

Generations of Indian Valley – Upcoming Events January/February

Gourmet Weight Wise: Bone Health Series at Generations of Indian Valley

259 N. Second Street, Souderton

Tuesday, January 24—February 21 9:15 am OR Fridays, January 27-February 24 at 2:00 pm

You will taste foods, sample recipes and learn how to get Calcium/ Vitamin D rich sources into your diet to decrease your risk for osteoporosis. Taught by Registered Dietician, Katie Marger. Attend one or all classes. Free for those 60 and over; \$10 (one time fee) for those under 60. Please register ahead by calling 215-723-5841.

Hoagie Sale at Generations of Indian Valley

259 N. Second Street, Souderton

Pre-order your delicious Italian or Turkey Hoagie for \$5 by Tuesday, January 10 and then pick it up, freshly prepared at Generations on Thursday, January 12th until 4:00pm. All proceeds benefit Programming and Meals on Wheels at Generations, a 501(c)3 nonprofit community center. To order, call 215-723-5841. Delivery available for large orders to businesses.

Celebrate Souderton: 125th Anniversary Event:

The Souderton Park Ice Skating Area will be open nightly for skating starting January 16 and continuing through the week of February 13th. The rink will be lit for community skating (all weather dependent).

Be sure to save Saturday Evening, February 4th, for a winter wonderland of fun as the Rink will be illuminated and we'll have a DJ and fire pit. Major event sponsors for the 125th Anniversary Celebration—including Generations—are also planning to enhance the evening by providing hearty snacks, making smores, roasting marshmallows and serving hot chocolate-all free to the public.

Amy Stover, ADC
Program Director
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