



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.

50 GOLDEN YEARS OF MEALS ON WHEELS THURSDAY, NOVEMBER 9, 3:30 - 5:00PM

Event Schedule

3:30-4:00 Refreshments/Mingling
4:00-4:30 Remarks & Testimonials
4:30-5:00 Refreshments/Mingling



ANN MOYER, director of the Meals on Wheels program of the Senior Adult Activity Center of Indian Valley, Souderton, presents awards to — from left — the Revs. Paul Kramp, Donald Smith and Gregory Dimick. The three were involved in a recent program marking the 20th anniversary of Souderton's Meals on Wheels program, which provides meals to people over age 60 who need assistance. For more information about Meals on Wheels, call 723-8555.

Above: A 1993 newspaper clipping from the Meals on Wheels 20th Anniversary Celebration

It's bright and early (or dark and early) outside, and Generations is already buzzing in preparation for the another day of service to seniors! If you're just rolling in the front doors at 9:15am, maybe you didn't realize what's been happening in the back of our building. A crew of dedicated staff and volunteers have been busy for two hours filling a line of red bags with piping hot meals and a fleet of coolers with bottles of milk and sandwiches or salads. Later in the morning, a fleet of volunteer drivers forms on the side of our building as they pack provisions for their appointed rounds.

For 50 years, Generations has been delivering community impact through our exemplary Meals on Wheels program. What started out as a grass roots effort by local clergy and interested volunteers and served ten clients, has blossomed into a thriving entity supporting approximately 170 clients across the Indian Valley and North Penn communities. Each weekday, two meals are delivered to our clients, thanks to the efforts of nearly 250 volunteers who are the driving force behind the program. All of the food is made at Generations by our staff

and volunteers. The Meals on Wheels program of Generations has touched the lives of many - both by providing support for area seniors and engaging volunteers in meaningful provision of community services.

Please join Generations on Thursday, November 9 from 3:30-5:00pm as we celebrate 50 Golden Years of Meals on Wheels dedication, contribution, and service. We'll hear remarks from local officials and testimonials from those touched by this vital program. Enjoy a complimentary spread of small plates and drinks plus live background music as you mingle and celebrate. This is a free event and open to all. If you plan to attend, please call 215-723-5841 or visit the Generations front desk by November 2.

GENTLE MOVEMENT FOR HEALTH & HEALING

As we age, it's normal to lack the stamina and agility we enjoyed in our younger years. But getting older doesn't have to mean a sedentary lifestyle. Many Generations Participants have found life-changing value in maintaining a regular fitness routine that includes our more gentle offerings such as Tai Chi (Mondays, 10:30) or Yoga (Fridays, 10:30). Both classes are taught by certified fitness instructor, Darlene Cianci. Participants report that Darlene "meets people where they are" and offers modifications to make these classes accessible for people of all fitness levels. During both classes, participants explore breathing and range of motion techniques to help maintain mobility, strength, and flexibility. People with chronic conditions such as arthritis, heart disease, COPD, high blood pressure, and even anxiety or depression can reap the many benefits of holistic movement without loud pulsating beats or synchronized stomping. To find out more about Darlene's Tai Chi & Yoga offerings, see p. 14. Join us!

Visit Our Website: For the most up to date program information and announcements please visit www.generationsofiv.org

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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
Shawna Boell,
Member Services Coordinator
Emily Filice,
Social Services Coordinator
Bryan & Darlene Finnemeyer,
Housekeeping
Beth Knize, Kitchen Coordinator
Lexi Little, Kitchen Assistant
Heather Lewis,
North Penn MOW Coordinator
Pat McQue,
Indian Valley MOW Coordinator
Chris Obrecht, Housekeeping
Val Perry,
Member Services 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
Chari Richardson
Ella M. Roush

BEST WISHES TO MICHELE ROSS (RIGHT) WHO HAS ACCEPTED A NEW POSITION WITH THE HEAD START PROGRAM IN NORRISTOWN.



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Generations' Meals on Wheels program serves the Indian Valley and North Penn areas.

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, a contribution upon joining followed by 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.

BASKET FILLER DONATIONS



We are looking for donations of new/wrapped items in good condition to create baskets for our Basket Raffle Fundraiser. Please donate any of the following by October 13: gift cards (most wanted!); bottles of wine; liquor or beer; wide wired ribbon; movie vouchers; lottery tickets; nonperishable gourmet food items such as coffee, jellies, crackers, candy, nuts or cookies; spa/bath and body products; any other new items you think we could use to create a "theme" basket. THANK YOU!

MIND/BODY APPROACH TO PAIN OCT./NOV.



Diane Kistler, Yoga Therapist, C-IAYT, ERYT-500, MBA, instructs this **six week series on Thursdays, Oct. 5 - Nov. 9 from 10:30-11:30am**. The class is designed to help you overcome your pain and live a life with more ease and well being

Diane will introduce therapeutic practices for those with chronic pain (lasting 3 months or more) by looking at the whole

person. The goal is for the student to re-conceptualize their pain and have the agency to change it. Therapeutic practices explored during this series are seated chair yoga, pain science, journaling, sharing, meditation, and breathing.

No prior yoga experience is necessary, only a commitment and willingness to being present for each class. All

equipment is provided.

Adaptions are offered for those who need more or less challenge.

Participants will also receive a two week free trial to Pain Care Collective, an online yoga therapy studio for chronic pain.

Cost: \$60 for the six week series.

Payment in full is due with registration by Sept. 28. Space is limited. Visit our front desk or call 215-723-5841 to register.

FALL FOR SPECIAL EVENTS



Visit our front desk or call 215-723-5841 to register for these special events:

OKTOBERFEST!

Wednesday, October 25, 12:00pm

Ein Prosit! \$20 per person includes Warm Pretzel Bites with Cheddar Ale Sauce, Bratwurst, Traditional Red Cabbage Slaw, German Potato Salad, Apple Strudel, Beer, Coffee, and Tea. Enjoy live German music with the Generations Chamber Ensemble (Oompa style). All proceeds benefit our Center & Meals on Wheels programs. Registration required by Oct.19.

HALLOWEEN LUNCH

Tuesday, October 31, 12:00pm

Our noon meal will be a spooky/silly themed brunch menu (menu TBA) and

we'll have a costume contest. Prizes will be awarded. \$2 donation for the meal (as usual). Register by October 26.

HALLOWEEN DANCE & SING ALONG

Tuesday, October 31, 12:45pm

Join us after lunch for more fun as we open up the dance floor for some favorite songs of the 50s, 60s, and 70s. We'll put the lyrics up on the big screen for a sing along. Registration required by Oct.26. Separate registrations are required for the Halloween Lunch and the Sing Along Dance.

VETERANS DAY OBSERVATION

Friday, November 10, 11:15am

All noon meal donations are waived for Veterans today (\$2 donation for all others as usual). Before the meal, Veterans will

be asked to stand and be recognized during a recording of the military medley. We will share moving historical information and presentations including POW/MIA and flag folding ceremonies. Guests are welcome. Separate registrations are required (by Nov. 8) for the Veterans Day event and the noon meal. Noon meal registration & menu information on p. 10-11.

THANKSGIVING FEAST

Tuesday, November 14, 11:30am

Enjoy special live music (11:30am) during a traditional Thanksgiving meal (meal details TBA - served at 12:00pm). Registration is required three business days before. \$2 donation for the meal (as usual). Noon meal registration information on p. 10.

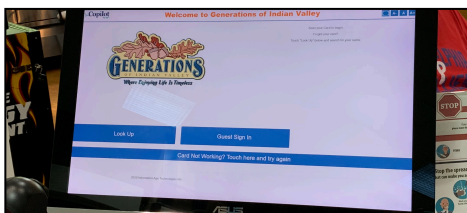
IPAD FOR BEGINNERS WEDS., NOV. 29, 10:00AM

Do you own an iPad and want to put it to better use? This two-hour class taught by Rhonda Novicki will cover: a guided tour of the iPad (including volume control, battery level, wifi strength, sleep mode); how to find the web browser; how to create folders; how to download an app from the

App Store (how to tell if that app is free); how Siri can help you to be more productive; how to take pictures with the camera function; how to organize recipes; how to locate movies in your area, and how to reboot your iPad. Class is not applicable to Android tablet

users. Cost: \$20 per person, due at registration, includes a donation to Generations.

Registration required by Nov. 22. Space is limited. Visit our front desk or call 215-723-5841.



PLEASE SIGN IN at one of our entrance kiosks and let us know what you're up to, even if you're just dropping by for a visit.



TAI CHI FOR ARTHRITIS

The next installment of Tai Chi for Arthritis with instructors Tracey & Claire will be held on Thursdays from Sept. 28 through Nov. 16. This class is full. The session was filled using the waiting list from the first class.



LET'S TALK ABOUT LOSS

Wed., Sept 27, 12:45pm

Learn about supportive ways to cope with loss that you or someone close to you may be experiencing. Free. Register by Sept. 25: 215-723-5841.

SPECIAL PROGRAMS (IN ORDER OF DATE)

^ = Registration is required for this program. To register, stop by our front desk or call 215-723-5841. Save our number!

KNIT PICKERS ^

1ST & 3RD WEDNESDAYS, 12:45PM, BEGINS OCT. 4

Join Generations Volunteer Jean for a friendly new knitting group. Projects & patterns will be shared and taught, or if you choose to work on your own project, we can help with pointers and techniques for getting starting (or finishing). Beginners and experienced knitters are welcome to join us as we chat and stitch. Bring your own supplies. If you're just getting started, we can guide you with what to purchase or borrow for your project ^.

TRIVIA AT TEN:

ARE YOU SMARTER THAN A MIDDLE SCHOOLER? ^

WEDNESDAY, OCTOBER 4, 10:00AM

What is the hardest substance in our body? Who was the first US President to get impeached? Find out the answers to these questions and more during a morning of brain games and trivia. This month we will team up with students from Indian Crest Middle School for a fierce (but friendly!) quiz show ^.

CRAFTERNOONS: CAFE CENTERPIECES ^

THURSDAY, OCTOBER 5, 1:15PM

Volunteer Sandy hosts this new program featuring group craft projects and designed to get your creative juices flowing. This month's project is making small centerpieces for our Cafe tables using interchangeable decorations for fall/winter holidays. All supplies and instructions will be provided. Bring your crafty hands and a great attitude ^.

AARP SAFE DRIVING REFRESHER COURSE ^

FRIDAY, OCTOBER 6, 9:30AM OR

THURSDAY, NOVEMBER 30, 9:30AM

Join instructor Judy Pfanders to learn how to operate your vehicle more safely. Most insurance companies require an eight hour course to be taken initially and a four hour refresher course every three years after that. Contact your insurance company for exact

discount requirements.. **A 1/2 hour lunch break will be given at 12:00. Participants may register for our noon meal (see. p. 10), purchase items in our Cafe, or pack a lunch.**

Fee: \$20 for AARP Members; \$25 for Non-AARP Members.

Separate registrations are required for this class and our noon meal. Noon meal registration required by Oct. 3 ^.

WHAT'S UP DOC? WITH DR. KERR: THE SYNERGY OF STRENGTH, MOBILITY, AND POSTURE FOR INJURY PREVENTION AND WELLNESS ^

MONDAY, OCTOBER 9, 11:00AM MORE INFO. ON P. 14

THE STORIES OF OUR LIVES ^

WEDNESDAYS, OCTOBER 11 - NOV. 15, 12:45 - 2:15PM

Join us for another support group series in partnership with The Center for Loss and Bereavement (CLB). This is a program for those interested in shared discussion about life's journey, including personal experiences of loss and hardship along with rich stories of growth, joy, and wisdom. This group is open to any persons who may benefit and is appropriate for both newcomers and for those who have benefitted from a previous session. Registration is required; this is not a drop-in group. To register or for info., see Emily: efilice@generationsofiv.org/215-723-1930 ^.

FLU/SHINGLES VACCINES ^

FRIDAY, OCTOBER 13, BY APPOINTMENT

Pharmacists from Giant/Martins will offer a Vaccine Clinic. Bring your insurance cards and wear a short sleeved shirt for the appointment. Please indicate which vaccines you would like to receive (Shingles #1, Shingles #2, regular dose Flu, senior dose Flu) when you schedule. Appointments required ^.

CANCER KICK DOWN! ^

MONDAY, OCTOBER 16, 10:00AM

Kick down cancer with prevention and early detection! Come and hear about the latest cancer breakthroughs. This (con't next page)



RUN RUN (OR WALK) RUDOLPH!

Save the date Sat., Dec. 2, 8am start, for our annual Reindeer Run & Walk fundraiser.

Information can be found at our front desk and our website:

www.generationsofiv.org



BASKET RAFFLE FUNDRAISER

Tickets may be purchased at our front desk between Nov. 13 - Dec. 1. Tickets are 1 for \$5; 5 for \$10 or 15 for \$20. You could win a fabulous gift basket valued between \$50-\$100! Winners will be chosen at our Reindeer Run on Dec. 2. You need not to be present to win. Proceeds benefit our Center programs. More info: www.generationsofiv.org



MONTCO TRAIL CHALLENGE

Pick up an official trail challenge card at Generations and visit any one of the participating trails. Record the symbol found there. Submit your card online or at a drop box by Dec. 3. More info: www.montcopa.org/trailchallenge

SPECIAL PROGRAMS (IN ORDER OF DATE)

^ = Registration is required for this program. To register, stop by our front desk or call 215-723-5841. Save our number!

(con't from p. 4) free presentation from Jefferson Health-Abington is offered both in person at Generations and 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." Registration for in-person is also required ^.

MATTERS OF OUR BLADDERS ^

TUESDAY, OCTOBER 17, 11:00AM

Nearly 35 million Americans are dealing with challenges of bladder issues. Come to a judgement-free presentation and learn about bladder health awareness and strengthening from expert physical therapist and pelvic floor specialist, Danielle Knippenberg of Core 3 Physical Therapy. Find out about small things you can do that can make a big difference in your overall bladder health. Free program ^.

MOVIE MATINEES:

Donations appreciated. Popcorn provided. Other concessions available for purchase in our Cafe. Please register if you plan to attend ^.

THE LEGEND OF SLEEPY HOLLOW ^

TUESDAY, OCTOBER 17, 12:45PM

This is the 1999 made for TV Hallmark production directed by Pierre Gang and starring Brent Carver and Rachelle Lefevre. It is hailed as one of the most faithful film adaptations of the classic tale by Washington Irving featuring the characters Ichabod Crane, Katrina Van Tassel, and Brom Bones/the legendary Headless Horseman. Running time 105 minutes. Rated PG.

KNIVES OUT ^

TUESDAY, NOVEMBER 7, 12:45PM

Cozy up to this 2019 American mystery film written and directed by Rian Johnson. Daniel Craig leads an eleven-actor ensemble cast as Benoit Blanc, famed private detective summoned to investigate the death of bestselling author Harlan Thrombey



(Christopher Plummer). Running time is 92 minutes. Rated PG-13 for brief violence, some strong language, sexual references, and drug material.

SCRAP FABRIC BASKET MAKING CLASS ^

WEDNESDAY, OCTOBER 18, 12:45PM

Instructor Ali Aiken offers this two hour craft class for beginners. Attendees should have moderate finger dexterity to participate. You will leave with a unique basket similar to the one pictured. All materials provided. \$15 per person is due with registration by Oct. 12 ^.



BEHIND THE KITCHEN COUNTER ^

THURSDAY, OCTOBER 19, 1:30PM

Join Generations Staff Members for a cooking demo in the Generations Cafe! Hear helpful tips and enjoy this afternoon of cooking and creativity. This month we will feature PA Dutch specialties! Samples will be provided during the program, and attendees will be given a "take home" meal to enjoy after the program.

Cost: \$8 per person includes attendance at the food demo and take home meal. Registration required by October 16^.

OKTOBERFEST! ^

WEDNESDAY, OCTOBER 25, 12:00PM SEE P. 3



INTERNET SAFETY CLASS ^

FRIDAY, OCTOBER 27, 10:30AM

Learn how to avoid cybercrime, prevent identity theft, and maintain online personal privacy. Join Alan Berry, a volunteer with RSVP Montgomery County, for a free 1.5 hour program about how to stay safe when using the internet. We will discuss the most common online threats facing seniors today, such as phishing, data breaches/password theft, social media scams, banking fraud and privacy violations. Register by Oct. 24 ^.

FULL S.T.E.A.M. AHEAD TO ORGANIZE YOUR LIFE

Professional organizer Bev Griffith presents a series of sessions to help simplify your life by managing your key resources - space, time, energy, and money. Bev's handy guidebook, "Full S.T.E.A.M. Ahead," can be purchased on Amazon for \$12.95 or at Generations for \$10, or borrowed for the duration of these sessions (use of the book is optional for the sessions). A \$2 per person, per session donation (for Generations) is appreciated. Please register separately for each session ^.

Organizing on a Shoestring

Friday, Oct. 20, 2023, 10:00 to 11:30am

You don't need a designer pantry or color-coded storage bins to get your space under control! Bev will share her frugal organizing hacks for decluttering and establishing order in the kitchen, closets and throughout the house using what you already have on hand ^.

Manage Your Time and Energy

Friday, Nov. 17, 2023, 10:00 to 11:30am

When you manage your time, you

manage your life. Learn lots of simple strategies you can implement to tackle procrastination, work smarter, establish boundaries, and learn to say no ^.

Save the Date:

Organizing for the Inevitable (Death & Taxes)

Friday, Jan. 19, 2024, 10:00am to 11:30 (snow date Jan. 26) ^.

more info coming in the next newsletter!



NEWS & NOTES:

FEATURED ARTISTS SEPT/OCT. OUR PAINTING CLASS

The featured artists for September and October are the participants of the Generations Painting Class. The painting class meets Tuesdays at 1pm with instructor Ali Aiken (see p. 9 for more painting class info). Enjoy a varied display of their works (primarily watercolor) including landscapes, still life, and abstracts.

FEATURED ARTIST NOV/DEC CRIS CASERTA:

Come appreciate a mixed media exhibit of the artwork of Cris Caserta. Cris' paintings are influenced by memories, impressions and feelings. She graduated from the PA Academy of Fine Arts and the Phila. College of Art. Many of Cris' paintings are in private collections in PA, FLA, and Germany. Through her artwork, Cris hopes to inspire and provoke awareness and creativity in the viewer, as well as good stewardship of the environment and a connection to the natural world.

CHANGES TO MEDICARE

THURSDAY, NOV. 2, 1:00PM:

Ed Savitsky, PA Medi counselor will share information on Medicare open enrollment during this group presentation. The open enrollment period at which time you can make changes to your plan is from Oct. 15-Dec. 7, 2023. Participants must register in advance for the presentation. Call Social Services: 215-723-1930.

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. (Begins in October. Cafe info on p. 10).

SPECIAL PROGRAMS

^ = Registration is required for this program. To register, stop by our front desk or call 215-723-5841. Save this number in your contacts in case we need to call you!

NAME THAT TUNE: TV JINGLES ^

MONDAY, OCTOBER 30, 10:00AM

Come to Generations to build your brain power with a fun morning of identifying songs. This month's feature (by request) is TV jingles from the 50s-90s. Led by Generations Program Coordinator Amy ^.

HALLOWEEN DANCE PARTY SING

ALONG ^ TUES., OCT. 31 12:45PM

SEE P. 3

BOARD GAME DAY & PUZZLE SWAP ^

FRIDAY, NOV. 3, 10:00AM - 2:00PM

Gather your friends and use our space to play some favorite board games. Come for an hour between 10:00-2:00 or stay the whole time (last games starts at 1:30). From Dutch Blitz to Rummikub or Mexican Train, we have some great games to use or you can bring your favorite and teach others. Bring a gently used puzzle in good condition (or two) to exchange. Feel free to bring your own snacks or register for our noon meal and take a lunch break. Volunteer game hosts are needed to assist. Contact Amy if interested: 215-723-5841. A \$2 donation per person is appreciated. Please register ^.



COUNTED CROSS STITCH CRAFT ^

FRIDAY, NOVEMBER 10, 10:00AM

Join Volunteer Susan for a beginner counted cross stitch craft. You will be stitching simple designs onto bookmarks. Keep them for yourself or save as special gifts for someone. Supplies provided to make three bookmarks. Please bring a pair of scissors. \$8 materials cost due at registration by Nov. 3. Class limited to 8 ^.



VETERANS DAY OBSERVATION ^

FRIDAY, NOVEMBER 10, 11:15AM

SEE P. 3

THANKSGIVING FEAST ^

TUESDAY, NOVEMBER 14, 11:30AM

SEE P. 3



COOKING WITH TERI ^

THURSDAY, NOVEMBER 16, 11:00AM

Chilly nights are on the way! Join Teri Wassel and learn how to create a hearty dry soup mix. This simple dry soup mix in a jar recipe will store for quick weeknight meals. All participants will be able to bring home a jar of soup mix. Teri Wassel, MS, RD, is a Public Health Nutritionist for Montgomery County who enjoys teaching our senior center participants how to incorporate healthy eating into their daily routines. The best part? Samples. Free program. Space is limited. Register by Nov. 13 ^.

DIABETES UPDATE ^

MONDAY, NOVEMBER 20 10:00AM

Get a better understanding of how you can live a healthier life with diabetes. Learn about tools, health tips, and food ideas that you can use to live your best life with small, manageable lifestyle modifications. This free, Help Yourself to Healthy Living presentation from Jefferson Health-Abington is offered both in person at Generations and virtually via Zoom.™ To register for the Zoom™ meeting, visit our website and click on virtual program offerings under "upcoming events." Registration for the in-person option is also required ^.

INDOOR CORNHOLE TOURNAMENT ^

WEDNESDAY, NOV. 29, 12:45PM

Join in this friendly "round robin" style tournament in our Community Room. We have four sets to accommodate 16 players at once. Bring a teammate or we will pair you up with another player. The prize is bragging rights so there's no need to be ultra competitive :) Register by 11/27 ^.



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 John Olsen: John.Olsen@jefferson.edu.

PA MEDI APPOINTMENTS

THURSDAY, OCT. 5 (NO APPOINTMENTS IN NOVEMBER)

Ed Savitsky, our PA Medi counselor, can help you make good health insurance decisions and navigate the Medicare maze. PA Medi is a free health insurance counseling program for older Pennsylvanians and is open to members of the community. Call Social Services to schedule your appointment: 215-723-1930.

CHANGES TO MEDICARE/ OPEN ENROLLMENT INFO

THURSDAY, NOVEMBER 2, 1:00PM

See p. 6, left column.



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 SUPPORT

The Muller Institute for Senior Health hosts a **virtual support** via Zoom/landline phone on the 1st Wed. of each month at 3:30pm. Registration is required. For join information please contact Katherine Rovine:

Coordinator, Memory Fitness Center,
215-441-6888 or

Katherine.Rovine@Jefferson.edu

An **in person Caregiver Support**

Group takes place the 2nd Wed. of every month at 2pm at Adult Day Services, 51 Medical Campus Drive Lansdale, PA. Please contact: Theresa Shomberg: 215-855-1298
theresa.Shomberg@jefferson.edu

LEGAL AID: THURS., 10/19 & 11/16

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 AM -12:45 PM

PA STATE SEN. OFFICE HOURS

3RD WEDNESDAY, 12 - 2PM

A member of State Rep. Steve Malagari's office OR State Senator Maria Collett'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 offices:

PA Rep. S. Malagari: 267-768-3671

PA Sen. Maria Collett: 215-368-1429
Appointments are appreciated.



TRANSNET/TRANSPORTATION

We may be able to assist you with transportation to Generations through TransNet. For eligibility or to schedule appointments for TransNet, call Emily: 215-723-1930.

MONTCO VETERANS AFFAIRS

To schedule an appointment, call the Office of Veterans Affairs: 610-278-3285. MontCo. provides door-to-door shuttle service to VA medical facilities for any Montgomery County Veteran (and their caretaker).

**DIAL 211 FOR A TOLL-FREE
HOTLINE CONNECTING THE
COMMUNITY TO HEALTH &
SOCIAL/HUMAN SERVICE
RESOURCES.**

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 visit our website www.generationsofiv.org for health & safety guidelines.

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. Bring your own refreshments to enjoy during the game/at the break.



BOWLING:

Bowling is no longer offered regularly. If you would like to be on a list of people to receive a phone call for playing 1-2 games at Earl Bowl, please call our front desk: 215-723-5841. A group member will contact you when they're planning to bowl.

BUCKS MONT SENIOR GOLF LEAGUE MONDAYS, 4:00PM, THROUGH OCT. 16

The league is held at Twin Woods Golf Course in Hatfield. It 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. The last day for this season is Monday, Oct. 16, with a catered buffet dinner. Registration for new members starts February 1, 2024. Details online at bucksmontgolf.com, OR Call Twin Woods: 215-822-9263.

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: 215-723-3591.

CREATIVE WRITING

Not currently offered.

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. Coffee available after games.

GARDEN CLUB:

This group does gardening around the Center. New volunteers are welcome. Weeding/watering/raking volunteers are needed! Contact Linda Kratz: 215-703-4078



HAND & FOOT CARD GAME:

MONDAYS, 9:30-12:30 & 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.

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, 11AM

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.

PING PONG: Our table is available for play as long as the room is not in use for another program. You can bring your own partner or we can put the table against the wall for single play. Check with Amy Stover for scheduling questions: 215-723-5841 ext. 104.



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. For questions or concerns, call Marilyn: 215-723-5669. Some September sessions may be held virtually. New participants please call Amy at 215-723-5841 if you plan to attend in September.

PAINTING CLASS (WATERCOLOR):

TUES., OCT. 3 - 31, 1 - 3PM

TUES., NOV. 7 - 28, 1 - 3PM

Our new instructor is Ali Aiken. Ali is a tenured art educator whose current artistic focus is watercolor followed closely by any other art medium she can find a few minutes to dabble in. Classes will begin with instruction and demonstration of water color techniques. Class members will then be given the option of working on a teacher prompted project or on their own work. Support will be offered during class. Bring your own supplies. **You must register and pre-pay for each new monthly session if you plan to attend.** Sessions are priced as a series; no a la carte class payments or credits. \$20 for the four week series; \$25 for the five week series. Registration for October opens September 19. Registration for November opens October 17. To register, call: 215-723-5841.



PINOCHLE: THURSDAYS, 12:45PM - 3:30PM

NOT HELD NOV. 9

A fast paced game with straight bid, no partner required. Players must be proficient and able to keep up with fast pace. Coffee available after games. Donation: \$2.00. Please arrive 10-15 minutes early to pay for your game.

RECIPE SWAP & SAMPLE:

WED., OCT. 11, 11:00AM (SIDE DISHES)

WED., NOV. 8, 11:00AM (LEFTOVER CREATIONS)

Let's get together to chat and swap our favorite new and old recipes. Participants should bring one copy of a favorite recipe that fits our monthly theme (see above). A volunteer will prepare their recipe in the Generations kitchen before the meeting so we can enjoy samples. A donation of \$2 per person is appreciated. Led by Generations Volunteer Linda Roberts. Please register. Stop by our front desk or call 215-723-5841.



RED HAT HAPPENINGS:

Save the date for the following Red Hat events:

Wed., Oct. 18, 11:30am Lunch at A & N Diner

Thur., Dec. 14, Christmas Party at IVCC

For Red Hat concerns and registration, contact Linda: 215-450-4986, mooma2cats@gmail.com OR Grace: 215-723-4722 or priceswrite1953@yahoo.com

SCRABBLE: 1ST & 3RD THURS., 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: WEDS., 9:00AM THROUGH OCT. 25

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

For questions about how to perform specific tasks on your device, you can request a free "Technology Tips" appointment by calling 215-723-5841 or emailing astover@generationsofiv.org to request an appointment. One of our tech volunteers will determine how best to assist you. Free service.

VOLUNTEER/DONATION OPPORTUNITIES

Hosts are needed to assist with leading board games/hosting tables at our Board Game Day on Nov. 3. Contact Amy: 215-723-5841.

Front desk/reception volunteers are needed on select days from 12 - 2pm. Contact Val or Shawna: 215-723-5841.

Drivers are needed to deliver Meals on Wheels in the Indian Valley and North Penn areas. Open routes for weekly, biweekly, or subs. Times are approximately 10:45am-12:45pm. Contact Pat or Heather: 215-723-8555.

Newsletter mailing helpers are needed on Thu., Nov. 16 (note the different day than normal) at 9:15am. Contact Amy: 215-723-5841.

Please donate basket fillers by October 13 (see. p 2) or bags of new, wrapped candy for a Halloween event by October 26. Thank you!

Are you dynamic, detail oriented, creative, or energetic? If so (or even if not!), we need your assistance for special events and fundraisers coming in 2024. Contact Val or Shawna: 215-723-5841.

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!

2023 / OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
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)	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	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)	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)	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)	7 The number after the program listing indicates on which page of the newsletter more info. can be found. 8
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)	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	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)	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	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) Last Day for Basket Raffle Donations (2)	14 15
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)	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)	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)	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)	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)	21 22 12:00 Gypsy Stage Company/ McCoole's Trip (16)
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)	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)	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)	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)	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)	28 29
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)	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)	Schedule Announcements: CardioTone (formerly Low Impact Aerobics) starts at 9:15 effective 10/2.			
All programs are subject to change. We will post applicable updates on our website: www.generationsofiv.org			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!		

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

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) 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>

FITNESS OFFERINGS

BALANCE, TONE, & STRETCH: WEDNESDAYS, 10:30AM
Come for a class featuring full body standing and seated exercises for all fitness levels. Improve balance, strength, mobility, and flexibility. Resistance bands and weights (optional) are provided or bring your own. Lysandra Sanchez, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

BEGINNER LINE DANCING: FRIDAYS, 9:15-10:15AM
Stop by for fun and fitness led by Generations Participant Nancy Ehly. She'll show you easy-to-follow, partner-free dances from favorite categories such as waltz, mambo, rumba, cha cha, polka and country. All dances are categorized as "absolute beginner" to "beginner." Fee: \$4/class or \$24/8 class card. No pre-registration required. Sign in and pay at front desk upon arrival.

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. No pre-registration required. Sign in and pay at front desk upon arrival.

RELEASE & RESTORE YOGA: FRIDAYS AT 10:30
Release stress and tension, and calm your mind. Appropriate for all levels and practiced standing and sitting. No mats are necessary. Darlene Cianci, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

FIT FOR LESS

The following classes are led by certified fitness instructors. Please sign in upon arrival and stop by the front desk to pay \$3.00 per person, per class.

CARDIO TONE (FORMERLY LOW IMPACT AEROBICS):
MONDAYS, 9:15 - 10:00 NEW INSTRUCTOR &
START TIME MOVES BACK TO 9:15 EFFECTIVE OCTOBER 2
This standing workout combines cardio, resistance training (equipment provided), and catchy tunes for all fitness levels. Modifications given for seated participants. Instructor: Lysandra Sanchez.

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

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/lobby) 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.**

TAI CHI: MONDAYS, 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. No pre-registration required. Sign in and pay at front desk upon arrival.

WHAT'S UP DOC? WITH DR. KERR: THE SYNERGY OF STRENGTH, MOBILITY, AND POSTURE FOR INJURY PREVENTION AND WELLNESS

MONDAY, OCTOBER 9, 11:00AM

Unlock the secret to perfect posture with Dr. Devyn Kerr from On the Move Physical Therapy! Join us to discover how targeted exercises can elevate your posture, enhance range of motion, and help you achieve balance equilibrium. Unveil the path to a more confident and comfortable you. Every participant will receive an exercise program targeting improved posture and overall well-being. Invest in your posture and yourself! Free program. Please register if you plan to attend. Stop by our front desk or call 215-723-5841.

FITNESS VIDEOS:

Recorded videos of our classes are offered on our website. 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.

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 3:00pm 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.



PAYMENT INFORMATION:



Trip payment is due by the deadline listed with each trip. After this date, your money will not be refunded unless there is 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.
- On trip days, please park across the street from Generations' front entrance in the lower level lot of the Perseverance Fire Co. Do not block their garage doors.
- 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

GARDEN OF HEALTH, NORTH WALES

MONDAY, OCTOBER 2

Do you ever wonder where Generations food donations come from? Garden of Health is a local hunger hero! In 2021 they gave over 383K pounds of healthy food to families, individuals, and Senior Centers in Montgomery and Bucks Counties. We will tour the warehouse and learn how this freshly grown food is making an impact on the community. Learn how the hydroponic and aquaponic gardens work. After our tour, we will stop at The Metropolitan for lunch (on your own) after our tour.

Cost: \$22 includes ride on our bus and tour. Breakfast or lunch is on your own.

Departs: 9:30am Return: 1:15pm

Trip Opened: Sept. 13 @ 3pm Payment Deadline: Sept. 18



JIMMY BUFFET'S ESCAPE TO MARGARITAVILLE, DUTCH APPLE, LANCASTER

THURSDAY, OCTOBER 12

Jimmy Buffet's Escape To Margaritaville- where people go to get away from it all...and stay to find something they never expected!! This funny yet heartwarming musical tells the story of a part-time bartender/singer who falls for a career-minded tourist. Hear the most loved Jimmy Buffett classics, including "Cheeseburger in Paradise," "Fins," "Volcano," "Margaritaville" and more.

Cost: \$92 includes ride on our bus, show, lunch, taxes and gratuity.

Departs: 9:30am Return: 5:30pm

Trip Opened: Sept. 6 @ 3pm Payment Deadline: Sept. 12

ISLANDS IN THE STREAM -

A TRIBUTE TO DOLLY AND KENNY, PENN'S PEAK

THURSDAY, OCTOBER 19

"Islands in the Stream" brings together Karen Hester as Dolly Parton and Dave Karl as Kenny Rogers to recreate the onstage magic of two superstars! From the moment they hit the stage, the audience will be blown away by their phenomenal, high energy vocals, stage presence, and ability to truly look like Dolly and Kenny.

Cost: \$85 includes ride on our bus, show, lunch, taxes and gratuity.

Departs: 9:45pm Return: 4:30pm

Trip Opened: Sept. 6 @ 3pm .Payment Deadline: Sept. 13

DAY TRIPS CONTINUED ON P. 16

DAY TRIPS

CIRQUE DU SOLEIL, OAKS FRIDAY, OCTOBER 20



Cirque du Soleil BAZZAR is an eclectic lab of invention where a joyous troupe of acrobats, dancers, and musicians create an awe-inspiring display. The dynamic company reimagines, rebuilds, and reinvents vibrant scenarios in an artistic, athletic game of order and disorder. We will stop at P.J.

Whelihan's before the show for a late lunch or snack (on your own).

Cost: \$85 includes ride on our bus & show. Show seating is on bleachers. Lunch on your own.

Depart: 1:00pm Return: 7:00pm

Trip Opened: August 2 @ 3pm

Payment Deadline: August 4

GYPSY STAGE COMPANY & McCOOLE'S RESTAURANT, QUAKERTOWN



SUNDAY, OCTOBER 22

Gypsy Stage presents "Edgar Allan Poe and the Flip Side of Comedy" with Grover Silcox. This is a wild-eyed, one-man show featuring comic-actor and media personality, Grover Silcox that promises to amuse and delight with giggles & goosebumps! Before the show, we will enjoy lunch at McCoolle's Restaurant (on your own).

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

Depart: 12:00pm Return: 4:30pm

Trip Opened: Sept 6 @ 3pm

Payment Deadline: Sept. 13

~NEW OCT. & NOV. TRIPS!~

DELAWARE PARK CASINO* FRIDAY, NOVEMBER 3

Let's play!!! Enjoy over 1,900 of the most in-demand slot machines in denominations ranging from

1¢ to \$25. Discover your favorite games including progressive, reel, video slots and video poker, or try the latest and greatest slot games to hit the casino floor. Lunch is on your own at one of the eateries on site. Must bring valid government issued ID.

Cost: \$30 includes ride on our bus and \$20 of free play.

Depart: 9:45am Return: 5:15pm

Trip Opens: October 4 @ 3pm

Payment Deadline: October 20

OUT TO LUNCH: TIMOTHY'S RIVERFRONT GRILL,* DELAWARE WEDNESDAY, NOVEMBER 8

Timothy's started as two college buddies who opened a hot dog cart while attending college in the early 80s. They have grown to have multiple full-service locations but have stayed true to their roots by remaining family-owned and operated. We will enjoy the sights of the Delaware River and enjoy a wonderful buffet lunch.

Cost: \$60 includes ride on our bus, lunch, taxes, and gratuity.

Depart: 10:30am Return: 3:00pm

Trip Opens: October 11 @ 3pm

Payment Deadline: October 25

MIRACLE OF CHRISTMAS, SIGHT & SOUND*



FRIDAY, NOVEMBER 17

This holiday season, travel back in time to Bethlehem as the original Christmas story unfolds all around you. Journey alongside Mary and Joseph, a flock of surprised shepherds, and three wisemen, along with their camels! There may be no room at the inn, but God has a lowly stable prepared as the angels announce the coming of the Messiah! We will enjoy a buffet lunch at Diener's before the show.

Cost: \$140 includes ride on our bus, lunch, taxes, and gratuity.

Depart: 10:30am Return: 7:30pm

Trip Opens: Oct. 4 @ 3pm

Payment Deadline: October 17

WICKED, THE MUSICAL,* ACADEMY OF MUSIC, PHILLY WEDNESDAY, NOVEMBER 22



The Broadway sensation Wicked looks at what happened in the Land of Oz....but from a different angle. When a smart, fiery misunderstood girl with emerald green skin meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikelyst of friendships....until the world decides to call one "good," and the other one "wicked". We will eat a boxed lunch on the way to the theatre

Cost: \$140 includes ride on our bus, show tickets, and boxed lunch.

Depart: 10:30am Return: 5:30pm

Trip Opens: October 11 @ 3pm

Payment Deadline: October 20

PLEASE NOTE: THERE ARE NO IN-PERSON TRIP RESERVATIONS ON OPENING DAY. ALL OPENING DAY RESERVATIONS ARE BY PHONE ONLY, BEGINNING AT 3PM. SEE MORE TRIP RESERVATION INFORMATION ON P. 15.



DAY TRIPS

IT'S A WONDERFUL LIFE,*
CANDLELIGHT THEATRE, DE
SUNDAY, NOVEMBER 26



One of the most popular Christmas tales ever written, this heartwarming classic, based on the Frank Capra film, follows George Bailey, whose dreams of life outside the boundaries of Bedford Falls lie crushed beneath the weight of family and community. On Christmas Eve, demoralized and intent on ending his life, a last-minute reprieve comes in the guise of a Guardian Angel, who intervenes to show George how the lives of his family and friends would have been diminished without him in it. An enduring and endearing parable of love, honor and friendship.

Cost: \$95 includes ride on our bus, lunch, show, taxes and gratuity.

**Depart: 11:30am Return: 6:00pm
Trip Opens: October 11 @ 3pm
Payment Deadline: October 20**

HOLIDAYS AT MOUNT HOPE,*
MANHEIM

TUESDAY, DECEMBER 5

Merrymaking and good cheer abound at Mount Hope Estate & Winery. The Holidays at Mount Hope Interactive Dinner show is approximately three hours long. You will enter the gorgeously decorated historic mansion and be greeted by holiday characters and carolers. Appetizers will be displayed and served upon arrival. Throughout your hearty three-course meal, the cast will entertain you with carols, stories, and parlor games.

Cost: \$85 includes ride on our bus, lunch, show, taxes, and gratuity.

**Depart: 11:00am Return: 6:00pm
Trip Opens: November 1 @ 3pm
Payment Deadline: November 3**

THE FIRST NOEL, AMERICAN
MUSIC THEATRE,* LANCASTER
FRIDAY, DECEMBER 8

Witness the magic and splendor of our holiday celebration as AMT presents The First Noel, featuring incredible singers, astonishing dancers, wondrous costumes, breathtaking sets, and all the endearment of a perfect fireside family moment! Bask in the beauty of the season and cherish the stories of spirit and love as we bring all your favorite sights and sounds to the stage. We will enjoy lunch at Iron Hill Brewery before the show.

Cost: \$120 includes ride on our bus, show, lunch, taxes, and gratuity.

**Depart: 10:30am Return: 7:00pm
Trip Opens: November 1 @ 3pm
Payment Deadline: November 8**

OUR CHRISTMAS DINNER,*
BIRD-IN-HAND, LANCASTER
WEDNESDAY, DECEMBER 13

Expect the unexpected when an unlikely mix of strangers and kinfolk are thrown together in the middle of a snowstorm. This hit musical is a hilarious look at family tradition, holiday expectations and the real meaning of Christmas. We will enjoy a lunch smorgasbord before the show.

Cost: \$85 includes ride on our bus, lunch, show, taxes, and gratuity.

**Depart: 11:00am Return: 6:00pm
Trip Opens: November 8 @ 3pm
Payment Deadline: November 3**



A CHRISTMAS CAROL,* DUTCH
APPLE DINNER THEATRE,
LANCASTER

THURSDAY, DECEMBER 14

A season favorite! Even for a grumpy old miser like Ebenezer Scrooge, it's never too late to change. With help from the ghosts of Christmas Past, Present, and Future, Scrooge learns to spread goodwill and greets Christmas morning with a newfound happiness.

Cost: \$100 includes ride on our bus, show, lunch, taxes, and gratuity.

**Depart: 9:00am Return: 4:30pm
Trip Opens: November 8 @ 3pm
Payment Deadline: November 16**

MIRACLE OF CHRISTMAS,*
SIGHT AND SOUND,
LANCASTER



TUESDAY, DECEMBER 19

Travel back in time to Bethlehem as the original Christmas story unfolds all around you. Journey alongside Mary and Joseph, a flock of surprised shepherds, and three wisemen – along with their camels! There may be no room at the inn, but God has a lowly stable prepared as the angels announce the coming of the Messiah! We will enjoy a smorgasbord lunch at Miller's before the show.

Cost: \$140 includes ride on our bus, show, lunch, taxes, and gratuity.

**Depart: 10:30am Return: 7:30pm
Trip Opens: November 1 @ 3pm
Payment Deadline: November 16**

**OUR TRIPS ARE
"FRAGRANCE FREE."
PLEASE RESPECT
OTHER TRAVELERS WHO MAY
BE "SCENTSITIVE."**



OVERNIGHT TRIPS



A TASTE OF IRELAND OCTOBER 3 - 10, 2023

Ireland trip and reservation information can be found on our website:

www.generationsofiv.org Contact Liza Leister at Travelhaus for more information or to make your reservation: 215-723-8687 or groups@trvlhaus.com

VIRGINIA BEACH JUNE 2 - 5, 2024 4 DAYS/3 NIGHTS



Includes roundtrip motor coach transportation; three nights deluxe accommodations in Virginia Beach; three breakfasts, three dinners, all taxes and meal gratuities; visits to Norfolk Naval Base, The Macarthur Memorial,

Old Cape Henry Lighthouse, Williamsburg Pottery, Guided Tour of Williamsburg, Naval Museum; free time on the beach/boardwalk and more!

Cost:

\$690 double occupancy

\$930 single occupancy

Travel insurance information is available upon request.

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

NAT'L PARKS & CANYONS OF THE SOUTHWEST OCT 13 - 18, 2024



Includes roundtrip airfare; 5 nights first class hotel; 8 meals; motor coach transportation; baggage handling; hotel transfers; visits to Hoover Dam, Grand Canyon West, Bryce National Park, and Zion

National Park; Las Vegas Leisure Day and more!

Cost: \$3399 per person Arrangements through Travel Haus. Travel insurance information is available upon request.

Contact Liza Leister for more information or for reservations: 215-723-8687 or groups@trvlhaus.com

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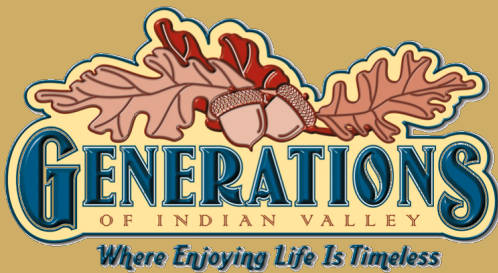
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OR [WWW.GENERATIONSOFIV.ORG](https://www.generationsofiv.org)

TIME DATED MATERIAL

MAILED FROM LANSDALE SEPTEMBER 2023



We're now on
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@generationsofindianvalley



Find us on
Facebook

WE'RE HERE:

MONDAY-FRIDAY, 9:00AM-4:00PM, *

EVENINGS & WEEKENDS AS
SCHEDULED

*WE WILL BE CLOSED ON
NOV. 23 & 24. SEE P. 11 - 13 FOR
ADDITIONAL IMPORTANT
SCHEDULING ANNOUNCEMENTS.

CONTACT US:

MAIN NUMBER: (215) 723-5841

SOCIAL SERVICES: (215) 723-1930

MEALS ON WHEELS: (215) 723-8555

INFO@GENERATIONSOFIV.ORG

[GENERATIONSOFIV.ORG](https://www.generationsofiv.org)

OUR CAFE HAS MAJOR "MEAL APPEAL"
MORE ON P 10.

