

610-323-5009
www.TriCountyAAC.org
288 Moser Road, Suite 1
Pottstown, PA 19464

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January 1, 2022

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or current resident

From Brian's Desk

I can't believe it is 2022! Last year went by in the blink of an eye. I was hopeful in the fall that we would be near the end of the pandemic, but as I write this, new cases are still on the rise in Pennsylvania and Montgomery County. More people are being vaccinated every day, but we are still below the level that controls the spread.

Meals will continue to be drive-through-only for a while, as having that many people in the dining room without masks is still too risky at this time. We are hopeful that we may be able to reopen our dining room soon, as this latest, and hopefully last, surge passes.

Even though many restrictions have been lifted by the state, the PA Department of Aging and Montgomery County are requiring stricter standards for organizations serving older adults, including TRAAC. We serve a population that is more likely to have serious complications from COVID, and some people are unable to get vaccinated due to other medical issues, so we are being cautious.

Please continue to be pa-

tient as we reopen in a way that strives to keep everyone as safe as possible.

New partnership – new location!

We are thrilled to announce a partnership with Ursinus College! This partnership will allow us to offer programs on their beautiful campus in Trappe, which is an area not served by other centers. Older adults in Collegeville, Trappe, Limerick, Schwenksville, and Royersford will now have easier access to our programs. Programs will begin in March – keep an eye on our website

and TRAAC Notes for information.

Can't Wait to See You

Now that we are open, keep an eye on our website, our Facebook page, and our email newsletter for up-to-date information on available programs and services.

It has been great to have people back in the building, and we can't wait to get back to normal. If you have concerns about coming back to the TRAAC, please reach out to me.

Brian
610-323-5009
Brian@TriCountyAAC.org

This newsletter sponsored by



TriCounty Area
FEDERAL CREDIT UNION



Parke

Happy New year and Cheers to a Great New Fitness Journey!

I hope everyone had a wonderful Holiday and Happy New Year! January is a great month to start or keep up with your fitness programs. It's never too late to start your fitness journey or maybe you are needing to keep on track. It's important to keep moving as much as you can as it helps with your physical needs and mental needs. Exercise does make your overall health so much better, plus you get to socialize with other people just like you. We have some FUN new events and classes



Wert

coming soon as well as the current class schedule with over 20 classes a week that we offer. Kicking off the new year with a Winter Olympics event with fun fitness activities, Walk with Ease, On the Ball class and a Potluck Friday Fitness will be coming soon. We offer something for everyone, plus if you cannot make it to in-person classes we still offer

virtual classes, which can keep you on track. If you don't like a class setting, we also have treadmills and stationary bikes to use at your convenience.

Take some time for yourself and keep up with your fitness programs, it will overall make you feel like a healthier person. If you don't know where to start, please ask so I can get you on the right path whatever your fitness goals or journey may be. Fitness can be fun and enjoyable you just have to take the first step.

Jolene

Fitness Schedule 2022

Mon	Early Bird 50+ 8:00-9:00 Track Jolene	Senior Yoga 9:15-10:00 Classroom 2 Charee	50+Fit 9:30-10:30 Track Jolene	Mindful Meditation 10:15-10:45 Classroom 2 Charee	Chair Yoga 11:00-11:45 Classroom 2 Charee	Youthful Hearts low impact Chair 10:45-11:30 Track Linda	Strength & Fit 1:30-2:15 Track Mihae
Tue	On the Ball 8:30-9:15 Classroom 2 Jolene	Silver Sneakers Classic 9:15-10:00 Track Patty	Sit and Fit 10:30-11:30 Track Jolene	Zumba Gold 10:30-11:30 Classroom 2 Joanne	Chair Dancing 11:45-12:15 Track Joanne	Self Defense 12:30 1:30 Track Darrel	Tai Chi 1:30-2:30 Track Darrel
Wed	Early Bird 50+Fit 8:00-9:00 Track Jolene	50+ Fit 9:30-10:30 Track Jolene	Stretch & Fit 9:30-10:15 Classroom 2 Mihae	Core & Balance 10:30-11:15 Classroom 2 Mihae	Line Dancing 1:30-2:15 Track Robin		
Thu	Silver Sneakers Boom Move 8:45-9:30 Track Jolene	Pilates 9:00-10:00 Classroom 2 Linda	Sit and Fit 10:30 11:30 Track Jolene	Zumba Gold 10:30-11:30 Classroom 2 Joanne	Chair Dancing 11:45-12:15 Track Joanne	Super Senior Fit 1:30-2:15 Track Mihae	
Fri	Piyo 8:30-9:15 Classroom 2 Jolene	Drums Alive 10:00-11:00 Track Jolene	Potluck Friday Surprise 1:00 Rotating Instructors	Class times and instructors are subject to change			

TRICOUNTY ACTIVE ADULT CENTER BOARD OF DIRECTORS

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Karin@TriCountyAAC.org

Traci Zammetti, Barb Hughes

DATA CLERK: Marge McElroy

BUILDING MANAGER: Ken Laxton

BOARD OF DIRECTORS MEETINGS

Board of Directors meets the 4th Tuesday of the Month at 8 a.m.

The mission of the TriCounty Active Adult Center is to enhance the well-being of its members by providing services and activities that promote an independent and healthy lifestyle. The TriCounty Active Adult Center has more than 2,500 members residing in the tri-county area. We welcome anyone living in the tri-county area (Berks, Chester and Montgomery counties) who is 50+ years of age to consider attending our center. The TriCounty Active Adult Center provides services to anyone age 50+ or better, regardless of race, religion, nationality, gender, sexual orientation or gender identity.

The Newsletter of the TriCounty Active Adult Centr (ISSN: 2471-7258) Issue: 2022-1 is published six times per year by the TriCounty Active Adult Center, 288 Moser Road, Suite 1, Pottstown, PA, 19464. Send address changes to: TRAAC, 288 Moser Road, Suite 1, Pottstown, PA, 19464.

FROM THE KITCHEN

Hello 2022!

May this be the year we return to indoor dining at the center. I know you all miss it and I am looking forward to the challenge! My menu begins in January and I am hoping you will all like it. Don't be afraid to give me some feedback, good or bad.

I know most do not share this opinion but, I just love winter! The snow, fire in the fireplace, cuddling up with my hubby to watch a movie and of course, a nice hot steaming bowl of homemade soup and a hunk of crusty bread. Irvin, my husband for the past 28 years, has been a vegetarian. So, making something



Karin

can eat is priceless. Here is one of our favorites. It

is so easy to prepare and we usually have the ingredients in the house. I hope you will enjoy it as much as we do.

— Karin

Creamy Potato & Cabbage Soup

INGREDIENTS

¼ cup olive oil
6 cups sliced cabbage (one small head)
1 medium chopped sweet onion
2 lbs. potatoes (8 med potatoes) – peeled & chopped
3 medium carrots chopped
6 cups vegetable broth
2 teaspoons kosher salt

2 tablespoons white wine vinegar
¾ cup sour cream
1 Tbls fresh dill
1 bay leaf

DIRECTIONS

Heat oil in a large pot over medium heat. Add cabbage & onions. Cook until cabbage is starting to wilt, about 10 minutes. Add potatoes, carrots, 1 tsp. salt, bay leaf & broth; bring to a boil. Reduce heat & simmer uncovered until potatoes & carrots are tender, about 20 minutes.

Remove pot from heat. Stir in vinegar & sour cream, sprinkle with dill.



Creamy Potato and Cabbage Soup

Just a reminder about meal pick up policies:

If you are not able to pick up your lunch on a specific date, please contact the front desk and let them know you need to cancel. (610)323-5009; push 1.

If you miss two consecutive days you will not be able to order lunch for a month.

Please contact us if you have questions or concerns.

Check Out
These Upcoming
Events

IN-PERSON or ZOOM


Keystone Villa[®]
AT DOUGLASSVILLE

A DISTINCTIVE RETIREMENT COMMUNITY

Celebrating seniors for 15 years and counting!



Three-Part Curran Estate Planning Seminars

Tuesday, January 4 • 6:00pm

Medicare, understanding open enrollment
and maximizing your benefits

Part 2 & 3: Tues., Feb. 1 & March 1 • 6:00pm

Long Term Care Insurance Seminar

Thursday, January 13 • 6:00pm

Speaker: Elizabeth M. Snyder,
CEO/Owner of Main Street Financial Partners
Learn more about the benefits of having long-term
care insurance for you or a loved one.

In-person for the above seminars will be held at
at Keystone Villa at Douglassville's Independent Living
1180 Ben Franklin Hwy. East, Douglassville, PA 19518

To attend in-person or receive your Zoom invite,
please call Brittini at 484-925-1058

Three-Part Dementia Support Series

Speaker: Lori Dierolf,
Open Door Training & Development

Tuesday, January 11 • 6:30pm

The Gift of Music

Tuesday, February 8
6:30pm

Behaviors in Dementia

Tuesday, March 15
6:30pm

Simulation...A Day in Their Life
Space is limited for this date.

In-person for this series will be held at
Keystone Villa at Douglassville's Personal Care Theater
1152 Ben Franklin Hwy. East, Douglassville, PA 19518

To attend in-person or receive your Zoom invite,
please call Sue O. at 610-427-2566

JANUARY & FEBRUARY MENU

Join us for a fresh, healthy meal cooked in-house!

Reservation required! To make a reservation, please call (610) 323-5009 by Monday the week before you plan to join us.

- A free lunch is provided to-go on Mondays, Wednesdays, and Fridays via a drive-through in our parking lot. You must reserve your meals by 4:00 on Monday of the prior week (at least 7 days ahead).
- As with our regular in-person lunches, there is an OPTIONAL, anonymous, suggested donation of \$2.00. All donations are returned to Montgomery County to fund nutrition programs for older adults.
- To be eligible for the lunch, you must be 60 or older, or a TRAAC member, and not receiving Meals on Wheels.
- To avoid a dangerous situation in our parking lot, please arrive at your assigned time slot.
- Menus are subject to change



Reservation deadline	Monday	Wednesday	Friday
Jan 3	1/10 - Grilled Chicken Caesar Wrap w/ pasta salad & fresh fruit	1/12 - NE Baked Haddock with carrots & roasted sweet potato	1/14 - Shepherds Pie w/ green salad and whole wheat roll
Jan 10	1/17 - Meatloaf with Brussels sprouts & baked potato, roll	1/19 - Chicken BBQ Sandwich with roasted sweet potato, green salad and tangelo	1/21 - Chicken Pot Pie w/ biscuit
Jan 17	1/24 - Tuna Casserole w/ Brussels sprouts pear & roll	1/26 - BBQ Pork Mac & Cheese, green beans	1/28 - Burger salad w/ mandarin orange & roll
Jan 24	1/31 - Chicken Salad Melt on English muffin and spinach salad	2/2 - Chicken Cordon Bleu w/ green beans, roasted sweet potatoes, WW roll	2/4 - Chicken Broccoli casserole w/ long grain brown rice, WW roll & tangelo
Jan 31	2/7 - Sloppy Joes w/ spinach salad & orange	2/9 - NE Baked Haddock with carrots & roasted sweet potato	2/11 - Shepherds Pie w/ green salad and whole wheat roll
Feb 7	2/14 - Meatloaf with Brussels sprouts & baked potato, roll	2/16 - Chicken BBQ Sandwich with roasted sweet potato, green salad and tangelo	2/18 - Chicken Pot Pie w/ biscuit
Feb 14	2/21 - Tuna Casserole w/ Brussels sprouts pear & roll	2/23 - BBQ Pork Mac & Cheese, green beans	2/25 - Burger salad w/ mandarin orange & roll
Feb 21	2/28 - Chicken Salad Melt on English muffin and spinach salad		

LOOK WHAT'S HAPPENING ...

We are back!!! Happy 2022!

As we enter 2022 we continue to have guidelines we are following as we are looking out for the health and safety of ALL of our guests, volunteers and staff. In the meantime, please check out the listing below and the "coming soon" section. Sign up and join in the fun! We have several new classes & programs starting. If you have questions or concerns, please call (610) 323-5009 at ext. 102 and I will be happy to help you out. Keep an eye on our weekly TRAAC Notes as the schedules will be updated frequently as we go forward and continue to add additional programs and classes to our weekly schedule.

— Sue McIntyre

Some notes for ALL programs:

- You must pre-register for ALL classes and programs, class limits are listed below. Call 610-323-5009 to pre-register.
- You may only pre-register for yourself and someone who resides at the same address.
- You must stop at the front desk to check in.
- You will be required to wear a mask at all times! Yes, even during exercise programs, during classes and in the game room.
- You must exit the building after your class or program is over. (hopefully this will end soon)
- You must adhere to all safety guidelines while in the TRAAC building and parking lot.
- No one is allowed in the building without being pre-registered for a program or class.
- Additional programs & classes will be added back into our schedule as permitted.

Social & Recreational**Programs****BOOK CLUB**

Enjoy reading and discussing the monthly literary choices. See article for monthly selections.

Leader: Monica Wagg
3rd Thurs. at 1:00; must pre-register

CARD CRAFTS

Everyone needs greeting cards and you can create your own personalized cards for family and friends. All supplies are provided. Limit: 8; must pre-register

Leader: Kathy Stevick
Mondays at 10:00-11:00;
1/3, 1/17, 2/7 & 2/21

Cost: \$.25 per card

CRAFT CLASSES

Craft projects of all kinds are being made with Audrey. Join us on the second Thursday and get your crafting skills working. These are all Make-It & Take-It projects. No experience necessary! Limit: 6; must pre-register

Leader: Audrey Wilkins
Thurs. at 10:30-12:00; 1/13 & 2/10; Suggested Donation

CURRENT EVENTS

Join us for a lively discussion on happenings around our town, county, state, nation & the world. Everyone is welcome and all opinions are appreciated.

Leader: June Hankins
1st and 3rd Tuesday each month at 1:00; must pre-register

DIVERSITY COMMITTEE

This committee works to be inclusive to all and to make sure all are welcome. Our primary focus is the inclusion of our LGBTQ senior consumers in the greater Pottstown area as well as being inclusive of all human rights. We strive as a committee to be involved with the acknowledgement and engagement of all minorities, holidays and to support

and work with other local organizations toward this common goal.

Leader: Paula Mayewski
Time: 1:30

DOMINOS

Self-Led, Suggested Donation

GENEALOGY WITH KRISTINE

Learn how to trace your "family trees" with Kristine Parkes using documents, websites

Leader: Kristine Parkes
Time: 2nd Tuesday of each month. 1/11 & 2/8

HISTORY CLUB

The History Club will meet the 2nd & 4th Thursday of each month. Join us for lively discussions, videos, movies & guest speakers. All programs begin at 1:00.

Leader: Dr. Greg Gubler
Time: 1:00; must pre-register

SUGGESTED DONATION**LGBTQ SENIOR SOCIAL GROUP**

A time to socialize, interact and connect at the TRAAC. The group meets monthly and provides an opportunity for LGBTQ seniors and allies to meet and enjoy some refreshments, each other's company as well as activities in the center or at a nearby restaurant. Contact Paula (610.323.5009; ext. 105) for more information regarding January & February meetings.

Leader: Paula Mayewski

LUNCH BUNCH

Enjoy a lunch out with friends as we travel to different locations in our area each month. Lunch is on your own. Lunch Bunch will return in 2022!

MAHJONG

A tile based game that was developed in China during the Qing dynasty and has spread throughout the

CALENDAR » PAGE 12

O·W·M LAW

O'Donnell, Weiss & Mattei, P.C.

Rebecca Hobbs, Certified Elder Law Attorney



***Elder Law - Long Term Care Planning
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Melissa A. Iacobucci
Thomas P. McCabe
Scott J. Werner, Jr.**

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Pottstown, PA 19464
610-323-2800

—and—

347 Bridge Street
Suite 200
Phoenixville, PA 19460
610-917-9347

*Certified as an Elder Law Attorney by the
National Elder Law Foundation as authorized
by the Pennsylvania Supreme Court



Email: info@owmlaw.com
www.owmlaw.com



Alzheimer's Disease: Overcoming Stigma

There exist many myths and misconceptions about progressive brain diseases which, unfortunately, can create feelings of shame, anxiety and stigma among people living with dementia and their caregivers. Stigma around Alzheimer's disease exists, in part, due to the lack of public awareness and understanding of the disease. Stigma often prevents people from receiving an early diagnosis (or any at all), making plans for the future, developing a support system, benefiting from available treatments, participating in clinical trials, and living the best quality of life possible while they are able to do so.

Stigma and lack of awareness also impacts dementia research. For example, the government funds Alzheimer's research at lower rates than other diseases, even when the cost of caring for Alzheimer's is significantly higher.

A dementia diagnosis may test friendships. Relationships with family may change. People may be unsure about how to discuss the disease or may avoid interacting with the person living with disease. Here is practical advice from people living with the disease on how to overcome Alzheimer's stigma.

Be open and direct.

Engage others in discussions about Alzheimer's disease and the need for prevention, better treatment and an eventual cure. Look for opportunities to educate and create understanding.

Communicate the facts.

Sharing accurate information is key to dispelling misconceptions about the disease. Whether a brochure or link to online content, offer information to help people better understand Alzheimer's. Learn the facts about Alzheimer's and find an education program online or near you. The Alzheimer's Association is a reputable

source for this type of information. Visit alz.org or call the Alzheimer's Association 24/7 Helpline at 800.272.3900.

Seek support and stay connected.

It is important for people living with dementia and their family caregivers to stay engaged in meaningful relationships and activities. Whether family, friends or a support group, having a network is critical.

Be part of the solution.

If you or someone close is dealing with a dementia diagnosis, use your voice to help raise awareness, end stigma and advocate for more Alzheimer's support and research. Learn how you can make a difference in the fight against Alzheimer's and all other dementia by visiting alz.org/advocate or calling 800.272.3900.

Working together we can learn about dementia, educate others and help alleviate stigma to improve the lives of those living with the disease and their family members and friends.

"I fight the stigma of Alzheimer's by making sure everyone I interact with knows that dementia is not just an older person's illness. I use my voice as an advocate because I want to ensure no other family has to experience what my family has, losing four members to Alzheimer's."

— Michele Castro, living with younger onset Alzheimer's

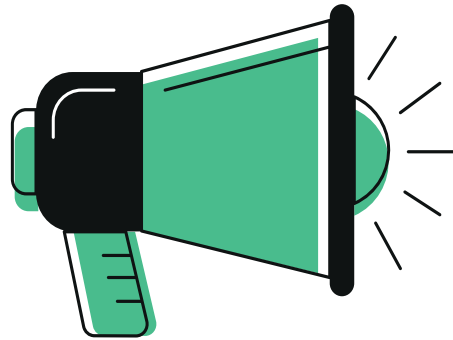
About the Alzheimer's Association

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. The Delaware Valley Chapter serves 18 counties in Delaware, South Jersey and Southeastern Pennsylvania, providing programs and services to more than 489,000 in-

dividuals and 893,000 caregivers affected by Alzheimer's disease or other dementia. For

more information about Alzheimer's disease, programs and services and resources, call

the Alzheimer's Association 24/7 Helpline at 800.272.3900 or visit ALZ.ORG/DELVAL.



**Big Brothers
Big Sisters®**
INDEPENDENCE

**ATTENTION
RETURNING FALL 2022
TRAAC MEMBERS ARE NEEDED TO
MENTOR LOCAL YOUTH**



Big Brothers Big Sisters takes place 2x per month around lunch and is a great way to get involved in the community!

To get started or learn more email Lacey at llyberger@independencebig.org OR Sue McIntyre at sue@tricityaac.org

2022 Trip Schedule » Oh The Places We Will Go!

Below are a few of the trips we are working on for 2022. Some dates are subject to change due to availability of transportation or tickets. Check out the TRAAC Dining Room wall and the Trip wall on the 2nd floor for more information on these trips. Information will be updated as it is available. There are more in the works! Keep an eye out!!!

March

March 31, 2022: Dutch Apple presents "Singin' in the Rain!"

From the golden age of movie musicals, Singin in the Rain brings up the starlet, the leading man and a love affair that could change lives ... and make or break careers. The story focuses on Don Lockwood and Lina Lamont who are a hot items on screen but, behind the scenes, things aren't always as they seem! Meanwhile, Lina's less than pleasant vocal tones make her an improbable contender for stardom in the new talking pictures. This all-singing, all-dancing extravaganza includes a downpour of unforgettable songs such as "Good Mornin," "Make 'Em Laugh," and of course, "Singin' in the Rain!"

Includes round trip motor-coach transportation, Luncheon Buffet and the matinee performance of "Singin' in the Rain"

Cost: \$120 Members; \$125 Non-Members

May make payments; Final payment due 2/25

June:

June 14, 2022: 9/11 Memorial & Georgines's

Includes roundtrip motor-coach transportation, admission to the 9/11 Memorial Museum and free time for shopping and browsing the Memorial (11-3), sit down dinner at Georgine's

Entrée selections: Grilled Norwegian Salmon; Stuffed Capon or Chicken Parmigiana
Cost: \$115 Members; \$120

Non-Members
May make payments; Final payment due 5/6

September:

September 8, 2022: Rail & Paddlewheel

Includes roundtrip motor-coach transportation, scenic ride on the Middletown & Hummelstown Railroad; a sit-down lunch at Alfred's Victorian Restaurant and a sight-seeing cruise aboard the "Pride of the Susquehanna."

Cost: \$115 Members; \$120 Non-Members

May make payments; Final payment due 8/24

September 13, 2022: Sight & Sound presents David Master Poet. Fearless Warrior. Anointed King. From still waters to shadowed valleys, David's ascent to the throne is filled with towering giants, wild animals and Philistine soldiers. After unprecedented victories lead to devastating failures, this passionate warrior will face the biggest battle of all: the one within himself. Come alongside this young shepherd on his journey to become a man after God's own heart.

Includes roundtrip transportation, admission to the show and a luncheon smorgasbord at Shady Maple Restaurant

Cost: \$150 Members; \$155 Non-Members

May make payments; Final payment due 8/4

November:

November 13-19, 2022: Southern Charm Tour

Travel with Collette Tours to Historic Charleston, Savannah, St. Simons Island, Jekyll Island and more. 7 Days of southern hospitality!

Includes roundtrip motor-coach transportation to the airport, flight from Philadelphia, walking tours, scenic cruises, all hotel accommodations; 6 Breakfasts & 3 Dinners and much more. Please call for more information.

Cost: \$2999 for a double; call for additional pricing information

May make payments; Final payment due 9/14

You are welcome to stop by the front desk to reserve a spot for any of the trips listed above. We will make payment arrangements with

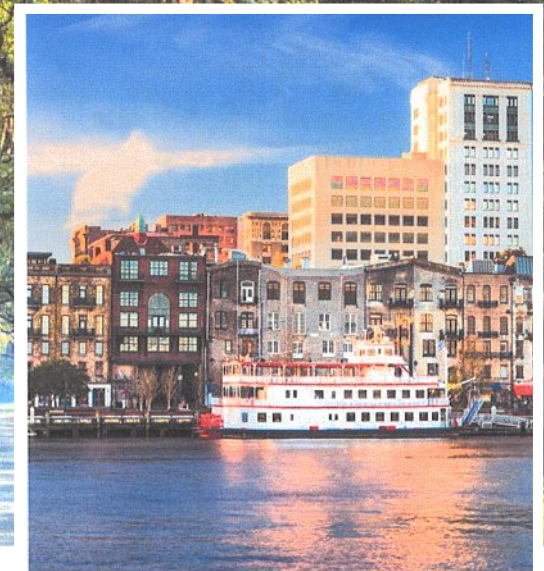
you if needed. A cash/check deposit will be due at the time of placing your reservation. As always, if you have questions or concerns, please

stop by to see me. We look forward to traveling with you!
— Sue McIntyre — 610-323-5009; ext 102.

TriCounty Active Adult Center presents...

Southern Charm

November 13 – 19, 2022



7 Days • 9 Meals: 6 Breakfasts, 3 Dinners

HIGHLIGHTS... Historic Charleston, Choice on Tour: Walking Tour or Fort Sumter Cruise in Charleston, Boone Hall Plantation & Gardens, Savannah, St. Simons Island, Jekyll Island, Golden Isles Cruise

ITINERARY AT A GLANCE

Days 1, 2 Courtyard Historic District, Charleston, South Carolina
Days 3, 4 Doubletree Historic Savannah, Savannah, Georgia
Days 5, 6 Jekyll Island Club, Jekyll Island, Georgia

On some dates alternate hotels may be used.

Collette's Flagship: Collette's tours open the door to a world of amazing destinations. Marvel at must-see sights, sample regional cuisine, stay in centrally located hotels and connect with new and captivating cultures. These itineraries offer an inspiring and easy way to experience the world, where an expert guide takes care of all the details.



For more information contact

Sue McIntyre

TriCounty Active Adult Center

(610) 323-5009

Sue@TriCountyAAC.org

Annuities 101: Many options for retirement income

When it comes to accumulating income in retirement, annuities could be one solution to explore as part of your overall financial strategy.

An annuity is a contract you purchase and fund to receive money over a specific period of time plus interest. When you purchase an annuity, the insurer agrees to repay your money – plus the interest it earns – either



Ungerman

in a lump sum or over a period of time you select. These products come in a variety of different specifications and can be used as fixed and guaranteed income in retirement. Some even

offer the potential for significant growth.

Annuities are intended to help you fulfill your long-term retirement goals, so taking withdrawals or surrenders early may result in additional charges. Be sure to consult with a financial professional when considering annuities and always remember that guarantees are backed by the strength and claims paying ability of the organization or company you're working with.

Below is a quick primer on the different types of annuities that are currently available:

Deferred Fixed Annuities

You can purchase a fixed annuity with a lump sum payment or with flexible premiums (several payments over time) and receive a guaranteed minimum rate of return. The insurance company will pay interest at a fixed rate which is usually established when you purchase your annuity. That rate is guaranteed for one year. In subsequent years, the rate may change as interest rates fluctuate but will never fall below the guaranteed minimum rate listed in the contract. These contracts will then pay out over a length of time you choose, including an option for lifetime income. A deferred fixed annuity may be right for you if you want guaranteed, dependable growth and plan to take income down the road in re-

tirement.

Variable Annuities

Variable annuities have values that fluctuate over time according to the performance of the investment options and fixed accounts selected. Investments in fixed accounts earn at least a minimum interest rate guaranteed in the contract. These will also allow you to accumulate assets on a tax-deferred basis to help meet your retirement goals and will give your money the opportunity to grow faster because you don't pay taxes on earnings until you actually withdraw them.

Immediate Annuities

Immediate annuities can help you turn assets or inherited lump sums of money into retirement income for your life, regardless of how long you live. Your income payments will begin right away. These products can provide a range of benefits including income options and you decide how to start taking income by choosing from several payout options. If you pass away during the guaranteed period, your beneficiaries may continue to receive annuity payments for the rest of the period or the present value of any remaining payments.

If you are nearing retirement and concerned about whether you have the right portfolio of products in place, annuities might be worth considering. You can also choose an annuity which may offer a higher interest rate for increased growth and can offer a sense of reassurance by providing retirement income.

As with any major financial decision, talk with a professional to understand what would work best for your specific situation. This article was prepared by Thrivent for use by John A Ungerman. His office is at 2879 E High St., in Pottstown and can also be reached at 610-970-4740.

About

Thrivent is a diversified financial services organization that helps people achieve financial clarity, enabling lives full of

meaning and gratitude. Thrivent and its subsidiary and affiliate companies serve more than 2million clients, offering advice, insurance, investments, banking and generosity products and programs over the phone, online as well as through financial professionals and independent agents nationwide. Thrivent is a Fortune 500 company with \$162 billion in assets under management/advisement (as of 12/31/20). Thrivent carries an A++ (Superior) rating from AM Best, a credit rating agency; this is the highest of the agency's 13 rating categories and was affirmed in June of 2021. Rating based on Thrivent's financial strength and claims-paying ability. Does not apply to investment product performance. For more information, visit Thrivent.com. You can also

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Investing involves risk, including the possible loss of princi-

pal. The product and summary prospectus contains information on investment objectives, risks, charges and expenses. Read carefully before investing. Available at Thrivent.com.

Surrenders or partial withdrawals/surrenders from a Variable Annuity or Fixed Annuity may be subject to income taxes and/or surrender charges. Earnings distributed prior to age 59 ½ may be subject to a 10 percent federal penalty tax.

For additional important disclosure information, please visit Thrivent.com/disclosures.

Contact: John A Ungerman CA Insurance ID # OE94436

E-mail: john.ungerman@thrivent.com

Phone: 610-970-4740

Back in February!

Designer Bag

BINGO

**Win designer purses from
Kate Spade, Coach,
Michael Kors, others!**

Our Designer Bag Bingo is going virtual! Starting date is to be determined, but will likely be in February. Register online at www.TriCountyAAC.org, or stop by the TRAAC. Only \$20 per six cards for each game!

ASK YOUR PHARMACIST ...

Let's take a look at Glaucoma!

Overview:

Our vision is an important part of how we experience the world. From reading books to hobbies, we use our eyesight for many enjoyable activities. As we age, it is common for our eyes to change and it may make it difficult to experience the world in the same way as previously. Glaucoma is one of the common causes of vision changes including blindness. Glaucoma is a medical term used to describe a collection of diseases affecting the optic nerve leading to vision loss. The optic nerve is the pathway that transmits the images we see to our brain to understand.

One of the main causes of optic nerve damage is increasing pressure inside the eye. This pressure results from different kinds of blockages that limit flow of fluid within the eye. The fluid typically flows through a small section of soft tissue in the center of the eye. Depending on the kind of blockage that occurs in this soft tissue, glaucoma can be classified into either open-angle or angle-closure. Open-angle glaucoma occurs when the fluid passes through the soft tissue too slowly, while angle-closure is complete blockage.

Recognizing Glaucoma:

You can play a huge part in recognizing early signs! Interestingly, glaucoma can happen in a single eye or in both eyes.

There are a few common signs of early glaucoma that are important to remember. Eye pain can be associated with the onset of glaucoma. If you experience any throbbing pain or soreness, it may be appropriate to contact your doctor. Additionally, loss of peripheral vision is one of the more common early signs. Peripheral vision is our sight to the left and right when looking straight ahead. We typically have a large range of vision, so if you experience any kind of vision loss, it may be a good time to contact your doctor.

Testing for Glaucoma:

Testing at your eye doctors is both simple and painless. Your doctor may recommend more or less frequent exams based on your risk. Risk can be based on age, other medical conditions, or eye-related issues. In most cases, adults over the age of sixty may need dilated eye exams every one to two years to catch any early signs. Others include a visual acuity/field test, where your doctor may ask you to read letters or a tonometry exam to measure fluid pressure inside your eye. These tests are very safe and do not cause any pain.

Managing Glaucoma:

As we discussed, increased pressure inside the eye is the main cause of glaucoma. To manage the progression of vi-

sion loss and other related symptoms, we commonly use eye drops. These medications work in two different ways: by increasing outflow of fluid, or decreasing production of fluid. Each eye drop medication helps decrease the overall fluid pressure to protect our eyes from damage and limit the progression of glaucoma.

Your doctor will select a type of eye drop and provide directions on how often to use it. It is very important to use your eye drops exactly as prescribed. You may not see improvements in your vision but the eye medications will help to prevent your vision from getting worse over time.

Your doctor may also recommend another common treatment called laser eye treatment. This form of therapy may be used in conjunction with eye drops for open-angle glaucoma which helps clear blockages in the soft tissue. When eye drops and laser eye surgery do not help in reducing pressure, there are some great options for minimally invasive eye surgeries.

Overall, the treatment of glaucoma is both safe and painless. You and your doctor will have a discussion on what plan works best for you!

Best Practices when Using Eye Drops:

Eye drops can dramatically help prevent the progression of

glaucoma. Your local pharmacist can be a great resource to answer any questions you may have about how to use your prescription.

EASY EYE DROP ADMINISTRATION TIPS:

- Use your drops exactly as prescribed. You may be able to use your smartphone to set daily alarms or reminders!
- Wash your hands
- If more than one type of eye drop is needed at the same time, wait 3 to 5 minutes between the different drops so the first drop will not be washed out of the eye. The small pouch formed by the lower lid will only hold one drop at a time, and extra drops will be wasted.
- If you're wearing contact lenses, take them out — unless your ophthalmologist has told you to leave them in.
- Tilt head back and use one hand to gently pull your lower eyelid down, away from the eye. This forms a pocket to catch the drop.
- Hold the dropper tip directly over the eyelid pocket without touching the tip of the dropper to the eye. This prevents contamination.
- Close your eyes for a few minutes to allow the medication to work.
- Applying gentle pressure to your tear ducts, where the eyelid meets the nose for a minute or two allows the medication to be

absorbed by the eye

- Use a clean tissue to wipe excess drops from your closed eye.

A QUICK LOOK AT WHAT WE LEARNED!

Hopefully, you can see a little more clearly now on important aspects of understanding glaucoma. We learned that glaucoma is a common condition that affects our vision. If you experience any changes in vision such as blindness or reduced peripheral vision, it is important to visit your doctor. Testing is safe and painless. Regular eye exams with your doctor help to monitor your eye health. In terms of treatments, we discussed that eye drops are easy to use and can help prevent the progression of glaucoma. If you ever have questions, your local pharmacist is a valuable resource and would be happy to help!

— David Dill

Doctor of Pharmacy Candidate
2022

*Philadelphia College of
Pharmacy*

SOURCES:

<https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/glaucoma/glaucoma-medicines>
<https://www.mayoclinic.org/diseases-conditions/optic-neuritis/symptoms-causes/syc-20354953>
<https://www.pharmacytimes.com/view/medication-review-prostaglandin-analogs-for-glaucoma-eye-drops-work/>
<https://glaucomafoundation.org/how-do-glaucoma-eye-drops-work/>
<https://www.aaao.org/eye-health/treatments/how-to-put-in-eye-drops>

Are you drinking enough water?

Did you know your appetite & thirst tend to diminish with age? This means even when your body is craving fluid you may not be aware of it. In fact, you may be drinking less than you need to stay healthy.

Are you experiencing

muscle cramps in your arms or legs? Are you feeling fatigued or weak, a bit confused, dizzy or lightheaded? Dehydration can also cause irritability or give you a headache. Check your urine- is it dark in color?

Also, a symptom as sim-

ple as dry mouth is a sign you may need hydration. Be aware that tiredness & lack of coordination that may also result from dehydration can lead to loss of balance or falls.

So what can you do to get the water your body craves?

You can choose foods high in water content such as watermelon, strawberries, cucumbers, tomatoes or celery. Soup & broth can boost your fluid intake especially in the cold winter months. Opt for low sodium if you can.

Try making a habit of drinking more water by keeping a bottle handy. Add a slice of lemon, apple or some berries to jazz it up a bit. It's easier to drink when you make it convenient & tasty. Cheers!!

— Margaret Dantonio,

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Pottstown Hospital
Outpatient Rehabilitation
@ CAREPLEX
81 ROBINSON ST
POTTSTOWN, PA
610-970-1600*

Staying Safe in Cold Weather

By Beth Biehl

Owner
Aging Resources Alliance LLC

Winter is upon us and so is cold weather. You should know how to prevent cold-related health problems and what to do if a cold-weather emergency arises. It's time to make sure you are prepared inside and outside to stay warm and safe during the next few months. Planning ahead will help you stay safe.

If you live in an isolated

area or lose power frequently, plan on creating a "Winter Survival Kit" containing the following emergency supplies:

- Food that needs no cooking
- Water (5 gallons for each person in your house)
- Prescription drugs and other medications (and set up in advance for delivery)
- Blankets
- Flashlights
- Battery-powered radio (make sure you have extra batteries as well)

▪ Non-electric can opener

- Firewood for a fireplace
- Candles and matches to light
- Charged cell phone

By planning ahead, you can avoid dangerous travel. However, if you do need to be out on the roads, it's recommended to have these items in your car:

- First aid kit
- Blankets
- Hat, scarf, & gloves
- Water

- Windshield scraper
- Shovel
- Sand or cat litter
- Flashlight
- Charged cell phone

If you need to go outside, remember to dress in layers of loose-fitting clothing and don't forget the following:

- Hat
- Scarf
- Mittens or gloves
- Waterproof jacket & boots

Remember if you have health issues, try not to

shovel yourself. Pay a neighbor or student to shovel for you. Or check with your local church or youth group. They will sometimes provide shoveling as a community service for older adults in the community.

By preparing in advance, these preventative measures will hopefully help you avoid any cold weather-related issues and enjoy the upcoming winter months!

Aging Resources Alliance LLC assists

individuals and their families navigate the healthcare system through assessment and evaluation of their current situation to plan for their future needs. Through education and connection to local community resources, families will feel at ease knowing their loved one will be living safely with appropriate services for their current situation. For more information, contact Beth Biehl at 484-889-2267.

Skeleton Key Genealogy with Kristine

Tuesday, January 11 at 5:30

DNA – What's all the Fuss

Did you receive or give a DNA test this holiday season? Join Kristine as she explores the different types of DNA tests and what each one can reveal to you!

Tuesday, February 15 at 5:30

The 1950 Census is Coming

Census records are the backbone of genealogy research, and in April 2022 we will have access to the 1950 census! This workshop will give participants an in-depth overview of the census and naturalization records. Tips for preparing for the release of the 1950 census will also be covered.



TRAAC BOOK CLUB

Join us the third Thursday of the month for a lively discussion of the books chosen. Everyone is welcome to attend. We meet in person at the TRAAC at 1:00. Please call 610.323.5009 to pre-register. We look forward to seeing you.

January's selection is "The Book of Lost Names" by Kristin Harmel

Eva Traube Abrams, a semi-retired librarian in Florida, is shelving books when her eyes lock on a photograph in the New York Times. She freezes; it's an image of a book she hasn't seen in more than sixty years—a book she recognizes as

The Book of Lost Names. The accompanying article discusses the looting of libraries by the Nazis across Europe during World War II—an experience Eva remembers well—and the search to reunite people with the texts taken from them so long ago. The book in the photograph, an eighteenth-century religious text thought to have been taken from France in the waning days of the war, is one of the most fascinating cases. Now housed in Berlin's Zentral- und Landesbibliothek library, it appears to contain some sort of code, but researchers don't know

where it came from—or what the code means. Only Eva holds the answer, but does she have the strength to revisit old memories?

As a graduate student in 1942, Eva was forced to flee Paris and find refuge in a small mountain town in the Free Zone, where she began forging identity documents for Jewish children fleeing to neutral Switzerland. But erasing people comes with a price, and along with a mysterious, handsome forger named Rémy, Eva decides she must find a way to preserve the real names of the children who are too young to remember who

they really are. The records they keep in The Book of Lost Names will become even more vital when the resistance cell they work for is betrayed and Rémy disappears.

February brings us Lisa Scottoline's "Damaged." One boy. One lawyer. One chance for justice.

Ten-year-old Patrick O'Brien is a natural target at school. Shy, dyslexic, and small for his age, he tries to hide his first-grade reading level from everyone: from his classmates, from the grandfather who cares for him, and from the teachers who are supposed to help him. But the real trouble begins when Patrick is ac-

cused of attacking a school aide. The aide promptly quits and sues the boy, his family, and the school district. Patrick's grandfather turns to the law firm of Rosato & DiNunzio for help, and Mary DiNunzio is on the case. Soon Mary becomes Patrick's true champion and his only hope for security and justice. But there is more to the story than meets the eye, and Patrick might be more troubled than he seems. With twists at every turn and secrets about the family coming to light, Mary DiNunzio might have found the case that can make her a true protector or break her heart.

A life that touches others goes on forever

The TriCounty Active Adult Center would like to express our gratitude and appreciation for the donations in memory or in honor of some of our dear friends.

In loving memory of Marian Wampole

Nicholas & Caryl Localio
Patricia McCullough

In loving memory of Allan Altschull

Jack & Gayle Wolf

In loving memory of Betty Gephart

Helen & John Brower

NEW MEMBERS

Welcome and thank you to our new members! We look forward to having you with us.

- Jesus A. Andino
- Anita Ayers
- Dennis Beasley
- Richard P. Brown Sr.
- Patrick D'Amico
- James Devlin
- Nancy Ewing
- Abiobun Fadahunsi
- Theresa Flemming
- Jerome Greene
- Constance Greenfield
- Maryann Hanley
- Catherine Heayn
- Robert Heayn
- Thomas J. Kral
- Cheryl Makowski
- Robert Makowski
- Katherine Mell
- Bonita S. Mutter
- Diane Pettey
- Chris Pheil
- Nancy Pheil
- Sarah Polonsky
- Mary Beth Rykowski
- George Savidge
- Patricia Savidge
- Phyllis L. Sbarboro
- Joan A. Stringer
- Mary M. Verdi
- Judith C. Viscuso
- Nicholas F. Viscuso
- Lois A. Wachel-Tierno
- Robert E. Winters
- Theresa M. Winters
- Shirley A. Zelinka

RECENTLY DEPARTED

Although it's difficult today to see beyond the sorrow, may looking back in memory help comfort you tomorrow.

— Author Unknown

Members we have recently lost –
 David Wrona
 Gary M. Kuntz
 Pearl J. Kushnerick
 Katharine F. Smith
 Reimunda M. Kulp
 Lorraine H. Long
 William Cady



Kathryn E. Axsmith
 Louis J. Malfaro
 Charles Beekley, Sr.
 Allison L. Simmons
 Richard Lebegern
 Cherolyn K. Gilbert-Drake
 George J. Held
 Elsie Battaglia
 Ralph W. Hankins
 Robert Lyle
 Betty Gephart
 Howard A. Jones
 Frank D'Agostino
 Sophie Pechin
 John Hilton

Create Your Legacy

What will your legacy be? How will you be remembered? Many people expect that their children and grandchildren will be their legacy. Others have left their mark on the world through their business or their public service. Only the very rich leave a legacy through their generosity, right? **WRONG!**

Legacy giving, also known as planned giving, is not just for the more well-to-do people. And it does not need to be complicated. Almost anyone

can leave a generous and sustaining gift to the organization of their choice if they plan ahead.

Here are two easy ways to cement your legacy while improving the lives of older adults in our area:

A bequest: A bequest is planned giving in its simplest form. This is a directive in your will to give a part of your estate to an organization. It may be a fixed dollar amount or a percentage of your assets when you pass. Talk to your attorney about adding your favorite charitable

organizations to your will.

Life insurance: There are a few options with life insurance. If you are paying premiums on a policy you no longer need, consider naming a charity as the beneficiary. What may be a small premium over the years could add up to a sizable gift for a charity.

Planned giving does not need to be complex. You can leave a legacy that will benefit thousands of seniors for years to come. Talk to your attorney or estate planner about which planned giving op-



tions may be right for your situation.

Don't keep it a secret! Donors who notify us of their plans will be permanently honored on our "Legacy Wall" in the cen-

ter. If you have questions about planned giving, or would like to discuss your plans with the center, call Brian Parkes at 610-323-5009.

THE TALE OF THE TAPE!

Thank you to all who have brought in their Redner's receipts. Please remember that we need the entire receipt to get credit and that the receipts have a Save A Tape total on it. Every receipt helps!

In August through November we submitted \$24,204.50 in receipts, which resulted in a check for \$242.04.

We appreciate your participation!



ENERGY SAVING SOLUTIONS

Recycling materials like paper, glass, metal, aluminum and cardboard requires less energy than making new production!

Give these materials a new life and help preserve our environment and resources. When you recycle, you save in more ways than one!

Calendar

FROM PAGE 5

world since the early 20th century, Mahjong is coming to the TRAAC.

Leader: Marilyn Schwindt
Wed. at 1:00

MEETING OF THE MEN! BREAKFAST WITH BRIAN

Get together with your friends to check out what's happening at the TRAAC. The group meets monthly at a local restaurant to enjoy time together. Everyone is welcome. Meeting of the Men will return soon!

ORIGAMI

The art of paper folding often associated with the Japanese culture. Origami develops hand-eye coordination, sequencing skills, memory, but also patience and attention skills. Origami allows you to develop fine motor skills and mental concentration.
Leader: Kathy Stevick
Fridays at 10:30-11:30; Suggested donation -- 1/14, 1/28, 2/11 & 2/25; Limit 8; must pre-register

POOL TABLES

The game room is currently open for Pool players from 8:00 – 11:30; Monday thru Friday. Everyone in attendance must be masked at all times; you must pre-register for days you would like to come in. Attendance will be limited and you must remain in the game room.
Mon. thru Fri. at 8:00; Limit 6; must pre-register

REFLECTIVE MOMENTS

BIBLE STUDY

Self-led, No Charge
Mon. at 10:30; Limit 8; must pre-register
Location: Library

SHUFFLEBOARD

The game room is currently open for Shuffleboard players from 1:30 – 3:30; Monday thru Friday. Everyone in attendance must be masked at all times; you must pre-register for days you would like to come in. Attendance will be limited and you must remain in the game room.
Mon. thru Fri. at 1:30; Limit 6; must pre-register

SOCIAL HOUR

Get together with friends!
4th Thurs. of the month; call the TRAAC to register
4:30 – 7 PM, Chili's Social Hour will return in 2022!

SPANISH LESSONS – CONVERSATIONAL SPANISH & NEW INTRODUCTION TO CONVERSATIONAL SPANISH

Join us for a quick review or learn something new. The Spanish classes will resume at the various levels (Introductory, Beginning, Intermediate & Advanced) after we have had time to review and engage in conversation. Learn how to speak, read and write in Spanish. Space is limited. Please call to pre-register.
Instructor: Evelyn Dudonis/\$2
Introduction to Conversational Spanish – Wed., 11:00 Beginning 1/12!
Conversational Spanish – Wed. at 1:00

STAMP CLUB - EVENINGS

Leader: Ralph Bartholomew
1st Mon. each month; 3:00 PM
*New Time!

Exercise & Balance Classes

**“SS” means the class is free to Silver Sneakers members

50+ FIT SPONSORED BY TOWER HEALTH – POTTSTOWN HOSPITAL

A program focused on flexibility, strength and balance as well as fall prevention (In-person & Zoom classes available)
Leader: Jolene Wert, Suggested Donation or SS
Regular: Mon & Wed at 9:30-10:30 AM

CHAIR DANCING

Enjoy music? Like to dance but it just isn't as easy as it was before? This is a great way to exercise and have fun too.
Leader: Joanne Grasso Giotti
Tues. & Thurs. at 11:45

CHAIR YOGA

Improve your balance, strength and flexibility all while sitting in your chair.
Leaders: Charee Smith; \$2
Mon. at 11:00

CORE & BALANCE (FORMERLY STRENGTH & BALANCE)

The class focuses on balance, stretching & strength training.

All fitness levels are welcome.

Leader: Mihae Blank
Wed. 10:30; \$2

Drums Alive

Drums Alive™ is the original and only evidence-based drumming fitness, health, wellness program that provides a “Whole Brain and Whole Body” workout which promotes physical, social, emotional and cognitive health at all life stages. Group drumming is a time-tested way to ease stress, improve mood and enhance a sense of community. This class does tend to be loud due to the music and the drumming! (In-person and Zoom classes available)
Leader: Jolene Wert, \$2 or SS; Fri at 10:00

EARLY BIRD

A faster pace program focused on flexibility, strength and balance as well as fall prevention (In-person & Zoom classes available)

Leader: Jolene Wert, Suggested Donation or SS
Mon & Wed; 8:00-9:00

EXERCISE & FITNESS EQUIPMENT

Self-Led use of the Treadmill, Exercise Bike and other equipment is available to you when the TRAAC is open. Social Distancing is still required. Please sign up for a half-hour time slot on the sheets available. Two (2) people will be allowed in the room at any time.
Mon. thru Fri. 8:00 – 4:00; call Sue or Jolene if you have questions

FUN & FIT – SEE IT UNDER ITS NEW NAME, STRENGTH & FIT, BELOW

LINE DANCING

It's an easy way to stay healthy, both mentally and physically. Increase balance and flexibility while enjoying some of the classic line dances. No experience necessary.

Leader: Robin Ward; \$2
Wed. at 1:30

MINDFUL MEDITATION

A 30-minute program designed to give you a mind body connection and keep your brain in shape. This class will teach you how to slow down and decompress.
Leader: Charee Smith; \$2

Mon. at 10:15

ON THE BALL!

NEW EXERCISE CLASS coming in January. A 45-minute advanced class using the stability ball. Exercises will be done while sitting on the ball and using the ball as our main fitness tool. This class will involve cardio, core, balance & strength. The class is great if you need to challenge yourself!

Leader: Jolene Wert
Tues. at 8:30; \$2 or SS

PILATES

Pilates works to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Class blends the Classical Pilates Method with exercise variations and by using props and light weights. Pilates mat is a challenging yet safe method to sculpt your body and to feel increased agility in your everyday movements. New members always welcome!

Leader: Linda Startzel
Thurs. at 9:00 AM; \$2 or SS

PIYO

A faster paced class than our Senior Yoga classes that provides a moderately challenging workout with short bursts of cardiovascular work & strength training for all-over body conditioning. (In-person & Zoom classes available)

Leader: Jolene Wert, \$2 or SS
Fri. at 8:30

POTLUCK FITNESS FRIDAYS

Coming Soon! New class with 5 rotating instructors on Fridays at 1:00. This will be a great afternoon addition to sample the classes offered here at the center and give you a chance to meet our instructors. PLUS, you will get something new every Friday. There is something for everyone in these fitness classes!

Leader: Varies, \$2
Fri. at 1:00

SENIOR YOGA

Improve balance, strength and flexibility with gentle senior yoga – no experience necessary.
Leader: Charee Smith, \$2
Mon. at 9:15 AM

SELF DEFENSE FOR SENIORS

Allows people of all levels and physical abilities to participate up to their comfort level, engages you physically and mentally
Leader: Darrel Bryant, \$2
Tues. at 12:15 PM

SILVER SNEAKERS BOOM! MOVE!

Improve cardiovascular endurance, learn new dance moves, have fun & burn calories. No equipment is needed for this upbeat 45-minute class. You do not have to be a Silver Sneakers member to participate in this class. (In-person & Zoom class)
Leader: Jolene Wert
Thurs. 8:45 AM; \$2 or SS

SILVER SNEAKERS CLASSIC

Improve strength & flexibility, functional fitness and learn skill drills for fall prevention. You will use hand weights, tubing & balls with upbeat music to keep things moving. The class is a beginner to intermediate level for 45 – 60 minutes. You do not have to be a Silver Sneakers member to participate in this class.

Leader: Patty Care
Tues at 9:15; \$2 or SS

SIT AND GET FIT

A low impact exercise program using light weights, bands and balls, all done from your chair. (In-person & Zoom class)
Leader: Jolene Wert
Tues and Thurs at 10:30 AM; Suggested donation or SS

STRENGTH & FIT (FORMERLY FUN & FIT)

45 minutes of balance, stretching & fun aerobic exercise. This class is geared for members advanced from chair work to a moderate program. May include bands & light weights.
Leader: Mihae Blank; \$2
Mon. at 1:30-2:15

STRETCH & FIT

Improve your balance, strength and flexibility all while sitting in your chair.
Leader: Mihae Blank; \$2
Wed. at 9:30

SUPER SENIOR FIT

A program with focus on balance, stretching & strength training using the balls, weights & bands. This class is an advanced program for those

that want a little extra challenge added to their week!

Leader: Mihae Blank
Thurs. at 1:30; \$2

TAI CHI

A form of martial arts that involves slow, controlled and low-impact movements
Leader: Darrel Bryant
Tues at 1:30 PM; \$2

WALKING TRACK

Self-Led, No Charge
Open 8 AM-4 PM daily when classes are not in session; please call or refer to the scheduled classes.

YOUTHFUL HEARTS LOW IMPACT CHAIR EXERCISE

Youthful Hearts is a 45-minute program designed for those that need a slow paced class designed to get your confidence up while working out. This class will use bands, balls and weights but at a much slower pace. This class is for the beginner or someone just getting started back into exercising.
Leader: Linda Startzel
Mon. at 10:45 AM; \$2 or SS

ZUMBA GOLD

Introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.
Leader: Joanne Giotti
Tues. at 10:30 AM; \$2
Thurs. at 10:30 AM; \$2

Education & Assistance

BENEFITS INFORMATION AND REFERRAL

Paula Mayewski
Please call Paula for an appointment; days & times vary
(610)323-5009; ext. 105

PA MEDI (FORMERLY APRISE MEDICARE) COUNSELING

Medicare is not one-size-fits-all – get your plan adjusted and save money!
Leader: Ed Savitsky
By appointment only
Call Paula (610)323-5009; ext. 105 to schedule appointments

VETERANS BENEFITS PROGRAM INFORMATION

Jamie Washburn
Please contact Paula for appointment information
(610)323-5009; ext. 105