

LUNCH MENU

2022 / OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Sausage and Zucchini w/ Provolone; Caesar Salad; Whole Wheat Roll	4 Salmon, Green Onion & Potato Quiche w/ Dill Yogurt Drizzle; Green Salad Fruit	5 Roast Beef & Swiss on Ciabatta Roll w/ Horsey Sauce; Arugula Salad w/ Fresh Mozzarella & Tomatoes	6 Pulled Pork on a Roll w. BBQ Sauce; Coleslaw; Loaded Tater Tots; Fresh Fruit	7 Chicken Bacon Ranch Flatbread Pizza; Green Salad
10 Tortellini & Baby Shrimp w/ Pesto Sundried Tomato Cream Sauce; Fresh Broccoli w/ Roasted Red Peppers	11 Cheesy Baked Chicken Alfredo; Garlic Green Beans; Whole Wheat Roll	12 Oktoberfest - Special Meal/Event/Price (details on p. 4) No take-outs for this meal.	13 Sausage, Egg, & Cheese Frittata; Roasted Sweet Potatoes; Fruit	14 Ground Beef Stroganoff w/ Onions & Mushrooms over Cavatappi; Green Salad; Whole Wheat Roll
17 Seafood Cakes w/ Remoulade Sauce; Maple Bacon Brussels Sprouts; Fresh Fruit	18 Chicken Margarita Angel Hair Pasta; Green Salad	19 Happy Birthday! Meatloaf w/ Zesty Ketchup Glaze; Mashed Potatoes; Glazed Carrots	20 Baked Stuffed Shells; Caesar Salad; Garlic Knots	21 Chicken Fajita Stuffed Pepper; Green Salad; Tortilla Chips
24 Shepherd's Pie in a Baked Potato; Green Beans	25 Creamy Baked Ham & Noodles w/ Peas & Red Peppers; Broccoli	26 Chicken and Waffles; Roasted Vegetables	27 Jumbo Eggroll Wrap w/ Sweet & Sour Sauce; Fried Rice; Green Beans	28 Fish and Chips; Slaw; Fruit
31 11:00 Halloween Brunch (note early time) Baked "Booberry" Pancake w/ Maple Syrup; Lil Devils (Deviled Eggs); Mummies in a Blanket (Breakfast Sausage); Fresh Fruit in Orange Jackolantern; Hocus Pocus Potion No take outs for this meal. See special event info. on p. 5.			<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. **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. Effective Oct. 1, 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.

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). Masks wearing is optional.

HAPPY BIRTHDAY

If you have a birthday during the months of October or November, let us know when you order your meal, and you'll get a special homemade birthday treat on Wednesday, October 19 (for October birthdays) or Wednesday, November 30 (for November birthdays).

OUR CAFÉ - NEW HOURS!

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

2022 / OCTOBER

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 / 2</p>
<p>3 9:15 LI Aerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8) Bucks-Mont Golf (8)</p>	<p>4 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15 Release & Restore Yoga (4) 11:30-1 Haircuts (12) 1:45 Painting (9)</p>	<p>5 9:00 Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (4, 14) 3:30 Caregivers Support (7)</p>	<p>6 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10:00 Farmers Market Trip (14) 10:00 Smarter Than a Middle Schooler? (4) 10:30 Medical Myths (4) 10:45 Rhythm Fit (4, 14) 12:45 Pinochle (9) PA Medi Appt. (7)</p>	<p>7 9:00 Billards Away vs Brittany Pointe (8) 9:30 Billiards (8) 10-12 Health Fair (4) 10:30 Tai Chi (14) 12:30 Mah Jong (8)</p>	<p>8</p> <p>9</p>
<p>10 9:15 LIAerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 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>119:00 Billiards Away vs Arbour Square (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15 Release & Restore Yoga (14) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)</p>	<p>12 9 -Shuffleboard (9) 9- Billiards Away Hillview 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) NO Choir Chimes (8) 10:30 Balance/Tone/Stretch (4, 14) 12:00 Oktoberfest! (4) 2:00 Caregivers Support (7)</p>	<p>13 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:30 Medical Myths (4) 10:45 Rhythm Fit (4, 14) 11-Mats that Matter(9) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting</p>	<p>14Baskets Fillers (6) 9:00 Billiards Away vs Normandy Farms (8) 9:15 Line Dance (4) 9:30 Billiards (8) 10:00 Name That Tune (4) 10:30 Sight & Sound Trip (15) 10:30 Tai Chi (14) 11:00 Ping Pong (8) 12:30 Mah Jong (8)</p>	<p>15</p> <p>16</p>
<p>17 9:30 Billiards (8) 9:15 LI Aerobics(14) 10:00 Meditation (12) 10- Restful Sleep (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 Golf (8)</p>	<p>18 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15 Release & Restore Yoga (14) 11:30-1 Haircuts by Appt. (12) 1:45 Painting (9)</p>	<p>19 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (4, 14) 10:30 Giacomo's Italian Market Trip (15) Financial Counsel (p. 7)</p>	<p>20 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10:30 Medical Myths (4) 10:45 Rhythm Fit (4, 14) 12:45 Pinochle (9) Legal Aid (p. 7)</p>	<p>21 9:00 Old Jail Museum Trip (16) 9:15 Billiards Home vs Arbour Square (8) 9:15 Line Dance (4) 10:30 Tai Chi (14) 12:30 Mah Jong (8)</p>	<p>22</p> <p>23</p>
<p>24 9:15 LI Aerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 11:00 Scam Proof (5) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>25 9:00 Flint Hill Farm Trip (16) 9:15 Billiards Home Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15Release/Restore Yoga (14) 1:00 Bingo (8) 1:45 Painting (9)</p>	<p>26 9:00 Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (4, 14)</p>	<p>27 9:15 Dutch Apple (16) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:30 Medical Myths (4) 10:45 Rhythm Fit (4, 14) 11- Mats that Matter (9) 12-2 Collett Office Hours (p. 7) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8) 2:00 Ireland Present. (18)</p>	<p>28 Last day to register for Volunteer Lunch (1) 9:30 Billiards (8) 9:15 Line Dance (4) 10:30 Tai Chi (14) 11:00 Ping Pong (8) 12:30 Mah Jong (8)</p>	<p>29</p> <p>30</p>
<p>31 9:15 LI Aerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 11 Halloween Brunch (5, 10) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>All programs are subject to change. We will post applicable updates on our website:</p> <p>www.generationsofiv.org</p>				

LUNCH MENU

2022 / NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items are subject to change. see our website: www.generationsofiv.org	1 Chicken Bacon Ranch Flatbread Pizza; Green Salad	2 Pulled Pork on a Roll w/ BBQ Sauce; Coleslaw; Loaded Tater Tots; Fresh Fruit	3 Roast Beef & Swiss Ciabatta w/ Horsey Sauce; Arugula Salad w/ Fresh Mozz. & Tomatoes	4 Baked Sausage & Zucchini w/ Provolone; Caesar Salad; Whole Wheat Roll
	7 Cheesy Baked Chicken Alfredo; Garlic Green Beans; Whole Wheat Roll	8 Ground Beef Stroganoff w/ Onions & Mushrooms over Cavatappi; Green Salad; Whole Wheat Roll	9 Acorn Squash Stuffed w/ Turkey, Rice, Apples, Leeks, Cranberries, & Balsamic Glaze; Whole Wheat Roll	10 Shrimp Tortellini w/ Pesto Sundried Tomato Cream Sauce; Fresh Broccoli w/ Roasted Red Peppers
14 Chicken Margarita Angel Hair Pasta; Green Salad	15 Baked Stuffed Shells; Caesar Salad; Garlic Knots	16 Chicken Fajita Stuffed Pepper; Green Salad; Tortilla Chips	17 Seafood Cakes w/ Remoulade; Bacon Brussels Sprouts; Fruit	18 Thanks for Volunteers Special Meal/Event (see p. 1) No Take-Outs Today.
21 Creamy Baked Ham & Noodles w/ Peas & Red Peppers; Broccoli	22 Jumbo Eggroll Wrap w/ Sweet & Sour Sauce; Fried Rice; Green Beans	23 Fish and Chips; Slaw; Fruit	24 25 GENERATIONS CLOSED. HAPPY THANKSGIVING!	
28 Pulled Pork on a Roll w. BBQ Sauce; Coleslaw; Loaded Tater Tots; Fresh Fruit	29 Baked Sausage & Zucchini w/ Provolone; Caesar Salad; Whole Wheat Roll	30 Happy Birthday! Salmon, Green Onion & Potato Quiche w/ Dill Yogurt Drizzle; Green Salad Fruit		

WELLNESS/SPA OFFERINGS

BLOOD PRESSURE SCREENINGS: MONDAYS, OCTOBER 17 & NOVEMBER 21, 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.

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.

HAIRCUTS BY APPOINTMENT: 1ST & 3RD TUESDAYS

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/contact-us>

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<p>The number after the program listing indicates on which page of the newsletter more information can be found.</p>	<p>1 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15 Release & Restore Yoga (14) 11:30-1 Haircuts by Appt. (12) 1:45 Painting(9)</p>	<p>2 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (4, 14) 1:00 Behind the Kitchen Counter (5) 3:30 Caregivers Support (7)</p>	<p>3 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Scrabble (9) 10:30 Medical Myths (4) 10:45 Rhythm Fit (4, 14) 12:45 Pinochle (9) 1:00 Medicare Open Enrollment Presentation (7)</p>	<p>4 9:15 Billiards Home vs Brittany Pointe (8) 9:15 Line Dance (4) 9:30 Billiards (8) 9:30 AARP Safe Driving Refresher (5) 10:30 Tai Chi (14) 12:30 Mah Jong (8)</p>	<p>5</p> <hr/> <p>6</p>
	<p>7 9:15 LI Aerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 10:30 iPhone Class (5) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>8 Election Day 9:00 Billiards Away vs Arbour Square (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:15Release/Restore Yoga (14) 1:00 Bingo (8) 1:45 Painting (9) 6:30 Bereavement Support (7)</p>	<p>9 9:15 Billiards Home vs Hillview (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (14) 10:00 Bowling (8) 10-Mexi-Talian Trip (16) 10-Prevent Diabete(3) 10:30 Balance/Tone/Stretch (4, 14) 10:30 Choir Chimes (8) 2:00 Caregivers Support (7)</p>	<p>10 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:30 Medical Myths (4) 10:45 Rhythm Fit (4, 14) 11-Mats that Matter(9) 12:45 Pinochle (9) 1:00 Creative Writing (p. 8) 3:30 Board Meeting</p>	<p>11 Veterans Day 9:15 Billiards Home vs Norm. Farms (8) 9:15 Line Dance (4) 9:30 Billiards (8) 10:30 Tai Chi (14) 11:00 Ping Pong (8) 11:15 Honoring Veterans (6) 12:30 Mah Jong (8)</p>
<p>14 9:15 LIAerobics(14) Basket Raffle Begins (4) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 10:45 Malagari Office Hours (p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>15 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15 Release & Restore Yoga (14) 11:30-1 Haircuts by Appt. (12) 1:45 Painting (9)</p>	<p>16 9:15 Christmas Tree Ship Trip (16) 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Balance/Tone/Stretch (4, 14) 10:30 Choir Chimes (8) 1:00 T-giving Tea (6) Financial Counsel (p. 7)</p>	<p>17 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Scrabble (9) 10:30 Medical Myths (4) 10:45 Rhythm Fit (4, 14) 12:45 Pinochle (9) Legal Aid (p. 7)</p>	<p>18 9:15 Line Dance (4) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:00 Thankful for Volunteers Lunch (1) 12:30 Mah Jong (8)</p>	<p>19</p> <hr/> <p>20</p>
<p>21 9:30 Billiards (8) 9:15 LI Aerobics(14) 9:30 Amish Exp. Trip (16) 10:00 Meditation (12) 10-Maximize Bladder Control (6) 10:30 Tai Chi (14) Blood Pressure Chk (12) 11:00 Jewelry Wkshp (6) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>22 9:15 Billiards Home Penridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15 Release & Restore Yoga (14) 1:00 Bingo (8) 1:45 Painting (9)</p>	<p>23 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (14) Nail Art Appt. (5) 10:00 Bowling (8) 10:30 Choir Chimes (8)</p>	<p>24</p>	<p>25</p>	<p>26</p> <hr/> <p>27</p>
<p>28 9:15 LI Aerobics(14) 9:30 Billiards (8) 10:00 Meditation (12) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>29 9:30 Billiards (8) 9:30 Hunterdon Hills Trip (17) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10-Prevent Diabetes (3) 10:15 Release & Restore Yoga (14) 1:45 Painting (9)</p>	<p>30 9:30 Billiards (8) 9:30 Meditation/SH (p. 12) 9:30 Dancefit (14) 10:00 Bowling (8) 10:30 Choir Chimes (8) 10:30 Balance/Tone/Stretch (4, 14)</p>	<p>HAPPY THANKSGIVING!</p> <p>SCHEDULE ANNOUNCEMENTS:</p> <ul style="list-style-type: none"> • We will be closed on Thur., 11/24 & Friday, 11/25. • No Balance/Tone/Stretch on 11/23 		
			<p>Nov. 30-last day to use Farmers Market Vouchers! Questions? 215-723-1930</p>	<p>Dec. 2 -last day to purchase basket raffle tickets! (p.4)</p>	<p>Dec. 3 Reindeer Run/Walk</p>
<p>All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org</p>					