

S.A.A.C.

Senior Adult Activities Center
of Montgomery County

Live Full. Live Well. Live Long.

NORRISTOWN • AMBLER

Volume 24, No. 3 May/June 2018

Highlights

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QUICK NEWS

Memorial Day Programs

Although the centers will be closed on Monday, May 28 in observance of Memorial Day, you can attend Memorial Day programs a few days prior to the holiday. Here's what's on the schedule:



AMBLER

Wednesday, May 23
12:30 p.m.
A Memorial Day Tribute With Nancy Capizzi (see page 5)

NORRISTOWN

Friday, May 25
10:30 a.m.
Remembering Our War Correspondents and What War Was It?
12:30 p.m.
History of Memorial Day

Save the Date!



Montco SAAC's Silver Foxes Fashion Show

Saturday, June 9, 10 a.m.,
Blue Bell Country Club

Montco SAAC's Fourth Annual Silver Foxes Fashion Show is strutting

its way onto your calendar. Join us on Saturday, June 9 for this fabulously fun event that you'll not want to miss. Our marvelous models (Montco SAAC members and Meals on Wheels volunteers) will be clothed in the latest fashions from local boutiques.

By popular demand, we will once again feature our ever-so-lively male models who will don the

most dapper ensembles that Ambler-based shop, Tony Laguda's Formalwear, has to offer. Enjoy your delicious brunch at Blue Bell Country Club and take your chances on raffle items before the show begins, all in support of Montco SAAC and the seniors it serves.

Tickets are available for \$40. Early bird pricing of \$35 is available through May 9. You can purchase tickets at Eventbrite.com or at your local Montco SAAC. Questions? Contact Melissa Buckminster at buckminster@montcosaac.com, or call 610-275-1960.



Greetings from the Board



A Word from Board Member Richard Schulman

Greetings to all at Montco SAAC. I am a new member

of the board (having joined early this year) and am thrilled to be working with everyone on the board, and all the employees and seniors. I have been a Meals On Wheels driver in Norristown for approximately one and half years. I totally enjoy delivering food to people who are so welcoming and appreciative of what we give them. It is inspiring, and working with Melissa and Soo in Norristown makes it pleasant as they do a fantastic job. When I retired a few years

ago, one of my goals was to 'give back.' I've worked hard in my 35-year IT career with little free time and I really wanted to do volunteer work. Now that I am on the board, one of my goals is to help continue to bring the Ambler and Norristown locations closer together in all we do.

I have been doing some volunteer work since the 70's when I lived in Vermont and helped form a food coop (similar to Weaver's Way) and worked in a crisis counseling center. In addition I was on the board of directors of an IT Management organization and local community action committee, and currently also do volunteer work for WHYH in Philadelphia. I'm thrilled to be here and hope to get to know everyone better and keep Montco SAAC a living, breathing organization. For fun I love playing tennis, golf, and hiking.

News

Welcome Norristown Administrative Assistant, Val Burton!

Hi, my name is Val Burton, I'm the new Administrative Assistant at Montco SAAC's Norristown location. I have an A.A.S. in Human Services with a focus on Gerontology. I have enjoyed working with seniors through Family Services of Montgomery County and Suburban Community Hospital. It is important to me that seniors have a safe place in the community where they can gather and socialize and be cared for with the utmost respect; Montco SAAC provides that space.



I am the mother of two humans, John and Tori, and my doggy daughter's name is Coco. I am originally from Baltimore, Maryland. Norristown was my first home when I moved to Pennsylvania 27 years ago. I raised my family in Blue Bell, and recently moved from Chestnut Hill to reside in Ambler. My favorite things are steamed crabs and tennis.

It is my pleasure to serve the seniors in this community. Please drop in to say hello, I look forward to meeting you.

Volunteer of the Month

Norristown Meals on Wheels Volunteer Norma Butera has been helping serve the homebound seniors of Norristown for over 17 years. She has to be one of the most cheerful people to ever volunteer with the program. She brings smiles to the faces of everyone she comes in contact with, from the MOW coordinators, to other volunteers, to the seniors that she visits. A favorite of meal recipients, Norma never fails to lend an ear and spend time with the folks to whom she delivers. Thank you Norma, for all that you do for Montco SAAC!



CarFit Comes to Ambler!

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies. Older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

Three quick examples underscore the importance of road safety to the CarFit program, which reviews twelve key areas of the driver's fit to the personal vehicle.

1. **Example one:** Knowing how to properly adjust one's mirrors can greatly minimize blind spots for drivers who may wish to change lanes.
2. **Example two:** Good foot positioning on the gas and brake pedals is important. If the driver is reaching with his or her toes to press on the pedals, it can cause fatigue in one's leg and slowed reaction times.
3. **Example three:** Drivers run a risk of serious injury if they are sitting closer than 10 inches to the steering wheel. Sign up for this exceptional program with Gisele!

A Taste of African Heritage

The new nutrition education program, titled **A Taste of African Heritage**, is a six-week journey through the African Heritage pyramid. "The Pyramid celebrates the individual foods and the traditional healthy eating patterns of African Heritage, with roots in America, Africa, the Caribbean, or South America with a focus on flavor! Heaps of herbs, spices, and savory sauces jazz up simple, healthful vegetable-focused meals, showing us that 'healthy eating' also means great taste." As always, there will be a food tasting and participants will get the opportunity to roll up their sleeves and help to prepare the foods! Participants will be encouraged to help make and serve the recipes after engaging in thought-provoking conversation about nutrition, healthy eating, wellness and culture. Sign up with Susan. This program is presented by the Einstein Better Start Team.

Breathe Well Feel Well

As part of National Women's Health and Fitness Day, Norristown SAAC will offer

Breathe Well Feel Well, a class that focuses on a variety of easy breathing techniques that help you feel better, reduce stress, quell anxiety, and diminish pain. Numerous recent studies reveal that conscious breathing benefits the mind and body.

These techniques also enable participants to get to sleep more easily and to rest more thoroughly during sleep. A slower breathing pace stimulates the vagus nerve, which signals the body to slow down naturally.

Breathe Well Feel Well teaches these breathing styles in simple words and every breathing style is practiced in class which is led by Laurie Robbins, Norristown's Yoga instructor, who developed the class. You can try out the method in Norristown on Wednesday, May 30 at 12:30 p.m.

Calendar of Events

May 2018

Safety With Danielle

Tuesday, May 1, 15, 22, 29 • 10:30 a.m.

Tuesday, June 5, 19, 26 • 10:30 a.m.

Be sure to attend Danielle's safety seminars discussing all kinds of crime against seniors and how to avoid victimization.

How to Avoid Medicare Fraud!

Tuesday, May 1 • 12:30 p.m.

Medicare fraud wastes a lot of money each year and results in higher health care costs and taxes for everyone. There are con artists who may try to get your Medicare number or personal information so they can steal your identity and commit Medicare fraud. Guard your Medicare card like it's a credit card. And join Amy Kokoles of the Senior Medicare Patrol for important information about how you can avoid Medicare fraud and where to report it if you see it!

Mother Humor, and the History of Mother's Day

Wednesday, May 2 • 12:15 p.m.

A fun humorous activity and discussion for everyone.

Be Fit

Thursdays, May 3, and June 7 • 10:30 a.m.

A chair exercise that works from your head to your toes.

Jeopardy Trivia

Thursdays, May 3 and 17, June 7 and 28
12:15 p.m.

Six categories and six questions for each category. Two teams compete. Team members work together. Healthy snacks provided.

A Little Fashion Show

Friday, May 4 • 12:30 p.m.

Models: The preschool students from Calvary Baptist. Each student will model their favorite outfit. Light refreshments will be served.

Valley Forge Military Cadets

Monday, May 7

The cadets from the Military Academy will be volunteering with Meals On Wheels, Storytime with the preschoolers, and visiting with members.

Super Foods

Tuesday, May 8 • 10:30 a.m.

Get smart about the kinds of foods that can help you have good health and lots of energy. Join Kelly from The Functional Health Center for this energizing program.

In Your Best Interest

Tuesday May 8 • 12:30 p.m.

Danielle Charry of the Lincoln Center will be giving us information on the latest scams and crimes against seniors, and where to go if you become a victim. Be there and stay safe, everyone.

Open House

Wednesday, May 9 • 11:00 a.m. until 2:00 p.m.

Hosted by Montco SAAC and The Office of Senator Leach. Get help with COMPASS, Rent Rebates, and SEPTA IDs, PECO, Norristown Police and Fire Departments, the PA Dept. Of Health and Human Services. A representative of the Attorney General's office will speak about fraud protection. Light refreshments will be provided.

Who What When

Wednesdays, May 9 and 23, and June 6 and 20 • 1:15 p.m.

Mystery person, place, or year. Twenty hints are given.

Prize Bingo

Thursdays, May 10, and June 21 • 12:15 p.m.

This Bingo is just a click away – replacing the traditional Bingo setup with a television. You will see the numbers and hear the caller. Great prizes for the winners.

Ramadan

Monday, May 14 • 12:30 p.m.

You will learn about the phases of the moon. Waxing, waning, or gibbous?

Get Your NEW SAFER Medicare Card!

Tuesday, May 15 • 12:30 p.m.

Join Kathy Lark of Bankers Life in King of Prussia for information on the new Medicare cards you likely received in the last month.

Montgomery County Spelling Bee

Wednesday, May 16 • 12:15 p.m.

Pronouncer: Kenneth Milner, Esq. First and second place winners in local Bees will BEE competing for the county title. Light refreshments will be available.

Shavuot

Monday, May 21 • 12:30 p.m.

Shavuot has several names: The Festival of Weeks is one of them. Join this discussion and learn other names and more about the most overlooked of the Jewish festivals.

Gambling Away the Golden Years

Tuesday, May 22 • 12:30 p.m.

Compulsive gambling is an addiction, a progressive disorder that is every bit as insidious as alcohol or drug abuse. Knowledge is a powerful tool in prevention and recovery. Maria Markakis of Carson Valley Children's Aid will help us take a look at gambling and senior citizens.

Tanya and Marge Making Music Memories

*Wednesday, May 23
12:15 p.m.*

A special treat for you after lunch. Wear your dancing shoes today.

Memorial Day Programs

*Friday, May 25
10:30 a.m. –*

Remembering Our War Correspondents and What War Was It?
12:30 p.m. – History of Memorial Day

Memorial Day

Monday, May 28 • Center Closed

Home Care Corner

Tuesday, May 29, • 12:30 p.m.

Learn the history of home care from one of our local providers and find out what a difference it has made to a variety of individuals. If you need just a little help to get by day to day, find out how Complete Home Care can help.

Breathe Well, Feel Well

Wednesday, May 30 • 12:30 p.m.

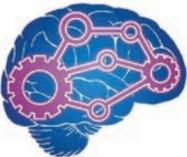
Join Laurie Robbins, our Yoga instructor, for her special better health through healthy breathing program. We are offering this program in honor of the 25th annual National Health and Fitness Day.

Green Drop Home Clean-Out

Thursday, May 31 • 12:30 p.m.

This home clean-out service is a free service that helps you recycle, re-purpose and donate large volumes of clothing and household items that you no longer need. Learn how fast and easy it is.

Continued on page 6.



NPBTC
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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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Art4ME Classes in Norristown & Ambler

Art4ME Norristown Time and Location

Art4ME – Viewing (Community Room) Fridays 10:15 a.m.
 Art4ME – Art Making (Art Room) Fridays 12:15 p.m.

Art4ME Ambler Time and Location

Art4ME – Viewing (Art4ME Room) Mondays 10 a.m.
 Art4ME – Making (Art4ME Room) Tuesdays 10 a.m.

May

Art Viewing – Spring Time in Art

N: Friday, May 4 A: Monday, May 7

Art Making: Create a floral sculpture with mixed media.

N: Friday, May 4 A: Tuesday, May 8

Art Viewing – Politics in Art

N: Friday, May 11 A: Monday, May 14

Art Making: Create your own political work with collage & mixed media.

N: Friday, May 11 A: Tuesday, May 15

Art Viewing – Spirituality in Art

N: Friday, May 18 A: Monday, May 21

Art Making: Create a Mandala with mixed media.

N: Friday, May 18 A: Tuesday, May 22

Open Studio: Come and finish a work, or start a new one!

N: Friday, May 25 A: Tuesday, May 29

June

Art Viewing – Visions of Light

N: Friday, June 1 A: Monday, June 4

Art Making: Create a chiaroscuro work with charcoal or graphite on paper.

N: Friday, June 1 A: Tuesday, June 5

Art Viewing – Family Portraits

N: Friday, June 8 A: Monday, June 11

Art Making: Celebrating wire- Create a wire sculpture of your favorite celebration.

N: Friday, June 8 A: Tuesday, June 12

Art Viewing – Great Portraits

N: Friday, June 15 A: Monday, June 18

Art Making: Create a portrait with pastels or charcoal.

N: Friday, June 15 A: Tuesday, June 19

Art Viewing – Flora & Fauna

N: Friday, June 22 A: Monday, June 25

Art Making: Create a watercolor of your favorite plants or animals.

N: Friday, June 22 A: Tuesday, June 26

Art Viewing – Images of America

N: Friday, June 29 A: Monday, July 2

Art Making: Create a collage based on your version of America.

N: Friday, June 29 A: Tuesday, July 3

This program was supported in part by the Pennsylvania Council on the Arts, a state agency funded by the Commonwealth of Pennsylvania and the National Endowment for the Arts, a federal agency.



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 | Mon, Wed & Fri | 9:45 a.m. |
| 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/Pinochle | Daily | 10:30 am |

Other

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

May/June Ambler Calendar

Exercise

| | | |
|-----------------------------|--------------|---|
| Fitness Center | Daily | 8 am - 4 pm |
| DanceFit | Mondays | 9:45 am |
| Strength with Tiffany | Wednesdays | 9:45 am |
| Growing Stronger (12 Weeks) | Tues & Thurs | 1:00 pm 4/24 – 5/31 10:00 am 6/5 – 8/9 |

| | | |
|---------------------------|-------------|----------|
| Chair Zumba | Wednesdays | 10:00 am |
| Chair Aerobics & Strength | Friday | 10:15 am |
| Silver Sneakers Balance | Weds | 11:00 am |
| Tai Chi | Mon & Thurs | 11:00 am |
| Yoga | Fridays | 10:30 am |

Games

| | | |
|----------------|----------------|-------------|
| Billiards Room | Daily | 8 am - 4 pm |
| Bingo | Mon, Wed & Fri | 10:00 am |
| Pinochle | Mon & Fri | 12:00 pm |

Enrichment

| | | |
|-----------------------|------------------|----------|
| Advanced Quilting | Wednesdays | 1:00 pm |
| APPRISE | First Fridays | 9:00 am |
| Knitting & Crocheting | Fridays | 10:30 am |
| Piano Lessons | Appointment Only | |
| Art4ME – Viewing | Mondays | 10:00 am |
| Art4ME – Making | Tuesdays | 10:00 am |

Other

| | | |
|-------------------------------------|------------------|--------------------|
| AJH Blood Pressure Screenings | 2nd Wednesday | 9:30 am – 11:30 pm |
| Senior Law Clinic | Last Friday | 10 am – 12 pm |
| Massage | Appointment Only | |
| Mobile Office of Rep. Mary Jo Daley | 3rd Friday | 11:00 am – 1:00 pm |

George Saurman Campus at Ambler SAAC

May 2018

GMU Returns for Two New Community Clinics

*Mondays and Wednesdays
8:00 a.m. - 2:00 p.m.*

Dr. Jo and two new groups of nurses from Gwynedd Mercy University will immerse themselves in the daily activities at the center as they work towards completion of community service. In addition to blood pressure and med screenings, they will also be offering demonstrations related to balance/falling and a walking program.

Cinco de Mayo Fiesta!

Friday, May 4 • 12:30 p.m.

Throw on your sombreros and learn to dance the Macarena, or maybe you prefer to try your luck at a piñata or the bean race. Whatever your preference, there will be fun for all!

First Annual Lasagna Supper Party

Saturday, May 5 • 4:30 - 6:30 p.m.

Montco SAAC is hosting its first supper party. Ticket cost is \$10.00 for adults and \$5.00 for children 10 years and younger. There will be music, raffles and a guaranteed good time. Come on over and enjoy the festivities!

CarFit

Monday, May 7

10:00 a.m. - 1:00 p.m.

CarFit is a program that exists to keep older adults driving for longer. Our CarFit technicians ensure that mature drivers fit properly in their personal vehicles, maintain functioning vehicle controls and understand how to stage vehicle mirrors. Technicians also work with mature drivers to achieve comfortability in the physical aspects of driving such as; steering, turning over ignition, buckling seatbelts, transitioning from brake to accelerator and checking blind spots. By appointment only, please call 215-619-8863 or come in to sign up.

Abington Jefferson Health

Wednesday, May 9 • 9:30 - 11:30 a.m.

Lorraine Paradis, a registered nurse from the AJH Community Health Education program, visits on the second Wednesday of each offering blood pressure screenings and valuable health information.

Aging in Place With Grace

Wednesday, May 9 • 12:30 p.m.

If you, or someone you love, are contemplating remaining in your home as you age, then this information will provide you with important information on how to make your home both safe and accessible.

Faith the Therapy Dog

Friday, May 11 • 12:30 p.m.

Second Friday Flea Market

Friday, May 11 • 11:00 a.m. - 1:00 p.m.

Home Care Corner

Monday, May 14 • 12:30 p.m.

Learn the history of home care from one of our local providers and find out what a difference it has made to a variety of individuals. If you need just a little help to get by day to day, find out how Complete Home Care can help.

County Championship Spelling Bee

Wednesday, May 16 • 12:30 p.m.

Top two winners from the SAAC spelling bee held in April will travel to Norristown to compete in the county championship. All are welcome to engage in some audience support and cheer on the spellers.

Get Your New, Safer Medicare Card

Monday, May 21 • 12:30 p.m.

Join Kathy Lark of Bankers Life in King of Prussia for information on the new Medicare cards you have likely received in the last month.

A Memorial Day Tribute With Nancy Capizzi

Wednesday, May 23 12:30 p.m.

This special program for Memorial Day features beautiful videos in many different musical styles that honor America, the men and women who have served in our Armed Forces and their families at home. You are invited to come hear a variety of music by American composers such as Aaron Copland, John Phillip Sousa and John Williams as well as popular and patriotic songs.

Disney

Friday, May 25 • 12:30 p.m.

Steven Pollack of Night & Day Enterprises presents the music of Disney from Snow White to present day blockbusters. This talk will include songwriters and famous performers of Oscar awarded Disney music that have become classic in our lifetime,

inspiring the popularity of animated musicals.

Senior Law Clinic

Friday, May 25 • 10:00 a.m. - 12:00 p.m.

Attorney Marykate Kelly offers free legal advice, free notary public and reduced costs for wills and powers of attorney.

Memorial Day

Monday, May 28 • Center Closed

National Senior Health and Fitness Day

Wednesday, May 30

10:00 a.m. - 1:00 p.m.

100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on Wednesday, May 30, as we celebrate the nation's largest annual health promotion event for older adults. Montco SAAC and the depression support group, Healthy IDEAS, are hosting a health fair, focusing on services supporting healthy life styles and good mental health.

June 2018

Piano Sing Along with Larry Kirschner

Friday, June 1 • 12:30 p.m.

Pizza in a Jar

Monday, June 4 • 12:30 p.m.

Do you love pizza? Do you love salads? Come to a free program and learn how salads can taste like a pizza! Teri Wassel, MS, RD, will show you how easy it is to create healthy salad that satisfies your appetite AND many of your daily dietary requirements. (And yes, tastes like pizza!)

Teri Wassel, MS, RD is a Public Health Nutritionist for Montgomery County. She enjoys teaching participants in our Senior Centers about new and easy ways to make healthy eating part of their daily routine. During this class, each participant will make (and take home) their own pizza-in-the-jar salad mix and learn the basics of preparing salads at home. Space is limited so sign up early! This program is funded by the Montgomery County Office of Aging & Adult Services.

Musical Bingo

Wednesday, June 6 • 12:30 p.m.

Always Best Care - Non-Medical Home Care presents 'Play the Juke Box Edition' Bingo. This combination of Bingo and music from the 1940's, 50's and 60's surely will take you

down Memory Lane. Simply cover four adjacent squares that hold the title of the song and be a winner!

Second Friday Flea Market

Friday, June 8 • 12:30 p.m.

Abington Jefferson Health

Wednesday, June 13 • 9:30 a.m. – 11:30 p.m.
See Wednesday, May 9 for more information.

Causes, Treatments and Outcomes of Traumatic Brain Injury

Wednesday, June 13 • 12:30 p.m.

Traumatic Brain Injury can occur at any age due to a number of reasons, including sports, recreational and motor vehicle accidents, and falls. Brain injuries can have

variable severities, causing a spectrum of behavioral and motor dysfunctions. Professor George Smith visits from the Lewis Katz School of Medicine to discuss how rapid treatment and rehabilitation can minimize the trauma.

Cabaret

Friday, June 22 12:30 p.m.

Lisa Vanheldorf, a very talented singer, will be performing during our Friday lunch. In addition, as Lisa continues her history of friendship with our Montco SAAC community (generously donating her time and gifts to our MOW consumers), she also is offering the proceeds from her upcoming show at Trinity Episcopal Church in Ambler on Saturday, June 16 to our cause. All are invited. Thanks Lisa!

Preparing for a Move

Wednesday, June 27 • 12:30 p.m.

Olga St. Pierre, Senior Move Specialist, will provide concrete, actionable information that will help you feel in control when downsizing, repairing and selling your home.

Senior Law Clinic

Friday, June 29 • 10:00 a.m. – 12:00 p.m.
See May 25 for a description of services.

Classical Music and Polka Get Down

Friday, June 29 • 12:30 p.m.

Accordianist Duane Quenzel, who has been playing the accordion since he was a teen, will entertain us with his bellow and reeds in full concerto style.

Norristown Continued

June 2018

Ten Ways to Have a Better Conversation

Monday, June 4 • 12:30 p.m.

Learn how to become a better conversationalist. Isn't that the point of talking to someone in the first place?

Trivial Pursuit

Tuesday, June 5 • 12:30 p.m.

Bruce Speck of America's Support Coordination and Management will be visiting to provide a game of Trivial Pursuit complete with a prize for the winner and nutritious snacks, making everyone a winner. He will also provide information on his company, which is a new provider of waiver services.

Car Commercials From the 1950s

Wednesday, June 6 • 12:30 p.m.

Enjoy these commercials that graced television in the 1950s. Do you remember what you paid for a car in the 1950s? What was your most memorable car?

Father Wit, Wisdom and More

Friday, June 8 • 12:30 p.m.

Every June, we celebrate a very special day for that special father in our lives. Today we will share some humor and sentiment.

A Taste of African Heritage

Tuesday, June 12, 19, 26 • 12:30 p.m.

This exciting new program from Einstein is

a six-week nutrition and cooking program that covers a specific food group from the African Heritage Diet Pyramid. Sign up with Susan.

Downsizing

Wednesday, June 13 • 10:30 a.m.

Presenter: Alderfer Auction. Learn some tips on how to make moving easier.

Flag Day Facts

Thursday, June 14

Pick up your Flag Day facts in the dining room.

Armchair Travelogues

Monday, June 18

12:15 p.m.

Philadelphia then and now.

Humor in Health Care

Wednesday, June 20
12:30 p.m.

Join us for the Ted Talk video about incorporating humor in something most of us do not think is very funny.

Spiritual

Friday, June 22 • 12:30 p.m.

Topic: Expressing Gratitude

The American Experience Part 1

Monday, June 25 • 12:30 p.m.

Spirit of the Age. You will look closer at America in the 1900s – beautiful footage and information about the time period.

Glen Miller

Wednesday, June 27 • 12:30 p.m.

Familiar entertainment that will uplift your afternoon.

Senior Living Home Health Care



Senior Living Home Health Care Agency
Where We Go Above And Beyond Client's Expectations

| | |
|---------------------|-------------------------|
| *Meals & Errands | *Med Reminders |
| *Bathing | *Grocery Shopping |
| *Dressing | *Grooming |
| *Light Housekeeping | *Laundry |
| *Incontinence Care | *Companion Services |
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| *Comfort Care | *And much...much more.. |

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 Please contact Fawn Rupp or Carol Frawley for more information
 732.303.3100

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

Norristown

536 George Street, Norristown, PA 19401 • (610) 275-1960

Ambler

45 Forest Avenue, Ambler, PA 19002 • (215) 619-8863

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FROM THE DIRECTOR

A Word from Whit



I write this during National Volunteer Appreciation Month. At Montco SAAC, we're fortunate to have a huge team of volunteers who make all kinds of amazing projects possible. We will be presenting about our award winning nutrition program at the National Association of Nutrition and Aging Service Providers (NANASP) and National Institute of Senior Centers (NCOA) dual conference in June. From daily meal delivery, lunch service, nutrition education and gardening, Montco SAAC's volunteers allow staff of our two senior centers, three Meals On Wheels programs, and intergenerational arts center to try new programs, execute big ideas and help sustain fundraising efforts.

If you currently volunteer, know that we can't do this without you, and I'm honored and eternally grateful to be on your team. If you aren't yet a volunteer, feel free to stop by or give us a call. There are many ways to make a difference.

Best, Whit

Whitney Lingle
Executive Director

Fun at Montco SAAC!



Skip and children from ACLAMO enjoy a Friday jam session.

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

Time Dated Material
May/June 2018

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