

Live Full. Live Well. Live Long.



MONTCO SAAC

Norristown • Ambler

Volume 28, No. 5 September/October 2019

Volunteer of the Month

Ambler Meals on Wheels Program's

John and Mary Okolowicz

Montco SAAC's Ambler Volunteer of the month cannot be contained to just one person! This month we would like to acknowledge the dynamic husband and wife duo, John and Mary Okolowicz. John & Mary have been married over 30 years & Meals on Wheels has benefited greatly from the Okolowicz's generosity!!

For over 16 years, Mary Okolowicz has volunteered every Monday. As the first volunteer in the center on Mondays, she begins by prepping the coffee and pastries for our members' arrival and gets the hot entrees ready for the oven that will be delivered to our consumers. After that, Mary continues to support MOW by helping pack the consumer meals and then she is off to deliver her route.

For the past 15 years, John has been one of our main route drivers who delivers meals to our consumers on both Tuesdays and Thursdays of each week. He also volunteers to help in the kitchen for our Congregate Lunch Program. John enjoys being physically fit, as well as enjoying outside activities such as biking and hiking.

Mary and John have so graciously helped Montco SAAC Ambler run smoothly not only with their time spent here, but also by giving yearly contributions that include new coffee carafes and several other items that provide our members & staff with certain conveniences. Without this energetic and motivated couple, our center would not be the same!! Thank You, John & Mary!!

Wednesday October 16th 5:30 pm

**JEM Restaurant: 2931 Swede Rd.
Norristown, PA 19401**

Enjoy dinner & a night of bingo while supporting Montco SAAC. With your \$35 ticket, you'll gain entrance to a four-course dinner consisting of soup, salad, pasta, and dessert, 10 bingo games, and a chance to win door prizes and raffle items. All 10 games have a \$10 pot. Tickets are available for purchase on eventbrite.com, at Montco SAAC, and at JEM Restaurant. Have any questions? Call Melissa at 610-275-1960 or email mbuckminster@montcosaac.com.



9th Annual Outrunning Senior Hunger 5K & Fun Mile



Looking for a way to support Montco SAAC while getting out and about this fall? We're hosting our 9th annual Outrunning Senior Hunger 5K & Fun Mile on Saturday, November 2nd at Montgomery County Community College. The annual 5K fundraiser helps supplement Montco SAAC's funding and ensures continued support for its members who depend on it, including its senior center members, Meals on Wheels recipients, and art center members.

Melissa Buckminster, this year's race director, is excited about the addition of the Fun Mile. "We usually offer a 3K walk for folks who'd rather opt out of the longer race, but this year's Fun Mile is open to anyone looking to support Montco SAAC without having to train beforehand. You can walk it, run it, skip it, whatever you'd like! The idea is to enjoy yourself while getting a bit of physical activity, taking in MCCC's beautiful campus, and raising money for a cause close to all of our hearts." The 5K will begin at 9 AM and the Fun Mile at 9:10. Registration is available at runsignup.com or at either Montco SAAC center (536 George St, Norristown PA 19401 or 45 Forest Ave, Ambler PA 19002) and is \$25 before October 11th, \$30 after. Questions? Call 610-275-1960 or e-mail Melissa Buckminster at mbuckminster@montcosaac.com for details.

Have You Renewed Your Membership?

Membership dues are due annually in July. Have you paid yours? 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**



****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

September

Bus Trips with West Norriton Township

All trips leave from Centennial Park. See Michele for additional trip information. The seats fill up fast so sign up early.

Resorts Casino in Atlantic City, New Jersey

Thursday, September 12, Departs 9:00 a.m.

"A Little Bit of County with a Little Bit of Rock and Roll" at the Brownstone in Paterson New Jersey

Thursday, October 10, Departs 8:45 a.m.

Hunterdon Hills Playhouse Holiday Musical "The Three Scrooges"

Thursday, November 7, Departs 9:00 a.m.

For additional information see Michele or contact Florence Bruno at 267-226-0873.

Who What When?

Mondays starting at 1:15 p.m.

20 hints are given. People often guess who, what or when before all the hints are given. It's quick, fun, and brings back fond memories.

Sleeping Mat Project

Mondays, starting at 10:30 a.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.

Complimentary Haircuts

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

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

Local Current Events

Thursdays, Sept 12 & October 10, 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

Thursdays, Sept 26 & October 24, 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, September 3, 17, 24, 10:30 a.m.

Most people are approached by scam artists every day. We should all be familiar with the grandparent scam by now, but there is a new one every minute. Keep up with the latest things to watch for with Danielle Charry of The Lincoln Center.

Tater Tots

Tuesday, September 3, 12:00 p.m.

We are very grateful to have the Tater Tots back to entertain us at lunch time. They are Better Than Bingo!



Community Health Choices

Tuesday, September 3, 12:30 p.m.

Seniors who have both Medicare and Medicaid have the option of choosing one of three private Medicaid plans. If you are one of those individuals come and meet Jessy Foster from the PA Health Access Network and get more information on your options.

Escape the Community Room

Wednesday, September 4, 12:30 p.m.

Everyone's talking about escape rooms. Be curious no more. Now you can play the game too. Meet in the Community Room and as a group we will figure out the puzzles to gain our exit out of the Community Room.

How about Some Football Signs?

Friday, September 6, 10:00 a.m.

Of course, we all know that football season

starts this week. Eagles Fan or not, we thought we would put football referee signs into our Good Morning Stretch today. Then when you are watching football you will know the meaning of all the referee signs.

Go4Life

Monday, September 9, 12:30 p.m.

Get Ready. Start Moving. Keep Going. That is what you will want to do after attending this presentation from the National Institute on Aging. Inspiring and motivating brochures will be available following the discussion.

Expect More from Your Pharmacy

Tuesday, September 10, 10:30 a.m.

Meet Michael Crain from Myers Drugs. They have a fascinating array of options to make purchasing and taking your medication easier. Drop in and see if one of these could help you!

In Your Best Interest

Tuesday, September 10, 12:30 p.m.

Danielle Charry will be with us to explore scams and crime against seniors. Find out what is trending in the criminal world and how to avoid it!

Remembrance Day

Wednesday, September 11

Today marks the anniversary of the attack on America. We will never forget. Today many are making this day of sadness into a day of service. Check the Daily Board in the lobby for a special program.

AARP Smart Driver Course

Wednesday, September 11, 9:30 a.m.-2 p.m.

AARP is offering a Smart Driver Refresher course to help older drivers adjust to age related changes to vision, hearing, and reaction time. Insurance companies offer a discount to graduates of this course. Preregistration required, call 610-275-1960 for details.

B 12

Wednesday, September 11, 11:45 a.m.

Are you vitamin B 12 deficient? Find out the symptoms and get 4 tips to make sure you are consuming the optimal amounts of vitamin B 12! Sorry no Bingo involved.

Shingles Vaccines

Thursday, September 12, 10:30 a.m.



Get your immunization here! Shingles shot number one is being given today by Small Town Pharmacy. Preregistration required. Call 610-279-6575 for details. Shot number two is December 12, mark your calendars. Both shots are required.

Hispanic Heritage Pride

Monday, September 16, 12:30 p.m.

September is National Hispanic Heritage Month. Today celebrate the Hispanic culture and learn about accomplishments made by people of Hispanic ancestry. Look for a Hispanic Heritage crossword puzzles and the Spanish version of September's Monthly Gazette and Daily Chronicles.

Medication Safety

Tuesday, September 17, 12:30 p.m.

Small Town Pharmacy is back with information on medication safety. Be sure to hear the latest suggestions on how to take your prescriptions. Bring your questions!

Profit from Your Produce (Demonstration and Distribution)

Wednesday, September 18, 12:30 p.m.

Kristi Goodwin, from the County's Health Department and Department of Senior Services, 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.

Cheeseburger Day!

Wednesday, September 18, 11:45 a.m.

Can you hear your stomach rumble just thinking about it? Join us today at lunch for a delicious cheeseburger and more.

Share a Poem Day

Friday, September 20, 12:30 p.m.

Today the mic is yours to read your favorite poem. See Michele to sign up and pick up a set of rules. Come sit and listen or share your favorite poem or do both. Light refreshments will be served.

Sign Language Week

Monday, September 23–Friday, September 27

This week is a week to celebrate and promote deaf culture, sign language, and deaf heritage. This week there will be a sample of a basic word in American Sign Language on the Daily Board. Have you ever heard an iPad speak and carry on conversations? Every Friday, Montco SAAC volunteer, Chris, works very hard on the Sleeping Mat Project. He is unable to speak, so he communicates with people with his iPad. He enjoys conversing with people. His iPad is his voice. Stop in the cafeteria or lobby to meet him. He would be happy to show you how the iPad works and have a nice conversation too.



Don't Fall this Fall

Monday, September 23, 12:30 p.m.

Meet Regina Floria from Mercy Life who will be addressing Fall Prevention in honor of the first day of Fall. They are another Medicare/Medicaid provider offering services to Montgomery County.

Celebrate Yoga!

Tuesday, September 24, 10:30 a.m.

September is Yoga Month. To celebrate bring a friend to yoga, our treat! They will thank you.

How to Screen an Agent

Tuesday, September 24, 12:30 p.m.

Agents for Advocacy will be hosting this look at how to choose a representative to help you with your Medicare choices. This seminar is timely as Open Enrollment is just around the corner.

Grub Hub

Wednesday, September 25 & Friday, October 18

Do you want it ALL? No fees for you to ride to the restaurant, just a nice restaurant meal delivered to you at Montco SAAC, courtesy of Grub Hub. We will order the meals so they will be at the center around lunch time. Check the board in the cafeteria for more information and to see the month's featured restaurant and their menu.

Habits of Happy People

Wednesday, September 25, 12:30 p.m.

Join our representative from Humana for a look at ways to be happier. And to stay happy be sure to review the changes your Medicare Plan sends you during the upcoming Open Enrollment period. Be sure those changes don't affect your medical care!

Hug a Vegan Day

Friday, September 27, 12:30 p.m.

Vegan, Vegetarian, Whole Food Plant Based, Herbivore, Carnivore and the list goes on. What is the difference and what makes them different? Today learn the answer to this question and more. Vegan snacks too!

Norristown Happenings October

Safety with Danielle

Tuesday, October 1, 15, 22, 29, 10:30 a.m.

See September 3rd.

Have it Your Way

Tuesday, October 1, 12:30 p.m.

Take a look at final expenses with a broker who handles multiple companies. One of them could be what you have been looking for.

My Life, My Health

Wednesday, October 2, 9, 16, 23, 30, and

November 6, 10:30 to 1:30 p.m.

This chronic disease self-management class was a big hit last year and we are offering it again, hoping to share it with additional members. Come learn how to evaluate difficulties in managing your life, set goals and discuss with others in similar situations. It is a fun and informative program.

Embrace Diversity

Friday, October 4. Starting at 10:15 a.m.

National Diversity Day is a day to celebrate and embrace who we are, despite our differences, no matter what race, religion, gender identity, sexual orientation, age, nationality, or disability. This is a day to reflect on and learn about different cultures and ideologies. A day to vow acceptance and tolerance. A day to consciously address these areas at educational and religious institutions, as

well as in the workplace and at home. Join us today as we highlight different cultures and backgrounds. Enjoy the movie *Under the Tuscan Sun*.

PAIN!

Friday, October 4, 12:30 p.m.

Meet Dr. Kelly from the Pennsylvania Pain and Spine Institute. He will be discussing pain management with age. He will focus on traditional and non-traditional treatments.

Jewish Journey to America

Monday, October 7, 10:15 a.m.

Join us for a viewing of the journey that the Jewish people took to come to America. We will also discuss Yom Kippur the holiest of Jewish holidays, which begins at Sunset on October 8.

Foster Grandparents

Tuesday, October 8, 10:30 a.m.

Are your grandchildren out of touch? Could you use an extra few dollars? Take this opportunity to find out about the Foster Grandparent program, a part time job opportunity working with children. It is a great way to make a difference!

In Your Best Interest

Tuesday, October 8, 12:30 a.m.

Staying safe in today's chaotic world can be more difficult than you think. Meet with Danielle Charry of The Lincoln Center so you can be prepared for the moments when threats arise.

Indigenous People

Monday, October 7, 10:15 p.m.

On this Columbus Day we think who was it that the early settlers met when they first arrived in America. Let's take time today to sit down and watch the true account of the legendary "Padre on Horseback," Father Eusebio Francisco Kino, a Jesuit missionary who dedicated much of his life helping the lives of the Native Americans. The road was dangerous. But the path was true.

Blood Pressure and Medication Checks

Tuesday October 15, 12:30 p.m.

Small Town Pharmacy representatives will be back to help us examine our overall health. Be sure to bring your questions!

Herbal Healing

Friday, October 18, 12:30 p.m.

Enjoy a cup of herbal tea while learning about the benefits of herbs. Help make herb sachets for your linen closet or sock drawer. Keep the sachet for yourself or give it as a gift.

Color Day

Monday, October 21, 12:30 p.m.

Wear your favorite color clothing today and learn a little bit about color psychology.

Alzheimer's and Other Diseases We Would Like to Forget

Tuesday, October 22, 12:30 p.m.

Join Bayada staff for a look at Alzheimer's Disease and other forms of dementia. Their new game show format makes their seminars fun and challenging.

Medicare

Wednesday, October 23, 12:30 p.m.

Get the details about next year's changes to Cigna's Medicare programs. This is your opportunity to compare plans and review your choices.

Let's Build a Scarecrow

Friday, October 25, 12:30 p.m.

A scarecrow is what we need to make our Halloween celebration Spooktacular. Spiced cookies that are locally made and apple cider will be available.

Polish Party Day!

Monday, October 28, 11:45 a.m.

October is Polish-American Heritage Month. Enjoy a festive Polish lunch and enjoy some polka tunes.

What are my Options?

Tuesday, October 29, 12:30 p.m.

Vlad Ethan Vaisman and Nancy Katz are back from Bankers Life and Colonial Penn. They have multiple options for Open Enrollment and are available to inform and to answer questions.

Candy Corn Day!

Wednesday, October 30

A sweet treat created in the late 1800s to represent the bright colors of corn kernels. Today guess how many candy corn pieces are in the jar. The closest one without going over wins a prize.

Halloween and Harvest Party

Wednesday, October 31, 12:15 p.m.

You are invited to a candy laden, pumpkin happy, Autumn celebration. You will experience a scary story told in a foggy, pumpkin lit atmosphere. Costumes are encouraged. Treats and no tricks.

Ambler Happenings September

Happy Labor Day!

Monday, September 2, CLOSED

New Voting System in Montgomery Cty

Wednesday, September 4, 12:30 p.m.

Meet Corrie Emerson of the Montgomery County Board of Commissioners and gain valuable information regarding the new voter-marked paper ballot system which replaces the old electronic push-button voting machines the County purchased in 1996.

Crafts with Alex

Thursday, September 5, 10:30 a.m.

Above the Norm

Friday, September 6, 12:30 p.m.

Explore historic Philly in the comfort of your chair as our guide, Norm Davis, takes us on a virtual tour of the cities' hidden jewels.

Sundae Monday

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

Habits of Happy People

Monday, September 9, 12:30 p.m.

Join our representative from Humana for a look at ways to be happier. And to stay happy be sure to review the changes your Medicare Plan sends you during the upcoming Open Enrollment period. Be sure those changes don't affect your medical care!

Abington Jefferson Health Blood Pressure Screenings

Wednesday, September 11, 9:30 to 11:30 a.m.

Holistic Approaches to Manage Pain

Wednesday, September 11, 12:30 p.m.

Dr. Kelly, DO, the founder of Pennsylvania Pain and Spine Institute, will be discussing some alternative and holistic approaches to



managing pain in addition to treatment options for individuals who suffer from acute/chronic pain.

Popcorn and A Movie

Thursday, September 12, 10:00 a.m.

How Trains Work and Train Safety

Friday, September 13, 12:30 p.m.

LTK Engineering Services has worked on rail systems at most of the all-new transit systems in the U.S. LTK was also selected by SEPTA to provide program management services for the SEPTA Key system. Today's presentation will include information on the basics of train operations and safety, plus enlighten our understanding of how trains and train systems work.

No Flu for You!

Monday, September 16, 12:30 p.m.

Welcome Courtney Bell from Cigna Health and get the details on this year's flu shots and more. Snacks will be provided courtesy of Cigna!

Line Dance for Health

Wednesday, September 18, 12:30 p.m.

Line dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing engagement in a social activity. Join the folks from *Oak Street Health* and learn the steps to some popular line dance routines. Relieve some stress and have some fun!

Crafts with Alex

Thursday, September 19, 10:30 a.m.

Farmer's Market in Blue Bell

Friday, September 20, 10:00 a.m. to 1:00 p.m.
Off-site trip for produce and lunch.

Fall Prevention

Monday, September 23, 12:30 p.m.

Dianne Miller, MPT and owner of *Ambler Physical Therapy and Sports Rehabilitation*, will offer some common-sense fall-prevention measures that could keep you from risk of serious injury.

Art with Jennifer

Tuesday, September 24, 12:30 p.m.

Speech Therapy and Aging

Wednesday, September 25, 12:30 p.m.

Ever have trouble remembering where you left your house keys? Or difficulty pronouncing a word? Did something you drank go down the wrong pipe? These aspects of therapy are addressed by Speech-Language Pathologists. Introducing Bob Serianni, Director of the Speech-Language Institute at Salus University. He will speak about the changes in communication and swallowing associated with aging and when you need to seek help.

Senior Law Clinic

Friday, September 27, 10:00 a.m.-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, September 27, 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.

How to Screen an Agent

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

Agents for Advocacy will be hosting this look at how to choose a representative to help you with your Medicare choices. This seminar is timely as Open Enrollment is just around the corner.

Ambler Happenings

October

Medicare Fraud & Abuse

Wednesday, October 2, 12:30 p.m.

Each year over \$60 billion is lost to fraud, waste, and abuse in Medicare. However, the cost in terms of loss of quality of care is immeasurable. Amy Kokoles, a representative from the Center for Advocacy for the Rights and Interests of the Elderly (CARIE), will educate us about Medicare fraud and preventative measures we can take to protect ourselves from scams.

Crafts with Alex

Thursday, October 3, 10:30 a.m.

PA House of Representative Thomas P. Murt

Friday, October 4, 12:30 p.m.

Thomas P. Murt, a member of the Pennsylvania House of Representatives and Chair of Aging and Older Adult Services, talks about programs, resources and legislation that benefit the over 60 population.

Have it Your Way

Monday, October 7, 12:30 p.m.

Take a look at final expenses with a broker who handles multiple companies. One of them could be what you have been looking for.

Abington Jefferson Health Blood Pressure Screenings

Wednesday, October 9, 9:30 to 11:30 a.m.

Autumn Leaves, Moon Tunes and Big Band

Wednesday, October 9, 12:30 p.m.

Music in the Living's, Cindy McGrath, entertains us with a piano montage of vintage songs that will have us tapping, singing and clapping our hands.

In-Service Day: CLOSED

Wednesday, October 11

Sundae Monday

Monday, October 14, 12:15 p.m.

B 12

Monday, October 14, 12:30 p.m.

Are you vitamin B 12 deficient? Find out the symptoms and get 4 tips to make sure you are consuming the optimal amounts of vitamin B 12! Sorry no Bingo involved.

Crafts with Alex

Thursday, October 17, 10:30 a.m.

Pet Therapy with Teddy

Friday, October 18, 12:45 p.m.

Foster Grandparents

Monday, October 21, 12:30 p.m.

Are your grandchildren out of touch? Could you use an extra few dollars? Take this opportunity to find out about the Foster Grandparent program, a part-time job opportunity working with children. It is a great way to make a difference!

Ask. Wait. Listen.

Wednesday, October 23, 12:30 p.m.

Aphasia can affect speaking, reading, writing, and understanding language. It is usually acquired following a stroke or other brain injury. People who have aphasia know what they want to say but may have difficulty saying it. Meet a member of the Moss

Rehab Aphasia Center and learn about the strategies used to combat this communication disorder.

Popcorn and a Movie

Thursday, October 24, 10:00 a.m.

Senior Law Clinic

Friday, October 25, 10:00 a.m. to 12:00 p.m.

See September 27 for details.

Medicare

Monday, October 28, 12:30 p.m.

Get the details about next year's changes to Cigna's Medicare programs. This is your opportunity to compare plans and review your options.

Art with Jennifer

Tuesday, October 29, 12:30 p.m.

Halloween Talent Show

Wednesday, October 30, 12:30 p.m.



*Last year's
Ghouls &
Goblins at
Montco SAAC*

Dust off your broom and eye of newt, and make Hallows Eve a gruesome beaut. Join a show of shocking proportions, and entertain us all with unearthly contortions. Sing, dance, or cast a spell, a monster mash would work as well. And with devilish costume or beastly disguise, You too could win the ultimate prize.

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 | SEPTEMBER AND OCTOBER 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

September

**All dates are subject to change*

The Center will be closed September 2nd in observance of Labor Day.

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

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

Art Viewing – Genre Painting – Everyday scenes in art.

N: September 13, 2019	A: September 9, 2019
-----------------------	----------------------

Art Making: Create an acrylic painting of your favorite every-day scene.

N: September 13, 2019	A: September 10, 2019
-----------------------	-----------------------

Art Viewing – Home Grown – All Pennsylvania Artists.

N: September 20, 2019	A: September 16, 2019
-----------------------	-----------------------

Art Making: Bring and object from home to use to Decoupage a Keepsake box with mixed media.

N: September 20, 2019	A: September 17, 2019
-----------------------	-----------------------

Art Viewing – Stolen Works

N: September 27, 2019	A: September 23, 2019
-----------------------	-----------------------

Art Making: Create a Forgery! (A study) of a masterwork with acrylic on canvas board.

N: September 27, 2019	A: September 24, 2019
-----------------------	-----------------------

Art Viewing – Degenerate Art – Art banned by the Nazi's.

N: October 4, 2019	A: September 30, 2019
--------------------	-----------------------

Art Making: Create your own degenerate work with acrylics or watercolors.

N: October 4, 2019	A: October 1, 2019
--------------------	--------------------

October

**All dates are subject to change*

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

N: November 1, 2019	A: October 7-8, 2019
---------------------	----------------------

***The center will be closed on October 11th for In Service Day.**

Art Viewing – Autumn in Art

N: October 18, 2019	A: October 14, 2019
---------------------	---------------------

Art Making: Create an autumn assemblage or leaf rubbings with leaves and crayons.

N: October 18, 2019	A: October 15, 2019
---------------------	---------------------

Art Viewing – The Spirit World in Art

N: October 25, 2019	A: October 28, 2019
---------------------	---------------------

Art Making: Carve or paint a mini jack-o'-lantern with acrylics.

N: October 25, 2019	A: October 29, 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.

September/October 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.

September/October 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 11:00 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.
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	10:30-11:45 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 September / October 2019

From Our Director



A Word from Whit

It's beginning to look a lot like fall with crisp breezes and the exhilarating smell of freshly sharpened pencils and other new school supplies heading off to fulfill their destiny. At Montco

SAAC, we're getting ready for our annual anniversary art show the weekend of October 4. Join us as we celebrate art made by our members. You'll see everything from oil painting and watercolor to stained glass and ceramics. It's an extra fun event because you can meet the artists that made your favorite pieces, and maybe pick a new piece for your collection! Art is uniquely able to unify people across different experiences and points of view and that is one of our favorite things about having arts programming at Montco SAAC. The Art Center at Ambler is a safe space to cultivate creativity while also experiencing art through the eyes of others.

In November, we're kicking off the month (and my third wedding anniversary!) with our annual Outrunning Senior Hunger fundraiser. The 5k run and fun mile takes place November 2 at Montgomery County Community College. I hope you'll visit the event to run, walk, skip, or just volunteer with us. My husband, James, and I are excited to celebrate our anniversary surrounded by a community that means so much while doing the work we've always wanted to do. If you can't make the event, or just prefer to sleep in, consider making a monetary donation to help us meet our mission while making it easy on yourself. More information is available at montcosaac.com/events.

Best,

Whit

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