

S.A.A.C.

Senior Adult Activities Center
of Montgomery County

Live Full. Live Well. Live Long.

NORRISTOWN • AMBLER

Volume 23, No. 3 May/June 2017

Highlights

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QUICK NEWS

Show Me the Members

We are having a membership drive contest! Any current SAAC members who bring in a new member will get \$5.00 off their 2017-2018 membership fees.

For a referring current member to be eligible for the credit, the new member must fill out a membership form and pay the 2017-2018 dues of \$30. You could potentially get a free year of membership by bringing in six new members!

It's a win-win: you have friends to hang out with at the center and we all meet new people. Remember the age to partake in all that our centers have to offer is 50. The contest will run from May 15 until June 30. Thank you, long-time member Louise Christmas, for this great idea.

3rd Annual Meals on Wheels Benefit Brunch and Silver Foxes Fashion Show



Meals on Wheels volunteer Karen Conicelli and guests at last year's Benefit Brunch & Silver Foxes Fashion Show.

What better way to support homebound seniors in Montgomery County than with fashion, fun and food? Bring your friends and family for a delicious

brunch and enjoy a mimosa while checking out the Silver Foxes Fashion Show with clothing provided by Boscov's, and artisanal jewelry from Trades of Hope, modeled by our fabulous members and volunteers.

The fun takes place Saturday, June 10 at Normandy Farm Hotel and Conference Center in Blue Bell. Your \$35 ticket gives you access to all the action. With fantastic raffle prizes from donors including the Philadelphia Flyers and Arpeggio Mediterranean Restaurant, generous

sponsorships from community supporters including Ambler Savings Bank and Visiting Nurse Association Community Services, we are ready for a great time!

Montco SAAC's team of dedicated volunteers serves over 350 people Monday through Friday from our Ambler, Glenside and Norristown units, ensuring they receive proper nutrition and vital socialization with every delivery. Programs like Meals on Wheels depend on funding and support from annual events. Make a difference and join the party!

- Tickets: \$35/person or \$300/table of 10
- When: Saturday, June 10 at 10 a.m.
- Where: Normandy Farm Hotel & Conference Center, 1401 Morris Road, Blue Bell, PA 19422
- For more information or to sponsor, call Whitney Lingle 610-275-1960
- Tickets can be purchased online at eventbrite.com (search Montco SAAC) or at either Montco SAAC location. Norristown: 536 George Street, Norristown, PA 19401. Ambler: 45 Forest Avenue, Ambler, PA 19002

Meals on Wheels Community Champions Week a Great Success!

As part of the month-long, nationwide volunteer drive, March for Meals, Montco SAAC invited community members who have had a positive influence in Montgomery County to help deliver meals with our Meals on Wheels volunteers.

Our guest deliverers included Ambler Mayor, Jeanne Sorg, the Norristown Police and Fire Departments, Norristown City Council, and Founder of the Norristown Project and candidate for Director of the Norristown Area School Board, Shae Ashe. The Norristown Police Department has since picked up a monthly route.

Approximately 40 individuals completed Meals on Wheels volunteer applications for Montco SAAC's three programs. Thank you to all who took part, and welcome to all of our new volunteers!



Volunteer Debbie Mazur and Meals on Wheels Co-Coordinator Melissa Buckminster ready to deliver meals to Norristown's homebound

seniors with the Fire Department.

News

Volunteer of the Month: Glenside

Pamela Long volunteers five days a week at the Glenside Meals on Wheels site. Pam comes in each morning from Monday thru Friday to help pack the meals, organize the books and bags for the other volunteers, partner with drivers to deliver meals, and helps to store meals for the following day. She is known for being extremely helpful and whole-hearted. Pam takes pleasure in greeting homebound seniors. She is great at giving encouraging words with a smile, and making it her mission to receive a smile back. Pam is a retired art instructor, and within her working career she's had interesting jobs. Her very first job was working at Boscov's, and she remembers being hired by Mr. Boscov himself. Her artistic ability allowed her to own a furniture company, where she created the designs, details and finishing. Pam loves nature. After volunteering for Meals on Wheels each day, she prides herself on her daily walk for exercise, while taking in the beauty of God's creation. Pam deserves to be the volunteer of the month due to her dedication, reliability, and her desire to do for others. Thank you Pam for all that you do for Montco SAAC Meals on Wheels, and the seniors within your community!



Get Fit – Don't Sit!

National Get Fit Don't Sit Day™ • May 3
Research shows that sitting for long periods of time increases the risk of health complications. The American Diabetes Association recommends breaking up sitting time with three or more minutes of light physical activity – such as walking, leg extensions or overhead arm stretches – every 30 minutes. National Get Fit Don't Sit Day™ on May 3 is an opportunity for the Association to increase awareness of the dangers of excessive sitting and the importance of getting up and moving throughout the day – including at work or at SAAC! Tip sheets and a lunch stretch will be introduced

With Movement ... There's Improvement

National Senior Health and Fitness Day • May 31
Being active is one of the most important things you can do each day to maintain and improve health. Today is a national celebration of the wide variety of ways we can all be active. On May 31, our focus will be on fitting exercise and physical activity into your day. The National Institute on Aging advises us to make it a priority, make it easy, make it social, make it fun, and most of all, MAKE IT HAPPEN! Join us for tips on different exercise options, ways to sneak it into your life so you hardly notice you are exercising, and more. If you haven't tried our new Tai Chi class or the new Walk with Ease program, go check out those options. There is no time like the present to start exercising!



Calendar of Events

May 2017

'Say Cheese' Day

Tuesday, May 2 • All day
Bring in a funny prop (hat, artifact, funny face, etc.) to be photographed in for a slide show to be shown in the cafeteria at the end of the month. It doesn't have to be funny. It could be weird or scary or anything.

VIP Bowling

Tuesday, May 2 • 10:30 a.m.
Representatives of Keystone 65 will be hosting a bowling tournament, complete with games and prizes. Be sure to demonstrate your skill!

Safety with Danielle

Tuesdays, May 2, 16, 23, 30 • 10:30 a.m.
Be aware of the numerous safety issues targeting senior citizens. Better to be safe than sorry.

Elvis Is 'In the House'?

Monday, May 8 • 12:00 p.m.
Jim Fazio will entertain us during lunch with his original Elvis show. It will be most entertaining to see and hear.

Koo Koo Magic Show

Tuesday, May 9 • 12:00 p.m.
The Great Houdini would run for cover if he ever saw Koo Koo's Magic show. "Abracadabra" right before your eyes – you won't believe what you are seeing. First you see it, then, you don't.

In Your Best Interest

Tuesday, May 9 • 12:30 p.m.
The Lincoln Center's Danielle Charry will be discussing the latest scams and crimes against Senior Citizens. She is also equipped with resources to support and reimburse crime victims.

Karaoke

Thursday, May 11 • 12:30 p.m.
Gather your singing voices and be prepared to belt out your versions of the familiar songs.

Eat Healthy Be Active – Calories In: Out

Friday, May 12 • 10:30 a.m.
Today's lesson will discuss balancing calories, enjoying your food while eating less, avoiding oversized portions and trying new fruits and vegetables. You will learn to use a BMI Chart for setting healthy weight loss goals.

Optical Illusions

Monday, May 15 • 12:15 p.m.
Think you're seeing things? Well, take another look. What you think you see is not what you actually see. This may drive you nuts, but you'll have fun.

VA Meeting

Tuesday, May 16 • 10:30 a.m.

Knowledge is Power

Tuesday, May 16 • 12:30 p.m.
Montgomery County Recovery Center will be here to discuss the drug addiction problem in our area. They will be sharing information on prescriptions to handle with extra care as well as information on recovery programs that are available to our children and grandchildren.

Gardening in the Center Court Meeting

Wednesday, May 17 • 10:30 a.m.
Do you have a green thumb? Or, maybe not. This is the chance for those of us who are interested in planting a garden again this year to get together to discuss plans for this year's bounty. The tomatoes which

were grown last year were better tasting than anything sold in the supermarkets. So, come on out and participate in the fun this year.

Trivia Fun

Thursday, May 18 • 12:15 p.m.
We had so much fun last time that we had to do it again. Everyone is guaranteed to have a great time.

The Eyes Have It!

Tuesday, May 23 • 12:30 p.m.
Protect your senses! Check in with the Montgomery County Association for the Blind and get a vision screening. Many options are available if you need help with vision problems. SEE what is available!

Bermuda Triangle

Thursday, May 25 • 12:15 p.m.
This phenomenon has plagued, fascinated, and puzzled man for eons. There have been many theories bantered about, but has anyone figured out exactly the cause for ships and planes to simply disappear? Come, join us and maybe you can solve this mystery yourself.

Take Steps to Better Health

Tuesday, May 30 • 10:00 a.m. - 2:00 p.m.
Healthy Steps will be making their annual visit doing Medicare covered testing. In the past few years they have uncovered some serious health issues in some of our members. Drop by and get checked out!

National Senior Health and Fitness Day

Wednesday, May 31 • All day
Make today the first day of your new exercise regime! Investigate options all over the building.

June 2017

Optical Illusions

Monday, June 5 • 12:15 a.m.
Test your brain again. Maybe you really are getting out of your mind.

It's Everywhere!

Tuesday, June 6 • 12:30 p.m.
Regular physical activity promotes health and fitness, but air pollution can affect breathing issues! Where can we find out about the daily air quality? How long can you stay outside when the air quality is unhealthy? What is an asthma action plan? For answers to these questions and

more join Eleanor Dill of the Montgomery County Health Department for this important seminar.

Music Oldies and Requests

Tuesday, June 6 • 10:30 a.m.
Listen to the songs that bring back memories and make requests.

Gardening in the Center Court

Wednesday June 7 • 10:30 a.m.
Planting Day

Karaoke

Thursday, June 8 • 12:30 p.m.
Tune up your vocal chords again.

Just Say Yes to ... Fruits and Vegetables

Friday, June 9 • 10:30 a.m.
Eat a variety of fruits and veggies every day for good health. Why? Every color does something different to keep our bodies strong. All the colors together can help lower your risk of some cancers, keep your heart healthy, and maintain a healthy body weight. A healthy snack will be served.

Maintain your Brain

*Tuesday, June 13
10:30 a.m.*
Back by popular request, Bayada Nurses will be visiting with brain exercises and more!

Music Oldies and Requests

*Tuesday, June 13
10:30 a.m.*

In Your Best Interest

*Tuesday, June 13
12:30 p.m.*
Danielle Charry will be with us for a look at staying safe during the long hot summer.

Valley Forge Casino

*Wednesday, June 14
10:00 a.m.*
The casino has discontinued the free slot play for our group. We are still able to visit the casino as a group, however. Transnet is \$4.50 each way for

those over 65. If you are not a member of the casino, the cost to get in will be \$10 or a purchase (such as a gift card) to access the casino. If we do not have enough people sign up, we will not go as a group.

Trivia for Geezers

Thursday, June 15 • 12:30 p.m.

VA Meeting

Tuesday, June 20 • 10:30 a.m.

Music Oldies and Requests

Tuesday June 20 • 12:30 p.m.

Walk with Nature

Tuesday, June 20 • 12:30 p.m.
Kristi Goodwin of the Montgomery County Health Department will be showcasing the many walking trails in our county available for our use. Walking is one of the best methods of exercise. Why not combine exercise with the many opportunities to enjoy nature.

Music Oldies and Requests

Tuesday June 27 • 10:30 a.m.

Continued on page 5.



NPBTC
Neurology, Psychiatry and Balance
Therapy Center, LLC

Founded by Sonya Knight, DO, a Board Certified Neurologist and Psychiatrist, and James Barsky, PT, DPT, a Licensed Physical Therapist, NPBTC offers patients coordinated medical care and rehabilitation in a warm, relaxing environment. We specialize in the diagnosis and treatment of neurological, psychiatric, and musculoskeletal conditions such as seizures, dizziness, vertigo, imbalance, and concussion



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Phone: 215-591-0700 | Fax: 267-419-8413 | www.npbtc.com

Art4ME Classes in Norristown & Ambler

Art Viewing - Spirituality in Art

N: Friday, May 12 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, May 8 • 10:00 - 11:00 a.m.

Art Making - Create a personal spiritual mandala with mixed media.

N: Friday, May 12 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, May 9 • 10:00 - 11:00 a.m.

Art Viewing - Visions of Light

N: Friday, May 19 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, May 15 • 10:00 - 11:00 a.m.

Art Making - Create a chiaroscuro drawing with charcoal or graphite.

N: Friday, May 19 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, May 16 • 10:00 - 11:00 a.m.

Art Viewing - Celebrations

N: Friday, May 26 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, May 22 • 10:00 - 11:00 a.m.

Art Making - Create a sculpture with wire.

N: Friday, May 26 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, May 23 • 10:00 - 11:00 a.m.

Open Studio - Come finish an old work, or start a new one!

N: Friday, June 2 • 10:20 - 11:20 a.m., 12:15 - 1:15 p.m.

A: Tuesday, May 30 • 10:00 - 11:00 a.m.

Art Viewing - Great Portraits

N: Friday, June 9 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, June 5 • 10:00 - 11:00 a.m.

Art Making - Create portrait with charcoal and/or pastels.

N: Friday, June 9 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, June 6 • 10:00 - 11:00 a.m.

Art Viewing - Flora and Fauna

N: Friday, June 16 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, June 12 • 10:00 - 11:00 a.m.

Art Making - Create a botanical watercolor of flora or fauna.

N: Friday, June 16 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, June 13 • 10:00 - 11:00 a.m.

Art Viewing - Images of America

N: Friday, June 23 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, June 19 • 10:00 - 11:00 a.m.

Art Making - Create a collage of your version of America with mixed media.

N: Friday, June 23 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, June 20 • 10:00 - 11:00 a.m.

Art Viewing - The Night Life

N: Friday, June 30 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, June 26 • 10:00 - 11:00 a.m.

Art Making - Create your own nocturnal scene with scratchboards.

N: Friday, June 30 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, June 27 • 10:00 - 11:00 a.m.

Art Viewing - Genre Paintings

N: Friday, July 7 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, July 10 • 10:00 - 11:00 a.m.

Art Making - Create a genre painting with acrylics on canvas board.

N: Friday, July 7 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, July 11 • 10:00 - 11:00 a.m.

May/June Norristown Calendar

Exercise

Fitness Center	Daily	8:30 am
Walking	Daily	10:30 am
Yoga with Laurie	Tuesdays	10:30 am
Walk with Ease with Meg	Mondays	1:00 pm
	Wed & Fri	12:30 pm
Line Dancing with Maria	Mon & Thurs	10:30 am
Chair Tai Chi	Mon, Wed & Fri	10:30 am
Tai Chi with Darrel	First & Third Wed	10:30 am

Music and the Arts

Art with Jennifer	Thursdays	10 am, 12:30 pm
Jam and Sing a Long	Thursdays	10:30 am
Art 4 Me - Viewing	Fridays	10:20 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/Pinocle	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

May/June Ambler Calendar

Exercise

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

Games

Billiards Room	Daily	8 am - 4 pm
Bingo	Mon., Wed. & Fri.	10:00 am
Pinocle	Mon. & Fri	12:00 pm
Scrabble	Mon, Tues, Wed, Fri	1:00 pm

Enrichment

Advanced Quilting	Wednesdays	1:00 pm
APPRISE	First Fridays	9:00 am
Knitting & Crocheting	Fridays	10:30 am
Piano Lessons	Appointment Only	

George Saurman Campus at Ambler SAAC

May 2017

Ambler Food Co-op Opens Soon

Wednesday, May 3 • 12:30 p.m.

A visitor from the Ambler Food Co-op will discuss a planned partnership with Weavers Way Co-op and their plans toward the shared goal of bringing a new, community-run grocery store to Ambler-area residents. Weavers Way offers decades of experience, having operated two successful community-owned grocery stores in Chestnut Hill and Mt. Airy. The co-ops plan to secure a space on Butler Avenue in downtown Ambler shortly, with a goal of opening the new store by April 2017.

Cinco de Mayo Fiesta!

Friday, May 5 • 12:00 p.m.

Enjoy some chips and dips and (virgin) margarita sips as we celebrate Cinco de Mayo in style. Throw on your sombreros and learn to dance the Macarena or maybe you would prefer to try your luck at a piñata. Whatever your preference, there will be fun for all!

It's Everywhere!

Monday, May 8 • 12:30 p.m.

Regular physical activity promotes health and fitness but air pollution can affect breathing issues. Where can we find out about the daily air quality? For answers to these questions and more join Eleanor Dill of the Montgomery County Health Department.



With Love from Pluto

Wednesday, May 10 • 12:30 p.m.

Join Dr. Ann Schmiedekamp, NASA Solar Systems Ambassador and Professor of Physics at Penn State Abington, to learn about Pluto and the New Horizons mission.

Ted Talks

Wednesday, May 11 • 10:15 a.m.

Discussions on why climate change is a human rights issue.

Senior Expo

Friday, May 12 • 9:45 - 11:00 a.m.

More than 30 exhibitors with FREE products and FREE health screenings, along with FREE information about senior services, retirement communities, leisure activities, health care options, safety and more! Round trip on Transnet is \$9.00.

How to Talk to Your Doctor

Friday, May 12 • 12:30 p.m.

Gary Kozick is a geriatric care manager who helps families to make informed decisions, conduct planning, coordinate and monitor care, make referrals, and provide advocacy on your behalf.

Gluten-Free

Monday, May 15 • 12:30 p.m.

Is gluten-free good for you? Rabiya Bower, RD, LDN and in-store nutritionist explores what it means to be gluten-free and why it is the healthiest diet for some people. We'll sample some gluten-free goodies and discuss ways to incorporate some gluten-free principles into a healthy diet.

Nighttime Dreams: How They Helped Me and Might Help You (Part I)

Wednesday, May 17 • 12:30 p.m.

Join David Low as he discusses dream analysis and how it can bring insight, inspiration and practical benefit into all areas of our lives.

Faith the Therapy Dog Joins Larry Kirschner in a Piano Sing-a-Long

Friday, May 19 • 12:30 p.m.

The Eyes Have It

Monday, May 22 • 12:30 p.m.

Protect your senses. Check in with the Montgomery County Association for the Blind and get a vision screening. Many options are available if you need help with vision problems. See what is available!

How to Stay Young

Wednesday, May 24 • 12:30 p.m.

Shragher Chiropractic Center will be presenting some valuable insight into spinal cord health and wellness. Save some room after lunch – cookies will be served!

Movie Day

Thursday, May 25 • 10:00 a.m.

Norristown Continued

Prepare for the Future!

Tuesday, June 27 • 12:30 p.m.

Elder Law Attorney Robert Blumberg will be joining us to discuss veterans' benefits and Medicaid coverage for long term care. Mr. Blumberg's firm specializes in estate planning and helping people apply for government benefits.

Blood Pressure Screening

Wednesday, June 28 • 10:30 a.m.

It pays to pay attention to your pressure. Meet Suzanne Botzum who will help us keep tabs on these important numbers.

Glenn Miller

Wednesday, June 28 • 12:15 p.m.



Picnic Social

Friday, May 26 • 12:00 p.m.

Let's kick in the long weekend with a picnic! Order and enjoy a tasty sandwich from Philly's Phamous while socializing with other SAAC members under the covered veranda.

24th National Senior Health and Fitness Day "With Movement... There's Improvement!"

Wednesday, May 31

All day

100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on Wednesday, May 31, as we celebrate the nation's largest annual health promotion event for older adults. The common goal for this day: to help keep older Americans healthy and fit.



The SAAC will showcase nutrition and exercise. Our current fitness classes will provide demonstrations of each discipline offered at the Center. Activities will include chair classes, aerobics, strength, balance, tai chi and yoga. All are invited to join us and move to improve!

June 2017

Garden to Table with Chef Andrew

Wednesday, June 7 • 12:30 p.m.

Last year, Brookside Healthcare and Rehabilitation Center partnered with Primex Garden Center, installing Gromomics 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!

TED Talks

Thursday, June 8 • 10:30 a.m.

The topic will be music from around the world.



Misery Mountain Trio

Friday, June 9 • 12:30 p.m.

Pete Smith (guitar), Dan Nace (mandolin) and J.J. Fischer (banjo) return to the SAAC to entertain us with another bluegrass picking session. 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.

Put Your Best Fork Forward

Monday, June 12 • 12:30 p.m.

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.

Nighttime Dreams: How They Helped Me and Might Help You (Part II)

Wednesday, June 14 • 12:30 p.m.

Author David Low continues his discussion on dream analysis.

Garden of Eatin'

Friday, June 16 • 10:00 a.m. – 1:00 p.m.

Join us for a trip to the Morris Arboretum to enjoy the magnificent garden displays, amazing century old trees and a lunch of fresh, locally sourced food at the Compton

Café. Roundtrip on Transnet will be \$10.80.

Walk with Nature

Monday, June 19 • 2:30 p.m.

Kristi Goodwin of the Montgomery County Health Department will be displaying the many walking trails in our county available for our use. Walking is one of the best methods of exercise. Why not combine exercise with the many opportunities to enjoy nature.

Let's Celebrate World Music Day!

Wednesday, June 21 • 12:30 p.m.

A piano sing-a-long with Larry Kirschner and the SAAC After Lunch Choir. The lyrics are provided.



Movie Day

Thursday, June 22 • 10:00 a.m.



New Tai Chi instructor, Darrel Bryant drew a great crowd for his first class in Norristown. Stop by and check it out the first and third Wednesday of every month.



Many thanks to Ascera Care Hospice for the beautiful memorial service, honoring members who have passed away recently. This annual event is much appreciated by our members.

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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.

Contact Information

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Email:

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Lisa Seonia
 Director of Marketing



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FROM THE DIRECTOR

Thank You for Everything

Dear Friends,

As of June 30, I will no longer be your full time Director. We are hiring an Associate Director full time who I will work with as a part time Executive Director until December 31, 2017. I just wanted you to know that has been a pleasure to see you every day or a few times a week. You are so special to me.

Our organization, Montco SAAC, or as some of you call SAAC, is a gem in the wilderness. Whether I am in Norristown or Ambler, I always feel at home because of your inspirational life force to keep on pushing no matter what.

When I look back at my career, the highlights will never be the awards and promotions ... but the Board, Montco SAAC staff and you.

As I work towards retirement. I realize that it marks the end of working for someone else and the beginning of living for me. One of

my goals is to take art classes in Ambler and finish my atelier. So it is not meaning that I will just leave, there are exercise classes and current events to discuss too.



Thank you for everything.

Linda
Linda Collins
Executive Director, Montco SAAC

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

Time Dated Material
May/June 2017

Norristown Center
MONTCO SAAC
536 George Street
Norristown, PA 19401
Return Service Requested

Non-Profit Org.
U.S. Postage
PAID
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