



MONTCO SAAC

Norristown • Ambler

Volume 26, No. 3 May/June 2019

Live Full. Live Well. Live Long.

Volunteer of the Month

Norristown's Ida Ames



Ida Ames is one of our rockstar Meals on Wheels and congregate lunch volunteers at Montco SAAC Norristown. Every Monday,

Wednesday, and Friday, Ida helps with meal packing for Meals on Wheels (both hot and cold meals) and stays all the way through clean up after congregate lunch.

She is willing to do anything and everything in the kitchen: she helps Marcia prepare anything that needs to be prepared for congregate lunch, which includes plating the sides and desserts, chopping salads to make serving easier for us, and prepping the tray station for congregate lunch. She even helps unpack the food delivery! Ida is always looking to stay busy while she is here. She helps empty, clean, and organize all the Meals on Wheels coolers as they come back, which is just above and beyond! Speaking of above and beyond, Ida does not leave us until the job is done – she stays to help Marcia with the major cleanup after congregate lunch – how wonderful is that!

Just to make her even more amazing, if she cannot come on one of her pre-planned days, Ida almost always come in an extra day to make up for it. Ida is a bit on the reserved side, but she is always so happy to be here! You might even catch a joke or two if you're standing close enough to her! When she's not here with us, Ida loves to travel and spend time with her husband and friends. How did we get so lucky that Ida picked Montco SAAC to volunteer with?!

Open Juried Art Show & Sale – May 17-19



Join us for the Art Center at Ambler's 3rd Annual Open Juried Art Show & Sale, where artists in our community are invited to display their work in the fields of painting, ceramics and photography/graphics. Our goal is to raise awareness of this vibrant, nonprofit Art Center in our area, and to engage the community. The opening reception

is from 6-9 PM on Friday May 17th. To enter your work, registration is \$10 for Art Center at Ambler & Montco SAAC members, and \$15 for non-members. Entrance to the event is free! Call Alex at (215) 619-8863.

Save the Date!

Montco SAAC's 2nd SAGE Table – June 20 at 6 PM

In celebration of Pride Month and the 50th anniversary of the Stonewall Riots, we're hosting our 2nd SAGE Table. Join LGBTQ+ community members, allies, and SAGE representative, Terri Clark, for a night of good food and even better conversation. This inter-generational gathering serves as a night of celebration and connection for LGBTQ+ folks and allies of all ages, and is a national movement sparked by SAGE, Services and Advocacy for LGBTQ+ Elders. Through community building fostered through conversations at SAGE Table, we aim to tackle the problem of loneliness faced by so many in the LGBTQ+ community, especially our elders. All are welcome! Doors open at 6 PM on June 20 at Ambler Yards, 300 Brookside Ave, Ambler, PA 19002. Attendance is free, but guests must register at montcosaac.com or call 610-275-1960. For more information, email mbuckminster@montcosaac.com.



Silver Foxes Fashion Show & Benefit Brunch Saturday, June 1st, 10 AM at Blue Bell Country Club

Have you gotten your tickets for this fabulous fundraiser yet? Join us for the 4th Annual Silver Foxes Fashion Show & Benefit Brunch. Models will grace the runway in clothing provided by local boutiques and embodying the idea that age should not be a factor when it comes to living an empowered, ful-



filling life. Enjoy a delicious brunch and a complimentary mimosa. Bid on silent auction items, take your chance at the wine pull, and watch your Montco SAAC friends strut their stuff while supporting our three Meals on Wheels programs, two senior centers, and our inter-generational art center.

Tickets are \$40 at montcosaac.com or at reception at either Montco SAAC location. Tables of 10 may be purchased for \$350. For more information, contact Melissa Buckminster at 610-275-1960 or email mbuckminster@montcosaac.com.



****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

May

Technology Tips

Mondays in May starting at 12:30 p.m. Not available in the summer months.

Instruction provided by Richard Schulman, Montco SAAC Board Member. Bring your laptop, iPhone, Android and questions. See Michele for questions or sign up in the office.

Jeopardy Team Trivia

Thursdays starting at 12:30 p.m.

Join us for this classic game of wits featuring six categories and six questions. We play with two teams. Don't know the answer? No problem. Your team can help. Healthy snacks may be provided.

Complimentary Hair Cuts

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

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

Sleeping Mat Project

Fridays, starting at 10:30 a.m.

What's plarn? It's plastic yarn made from recycled 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 planners that do their work at their home. All the materials are provided. We do accept plastic bag donations.

Grump Out Day

Wednesday, May 1



Every year on the first Wednesday in May, people are asked to go 24 hours without being grumpy, crabby, or rude.

Today you will learn ten ways to beat a bad mood. They will be posted on the Daily Activity Board.

Run for the Roses

Thursday, May 2, 12:30 p.m.

Learn about the Kentucky Derby and help make special happy horse cookies for Friday's lunch. Be the first to taste test and

take with you Kentucky Derby word search and Mixed-Up Kentucky Derby puzzles. The horse's names will be displayed, and everyone is welcome to make friendly bets on who will be the winner.

Two Different Colored Shoes

Friday, May 3

Today is set aside to celebrate people's diversity and uniqueness. Step outside of your routine today and have a little fun. By taking this "positive risk," you can demonstrate your willingness to be different, and show your appreciation for the unique people in our life. However you decide to express yourself, do so with pride!

Brain Fitness Fun

Monday, May 6, 13, and 20, 12:15 p.m.

Meet the interns from Central Montco who will be sparking our synapses with activities in the lobby.

Safety with Danielle

Tuesday, May 7, 21, and 28, 10:30 p.m.

With summer coming and everyone out and about, make sure you keep aware of your surroundings and possible victimization. Danielle can help!

Elder Exploitation Information Session

Tuesday, May 7, 12:30 p.m.

Meet Sophia Polites from the Senior Law Center. Learn about the people who take advantage of seniors, what they do to gain your confidence and what can be done about it.

Out to Lunch Bunch and More

Wednesday, May 8, 10:00 a.m.

Would anyone like to take a Transnet trip to go out to lunch, shop at a store, or visit a destination? Join us today and give some suggestions. Trips must be local, and everyone needs to have a Transnet card. Can't make the meeting? There will be a sheet in the office for trip suggestions.

Local Current Events

Thursdays, May 9, and June 13, 10:30 a.m.

Presented by Senator Daylin Leach's office. You'll experience a stimulating and interactive discussion about current events in our community.

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.

AARP Safe Driver Refresher Course

Wednesday, May 8, 12:30 p.m.



The course that helps adults adjust to age related changes in driving AND offers a discount on insurance is here! Preregistration is required. Call Susan at 610-275-1960.

Herb Garden

Wednesday, May 8, 12:15 p.m.

We will discuss the use and history of herbs before planting. All herbs harvested will go to Montco SAAC members. We may even have a gardener join us today to answer questions and help plant.

Flower Centerpieces

Thursday, May 9, 10:30 a.m.

Join the Norristown Garden club today to make and take a beautiful centerpiece. If you participated in the past you know they're spectacular.

Lost Sock Memorial Day

Friday, May 10, 12:30 p.m.

This is a special day devoted to all those missing socks that the dryer ate. Just in case you can't find the mate, why not turn those singles into something creative or practical. You will learn 61 things you can do with your old mismatched socks. Who would have thought to use an unmatched sock to cover your wet umbrella and keep your car dry? Brilliant!

Mugsy Party

Monday, May 13

Bring your favorite mug today or use one at the center. Enjoy a cup of coffee or tea.

We will be taking “Mug Shots” so wear your smiles today. One lucky Mug Lover will win a mug filled with treats!

When to Call an Ambulance

Tuesday, May 14, 10:30 a.m.

Ever wonder whether to call the ambulance, the doctor, or jump in your car? This is the time to find out and get the details on how ambulance costs are handled through Medicare. See our representative from Agents for Advocacy!

Clergy Open House and Luncheon

Thursday, May 16, 10:00 a.m.-1:30 p.m.

Welcome representatives from local houses of worship to our center. Today is a great opportunity to help your religious community become familiar with Montco SAAC and to extend our offer of food, friendship, and fun to those in their circle.

How is That Medicare Plan Working Out?

Tuesday, May 21, 12:30 p.m.

One of the new options in this year's Medicare offering is that you can change your plan at times other than open enrollment. If you are questioning the choice you made in the fall, here is a group with some new offerings.

Montco SAAC Annual Spelling Bee

Wednesday, May 22, 12:00 p.m.



Bee Pronouncer: Pat MacKenzie, Associate Director, Montco SAAC

Sign up to BE a participant by May 10. Come to support your friends.

The first and second place winners will move on to the County's Spelling in June. Light refreshments will be served.

Discover What's Possible in PA

Thursdays, May 23, and June 27, 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.

Red Nose Day

Thursday, May 23



Red Nose Day is a day in which people wear red noses (foam clown noses) to raise money to end child poverty in the United States and around the world. Get your red nose at Walgreens and participate today.

Greatest 45 Minutes in Sports

Friday, May 24, 12:30 p.m.

On this day in 1935, Ohio State sophomore Jesse Owens set the world record in the long jump, the 220-yard dash, and 220-yard hurdles, and then tied the world record in the long jump, all within one hour! Join us as we share stories of this great athlete and servant of humanity.

Amnesty International

Tuesday, May 28

This organization works to protect people wherever justice, freedom, truth, and dignity are denied. It is a global movement of millions of people demanding human rights for all people – no matter who they are or where they are from. Take the opportunity today to stop by the Daily Activity board and read more about the world's largest grassroots human rights organization.

Skin Cancer Prevention

Tuesday, May 28, 12:30 p.m.

The Montgomery County Health Department will be joining us today to discuss ways to keep our skin safe during the summer!

National Senior Health and Fitness Day

Wednesday, May 29, 10 a.m. to 1:30 p.m.



Morning stretch in the lobby, Tai Chi on stage, and Fitness for EVERYONE, a presentation of Bayada Physical Therapy, try a little

of everything! All a part of keeping our members healthy and strong!

June

Safety with Danielle

Tuesday, June 4, 18, and 25, 10:30 a.m.

Join this fun group that examines scams and perpetrators to find the best ways to avoid victimization! Danielle is part of the Lincoln Center's Elder Victims Mobile Therapy Unit.

Bingo with a Twist

Tuesday, June 4, 12:30 p.m.

Agents for Advocacy will be back with this fun event. Play Bingo and learn about insurance coverage at the same time. Enjoy this fun approach to using your insurance coverage to its best advantage.

World Environment Day

Wednesday, June 5, 12:30 p.m.

Let's have some fun playing Earthly Family Feud. Learn about environment issues and how you can participate in environmental volunteerism.

Aquatic Floating RV

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

Some people dream of the open road and traveling the country in their own motor home. Others dream of owning a boat. This brief video will show you can have it all with the Amphibious Motor Coach, a recreational vehicle that can go from land travel to sea travel in less than five minutes.

Heart Healthy Snacks

Tuesday, June 11, 10:30 a.m.

If you just want a little something, fill the craving with these healthy snacks. Learn what, how much, and how to assess food when you purchase it at the store. A seminar from the Montgomery County Health Department.

Montgomery County Spelling Bee

Wednesday, June 12, 12:00 p.m.

Pronouncer: Kenneth P. Milner, Special Council

Join us today to cheer on your friends and future friends from all over Montgomery

County. Seniors participated in Spelling Bees in the month of May. All first and second place winners of each Bee will be competing today. It is serious and fun, and you do not want to miss it. Light refreshments and medals for the first and second place winners.

Donuts, Dads and Flag Day

Friday, June 14, 1:15 p.m.

Today we will have a discussion on our Grand Ole Flag, hear some Flag Day quotes, poems, and find out if you know any Flag Day trivia. Also, we will talk about the history of Father's Day, and you will hear Erma Bombeck's "When God Created Fathers."

Pride Month

Wednesday, June 19

June is Pride Month, a month to celebrate LGBTQ+ community members. The month is celebrated in June to commemorate the Stonewall Riots, which kicked off the first major demonstrations for gay rights in America. Today wave a rainbow flag, wear a rainbow tee shirt or pick up a rainbow sticker in the office. Learn more about LGBRQ+ history today when you watch a documentary called The Times of Harvey Milk at 10:15am. Harvey was San Francisco's first openly gay official to be elected to public office. On Sunday, June 9 plan to visit the city of Brotherly Love and enjoy the largest celebration Pride Parade and Festival of LGBTQ+ pride in the region. This month opens our eyes and increases recognition and support of LGBTQ+ folks in our community. Pride month is a great opportunity to learn about the fight for what's right.

Successful Aging

Tuesday, June 18, 12:30 p.m.

Meet Brad Trout of Seniors Helping Seniors, a home care company employing seniors and working for seniors. Who would know more about successful aging?

Fischer's Park Picnic

Thursday, June 14, 10:00 a.m. to 1:00 p.m.

Let's kick in the summer solstice! Our Ambler and Norristown centers are invited

to the beautiful Fisher's Park for a day of fun and games, frolicking, and feasting. Anyone interested in participating should contact Gisele Legare (Ambler) at 215-619-8863, or Michele Ross (Norristown) at 610-275-1960. Sign up now so we can reserve your seat on the bus. You must have a Transnet card to ride the bus. This is a fully funded adventure supported by an anonymous donor and designated for members only.

Home Care Corner

Tuesday, June 25, 12:30 p.m.

Hope Chatman will be joining us today from River Home Health. Find out what kinds of services they offer and see what they could do to help you or a friend.

Caribbean Luncheon

Wednesday, June 26, 11:45 a.m.

This month we celebrate Caribbean American Heritage. Today we pay tribute to the diverse cultures and immeasurable contributions of all Americans who trace their heritage to the Caribbean. You will have a delicious Caribbean lunch and hear the wonderful sounds of kettle drums played by Steel Happiness. Wear your Caribbean outfits, and if you do not have one check out SAAC's Fifth Avenue Thrift Shop. Day-o, me say day-o, come to this luncheon and you will have fun.

Hardware Store Shopping Game

Friday, June 28, 1:15 p.m.

Making repairs around the home has been a time-honored responsibility for the man of the house, though many women consider themselves very skilled in this area as well. In this game be the first to mark off all the hardware items on your shopping list.

Ambler Happenings

May

Garden Club

Wednesday, May 1, 11:00 a.m.

For those who have signed up for this fun project, it's time to plant our keen, green cuisine into patio containers. Come on sun!

Popcorn and a Movie: Secretariat

Thursday, May 2, 10:00 a.m.

The Calvary and Cornerstone Musicians

Friday, May 3, 12:30 p.m.

David, Tom and guest musicians return to entertain us with sing along songs, amusing stories and their fabulous sense of humor. Relax and enjoy!

When to Call an Ambulance

Monday, May 6, 12:30 p.m.

Ever wonder whether to call the ambulance, the doctor, or jump in your car? This is the time to find out and get the details on how ambulance costs are handled through Medicare. See our representative from Agents for Advocacy!

Abington Jefferson Health Blood Pressure Screenings

Wednesday, May 8, 9:30 to 11:30 a.m.

Crafts with Alex

Thursdays, May 9, 23, June 6, and 20, 10:30 a.m.

Fall Prevention and Screenings

Thursday, May 9, 12:30 p.m.

This community health education program features physical therapy students from Arcadia University presenting on fall prevention and offering individualized falls risk screenings.

Carnival and Open House!

Friday, May 10, 10:00 p.m.



Come one, come all and let the jocularly begin! Join us for an entertaining morning of games, activities, raffle, concessions, and prizes. Have a friend who's not a member of the center? Bring them in for the fun and a tour so they can understand why so many call Montco SAAC their home away from home.

Elder Exploitation Information Session

Monday, May 13, 12:30 p.m.

Meet Sophia Polites from the Senior Law Center. Learn about the people who take advantage of seniors, what they do to gain your confidence and what can be done about it.

Sundae Monday

Monday, May 13, 12:15 p.m.

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

Popcorn and a Movie: *Birdcage*

Thursday, May 16, 10:00 a.m.

Signed, Sealed, Delivered

Friday, May 17, 12:30 p.m.

East Norriton Pharmacy, a family owned business, will speak about their "Preferred Pharmacy Program" which offers free same day home delivery and accepts all Medicaid and Medicare insurance plans.

Mobile Office of State Representative**Mary Jo Daley**

Monday, May 20, 11:00 to 1:00 p.m.

On the third Monday of each month a representative provides assistance in areas such as disabled parking placards, birth and death certificates, filling out state forms, Medicare enrollment and tax issues.

Skin Cancer Prevention

Monday, May 20, 12:30 p.m.

The Montgomery County Health Department will be joining us today to discuss ways to keep our skin safe during the summer!

Montco SAAC Ambler Spelling Bee

Wednesday, May 22, 10:00 a.m. to 12:00 p.m.

Calling all spellers and word aficionados, we invite you to compete in this spell-down tournament. The 2 co-champions will compete with other finalists at the County Championship Spelling Bee on Wednesday, June 12 at 12:00 p.m. in Norristown. Call or come in to sign up.

**Integrate for Good: Let's Plarn!**

Friday, May 24, 10:30 a.m.

Integrate for Good is a non-profit organization that reaches out to local communities by expanding opportunities for people of all abilities to contribute their time and talent. Project Director Bev Weinberg will show us how to recycle plastic bags into sleeping mats for those experiencing homelessness.

Art with Jennifer

Tuesday, May 28, 12:30 p.m.

**26th National Senior Health and Fitness Day
"Live and Thrive with Exercise!"**

Wednesday, May 29

100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. as we celebrate the nation's largest annual health promotion event for older adults.

Health, nutrition and fitness screenings will be offered, while your favorite fitness instructors get us movin' and groovin'. All are encouraged to participate.

Senior Law Clinic

Friday, May 31, 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, May 31, 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.

Bingo with a Twist!

Monday, June 3, 12:30 p.m.

Agents for Advocacy will be back with this fun event. Play Bingo and learn about insurance coverage at the same time. Enjoy this fun approach to using your insurance coverage to its best advantage.

Pet Therapy with Teddy

Friday, June 7, 12:45 p.m.

Enjoy a visit with Teddy the dog and his companion, Katie Nagy, a Humane Educator from the Montgomery County SPCA.

Heart Healthy Snacks

Monday, June 10, 12:30 p.m.

If you just want a little something, fill the craving with these healthy snacks. Learn what, how much, and how to assess food

when you purchase it at the store. A seminar from the Montgomery County Health Department.

Abington Jefferson Health Blood Pressure Screenings

Wednesday, June 12, 9:30 to 11:30 a.m.

Popcorn and a Movie: *Flags of Our Fathers*

Thursday, June 13, 10:00 a.m.

A Matter of Balance

Thursday, June 13 to Thursday, August 8 (every Thursday for 8 weeks), 10:00 a.m. to 12:00 p.m.



A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels.

Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. For more information or registration, please call Gisele at 215-619-8863.

Sundae Monday

Monday, June 17, 12:15 p.m.

See May 13 for details.

Mobile Office of State Representative**Mary Jo Daley**

Monday, June 17, 11:00 to 1:00 p.m.

See May 20 for more details.

S. O. S.

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

Meet the staff from Senior Outreach Services! Need someone to talk to, to bounce your feelings off? Consider these experienced counselors who will meet with you in the comfort and privacy of your own home.

Woodwind Soloist

Wednesday, June 19, 12:30 p.m.

Clarinetist Timothy Kim, an 11th grader from Plymouth Whitmarsh High School, will be entertaining us with his bright, resonant woodwind sounds.

Fischer's Park Picnic

Friday, June 21, 10:00 a.m. to 1:00 p.m.

Our Ambler and Norristown centers are invited to the beautiful Fisher's Park for a day of fun and games, frolicking and

feasting. Anyone interested in participating should contact Gisele Legare (Ambler) at 215-619-8863, or Michele Ross (Norristown) at 610-275-1960. Sign up now so we can reserve your seat on the bus. This

is a fully funded adventure supported by an anonymous donor and designated for members only.

Medical Marijuana, Is It for You?

Monday, June 24, 12:30 p.m.

Find out the details on medical use of Marijuana in Pennsylvania. The staff of Ilera Health Care will be joining us to describe the products they have available and the way to access treatment.

Art with Jennifer

Tuesday, June 25, 12:30 p.m.

Popcorn and a Movie: Ray

Thursday, June 27, 10:00 a.m.

Senior Law Clinic

Friday, June 28, 10:00 a.m. to 12:00 p.m.

See May 31 for details

Piano Sing Along with Larry

Friday, June 28, 12:30 p.m.

See May 31 for details

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

ART4ME | MAY AND JUNE 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

May

**All dates are subject to change*

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

N: May 3, 2019	A: June 30, 2019
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Art Viewing – Spring Time in Art

N: May 8, 2019	A: May 6, 2019
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Art Making: Sculpt a Floral Bouquet with Tissue Paper.

N: May 8, 2019	A: May 7, 2019
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Art Viewing – Family Portraits

N: May 17, 2019	A: May 13, 2019
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Art Making: Create a family portrait with mixed media.

N: May 17, 2019	A: May 14, 2019
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Art Viewing- Still Life, Old and New

N: May 24, 2019	A: May 20, 2019
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Art Making: Create a Still life painting with acrylics on canvas board.

N: May 24, 2019	A: May 21, 2019
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Instructor will be away May 28th- May 31st.

June

**All dates are subject to change*

Art Viewing – Animals in Art

N: June 7, 2019	A: June 3, 2019
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Art Making: Create a sculpture of your favorite animal with self-hardening polymer clay.

N: June 7, 2019	A: June 4, 2019
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Art Viewing – Politics in Art

N: June 14, 2019	A: June 10, 2019
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Art Making: Create a political work with mixed media.

N: June 14, 2019	A: June 11, 2019
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Art Viewing – Spirituality in Art

N: June 21, 2019	A: June 17, 2019
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Art Making: Create a mandala with mixed media.

N: June 21, 2019	A: June 18, 2019
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Art Viewing – Visions of Light

N: June 28, 2019	A: June 24, 2019
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Art Making: Create a chiaroscuro work with charcoal or graphite on paper.

N: June 28, 2019	A: June 25, 2019
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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.

May/June Norristown Calendar

EXERCISE

Fitness Center	Daily	8:00 am-4:00 pm
Yoga with Laurie	Tuesdays	10:30 am
Stronger Seniors	Mon, Thurs, & Fri	10:30 am
Strength Training	Second & Fourth Thurs	10:30 am
Line Dancing with Maria	Mon & Thurs	10:30 am
Chair Tai Chi	Mon, Wed, & Fri	10:30 am
Tai Chi with Darrel	Wednesdays	10:30 am
Yoga	First & Third Wed	10:30 am

MUSIC AND THE ARTS

Art with Jennifer	Thursdays	10:00 am-12:30 pm
Jam and Sing Along	Thursdays	10:30 am
Art 4 Me - Viewing	Fridays	10:30 am
Art 4 Me - Making	Fridays	10:30 am
Jammers	Fridays	12:15 pm

GAMES

Wii	Daily	10:30 am
Rummikub/Games	Daily	10:30 am
Bingo	Tuesdays	12:15 pm
Billiards/Pinochle	Daily	10:30 am
Team Trivia	First & Third Thurs	12:15 pm

OTHER

Shopping	Fridays	12:00 pm
Bible Study	Wednesdays	12:15 pm
Movie Monday	Mondays	10:15 am
Complimentary Haircuts	Third Wednesday	10:30 am
Out of Depression	Wednesdays	10:30 am
Plarn and Sleep Mats	Fridays	10:30 am
Knit-Sew-Quilt-Chat	Fridays	10:30 am
Mobile Office of Senator Daylin Leach	Second Thurs	10:30 am
Mobile Office of State Rep. Matt Bradford	Fourth Thurs	10:30 am

May/June 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 May / June 2019

From Our Director



A Word from Whit

I don't usually mind cold weather, but I have been so excited for spring this year. From planning an outdoor service project with our friends at BB&T to preparing the Art Center at Ambler team for First Fridays, spring is here, and I am euphoric.

We are also launching our first ever summer art camp for kids. This is a great step in bringing inter-generational programming to the forefront of Montco SAAC services. We are excited to keep building community and building stronger connections by bringing together multiple generations every day.

People usually have a little more room in their schedules this time of year. I would love for you to consider using your own flexible schedule to spend time with Montco SAAC. Whether you want to take a watercolor class with Vessna Scheff at the ACAA, deliver a Meals on Wheels route, or attend the Silver Foxes Fashion Show on June 1st, we have a lot of ways you can have fun while supporting our mission. I hope to see you at the centers.

Happy Pride!

Whit

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