

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
<p>The number after the program listing indicates on which page of the newsletter more information can be found.</p>	<p>1 Billiards Away vs Pennridge (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 1:45 Painting (9)</p>	<p>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)</p>	<p>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)</p>	<p>4 Billiards Away vs Brit. Pointe (8) 9:15 Flexercise (13) 10:30 Tai Chi (13) 12:30 Mah Jong (8)</p>	<p>5 6</p>
	<p>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)</p>	<p>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)</p>	<p>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)</p>	<p>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</p>	<p>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)</p>
<p>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)</p>	<p>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)</p>	<p>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)</p>	<p>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)</p>	<p>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)</p>	<p>19 20</p>
<p>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)</p>	<p>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)</p>	<p>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)</p>	<p>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)</p>	<p>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)</p>	<p>26 27</p>
<p>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)</p>	<p>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)</p>	<p>30 Generations Closed for Staff Training</p>	<p>31 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 My Life, My Health (4) 12:45 Pinochle (9)</p>	<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>	

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.