

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.

CELEBRATE GOOD TIMES

Every May, the Administration for Community Living leads the celebration of Older Americans Month. I'm excited to share with you this year's theme for Older Americans Month, *Age My Way*. The theme focuses on how older adults can age in their communities, living independently for as long possible and participating in ways they choose.

The philosophy that we can help folks to live independently in their home - wherever that home may be - lies at the heart of our mission here at Generations. We strive to provide programs to help seniors plan thoughtfully for the future, remain engaged in their communities, gain access to services, and maintain social connections. And so this May, and always, we celebrate our mission and the participants we serve.

I'll be honest. For the last few Mays, I haven't felt much like celebrating anything. But I'm hopeful that the winds of change are now blowing. We were fortunate to have reintroduced several "celebration" events to our schedule back in March including St. Paddy's Day and a bridal shower for our Member Services Coordinator, Stephanie Radcliff (see above). We finally got to eat together, and we enjoyed music, games, chatting, and smiles! To be sure we had some challenging moments over the last month too, mourning the loss of special friends and navigating the seas of reopening. But somehow even the challenging days seem surmountable when we can anticipate gatherings with friends.



We have even more celebrations coming! Keep an eye out for the programs planned for May which you'll find listed throughout this issue. Make sure you mark your calendars for several special lunch time events happening in May (see p. 6).

Let's celebrate this May! We can celebrate being together again, the return of warm weather, the memory of those we love, and Older Americans month. Let's celebrate being able to, well, celebrate!

*~Amy Stover,
Program
Coordinator*

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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
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
Rebecca Nice, D.O.
Ella M. Roush



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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.



VISIT OUR WEBSITE OFTEN FOR THE MOST UP-TO-DATE INFORMATION ON PROGRAMS, SCHEDULES, AND WEATHER RELATED CLOSINGS & DELAYS:
WWW.GENERATIONSOFIV.ORG

HEALTH & SAFETY INFO.

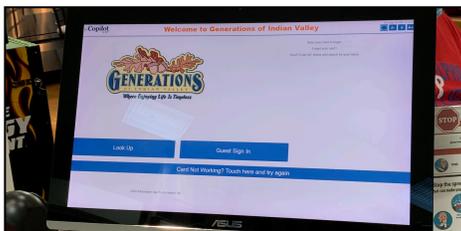
As we continue to offer even more in-person programs at Generations, we also are aware that the spread of COVID-19 in Montgomery county continues. In order for us to continue to remain open, it is imperative that our participants follow our masking guidelines (regardless of vaccination status) and all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

As of March 7, 2022, masks are optional inside our building. 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.

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 NOW OPTIONAL at Generations. Please refrain from engaging in unkind behavior toward those who make different personal health decisions.



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

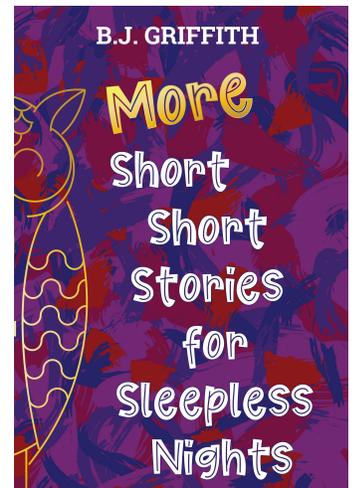
MEET THE AUTHOR/BOOK CLUB THURSDAY, MAY 26, 10:30AM

Meet author (and Generations Participant) Bev Griffith for a discussion of her latest book, More Short Short Stories for Sleepless Nights. Bev's collection of 18 surprising tales of romance, suspense, fantasy or whimsy span the range of human emotions. You'll discover how an overlooked detail ruins the perfect crime, how a wrong number turns out to be a very right one, and how a chance encounter can lead to a pleasant outcome.

Read the book on your own, then join us for a discussion of the book as well as the many surprising health benefits of reading. Bev will also read a preview selection from her not-yet-published Even More Short Short Stories for Sleepless Nights.

The program is free, however, you will need to either purchase or borrow a copy of the book to read before the discussion. You may purchase the book through Generations for \$7 OR from Amazon.com for \$7.93 plus shipping OR \$1.93 for Kindle. We also have a limited number of copies available for lending (free) from Generations.

Registration is required. To register, stop by our front desk or call 215-723-5841.



AARP SAFE DRIVING FULL COURSE & REFRESHER

Join instructor Judy Pfanders to learn how to operate your vehicle more safely in today's challenging driving environment. Most insurance companies require a full eight hour course to be taken initially. Once completed, a four hour refresher course should be taken at least every three years after that. Contact your insurance company to determine exact requirements.

At Generations we will hold Safe Driving Classes on

the following dates:

Refresher: Friday, May 13, 9:30-1:30 OR Friday, May 20, 9:30-1:30

Full Course: Thursday, June 16, 9:30-1:30 & Friday, June 17, 9:30-1:30. You MUST attend both dates for the full course.

Fee: \$20 for AARP Members; \$25 for Non-AARP Members. To register stop by our front desk or call 215-723-5841.



911 STROKE: MONDAY, MAY 16, 10:00AM

Join us to "B.E.F.A.S.T." and learn the newest pre-hospital procedures, stroke therapies, and treatments. We will discuss B.E.F.A.S.T., the acronym used to remember the warning signs

of a stroke. We will also review coping skills for stroke patients, their families, and caregivers.

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."

COOKING DEMO WITH TERI: SUMMER SALADS, THU., MAY 19, 10:00AM



Summer is right around the corner! A big, bountiful salad is the best way to celebrate delicious seasonal produce. Join Teri Wassel and learn how to prepare two stunning salad recipes you will make over and over again. Teri will demonstrate easy-prep summer recipes and provide samples for your enjoyment. Teri Wassel is a Public Health Nutritionist for Montgomery County who enjoys teaching participants in our senior centers how to incorporate healthy eating into their daily routines. Registration is required. To register, call 215-723-5841 or stop by our front desk.

FREE FALL RISK CLINIC WITH DESALES UNIV. WEDNESDAYS, MAY 25 - JULY 27



Can you answer “yes” to any of these questions:

- 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?
- Are you 65 years of age or older?
- Do you take more than 4 prescription drugs per day?

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

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.

Generations of Indian Valley, in conjunction with the Doctor of Physical Therapy Program at DeSales University, will offer free a Free Fall-Risk Clinic on Wednesday mornings by, appointment, from May 25th through July 27. Participants will receive a no cost 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.

Appointments are required for the free service. For more information or to schedule a PT screening, visit our front desk or call 215-723-5841.



TWO GOLFER SCRAMBLE

at Twin Woods Golf Course Monday, May 23. Military veterans or seniors 55+ (who are not already Bucks-Mont Golf League members) play a free round of golf. Optional \$8 riding cart. Cash prizes. Beverage and snacks at the after-golf awards social. More info. or register at bucksmontgolf.com/scramble. by May 16.



THE MENNONITE HERITAGE

Center in Harleysville has many volunteer opportunities for seniors including greeters, program hosts, research, genealogy, & events. Contact Janelle Adams 215-256-3020 ext. 112 admasj@mhep.org



RELEASE & RESTORE YOGA

series will be offered on Mondays in May at 9:15am. Join certified instructor Darlene Cianci to increase the flow of energy throughout your body. Can be done standing or sitting. More information on p. 12.

NEWS & NOTES:

FEATURED ARTIST: VANESSA LASSIN

Vanessa Lassin is a portrait and wedding photographer who resides in Bucks County, PA . She approaches photography with a photo-journalistic style in which she strives to visually tell a story and capture the essence of a person or celebration.

When she is not behind the camera, Vanessa enjoys being out in nature where she gets a lot of inspiration, cooking with fresh ingredients from local farms, paddle boarding and being with her family and friends. Stop by Generations in April and May to enjoy her artwork. You can find out more at: vanessalassinphotography.com

AMAZON SMILE

If you shop on Amazon, you can help us out! Just visit [smile/amazon.com](http://smile.amazon.com) and log in to your account. Once signed in to AmazonSmile, you will be prompted to pick a charity. Search for "Senior Adult Activity Center of Indian Valley" and select it as your charity. Moving forward, if you use the [smile/amazon.com](http://smile.amazon.com) website to shop, Generations will receive a donation for each purchase.

MOBILE SHREDDER TUESDAY, MAY 3 9:30-10:30

The Richter shredding truck will be parked near our main entrance from 9:30-10:30 only. Max 4 boxes/bags. Donations to Generations appreciated. No shredding provided after 10:30.

SPECIAL PROGRAMS

TRIVIA AT TEN

FRIDAY, MAY 13, 10:00AM

Maintain your mental muscles with a morning of brain games and 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."

VOLUNTEER WORKSHOP: SNACK BAGS

FRIDAY, MAY 20, 10:00AM

Join us to create shelf-stable snack bags for our Meals on Wheels clients. Supplies will be provided, just bring yourself! Space is limited to 15 volunteers. Please register if you plan to attend. Stop by or

call our front desk:

215-723-5841. The funds for this project are generously supported by a Thrivent Action card.

RED, WHITE, & BLUE PICNIC WEDNESDAY, MAY 25, 12:00PM

Picnic time is coming and we are ready to celebrate! Join us for an indoor picnic lunch and entertainment with husband & wife duo Rusty (vocals, guitar) & Jan (vocals, flute, clarinet, saxophone). They will perform a range of songs from patriotic to standards and popular. You will love their vocal stylings and uplifting sound. The cost per person (TBA) includes entertainment, a lunch of BBQ chicken, potato salad, cucumber salad, and strawberry shortcake, plus iced-tea and lemonade. Please ask about final cost when you sign up. There will be no regular noon meal this day. To register, stop by our front desk or call 215-723-5841.

HAIRCUTS BY APPOINTMENT

Haircut appointments are once again being offered at Generations! Check out p. 12 for details.



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, MAY 5

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.

Please see 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

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

MONDAYS, 4:00PM:

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. When a holiday falls on a Monday, the league will be held the following Wednesday (ie May 30 moves to June 1). Details online at bucksmontgolf.com, OR Call Twin Woods: 215-822-9263.

CONVERSATIONS WITH GENERATIONS

TUESDAY, MAY 17, 11:00AM

Come join an informal conversation with Generations Board Chairperson Joanne Kline. Our May topic will be Generations fast facts, and information about our volunteer Board of Directors. Questions or concerns about this or 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.

CHORALEERS: MONDAYS, 1:00PM

The Choraleers sing and perform a variety of popular, seasonal, and patriotic tunes from September - May. New members welcome. Call Annamarie: 216-723-3591.

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.

BOOKS BY MAIL The Montgomery County-Norristown Public Library offers free library service by mail to homebound residents of Montgomery County. The program defines "homebound" as unable to leave the home without considerable difficulty and/or assistance. For more information call 610-278-5100 ext. 7 or email bookmobiles@mclinc.org

MAHJONG: FRIDAYS, 12:30PM

Experienced players are welcome to join our fun group for this wonderful old Chinese tile game! Meet by the fireplace.

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.

PAINTING (WATERCOLOR):

TUESDAYS, MAY 3 - 31, 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. 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. Supplies provided. Space is limited. No need to register, just stop by.

SHUFFLEBOARD: WEDNESDAYS, 9:00AM, BEGINS MAY 4

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 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.



VOLUNTEER OPPORTUNITIES

Volunteers are needed to help with serving and clean up (dish washing) for our noon meal. Positions available M-F between approximately 11:30am-1:30pm. Contact Beth: 215-723-5841.

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

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

Volunteers are needed to help seal and label newsletters on Tuesday, May 17 at 9:15am. (No mailing in June) Contact Amy: 215-723-5841.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sloppy Joe; Loaded Potato Salad; Pickles; Fruit	3 Baked Haddock with Lemon Caper Sauce; Wild Rice; Broccoli; Whole Wheat Roll	4 Pulled Pork on a Corn Bread Waffle with BBQ Drizzle; Fresh Fruit	5 Pierogi Pie with Caramelized Onions, Bacon, & Sour Cream; Green Salad	6 Italian Chicken Stew; Garden Salad; Whole Wheat Roll
9 Beef & Veggie Pie with Cheddar Biscuit Top; Fresh Fruit	10 Baked Eggplant Parm.; Tossed Green Salad; Whole Wheat Roll	11 Wild Caught Salmon Filet with Peach & Pineapple Salsa; Oven Roasted Sweet Potatoes; Garlic Green Beans	12 Chix. Cheesesteak Flatbread with Sautéed Mushrooms, Onions, & Zesty Ketchup Drizzle; Mixed Greens Salad	13 Chef's Salad with Ham, Turkey, Swiss, Hard Boiled Egg, & House Vinaigrette; Whole Wheat Roll
16 Ham & Swiss Sliders with Shaved Brussels Sprouts Salad; Fruit	17 Stuffed Baked Potato with Broccoli, Ham, & Cheddar Sauce; Garden Salad; Fruit	18 Happy Birthday! Chicken Marsala served Over Wild Rice with Broccoli	19 Seafood Mango Salad over Greens; Whole Wheat Roll	20 Roasted Veggie Frittata with Sweet Potato Fries & Fresh Fruit
23 Monte Cristo Sandwich; Garden Salad; Fresh Fruit	24 Baked Ravioli with Beef Bolognese & Mozzarella; Caesar Salad; WW Roll	25 Red White & Blue Celebration - Special Meal/Event/Price (details on p. 6)	26 BLT Quiche; Greek Salad; Fresh Fruit	27 Chicken Salad Stuffed Tomato on Greens; Whole Wheat Roll; Fruit
30 Closed  REMEMBER AND HONOR	31 Pulled Pork on a Corn Bread Waffle with BBQ Drizzle; Fresh fruit	<p>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>		

OUR MEALS

Menu items are listed on the calendar above. Our indoor noon meal has returned! Take out meals are still available by request. **To register for either dine-in or take out, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order.** We cannot guarantee a meal for you without a reservation. To receive a take-out meal, you must park and walk in to our main entrance 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 wearing is now optional.

HAPPY BIRTHDAY

If you have a birthday during the month of May, let us know when you order your meal, and you'll get a special homemade birthday treat on Wednesday, May 18.

OUR CAFÉ

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

PROGRAM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p>The number after the program listing indicates on which page of the newsletter more information can be found.</p>		<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>			<p>APR. 30</p>
<p>2 9:15 LI Aerobics(13) 9:15 Release & Restore Yoga (12) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks-Mont Golf (8)</p>	<p>3 9:30 Billiards Home vs Hillview (8) 9:30-10:30 Richter Shred Truck (6) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 11:30-1 Haircuts by Appt. (12) 1:45 Painting (9)</p>	<p>4 9:00 Shuffleboard (9) 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>5 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (13) 10:00 Scrabble (9) 11:00 Coyote Crossing Trip (14) 12:45 Pinochle (9) PA Medi Appt. (7)</p>	<p>6 9:30 Billiards Home vs Brittany Pointe (8) 9:15 Flexercise (13) 10:30 Tai Chi (13) 12:30 Mah Jong (9)</p>	<p>7</p> <hr/> <p>8 Happy Mothers Day!</p>
<p>9 9:15 LIAerobics(13) 9:15 Release & Restore Yoga (12) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (13) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks-Mont Golf (8)</p>	<p>10 Billiards Away vs Pennridge (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 9:30 Hunterdon Hills Trip (14) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)</p>	<p>11 9-Shuffleboard (9) 9:00 Balance & Stability (13) 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) Choir Chimes to Indian Creek Foundation (8)</p>	<p>12 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 11-Mats that Matter(9) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting 4:45 Iron Pigs Game Trip (14)</p>	<p>13 9:30 AARP Safe Driving 9:30 Billiards Home vs Arbour Square (8) 9:15 Flexercise (13) 10:00 Trivia at Ten (6) 10:30 Tai Chi (13) 12:30 Mah Jong (9) Choraleers to Spring Street Center</p>	<p>14</p> <hr/> <p>15</p>
<p>169:15LI Aerobics(13) 9:15 Release & Restore Yoga (12) 9:30 Billiards (8) 10:00 Meditation (12) 10-911 Stroke! (p. 4) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks-Mont Golf (8)</p>	<p>17 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 11:00 Conversations with Generations (8) 11:30-1 Haircuts by Appt. (12) 1:45 Painting (9)</p>	<p>18 9-Shuffleboard (9) 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) Financial Counsel (p. 7)</p>	<p>19 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:00 Scrabble (9) 10:00 Cooking Demo with Teri: Summer Salads (5) 12:45 Pinochle (9) Legal Aid (p. 7)</p>	<p>20 9:30 AARP Safe Driving 9:30 Billiards Home vs Norm. Farms (8) 9:15 Flexercise (13) 10:00 Volunteer Workshop: Snack Bags (6) 10:30 Tai Chi (13) 12:30 Mah Jong (9)</p>	<p>21 10:30 Lambertville Station Trip (14)</p> <hr/> <p>22</p>
<p>239:15 LIAerobics(13) 9:15 Release & Restore Yoga (12) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (13) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks-Mont Golf (8)</p>	<p>24 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:45 Painting (9)</p>	<p>25 9-Shuffleboard (9) 9:00 Balance & Stability (13) 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (13) 10:00 Bowling (8) Choir Chimes to Normandy Farms (8) 12:00 Red, White & Blue Picnic(6)</p>	<p>26 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (13) 10:30 Meet the Author/ Book Club (4) 11- Mats that Matter (9) 11:00 Pines Theater Trip (14) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8)</p>	<p>27 9:15 Flexercise (13) 9:30 Billiards (8) 10:30 Tai Chi (13) 12:30 Mah Jong (9)</p>	<p>28</p> <hr/> <p>29</p>
<p>30 Closed ★★★★★ MEMORIAL DAY REMEMBER AND HONOR</p>	<p>31 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (13) 9:30 Hand & Foot (8) 1:45 Painting (9)</p>	<p>SCHEDULE ANNOUNCEMENTS:</p> <ul style="list-style-type: none"> Generations will be closed on Memorial Day (Monday, May 30). 			

WELLNESS/SPA OFFERINGS

RELEASE & RESTORE YOGA SERIES: MONDAYS, MAY 2 - 23, 9:15AM

NEW!

This is an intro to yoga class with certified instructor Darelene Cianci that is focused on restorative poses with gentle stretches and movements woven in. It's also excellent to aid in recovery or to balance your more active workouts. Pause and experience a sense of deep peace and connection. This class will help you release stress and tension in your body, and calm your mind. Appropriate for all levels and practiced standing and sitting. No mats are necessary. Cost: \$20 for the four week series. Payment is due at the first class. Sorry no a la carte classes for this series. Vouchers for missed classes are available upon request at our front desk or you may opt to donate fees for missed class to Generations. This class needs a minimum of 8 participants to be held. Registration is required for the series. Please stop by our front desk or call 215-723-5841 to register.

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.

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.

OTHER OFFERINGS

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>

HAIRCUTS BY APPOINTMENT:

1ST & 3RD TUESDAYS BEGINNING 5/3:

Robin Dennis, licensed cosmetologist and former owner of Wave Reviews in Lansdale, now 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. On appointment day, stop by our front desk upon arrival to check in for your hair cut.



FITNESS OFFERINGS

BALANCE & STABILITY WITH ON THE MOVE PT (VIRTUAL) 2ND & 4TH WEDNESDAYS, 9:00:

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 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.

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.

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.

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

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:

COYOTE CROSSING, CONSHOHOCKEN

THURSDAY, MAY 5TH

We will celebrate Cinco de Mayo in style at Coyote Crossing authentic Mexican restaurant. Founded in 1997, Coyote Crossing offers an exciting culinary experience consisting of cuisine influenced by the owner's grandmother.

Cost: \$10 includes ride on our bus.

Lunch is on your own.

Departs: 11:00am Returns: 2:30pm

Trip Opened: April 8

Payment Deadline: April 20

I LEFT MY DIGNITY IN MY OTHER PURSE,

HUNTERDON HILLS, NJ

TUESDAY, MAY 10

Joyce DeWitt, renowned for her role as Janet in the iconic TV sitcom, "Three's Company," returns to the HHP stage for the premiere of this hilarious new comedy. Ruth Baker planned to retire and marry her fiancé in Tahiti, but then her retirement party spun wildly out of control, leaving Ruth too inebriated to remember everything that happened. Now with the help of her best friends, she must piece together the embarrassing events of that night.

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

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

Trip Opened: April 8

Payment Deadline: April 22

IRON PIGS, ALLENTOWN

THURSDAY, MAY 12

The Lehigh Valley Iron Pigs are a major league baseball team that is an affiliate of the Philadelphia Phillies. Our seats are located on the picnic patio. We will enjoy an all you can eat buffet before the game.



Cost: \$50 includes ride on our bus, ticket, buffet, tax, and gratuity.

Departs: 4:45pm

Returns: Approx. 10:30pm

Trip Opens: April 8

**Payment Deadline: April 8-
(due at sign-up)**

LAMBERTVILLE STATION

RESTAURANT & SHOPPING, NJ

SATURDAY, MAY 21

Treat yourself to an unforgettable escape in this historic 19th century train station, lovingly converted into an award-winning restaurant and elegant hotel. We will enjoy lunch as we take in the view of the Delaware River flowing peacefully past the front door. After our meal, we will enjoy free time for shopping or a stroll along the river.

Cost: \$55 includes ride on our bus, three course lunch, taxes, and gratuity.

Departs: 10:30am Returns: 3:30pm

Trip Opened: April 8

Payment Deadline: May 6

WHY DO FOOLS FALL IN LOVE, PINES DINNER THEATRE,

ALLENTOWN

THURSDAY, MAY 26

At her impromptu bachelorette party, Millie and her best friends dive into age-old questions about love, marriage, and the overwhelming dating game. As the celebration picks up steam and the drinks flow, the girls reveal scintillating secrets about their love lives, as they poke fun and challenge each other. This uplifting show reaffirms how true friendship always unveils its everlasting strength.

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

Departs: 11:00am Returns: 4:30pm

Trip Opened: April 8

Payment Deadline: April 22

CRYSTAL CAVE,*

KUTZTOWN

TUESDAY, JUNE 7

During our tour, we will see crystals, rock formations, and underground wonders. The caves are a comfortable 54 degrees, however, a light sweater or jacket is recommended. Wear comfortable walking shoes. After our tour, we will head to Kutztown Tavern for lunch on your own.

Cost: \$40 includes ride on our bus, and tour. Lunch is on your own.

Departs: 9:00am Returns: 3:15pm

Trip Opens: May 4

Payment Deadline: May 24

PIONEER TUNNEL COAL MINE AND STEAM TRAIN,* ASHLAND

FRIDAY, JUNE 10

Built in the 1920's, The Henry Clay steam locomotive takes you on a scenic three-quarter mile ride around the side of Mahanoy Mountain where you will see strip mining. We will then tour the Pioneer Tunnel horizontal drift mine straight into the side of Mahanoy Mountain. Here you will ride in open mine cars pulled by a battery-operated mine motor. The average temperature inside the mine is 52 degrees, so a sweater or jacket is recommended. In between our tours we will stop at the JellyBucket Café for a bite to eat.

Cost: \$50 includes ride on our bus and both tours. Lunch is on your own.

Departs: 8:00am Returns: 3:00pm

Trip Opens: May 4

Payment Deadline: May 24

PLEASE NOTE:

There are no in-person trip reservations on opening day. See more trip reservation information on p. 15.



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 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

OUT TO DINNER: CUBA LIBRE,* PHILADELPHIA MONDAY, JUNE 13

Cuba Libre Restaurant & Rum Bar launched in Philadelphia in 2000, giving guests a passport to Cuba's intriguing flavors and culture. The restaurant's name, which translates to "a free Cuba," signifies hope for the future of the treasured island nation. Cuba Libre's mission is to provide an "escape" to Havana through exciting food, beverage, and entertainment experiences that celebrate the Cuban people and culture.

Cost: \$13 includes ride in our van. Dinner is on your own.

Departs: 3:00pm Returns: 8:30pm

Trip Opens: May 4 Payment Deadline: May 24

LAKE TOBIAS WILDLIFE PARK AND SAFARI,* HALIFAX, FRIDAY, JUNE 17

Enjoy Lake Tobias Wildlife Park's fun activities and animal attractions for all ages. The park is 150 -acre wildlife park and zoo. First, encounter the exotic as you roam among the many wildlife habitats to see giraffes, tigers, zebras, baboons, ostriches, gibbons, kangaroos, lions, and much more. Then, ride a Safari Tour and make memories as you hand-feed wildlife. Enjoy lunch on your own at any of the three eateries inside the park. We will leave from Generations on a Perkiomen Tours charter bus.

Cost: \$88 includes ride on charter bus, safari, wildlife pass, and drivers tip. Lunch is on your own.

Departs: 8:15am Returns: 5:00pm

Trip Opens: May 4 Payment Deadline: June 1st



Lake Tobias Wildlife Park & Safari

DAY TRIPS CONTINUED ON P. 16

DAY TRIPS (CONTINUED FROM P. 15)

FIDDLER ON THE ROOF, STATE THEATRE, EASTON, SUNDAY, JUNE 19



Fiddler on the Roof is a heartwarming story of fathers and daughter; husbands and wives; and life, love and laughter. This show is rich with musical hits you know and love, including "Tradition," "Sunrise, Sunset," "If I Were a Rich Man," "Matchmaker, Matchmaker," and more! We will enjoy a lunch (on your own) at Colonial Pizza and Spaghetti House Pub.

Cost: \$80.00 includes ride on our bus and show. Lunch is on your own.

Departs: 10:00am Returns: 6:00pm

Trip Opened: April 8 Payment Deadline: April 18

RIVER LADY, * NEW JERSEY, THURSDAY, JUNE 23



Join the Chambeau family for a delightful cruise on the beautiful, calm waters of the Toms River and Barnegat Bay aboard our 150 passenger 85 foot authentic reproduction of a paddle wheel riverboat. River Lady splendidly captures the ambiance of a 19th century Mississippi paddleboat. 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 Opens: May 4 Payment Deadline: May 22

NEW BUS OR BUST

In the past 21 years, our bus has really gotten around! While our current vehicle never will be forgotten (especially on some of the bumpy roads she's led us down), her final journey can't be too far away. We're planning now for her successor, committed to the idea that the more we travel through life's journey, the better life is.

Twice each year we invite participants and friends of Generations to contribute to an appeal that provides funding for programs and resources that directly benefit our participants. Your kind donations to this appeal will

supplement the fund for a new bus. With your help, we'll continue to take that road less traveled which, for so many, has made all the difference.

Please send donations, payable to Generations, and with a note "April Donation" in the memo to:

Generations of Indian Valley
259 N. 2nd St.,
Souderton PA 18964



OVERNIGHT TRIPS

IDAHO ADVENTURE: A LEWIS AND CLARK DISCOVERY
JUNE 15 - 21, 2022

SORRY THIS TRIP IS CANCELLED EFFECTIVE 3/7.

OVERNIGHT TRIPS

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



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.

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

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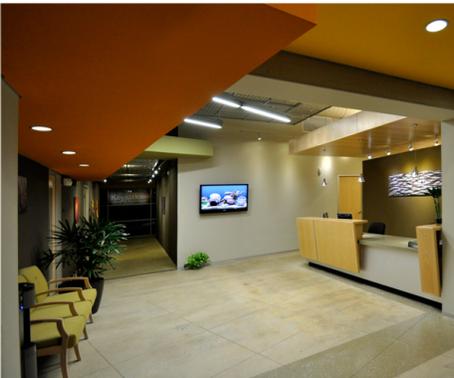
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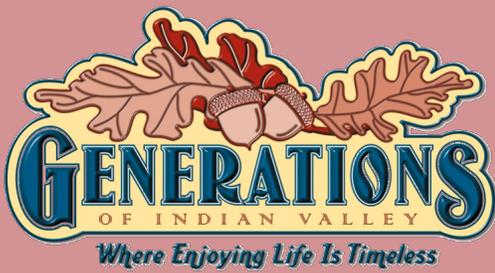
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215-723-5841. THANK YOU!



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
GENERATIONSOFIGV.ORG



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