

# S.A.A.C.

Senior Adult Activities Center  
of Montgomery County

Live Full. Live Well. Live Long.

## NORRISTOWN • AMBLER

Volume 23, No. 5 November/December 2017

### Highlights

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### QUICK NEWS

#### Open Enrollment

Just a friendly reminder to save and read all those communications from your Medicare company.

This brief window of time is when insurance companies can change your coverage. Be sure you know what they are doing.

If you are confused, RSVP APPRISE counselors are state-trained volunteers who provide unbiased information about Medicare benefits, Medicare Advantage and Supplemental Plans. See Susan or Betsy to schedule an appointment.

## Meals on Wheels 5K Strides to Success!

Just like Meals on Wheels is a group effort, the success of our 2017 Outrunning Senior Hunger 5K Run and 3K Walk is thanks to all of its supporters. With the help of 25 sponsors, 92 individual and business donors, more than 30 volunteers, and 193 runners and walkers, this event is on target to surpass its goal of raising \$20,200 in service to Montgomery County's homebound seniors! 100% of these funds will help ensure that Montco SAAC's home delivered meal service will continue to provide meals and daily wellness checks to residents 60 and older throughout lower Montgomery County.



"Everyone who participated in this year's Outrunning Senior Hunger 5K Run / 3K Walk helped change lives. Montco SAAC's Meals on Wheels team serves over 350 area seniors," stated Whitney Lingle, Montco SAAC's Associate Director. "The love, socialization and meals we provide can't happen without the funds raised by these community events. It takes a village to

meet our mission, and we're fortunate to have such a wonderful community standing with us." So thank you, to everyone who helped us reach our goal for this event, and more importantly, for empowering those who depend upon Meals on Wheels to maintain their independence.

Montco SAAC depends upon acts of generosity, both large and small, by those who see the difference this organization makes in people's lives every day. For some, Montco SAAC represents affordable exercise classes, for others it is a way to give back, and for still others it's a place to laugh with friends and enjoy a delicious lunch. And when children volunteer or participate in a program, Montco SAAC is a teaching moment, exemplifying that people are people, regardless of the color of their hair or their current level of mobility. Thank you for being with us, here in our community, as we promote positive aging and the richness it brings to everyone's lives.



## News

### Volunteer of the Month

Betty Bagi is celebrating

15 years of

volunteering with

Montco SAAC. Her

passion for helping her

neighbors is clear with

every friendly visit,

safety check, and

nutritious meal she

delivers as part of the

Eastern MontCo Meals on Wheels team. A

flexible and generous volunteer, Betty is

willing to work with others and serve as a

substitute whenever she is needed. When

not contributing her time, she donates to

every Montco SAAC fundraiser. Because

Betty has personally delivered thousands of

meals to those on our program, she knows

the impact of every dollar is significant.

Betty is a strong support mechanism for her

family and friends. Her adventurous spirit

and genuine interest in those she meets is

immediately apparent to those around her.

When the process began to select a

volunteer from Eastern MontCo, Ambler

Site Manager, and former Eastern Montco

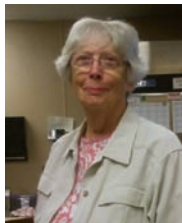
Meals on Wheels Coordinator, Karen Smith

instantly suggested Betty. "She absolutely

always goes above and beyond for the

program," Karen said. "And, she bakes the

best Christmas cookies I've ever had!"



### The Benefits of Tai Chi

Tai Chi is sometimes thought of as 'moving

meditation.' It is a graceful form of exercise

that has long-reaching benefits for body,

mind, and spirit. It is low-impact, and is

suitable for all ages.

Everyone is unique and the benefits each

person experiences will be unique as well.

Evidence has shown that people who

practice Tai Chi regularly may experience

improvements in various conditions

including stress relief, arthritis, diabetes,

high blood pressure, heart health, chronic

pain, insomnia and digestive problems.

Evidence also shows regular participants

experiencing improvement in general

health, coordination, balance, strength, and

flexibility, self-awareness and

concentration.

Tai Chi is offered at Ambler on Mondays

and Thursdays and at Norristown on

Monday, Wednesday and Friday. Start a

journey with this evidenced-based program

to find balance and strength in body, mind

and spirit. You may even see one of the staff participating.

### Fall Back!

Daylight Saving Time ends Sunday,

November 5. The official change will take

place at 2 a.m. The switch pushes sunrise

and sunset back an hour, meaning there

will be more light in the morning and

darkness will come sooner in the afternoon.

### Montco SAAC Offers Memory Screening

The Alzheimer's Foundation of America

offers resources for local agencies to

participate in the National Memory

Screening Program. They enable us to

provide free, confidential memory

screenings to individuals concerned about

memory loss with the objective of early

detection and intervention. Memory

screenings make sense for anyone

concerned about memory loss or

experiencing warning signs of dementia.

Screenings are available by appointment,

with Susan or Danielle, throughout the

month of November.

## Calendar of Events

### November 2017

#### Treasures Revealed

*Wednesday, November 1 • 10:30 a.m.*

Presented by Alderfer Auction: Search your

attic for that item from your great, great,

grandmother. Bring it in to have it

evaluated. Registration is required for this

free event. One item per person. For

information, call Michele at 610-275-1960.

#### Día de los Muertos, Day of the Dead

*Thursday, November 2 • All Day*

Day of the Dead is a Mexican holiday which

focuses on gatherings of family and friends

to pray for and remember friends and

family members who have died, and help

support their spiritual journey. Help us

build an altar by bringing in a picture or

thing that the person you are honoring

enjoyed in life. Join us on this day as we

celebrate this spiritually moving holiday.

#### O'Grady's Lunch Trip

*Thursday, November 2 • 11:00 a.m.*

It's a further trek but has been a favorite

spot for our lunch bunch. They offer a soup

and salad bar as well as reasonably priced

entrees. Transnet will be \$5.40 each way for

those over 65. It is \$9.00 each way for those 60-64.

#### Veterans Day Discussion

*Friday, November 3 • 10:30 a.m.*

Veterans Day / Remembrance Day is a time

to remember and honor all those who

served in our country's military to protect

our freedom. This discussion includes

history and traditions of this holiday, so

dear to our hearts.

#### Discuss and Recall

*Fridays, November 3, and December 8*

*12:15 p.m.*

Discussions and reminiscing that coincide

with the current month.

#### Q and A for Veterans

*Monday, November 6 • 10:30 a.m.*

Presented by: Sean Halbom, Montgomery

County Veterans Association. Materials will

be available.

#### One Woman, One Vote

*Tuesday, November 7 • 10:00 a.m.*

How could America call itself the world's

greatest democracy, but deny the right to

vote to more than half its citizens?

#### Safety with Danielle

*Tuesdays, November 7, 21, 28 • 10:30 a.m.*

Start the winter and holiday season off right

with a look at seasonal safety. Danielle's

blend of humor and knowledge make this a

fun and informative hour.

#### Emotional Balance

*Tuesday, November 7 • 12:30 p.m.*

There is good stress and bad stress, and the

holiday season involves them all. Join

Jeraldine Kohut of Cathedral Village for a

look at how to stay balanced at the holidays

and beyond.

#### The True Story of Veteran's Day

*Wednesday, November 8 • 11:00 a.m.*

History invites you to enjoy this annual

opportunity to pay tribute and respect to

the men and women who serve or served

their country.

#### Car Fit

*Thursday, November 9 • 10 a.m. – 1:00 p.m.*

CarFit is a free, interactive and educational

program designed to improve older driver

safety. Trained volunteers from

Montgomery County will provide

information to ensure the safest "fit" for

older drivers and their vehicles. To schedule

an appointment, contact: Kristi Goodwin, kgoodwin@montcopa.org, 610-278-5117 x6779. Rain date is Monday, November 13.

## Current Events

*Thursdays, November 9, and December 14 10:30 a.m.*

Current events and conversation to enlighten your morning.

## Prize Bingo

*Thursdays, November 9, and December 14 12:30 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 loud and clear.

## Veterans Coffee

*Friday, November 10, • 9:45 a.m.*

As we get ready to honor our veterans on November 11, let us never forget that freedom is not free. Senator Leach's office will provide coffee and donuts.

## Capture the "Turkey Bandit"

*Monday, November 13 • All Day*

All around the center there will "turkey bandits" hiding. If you find one bring it to Michele and your name will be entered in a raffle.

## SEPTA ID Passes

*Monday, November 13 • 10:30 a.m.*

Courtesy of Senator Leach's office, photo ID passes will be taken for anyone age 65 and older, with a valid ID. With this pass, you may ride FREE on all transit routes and pay just \$1.00 on regional rail for travel in PA.

## A Quick Guide to The Mayflower

*Tuesday, November 14 • 10:00 a.m.*

The true story of Thanksgiving and the survival at Plymouth.

## In Your Best Interest

*Tuesday, November 14 • 12:30 p.m.*

Hang on to your purse! It is holiday shopping time. Spend an hour with Danielle Charry of the Lincoln Center focusing on safety during the holiday season.

## Jeopardy Trivia

*Wednesdays, November 15, and December 27 10:30 a.m.*

Fun and interesting categories. You will work as a team. Healthy snacks will be provided.

## Raven Hill Trio Band

*Wednesday, November 15 • 12:15 p.m.*

Enjoy straight-up acoustic, traditional bluegrass-country music.

## Thanksgiving Price is Right

*Thursday, November 16 • 10:30 a.m.*

One of the most popular TV game shows meets Thanksgiving dinner!

## Wish Harrisburg Happy Holidays!

*Thursday, November 16 • 12:30 p.m.*

Join Susan and Michele in making our annual contribution to the State Capital Christmas Tree. This has been a fun and rewarding activity every year!

## How Can Cigna Help You?

*November 16 and December 14 • 12:30 p.m.*

Cigna Health Springs members, meet your Medicare representative! Problems, questions, complaints – he is there to help.

## Picture Day

*Friday, November 17 • Starting at 9:30 a.m.*

It is dress-up day. Gather up your friends and get a group picture. Each participant will get a photo at no cost.

## Music and Music Makers

*Fridays, November 17, and*

*December 15*

*10:30 a.m.*

Monthly themed music and their makers for your enjoyment.

## Standing Bear's Footsteps

*Tuesday, November 21*

*10:30 a.m.*

Chief Standing Bear of the Ponca Nation, a legendary warrior, fought injustice not with guns and arrows – but with words.

## Joe Maybee Performs

*Tuesday, November 21*

*12:30 p.m.*

## Be Prepared!

*Wednesday, November 22*

*12:30 p.m.*

Tim Elbertson of Montgomery County Emergency Preparedness will join us to explain the new emergency

procedures now in place. Of special interest is a new 911 feature for senior citizens!

## Cranium Crunch

*Mondays, November 27 and December 4 12:15 p.m.*

Mind-healthy puzzles, exercises and tips.

## Heroes with Hearing Loss

*Monday, November 27 • 12:30 p.m.*

Raising awareness and initiating meaningful dialogue and shared hearing loss experiences among veterans, their families and friends. Today you will be provided with insightful solutions and successful lifestyle focused results.

## Montco SAAC Band

*Tuesday, November 28 • 11:30 a.m.*

CSI is coming to SAAC. Learn more about what CSI is and why your band is so excited about it.

**Continue on page 6.**



**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



**Neurology, Psychiatry and Balance Therapy Center, LLC**  
725 Skippack Pike | Parc Plaza, Suite 130  
Blue Bell, PA 19422  
Phone: 215-591-0700 | Fax: 267-419-8413 | [www.npbtc.com](http://www.npbtc.com)

## Art4ME Classes in Norristown & Ambler

### Norristown Time and Location:

Art4ME – Viewing (Community Room) Fridays 10:20 a.m.  
 Art4ME – Making (Art Room) Fridays 12:15 p.m.

### Ambler Time & Location

Art4ME – Viewing (Art 4 Me Room) Mondays 10:00 a.m.  
 Art4ME – Making Tuesdays 10:00 a.m.

### Art Viewing – Perspectives in Art

N: Friday, Nov. 3 A: Monday, Nov. 6

### Art Making: Create your desired perspective with graphite or pencils.

N: Friday, Nov. 3 A: Tuesday, Nov. 7

### Art Viewing – Cartooning

N: Friday, Nov. 10 A: Monday, Nov. 13

### Art Making: Create your favorite cartoon character with pen and ink.

N: Friday, Nov. 10 A: Tuesday, Nov. 14

### Art Viewing – Scenes of Bounty

N: Friday, Nov. 17 A: Monday, Nov. 20

### Art Making: Create a still life painting with acrylics on canvas board.

N: Friday, Nov. 17 A: Tuesday, Nov. 21

### Art Viewing – Symbolism in Art

A: Monday, Nov. 27 N: Friday, Dec. 1

### Art Making: Creating a symbolic work with mixed media.

A: Tuesday, Nov. 28 N: Friday, Dec. 1

### Art Viewing – Famous Prints

A: Monday, Dec. 11 N: Friday, Dec. 15

### Art Making: Creating a rubber block print.

A: Tuesday, Dec. 12 N: Friday, Dec. 15

### Art Viewing – Guest Artist

A: Monday, Dec. 18 N: Friday, Dec. 22

### Art Making: Creating a rubber block print.

A: Tuesday, Dec. 19 N: Friday, Dec. 22

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.



## November/December 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

## November/December Ambler Calendar

### Exercise

Fitness Center	Daily	8 am - 4 pm
Exercise Aerobics	Mondays	9:45 am
Strength with Tiffany	Wednesdays	9:45 am
Growing Stronger (12 Weeks)	Tues & Thurs	1:00 pm
Chair Zumba	Wednesdays	10:15 am
Chair Aerobics & Strength	Friday (Starts Nov. 3)	10:15 am
Silver Sneakers Balance	Weds (Starts Nov. 8)	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

### 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

Hearing Screenings	2nd Wednesday	10:45 am – 12 pm
VNA Blood Pressure	2nd Wednesday	10 am – 12 pm
Senior Law Clinic	Last Friday	10 am – 12 pm
Salon Manicures	Appointment Only	
Massage	Appointment Only	

**George Saurman  
Campus at Ambler SAAC**

**November 2017**

**GMU Community Health Fair**

*Wednesday, November 1 • 10 a.m. – 12:00 p.m.*

Our visiting Gwynedd Mercy University nurses will host a health promotion project during their farewell visit to the SAAC. They will provide information on topics that include home, winter and holiday safety, medication safety and reconciliation, a healthy lifestyle hard workers table, plus blood pressure and taking a pulse.

**VNA Personal Navigator Program**

*Thursday, November 2 • 10:30 a.m.*

The Personal Navigator Program of VNA (Visiting Nurse Association) connects eligible individuals and families to resources that help improve their lives as they work towards self-sufficiency and independence. This seminar will address changes in Medicare insurance.

**UPenn Ambler Asbestos Study**

*Friday, November 3 • 10:00 a.m. – 1:30 p.m.*

This is a 20-30 minute, one-on-one survey addressing possible sources of exposure to asbestos in Ambler. If you or your family members lived in the greater Ambler area before 1983 and have had mesothelioma or know someone who has, you are encouraged to take the survey. This study is being conducted by Michael Anderson, Superfund Research Program Coordinator at the Perelman School of Medicine, University of Pennsylvania.

**Food Safety 101 Thanksgiving**

*Monday, November 6 • 12:30 p.m.*

Thanksgiving is one of the riskiest days of the year for food-borne illness. Keep yourself and your family safe this Thanksgiving by attending this training program from the USDA.

**Raven Hill Trio (formally Misery Mountain)**

*Wednesday, November 8 • 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. Don't forget to wear your clogging shoes so we can raise a little dust and ruckus. Yee haw!

**Second Friday Flea Market**

*Friday, November 10 • 10:00 a.m.-1:00 p.m.*

Looking for bargains for the holiday season? Then come on down to the community room for the new SAAC Flea Market. To become a vendor, bring in your stuff to sell for a 50/50 split.

**Alzheimer's**

*Monday, November 13 • 12:30 p.m.*

Learn everything you need to know about Alzheimer's disease in this three-part program, to be continued in December and January.

**Gifts, Great and Small**

*Friday, November 17 • 12:30 p.m.*

Nancy Capizzi presents this special Thanksgiving program which features music and ballet written in gratitude for and about gifts, great and small. Composers include Irving Berlin, Benjamin Britten, Aaron Copland, Hershy Kay and Sergei Rachmaninoff, with performances by Louis Armstrong, Rosemary Clooney, Perry Como, Bing Crosby, Jackie Evancho, Yuja Wang and The New York City Ballet.

**Be Prepared!**

*Monday November 20, • 12:30 p.m.*

Tim Elbertson of Montgomery County Emergency Preparedness will join us to explain the new emergency procedures, now in place. Of special interest is a new 911 feature for senior citizens.

**Spiritual Music Program**

*Wednesday, November 22 • 12:30 p.m.*

Tom (singer, guitarist and harmonica player) and David (violin, singer) engage us with some warm and reflective tunes from their duo repertoire.

**December 2017**

**Girl's Day Out!**

*Friday, December 1, 2017*

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

Byers' Choice has been handcrafting Carolers Figurines for over 35 years. A visit begins with a walk down a cobblestone street scene straight out of Dickens' London then into the Christmas Museum. There is an observation deck from which you can watch Byers' Choice artisans bring the Carolers to life. The Crèche Room has a collection of over 200 nativity scenes from around the world. Lunch will follow at the Blue Dog Family Tavern. Round trip on Transnet is \$10.80. The museum is free.

**Healthy Steps for Older Adults: Fall Prevention Workshop**

*Monday, December 4 and Friday, December 8 • 10:00 a.m. – 12:00 p.m.*

The Pennsylvania Department of Aging offers this fully-funded falls prevention program for adults 50 years of age and older. The program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources. This is a comprehensive four-hour program split into two days. Please call 215-619-8863 to register.

**Alzheimer's**

*Monday, December 4 • 12:30 p.m.*

Join us for Part 2.

**Spirituals for the Holidays**

*Wednesday, December 6 • 12:30 p.m.*

Tom and David return with a special selection of seasonal tunes to kick in that holiday spirit.

**Healthy Steps for Older Adults: Fall Prevention Workshop**

*Friday, December 8 • 10:00 a.m. – 12:00 p.m.*

This is the second session of the two-day program.

**Second Friday Flea Market**

*Friday, December 8 • 10:00 a.m.-1:00 p.m.*

**Cranberries**

*Monday, December 11 • 12:30 p.m.*

Expand your use of this fun, colorful and seasonal fruit. Join Rabiya Bower, our nutritionist from Giant, and find out why!

**Innovative Services for Independent Living**

*Friday, December 15 • 12:30 p.m.*

Resources for Human Development will present on a wide range of innovative services that empower people of all abilities as they work to achieve the highest level of independence possible and build better lives for themselves.

**Grinch Prevention for Winter of 2018**

*Monday, December 18 • 12:30 p.m.*

As the daylight decreases in winter months, it's easy to turn from merry and bright to sad and unmotivated. It is essential that we utilize waking hours to absorb light and retain mood enhancing vitamins and minerals. Socialization is another key part to depression prevention, which can be challenging in shorter days. This forum will

help everyone to connect and learn ways to receive sunshine and support needed to retain a healthy mood balance and keep the Grinch away.

## **Yule Never Guess Who's Coming to Town**

*Wednesday, December 20 • 12:30 p.m.*  
Entertainer extraordinaire and SAAC's

favorite piano instructor, the very funny Charles Donches, hauls down his black and whites and holiday song books for an after lunch carol sing along.

## **Reindeer Games (batteries not included)**

*Friday, December 22*  
Don't get your tinsel in a tangle – the pre-

holiday festivities continue! Let's wrap it up with a Right Left Christmas Story, some Holiday Tree Trivia and the ole Ornament on a Spoon Race. Festive attire is encouraged.

## **Norristown Continued**

### **The Different Faces of Home Care**

*Tuesday, November 28 • 12:30 p.m.*  
Getting in-home care means different things to different people. The variety of services out there is mindboggling. Meet David Baim of Always Best Care who will talk about friendly phone calls, job opportunities, caregiver support groups and veteran's programs. Bring your questions.

### **International Travels to Unusual Places for Unusual Reasons**

*Wednesday, November 29 • 10:30 a.m.*  
Andrew Ney, Montgomery County Bar Assoc. Speakers Bureau, will present a slide show of places that are not in the travel plans of typical American travelers.

### **Who What When?**

*Wednesdays, November 29 and December 27 12:30 p.m.*  
Can you reveal the mystery person, place or year?

### **Fit to a T**

*Wednesday November 29 • 12:30 p.m.*  
Why is bone health important? What is osteoporosis? What are the symptoms and warning signs? How is it diagnosed and treated? For answers to these and other questions, join Lynn Burkett, who is back with us from Reading Hospital.

## **December 2017**

### **Elf on the Shelf**

*Friday, December 1 until Thursday, December 21*  
A mischievous elf will appear on the shelves at Montco SAAC. Each day, this elf will find a different spot. Watching and taking notes who is naughty and who is nice. Find this elf and report your findings to Michele. Your name will be entered into a sweet raffle.

### **Christmas Post Card Exchange**

*Friday, December 1, until Monday, December 11*  
Post cards will be provided. All you have to do is write a note to a fellow senior. The post cards will be delivered to Franklin's Post Office in Philadelphia where they will be post marked with his signature. They will be sent to other senior facilities from all over the United States and Canada.

### **No Bake and Take**

*Friday, December 1 • 12:15 p.m.*  
Chocolate covered pretzels. A tasty combination of sweet and salty. Registration required by November 22. Sign up at Sign up Central!

### **Safety with Danielle**

*Tuesday, December 5 and 19 • 10:30 a.m.*  
The holiday season is full of excitement and fun. It is also a time when our usual habits are disrupted. Criminals take this opportunity to strike when we are distracted. Join Danielle for ways to stay ahead of holiday crime.

### **Test your Holiday Stress!**

*Tuesday, December 5 12:30 p.m.*  
Drop by and have your stress level tested by King of Prussia Wellness Center. On previous visits they have made some helpful suggestions on ways individual members might reduce discomfort.

### **Gingerbread Cookie Decorating**

*Wednesday, December 6 • 10:00 a.m.*  
Join us and help the preschoolers decorate gingerbread cookies.

### **Chanukah**

*Tuesday, December 12 • 10:15 p.m.*  
Through this PBS video, you will see a celebration of the joys and music of the holiday.

### **In Your Best Interest**

*Tuesday, December 12 • 12:30 p.m.*  
As fast as one scam is recognized and publicized, another one springs up. Join Danielle Charry of The Lincoln Center for ways to recognize a scam before it starts.

### **Holy Cross Regional School Choir**

*Wednesday, December 13 • 11:00 a.m.*  
Come and hear the joyful sounds of Christmas.

### **Holiday Tea with Linda**

*Thursday, December 14 • 12:20 pm*  
Looking for 12-14 members of the Norristown Tea Group to join with Linda and celebrate the holidays with a nice cup of tea, desserts and great conversation. Cost \$2. Space is limited so register early.

### **Ugly Sweater/Sock Day**

*Friday, December 15 • All Day*  
Lurking in the murky depths of your wardrobe, find the perfect sweater to wear. Socks count, too.

### **The Real Story of Christmas**

*Tuesday, December 19 • 10:15 a.m.*  
In America during the 17th and 18th centuries, celebrating Christmas was against the law!

### **Gambling Away the Golden Years**

*Tuesday December 19 • 12:30 p.m.*  
For many, gambling is a fun activity, but for those who become addicted to gambling, it can be a devastating disease. Get details on symptoms and treatment from this informative seminar.

### **Cookie Decorating Day**

*Wednesday, December 20 10:00 a.m. and 12:15 p.m.*  
Join us today to decorate cookies with the preschool students.

### A Christmas Carol

Thursday, December 21 • 12:00 p.m.

Presented by our very own SAAC musicians and singers.

### Travelogue

Thursday, December 21 • 10:30 p.m.

Join us during the colder months from the comfort of an armchair. You will travel to a different destination each month.

### What is Kwanzaa?

Friday, December 22 • 10:00 a.m.

This celebration honors African heritage in

African-American culture. Come and learn more about this holiday.

### NYE Lunch and Dance

Thursday, December 28 • 11:00 a.m.

Put on your fancy clothes and join us as we welcome in the New Year. Entertainment by our very own musicians and singers.

### Walking Group

Every day at 9:30 a.m.

Walking is a great way to get exercise into your day and make a great impact on your health. Give yourself a gift of health and

inspire others as you walk the halls with us. You will walk a half mile if you walk the hallways five times.

### Daily Chronicles

Each morning in the café • 10:00 a.m.

Enjoy a mini newspaper with a quote of the day, historical happenings, famous birthdays, trivia, and other fun facts.

### We're Sew Crafty

Wednesdays and Fridays • 9:30 a.m.

Bring your thread to sew or your glue to craft. You may even quilt, crochet, or knit.

## 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

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# FROM THE DIRECTOR

## I Shall Miss You All

Well, the time has come to close this chapter of my life. It has been a real honor to be your Director for the past 11 and half years. Staff has been fabulous, the Board has been very supportive, and you, our members, have been the joy beneath my wings. With you we have soared to new programs in Ambler and Norristown; we opened an art center in Ambler; the Joy Rangers sang; we survived the recession of 2008 and Meals on Wheels went out in the snow or torrential rain and has grown to be our largest program.

Where else can it be a joy to come to work and be with the finest people on earth? Montco SAAC will continue to grow and prosper and I trust that each one of you (staff, the board and center members) will be happy and active at SAAC.

Staff, keep up the good work; you've been a wonderful team to work with.



Thanks for everything, I shall miss you all.

Linda

*Linda*

Linda Collins  
Executive Director, Montco SAAC

## Fun at MontcoSAAC



*This summer Montco SAAC raised and released 19 Monarch butterflies. Thanks to Meals on Wheels driver Deb Walker, we were able to mark several of them for the Monarch Watch, a group who tracks and researches these beautiful and valuable creatures.*

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

Time Dated Material  
November/December 2017

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