

S.A.A.C.

Senior Adult Activities Center
of Montgomery County

Live Full. Live Well. Live Long.

NORRISTOWN • AMBLER

Volume 23, No. 2 March/April 2017

Highlights

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QUICK NEWS

Walk With Ease!

If you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six-week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. Studies show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health.

Participation in the program will help you, develop a walking plan that will meet your needs, stay motivated, manage your pain and teach the basics of safe exercise. See the center schedules for details on days and times.

Join Montco SAAC as We March for Meals!

In March of 1972, Richard Nixon amended the Older Americans Act to include provisions for senior nutrition programs. Along with the national Meals on Wheels program, Montco SAAC is celebrating this critical change with a drive to increase our volunteer force.

Throughout March, there will be opportunities to ride along with a seasoned MOW volunteer, learn more about the program, and find a Meals on Wheels site that works for you! Montco SAAC serves more than 330 homebound seniors Monday-Friday, allowing them to remain independent. Demand is rapidly increasing for this vital program, and we are looking to expand our team with 50 new volunteers.

Stop by during Community Champions Week (Monday, March 20 through Friday, March 24) to join in the fun with staff, volunteers, special guests, and a prize for a lucky new recruit. For



more information on our March for Meals, contact Whitney Lingle, Nutrition Services Director, at 610-275-1960 or wling@montcosaac.com.

Open Juried Art Show

The Art Center at Ambler will host an Open Juried Art Exhibition at our facility in Ambler April 28, 29, and 30. Local artists will be invited to display their work, and awards will be given to the best entries in the fields of painting, ceramics, photography/graphics.

Our Opening Reception will be held on Friday, April 28, from 6:00-9:00 p.m. The exhibit will run all weekend, offering silent auction, raffles, door prizes, etc. Awards will be presented at our Closing Reception on April 30 at 4 p.m.

SAVE THE DATE:

Montco SAAC's Meals on Wheels program is excited to announce that the third annual Silver Foxes Fashion Show & Benefit Brunch is coming down the runway on Saturday, June 10. Mark this exciting event on your calendars, as both Montco SAAC members and Meals on Wheels volunteers strut their stuff in the latest styles.

First Annual
Art Center at Ambler
OPEN JURIED ART SHOW
April 28, 29 & 30

2 Floors of
• PAINTINGS
• PHOTOGRAPHY
• CERAMICS
• QUILTS

Opening Reception Friday 6 pm-9 pm
Saturday and Sunday 11 am-4 pm
Awards Presentation Sunday 4 pm

Silent Auction, Raffles, Prizes
EVERY DAY!

ART CENTER AT AMBLER
45 Forest Avenue, Ambler
www.artcenteratambler.org

News

Welcome, Julie and Heidi

Hi, my name is Julie Kelly. I've been a volunteer for Meals on Wheels at Montco SAAC for two years. Recently, I was given the opportunity to get more involved and become the new coordinator for Ambler. My first few weeks here have been a dream. From the amazing volunteers, to the dedicated staff and the welcoming members, I couldn't feel more at home. I am a nursing student at Montgomery County Community College. My goal is to continue the great work Montco SAAC has been doing as I complete my program. Feel free to say hello if you see me around!



Hello! My name is Heidi Morein and I am the new Glenside Assistant. I live in Wyncote with my two high-school-age sons Julian and Aaron, my husband Jonathan, three cats and two fire belly toads (they're Julian's).



I grew up in NE Philly, went to Quaker school (Frankford Friends and Abington Friends), then Penn, Temple and now Arcadia, where I'm earning a graduate degree in education. My focus is on curriculum design for children and teens on the autism spectrum, emphasizing visual arts. I'm very active in my community, and love to eat out.

Welcome, Tom Hunter

I was born and raised in Bryn Mawr. I graduated from Radnor High School in Wayne, after which I served in the U.S. Navy for four years. I was a professional musician, got married and decided to get a



college degree. I received my Bachelor of Science degree from Villanova University. Eventually the entrepreneur bug bit me and I started my own electronics manufacturing business. After many years I retired and joined Montco SAAC for something to do. Since 2011, I've volunteered my services and participated in many activities. Late last year, I was offered the position of Program Coordinator for Montco SAAC, Norristown, which I happily accepted. I hope to stay here for a very long time.

Centenarian Extraordinaire!

Rose Barnes, a beloved member and friend of the Center, just celebrated her 100th birthday! Born on Sunday, January 14, 1917, Rose was the middle child of a large family residing in Montgomery County. Of her eight siblings, five were brothers and three were sisters, all of whom passed away between the ages of 45 and 60 years. Former owner of Poinsettia Dry Cleaners in Elkins Park, a business she ran with her late husband, Peter Francis Barnes, Rose has been active all her life. In addition to the dry cleaners, she previously owned a grocery store and a restaurant in Ambler called the Town House. After retirement she was a volunteer for eight years at the Willow Inn followed by two years at the 2nd Home Adult Day Care Services before falling and breaking her hip while giving care to another. She now brings sunshine to the Ambler SAAC, donning one of her very stylish suits and a smile that brightens a room. Congratulations Rose!



Brain Awareness Week

Your brain is more powerful, more complex and more clever than any computer ever built!

It is constantly dealing with hundreds of messages from the world around you, and from your body, and telling your body what to do. Brain Awareness Week is the global campaign to increase public awareness of the progress and benefits of brain research. This year it is celebrated from March 13 to 19. Visit your center for information on brain health, safety and exercise. There will also be some additional fun activities to keep your brain in tip-top shape!

Calendar of Events

March 2017

Tosco Pizza and Italian Restaurant

Wednesday, March 1 • 11:00 a.m.
You can't miss this one. Pasta, seafood, chicken wings, pizza, salads, steak sandwiches, burgers, hoagies, wraps, desserts. "You want it? They got it." So, you all come and get it. It will be an experience you won't forget.

Bereavement Support Group, is it for you?

Thursday, March 2 • 12:30 p.m.
Are you or someone you know grieving the death of a loved one? Meet Chaplain M. C. Jones who hosts the Bereavement Support Sessions at Mercy Suburban Hospital. Find out what the group has to offer and how to join.

Safety With Danielle

Tuesdays, March 7, 21, and 28 • 10:30 a.m.
Senior citizens are the target of all kinds of scams and crimes. Keep up with the latest ways people are trying to separate you from your money.

Habitat for Humanity is Doing Home Repairs

Tuesday, March 7 • 12:30 p.m.
Habitat has been expanding its work in Montgomery County to include services to homeowners with repair needs. Find out how this program works and what it might be able to do for you.

Valley Forge Casino Trip

Wednesday, March 8 • 10:00 a.m.
Will the luck of the Irish be with us at the casino this month? Let's hope so! We will depart SAAC around 10:00 a.m. Transnet will cost \$4.50 each way or you may drive yourself. The cost is \$10 at the desk. You will get \$20 in slot play and your \$10 will purchase a gift card that you can use toward cost of lunch. Show us the green!



Trivia for Geezers

Thursday, March 9 • 12:30 p.m.

Einstein Nutrition: Portion Size

Friday, March 10 • 10:30 a.m.

Find out how much to eat and why, plus taste-test Lentil Sloppy Joes.

Keystone VIP Bowling

Wednesday, March 15 • 10:30 a.m.

Join us for a fun morning of bowling with our representatives from Keystone VIP, a local Medicare provider. See you there!

Karaoke

Thursday, March 16 • 12:30 p.m.

It was a lot of fun last time with almost everyone joining in. This time perhaps even the most bashful of you will want to participate – or not. So, get your vocal chords tuned up. We will all still have a good time.

Bayada

Tuesday, March 21 • 12:30 p.m.

Health is Wealth, so be sure to check in with our wellness program from Bayada.

VA Meeting

Tuesday, March 21 • 10:30 p.m.

Breathe Well Feel Well

Wednesday, March 22 • 12:30 p.m.

Learn easy breathing styles to help yourself feel better, reduce stress, quell anxiety, and diminish pain. These techniques also enable participants to get to sleep more easily and to rest more thoroughly during sleep. It is not complicated. Join Laurie Robbins for a look at how you breathe.

Golden Years Healthy Aging

Tuesday, March 28 • 12:30 p.m.

We may think that genes and heredity are most important or the sole factors to happiness and good health in our Golden Years, but in fact, it is never too late to change unhealthy habits to healthy habits thus resulting in a happy and rewarding lifestyle. Be here with Jeri Kohut for a look at good health and a pleasant outlook.

In Memory

Wednesday, March 29 • 10:30 a.m.

Ascera Care Hospice staff will be joining us for our annual nondenominational Memorial Service honoring members of SAAC who have passed away during the last year. Be sure to add names to the list of honorees on the Sign Up Central board.

April 2017

Walk With Ease!

Monday, April 3 • 1:00 p.m.

This evidence-based walking program will be held each Monday (from 1 to 2 p.m.), Wednesday and Friday (from 12:20 to 1:30 p.m.) for the next six weeks. Learn the basics of safe exercise, develop a walking plan, learn to exercise safely, and manage pain.

Safety with Danielle (continues)

Tuesdays, April 4, 18, and 25 • 10:30 a.m.

Planning a Good Goodbye

Tuesday, April 4 • 12:30 p.m.

This educational workshop provided by Lincoln Heritage, a company that offers funeral planning, tells how consumers can make their own plans. Planning ahead makes matters easier for survivors and avoids the impulse spending that sometimes occurs when families are grieving.

P.J. Whelihan's Pub and Restaurant

Wednesday, April 5 • 11:00 a.m.

PJ's Whelihan is a festive pub with multi-screen sports TV and is a draw for wings in a variety of styles, burgers and beers.

In Your Best Interest

Tuesday, April 11

12:30 p.m.

Danielle Charry of the Lincoln Center will be joining us for a look at survival strategies for senior citizens. Her blend of caring and humor will make this topic informative and entertaining.

France's Trip to Australia Part I

Tuesday, April 11

12:15 p.m.

Let's go "Down Under" and discover France's adventures in Australia. You will be introduced to many of the strange creatures and customs of this land that, in many ways, resembles

life as it was in pre-historic Earth. This will be very educational and fun.

Valley Forge Casino Trip

Wednesday, April 12 • 10:00 a.m.

We'll hop over to the casino and look down the rabbit hole for some big wins. We will depart SAAC around 10:00 a.m. Transnet will cost \$4.50 each way or you may drive yourself. The cost is \$10 at the desk. You will get \$20 in slot play and your \$10 will purchase a gift card that you can use toward cost of lunch.

Frances' Australia Part II and New Zealand

Thursday, April 13 • 12:15 p.m.

This second part will explore many of the personal encounters during her visit to both Australia and New Zealand.

Einstein Nutrition: Physical Activity

Friday, April 14 • 10:30 a.m.

Discover the connection between physical activity and nutrition. Today's samples will be Sunshine Roll Ups.

Continued on Page 5



NPBTC
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Therapy Center, LLC

Founded by Sonya Knight, DO, a Board Certified Neurologist and Psychiatrist, and James Barsky, PT, DPT, a Licensed Physical Therapist, NPBTC



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Art4ME Classes in Norristown & Ambler

Art Viewing – Great Women Artists

N: Friday, March 3 • 10:20 – 11:30 a.m.

A: Monday, March 6 • 10:00 – 11:00 a.m.

Art Making – Create a portrait of your favorite lady.

N: Friday, March 3 • 12:15 – 1:15 p.m.

A: Tuesday, March 7 • 10:00 – 11:00 a.m.

Art Viewing – Famous Works

N: Friday, March 10 • 10:20 – 11:30 a.m.

A: Monday, March 13 • 10:00 – 11:00 a.m.

Art Making – Create a study of your favorite work of art.

N: Friday, March 10 • 12:15 – 1:15 p.m.

A: Tuesday, March 14 • 10:00 – 11:00 a.m.

Art Viewing – The Cityscape.

N: Friday, March 17 • 10:20 – 11:30 a.m.

A: Monday, March 20 • 10:00 – 11:00 a.m.

Art Making – Create a mixed media collage of your favorite city.

N: Friday, March 17 • 12:15 – 1:15 p.m.

A: Tuesday, March 21 • 10:00 – 11:00 a.m.

Art Viewing – Landscapes.

N: Friday, March 24 • 10:20 – 11:30 a.m.

A: Monday, March 27 • 10:00 – 11:00 a.m.

Art Making – Create a pastel of your favorite landscape.

N: Friday, March 24 • 12:15 – 1:15 p.m.

A: Tuesday, March 28 • 10:00 – 11:00 a.m.

Art Viewing – Family Portraits.

N: Friday, March 31 • 10:20 – 11:30 a.m.

A: Monday, April 3 • 10:00 – 11:00 a.m.

Art Making – Create a family portrait with mixed media

N: Friday, March 31 • 12:15 – 1:15 p.m.

A: Tuesday, April 4 • 10:00 – 11:00 a.m.

Open Studio – Come finish a work or start a new one!

N: Friday, April 7 • 10:20 – 11:30 a.m.

A: Monday, April 11 • 10:00 – 11:00 a.m.

Art Viewing – Still life, Old and New.

N: Friday, April 21 • 10:20 – 11:30 a.m.

A: Monday April 17 • 10:00 – 11:00 a.m.

Art Making – Create a still life painting with acrylics.

N: Friday, April 21 • 12:15 – 1:15 p.m.

A: Tuesday, April 18 • 10:00 – 11:00 a.m.

Art Viewing – Animals in Art

N: Friday, April 28 • 10:20 – 11:30 a.m.

A: Monday, April 24 • 10:00 – 11:00 a.m.

Art Making – Create a sculpture of your favorite animal with polymer clay.

N: Friday, April 28 • 12:15 – 1:15 p.m.

A: Tuesday, April 25 • 10:00 – 11:00 a.m.

March/April Norristown Calendar

Exercise

Fitness Center	Daily	8:30 am
Walking	Daily	10:30 am
Yoga with Laurie	Tuesdays	10:30 am
Exercise with Meg	Mon & Wed	1:00 pm
Line Dancing with Maria	Mon & Thurs	10:30 am
Chair Tai Chi	Mon, Wed & Fri	10:30 am

Music and the Arts

Art with Jennifer	Thursdays	10am, 12:30 pm
Jam and Sing a Long	Thursdays	10:30 am
Art 4 Me - Viewing	Fridays	10:15 am
Art 4 Me - Making	Fridays	12:15 pm

Games

Wii	Daily	10:30 am
Rummikub/Games	Daily	10:30 am
Bingo	Daily	10:30 am
Billiards/Pinochle	Daily	10:30 am

Other

Shopping	Fridays	Noon
Bible Study	Wednesdays	12:15 pm
Tuesday Ticket	Tuesdays	10:30 am
Out of Depression	Mondays	10:30 am

March/April Ambler Calendar

Exercise

Fitness Center – 1st Floor Gym	Daily	8 am - 4 pm
Exercise Aerobics	Mondays	9:45 am
Exercise Aerobics	Wednesdays	9:30 am
Growing Stronger (12 Weeks)	Tues. & Thurs.	9:30 am
Growing Stronger (12 Weeks)	Tues. & Thurs.	1:00 pm
Seated Strength Training & Balance	Wednesdays	10:00 am
Seated Aerobics	Fridays	10:00 am
Silver Sneakers Balance	Wednesdays	11:00 am
Tai Chi – Ground Floor	Mon. & Thurs.	11:00 am
Yoga– Ground Floor	Tuesdays	1:00 pm
Yoga– Ground Floor	Fridays	10:30 am
Zumba Gold	Wednesdays	2:00 pm

Games

Billiards Room – 1st Floor	Daily	8 am - 4 pm
Bingo	Mon., Wed. & Fri.	10:00 am
Pinochle	Mon. & Fri	12:00 pm
Scrabble	Mon, Tues, Wed, Fri	1:00 pm
Duplicate Bridge	Fridays	12:30 pm

Enrichment

Advanced Quilting –Art Center	Wednesdays	1:00 pm
APPRISE	First Fridays	9:00 am
Knitting & Crocheting	Fridays	10:30 am
Piano Lessons	Appointment Only	
Quilting-Art Center	Mondays	10:30 am
VNA Blood Pressure	Second Wed.	9:30 am

George Saurman Campus at Ambler SAAC

News

Volunteer of the Month: Mimi Blake



Twice a week for almost a year, Mimi Blake has unselfishly donated her time and energy to the Meals on Wheels and conjugate lunch programs at the Ambler SAAC. With a smile on her face and a gentle kindness that emanates throughout the dining room, Mimi is a true example of the fundamental definition of volunteerism.

Recently retired from a long career as a home care physical therapist in Philly and the surrounding area, Mimi and her husband, Joe, raised foster children in their home for many years. Thirty-four years ago they adopted a child from Korea, their son, Joe. In addition to her volunteer work at the

Center, Mimi also volunteers at the Ambler Theater and is involved with her church, St. Anthony. Mimi says that her father was a member at the SAAC, which was what inspired her to volunteer at the Center years later. Thank you Mimi!

March 2017

Suburban Hearing Aid Offers Free Screenings

*Wednesdays, March 1 and April 5
10:45 a.m. - 1:30 p.m.*

On the first Wednesday of the month, Steven Grant of Suburban Hearing Aid Center and board-certified hearing instrument specialist Charles Marcus will offer free hearing tests and consultations.

State Representative Mary Jo Daley

*Wednesdays, March 1 and April 5
Noon - 2:00 p.m.*

A representative visits on the first Wednesday of the month to provide assistance in areas such as disabled parking placards, birth and death certificates, filling out state forms, Medicare enrollment and tax issues.

Faith the Therapy Dog: SPCA Food Drive

Friday, March 3 • 12:30 p.m.

Prepare for the Unexpected

Monday, March 6 • 12:30 p.m.

Enjoying the independence and quality of living in your own home requires safety and

preparation. Meet Bunny from Comfort Keepers, an in-home care company in our area, who will be describing their personal emergency response system. Find out how the system works and see if it would be helpful to you.

Fit 2 a T

Wednesday, March 8 • 12:30 p.m.

That's right, T-score. If you had to think twice about what a T-score is, (and no, it's not a golf term) chances are you're not alone. It is all about your bones. If you want to shop 'til you drop, golf 'til your legs ache and line dance 'til you're 84 – knowing that your bones won't let you down – here's what you need to know.

Jesse Dameron: Mentalist

Friday, March 10 • 12:30 p.m.

Entertainer Jesse Dameron performs mind reading demos, influences thoughts, and energizes crowds with inspirational speaking messages. The combination of illusions and mind reading creates memories of mystery, wonder, laughter, and inspiration. The audience becomes more connected with one another by sharing this interactive experience.

Chair Yoga With Trisha

Monday, March 13 • 12:30 p.m.

Find out how enjoyable and relaxing yoga can be and learn about the employment opportunities with Foster Grandparents and Senior Companions while you relax.

Norristown Continued

Prepare for the Unexpected

Tuesday, April 18 • 12:30 p.m.

Enjoying the independence and quality of living in your own home requires safety and preparation. Meet Bunny from Comfort Keepers, an in-home care company in our area, who will be describing their personal emergency response system. Find out how the system works and see if it would be helpful to you!

My Stroke of Insight!

Wednesday, April 19 • 12:30 p.m.

TED (and acronym for Technology, Entertainment, and Design) is a non-profit media organization which posts talks online for free distribution, under the

slogan "ideas worth sharing". Today's presentation features Brain researcher Jill Bolte Taylor who studied her own stroke as it happened — and has become a powerful voice for brain recovery.

Karaoke

Thursday, April 20 • 12:15 p.m.

We've got two microphones this time and extra-long cords so everyone will be able to have a chance if you're not too bashful. You all have beautiful voices.

Better Choices, Better Health for Diabetes Workshop

Tuesday April 25 • 12:30 p.m.

Join this informative seminar on Diabetes.

Learn the latest on eating better, taking medication, and the advantages of exercise. Meet the community education staff from Bryn Mawr Hospital and bring your questions.

AARP Safe Driving Class

Thursday, April 27 • 9:30 a.m. – 2 p.m.

Take the class that saves you money on your auto insurance! At the same time, learn ways to be a better driver as you develop age related changes. This informative, discussion style class is taught by Ed Petersohn our long time instructor.

Elder Victims Mobile Services

Wednesdays, March 1, March 15 and March 29 10:45 a.m.

Casey Koch, a clinician for the Elder Victims Mobile Services (EVMS), will be offering free counseling and support services to the SAAC every second Wednesday of the month. Through a grant awarded to the Lincoln Center for Family and Youth, the EVMS specifically targets this victim education group to older adults. Please join Casey on March 1, as she convenes the first of many important and informative group meetings.

Garden to Table With Chef Andrew

Wednesday, March 15 • 12:30 p.m.

Last year, Brookside Healthcare and Rehabilitation Center partnered with Primex Garden Center, installing Gronomics Elevated Garden Beds that are specially designed to accommodate wheelchairs. Brookside's Garden to Table program was then developed and partnered with Pinnacle Dietary, where Corporate Executive Chef Andrew Merklinger now designs a weekly menu based on what the residents are helping to grow – specializing on trend-setting and inventive dishes based on the garden's latest offerings. He looks forward to sharing some of these recipes with the SAAC. Yummy!

St. Patty's Day Bingo Party

Friday, March 17, • 10:00 a.m.

Keystone VIP CHOICE will host a Saint Patty's Day bingo party. They will provide refreshments and \$5.00 Shop Rite Gifts Cards to the winners.

Put Your Best Fork Forward

Monday, March 20 • 12:30 p.m.

Welcome to National Nutrition Month 2017, which serves as a reminder that each one of us holds the tool to make healthier food choices. Join registered dietitian and in-store nutritionist for Giant Food Stores, Rabiya Bower, as she outlines some tips and tools to help you make healthier choices every time you eat! Samples will be provided.

The Benefits of Unplugging

Monday, March 27 • 12:30 p.m.

Our society is bombarded with the influence of the media and technology at every turn. TV, internet, radio and smart phones are part of our daily lives. The impact of the age of information is monumental and can negatively affect

health and wellness if not effectively managed. Learn about the mind and body benefits of unplugging as we salute the National Day of Unplugging.

PA State Senator Art Haywood

Friday, March 24 • 12:30 p.m.

Rachel Hooper, a representative from Senator Art Haywood's office, will provide information on consumer complaints, disability plates and placards, PACE cards/SEPTA senior cards, property tax/rent rebate, birth and death certificates and SNAP applications to name a few. She would also like to hear from their constituents regarding what issues concern them at this time and how the Senator's office can help.

Educational Workshop for Veterans

Wednesday, March 29 • 12:30 p.m.

The VNA of Philadelphia, a Nonprofit Healthcare Organization, is partnering with The Montgomery County Vet Center to provide education/information on VA Benefits, resources and volunteer opportunities for all Veterans in the community. Learn about healthcare for Veterans, pensions and support for Veterans and families.

April 2017

Planning A Good Goodbye

Monday, April 3 • 12:30 p.m.

This workshop is provided by Lincoln Heritage, a company that offers Funeral Planning. This educational workshop tells how consumers can make their own plans. This makes matters easier for survivors and avoids the impulse spending that sometimes occurs when families are grieving.

Philadelphia College of Pharmacy

Wednesday, April 5

Clinic is 10:00 a.m. - Noon

Presentation begins at 12:30 p.m.

Pharmacy students offer free pressure screening, medication review and drug therapy pros and cons. A health issue related talk will be presented during lunch.

Reading Terminal Market

Friday, April 7 • 10:00 a.m. - 1:00 p.m.

Regarded as one of the best Farmers' Markets in America, the Reading Terminal Market offers over 80 vendors, offering a wide range of local and exotic vegetables, fruits, fresh fish and seafood, local meats,

poultry and a plethora of prepared foods including the famous Philly cheese steak. Transnet will be \$15.00 round trip.

Better Choices, Better Health for Diabetes Workshop

Monday April 10 • 12:30 p.m.

Join this informative seminar on Diabetes. Learn the latest on eating better, taking medication, and the advantages of exercise. Meet the community education staff from Bryn Mawr Hospital and bring your questions.



What to Do Before and After a Hospital Visit

Wednesday, April 12 • 12:30 p.m.

At Home Rehab, LLC will be discussing key points on what to do before and after a hospital visit. At Home Rehab provides in-home patient care across Bucks, Montgomery and Philadelphia counties.

Glaucoma

Monday, April 17 • 12:30 p.m.

The National Eye Health Education Program on Glaucoma is meant to teach people how glaucoma can cause vision loss and blindness. You will learn what glaucoma is, how it affects your vision and the importance of early detection and treatment.

Misery Mountain Trio

Wednesday, April 19 • 12:30 p.m.

Ten years ago in 2006, Pete Smith (guitar) met Dan Nace (mandolin) and J.J. Fischer (banjo) at a bluegrass picking session near Phoenixville, PA. They have played together over 500 times since. As of this year, the three play as the Misery Mountain Trio.

Their repertoire includes traditional and country songs like Take this Hammer, America the Beautiful, Shackles and Chains and Lorena, Go Home. They also play spirituals, mountain instrumentals and

maybe even a polka. Included will be the Misery Mountain Trio's new sing-along called *Military Medley*.

Why April Showers Bring May Flowers: The Importance of Hydration

Monday, April 24 • 12:30 p.m.

The human body is composed of 60% H2O. Every living thing requires water for growth and health. It's not surprising that the human body begins to suffer when it doesn't have sufficient hydration. Mental clarity, physical agility and overall wellness are directly affected by ones intake of water. Join us for an informative discussion on how we can maximize the benefits of hydration.

MONTCO SAAC

Our Mission

The mission of the Montco SAAC is to involve, enrich and empower adults 50 years of age and better to live as independently as possible in our communities.

When donating to United Way, please specify the Senior Adult Activities Center of Montgomery County, account number: 108.

Montco SAAC is funded by Montgomery County Aging and Adult Services, United Way, monies raised by participants, foundation grants, individual and service club contributions and the generosity of the community through wills and bequests. Montco SAAC is a non-profit organization and an equal opportunity employer.

Non-Discrimination Policy

Montco SAAC does not discriminate against members, clients, applicants, or employees on the basis of race, color, creed, religion, sex, age, national origin, marital status, sensory or physical or mental handicap, political ideology, or sexual orientation. On request, people with disabilities will be provided with reasonable accommodations.

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FROM THE DIRECTOR

Guest Message: The Ebb and Flow of Friendships

As one advances in age, do they shed or accumulate more friends? What is your 'net worth' in friendships today, and is there a need to categorize them into segments of affection and frequency of encounters and interactions? In my life, and I suspect yours, there are many examples of the ebb and flow of friendships.

I had a best friend throughout high school. He and his wife moved to CA in the early 1990's. Up to that time, we saw him and his family a few times a year. As time passed, we spoke by telephone on our birthdays (we are one day apart), and crossed paths once every five or six years when they came east. Yet, he is still one of the people who I consider a true friend. I suspect most of us have someone like that in our life.

Throughout life we discard and attain new memberships. We encounter new people in these venues such as: little league parent, synagogue/church affiliation, new address, clubs and volunteer efforts. Do some of them become your friends? Probably so because you have something in common. And with these friendships, new opportunities and experiences arrive. Anais Nin, the writer, diarist and a woman with most interesting friendships/relationships opined:

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born."

So, aside from your mate, who is the one(s) who opened the door to a new universe? Several friends come to my mind depending upon the circumstance, age, need for the opportunity and impact on my life space. More specifically, there was a professor who nurtured me through graduate school, a colleague who taught me how to be an advocate of those in need and guy who opened the door to a new venue of literature and how to write a bit better than I did. These are but a few, and sadly, they passed through my life and are not part of it anymore except in fond memory.

During the past decade I have acquired some new, meaningful friendships while not forsaking the old. On a social calendar, it is difficult to juggle time for all, but the effort is worth it. A.A. Milne, knew about what it takes to be a good friend when the following statement was made in Winnie-the-Pooh.

"It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like 'What about lunch?'"

My calendar is very full, but I keep the third Thursday of each month available for serendipitous dining experiences.

Herman
Herman Axelrod
Board Director

Contributions to Montco SAAC should be sent to the Norristown Center address: 536 George Street, Norristown, PA 19401.

Time Dated Material
March/April 2017

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