

Live Full. Live Well. Live Long.



MONTCO SAAC

Norristown • Ambler

Volume 27, No. 4 July/August 2019

Volunteer of the Month

Glenside's Mariann O'Connor



We are celebrating Mariann O'Connor's 5th year of volunteering at Meals on Wheels Glenside. For this reason, amongst many more, we have

chosen to honor Mariann as our Volunteer of the Month.

Mariann drives her route every Wednesday and Thursday. In the past, she has even helped photograph events for Montco SAAC, such as the Silver Foxes Fashion Show and the Outrunning Senior Hunger 5K.

Her dedication to serving her community has brought so much joy to our homebound seniors. She has developed such close relationships with those who she delivers to and she goes above and beyond to make sure they get the care they need. Mariann says that sometimes she feels like she gets even more out of the Meals on Wheels program than the recipients, because of how rewarding her volunteer work is.

Beyond Meals on Wheels, Mariann is an avid photographer, gardener and she is a former golf pro! She keeps herself busy with her many hobbies and skills.

We love having Mariann as part of the Meals on Wheels Team because of the outstanding work she does.

Thanks Mariann!

Open House and Community Day



Saturday, August 24, 10:00 a.m. to 2:00 p.m.

Montco SAAC Norristown

536 George Street, Norristown PA 19401

Montco SAAC invites the community to join us in celebrating aging well while offering a glimpse at the new, exciting updates to our Norristown center including an elevator and newly paved parking lot.

We would like to give community members in the neighborhood the opportunity to better understand the services Montco SAAC provides and the folks that we serve in Norristown.

This event will feature tours, entertainment, local businesses and organizations, hot dogs, lemonade, book bag and school supply distributions, information about Meals on Wheels, chair yoga, and more. Invite your friends and family, pick up a flyer in the office and post it on your bulletin board where you live. Tell your neighbors, acquaintances in your clubs or organizations, and people at your place of worship. All are welcome!

Pay Your Membership Dues for a Chance to WIN!



With the start of the new fiscal year comes new programming, new entertainment, new trips, and new experiences and all of the social services that you're used to receiving. Be sure to pay your membership dues and help ensure the continuation of these invaluable resources.

See your receptionist or mail checks to your local Montco SAAC.

Single Membership: \$30 Under 50 Membership: \$40 Business Membership: \$300

Annual Membership (couple): \$50 Lifetime Membership: \$200

Enroll by July 30th for a chance to win a \$50 Wawa gift card!



****Montco SAAC now offers a digital newsletter. To join our e-mail distribution, e-mail mbuckminster@montcosaac.com or call 610-275-1960****

www.montcosaac.com • 610.275.1960

Norristown Happenings

July

Who What When?

Mondays starting at 1:15 p.m.

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

Complimentary Hair Cuts

Every third Wednesday beginning at 10:30 a.m.

Provided by Premier Barber Institute of Norristown. Sign up in the office. Drop ins are welcomed.

Local Current Events

Thursdays, July 11, and August 8, 10:30 a.m.

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

Jeopardy Team Trivia

Thursdays starting at 12:30 p.m.

Just like the game on TV, there will be six categories and six questions. We play with two teams. If you do not know the answer it is not a problem. Your team can help. Healthy snacks may be provided.

Happy Birthday to You!

Every fourth Friday 12:00p.m.

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

Sleeping Mat Project

Fridays, starting at 10:30 a.m.

What's plarn? It's plastic yarn made from plastic grocery bags. The plarn is turned into waterproof mats that are given to the homeless in our community. There is a task for everyone. We even have hidden plarners that do their work at their home. All the materials are provided. We do accept plastic bag donations.

Discover What's Possible in PA

Thursdays, July 25, & August 22, 10:30 a.m.
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 for you at Montco SAAC.

Safety with Danielle

Tuesday, July 2, 9, 16, 23, & 30, 10:30 a.m.

Been a victim? Afraid of being a victim? Meet with Danielle Charry, Mobile Victim therapist for The Lincoln Center and learn how NOT to be a victim!

Fraud Bingo

Tuesday, July 2, 12:30 p.m.

Every day people get scammed out of THOUSANDS of dollars! Many times, it's those who can least afford to lose the money. This is a fun and interactive presentation that teaches consumers how to protect themselves from investment fraud by playing a familiar game: Bingo! Players learn how to detect financial fraud by identifying scams affecting their own city or town and learn techniques to protect themselves from this financial abuse.

Happy Birthday America!

Wednesday, July 3rd



243 Years Young! Wear your red, white and blue! Enjoy a picnic themed lunch. There will be patriotic music and fun.

Healthy Eating Every Day

Tuesday, July 9, 12, 30, 12:30 p.m.

Einstein Nutritionists will be with us again for a look at what constitutes a healthy diet and how to maintain it. Recipes and taste testing are included! This four-week session will wrap up on August 6!

Bahama Mamas

Wednesday, July 10

On this day in 1973 the Bahamas officially separated from the United Kingdom. At lunch quench your thirst with a delicious non-alcoholic version Bahama Mama. Following lunch, learn about the culture and take a virtual visit to this beautiful archipelago.

Watching Out for Us!

Wednesday, July 10, 12:30 p.m.

Dawn Batman from the Montgomery County Office of Aging and Adult Services will be joining us for a look at Pedestrian Safety. Walking has such great health benefits, but not if you ignore safety issues.

Bingo with a Twist

Wednesday, July 17, 12:30 p.m.

Join Lori Boukrouche and have fun while learning more about the ins and outs of Medicare.

Breyers I Scream Day

Friday, July 19, 12:00 p.m.

For dessert today look forward to a treat. An ice cream cone with Breyers ice cream. Today learn the origin of I scream, you scream, we all scream for ice cream.

Celebrate!

Tuesday, July 23, 12:30 p.m.

Come and celebrate the medical benefits we have available in this country. Join Lori Boukrouche from Agents for Advocacy. She will be available for questions but mostly to celebrate!

Valley Forge Casino Transnet Trip

Wednesday, July 24, 10:30 a.m. until 1:30 p.m.



Casino fun, food and beverages are on your own. Register by July 8

Cost: \$9.00 for transportation- Transnet registered age 65 plus
\$15 for transportation- Transnet registered age 60-64

Red Shoe Day

Thursday, July 25

Today wear your red shoes, red socks or even a red ribbon. This day helps us remember those we have lost to invisible illnesses such as Lyme, ME/CES, Fibromyalgia and the many illnesses that are generally "invisible." Sometimes our lives are touched by friends who, though they are only able to stay a while, continue to live in our hearts and memories forever. Pick up your Lyme disease fact sheet in the lobby.

The Great Garlic Day

Friday, July 26

Learn all about the health benefits of garlic today. Help us harvest the garlic in the garden and you may even be able to bring some home. Enjoy some warm garlic bread with a delicious spaghetti lunch.

Let's Go Spelunking

Friday, July 26, 12:30 p.m.

Come with us and take a virtual tour of the ten most beautiful caves in the world.

Happy Birthday Shredded Wheat

Wednesday, July 31, starting at 9:30 a.m.

It was on this day in 1893 the Denver

restaurant owner Henry Perky received a patent for Shredded Wheat. Start your day off right with bowl of shredded wheat. Enjoy it with a nice hot cup of coffee.

Best of Bayada

Wednesday, July 31, 12:30 p.m.

Meet Bayada specialists in the care of adult medical issues and find out the opportunities available in your own home. This time they are planning a game show format, so drop in for fun and learning!

Norristown Happenings

August

Safety with Danielle

Tuesday, August 6, 20, 27, 10:30 a.m.

Wrap up your summer safely, with information on scams, theft and personal safety from Danielle Charry. This program is a service of the Lincoln Center.

Healthy Eating Every Day

Tuesday, August 6, 12:30 p.m.

Einstein's 4-week session wraps up.

Elvis Week

Friday, August 9



We are having an Elvis Look-a-Like Competition! We will have fun singing All Shook Up! Today you will hear some of Elvis's greatest hits. All around the world people claim to have seen Elvis. You may even see him at Montco SAAC. Look

around and see if you can spot him. Find Elvis's picture and win a prize.

Sunglass Fashion Show

Monday, August 12, 12:15p.m.

Bring your sunglasses and we will all put them on at once. Look around and see all the different kinds, prescription, designer, glittery ones, and UV protection. Learn about the history of sunglasses and the science of how they work.

The Many Faces of The Lincoln Center

Tuesday, August 13, 10:30 a.m.

We all know Danielle, our mobile therapist from the Lincoln Center, but there are numerous other programs offered by the center. Today you can meet Letisha Bellman and find out what other options might be available to you.

In Your Best Interest

Tuesday, August 13, 12:30 p.m.

Find out ways to protect yourself from the criminal element with Danielle.

Shake Shack Transnet Trip

Wednesday, August 14, 10:30a.m. until 1:30p.m.

This stand-alone shack near the King of Prussia Mall serves up the most delicious burgers, hot dogs, and shakes. We can gather together to enjoy fresh, simple, high-quality versions of the classics in a majestic setting. Food and beverages are on your own.

Register by July 31

Cost: \$9.00 for transportation- Transnet registered age 65 plus

\$15 for transportation- Transnet registered age 60-64

World Honeybee Day

Friday, August 16, 10:30 a.m.

Enjoy local honey in your tea today. Learn fifteen interesting facts about our friend the honeybee and receive a raffle ticket for the chance to win a bottle of local honey.

The Nineteenth Amendment

Movie Monday, August 19, 10:15 a.m.
 “One Woman, One Vote” documents the seventy-year battle for women’s suffrage, which finally culminated in the passage of the Nineteenth Amendment to the Constitution.

Is It Alzheimer’s or Is Your Brain Just Full?

Tuesday, August 20, 12:30 p.m.
 Welcome back Jerri Kohut who is doing presentations from Cathedral Village. Today she will be discussing Alzheimer’s, which is one of her specialties.

National Senior Citizens Day

Wednesday, August 21
 On August 21, 1988 Ronald Reagan declared this day a holiday. Senior citizens contribute heavily to our society and for what they have achieved and to continue to achieve, they all deserve our thanks. Today there will be a free raffle to possibly win lottery tickets. Since 1972, the Pennsylvania Lottery has generated nearly \$29 billion in funding to support programs for older residents. The Pennsylvania Lottery remains the only state Lottery that designates all its proceeds to such programs.

Profit from Your Produce (Demonstration and Distribution)

Wednesday, August 21, 12:30 p.m.



Teri Wassel, nutritionist from the County’s Health Department and Department of Aging, will be joining us with free produce and a demonstration of how it can be used. Please bring your REUSABLE BAG! Plastic ones will not be provided.

Montco SAAC’s Open House

Saturday, August 24, 10:00 a.m. until 2:00 p.m.
 Invite your friends and family to our welcoming Open House & Community Day. Food, entertainment, chair yoga, tours, and so much more will be provided. Learn about our future elevator, a newly paved parking lot, an urban garden to name a few.

Diabetes and Dessert

Tuesday, August 27, 12:30 p.m.
 St Mary’s Villa will be providing this delicious educational program on diabetes. Find out how to deal with this complicated disease in yourself and for your friends and learn about St Mary’s and their services as well.

Ambler Happenings

July

Fraud Bingo

Monday, July 1, 12:30 p.m.
 Every day people get scammed out of THOUSANDS of dollars! Many times, it’s those who can least afford to lose the money! This is a fun and interactive presentation that teaches consumers how to protect themselves from investment fraud by playing a familiar game: Bingo! Players learn how to detect financial fraud by identifying scams affecting their own city or town, and learning techniques to protect themselves from this financial abuse.

Red, White and Blue

Wednesday, July 3, 12:30 p.m.
 Wear our national colors and find out how much you know about the country and flag.

Closed: Happy 4th of July!

Thursday, July 4 and Friday, July 5

Watching Out for Us

Monday, July 8, 12:30 p.m.
 Dawn Batman from the Montgomery County Office of Aging and Adult Services will be joining us for a look at Pedestrian

Safety. Walking has such great health benefits but not if you ignore safety issues.

Abington Jefferson Health Blood Pressure Screenings

Wednesday, July 10, 9:30 to 11:30 a.m.

Crafts with Alex

Thursday, July 11, 10:30 a.m.

Sundae Monday

Monday, July 15, 12:15 p.m.



Buy a scoop of ice cream for a dollar and add all your favorite toppings. Yum!

Bingo with a Twist

Monday, July 15, 12:30 p.m.
 Join Lori Boukrouche and have fun while learning more about the ins and outs of Medicare.

New Voting System in Montgomery County

Monday, July 17, 12:30 p.m.



Beginning with the primaries in May 2019, Montgomery County will use a new voter-marked paper ballot system with a verifiable paper trail, replacing the electronic push-button voting machines used since 1996. Corrie Emerson from the Montgomery County Board of Commissioners will explain the new system.

Popcorn and a Movie: *Invictus*

Thursday, July 18, 10:00 a.m.

Show and Tell

Friday, July 19, 12:30 p.m.

Who wants to share something about themselves?

Old Jokes Day

Wednesday, July 24, 12:30 p.m.

Bring in your old jokes and let's have some fun and share some laughter.

Red Shoe Day

Thursday, July 25, All Day

Wear red shoes to support those who suffer from Lyme Disease and get the facts on this worldwide infectious disease.

Senior Law Clinic

Friday, July 26, 10:00 a.m. to 12:00 p.m.

Amy R. Stern, Attorney at Law, offers free legal advice and notary public in addition to \$50.00 Wills and \$25.00 Power of Attorney. Sign up at the Center or call 215-619-8863 to make an appointment.

Piano Sing Along with Larry

Friday, July 26, 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, the lyrics are supplied.

Celebrate

Monday, July 29, 12:30 p.m.

Come and celebrate the medical benefits we have available in this country. Join Lori Boukrouche from Agents for Advocacy. She will be available for questions, but mostly to celebrate!

Art with Jennifer

Tuesday, July 30, 12:30 p.m.

Whole Grains and Legumes and Nuts, Oh My!

Wednesday, July 31, 12:30 p.m.

Terri Wassel, a public health nutrition-

ist, guides us through the basics of the Mediterranean diet, providing important information we need to know about this heart-healthy and totally delicious way to eat and live.

Ambler Happenings August

Community HealthChoices

Friday, August 2, 12:30 p.m.

Jessy Foster from the PA Health Access Network explains Community HealthChoices (CHC), a new Medicaid program that uses managed care insurance companies (MCOs) to take the confusion out of your healthcare and see that you get the medical and social supports you need. The CHC program is about the Medicaid part of your benefits and does not change or replace your Medicare coverage.

J.T. Trinacria

Wednesday, August 7, 12:30 p.m.

With his powerful, yet melodic voice, dynamic stage presence, personality and charisma, J.T. Trinacria has established a reputation for his ability to sing in a variety of different styles and genres from the 1920's through today. Don't miss the show!

Crafts with Alex

Thursday, August 8, 10:30 a.m.

Pet Therapy with Teddy

Friday, August 9, 12:45 p.m.

Sundae Monday

Monday, August 9, 12:15 p.m.

See July 15 for description.

Medical Marijuana

Monday, August 12, 12:30 p.m.

Medical marijuana can help patients suffering from certain serious medical conditions. It can alleviate pain, ease symptoms, enhance wellness, and improve quality of life. In Pennsylvania, there are 17 approved

conditions that can make someone eligible to use marijuana medicinally. Ilera Health-Care has all the details.

Outsmart the Scammers

Wednesday, August 14, 12:30 p.m.

Senior adults lose an estimated \$2.9 billion annually from financial exploitation, according to the Senate Special Committee on Aging with impersonating the IRS as the number one scam targeting seniors in 2018. Welcome financial advisor Fanny May, as she informs us on how to recognize fraud and beat scammers at their own game.

Abington Jefferson Health Blood Pressure Screenings

Wednesday, August 15, 9:30 to 11:30 a.m.

Popcorn and a Movie

Thursday, August 15, 12:30 p.m.

Sleep

Monday, August 19, 12:30 p.m.

Welcome back Jeri Kohut from Cathedral Village, for an in-depth look at sleep. Find out how to get more rest from your sleep, and what to expect if you don't sleep enough.

Classical Ensemble

Wednesday, August 21, 12:30 p.m.



Clarinetist Timothy Kim, age 16, and violinist Angelia Phillips, age 17, are both members of the Delaware County Youth Orchestra (DCYO) and award-winning players in numerous youth music competitions. They will be joined by pianist Andrew Hauze, a music teacher from Swarthmore College, who is also a conductor for the DCYO.

Crafts with Alex*Thursday, August 22, 10:30 a.m.***Piano Sing Along with Larry***Friday, August 23, 12:30 p.m.*
See July 26 for details.**The Maddie Dixon Food Cupboard***Monday, August 26, 12:30 p.m.*

BRANDYWINE LIVING
at Senior Suites

Life is Beautiful

2101 New Hope Street | East Norriton, PA 19401
Please contact Fawn Rupp or Carol Frawley for more information
732.303.3100
www.Brandycare.com • 1-877-4BRANDY



Meet Christine, from the local food cupboard. Need services? Want to volunteer? This is the info session for you!

Art with Jennifer*Tuesday, August 27, 12:30 p.m.***Show and Tell***Wednesday, August 28, 12:30 p.m.***Popcorn and a Movie***Thursday, August 29, 10:00 a.m.***Senior Law Clinic***Friday, August 30, 10:00 a.m. to 12:00 p.m.*
See July 26 for details.**ART4ME | JULY AND AUGUST 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

July**All dates are subject to change**The Center will be closed July 4th and July 5th.***Open Studio: Come and finish a work, or start a new one!**

A: July 1 & July 2, 2019

Art Viewing – Images of America

N: July 12, 2019 A: July 8, 2019

Art Making: Create a mixed-media work of your favorite part of America.

N: July 12, 2019 A: July 9, 2019

Art Viewing – Celebrations

N: July 19, 2019 A: July 15, 2019

Art Making: Sculpt a Celebration with wire.

N: July 19, 2019 A: July 16, 2019

Art Viewing – Great Portraits

N: July 26, 2019 A: July 22, 2019

Art Making: Learn to draw a portrait with graphite or charcoal.

N: July 26, 2019 A: July 23, 2019

Art Viewing- Flora and Fauna

N: August 2, 2019 A: July 29, 2019

Art Making: Create a watercolor of your favorite plant and animal.

N: August 2, 2019 A: July 30, 2019

August**All dates are subject to change***Art Viewing – The Nightlife**

N: August 9, 2019 A: August 5, 2019

Art Making: Create your night-time scene as an etching on a scratchboard.

N: August 9, 2019 A: August 6, 2019

Instructor is on break from August 12 - August 23, 2019.**Art Viewing – Labor in Art**

N: August 30, 2019 A: August 26, 2019

Art Making: Create a sculpture of your favorite job with aluminum foil and a sticky pad.

N: August 30, 2019 A: August 27, 2019

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

N: September 6, 2019 A: September 3, 2019

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.

July/August 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.

July/August Ambler Calendar

EXERCISE

Fitness Center	Daily	8:00 a.m.-4:00 p.m.
DanceFit	Mondays	9:45 a.m.
Tai Chi	Mon. & Thurs.	11:00 a.m.
Growing Stronger (12 Weeks)	Tues. & Thurs.	10:00 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.
Advanced Quilting	Wednesdays	1:00 p.m.
Knitting & Crocheting	Fridays	10:30 a.m.
Piano Lessons		Appointment Only

OTHER

AARP Driver Safety Class	TBA	9:00 a.m.-1:00 p.m.
Abington Jefferson Health Blood Pressure Screenings	Second Wednesday	9:30 a.m.-11:30 p.m.
APPRISE	First Friday	9:00 a.m.
Mobile Office of Rep Mary Jo Daley	Third Friday	11:00 a.m.-1:00 p.m.
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 July / August 2019

From Our Director



A Word from Whit

I just started reading *This Chair Rocks: A Manifesto Against Ageism* by Ashton Applewhite. In it, Applewhite delves into the reasons people fear aging, react to older people with some combination of fear, disrespect, prescriptive solutions,

or marginalization, and makes that argument that aging is awesome. One of my favorite parts of leading Team Montco SAAC is the opportunity to meet and get to know so many different people. Anyone can get older, so the population we serve is as diverse can be. I've met engineers, nuns, writers, doctors, surfers, and literal rocket scientists. In fact, our board treasurer used to build satellites for NASA.

Applewhite also wrote a manual for consciousness-raising groups to discuss the ageism issue in their community. Questions like "What do you like about your age?", "What, if anything, are you looking forward to in the next decade?", and "What's surprising

about getting older?" spur conversation and help us see our unique perspective in a space that's so often filled with people telling you how to feel. At Montco SAAC, we support people choosing their own adventure and selecting activities that appeal to the individual rather than providing only one option for those we serve.

It's pretty cool to know that each day will bring as many exciting new ideas as it will challenges. I relish the opportunity to promote positive aging and help the awesome people we serve. Part of my duty is to reframe the perception of aging from the negative stereotypes so common in our culture to the rich reality we experience every day at Montco SAAC. Whether you pop in for an art class, lunch with friends or as part of your fitness routine, Montco SAAC empowers people to live well every day.

Best,

Whit

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