

LUNCH MENU

**RESERVATION INFO
BELOW. PLEASE LET
US KNOW IF YOU
NEED TO CANCEL!**

2023 / OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Sausage & Zucchini with Shredded Provolone; Garden Salad; Garlic Knot	3 Roast Beef and Swiss on Soft Ciabatta with Horsey Sauce; Arugula, Tomato, and Fresh Mozz Salad w/ Lemon Vinaigrette	4 Salmon and Dill Lasagna with Shaved Fennel; Garden Salad; Whole Wheat Roll	5 Shepherd's Pie; Garden Salad; Fresh Fruit	6 Chicken Bacon Ranch Flatbread; Warm Spinach Salad
9 Baked Stuffed Shells; Garden Salad; Whole Wheat Roll	10 Tri-Color Tortellini with Baby Shrimp and Pesto Sundried Tomato Cream Sauce; Broccoli	11 Pork & Sauerkraut; Mashed Potatoes; Apple Sauce; String Beans	12 Taco Salad (mild) with Cheddar Cheese, Black Beans, Corn, Tomato Salsa and Avocado Cream; Tortilla Crisps	13 Chicken Cutlet Cordon Bleu with Honey Dijon Cream Sauce; Rosemary Roasted Potatoes; Green Salad
16 Swedish Meatballs Over Noodles; Cranberry Sauce; Broccoli	17 Stuffed Acorn Squash; Green Salad	18 Happy Birthday! Pulled Pork with Mac-n-Cheese on Whole Grain Roll; Pepper Slaw; Fruit	19 Chicken Enchilada Lasagna with Sour Cream Drizzle; Green Salad	20 Baked Haddock with Tomato Ginger Sauce; Veggie Fried Rice; Green Vegetable
23 Eggs Benedict Frittata with Hollandaise; Toasted English Muffin; Broccoli	24 Seafood Cakes with Remoulade; Roasted Brussels Sprouts; Fresh Fruit	25 Oktoberfest Special Event/Menu/Price (see p. 3 for details)	26 Galen's Cheesesteak Salad Loaded w/Chs, Tomatoes, Onions, Mushrooms, & Creamy Parm Dressing	27 Chicken & Waffles; Roasted Veggies
30 Shepherd's Pie; Garden Salad; Fresh Fruit	31 Halloween Brunch (menu TBA), Costume Contest, Dance Party Sing Along Special Event (see p. 3 for details)	SOUP'S ON! It's a thrill to warm your chill and once again offer take home soup quarts for \$6 each in our Cafe.		All menu items are subject to change. We will post applicable updates on our website: www.generationsofiv.org

OUR MEALS

Menu items are listed on the calendar above. **To register for a dine-in meal, visit our front desk or call 215-723-5841 at least three business days before the scheduled meal you would like to order.** A limited number of take-out meals are available for caregivers of homebound individuals. Please see our Social Services Coordinator, Emily Filice (215-723-1930) to request take-out meals. We cannot guarantee a meal for you without a reservation. **If you need to cancel your lunch reservation, please let us know.**

To receive a noon meal, arrive and seat yourself by 11:55. There are no assigned/reserved seats. We cannot guarantee entry to the community room before 11:30am. Upon arrival for meals, please sign in at our kiosk, and place your anonymous donation in the

collection box at our front desk (suggested \$2 for each meal). Mask wearing is optional. **If you receive meals from Generations, you may hear from us to schedule a friendly consultation for a required nutrition assessment.**

HAPPY BIRTHDAY

Everyone who is registered for the noon meal will receive a special dessert on our birthday celebration days: Wednesday, October 18 (for October birthdays) and Wednesday, November 15 (for November birthdays).

OUR CAFÉ

Our Café is open Mon.-Fri. from 9:00am-1:00pm for dine-in or take-out. Enjoy our à la carte menu and daily specials of salads, sandwiches, snacks, coffee, heat & eat meals and more. No need to order; just stop by!

PROGRAM SCHEDULE

2023 / OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p>2 9:15 CardioTone (14) 9:30 Billiards (8) 9:30 Garden of Health Trip (15) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8)</p>	<p>3 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) Ireland Trip Departs</p>	<p>4 9-Shuffleboard (9) 9:30 Billiards Away vs Hillview (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Trivia at Ten (4) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 12:45 Knit Pickers (4) 3:30 Caregivers Support (Virtual) (7)</p>	<p>5 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 (3) 12:45 Pinochle (9) 1:15 Crafternoons: Cafe Centerpieces (4) PA Medi Appt. (7)</p>	<p>6 9:15 Billiards Home vs Brittany Pointe (8) 9:15 Line Dance (14) 9:30 AARP Safe Driving Refresh.(4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>7 The number after the program listing indicates on which page of the newsletter more info. can be found.</p> <p>8</p>
<p>9 9:15 CardioTone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 10:45 Malagari Hours /SEPTA KEY(p. 7) 11:00 What's Up Doc? w/ Dr. Kerr (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8)</p>	<p>10 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 1:00 Bingo (8) 1:00 Painting (9) 6:30 Bereavement Support (7) Ireland Trip Returns</p>	<p>11 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 11:00 Recipe Swap & Sample (9) 12:45 Stories of Our Lives (4) 2:00 Caregivers Support (In-person) (7)</p>	<p>12 9:15 Billiards Home vs Meadowood (8) 9:30 Sit,Stretch,Flex (14) 9:30 Margaritaville at Dutch Apple Trip (15) 10:30 Mind/Body Pain Care (3) 12:45 Tai Chi Arthritis (3) 11-Mats that Matter(8) 12:45 Pinochle (9) 3:30 Board Meeting</p>	<p>13 9-Billiards Away vs Norm. Farms (8) 9:15 Line Dance (14) 10:00 Flu/ Shingles Vaccines (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p> <p>Last Day for Basket Raffle Donations (2)</p> 	
<p>16 9:15 CardioTone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10-Cancer KickDown (4) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks Mont Senior Golf League (8)</p>	<p>17 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 11:00 Matters of Our Bladders (5) 11:30-1 Haircuts by Appt. (12) 12:45 Movie Matinee: Legend of Sleepy Hollow (5) 1:00 Painting (9)</p>	<p>18 9-Shuffleboard (9) 9:30 Billiards Away vs Hershey's Mill (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 11:30 Red Hat Lunch (9) 12-2 Collett Office Hours (p. 7) 12:45 Knit Pickers (4) 12:45 Scrap Fabric Basket Class (5) 12:45 Stories of Our Lives (4) Financial Counsel.(p. 7)</p>	<p>19 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 9:45 Islands/Stream Penn's Peak Trip (15) 10:30 Mind/Body Pain Care (3) 12:45 Tai Chi Arthritis (3) 12:45 Pinochle (9) 1:30 Behind the Kitchen Counter (5) Legal Aid (p. 7)</p>	<p>20 9:15 Line Dance (14) 9:30 Billiards Away vs Arbour Square (8) 10:00 Organizing On A Shoe String (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 1:00 Cirque Du Soleil Trip (16)</p>	<p>21</p> <p>22 12:00 Gypsy Stage Company/ McCoolle's Trip (16)</p>
<p>23 9:15 CardioTone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>24 9:00 Billiards 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>25 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) NO Choir Chimes (8) 12:00 Oktoberfest (3) 12:45 Stories of Our Lives (4)</p> 	<p>26 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 (3) 12:45 Pinochle (9)</p>	<p>27 9:15 Line Dance (14) 9:30 Billiards (8) 10:30 Internet Safety Class (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>28</p> <p>29</p>
<p>30 9:15 CardioTone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:00 Name That Tune: TV Jingles (6) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>31 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 12:45Halloween Dance Party Sing Along (3) 1:00 Painting (9)</p> 	<p>Schedule Announcements: CardioTone (formerly Low Impact Aerobics) starts at 9:15 effective 10/2.</p>			<p>SPELL CHECK: Be on the lookout for spelling mistakes on either side of our event promotion sign (located on 2nd Street outside of our building). Be the first person to report the monthly spelling mistake to our front desk and win a prize!</p>
<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>					