

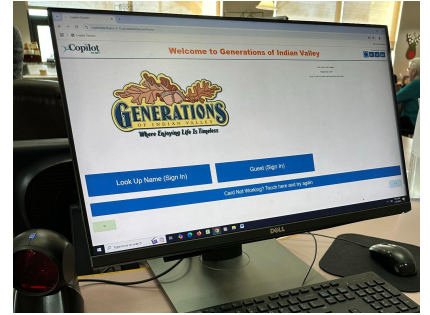
DEC. 2025/JAN. 2026

Welcome to “H.O.M.E.”

Helping Organize Meaningful Experiences

We are thankful that you are here! Generations of Indian Valley is a place of welcome and friendship for active adults. We are a community of people committed to learning, growing and giving mutual support to one another.

Generations is a gathering place where the needs and joys of the community can be shared. The staff, volunteers and our participants embrace 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!

DEC/JAN 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 information).

- Massage Mondays (12)
- Counseling for Every Day Struggles (7)
- Acupuncture: Mondays at 11am (12)
- Hula with Sandy: Fridays thru Jan. 2 (3)
- One-Stroke Landscape Class (3)
- Meditation: Mondays, 10am (12)
- Functional Fitness & Balance (14)
- 12/19: Longest Night Program (1)
- 12/23: Holiday Brunch with Special Music 11:45!!! (10)
- 1/8: Dialogue without Frontiers (5)
- 1/9: Safe Driving Refresher (5)
- 1/9: Name That Tune (5)
- 1/9: Community Dance (3)
- 1/12: Celebrating Differences (6)
- 1/14: Recipe Swap: Cook for 1 or 2 (9)
- 1/15: Cook with Teri (5)
- 1/15: Mats that Matter (8)
- 1/16: Music Bingo (4)
- 1/20: Movie Matinee: Tuesdays with Morrie (6)
- 1/21: Luau Luncheon (1)
- 1/22: Posture & Shoulder Health (6)
- 1/22: Book Club Discussion: All the Light We Cannot See (6)
- 1/23: Digital Literacy: Artificial Intelligence (6)
- 1/26: From Bowl to Bowel (6)
- 1/13 & 1/27: Bingo (8)
- 1/30: 5th Friday Game Night (3)

Please note: The Center closes at 12:45 on 12/24 and will be closed from 12/25 - 1/1

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 and receive your name tag**. (It's just for identification - we won't share or post it).

Please note our **payment policies** for both in-house events (p. 1) and trips (p. 15) in our full newsletter.

Please use the **coat room or racks** provided to hang up your coat and hat (and 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 other important information like our **winter weather policy, text opt-in, and cell phone guidelines**.

NEW PARTICIPANTS:

Kriss Alderfer
Howie Allard
Patricia Allard
James Atkins
Mary Atkins
Tiffany Buoni
Betty Clemmer
Heather Cochran
Bobbi Cordell
Dennis Detwiler
Kate DiBiase
Frank Esposito
Deborah Feagins
Mindy Ferrara
Wally Ferrara
Donald Fenstermacher
Judy Fenstermacher
James Fillman
Phyllis Flynn
Michelle Kane
Art Krasinski
Linda Krache
Elia Leda
Lynn Lefczik
Nick Malack
Patricia Marvin
Sally Mastandrea
Jim Maust
Josephine McAleese
Christine Mihalek

Norma Mittaver
Jean Myers
Darla Nagy
Colette Nasielski
Lindsey Nowak
Maryann Nowak
Steve Nyce
Leonard Pineda
Nadine Peltzman
Carl Rio
Dolores Rio
Arlene Robbins
Paul Ronge
Lyn Rossanese
Gary Rubenstein
Kathy Ruth
Joseph Rydzewski
Brigitte Sanda
Richard Sanders
Bob Simrak
Tom Smith
Donn Spear
Denise Stuber
Thomas Sumter
Sandra Weikel
BethAnn Weinstein-Rubenstein
Suzanne Wright-Rydzewski
Jeanette Wojcik
Natalie Yutz

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!

Right at H.O.M.E.

Helping Organize Meaningful Experiences



Meet Sandy, who you will find regularly volunteering in the Generations Cafe. We recently asked Sandy how coming to Generations helps her stay active and engaged. Here is her response: “My favorite activities at the senior center are anything to do with food (cooking and eating), crafts, games, day trips, entertainment lunches, and volunteering. I pretty much like everything that happens at our senior center. It's a great place to interact with all types of people. You can walk in the door and everyone makes you feel like you're right at home.”

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 are welcome to 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 Cafe, 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!

Fueled by the participation of over 180 people, and the dedication of 100+ staff and volunteers, we raised \$12,000 at our Reindeer Run to support our Center and Meals on Wheels programming.