211 and talking with an operator or visit www.211sepa.org.

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). Contact the Veterans Service Officer: 610-278-3285.

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.

Masks are required indoors until further notice. Please see additional health & safety guidelines on p.3.

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 (NOTE THE EARLIER TIME)

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. No refreshments served at the break (for now).

BOWLING: WEDNESDAYS, 10:00AM

Enjoy a fun time at Earl Bowl in Earlington with a chance to win a free game. \$3 a game; \$2 shoe rental. Meet at Earl Bowl.

BUCKS MONT SENIOR GOLF LEAGUE:

SEE YOU IN SPRING!

The league 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. Details about the league and the registration form are available online at bucksmontgolf.com, OR Call Twin Woods Golf Course to register: 215-822-9263.

CONVERSATIONS WITH GENERATIONS

TUESDAY, MARCH 15, 11:00AM

Come join an informal conversation with Generations Staff Members Pat McQue & Heather Lewis. Our March topic will be our Meals on Wheels programs and community impact. Any questions or concerns about our various programs and any other topics relating to Generations are welcome. And so are you! Come join the conversation.

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.

CREATIVE WRITING:

2ND & 4TH THURSDAYS, 1:00PM–3:00PM

Do you like to write? Join our creative writing group. Share your stories, poems, or non-fiction articles. If you are interested in attending the group, please register in advance by calling our front desk at 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. No refreshments served (for now).

GARDEN CLUB:

This group does gardening around the Center. New volunteers are welcome. Contact Linda Kratz: 215-703-4078

HAND & FOOT CARD GAME:

1ST, 3RD, 5TH 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.

"MARCH WHEN DAYS ARE GETTING LONG, LET THY GROWING HOURS BE STRONG TO SET RIGHT SOME WINTRY WRONG."

—CAROLINE MAY

MATS THAT MATTER: 2ND & 4TH THURSDAYS

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 only offered virtually. To join the virtual Zoom™ meeting, visit our website www.generationsofiv.org and click on virtual program offerings under "upcoming events." For questions or concerns, call Marilyn: 215-723-5669.

VOLUNTEER OPPORTUNITIES

Volunteers are needed to help with prep, baking, packaging for the Café and more. Morning and afternoon positions available. Contact Beth: 215-723-5841 if you are interested in a fun and flexible volunteer opportunity.

Front Desk Volunteers are needed on Tuesday and Friday mornings from 9-12. Contact Lisa: 215-723-5841.

Volunteers are needed to deliver Meals on Wheels to the North Penn area on Thursdays and Fridays. Times are approximately 10:45am-12:45pm. Contact Pat: 215-723-8555.

Volunteers are needed to help seal and label newsletters on Tuesday, March 15 at 9:15am. Contact Amy: 215-723-5841.

PAINTING (WATERCOLOR):

TUESDAYS, MARCH 1 - 29, 1:45PM—3:45PM

Class taught by Watercolor Instructor Sally Yates. Bring your own painting supplies if you have them. Class space is limited. Registration and pre-payment is required for classes. \$25 for the five week series. To register call our front desk: 215-723-5841.

PINOCHLE: THURSDAYS, 12:45PM-3:30PM

Straight bid, no partner required. No refreshments served (for now). Donation:\$2.00 (effective Dec. 2). 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 or via Facebook OR Grace Price: 215-723-4722 priceswrite@verizon.net

SCRABBLE: 1ST & 3RD THURSDAYS, 10:00AM

Join this non-competitive group for a friendly game of skill-sharpening Scrabble sans scoring. Supplies provided. Space is limited. No need to register, just stop by.

TECHNOLOGY TIPS BY REQUEST

Visit our website 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 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org	1 Chicken Fajita Bowl with Brown Rice, Avocado, Black Beans, Corn; Tortilla Garnish	2 Fish & Chips; Cole Slaw; Fruit	3 Pulled Pork Stuffed Sweet Potato with BBQ Drizzle; Green Salad	4 Baked Stuffed Shells; Green Salad, Whole Wheat Roll
	7 Crab Cake Sand. with Lettuce, Tomato, & Lemon Garlic Aioli; Carrot & Apple Slaw; Fruit Salad	8 Eggs Benedict Quiche with Hollandaise; Melon & Feta Salad	9 Meatloaf with Red Wine & Mushroom Gravy; Smashed Red Skin Potatoes; Roasted Brussels Sprout	10 Roast Turkey, Special Slaw, & Thousand Island Dressing on a Pretzel Roll
	11 Vegetarian Chili; Honey Cheddar Corn Bread Muffin; Seasonal Fresh Fruit	14 Chicken Pot Pie; Green Salad	15 Meatball "Salad" with Fresh Mozzarella; Whole Wheat Roll	16 Happy Birthday! Acorn Squash Stuffed with Turkey, Quinoa, Apples, Leeks, Cranberries & Balsamic Glaze; Green Salad; Whole Wheat Roll
	17 St. Paddy's Special Corned Beef, Cabbage, Red Potatoes, Carrots, Irish Soda Bread	18 Clam Chowder with Potatoes & Bacon; Green Salad; Oyster Crackers	21 Chicken Parmesan; Green Salad	22 Tortellini Soup with Italian Sausage & Kale; Garden Salad
	23 Cuban Sliders with Black Bean Soup; Fresh Fruit	24 Pork & Sauerkraut; House Made Apple Sauce; Mashed Potatoes; Garlic Green Beans	25 Baked Quiche with Green Chilies, Red Peppers, Mild Enchilada Sauce, & Cilantro Sour Cream Cheddar Cheese; Green Salad	28 Swedish Meatballs over Whole Grain Noodles with Cranberry; Steamed Broccoli
	29 Baked Stuffed Shells; Green Salad, Whole Wheat Roll	30 Generations Closed for Staff Training	31 Chicken Fajita Bowl with Brown Rice, Avocado, Black Beans, Corn; Tortilla Garnish	

OUR MEALS

Menu items are listed on the calendar above. We are offering take-out meals (no dine-in option) Monday-Friday. **To register, 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 hot meal, you must park and walk in to our main entrance (drive-through service is not offered at this time). Pick up your meal between 11:30am-12pm. 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 are required in our building until further notice.

HAPPY BIRTHDAY

If you have a birthday during the month of March, let us know when you order your take-out meal, and you'll get a special homemade birthday treat on Wednesday, March 16.

OUR CAFÉ

Our Café is open Mon.-Fri. from 10:00am-1:00pm until further notice for take-out only. Enjoy our à la carte menu and daily specials. No need to order; just stop by! Masks are required in our building until further notice.

PROGRAM SCHEDULE

2022 / MARCH

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 Billiards Away vs Pennridge (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 1:45 Painting (9)	2 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 10:30 Choir Chimes (8) 11:30 Walking Club (13) 3:30 Caregivers Support (7)	3 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Scrabble (9) 10:00 Out to Lunch: Bube's Trip (14) 12:45 Pinochle (9) PA Medi Appt. (7)	4 Billiards Away vs Brit. Pointe (8) 9:15 Flexercise (13) 10:30 Tai Chi (13) 12:30 Mah Jong (8)	5 6
7 9:15 LI Aerobics(13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	8 Billiards Away vs Arb. Square (8) 9:30 Sit, Stretch, Flex (13) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)	9 9:00 Balance & Stability (13) 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Out to Lunch: White Dog (14) 10:00 Bowling (8) 10:30 Choir Chimes (8)	10 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 11:00 Mats that Matter (9) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting	11 8:00 Philly Insectarium Trip (14) 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 11:00 Pain the Neck (5) 12:30 Mah Jong (8)	12 13 
14 9:15 LIAerobics(13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) 10:45 Malagari Office Hours (p. 7) 11:00 Cooking For One or Two (p. 6) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	15 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 11:00 Conversations with Generations (8) 1:45 Painting (9)	16 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 10:30 Choir Chimes (8) 11:00 Red Hat Lunch at Red Lobster (9) 11:30 Walking Club (13) Financial Counsel (p. 7)	17 Billiards Home vs Hillview (8) 9:30 Sit, Stretch, Flex (13) 10:00 Scrabble (9) 11:00 St. Paddy's (1) 12:45 Pinochle (9) Legal Aid (p. 7)	18 Billiards Home vs Arb. Square (8) 8:45 Batsto Mansion & Tour (14) 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (8)	19 20
21 9:30 Billiards (8) 9:15 LIAerobics(13) 10:00 Guided Meditation (12) 10:00 Exploring Nutrition (p. 4) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	22 Billiards Home vs Pennridge (8) 10:30 David @ Sight & Sound Trip (14) 9:30 Sit, Stretch, Flex (13) 1:00 Bingo (8) 1:45 Painting (9)	23 9:00 Balance & Stability (13) 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) 10:30 Choir Chimes (8) 12:30 Showers of Happiness (6)	24 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 My Life, My Health (4) 11:00 Mats that Matter (9) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8)	25 9:15 Flexercise (13) 9:30 Billiards (8) 10:00 Trivia at Ten (6) 10:30 Tai Chi (13) 12:30 Mah Jong (8)	26 27
28 9:15 LIAerobics(13) 9:30 Billiards (8) 10:00 Guided Meditation (12) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9)	29 9:30 Billiards (8) 9:15 Sherlock Holmes/ Hunterdon Trip (14) 9:30 Hand & Foot (8) 9:30 Sit, Stretch, Flex (13) 1:45 Painting (9)	30 Generations Closed for Staff Training	31 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 My Life, My Health (4) 12:45 Pinochle (9)	All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org	

SCHEDULE ANNOUNCEMENTS:

- As a friendly reminder, we follow Souderton Area School District for WEATHER related closings and delays. Closings & delays will also be posted on our website: www.generationsofiv.org.
- Generations will be closed for a staff training on Wednesday, March 30.

WELLNESS/SPA OFFERINGS

ACUPUNCTURE: OFFERED OFFSITE

Acupuncture enables the body to heal and relieve symptoms by inserting thin, sterile needles into specific points on the body. Kimberly Niezgoda, L.Ac. Board Certified Licensed Acupuncturist, offers seated group treatments at her office (490 Pennbrook Pkwy, Lansdale, 19446) by appointment for \$30. Please allow 45-60 minutes for your appointment. For questions or scheduling, contact Kim: 215-500-3399 or kim.niezgoda@gmail.com.

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. Pay at front desk.

MASSAGE: OFFERED OFF-SITE

Myofascial Release, Therapeutic Massage, and Zero Balancing Massage off-site appointments are available with James Ross, BSN, RN, LMT (20 Ridge Road, Telford, PA 18969). For more information or to schedule your appointments, contact James: 267-475-7013 or yourmassage@myabmp.com For pricing information, contact James. Mention Generations and receive a discount/coupon.

MEDITATION & HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for an experiential, self-healing session via conference call. She will guide participants in self-talk to help tune out negative stereotypes and replace them with positive affirmations for aging. Focus on whole-body healing one system at a time. Cost: Donation of \$3 per person per session. This program is being held via conference call. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

HEALTH SCREENINGS

BLOOD PRESSURE CHECKS:
Not currently offered.

HEARING CHECKS:
Not offered at Generations at this time. To schedule an appointment with Associates in Hearing of Lansdale (100 W. Main St., Suite 105), contact Sean Reiff at 215-855-4217/ sean.reiff@risecaremanagement.com

DIABETIC SHOE FITTINGS:
Diabetics on Medicare may receive one pair of shoes and inserts per year. Indian Valley Podiatry will measure and evaluate your feet. For more information, call IV Podiatry at 215-723-9688. Be sure to tell them it's for Generations. Medicare Advantage plans holders not eligible.



FITNESS OFFERINGS

BALANCE & STABILITY WITH ON THE MOVE PT

(VIRTUAL) 2ND & 4TH WEDNESDAYS, 9:00 (NEW TIME):

Join a licensed physical therapist for a free Zoom™ seated session focusing on your static and dynamic balance.

Decrease your risk for falls, learn about the different anatomical systems involved in your balance, and increase your safety and stability. To register, contact Devyn Kerr, PT, DPT 267-644-7190/ devyn@otmpt.com.

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. Pay at front desk.

ON THE MOVE WALKING CLUB:

1ST & 3RD WEDNESDAYS, 11:30

Join us for a new structured walking program led by Hope Garges, Fitness Coordinator from On the Move Physical Therapy. We will begin with a stretch and warm up plus brief physical therapy tips and tricks. We will then take a 20

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) or our website www.generationsofiv.org for important announcements and last-minute changes.
- **Masks are required indoors at Generations.** During periods of low Covid spread, masks may be removed during fitness classes while participants are socially distant. If the Covid infection rate has spiked, masks are required at all times (indoors). You can call our front desk for the current masking policy: 215-723-5841.

minute walk on the sidewalks around Generations (weather permitting) followed by an active cool down. If the weather is cold or bad, we will walk indoors at Generations. Enjoy warm, friendly community interaction as we work to strengthen our bodies and integrate cardiorespiratory activities to maintain a healthy mind and body. Suggested donation: \$3 per person per class. Pay at front desk.

FIT FOR LESS

The following classes are led by certified fitness instructors. Please place \$3.00 per person, per class in the collection box at our front desk.

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: Jean Tornetta

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

FLEXERCISE: FRIDAYS, 9:15-10:15AM

Come join this vigorous one hour class featuring 1/2 hour of aerobics and 1/2 hour of strength work. All equipment provided. Instructor:

Robyn Earl

TAI CHI: MONDAYS & FRIDAYS, 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. Pay at front desk.

FITNESS VIDEOS:

We are offering recorded videos of our classes for those participants who might still prefer an at-home option. We have included several options for the same class so you don't get too bored! To access the videos, visit our website: 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.

DAY TRIPS

OUT TO LUNCH: BUBE'S BREWERY, THE CATACOMBS, MOUNT JOY, PA THURSDAY, MARCH 3

The Catacombs Restaurant is several stories below the surface of the street in the aging cellars of Bube's Brewery. You will descend 43 feet into the stone-lined vaults of the Catacombs. There you will enjoy a plated 3-course meal in this unique atmosphere. *Participants must be able to climb two flights of stairs to enter and exit the Catacombs.* After our meal, we will get a tour of the brewery and hear the history behind the oldest pre-prohibition brewhouse left standing in the United States.

Cost: \$57.00 includes ride on our bus, tour, lunch, taxes, and gratuity.
Departs: 10:00am Returns: 4:00pm
Trip Opened: Feb. 2
Payment Deadline: Feb. 14



OUT TO LUNCH: THE WHITE DOG, PHILADELPHIA- WEDNESDAY, MARCH 9

The White Dog is located in three Victorian brownstones in University City. White Dog is a local favorite farm to table restaurant. They purchase their ingredients from local farms located no more than 50 miles from the restaurant. Space is limited on this trip. Our Executive Director Doug will be driving our small van.

Cost: \$12.00 includes ride in our van. Lunch is on your own.
Departs: 10:00am Returns: 3:30pm
Trip Opened: Feb. 2
Payment Deadline: Feb. 25

PHILADELPHIA INSECTARIUM & BUTTERFLY PAVILION* FRIDAY, MARCH 11

Learn about the most successful group of animals in the world....insects! Enjoy two floors of exciting and educational exhibits filled with an amazing



assortment of arthropods, including tarantulas, scorpions, and praying mantises! Get up and personal with butterflies in the year round Butterfly Pavilion. After our group tour, we will stop at the Liberty Bell Diner for lunch on your own.

Cost: \$30 includes ride on our bus and your tour. Lunch is on your own.
Departs: 8:00am Returns: 3:30pm
Trip Opened: Feb. 2
Payment Deadline: Feb. 25

BATSTO MANSION & VILLAGE TOUR, NEW JERSEY FRIDAY, MARCH 18

The 32-room mansion sits at the heart of Batsto Village and served as the residence of generations of ironmasters. The Batsto Mansion reflects the prosperity enjoyed during Batsto's industrial years. In the late 19th century Philadelphia businessman Joseph Wharton renovated the structure into the elegant Italianate style of architecture. After our tour, we will take some time to explore the village. We will stop at Silver Coin Diner for lunch on your own after our tour.

Cost: \$20 includes ride on our bus and tour of the mansion and town. Lunch is on your own.
Departs: 8:45am Returns: 3:30pm
Trip Opened: Feb. 2
Payment Deadline: Mar. 4



DAVID, SIGHT & SOUND, LANCASTER TUESDAY, MARCH 22

Master Poet. Fearless Warrior. Anointed King. From still waters to shadowed valleys, David's ascent to the throne is filled with towering giants, wild animals, and Philistine soldiers. After unprecedented victories lead to devastating failures, this passionate warrior will face the biggest battle of all: the one within himself. Come alongside this young shepherd on his journey to become a man after God's own heart. We will stop at Hershey Farms for a family-style lunch before the show.

Cost: \$105.00 includes ride on our bus, show, lunch, taxes and gratuity.
Departs: 10:30am Returns: 7:00pm
Trip Opened: Feb. 2
Payment Deadline: Feb. 18

SHERLOCK RETURNS, HUNTERDON HILLS, NEW JERSEY TUESDAY, MARCH 29

Sherlock Returns is yet another crown jewel in our widely popular Sherlock Holmes immersive Musical Comedy Series! This uproarious musical features an all new plot and a slew of new songs! The Palace has been robbed and it's up to Sherlock Holmes, Dr. Watson and YOU, the audience, to go on a hilarious hunt to find the missing royal treasure!

Cost: \$90.00 includes ride on our bus, show, lunch, taxes, and gratuity.
Departs: 9:15am Returns: 5:30pm
Trip Opened: Feb. 2
Payment Deadline: Feb. 18

SAVANNAH SIPPING SOCIETY, DUTCH COUNTRY PLAYERS,* TELFORD SUNDAY, APRIL 3

Brought to you by the authors of "The Dixie Swim Club", this hilarious comedy brings together four women who meet during Happy Hour. You will laugh (and perhaps get a little misty-eyed) with Randa, Marlafaye, Dot and Jinx (the life coach who is determined to help her new friends conquer their trials and tribulations). Over the course of the play, these women commiserate, support each other, and learn to laugh again- despite life's challenges. We will enjoy a brunch on your own at the Rising Sun Inn before the show. (Pricing \$15-\$25).

Cost: \$27 includes ride on our bus and ticket. Brunch is on your own.
Departs: 11:15am Returns: 4:30pm
Trip Opens: March 2
Payment Deadline: March 16

TRIP POLICIES

RESERVATION INFORMATION:

- There are no in-person trip registrations on opening day at this time.
- On the day a trip opens (noted under each trip listing), phone reservations may be made beginning at 10:00am by calling 215-723-5841. 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

SHOFUSO HOUSE AND GARDENS,* PHILADELPHIA THURSDAY, APRIL 7



Shofuso was built in Japan in 1953 using traditional techniques and materials and exhibited in the courtyard at the Museum of Modern Art in New York. It was moved to Philadelphia in 1957, to the site of several previous Japanese structures and Japanese gardens dating to 1876. This tour will lead you through each of Shofuso's rooms and gardens, explaining the purpose and significance of all the main features of the site. We will stop at the Metropolitan for lunch on your own after our tour.

Cost: \$25 includes ride on our bus and tour of Shofuso. Lunch is on your own.

Departs: 9:15am

Returns: 3:15pm

Trip Opens: March 2

Payment Deadline: March 18th

OUT TO LUNCH: MCNALLY'S PUB,* CHESTNUT HILL WEDNESDAY, APRIL 20

In 1921, Rose McNally opened "McNally's Quick Lunch" in a small-corrugated steel building atop the highest hill in Philadelphia. In 1927 a new building was purchased and McNally's Pub became a landmark in the city's Chestnut Hill neighborhood. Look for the white-washed building with cedar shakes over a wide green door. We will enjoy some free time after lunch to visit some of the local shops.

Cost: \$12 includes ride in the van and parking. Lunch on your own.

Departs: 11:00am

Returns: 3:30PM

Trip Opens: March 2

Payment Deadline: April 8

BIRD IN HAND – A SIMPLE SANCTUARY, A NEW MUSICAL,* FRIDAY, APRIL 15

When her past catches up to her, Melissa James does what she always does – she runs – from her happy life in Connecticut and her beloved husband, Ryan, a successful investment manager, leaving a note begging him to trust her. While his life is upended, she finds a quaint hiding spot – June Bug's B & B, run by a Mennonite woman who is happy to have her first customer. Melissa feels safe in her simple sanctuary in Amish Country until Ivanov, a shadowy figure from her past, tracks her down, dragging the whole community into her mystery life. Will she share her secrets? Who can she trust? We will enjoy an all you can eat buffet lunch at Bird in Hand before the show.

Cost: \$75 includes ride on our bus, show, lunch, taxes and gratuity.

Departs: 9:15am

Returns: 5:30pm

Trip Opens: March 2

Payment Deadline: March 15

DAY TRIPS CONTINUED ON P. 16

DAY TRIPS (CONTINUED FROM P. 15)

COLEBROOKDALE RAILROAD, BOYERTOWN* - SATURDAY, APRIL 30



The dining experience on the Colebrookdale Railroad is the most-unique and luxurious way to have a meal. Calling back to the timeless splendor of dining on the rails in the early 20th Century, your two-hour expedition into the Secret Valley transports you into an environment that the highest-class citizens of the world would have experienced over a century ago while traveling for business or pleasure.

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

Departs: 10:00am Returns: 2:00pm

Trip Opens: March 2 Payment Deadline: March 25

OVERNIGHT TRIPS

IDAHO ADVENTURE: A LEWIS & CLARK DISCOVERY JUNE 15 – 21, 2022

The wilderness areas, national forests, and state and local parks of Idaho offer easy access to spectacular waterfalls, blue ribbon trout streams, ancient lava flows, surprising sand dunes, free-flowing rivers, sparkling lakes and towering mountains. Cities and towns provide the comforts of home with lodging, dining, food stores and fuel stations, and serve as a natural base camp for outdoor recreation.

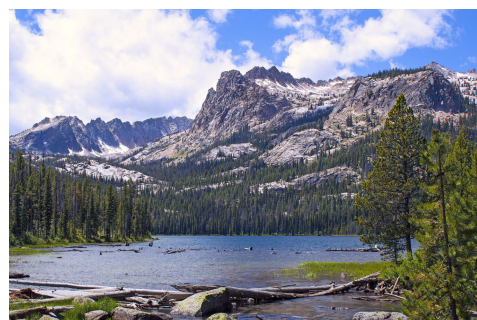
Highlights: 2 nights at the Coeur d'Alene Resort, mining town of Wallace, Lewiston, Lewis & Clark Discovery Center, Salmon River Jetboat, Silver Mine Tour, Rider Ranch Cookout, Resort town of McCall, Ketchum & Sun Valley, Sawtooth Mountains

Your trip includes: Six nights in first class hotels, 11 meals (six breakfasts, two lunches, and three dinners), tour

director, motorcoach transportation, airfare, sightseeing per itinerary, and baggage handling at hotels. This trip is listed in the Premier Travel catalog as an "Easy 1 2 3 4 Active Trip" indicating that it includes a great deal of walking.

Cost per person: Single: \$4920 Double: \$3970

Contact Liza Leister at Travel Haus to register via phone or email: groups@trvlhaus.com or 215-723-8687.



MOUNTAIN MUSIC & RAILS OF WEST VIRGINIA JULY 6-9, 2022 (NEW DATES)

The music and rails tour is packed with entertainment, historic sights, and views of the magnificent Monongahela National Forest in West Virginia. Your tour includes: deluxe motor coach transportation via Perkiomen Tours; hotel accommodations; Penn Alps Restaurant; Spruce Forest Artisan Village; dinner and entertainment at the Gandy Dancer Theatre; New Tygart Flyer Wilderness Excursion; Beverly Heritage Center Tour; dinner and entertainment at Graceland Mansion; Philippi Covered Bridge; Adaland Mansion with lunch; nine meals included; one night in Baltimore; and Baltimore National Aquarium

Cost per person: A

\$75.00 deposit per

person is due with your reservation. There is a \$25 cancellation fee for all trips.

Single: \$1389 Double: \$1168

Final balance due: June 1, 2021. Travel insurance information is available upon request.

Contact Lisa Furbacher to make your reservation: 215-723-5841 or

lfurbacher@generationsofiv.org



OVERNIGHT TRIPS

LIGHTHOUSES OF THE MID-ATLANTIC

SEPTEMBER 12-15, 2022



See lighthouses from Cape May to Virginia Beach, and enjoy oceanfront lodging with free time and many activities!

Your tour Includes: deluxe motorcoach transportation via Perkiomen Tours; oceanfront accommodations in Ocean City Maryland (1 night) and Virginia Beach (2 nights); three lighthouses; Cape May-Lewes Ferry; aquarium; Bateman Center; free time on beautiful Virginia Beach; Spirit of Norfolk lunch cruise; tour around Chincoteague, eight meals (three breakfasts, two lunches, two dinners).

Cost per person: A \$75.00 deposit per person is due with your reservation. There is a \$25 cancellation fee for all trips. Single: \$1033 Double: \$825

Final balance due: August 1, 2022. Travel insurance information is available upon request.

Contact Lisa Furbacher to make your reservation: 215-723-5841 or lfurbacher@generationsofiv.org

CHARLESTON & SAVANNAH

OCTOBER 2-8, 2022



Welcome to Charleston...where history lives. Come visit a place where glorious gardens peek out from behind 300-year-old iron gates, where you can hear a jazz concert on the lawn of an antebellum plantation and where you can ride in air-conditioned comfort as you glide past Civil War sites. Savannah, Georgia, situated in the southeastern Atlantic coast of the United States, was founded in 1733 as the first colonial settlement and was one of the first planned cities in the United States.

Your tour Includes: Washington DC; 2 nights in Charleston's Historic District; 2 nights in Savannah's Historic District; 2 nights in North Carolina; Magnolia Plantation & Gardens; historic Charleston

Tour; Fort Sumter; carriage tour of Beaufort; trolley tour of Savannah; dinner at River House Seafood Restaurant; 8 meals; motorcoach transportation; and hotel accommodations. This trip requires extensive amounts of walking.

Cost per person: A \$75.00 deposit per person is due with your reservation. There is a \$25 cancellation fee for all trips. Single: \$2,078 Double: \$1,566

Final balance due: August 15, 2022. Travel insurance information is available upon request.

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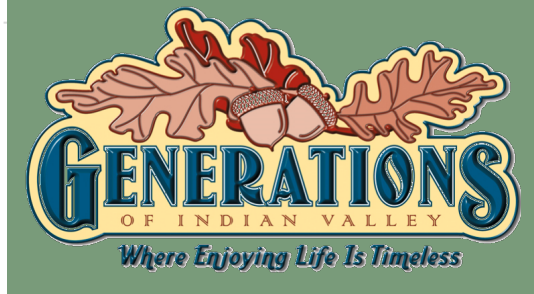


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J. Lowell Bergey, Supervisor

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TIME DATED MATERIAL

MAILED FROM LANSDALE FEBRUARY, 2022



WE'RE HERE:

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

EVENINGS & WEEKENDS AS
SCHEDULED

*SEE P. 11 FOR ADDITIONAL
IMPORTANT SCHEDULING

CONTACT US:

MAIN NUMBER: (215) 723-5841

RENTAL INFO.: (215) 723-6966

SOCIAL SERVICES: (215) 723-1930

MEALS ON WHEELS: (215) 723-8555

INFO@GENERATIONSOFIGV.ORG

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**CHECK OUT OUR SEASONAL MENU!
MORE ON P. 10**