




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>		<p>1 Roast Beef and Swiss on Soft Ciabatta with Horsey Sauce; Arugula, Tomato, and Fresh Mozz Salad w/ Lemon Vinaigrette</p>	<p>2 Salmon and Dill Lasagna with Shaved Fennel; Garden Salad; Whole Wheat Roll</p>	<p>3 Baked Sausage & Zucchini with Shredded Provolone; Garden Salad; Garlic Knot</p>
<p>6 Taco Salad (mild) with Cheddar Cheese, Black Beans, Corn, Tomato Salsa and Avocado Cream; Tortilla Crisps</p>	<p>7 Baked Stuffed Shells; Garden Salad; Whole Wheat Roll</p>	<p>8 Pork & Sauerkraut; Mashed Potatoes; Apple Sauce; String Beans</p>	<p>9 Tri-Color Tortellini with Baby Shrimp and Pesto Sundried Tomato Cream Sauce; Broccoli</p>	<p>10 Chicken Cutlet Cordon Bleu with Honey Dijon Cream Sauce; Rosemary Roasted Potatoes; Salad Veterans Honored (p 3)</p>
<p>13 Pulled Pork with Mac-n-Cheese on Whole Grain Roll; Pepper Slaw; Fruit</p>	<p>14 Traditional Thanksgiving Meal with Special Music (detailed menu TBA). </p>	<p>15 Baked Haddock with Tomato Ginger Sauce; Veggie Fried Rice; Green Vegetable  Happy Birthday!</p>	<p>16 Swedish Meatballs Over Noodles; Cranberry Sauce; Broccoli</p>	<p>17 Chicken Enchilada Lasagna with Sour Cream Drizzle; Green Salad</p>
<p>20 Eggs Benedict Frittata with Hollandaise; Toasted English Muffin; Broccoli</p>	<p>21 Seafood Cakes with Remoulade; Roasted Brussels Sprouts; Fresh Fruit</p>	<p>22 Chicken & Waffles; Roasted Veggies</p>	<p>23 </p>	<p>24</p>
<p>27 Chicken Bacon Ranch Flatbread; Warm Spinach Salad</p>	<p>28 Roast Beef and Swiss on Soft Ciabatta with Horsey Sauce; Arugula, Tomato, and Fresh Mozz Salad w/ Lemon Vinaigrette</p>	<p>29 Shepherd's Pie; Garden Salad; Fresh Fruit</p>	<p>30 Salmon and Dill Lasagna with Shaved Fennel; Garden Salad; Whole Wheat Roll</p>	<p>RESERVATION INFO ON P. 10. PLEASE LET US KNOW IF YOU NEED TO CANCEL!</p>

WELLNESS/SPA OFFERINGS

BLOOD PRESSURE SCREENINGS: MONDAYS, OCTOBER 16 & NOVEMBER 20 BEGINNING AT 11:15AM

Free blood pressure checks, provided by Abington Health Services are offered. First come, first serve; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.

HAIRCUTS BY APPOINTMENT: 1ST & 3RD TUESDAYS, BY APPOINTMENT




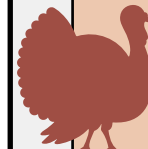
Robin Dennis, licensed cosmetologist offers haircuts by appointment on site at Generations. \$10 includes a "dry" cut and a donation to Generations. Call 215-723-5841 to schedule your appointment. Stop by our front desk upon arrival to check in.

MEDITATION & HEALING: WEDNESDAYS, 9:30AM

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

ON THE MOVE PHYSICAL THERAPY:

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

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>1 9:30 Billiards Home vs Hill View (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 12:45 Knit Pickers (4) 12:45 Stories of Our Lives (4) 3:30 Caregivers Support (Virtual) (7)</p>	<p>2 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10:30 Mind/Body Pain Care (3) 12:45 Tai Chi Arthritis (1) 12:45 Pinochle (9) 1:00 Changes to Medicare (6)</p>	<p>3 9:15 Line Dance (14) 9:30 Billiards (8) 9:45 Delaware Park Casino Trip (16) 10:00-2:00 Board Game Day & Puzzle Swap (6) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>4</p> <p>5  Daylight Savings Time Ends</p>
<p>6 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>7 Election Day Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-1 Haircuts by Appt. (12) 12:45 Movie Matinee: Knives Out (5) 1:00 Painting (9)</p>	<p>8 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Out to Lunch - Timothy's Trip (16) 10:30 Choir Chimes (8) 11:00 Recipe Swap 12:45 Stories of Our Lives (4) 2-Caregivers Support (In-person) (7)</p>	<p>9 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 11-Mats that Matter (8) 10:30 Mind/Body Pain Care (3) 12:45 Tai Chi Arthritis (1) NO Pinochle (9)8 3:30 Board Meeting 3:30 50 Golden Years of Meals on Wheels (1)</p>	<p>10 9:15 Line Dance (14) 9:30 Billiards (8) 10:00 Counted Cross Stitch Craft (6) 10:30 Release & Restore Yoga (14) 11:15 Veterans Day Observation (3) 12:30 Mah Jong (8)</p>	<p>11</p> <p>12 </p>
<p>13 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 9:30 Maple Acres Trip (16) 10:30 Tai Chi (14) 10:45 Malagari Hours /SEPTA KEY(p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>14 9:30 Sit, Stretch, Flex (12) 9:30 Billiards (8) 9:30 Hand & Foot (8) 11:30 Thanksgiving Music/Feast  1:00 Bingo (8) 1:00 Painting (9) 6:30 Bereavement Support (7)</p>	<p>15 9:30 Billiards vs Hershey's Mill (Home)(8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 12:45 Knit Pickers (4) 12:45 Stories of Lives (4) 12-2 Collett Hours (p. 7) Financial Counsel.(7)</p>	<p>16 9:15 Newsletter Mail (9) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Scrabble (9) 11:00 Cooking with Teri: Soup in a Jar (6) 12:45 Pinochle (9) Legal Aid (p. 7)</p>	<p>17 9:15 Line Dance (14) 9:30 Billiards Home vs Arbour Square (8) 9:30 Sit, Stretch, Flex (14) 10:00 Manage Your Time & Energy (5) 10:30 Miracle of Christmas Trip (16) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>18</p> <p>19</p>
<p>20 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10-Diabetes Update (6) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>21 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:30-1 Haircuts by Appt. (12) 1:00 Painting (9)</p>	<p>22 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 10:30 Wicked The Musical Trip (16)</p>	<p>23  Generations Closed Happy Thanksgiving!</p>	<p>24</p>	<p>25</p> <p>26 11:30 It's a Wonderful Life Trip (17)</p>
<p>27 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>28 9:00 Billards Away vs. Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:00 Painting (9)</p>	<p>29 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Beginner iPad Class (3) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 12:45 Indoor Cornhole Tourney (6)</p>	<p>30 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 AARP Safe Driving Refresher (6) 12:45 Pinochle (9)</p>	<p>Dec. 1</p> <p>Schedule Announcements:</p> <ul style="list-style-type: none"> • Generations will be closed on 11/23, 11/24, and 12/4. • No Pinochle on 11/9. 	<p>Dec. 2 8:00 Reindeer Run & Walk (4)</p> <p>Dec. 3</p>