


# LUNCH MENU

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

2025 / APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Chicken Pot Pie with Puff Pastry Top; Green Salad	<b>2</b> Meatloaf with Fresh Mushroom Gravy; Mashed Potatoes; Garlic Green Beans	<b>3</b> Baked Chicken, Ranch, & Broccoli with Bacon; Corn Bread, Fresh Fruit	<b>4</b> Wild Caught Alaskan Salmon with Mango Salsa; Veggie Fried Rice; Edamame
<b>7</b> Chicken Cacciatore over Mashed Potatoes; Green Beans; Whole Wheat Roll	<b>8</b> Meatball "Salad" w/ Chick-peas, Romaine, Red Onion Shredded Parm.; Garlic Knot	<b>9</b> Mac-N-Cheese Quiche; Garden Salad; Fruit	<b>10</b> Pork & Kraut w/ Mashed Potatoes; Apple Sauce; Garlic Green Beans	<b>11</b> New England Clam Chowder with Oyster Crackers; Green Salad
<b>14</b> Sausage and Roasted Red Pepper Flatbread with Tossed Green Salad	<b>15</b> Dine & Dance Thru the Decades Special Meal/Menu/Price See page 1	<b>16 Happy Birthday!</b> Chicken Mushroom Stroganoff Over Cavatappi Noodles; Broccoli; Wheat Roll 	<b>17</b> Cheese Ravioli with Marinara; Garlic Knot; Warm Brussels Sprouts Caesar Salad	<b>18</b> Baked Cod with Lemon Caper Sauce; Wild Rice; Green Salad
<b>21</b> Crispy Cod Sandwich with Dill Pickle Aioli; Slaw & French Fries	<b>22</b> Teriyaki Meatballs with Sesame Noodles; Steamed Broccoli; Fortune Cookie	<b>23</b> Garlic Texas Toast; Sloppy Joe; Potato Salad; Fruit	<b>24</b> Chicken Pot Pie with Puff Pastry Top; Green Salad	<b>25</b> Spinach, Feta, & Mushroom Quiche; Butternut Hash; Fruit
<b>28</b> Baked Chicken, Ranch, & Broccoli with Bacon; Corn Bread, Fresh Fruit	<b>29</b> Meatloaf with Fresh Mushroom Gravy; Mashed Potatoes; Garlic Green Beans	<b>30</b> Creamy Sausage Gravy Over Biscuit; Green Salad; Fruit	<p><b>All menu items are subject to change. We will post applicable updates on our website:</b></p> <p><a href="http://www.generationsofiv.org">www.generationsofiv.org</a></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. Please see our Social Services Coordinator, Emily Filice (215-723-1930) to request caregiver 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. **PLEASE HANG COATS IN THE VESTIBULE.** 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). **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, April 16 and Wednesday, May 21.

## 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, soups, heat & eat meals and more. No need to order; just stop by!

# PROGRAM SCHEDULE

2025 / APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<p><b>The number after the program listing indicates on which page of the newsletter more information can be found.</b></p>	<p><b>1</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 10:00 Scrabble (9) 10:30 Rhythmit (14) Haircuts by Appt. (12) 1-Watercolor Class (9)</p>	<p><b>2</b> 9:30 Billiards (8) 9:30 Dancefit (14) Hearing Care Appt.(12) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 1:00 Acupuncture (12) 3:30 Caregivers Support (Virtual) (7)</p>	<p><b>3</b> Tax Aide Appts (3) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Loss Counseling (7) 12:45 Pinochle (9) PA Medi Appt. (7)</p>	<p><b>4</b> Tax Aide Appts (3) 9:30 Billiards (8) 10-2 Board/Card Game Day (8) 10:30 Release &amp; Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p><b>5</b> 10:00 Joseph Trip to Sight &amp; Sound (15)</p> <hr/> <p><b>6</b></p>
	<p><b>7</b> 9:30 CardioTone (14) 9:30 Billiards (8) 10:00 Trivia at Ten (4) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p><b>8</b> 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 10:00 Scrapbooking with Mary (4) 10:30 Rhythmit (14) 1:00 Bingo (8) 1-Watercolor Class (9) 6:30 Bereavement Support (7)</p>	<p><b>9</b>9:15 Billiards Away vs Hershey's Mill (8) 9:30 Billiards (8) 9:30 Dancefit (14) Massage Appt (4) 10:00 Bowling (8) 10-Hard Rock Trip(15) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 11:00 Recipe Swap: Feasting &amp; Fasting(9) 12:45 Great Courses: Secrets of Spices (4) 1-Acupuncture (12) 2 - Caregivers Support (7)</p>	<p><b>10</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Loss Counseling (7) 11-Mats that Matter(8) 12:45 Pinochle (9) 3:30 Board Meeting</p>	<p><b>11</b> 8:30 Shady Maple Trip (16) 9:30 Billiards (8) 10:30 Release &amp; Restore Yoga (14) 12:30 Mah Jong (8) 1:00 Health Literacy 101(3)</p>
<p><b>14</b> 9:30 CardioTone(14) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY(7) 10:30 What's Up Doc? Foot &amp; Ankle (4) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p><b>15</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 10:00 Scrabble (9) 10:00 One-Stroke Acrylic Painting (4) 10:30 Rhythmit (14) Haircuts by Appt. (12) 12:00 Dine &amp; Dance Thru The Decades (1) 1-Watercolor Class (9)</p>	<p><b>16</b> 9:15 Billiards Home vs Hillview (8) 9:30 Dancefit (14) 9:45 Brightstar Trip (16) Choir Chimes to Arbour Square (8) 10:30 Balance/Tone/Stretch (14) 12-2 Collett Hours (7) 12:45 One-Stroke Acrylic Painting (4) 1-Acupuncture (12) Financial Counsel (7) 12:45 Movie Matinee: Anne of Green Gables 1 (4)</p>	<p><b>17</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Choir Chimes to Boyertown Center (8) Loss Counseling (7) 12:45 Pinochle (9) 1:00 H.O.M.E. Team Meeting (9) Legal Aid Appt. (7)</p>	<p><b>18</b> <b>Generations Closed</b></p>	<p><b>19</b></p> <hr/> <p><b>20</b></p> 
<p><b>21</b> 9:30 Cardio Tone (14) 9:30 Billiards (8) 10:00 What's That Therapy (4) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p><b>22</b> 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 10:00 One-Stroke Acrylic Painting (4) 10:30 Rhythmit (14) 1-Watercolor Class (9) 1:00 Bingo (8)</p>	<p><b>23</b> 9:30 Billiards (8) 9:30 Dancefit (14) 9:30 Bird-in-Hand Trip (16) 10:00 Bowling (8) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 12:45 One-Stroke Acrylic Painting (5) 1- Acupuncture (12) 1:00 Music Bingo (4)</p>	<p><b>24</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) Loss Counseling (7) 10-iPhone Class (5) 11-Mats that Matter (8) 12:45 Pinochle (9) 12:45 Collage Speaks (5)</p>	<p><b>25</b> 9:30 Billiards (8) 10;30 Release &amp; Restore Yoga (14) 11:00 Financial Literacy (5) 12:30 Mah Jong (8)</p>	<p><b>26</b></p> <hr/> <p><b>27</b></p>
<p><b>28</b> 9:30 CardioTone(14) 9:30 Billiards (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p><b>29</b> 9:30 Billiards (8) 8:45 Singin' in the Rain @ DeSales Trip (16) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 10:00 One-Stroke Acrylic Painting (4) 10:30 Rhythmit (14) 1-Watercolor Class (9)</p>	<p><b>30</b> 9:30 Billiards (8) 9:30 Dancefit (14) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 12:45 One-Stroke Acrylic Painting (4) 1-Acupuncture (12) Choir Chimes to Pine Run (8)</p>	<p><b>All programs are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></b></p>		
			<p><b>Schedule Announcements:</b></p> <ul style="list-style-type: none"> <li>• We will be closed on Fri., Apr.18</li> </ul>		

**Looking for our May 2025 lunch menu? It will be posted at the Center and on our website ([www.generationsofiv.org](http://www.generationsofiv.org)) by April 15.**

## MEET JOANN STEINLY

We are thrilled to welcome JoAnn Steinly as our Meals on Wheels Kitchen Coordinator. After a busy morning cranking out over 300 meals for homebound seniors in the North Penn and Indian Valley areas, we caught up with JoAnn to get to know her a little better:

**Q:** What previous job experience would you like our participants to know about?

**A:** My career of over 30 years was in early childhood education. If you shopped at Ten Thousand Villages in Souderton, I may look familiar. I volunteered at the store for the last six years.

**Q:** What do you like most about Generations?

**A:** The cafe is a charming place to meet friends and hang out. The people are so friendly here. We have a great team.

**Q:** When you have 30 minutes of free time, what do you like to do?

**A:** I love to read, cook, watch old movies, and knit and spin (that's yarn, not the workout!). When the weather is nice, I'll be in the garden.

**Q:** What chore do you hate doing?

**A:** I'm not fond of paperwork, but I love lists!

**Q:** What has surprised you most about Generations/or what things have been most challenging about the job so far?

**A:** Remembering names is a challenge when there's so many new people, but I'm getting there!

Be sure to swing by the Meals on Wheels Kitchen near the back entrance of Generations and offer a warm welcome to JoAnn!



## WELLNESS/SPA OFFERINGS

### GROUP ACUPUNCTURE FOR PAIN RELIEF:

WEDS., 1:00PM IN APRIL & FRIDAYS, 1:00PM MAY 9 - JUNE 6  
B.J. Putnam, DAc, offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Call 215-723-5841 to register. Pick up payment ticket at the front desk before class.

### BLOOD PRESSURE SCREENINGS:

MONDAYS, APR. 21 & MAY 19 , BEGINNING AT 11:15AM  
Free blood pressure checks, provided by Jefferson Health-Abington. First come, first served; 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

Robin Dennis, licensed cosmetologist offers haircuts by appointment on site at Generations. \$10 includes a "dry" cut and a donation to Generations. To schedule your appointment, please stop by the Generations front desk or call 215-723-5841.

### COMING SOON: TAI CHI FOR ARTHRITIS

WEDNESDAYS, JULY 9 - AUGUST 27, 10:30AM  
Tai Chi for Arthritis improves balance both mentally and physically thus significantly reduces the rate of fall of the older adults. Tai Chi for Arthritis is an 8 session program with each session lasting 45 minutes-1 hour. Exercises can be done seated or standing. More info. To come in the June/July issue. Registration opens May 20.

### 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>

### NEW! ATTENTUS HEARING CARE:

WEDNESDAYS, APRIL 2 & MAY 7, BY APPOINTMENT  
Audiologist Dr. Abby HOLAUCHOCK offers free hearing screenings, hearing aid cleanings, and ear wax checks at Generations. **To schedule your free screening, please call or text 267- 669-1345.** Additional services available for a fee: ear wax removal and hearing aid repairs. Full evaluations and consultations are also available at Generations or in your home.

# PROGRAM SCHEDULE

2025 / MAY

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><b>Schedule Announcements:</b></p> <ul style="list-style-type: none"> <li>Generations will close at 11:30 on Wednesday May 14.</li> <li>Generations will be closed on Monday, 5/26 for Memorial Day.</li> <li>No Rhythmit 5/27</li> </ul>		<p>1</p> <p>9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) Loss Counseling (7) 10-Matters of our Bowels and Bladders (5) 12:45 Pinochle (9) 12:45 CollageSpeaks (5) PA Medi Appt. (7)</p>	<p>2</p> <p>9:30 Billiards (8) 10-2 Board/Card Game Day (8) 10:30 Release &amp; Restore Yoga (14) 12:30 Mah Jong (8)</p>	<p>3</p> <p>9:45 Stayin' Alive Trip (16)</p> <hr/> <p>4</p>
	<p>5</p> <p>9:30 CardioTone (14) 9:30 Billiards (8) 10-Savory Moments Charcuterie Demo (5) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>6</p> <p>9:00 Billiards Away vs Meadowood (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 10:00 Scrabble (9) 10:00 One-Stroke Acrylic Painting (4) 10:30 Rhythmit (14) 11 - 1 Meet the Artist (6) Haircuts by Appt. (12) 1-Watercolor Class (9)</p>	<p>7</p> <p>9:15 Billiards Home vs Hershey Mills (8) Hearing Appts. (12) 9:00 Shuffleboard (9) 9:30 Dancefit (14) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes (8) 12:45 One-Stroke Acrylic Painting (4) 3:30 Caregivers Support (Virtual) (7)</p>	<p>8</p> <p>9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 9:30 AARP Safe Drive Full Course 1 of 2 (6) 9:30 Otherworld Trip (16) Loss Counseling (7) 11-Mats that Matter(8) 12:45 Pinochle (9) 1:45 Collage Speaks (5) 3:30 Board Meeting</p>	<p>9</p> <p>9-Billiards Away vs Arb. Square (8) 9:30 AARP Safe Drive Full Course 2 of 2 (6) 9:30 Billiards (8) 9:30-11:30 Build a Bouquet/Corsage (6) 10:30 Release &amp; Restore Yoga (14) 12:30 Mah Jong (8) 1:00 Acupuncture (12)</p>
<p>12</p> <p>9:30 Billiards (8) 9:30 CardioTone (14) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY (7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Choraleers (8)</p>	<p>13</p> <p>9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 10:00 One-Stroke Acrylic Painting (4) 10:30 Rhythmit (14) 1-Watercolor Class (9) 1:00 Bingo (8) 6:30 Bereavement Support (7)</p>	<p>14</p> <p>9:30 Billiards (8) 9:00 Shuffleboard (9) 9:30 Dancefit (14) 10:00 Bowling (8) 10:00 Recipe Swap: May Day (9) 10:30 Balance/Tone/Stretch (14) 10:30 Choir Chimes GENERATIONS CLOSSES AT 11:30 1:00 Volunteer Picnic in the Park (1) 2 - Caregivers Support (7)</p>	<p>15</p> <p>9:00 Grounds for Sculpture Trip (17) Loss Counseling (7) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 12:45 Pinochle (9) 12:45 CollageSpeaks (5) 1:00 H.O.M.E. Team Meeting (9) Legal Aid Appt. (7)</p>	<p>16</p> <p>9:00 Billiards Away vs Norm. Farms (8) 9:30 Billiards (8) CarFit Appts. (6) 10:30 Release &amp; Restore Yoga (14) 12:30 Mah Jong (8) 1:00 Acupuncture (12)</p>	<p>17</p> <hr/> <p>18</p>
<p>19</p> <p>9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30 CardioTone (14) 10:00 Prevent a Stroke (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>20</p> <p>9:30 Billiards (8) 9:15Newsletter Mailing (9) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) 10:30 Rhythmit (14) Haircuts by Appt. (12) 10:00 Scrabble (9) 10:00 One-Stroke Acrylic Painting (4) 11 - 1 Meet the Artist(6) 12:45 Movie Matinee: Anne of Green Gables Part 2 (5) 1-Watercolor Class (9)</p>	<p>21</p> <p>9:00 Billiards Away vs Hillview (8) 9:00 Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 12-2 Collett Hours (p. 7) 12:45 One-Stroke Acrylic Painting (4) Financial Counsel.(7) 4:45 Iron Pigs Game(17)</p>	<p>22</p> <p>9:30 Billiards (8) Loss Counseling (7) 9:30 Sit, Stretch, Flex (14) 11-Mats that Matter(8) 12:45 Pinochle (9) 12:45 CollageSpeaks (5)</p>	<p>23</p> <p>9:00 Billiards Away vs Brittany Pointe (8) 9:30 Billiards (8) 10:00 Name That Tune (6) 10:30 Release &amp; Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Digital Literacy with Alan: Online Privacy Protection (6) 1:00 Acupuncture (12)</p>	<p>24</p> <hr/> <p>25</p>
<p>26</p> <p><b>Memorial Day Generations Closed</b></p>	<p>27</p> <p>9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand &amp; Foot (8) NO Rhythmit (14) 1-Watercolor Class (9) 1:00 Bingo (8)</p>	<p>28</p> <p>9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Dancefit (14) 12:45 Book Club <i>Mr. Penumbra's...</i>(6) 10:00 Bowling (8) 10:30 Choir Chimes 10:30 Balance/Tone/Stretch (14) 12:45 One-Stroke Acrylic Painting (4)</p>	<p>29</p> <p>9:30 Billiards (8) Loss Counseling (7) 9:30 Sit, Stretch, Flex (14) 11:00 Breaking Up is Hard to To Do (17) 12:45 Pinochle (9) 12:45 CollageSpeaks (5)</p>	<p>30</p> <p>9:30 Billiards (8) 10:30 Release &amp; Restore Yoga (14) 12:30 Mah Jong (8) 1:00 Acupuncture (12) 7:00 Fifth Friday in the Cafe (3)</p>	<p>31</p> <p><b>All programs are subject to change. We will post applicable updates on our website:</b></p> <p><a href="http://www.generationsofiv.org">www.generationsofiv.org</a></p>