

Live Full. Live Well. Live Long.



**MONTCO  
SAAC**

Norristown • Ambler

Volume 29, No. 1 January/February 2020

## Volunteer of the Month

### Paul Brown: A Meals on Wheels Hero



Glenside, PA was recently reminded of the critical need for the Meals on Wheels Program. Meals on Wheels Volunteer, Paul Brown, went for his normal Wednesday route. When he got to his first stop, he found the door slightly ajar and called in. He discovered that the senior that he was delivering to had fallen down the stairs. Immediately, he checked to see if she was responsive. She woke up very disoriented. Paul contacted the police and arranged for an ambulance to come. He waited with her until help arrived and did his best to make her as comfortable as possible, offering a blanket and offering to call her family.

It is situations like this that remind us of how important Meals on Wheels is. The program is not just about meal delivery. The wellness check provided by our volunteers is a crucial part of the program, to ensure that homebound seniors are safe and that loved ones can be notified

if there is a decline in their health. Paul's experience as a security officer came in handy in order to handle such an intense situation. He exemplified true heroism and we are so grateful to have such a brave and kindhearted person on our volunteer team. For this reason, we have chosen Paul Brown as our Volunteer of the Month. His act of courage and compassion in a time of need is an inspiration to us all.

Outside of Meals on Wheels, Paul is an insurance agent. He has three daughters and two grandsons that mean the world to him. As we enter the holiday season, Paul explained that each year his family sponsors a family in need, providing them food, bedding, and anything they might need. His family takes the time to give back to their community, and they don't really give gifts to each other anymore, because they know there are others that need them far more. Paul Brown is a true inspiration when it comes to the act of paying it forward. We applaud his efforts in all he does and are honored to have him as part of our Meals on Wheels program in Glenside.

## SAVE THE DATE:

**Thursday, May 14th**

**Montco SAAC's  
3<sup>rd</sup> Annual Corks & Forks**



For the third consecutive year, Montco SAAC invites you to join us for an evening of delicious hors d'oeuvres, locally crafted beverages, and music, all in support of our centers, Meals on Wheels programs, and inter-generational Art Center at Ambler. The evening of fun and fundraising will begin at 6 PM at Cedarbrook Country Club on Thursday, May 14th. Tickets will be available at Montco SAAC's centers and online at [Eventbrite.com](https://www.eventbrite.com) beginning in February.

## Preparing for the 2020 Census: Why Your Participation Matters

We are excited to announce that we've partnered with the U.S. Census Bureau to support the 2020 Census! Did you know that on average, for each person that fails to fill out the census, their community loses \$2,000.00 of funding every year? That's \$20,000 that our community would

United States<sup>®</sup>  
**Census  
2020**

be missing out on over the next ten years! As a census partner, we'll be working to ensure that older adults in Montgomery County are accurately represented. To learn about the upcoming census, visit [2020census.gov](https://www.2020census.gov) or attend center programming to learn more.



**\*\*Montco SAAC now offers a digital newsletter. To join our e-mail distribution, e-mail [mbuckminster@montcosaac.com](mailto:mbuckminster@montcosaac.com) or call 610-275-1960\*\***

[www.montcosaac.com](http://www.montcosaac.com) • 610.275.1960

## Norristown Happenings

### January

#### Try Some Technology: Chromebooks

*Every Day*



Chromebooks are mini laptops. They are meant for basic and everyday use. You can sign them out and

play games, internet, or answer e-mails. There are four Chromebooks available that were donated by a generous Girl Scout. Chromebook registration is available in the front office.

#### Sleeping Mat Project

*Monday through Friday, 10:30 am until 3:00 pm*

What's plarn? It is plastic yarn made from plastic grocery bags. The plarn is turned into waterproof mats that are given to homeless folks in our community. There is a task for every age and every skill level. There are even hidden plarners that do their work at their home. We are currently accepting plastic bag donations. See Michele for supplies.

#### Join a New Exercise Class – Zumba Gold

*Every Thursday, starting January 2, 10:45 am*

Join us for easy-to-follow choreography and fun moves while enjoying low intensity exercise. There are numerous benefits to the Zumba Gold program, many of which are felt after the very first class. With ongoing participation in the program, everyone could define their own goals and reach them while having fun at the same time. Look on the Daily Board for a list of benefits from The U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.

#### Jeopardy Team Trivia

*Thursdays, January 2, 9, 16, 23, 30, February 6, 13, 20, 27, 12:30 pm*

Just like the game on TV, there are six categories and six questions in each category. We play with two teams. If you do not know the answer your teammates can help.

#### New Year's Celebration

*Friday, January 3, 12:15 pm*

Celebrations Disc Jockey will be here to help us welcome 2020. We will toast to a new year, dance and enjoy!

#### Who What When?

*Monday, January 6, 13, 20, 27, February 3, 10, 17, 24, 1:15 pm*

Twenty-five hints are given to you. Often people guess who, what or when before all the hints are given. It's quick, fun, and brings back fond memories.

#### Safety with Danielle

*Tuesday, January 7, 21, 28 and February 4, 18, and 25, 10:30 am*

Look forward to a safe and happy New Year with information on scams, crime, and ways to avoid them. Meet with Danielle Charry of The Lincoln Center and be prepared.

#### Home Care Corner

*Tuesday, January 7, 12:30 pm*

For tips on home health care attend this informative seminar by Tiffany from Joy Total Home Care. Find out what they offer and what they can do to help you.

#### Crafternoon, Snacks, Tea and More

*Tuesdays, January 7, 14, 21, 28, February 4, 11, 18, 25, 1:30 pm*

We know that quite a few consumers are at the center in the afternoon. Why not join us for some afternoon fun. We will have a rotating series of activities. Look for the theme on the Daily Board.

#### Q P R – Suicide Prevention

*Wednesday, January 8, 12:30 pm*



QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Check out this informative training and be more aware of the options available should the need arise.

#### Local Current Events

*Thursday, January 9 and February 13, 10:30 am*

Presented by Senator Daylin Leach's office. Experience a stimulating and interactive discussion about current events in your community.

#### Eat Your Oats!

*Friday, January 10, 9:00 am*

**COST: \$.50 FOR ONE BOWL ALONG WITH THE TOPPINGS**

Today we will be serving up a creamy Crock-Pot of steel cut oats. There will be oatmeal toppings too. While you are chowing down on these heart-healthy treats, learn more about the benefits of eating oats. You may already know that oats are incredibly nutritious, but we will still have literature available to read or take.

#### Words on Wheels

*Every other Monday, January 13, 27, February 10, 24*

(No W.O.W. Monday, January 6)  
Norristown Public Library continues to instill the love of reading by bringing books, books on tape and DVDs to our center. Bring your card or sign up for a card on that day. They can even look you up to see if you still have a card. You can even make requests.

#### In Your Best Interest

*Tuesday, January 14, 12:30 pm*

The Lincoln Center offers a variety of services for exploited seniors and victims of crime. Find out what they offer and get some advice on how to avoid dangerous situations.

#### Traveling through the United States

*Wednesdays, Jan. 15 & Feb. 19, 12:30 pm*

Each month we will take a virtual trip to one state. You will discover things to learn, questions to answer, and a whole lot of fun along the way. We will have a United States map on a bulletin board, and we will mark off each state as we visit it.  
January – Deep in the Heart of Texas  
February – To honor Presidents Day you will travel to Abraham Lincoln's home state of Kentucky.

**Complimentary Hair Cuts**

*Wednesday, January 15, February 19, 10:30 am*

Provided by Premier Barber Institute of Norristown. Drop ins are encouraged.

**Let's Bowl!**

*Wednesday, January 15, 12:30 pm*

Bowling is a fun game that you can even play in a chair. This is an exciting sport that truly tests your power, accuracy and skill. There is nothing more satisfying than sending a ball thundering down the lane and hearing the pins clatter as you score a strike! Today we will be bowling at the Center.

**Healthy Steps for Older Adults**

*Thursday, January 16 and 23, 10:30 to 1:30*

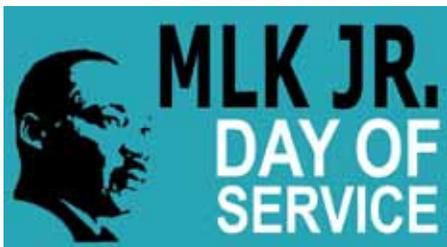
Healthy Steps for Older Adults addresses many common causes of falls:

- Environmental safety
- Balance, strength, flexibility, and endurance exercises
- Nutrition
- Foot health
- Sensory deficits (vision/hearing)
- Side effects of medication
- Health status/disease states, including substance use
- The need to maintain an active lifestyle
- Social connectedness
- Mental and spiritual well-being

Healthy Steps is an evidence-based program proven to help prevent falls. See Susan or Michele to register!

**Martin Luther King Day of Service**

*Monday, January 20*



Today we will have volunteers helping with our Sleeping Mat Project. We appreciate these volunteers for observing this day

as a “day on, not a day off.” MLK Day of Service is intended to empower individuals, strengthen communities, bridge barriers, create solutions to social problems, and move closer to Dr. King’s vision of a “Beloved Community.”

**Experts in Arthritis**

*Monday, January 20, 12:30 pm*

This program offers people with arthritis the opportunity to be informed about current scientific evidence and management strategies in the treatment and care of osteoarthritis and rheumatoid arthritis. It is a presentation of the U. S. Bone and Joint Initiative.

**Hope and Help in one Place!**

*Tuesday, January 21, 12:30 pm*

A new service is being offered in Montgomery County. They are a comprehensive service offering support and education for anyone struggling with life. Check it out for you or someone you know.

**Senior Health and Wellness**

*Wednesday, January 22, 10:00 to 12:00*

Get all your Medicare covered preventive services in one place. Visit this amazing mobile doctor’s office. Bring your insurance card and be tested at no cost!

**Healthy Steps for Older Adults**

*Thursday, January 23, 10:30 to 1:30*

Session 2

**India Republic Day**

*Friday, January 24, 12:30 pm*

On January 26 in 1950, India became a republic. India had previously gained independence from Britain in 1947. Join us for an India-themed afternoon. Music and samosas will be provided.

**Discover Resources in PA**

*Thursday, January 30, February 27, 10:30 am*

Presented by State Rep. Matt Bradford’s office. Join us today to learn about the resources available to you in Pennsylvania. Bring your questions and concerns. Need something notarized? See Michele about having it done at this time each month.

**Elder Abuse**

*Tuesday January 28, 12:30 pm*

What constitutes Elder Abuse and what can you do to help yourself or a friend? Speak with Sophia Polites of the Senior Law Center about this sensitive topic.

**Chinese New Year Lunch**

*Wednesday, January 29*

Today enjoy a Chinese themed lunch and learn about the sign of the Rat on the Chinese calendar. The Rat is the first sign from the 12-animal cycle of the Chinese Zodiac. This time period is considered a year of new beginnings and renewals. So says the [chinesezodiac.org/horoscope](http://chinesezodiac.org/horoscope).

**Hot Chocolate Day**

*Friday, January 31, 9:30am*

Oh, the sweet taste of a hug, the thermal gratification of thawing your cold fingers with a piping hot cup of hot chocolate! How about some marshmallows or whipped cream to top it off?

**Happy Birthday to You!**

*Friday, January 31, February 28, 12:00 pm*

We will be celebrating monthly birthdays with cake, ice cream and cards. Join us on the last Friday and bring your singing voice.

## Norristown Happenings February

**African American History Month**

*February 3, 10, 17, 24, 1:15 pm*



Who Am I? – Name the Famous African American.

**Parkinson’s Disease**

*Tuesday, February 4, 12:30 pm*

What is Parkinson’s Disease? How is it treated and what can you do about the symptoms? Join Bayada staff for a look at this chronic condition.

**Wear Red Day***Friday, February 7*

The Nation goes red in February. During American Heart Month, the nation comes together, igniting a wave of red from coast to coast. The common goal; the eradication of heart disease and stroke. Wear anything red today. Guess how many hearts are in the jar (Dark chocolate hearts of course!).

**The Write Word Game***Friday, February 7, 12:30pm*

It is like Wheel of Fortune; participants guess letters to answer trivia questions about African American history.

**Options in Long Term Care***Tuesday, February 11, 10:30 am*

Manor Care of King of Prussia will be describing their facility and explaining their levels of care. They will be offering monthly seminars on chronic conditions common to seniors. Be sure to see what programs apply to you or someone you love!

**In Your Best Interest***Tuesday, February 11, 12:30 pm*

See January 14.

**Experience the Underground Railroad***Wednesday, February 12, 12:30 pm*

Take a virtual trip traveling the underground railroad. Learn about the role it played in helping slaves escape to freedom. Please join us as we learn more about this important time in American history.

**Valentine's Day***Friday, February 14*

This popular festival of love and romance traces its origin back to the 5th century. Today we will enjoy a few things that we love but not in a romantic way. Most people love food. We will be treated to a special lunch. Many people love music. Relish some old-fashioned love songs. A lot of people love chocolate. Savor a variety of chocolate treats at lunch.

**Fit to a T***Tuesday, February 18, 12:30 pm*

A T-score is the measure of a person's bone density and susceptibility to fragility fracture. Do you know your T-score? This

seminar is designed to increase awareness and understanding of these important issues and to help reduce the approximately 2 million fractures that occur each year in this country as a result of low bone mass.

**Mardi Gras***Tuesday, February 25*

Known as Fat Tuesday, Shrove Tuesday, and Pancake Tuesday, this Carnival celebration culminates on the day before Ash Wednesday. Christians dating back to 1699 reflected the practice of the last evening of eating rich foods before the ritual fasting of the Lenten season. Today, wear something purple and do not forget to wear beaded necklaces. In the morning on this day while supplies last, enjoy a fasnacht (also spelled fastnacht, faschnacht, fasnott, fosnaught, fausnaught ) with a cup of hot coffee.

**The Census is Coming!***Tuesday, February 25, 12:30 pm*

The Census is a tool used by the government to allocate funds to pay for vital programs, impacting housing, education, transportation, employment, health care and public policy. It is in our best interest to make sure everyone is counted. Get the details!

**Coming Soon:****WRAP! Wellness Recovery Action Planning***Wednesdays in March and April*

## Ambler Happenings January

**Got Drugs?***Friday, January 3, by appointment only*

APPRISE counselor, Ed Rogan will provide you with necessary Medicare information. What you think you know, may not be what you should know. Learn how Medicare benefits you. Call for an appointment 215-619-8863.

**Elder Abuse***Monday, January 6, 12:30 pm*

What constitutes Elder Abuse and what can you do to help yourself or a friend?

Speak with Sophia Polites of the Senior Law Center about this sensitive topic.

**Healthy Steps for Older Adults***Monday, January 6th*

Healthy Steps for Older Adults – Montgomery County Office of Senior Services will present this program at Montco SAAC Ambler on Monday January 6 from 9:00am-11:30am and January 13 from 9:30am-11:30am. This is a two session class. The first session will be held for 2.5 hours so that participants can receive an initial screening assessment. The second session will be held for two hours. Participants will receive information about how to modify your home, prescription/medicine safety, nutrition, stress and exercise. This class is lecture style but session two involves some gentle exercises.

**ABC's of Happiness***Wednesday, January 8th*

There is an old saying, "If you are not happy, act like a happy person and you will become one." There is great wisdom and science

behind "acting out happiness." We'll take a little vacation from our stress by talking about what makes us happy and we'll ACT happy too!

**Experts in Arthritis***Monday, January 13, 12:30 pm*

This program offers people with arthritis the opportunity to be informed about current scientific evidence and management strategies in the treatment and care of osteoarthritis and rheumatoid arthritis. It is a presentation of the U. S. Bone and Joint Initiative.

**Moving Forward with Reverse Mortgage***Wednesday, January 15, 12:30 pm*

As you live out your retirement you may find a Reverse Mortgage is a powerful financial tool that can help you meet your needs for today and tomorrow. WSFS Reverse Mortgage Loan Officer, Karen Rader, will share options that can help you make

the most of your retirement years with greater independence and peace of mind.

### **Dr. Martin Luther King Day Reverend Jarkeer Lasseter speaks!**

*Monday January 20, 10:00 am*

In honor of Dr. King, Reverend Lasseter will reverence Dr. King's memory by sharing the importance of love and equality in humanity.

### **Home Care Corner**

*Monday, January 20, 12:30 pm*

For tips on home health care attend this informative seminar by Tiffany from Joy Total Home Care. Find out what they offer and what they can do to help you.

### **Matter of Balance**

*Tuesday, January 21st scheduled for 8 weeks  
1:00-3:00 pm*



Montgomery County Office of Senior Services will present this program at Montco SAAC Ambler on Tuesdays from 1:00 pm-3:00 pm starting on January 21 and ending on March 10. This is an 8 session class. Each session will last two hours. Participants will learn through discussion, role play and brainstorming what their concerns about falling are, how those fears impact their lives and strategies to overcome those concerns. Starting in session three, exercise will be done in every class to address balance, strength, flexibility and endurance—all imperative in improving balance and decreasing fall risk. \*\*Please note that no additional participants will be admitted into the class after session two.

### **Could Chiropractic Care Help You?**

*Monday, January 27, 12:30 pm*

Meet Dr. Dean DePice of TLC Chiropractic Center and discover the options available through his care. Dr. DePice seeks answers for health issues that are not found with traditional medicine. Besides results, each patient also receives a comprehensive analysis and treatment plan.

### **Not all Homecare is the Same**

*January 29th, 12:30 pm*

- Each day in the United States, 6,000 people turn 65 years of age.
- 1 in 5 Americans will be older than age 65 by the year 2030.

*(American Association of Retired Persons, 2003)*

The above facts equal a staggering increase of people looking for assistance with their daily living activities. Come learn about different options for homecare.

### **Senior Law Clinic**

*Friday, January 31, 10 am-12 pm*

Amy R. Stern, Attorney at Law, is offering free legal advice and notary public. Services for Wills and Power of Attorney are \$50 or less. Sign up for an appointment by calling 215-619-8863

## **Ambler Happenings**

### **February**

#### **Emotional Balance**

*Monday, February 3, 12:30 pm*

Welcome back Geri Kohut of Cathedral Village, for a look at keeping your emotional life under control. Spend a relaxing and enjoyable hour looking at ways to take it easy.

#### **APPRISE**

*Friday, February 7th, by appointment only*

APPRISE counselor, Ed Rogan will provide you with necessary Medicare information. What you think you know, may not be what you should know. Learn how

Medicare benefits you. Call for an appointment 215-619-8863

#### **Drug Take Back**

*Friday, February 7th 11:30 am-1:00 pm*

Bring in your expired and unused prescription and over the counter drugs for collection and safe disposal. Montgomery County Office of Senior Services in partnership with the District Attorney's Office and County Detectives will be at the center to collect your medications and provide information and resources about medication safety, safe needle disposal and other safety topics.

#### **Prevent Hardening of Attitudes and a Add More Laughter to Your Life**

*February 15th, 12:30 pm*

Join Sue Shotel Simon, certified laughter leader in a practice of mindfulness. Each day remember what the special practice is for that day. Whenever you see an opportunity, take some action to fulfill the practice for that day. Your actions will become habits and the habits will become a natural and positive way of life for you. Soon you will be amazed to find that you laugh more and are more cheerful and optimistic. Whenever you are mindful of any of the practices and the pleasant feelings they bring, you can tell yourself, "Isn't it great that I feel happy now! Right now!"

#### **Fit to a T**

*Monday, February 10, 12:30 pm*

A T-score is the measure of a person's bone density and susceptibility to fragility fracture. Do you know your T-score? This seminar is designed to increase awareness and understanding of these important issues and to help reduce the approximately 2 million fractures that occur each year in this country as a result of low bone mass.

#### **Home Care Corner**

*Monday, February 17, 12:30 pm*

Sweet Home Health Care will be with us today highlighting some of their special services and ways to get the most for your home care experience.

**"PHINDING The Positive"***Wednesday, February 19, 12:30 pm*

We'll look at our choices and ways to retrain ourselves on how we want to

respond and how we choose to express ourselves. We can choose to be happy or we can choose to be something else. We can't always control an experience, but we

can control how we choose to react to an Experience!

**The Census is Coming!***Monday, February 24, 12:30 pm*

The Census is a tool used by the government to allocate funds to pay for vital programs, impacting housing, education, transportation, employment, health care and public policy. It is in our best interest to make sure everyone is counted. Get the details!

**Senior Law Clinic***Friday, February 28, 10AM-12PM*

Amy R. Stern, Attorney at Law, is offering free legal advice and notary public. Services for Wills and Power of Attorney are \$50 or less. Sign up for an appointment by calling 215-619-8863.

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**ART4ME | JANUARY AND FEBRUARY Art4ME TOPICS****Art4ME in Norristown - Time and Location**

Art4ME – Viewing (Community Rm) Fridays 10:15 AM  
Art4ME – Making (Art Room) Fridays 12:15 PM

**Art4ME Ambler - Time and Location**

Art4ME – Viewing (Art 4 Me Room) Mondays 10:00 AM  
Art4ME – Making (Art 4 Me Room) Tuesdays 10:00 AM

**January***\*All dates are subject to change***Art Viewing- New Year's Resolutions in Art**

N: January 3, 2020 A: December 30, 2019

**Art Making: Create a wax resist of what you would like to see in the new year.**

N: January 3, 2020 A: December 31, 2019

**Art Viewing- Movement in Art**

N: January 10, 2020 A: January 6, 2020

**Art Making: Create a watercolor showing movement.**

N: January 10, 2020 A: January 7, 2020

**Art Viewing- Transformed Objects**

N: January 17, 2020 A: January 13, 2020

**Art Making: Transform an everyday object into a work of art with mixed media.**

N: January 17, 2020 A: January 14, 2020

**Art Viewing- Celebrating the Chinese New Year in Art: The Year of the Rat.**

N: January 31, 2020 A: January 27, 2020

**Art Making: Create a picture of abundance and surplus.**

N: January 31, 2020 A: January 28, 2020

**February***\*All dates are subject to change***Open Studio: Come and finish a work, or start a new one!**

N: February 7, 2020 A: February 3 & 4, 2020

**Art Viewing- All You Need is Love (Love in Art)**

N: February 14, 2020 A: February 10, 2020

**Art Making: Create a Valentine with mixed media.**

N: February 14, 2020 A: February 11, 2020

**Art Viewing- Celebrating African American Artists**

N: February 21, 2020 A: February 17, 2020

**Art Making: Create a cultural self-portrait with mixed media.**

N: February 21, 2020 A: February 18, 2020

**Art Viewing- Prehistoric and Ancient Art**

N: February 28, 2020 A: February 24, 2020

**Art Making: Create a collaborative mural with acrylic paint & mixed media.**

N: February 28, 2020 A: February 25, 2020

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.



## MONTCO SAAC

### Our Mission

The mission of the Senior Adult Activities Center of Montgomery County is to involve, enrich, and empower adults 50 years of age or better to live as independently, as possible in our communities. We do this by promoting the wellness of adults 50 years of age or better through recreational, educational, and social opportunities as well as being a referral source for services available within our service area. Activities and programming of our centers emphasize creating and maintaining independence in all phases of life.

### 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

#### 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.

## November/December Norristown Calendar

### EXERCISE

Fitness Center	Daily	8:00 a.m.-4:00 p.m.
Morning Stretch	Daily	10:00 a.m.
Line Dancing with Maria	Mon. & Thurs	10:30 a.m.
Stronger Seniors	Mon. Thurs. & Friday	10:30 a.m.
Yoga with Laurie	Tuesdays	10:30 a.m.
Chair Tai Chi with Darrel	Wednesdays	10:30 a.m.

### ENRICHMENT AND GAMES

Jammers	Fridays	12:15 p.m.
Jam and Sing	Tuesdays & Thursdays	10:30 a.m.
Billiards Room	Daily	8:00 a.m.-3:30 p.m.
Bingo	Tuesdays	10:00 a.m.
Pinochle-Rummikub	Daily	11:00 a.m.
Art4ME - Viewing	Fridays	10:30 a.m.
Art4ME - Making	Fridays	12:00 p.m.
Art with Jennifer	Thursdays	10:00 a.m.-12:30 p.m.
Bible Study	Wednesdays	12:15 p.m.
Team Trivia	Thursdays	12:15 p.m.
Movie	Mondays	10:15 a.m.
Complimentary Hair Cuts	Third Wednesday	10:30 a.m.
Sleeping Mat Project	Fridays	10:30 a.m.

### OTHER

Current Events	Second Thursday	10:30 a.m.
Resources in PA and Notary	Fourth Thursday	10:30 a.m.
Living a Happy Life	Wednesdays	10:30 a.m.
Books on Wheels	2nd and 4th Mondays	10:30 a.m.

## November/December Ambler Calendar

### EXERCISE

Fitness Center	Daily	8:00 a.m.-4:00 p.m.
DanceFit	Mondays	10:00 a.m.
Tai Chi	Mon. & Thurs.	11:00 a.m.
LIFT (Growing Stronger +)		
8 wks, Registration Required	Tues. & Thurs.	9:30 or 11:30 a.m.
Strength with Tiffany	Wednesdays	10:00 a.m.
Chair Dance & Strength w/Rodger	Wednesdays	10:00 a.m.
SilverSneakers Balance	Wednesdays	11:00 a.m.
Chair Aerobics & Strength	Fridays	10:00 a.m.
Yoga w/Elizabeth	Fridays	10:30 a.m.

### GAMES

Billiards Room	Daily	8:00 a.m.-4:00 p.m.
Bingo	Mon., Wed. & Fri.	10:00 a.m.
Pinochle	Mon. & Fri.	11:00 a.m.

### ENRICHMENT

Art4ME - Viewing	Mondays	10:00 a.m.
Art4ME - Making	Tuesdays	10:00 a.m.
Art with Jennifer	Last Tuesday	12:30 p.m.
Crafts with Alex	Every Other Thursday	10:30 a.m.
Advanced Quilting	Wednesdays	1:00 p.m.
Knitting & Crocheting	Fridays	10:30 a.m.
Piano Lessons		Appointment Only
Mat Weaving	Fridays	10:30-11:30 a.m.

### OTHER

AARP Driver Safety Class	TBA	9:30 a.m.-2:00 p.m.
Abington Jefferson Health Blood Pressure Screenings	Second Wednesday	9:30 a.m.-11:30 p.m.
APPRISE	First Friday	Appointment Only
Senior Law Clinic	Last Friday	10:00 a.m.-12:00 p.m.



**Norristown Center**  
MONTCO SAAC  
536 George Street  
Norristown, PA 19401

## Time Dated Material January / February 2020

### From Our Director



#### A Word from Whit

Welcome to the new year! With winter underway and the promise of a new blank calendar, many people take January as a time for a clean slate. New fitness routines, personal goals, and challenges are abundant. I hope some of your resolutions are to take full advantage of the numerous benefits offered to members of Montco SAAC. Did you know membership offers you the following?:

- Qualifying for our delicious congregate lunches
- Reciprocal membership with the Art Center at Ambler for discounted classes and events
- Reduced rental rates if you'd like to hold an event in one of our spaces

- Exercise classes (often at reduced rates)
- First access to Montco SAAC events like Corks and Forks

Montco SAAC also offers numerous volunteer opportunities including delivering Meals on Wheels, calling bingo, serving lunch, helping out in the thrift shop, SAAC's Fifth Avenue, and assisting with art shows. If you're interested in volunteering or want to try it out, reach out to a staff person who can show you the ropes.

Whether you want to get fit, make friends, or try something new, Montco SAAC can help you achieve your 2020 goals. I hope to see you trying out ceramics or popping into a yoga class soon!

Cheers!

*Whit*

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