

Highlights

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QUICK NEWS

Walk On!

Join us for a number of walking events and programs.

The **PrimeTime Health Walk** will be held on Thursday, September 14 at Fischer's Park beginning at 10 a.m. See the Ambler listings on page 5.

A six-week program, **Walk With Ease**, will be presented at both centers on Mondays, Wednesdays and Fridays beginning September 11. See pages 2 and 5.

Do **Walking Trips** catch your interest? See the Norristown listings on pages 3 and 5.

And remember to sign up and participate in the **Outrunning Senior Hunger 5K Run and 3K Walk for the Meals on Wheels** on Saturday, September 16! Details are to the right.

Meals on Wheels Outrunning Senior Hunger 5K Run & 3K Walk

Spreading the Word and Increasing Awareness

This is the last reminder about the 7th annual Outrunning Senior Hunger 5K Run and 3K Walk for the Meals on Wheels program of Montco SAAC on the morning of Saturday, September 16. We are expecting great community support at Montgomery County Community College, with the race center behind College Hall (take the Morris Road entrance). Whether you register in advance or decide to come out that morning, our team will be ready to greet you at 8:00 a.m.

The homebound seniors across our region will be the real winners on race day, as runners, walkers, kids, pups, and organizations all come together to protect the critical meals provided by Meals on Wheels. While the staff has pitched in to bring this event to life, we especially want to thank all of the volunteers who help spread the word, set up tables or will cheer on the participants. We couldn't do this without all of their help!

And it is the generosity of our sponsors and the many participants who help us to raise money through this important event, with 100% of the proceeds going directly to our Meals on Wheels program.

We especially wish to thank our Presenting Sponsors AARP® Medicare Supplement Plans insured by UnitedHealthcare Insurance Company and the Conicelli Family Three Little Angels Foundation, as well as our Positive Aging Sponsors Acts Retirement-Life Communities, Inc., and Brightview Senior Living, East Norriton; our Community Partners Harleysville Savings Bank, Representative Kate Harper, Health Partners Plans, Patient First, Timoney



Knox, LLP, TransNet, Ambler Kiwanis and Brookside Senior Living; and our Contributing Partner Sponsors Glanzmann Subaru, Gloria Dei Communities, the VNA Community Services of Abington, Law Offices of Michelle C. Berk, P.C., and Canon Capital.

While our three local Meals on Wheels programs currently serve more than 350 homebound seniors two meals daily from Trooper to Bryn Athyn (and almost everywhere in between), this important fundraising event helps Montco SAAC keep pace with the ever growing demand. Montco SAAC's service area is fortunate to not yet have a waiting list of seniors in need of wholesome nutrition and a friendly visit.

So thank you to all of you, whether you strive for your best 5K, stroll with friends on your 3k, or made a donation in support of this year's Outrunning Senior Hunger event. Every one of you makes a difference in our community on a daily basis for those who depend on Meals on Wheels from Montco SAAC.

News



Meals on Wheels Celebrates Second Quarterly Community Champions Week

From August 7th through the 11th, all three of Montco SAAC's Meals on Wheels programs (Ambler, Norristown, and Eastern Montco), took part in honoring what makes a community truly great – its members! Each program hosted a whole slew of individuals and organizations that have had a positive impact on the residents of Montgomery County. Through local outreach, this quarterly event helps increase awareness of senior hunger in our communities. Some of our Community Champions included the Second Alarmers Squad, PA Representative Madeleine Dean, Norristown Fire and Police Departments, and a team of PA teachers. Pictured here is Caleb Derby, owner of Norristown's Edible Forrest Urban Farm, the garden plot on Forrest Avenue where our Meals on Wheels team takes our compost every week! community!

Meet Michele Ross

Welcome Norristown's Activities Coordinator, Michele Ross. Michele has dedicated over 15 years of service to working with, planning, and implementing programs for senior adults.



Michele is an environmentalist and a dedicated volunteer for Aid for Friends of Philadelphia. She enjoys biking and running on Montgomery County's trails. She lives in Towamencin Township with her husband, Frank, and has three adult children. Michele is looking forward to meeting all the participants and providing enriching programs for Montco SAAC in Norristown.

Volunteer of the Month

Glynnis Boykin and her two children, Jayda and Trae, are our newest volunteers at Ambler SAAC. They started in the beginning of July. The three of them do not have a specific day or route, instead they fill in as needed. So far they have been on a few different routes although they have found Route 1 to be the most exciting. Ambler SAAC members and volunteers love seeing the young faces helping out during their summers off – although some days you won't see Trae's face, instead you'll see him running around in his Spiderman mask. Don't let that intimidate you! Glynnis, Jayda and Trae are as kind as can be! Introduce yourself if you see them around Ambler and find out for yourselves. We are lucky to have them aboard our Meals on Wheels crew.



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.

Walk With Ease

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina 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 and improve your overall health.

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 or help you increase your level of activity.

To take part, join Meg, our trained Walk with Ease instructor, on Mondays (1:00), Wednesdays (12:30) and Friday (12:30). The

program begins Monday, September 11 and runs through Friday, October 20.

Calendar of Events

September 2017

Safety with Danielle

Tuesdays, September 5, 19, & 26 • 10:30 a.m.
Danielle Charry will be giving us updates and tips on how to stay safe in today's world.

The Medicare Dilemma

Tuesday, September 5 • 10:30 a.m.
Meet Jenny from Senior Health Care Advocates. She will give an overview of Medicare to prepare us for open enrollment. Be sure you understand what you have and what you need.

Tai Chi with Darrel Bryant

First and third Wednesday of each month
We are so lucky to have a Tai Chi instructor of Darrel's caliber and experience. Please come try this exercise form with us. It is no impact and has been proven to help with stability and balance.

Tie Dye

Wednesday, September 6 • 12:30 p.m.
We are going to tie dye without the ties and without the dye! How can it be done? Come to the community room after lunch and find out. Bring a white or very light colored T-shirt or bandana and have fun seeing your creation grow right before your very eyes. If you signed up for the Primetime Health Walk, this would be an excellent thing to wear since the theme this year is the 60's.

Cracker Barrel Restaurant

Thursday, September 7 • 11:00 a.m.
Remember the good old days as you browse through their store and see all of the old candies you thought were gone for good. Enjoy some comfort food in a nostalgic setting. If the weather is nice enough, we can quality-test the rocking chairs out front! Transnet will be \$4.50 each way for those over 65.

Walk With Ease

Monday, September 11 • 12:30 p.m.
Join the kick off for a new session of Walk with Ease, an evidence-based program that helps arthritis sufferers control pain, and

helps the rest of us stay healthy.

In Your Best Interest

Tuesday, September 12 • 12:30 p.m.
Join Danielle Charry of The Lincoln Center for tips on preventing victimization. Her extensive work in the field makes her an expert.

Prime Time Health Walk

Thursday, September 14 • 10:00 a.m.
For those of you signed up back in August, we will depart the center as close to 10:00 a.m. as possible. This year's theme is the 60's. Time period attire is encouraged. Please wear comfortable walking shoes. It is the PTH "walk," after all! Lunch will be provided at the park. Transportation and lunch are being funded by the Office of Aging and Adult Services.

Meals on Wheels 5K Run – 3K Walk

Saturday, September 16 • 9:00 a.m.
This is our annual big event to raise funds for our important Meals on Wheels programs. Ensure that the homebound seniors of MontCo continue receiving warm, nutritious meals. Even if you can't do the run or walk, you can come cheerlead for those who are! It takes place at the Montgomery County Community College in Blue Bell. The race begins at 9:00 a.m. You will need to provide your own transportation.

VA Meeting

Third Tuesday of each month • 10:30 a.m.

Better Than Bingo Performs

Tuesday, September 19 • 12:00 p.m.
They got the toes tapping on their last visit. Come enjoy music in the cafeteria and give those bingo cards a rest!

Brain Games

Tuesday, September 19 • 12:30 p.m.
Back by popular request, Bayada Nurses will be playing brain games with participants. This is a fun and engaging way to keep our minds in tip-top shape.

Know Your Numbers!

Wednesday, September 20 • 10:30 a.m.
According to the Mayo Clinic, you should have a blood pressure check to screen for high blood pressure as a risk factor for heart disease and stroke. Suzanne, our blood pressure nurse, will be here today. Be sure to stop by!

Walking Trip #1 – Lower Perkiomen Park

Monday, September 25 • 10:30 a.m.
How about a nice walk in the park to battle the doldrums? This is a great chance for our Walk with Ease participants to enjoy a change of scenery and for the rest of us to get moving. We will each bring our own bag lunch to enjoy after our walk. The Office of Aging and Adult Services is sponsoring transportation for this event. They are encouraging us to use this in conjunction with Montgomery County's Montco Trail Challenge. If you would like more information on the trail challenge, please see Pat or visit www.montcopa.org/trailchallenge.

Who Can You Rely On?

Tuesday, September 26 • 12:30 p.m.
When it gets tough keeping up with the demands of your everyday life, look for help from an in home care company. Find out about Reliant Home Care and see what they offer.

Glenn Miller

Wednesday, September 27 • 12:15 p.m.
Let's have an Oktoberfest with our favorite oom-pa-pa accordion player. Glenn will surely put on the Pennsylvania Polka for us as well as other classics. We will have root beer, near beer and pretzels to give it extra authenticity.

Vanguard Volunteers

*Thursday, September 28
9:00 a.m. – 12:30 p.m.*

October 2017

Safety with Danielle

*Tuesdays, October 3, 17,
24, and 31*

Your Home, the Unexplored Asset

*Tuesday, October 3
12:30 p.m.*
Reverse mortgage is a program that offers homeowners the option to get money back from their home before they sell. The American Advisors Group will be with us to give information.

In Your Best Interest

Tuesday, October 10 • 12:30 p.m.
Join this informative discussion of safety as we move into the holiday season.

How to Afford Eating Healthier?

Wednesday, October 11 • 12:30 p.m.
What should you eat? How often? What is a healthy snack? Meet Registered Dietitian Nicole Schillinger-Vogler from the Functional Health Center, and answer these questions and more!

Fire Safety

Tuesday, October 17 • 12:30 p.m.
Did you know that today, if your home broke out in fire, you would have less than three minutes to escape safely? Forty years ago, a person had about 17 minutes to escape a burning home. Evolutions in furnishings, homes incorporating more open layouts, and lightweight construction materials, allow fires to spread much quicker. Join us for information on ways to protect yourself and your family.



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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

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 (Art4ME Room) Mondays 10:00 a.m.
 Art4ME – Making Tuesdays 10:00 a.m.

September:

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

N: Friday Sept. 1 A: Tuesday Sept. 5

Art Viewing – Labor in Art

N: Friday, Sept. 8 A: Monday, Sept. 11

Art Making – Sculpt a depiction of labor with aluminum foil and a sticky pad.

N: Friday, Sept. 8 A: Tuesday, Sept. 12

Art Viewing – Sports in Art

N: Friday, Sept. 15 A: Monday, Sept. 18

Art Making – Depict your favorite sport with mixed media.

N: Friday, Sept. 15 A: Tuesday, Sept. 19

Art Viewing – Sculpture

N: Friday, Sept. 22 A: Monday, Sept. 25

Art Making – Create a sculpture using polymer clay.

N: Friday, Sept. 22 A: Tuesday, Sept. 26

Art Viewing – Transformed Objects

N: Friday, Sept. 29 A: Monday, Oct. 2

Art Making – Transform an object into a work of art with mixed media.

N: Friday, Sept. 29 A: Tuesday, Oct. 3

Art Viewing – Autumn in Art

N: Friday, Oct. 6 A: Monday, Oct. 9

Art Making – Create an autumn assemblage with leaves and mixed media.

N: Friday, Oct. 6 A: Tuesday, Oct. 10

Art Viewing – Photography

N: Friday, Oct. 13 A: Monday, Oct. 16

Art Making – Create a hand-altered 'selfie' photograph with mixed media.

N: Friday, Oct. 13 A: Tuesday, Oct. 17

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

N: Friday, Oct. 20 A: Tuesday, Oct. 24

Art Viewing – The Spirit World in Art

N: Friday, Oct. 27 A: Monday, Oct. 30

Art Making: Carve or paint a Jack O' Lantern with acrylics.

N: Friday, Oct. 27 A: Tuesday, Oct. 31

September/October 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/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

September/October 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
Pinochle	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

September 2017

Arthritis Foundation's Walk With Ease

No matter if you need relief from arthritis pain or just want to be active, Walk with Ease can teach you how to safely make physical activity part of your everyday life.

This evidence based program 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.

We will meet every Monday, Wednesday and Friday from 10:30 - 11:30 a.m. for six weeks. The program will be launched on Monday, September 11 and completed on Friday, October 20. Please call 215-619-8863 for more information.

Assisting Hands Home Care: A Seminar on Fall Risk

Wednesday, September 6 • 12:30 p.m.

Falls are the leading cause of injury and death among individuals over 65 years of age, according to the CDC. Illnesses, medications and environmental factors can all affect strength and balance contributing to a fall. There is also data that suggests that 75% of those who fall will do so again within six months. But shouldn't we expect aging adults to fall as they age due to

balance and strength conditions? In fact, falls are not a normal part of the aging process. Assisting Hands Home Care offers some timely advice on how to curtail and prevent in-home falls.

AARP Driver's Safety Class

Thursday, September 7

10:00 a.m. – 2:30 p.m.

Take this class and receive a 5% discount off your auto insurance and experience up to 15% fewer crashes! The cost is \$15.00 for AARP members and \$20.00 for non-members. Please bring your driver's license. If you would like to make an appointment, call 215-619-8863 or sign-up at the front desk.

The Different Faces of Home Care

Monday, September 11 • 12:30 p.m.

Getting in-home care means different thing to different people. The variety of services out there is mindboggling. Meet David Baim of Always Best Care who will be talking about friendly phone calls, job opportunities, caregiver support groups and veteran's programs. Bring your questions.

Yellow Daffodils

Wednesday,
September 13
12:30 p.m.

Yellow Daffodils Boutique has been providing women with post-mastectomy and post-reconstruction breast



prostheses, bras, lingerie, and swimwear for many years. Their board-certified fitters are qualified to find the best products for women after a mastectomy or reconstruction.

Prime Time Health Walk

Thursday, September 14

10:00 a.m. – 1:00 p.m.

It's almost time for the 11th Annual PrimeTime Health Walk at Fischer's Park! There will be trivia stations throughout the walk so pack your brains and get those cards stamped to qualify for the prize drawings. This year's theme is the 60's (we all remember the 60's, don't we?) and will be complimented by the groovy music sounds of Tonya and Marge. Generations will provide lunch for all participants.

Piano Sing-a-Long With Larry

Friday, September 15 • 12:30 p.m.

Meals on Wheels volunteer Larry Kirschner plays some classic tunes and shares music trivia about some of his favorite compositions. Singing is encouraged and the lyrics are supplied.

Foods that Fight Cholesterol

Monday, September 18
12:30 p.m.

Join Rabiya Bower, RD, LDN and in-store nutritionist for Giant, as she discusses the latest nutrition updates on cholesterol. Which foods fight it and which foods help it? Does it really matter how



Norristown Continued

Walking Trip #2 – Norristown Farm Park

Wednesday, October 18 • 10:30 a.m.

Hopefully, we will be able to enjoy some nice fall foliage as we take our second walk. Transportation for this walk is also being sponsored by the Office of Aging and Adult Services. As on our first walking trip, we will each bring our own sack lunch and drink. We will start our walk from parking lot #2. Wear comfortable shoes and dress for the weather. Autumn can be crisp!

Help from Health Spring

Thursday, October 19 • 12:30 p.m.

If you are currently a member of Cigna

Health Spring, this program is for you! Our new Customer Service representative Jose Grajales will be meeting with current Cigna members to help you with communication with the company, questions about coverage and ways to get the most out of the benefits available.

Can You Use a Lifeline?

Tuesday, October 24 • 12:30 p.m.

If you have fallen or run into an emergency, a lifeline can be available to you with this service! It offers immediate contact with a live person to help. Find out how it works and what options are available.

Know Your Numbers!

Tuesday, October 25 • 10:30 a.m.

Drop by and see Suzanne for a blood pressure check.

Legal Documents You NEED to Have

Tuesday, October 31 • 12:30 p.m.

Join Susan Strong from Legal Aid to explain the importance of Living Wills and Powers of Attorney. Make sure your families have the documents they need in any eventuality.

much you eat? Most importantly, can you eat eggs? She'll explain the science behind cholesterol and which foods (and activities!) help you reach your health goals. Samples will be provided.

Art with Jennifer

Tuesday, September 19 • 12:30 p.m.

Popcorn and a Movie

Thursday, September 21 • 10:00 a.m.

Falling Into Healthy Practices

Monday, September 25 • 12:30 p.m.

The leaves are changing and the days are getting shorter but there is no better time to tune up healthy mental wellness practices. Join us for an informative discussion on ways to keep your mood positive and feet active as we enter a darker part of the year.

Walking Tall

Wednesday, September 27 • 12:30 p.m.

Ambler Physical Therapy & Sports Rehabilitation specialist, Dianne Miller, will educate us on how to correctly adjust a walker so you can stand straight, tall and confident once again.

Making Life Accessible

Friday, September 29 • 12:30 p.m.

Amramp will discuss accessibility solutions that will guide you in selecting the appropriate products to enable you to remain safely in our home for as long as possible.

October 2017

How to Afford Eating Healthier

Monday, October 2 • 12:30 p.m.

What should you eat? How often? What is a healthy snack? Meet Registered Dietitian Nicole Schillinger-Vogler from the Functional Health Center and answer these questions and more.

Gambling Away the Golden Years

Wednesday, October 4 • 12:30 p.m.

This educational presentation explores the possibility of gambling turning from entertainment to addiction, especially during the retirement years.

Elvis Rocks the SAAC

Friday, October 6 • 12:30 p.m.

Put on your blue suede shoes and join Jim Fazio for some hip swiveling, rubber legged, toe tapping moves honoring rock-n-roll legend, Elvis Presley.

Can You Hear Me Now?

Monday, October 9 • 12:30 p.m.

Shenice Evans is the Consumer Educator for the Telecommunication Device Distribution Program (TDDP). TDDP gives specialized phones to individuals who are hard of hearing, deaf, low vision, blind, physically impaired, or have memory loss. She will explain how to access the service if you need it and providing phone demonstrations.

Swingin' 'n Swayin' with Woody

Wednesday, October 11 • 12:30 p.m.

Woody shares his amazing collection of vintage tunes as after-lunch entertainment. Listen, relax, enjoy, swing and sway.

An Educational Seminar on Medicare Supplement Insurance

Friday, October 13 • 12:30 p.m.

Brad Davis returns to the SAAC to continue the discussion on why pre-existing conditions matter when applying for Medicare supplement insurance, address the question of who is qualified for enrollment and identify the various supplement plans and what they cover.

Sound the Alarms: Fire Safety Forum

Monday, October 16 • 12:30 p.m.

Please take the time to come hear about life saving techniques in our open discussion on fire safety. Roughly one in every 320 households per year had a reported home fire. Learn how to create a fire safety plan to prevent injury for you and your family. This invaluable information will empower you to make the necessary changes in your daily home safety practices.

Five Ways Technology Improves How We Age

Wednesday, October 18 • 12:30 p.m.

We're living longer – and healthier – than our predecessors thanks to dramatic advancements in health care over the last century. And now, thanks to technological innovations, the way we age is transforming from living longer to living better. This workshop will reveal an array of apps, sites, and devices that can make it easier for you to work (if you want to), stay healthy, live in the home of your choice, and remain socially connected as you age.

Piano Sing-a-Long With Larry

Friday, October 20 • 12:30 p.m.

Abington-Jefferson Health Flu Shot Clinic

Monday, October 23 • 11:00 a.m. – 12:00 p.m.

Abington-Jefferson Health, Community Health Services is pleased to once again offer their flu immunization program to the SAAC. The cost of the flu vaccine will be \$30.00 per person. Their agency offers to bill your non-HMO Medicare B plan, or individuals may pay directly. If you have another medical insurance plan, please check with your provider for specific coverage. Please call 215-619-8863 for more information.

Legal Documents You Need to Have!

Monday, October 23 • 12:30 p.m.

Join Susan Strong from Legal Aid as she explains the importance of Living Wills and Powers of Attorney. Make sure your families have the documents they need in any eventuality.

Art with Jennifer

Tuesday, October 24 • 12:30 p.m.

Popcorn and a Movie

Thursday, October 26 • 10:00 a.m.



The Goblins are Haunting, the Monsters Will Mash, Join Us (if you dare) for a Halloween Bash

Friday, October 27
All Day

Come in your fiendish finery (costume) and enjoy Halloween

party games, special treats and ghoulish drinks ... mwahaha! Party includes prizes for the top three most spectacular costumes. Scary fun!

Emotional Balance

Monday, October 30 • 12:30 p.m.

As we get older, our stresses shift to other stresses. The ones we have been successfully dealing with for years abate and new ones take their place. Join Geri Kohut as she discusses the way to Emotional Balance.

PENNSYLVANIA'S
**Telecommunication Device
 Distribution Program**

TDDP

disabilities.temple.edu/tddp
 TDDP@temple.edu
 800-204-7428 (voice) 866-268-0579 (TTY)

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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

Norristown

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

Ambler

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Email:

info@montcosaac.com • execdir@montcosaac.com

CONSUMER & PROVIDER NOTICE

Unless specifically stated otherwise, any provider listed in this newsletter is a third party and inclusion of its information offered in seminars or workshops does not signify any relationship between it and Montco SAAC. Montco SAAC does not recommend or endorse any provider, and is not responsible for any loss related to use of services or information from any workshop. **DISCLAIMER**

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CAROL FRAWLEY

Director of Community Relations
 cfrawley@brandycare.com

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610 .272.6200 | Cell 484.684.0839

FROM THE DIRECTOR

Stand Up Against Hatred, Bigotry, Racism and Intolerance

Dear Friends,

WOW, Fall is just around the corner, where did Summer go? I am writing this column as the White Nationalists March is taking place in Virginia. This was a parade of white men whose hatred fostered murder. What has this to do with our senior center? I think of the veterans like my Dad or the men in our centers who fought for our freedoms in WWII against the Nazis, in the Korean War and in Vietnam. Now, young white men march on the lawns but are really trampling the Bill of Rights. They surrounded peaceful protesters and started beating them with their Tiki torches. Violence was the plan.

Each one of us needs to stand up and add our voice against hatred, bigotry, racism and intolerance. These men need to be held accountable for their acts of violence and

murder. Some cite "free speech" but free speech does not include any right to commit premeditated violence. Democracy is not about white males being the only group that counts. This parade represents the absolute worst of who people can be. This is not how democracy works.

HATE HAS NO HOME HERE AT OUR SENIOR CENTERS.



Linda
Linda Collins
Executive Director,
Montco SAAC

Fun at MontcoSAAC



Drop by the Billiard Room for puzzles, pinochle, and pool!



Art Instructor Jennifer Finch and her group discuss Degenerate Art. These were artists and art pieces that were banned by the Nazis.

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

Time Dated Material
September/October 2017

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

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U.S. Postage
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