

October/November 2026

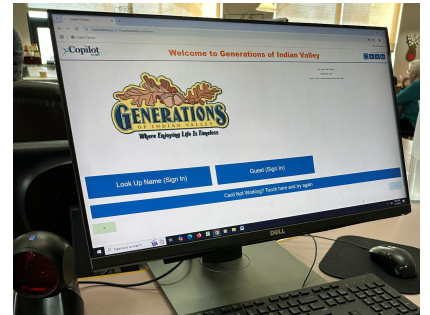
Welcome to "H.O.M.E."

Helping Organize Meaningful Experiences

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.

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



SIGN IN at one of our entrance kiosks every time you stop by!

OCT./NOV. HIGHLIGHTS:

Look for more details in our full newsletter about these upcoming special events. (The number after the event is the newsletter page where you can find more info.)
Massage Mondays (12)
Counseling for Every Day Struggles (7)
Acupuncture Mondays at 11am (12)
Basket Raffle Tix Go On Sale Nov. 6 (1)
Pumpkin Decorate Contest Thru 10/26
Fun & Games Thursdays (8)
Bingo 2nd & 4th Tuesdays (8)
Painting for Kids 2nd & 4th Thur (4)
10/7: Trivia at Ten (4)
10/9 & 11/13: Community Dance (8)
10/11 & 11/14: Recipe Swaps (9)
10/13-12/15: Trust Discussion (3)
10/14: Propagate Houseplants (4)
10/16: Movie Matinee: Clue (New date) (4)
10/16: Wellness Hub & Vaccines (3)
10/21: Oktoberfest Lunch (1)
10/19: Healthy Cooking for One (5)
10/20: Music Bingo (5)
10/23: Crafternoon: Basket (5)
10/26: Healthy Aging (5)
10/28: Book Club: Crossing the Line (5)
10/29 & 11/5: Financial Decisions (5)
10/30: Halloween Festivities (5)
11/2: Advanced Care Planning (4)
11/4: British Invasion Lunch (1)
11/5: Cooking with Teri: Fall Flavors (5)
11/6: Healthy Digital Relationships (6)
11/6: Readers Theater (NEW!) (6)
11/9: Name That Tune (6)
11/11: Veterans Day Observation (6)
11/12: Book Club: Gentleman in Moscow (6)
11/17: Movie: Bucket List (6)
11/18: What Does a Funeral Home Do? (6)
11/20: Family Feud Games (5)
11/23: Beginner Mahjong Class (4)

NOTES:

We have Generations H.O.M.E. Team volunteers should you need assistance getting acquainted here.
H.O.M.E. is an acronym for "Helping Organize Meaningful Experiences."
Within your first month of joining, please stop by and see Donna, Amy, or Emily to **get your photo taken** (It's just for identification - we won't share or post it). Here you can also receive a name tag (optional).
Please note our **payment policies** for both in-house events (p. 1) and trips (p. 15) in our full newsletter.
Please use the **coat racks** provided to hang up your coat and hat (not the back of your chair).
Please follow the directional arrows when using our **parking lot**. If going on a trip, please utilize the lower (South) parking lot of the Perseverance Fire Co.
See our full newsletter for important information like **schedule changes, and text opt-in guidelines**.

NEW PARTICIPANTS:

Colleen Alverio
Betty Antonucci
Connie Barnes
Wayne Barnes
James Blair
Nancy Blair
Louis Burgoyne
Jim Canning
Dorothy Clair
Carol Colonnello
Norm Danis
James Dixon
Barbara Faggioli
Kelley Faggioli
Cynthia Gilchrist
Lewis Gill
Gary Hughes
Sandra Hurt
Mary Illari
Theresa Kerlin
Theodore Knight
Denise Koruba
Edward Koruba
Antoinette Lento
Lina Lippincott
Donald Mann
Denis McCaig

Stan Mead
Sue Mead
Sarah Mesa
Belle Miller
Debbie Peart
Linda Pelfrey
Ellen Rose
Charlotte Rosenberger
Henry Rosenberger
Flo Rutherford
Sara Ryan
JoAnne Shelton
Betsy Smith
Jeanne Smith
Brenda Snyder
Joan Sotherden
James Sotherden
Rosemary Tarof
Andrea Thompson
Robert Thompson
Lisa Tice
Brian Toy
Liz Tuttle
Roger Tuttle
Denise Valenti
David Van Allen
Phyllis Zummo

Participants on our H.O.M.E. Team are available to give tours, attend programs, answer questions, or just chat! If you would like to be contacted by someone on our H.O.M.E. Team, please let us know!

IT FEELS LIKE H.O.M.E. AT GENERATIONS

Helping Organize Meaningful Experiences



Amit A. Shah, M.D., a geriatrician, internist and palliative care specialist at Mayo Clinic, says there is a clear correlation between social contact healthy aging. Dr. Shah adds. “Interacting with others is exercise for your brain — it’s one of the best ways to improve your cognitive flexibility. It’s likely more beneficial than doing crossword puzzles or other brain games.”

Aside from the daily offerings we have here that are inherently social, Generations hosts many structured social events throughout the year. These are opportunities for you to meet friends, make connections, and have fun! Check out the photo (left) of the fun at our Sing and Dance Along Karaoke party and join us for any of our many programs designed to help you get out, get moving, and get connected!

FREQUENTLY ASKED QUESTIONS

Q: What is the fee for membership?

A: First, we call you “participants,” not members. We ask for a voluntary contribution upon joining (suggested \$20). We then send out requests for additional voluntary contributions throughout the year. In accordance with our contract with Montgomery County Office of Aging Services, we don’t tie your participation here to a membership fee.

Q: Where does your funding come from?

A: Part of our funding comes from the Montgomery County Office of Aging Services. Additional funding is provided by foundation grants, municipal support, fundraising projects/events, corporate contributions and YOUR individual contributions.

Q: What are the requirements for joining?

A: Participants must be 55 years of age or older, able to comport themselves in an appropriate and non-disruptive manner, and able to exit our building and handle all cognitive, toileting, and personal care needs independently. Participants who cannot meet these requirements must bring a companion to assist them during their visit. Our staff and volunteers are unable to provide direct care or 1:1 support for participants.

Q: What other fees are involved?

A: Many of our programs are offered for free, at a low cost, or by voluntary donation. Fees for certain special events, fundraisers, trips, and programs may apply. If a fee applies, it will be noted in the event listing in our full newsletter.

WHY DO WE DO THAT?

Why do we ask you to sign in?

~It helps us with our funding!
When we apply for grants and various funding, we pull participation data - such as volunteer hours, number of people who visited the Café, and even how many people came for a card game - directly from the “Copilot” system where you sign in.

~When we send out an “auto call” for a reminder or cancellation, we often generate the call list from the “Copilot” system.

~When you sign in, it tells us exactly who is or was in our building on a given day. And if you normally sign in, but haven’t for a while, we know that it might be time to reach out.

FUN FACT!

Out of 198 people surveyed (last November), 98 of them said this location in our building was their favorite place to sit and chat.

A: The Café