



**MONTCO SAAC**

Norristown • Ambler

Volume 29, No. 2 March/April 2020

Live Full. Live Well. Live Long.

## Volunteer of the Month

**Lori Dodson**



Our Volunteer of the Month for Meals on Wheels Ambler location is Lori Dodson. Lori began volunteering for Meals on Wheels in April 2019 through RSVP (Retired Senior Volunteer Program). She started out as a packer and then offered her time with delivering meals and helping with serving lunch to our members. She enjoys volunteering several times a month and even donated gift bags filled with daily necessities to our senior members during the holidays. She is always willing to lend a hand to those in need. Thank you to Lori for joining our team and helping better the lives of others!

## Montco SAAC Partners with Manna on Main Street

Have you noticed a change in your lunch menu? Starting in February, Montco SAAC began a new partnership with Manna on Main Street, a non-profit organization in Lansdale that is committed to fighting hunger in Pennsylvania. Manna on Main Street uses locally sourced ingredients prepared by passionate chefs in their training programs. We'd love to hear your feedback about the new menu! Direct comments to the Nutrition Services team member at your center.



### Tickets on Sale Now!

Have you purchased your tickets yet? 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 intergenerational Art Center at Ambler. The evening of fun and fundraising through food and drink will begin at 6 PM at Cedarbrook Country Club on Thursday, May 14th.

## Questions about the Census?

**We Have the Answers!**



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](http://2020census.gov) or attend center programming to learn more.



**ART CENTER AT AMBLER**

## Montco SAAC's Art Center at Ambler

Did you know that Montco SAAC Ambler has an art center? The Art Center at Ambler offers art classes and workshops for all ages and all levels. Drawing, painting, ceramics, and stained glass are taught by some of the finest artists in the country. Spring classes start March 19.

You don't have to be a member to take a class, but if you are a member of Montco SAAC, you're automatically a member of the Art Center! Look for copies of the Spring 2020 Class Catalog in both Norristown and Ambler Centers, or visit [www.artcenteratambler.org](http://www.artcenteratambler.org).



**\*\*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

### March

#### Drumming & Dancing! \*New\*

*Mondays, starting at 10:45 a.m.*



Have you heard the lyrics “I wanna bang on the drum all day?” Whoever said that knew what they were talking about. Drumming is a great workout for your brain, and for the entire body, mind and spirit. Then we will dance. Dancing is exercise, so the physical benefits of dancing are similar to that of other cardio activities. Participants pick the music. There is something about grooving to the sound of music that seems to take all our cares away. Participate in one or both!

#### Try Some Technology: Chromebooks

*Everyday*

Chromebooks are mini laptops. They are meant for basic and everyday use. Sign them out and play games or search the internet. There are four Chromebooks available that were donated by a generous Girl Scout. Register in the office. The Chromebooks have to stay in the center. They cannot be brought home. If you need basic instruction on how to use them see Michele.

#### Zumba Gold

*Every Thursday, 10:30 a.m.*

There are numerous benefits to the Zumba Gold program, many of which are felt after the very first class. Get active while having fun! 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.

#### Words on Wheels

*Every other Monday, 10:30am*

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 may make requests.

#### Who What When?

*Mondays starting at 1:15 p.m.*

For the month of March, we will emphasize the Who. March is Women’s History Month. Who will that inspiring woman be? There are so many. 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.

#### Sleeping Mat Project

*Monday through Friday, 10:30 a.m.-3:00 p.m.*

What’s plarn? It is 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 every age and every skill level. We even have hidden planners that do their work at their home. We are currently accepting plastic bag donations. See Michele for supplies.

#### Crafternoon: Snacks, Tea and More

*Tuesdays starting at 1:15 pm*

Join us for some afternoon fun. Below is a list of a rotating series of activities.

**March 3 CRAFT:** Craft a Celtic Eternity knot. Lucky Saint Patrick Day charms.

**March 10 SNACK:** Make and enjoy Hamantaschen, a traditional Purim treat.

**March 17 TEA:** Celebrate the Girl Scout’s birthday with peppermint tea and the Girl Scouts famous Thin Mints.

**March 24 GIFT:** Handmade chip clips with inspiring sayings

**April 7 CRAFT:** Craft flower ornaments to adorn our beautiful theme tree.

**April 14 SNACK:** Make and enjoy salsa and chips.

**April 21 TEA:** Let’s drink the flowers. Jasmine, Hibiscus, and Rosehip

**April 26 GIFT:** Double-double coasters made with scrabble pieces

#### Complimentary Hair Cuts

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

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

#### Local Current Events

*Every Second Thursday, 10:30 a.m.*

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

#### Discover Resources in PA

*Every Fourth Thursday 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 at this time each month.

#### Jeopardy Team Trivia

*Thursdays starting at 12:30 p.m.*

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.

#### Happy Birthday to You!

*Last Friday of each month 12:00 p.m.*

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

#### Safety with Danielle

*Tuesday, March 3, 20\*, 24, and 31, 10:30 a.m.*

Senior Citizens are increasingly the targets of scams and financial exploitation. Meet with Danielle, a specialist on these issues and learn about safety precautions.

**\* Note the move from the 17th to the 20th this month!**

#### Surviving Grief

*Tuesday, March 3, 12:30 p.m.*

David Stevenson from Crossroads Hospice will be joining us to discuss grief and how to manage it. Crossroads Hospice is a leader of innovative hospice care, supporting people through grief and loss every day.

#### WRAP!

*Wednesday, March 4, 11, 18, & 25, 12:30 p.m.*

WRAP stands for Wellness Recovery Action Plan. It is a tool to help ensure success if you are planning changes in your life, either big or small. Meet the team from Creating Increased Connections and find out how to WRAP! The program will continue every Wednesday in March and April at 12:30 p.m.

#### CBD. Is It for You?

*Tuesday, March 10, 10:30 a.m.*

Our friends from Small Town Pharmacy will be joining us to explain what CBD is and how it is used. This exciting new option in medication could be an option for what ails you.

**In Your Best Interest**

*Tuesday, March 10, 12:30 p.m.*

The Lincoln Center is an ongoing support for our members in the areas of crime and victimization. Meet with Danielle Charry our Mobile Therapist and be safe.

**AARP Smart Driver Class**

*Monday, March 16, 9:30 to 2:00 p.m.*



Need a discount on your auto insurance? Want to brush up on ways to drive safely? Take this course with

veteran instructor Ed Petersohn and get both! Preregistration required.

**Seder Demonstration**

*Thursday, April 16, 10:00 a.m.*

For over 3,000 years, Jewish families have remembered the wonderous events recorded in Exodus 12 by means of a special meal, the Seder. We will concentrate on the six items on the Passover plate and Afikoman (broken matzo). This demonstration will involve some Montco SAAC participants. They will have an opportunity to experience and be enriched by the event by tasting and touching, as well as seeing and hearing.

**Saint Patrick's Day**

*Tuesday, March 17*

Every March 17th, millions dress in green to celebrate all things Irish, we should too.

Be the lucky one to find the hidden leprechaun and win a prize. So, search for something green, and it's no Blarney that you will have a Shamrockin' Day!

**March Madness**

*Tuesday, March 17*

The NCAA Basketball Tournament begins today! You will experience the Sweet Sixteen, Elite Eight, and Final Four finishing off with the championship game on April 6. Pick up your bracket, make your picks and let's be a part of the madness and have fun.

**High Blood Pressure: Silent and Dangerous!**

*Tuesday, March 17, 12:30 p.m.*

The second in a series by Manor Care Services, this look at high blood pressure is

not to be missed. Find out about detection, treatment, and things you can do to ease the condition.

**Home Care Corner**

*Tuesday, March 24, 12:30 p.m.*

Sweet Home Health Care staff will be joining us to give details on their services and the many ways their company can make your life easier.

**Fill the Eggs!**

*Friday, March 27, 9:45 a.m.*

Help us fill eggs for local preschoolers. Our egg hunt will not be like a traditional hunt. It will be a scavenger hunt. It will include finding clues, exercise, cooperation, solving riddles, searching for bunny tracks, and of course eggs and treats. So hop into the cafeteria for some fun.

## Norristown Happenings

### April

**WRAP!**

*Wednesday, April 1, 8, 15, & 22, 12:30 p.m.*

See March 4 write up for details!

**Safety with Danielle**

*Tuesday, April 7, 21, & 28, 10:30 a.m.*

Stay safe and well with this look at avoiding the pitfalls of being a senior.

**Valley Forge Casino Trip**

*Wednesday, April 8*



**Transnet bus leaves the center at 10:30am**

**Bus leaves the**

**Casino at 12:45pm**

**Cost: Aged 65 and over, \$4.80 each way**

**Aged 60 to 64, \$8.00 each way**

Register in the office. Upon registration you will be asked if you would like a brown bag lunch for that day. Otherwise lunch is on your own. Transportation fee is due on the day of the trip.

**What Does the Attorney General Say about Scams?**

*Tuesday, April 7, 12:30 p.m.*

Meet David Shallcross, Director of the Senior Protection Unit of the Pennsylvania Office of the Attorney General. As senior citizens are increasingly targeted by Scams, the Attorney General's office is working to increase awareness of senior concerns. Get his suggestions for staying safe.

**Wellness Initiatives**

*Tuesday, April 14, 10:30 a.m.*

Published author and motivational speaker, Jeraldine Kohut, will be discussing Wellness Initiatives. Her advice is especially relevant to older adults.

**In Your Best Interest**

*Tuesday, April 14, 12:30 p.m.*

Knowledge is the best prevention for scams. Find out which ones are trending and how to avoid being a victim.

**Better Than Bingo**

*Wednesday, April 15 12:00pm*

It sure will be a wonderful Wednesday dancing and singing with this group. Put on your dancing shoes and let's dance.

**Fairy Tale Day**

*Monday, April 20 starting at 10:30 a.m.*

This month we celebrate the birthday of Hans Christian Andersen, an author who wrote more than 150 fairy tales. Join us today because; Once upon a time Montco SAAC had a free bookfair for the preschoolers, everyone dressed up as their favorite storybook character, and a storyteller read an awesome story. And they lived happily ever after. Who is your favorite storybook character?

**Celebrating Service**

*April 20 until April 24*

We take this opportunity to recognize and thank our vital volunteers who lend their time, talent, voice and support to help Montco SAAC be the best it can be. Our volunteers' stories serve to inspire others to take action, to realize their power to make a difference, and be a force that transforms our community, and the world. Each weekday we will celebrate our volunteers! You're Marvelous Monday, Terrific Tuesday, Wonderful Wednesday, Thank you Thursday, and Fantastic Friday.



## Celebrating Earth Day!

*Wednesday, April 22*

Do you remember the first Earth Day in 1970? Tell us what you do to recycle and be an earth friendly earthling? Write down what you do and put it in the glass jar in the office. You will then have a chance to win an Earth friendly prize. We all have the power to change the world. Every little bit helps. The Earth needs us.

## A Tree-Mendous Party

*Friday, April 24*

Let's plant a tree this Arbor Day! We will plant it in the courtyard in memory of all our friends that have left us. Arbor Day sprouted from the mind of a zealous tree lover named Julius Sterling Morton, who had a passion for planting all kinds of trees. The first Arbor Day was back in 1872. It ASPEN rumored that we are having a party and YEW are invited. So, SPRUCE yourself up and come by for a PLUM good time. Dress up like a tree, enjoy a delicious leafy green salad with your lunch, and pop some doughnut acorn holes in your mouth for dessert. I beLEAF you will not want to LEAF.

## Why Dental Insurance is Failing

*Tuesday, April 28, 12:30 p.m.*

Welcome back Lori Boukrouche of Agents for Advocacy. She has a number of interesting programs lined up for us in the coming months. Keep your eyes on the newsletter for details. This time bring your questions and concerns about dental insurance!

## Home Care Corner

*Wednesday April 29, 12:30 p.m.*

Joy of Joy Home Care will be sharing tips on the effective use of home care time. Those hours are very important to you and this seminar can help you get the most out of them.

## Poem in Your Pocket

*Wednesday, April 29, 12:15 p.m.*

Do you have a poem hidden in your pocket? It's National Poetry Month! Take that poem out of your pocket and share it with us today. We hope this will inspire you and everyone else to keep celebrating poetry all year long. Light refreshments will be served.

## Brown Bag Reviews

*Thursday, April 30, 10:30 a.m.*

Bring your medications, or a comprehensive

list of medications and dosages, for a review by Small Town Pharmacy's Pharmacist. It is a great way to ensure safety given the number of doctors and pill providers we all have!

## Ambler Happenings

### March

#### Gwynedd Mercy Nursing Students

*Monday, March 2 through Friday April 29*

Our partnership with Dr. J. and the Gwynedd Mercy Nursing students continues. They will be at the Ambler site starting 3/2/20 through 4/29/20 8-1pm on Mondays & Wednesdays.

#### Crossroads Hospice

*Monday, March 2, 12:30 p.m.*



David Stevenson from Crossroads Hospice will be joining us to discuss grief and how to manage it. Crossroads Hospice is a leader of innovative hospice care, supporting people through grief and loss every day.

#### Surviving Grief

*Monday, March 2, 12:30 p.m.*

David Stevenson from Crossroads Hospice will be joining us to discuss grief and how to manage it. Crossroads Hospice is a leader of innovative hospice care, supporting people through grief and loss every day.

#### AARP Tax-Aid Tax Filing Assistance

*Every Tuesday starting February 4 through April 14, 9:30 a.m.-4 p.m.*

AARP Tax Assistance will be provided at Ambler Senior Adult Activities Center **by reservation only**. Please call 267-469-0104 or email [TaxaideAmbler@gmail.com](mailto:TaxaideAmbler@gmail.com) to schedule your appointment. Please note: No appointments will be arranged through the staff at Montco SAAC Ambler. Please use the dedicated phone number or email.

#### Matter of Balance

*Tuesdays March 3 and March 10, 10 a.m.*



Do you have concerns about falling? Dawn Batman from the Montgom-

ery County Office of Senior Services will be joining us for an award-winning program. This program is designed to manage falls and increase activity levels. Please join us for this interactive program.

#### Keystone First Karaoke

*Wednesday, March 4, 12:30 p.m.*

Kia Poe from Keystone First will be with us for 'Older Adult Melody Day'. We will have fun singing karaoke.

#### Health & Wellness

*Friday, March 6, 10 a.m.-1 p.m.*

Bret Cardwell will be speaking with us concerning health and wellness.

#### Nutrition and You

*Monday, March 9, 12:30 p.m.*

Meet Mary Robinson, a new Nutritionist with Giant Food Stores in Willow Grove. Mary will discuss general nutrition for people over 50 and taking suggestions for upcoming programs.

#### Senior Scam Prevention 101

*Wednesday, March 11, 10 a.m.*

Senator Maria Collett will be speaking with us concerning 'Senior Scam Prevention 101'. Learn how to spot scammers and protect yourself from fraud. Hear from Senator Collett and the PA Attorney General's Office about the latest scams. Talk with local organizations like Montco Senior Services and the Senior LAW Center about protecting yourself and your family.

#### Tech Support with Linsey and Benny

*Friday, March 13, 12:30 p.m.*

Linsey Cheshire from Pinnacle at Plymouth Meeting will be here to help us with our smart phones, iPad, tablets, laptops, etc.



#### Why Should YOU Participate in the Census?

*Monday, March 16, 12:30 p.m.*

The Census is linked to funding for critical needs such as Medicaid, SNAP (food stamps), school food programs, Head Start for children, and highway construction, to name just a few. Get the details from Robin Stelly and find out what lack of participation can mean to our community.

**'Show Your Clan in Art'***Tuesday, March 17, 12:30 p.m.*

Jennifer Finch from 'Art4Me' will be helping us create special art pieces to celebrate St. Patrick's Day.

**My Life, My Health***Thursday, March 19, 10 a.m.*

Susan and Michele from the Norristown Center will be presenting this 6-week seminar on chronic disease self-management. Come learn how to evaluate difficulties in managing your life, set goals and discuss with others in similar situations. It is a fun and evidence-based program. The program will continue on consecutive Thursdays at the same time through April 23rd.

**Michael McGrath Local Guitarist***Thursday, March 19, 12:30 p.m.*

Michael McGrath local Guitarist will be serenading us with classical guitar music. Come and enjoy this wonderful artist as he captivates our hearts with timeless musical numbers.

**Piano With Larry Kirschner***Friday, March 20, 12:30 p.m.*

Larry is a long-time faithful friend of the Ambler Center. He not only periodically entertains us with his smooth voice and masterful piano playing, he also volunteers with our Meals on Wheels program.

**Elder Abuse***Monday, March 23, 12:30 p.m.*

MacDonald Taylor of the Senior Law Center will be joining us today to discuss the critical topic of elder abuse. What is it, how to recognize it and, most importantly, what to do about it if you or someone you know is a victim.

**Abington Jefferson Health***Wednesday, March 25, 9:30-11:30 a.m.*

Lorraine with Abington Jefferson Health will be doing onsite blood pressure monitoring. Lorraine will also provide helpful information on how to maintain good blood pressure and put less strain on your arteries and heart.

**J.T. Trinacria Entertainment***Wednesday, March 25, 12:30 p.m.*

With his powerful yet melodic voice, dynamic stage presence, personality, and charisma, J.T. Trinacria continues to be one of the most exciting vocalists/entertainers in the local music industry today. With over 30 years of experience, he has a wide vocal range and has established a reputation for his ability to sing in a variety of different styles and genres from the 1920's through today.

**Visit to Woodland Creek Senior Living Dresher, PA***Friday, March 27, 10 a.m.-1 p.m.*

Woodland Creek provides an activity program that is uniquely designed for the residents in our community. They believe quality of life is enhanced by listening to music, singing, baking, and creating art. Exercise and pet visits are also an important part of the daily routine. Lunch will be provided. Please add your name to the sign-up sheet if you would like to go. Limited space available.

**Hamilton Relay***Monday, March 30, 12:30 p.m.*

If you have trouble hearing people on your telephone you may be interested in the Pennsylvania Captioned Telephone Relay Service. Hamilton relay's Sudan Bradley will be explaining how the relay works and showing us the equipment.

## Ambler Happenings

### April

**Scam Presentation with David Shallcross***Wednesday, April 1, 12:30 p.m.*

Meet David Shallcross, Director of the Senior Protection Unit of the Pennsylvania Office of Attorney General. As senior citizens are

increasingly targeted by Scams, the Attorney General's office is working to increase awareness of senior concerns. Get his suggestions for staying safe.

**Dancing with Donna & Tony***Friday, April 3, 12:30 p.m.*

Let's boogie with our favorite dance instructors Donna & Tony. A body in motion stays in motion!

**Wellness Initiatives***Monday, April 6, 12:30 p.m.*

Published author and motivational speaker, Jeraldine Kohut, will be discussing Wellness Initiatives. Her advice is especially relevant to older adults.

**Bumper T Caring Clowns***Friday April 10, 12:30 p.m.*

Hospital Caring Clowning is the ideal venue for the person who wants to enhance the hospital environment, one person at a time, one smile at a time. Join us as we learn more about this caring organization and have a few laughs.

**Home Care Corner***Monday, April 13, 12:30 p.m.*

Joy of Joy Home care will be sharing tips on the effective use of home care time. Those hours are very important to you and this seminar can help you get the most out of them.

**Overcoming Victimization***Monday, April 20, 12:30 p.m.*

Meet Hope Decker who is a case manager from the Lincoln Center's Elder Victim Mobile Support (EVMS). The EVMS program is available to provide FREE case management and therapeutic services to victimized seniors. If you or someone you know has been a victim be sure to attend this informative session.

**Celebrate Earth Day with Jenny***Tuesday, April 21, 12:30 p.m.*

Jenny will help us get our creative juices

flowing by creating beautiful art pieces to celebrate Earth Day.

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**Abington Jefferson Blood Pressure Monitoring***Wednesday, April 22, 9:30-11:30 a.m.*

Lorraine with Abington Jefferson Health will be doing onsite blood pressure monitoring. Lorraine will also provide helpful information on how to maintain good blood pressure and put less strain on your arteries and heart.

**Posture Workshop with Dianne Miller***Wednesday, April 24, 12:30 p.m.*

Having proper posture improves your circulation, which better oxygenates your body and leads to a positive mood and perception. Studies have even shown that seniors who stand and sit upright have more energy and are more confident in life. Let's welcome Dianne Miller from Ambler Physical Therapy as she further helps us understand the importance of having good posture.

**Older Adults Pampering Day***Wednesday, April 29, 12:30 p.m.*

Kia Poe from Keystone First will with be us for 'Old Adults Pampering Day'. Massage chairs will be available. Let's relax and get pampered.

**ART4ME | MARCH AND APRIL 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

**March***\*All dates are subject to change***Art Viewing - Symbolism in Art**

N: March 6, 2020      A: March 2, 2020

**Art Making: Create a symbolist work with mixed media.**

N: March 6, 2020      A: March 3, 2020

**Art Viewing - Great Artists, that Happen to be Women**

N: March 13, 2020      A: March 9, 2020

**Art Making: Create a pastel of your favorite lady.**

N: March 13, 2020      A: March 10, 2020

**Art Viewing - Photography**

N: March 20, 2020      A: March 16, 2020

**Art Making: Hand alter your own selfie digital image with mixed media.**

N: March 20, 2020      A: March 17, 2020

**Art Viewing - Celebrating the Artists of Montco SAAC**

N: March 27, 2020      A: March 23, 2020

**Art Making: Create a study of your favorite SAAC artist.**

N: March 27, 2020      A: March 24, 2020

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

N: April 3, 2020      A: March 30 &amp; 31, 2020

**Art Viewing - Famous Works**

N: April 10, 2020      A: April 6, 2020

**Art Making: Create a study of your favorite masterpiece with colored pencils.**

N: April 10, 2020      A: April 7, 2020

**Art Viewing - The City Scape**

N: April 17, 2020      A: April 13, 2020

**Art Making: Create a city scape with mixed media.**

N: April 17, 2020      A: April 14, 2020

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

A: April 20 &amp; 21, 2020

*The Center will be closed on April 24th for In Service.***Art Viewing - The Landscape**

N: May 1, 2020      A: April 27, 2020

**Art Making: Create a landscape with pastels on paper.**

N: May 1, 2020      A: April 28, 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.

## March/April 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.
Zumba Gold	Thursdays	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.

## March/April 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 March / April 2020

### From Our Director



#### A Word from Whit

My favorite part about this job is getting to make a difference in people's lives on a daily basis. Team Montco SAAC is constantly helping people meet basic needs and beyond through our combination of critical social ser-

vices and nutrition assistance and fun programs designed to promote wellness. A perfect example of this is our Art4Me program that's celebrating its 5th anniversary this year. Each week, Jennifer Finch leads participants through a session of art viewing and a session of art making. Art4Me is designed especially for people with dementia to get the most out of the experience through lecture and creative expression, but it's open to everyone.

Art4Me participants consistently rave about the program; "I love it!"  
"Jenny is so fun."

"I missed painting and love to see what others create."

We offer Art4Me Monday and Tuesday at Ambler, and on Friday at Norristown. Visitors are welcome to sit in and join the fun. This groundbreaking program started as a pilot with the Museum of Modern Art. Over the years, Art4Me has grown to be one of our strongest services and continues to brighten the lives of participants and their caregivers. Just stepping into our art rooms is awesome. Art made by our participants hangs everywhere and the light streaming through the massive classroom windows just adds to the cheery vibes. If you think Art4Me might work for you, feel free to contact Jennifer at [jfinch@montcosaac.com](mailto:jfinch@montcosaac.com).

Best,

*Whit*

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