



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

March - April 2022

NEWSLETTER

DATED MATERIAL
March 1, 2022

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ORGANIZATION
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or current resident

New partnership – new location!



The TriCounty Active Adult Center has announced a partnership with Ursinus College that will enable the organization to offer programs on the beautiful Ursinus campus in Collegeville. “We are thrilled and thankful that Ursinus College is allowing us to use space on their campus to provide programs,” said Brian Parkes, Executive Director of TRAAC. “Older adults in Collegeville, Trappe, Limerick, Schwenksville, and Royersford will now have easier access to programs that will help them live healthier and more independent lives.” Programs will begin on March 29.

According to Heather Lobban-Viravong, Ph.D., Vice President for College and Community Engagement, “While the work of the college centers on a population of students who range in age from 18-21, Ursinus values every level of experience, and our partnership with the TriCounty Active Adult Center is an example of our commitment to welcoming and serving all members of our com-

munity.”

Programs Offered

To start, two free programs will be offered twice a week:

- Sit and Get Fit – This is a fully seated, low-impact exercise class using bands and balls. A great class if you haven’t exercised recently – Tuesdays and Fridays at 8:30 am

- 50+Fit (Sponsored by Tower Health – Pottstown Hospital) - A program focused

on flexibility, strength and balance as well as fall prevention, this class is mostly seated and uses bands and balls - Tuesdays and Fridays at 7:30 am

Pre-registration is required, as space is limited. Please call (610) 323-5009 and press 1 to register for the classes. The area where classes will be held is easily accessible from the parking lot. Directions will be provided when you register.

This newsletter sponsored by



FROM BRIAN'S DESK

Great news – new COVID cases are dropping quickly as I write this in mid-February, but we are still above even the highest peaks of last year. I'm hopeful we may be able to fully re-



Parkes

open in the next couple of months, and we will be watching the numbers closely.

Please continue to wear your masks inside in public (and here at the TRAAC!). We are one of the few senior centers that has not been forced

to close due to an outbreak in the building.

Please continue to be patient 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 pro-

grams. Programs will begin in March – check out the article in this newsletter for more 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

Income Tax Time!!

TRAAC PHONE LINE DIRECTIONS TO SCHEDULE AARP TAX APPOINTMENTS

The TRAAC phone line to schedule a free AARP tax appointment is open. Please call the center at 610-323-5009 and select extension #110. Do not select the front desk and try to leave a message with the secretary. Once you select extension #110, please leave the following information as you speak slowly. Please speak clearly and the TV should not be blaring in the background. Please leave your first and last name, please spell your last name. Please leave the best phone number to reach you for your call back. Do not leave any appointment requests when you leave your

message. Appointment dates and times will be discussed on your call back.

Please know when you get the call back, the number on your caller ID will not say TRAAC, so please plan to answer or be available to screen your calls and answer the call from us. We are calling you back to schedule your appointment. Leaving multiple messages does not result in your call being returned any sooner so please refrain from doing that. Please allow 48 hours for your return call.

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Karin@TriCountyAAC.org

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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 Center (ISSN: 2471-7258) Issue: 2022-2 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.

The Winter Memories

So many family memories in the snow. From sledding to cross country skiing and of course making a snowman with button eyes and a carrot nose!

You know how a smell, or a season, even a song can bring back such strong memories?

The recipe I am sharing this month does just that. One bite of these cookies sends me right back to my mother's kitchen, hot chocolate and lots of laughter. It was one of those recipes she could just whip up in minutes. The hardest part for my sister and brothers was waiting for them to cool enough to eat. Believe you me there were times we just could not wait and ate them warm and messy but still oh so good!

NO BAKE PEANUT BUTTER & CHOCOLATE COOKIES

- 2 cups sugar
- 1/2 cup milk
- 1 stick unsalted butter
- 1/4 cup unsweetened cocoa powder

- 3 cups quick oats (you can use old fashioned rolled oats)
- 1 cup smooth peanut butter
- 1 tbsp pure vanilla extract
- Large pinch of kosher salt

DIRECTIONS:

Line a baking sheet with wax paper.



Karin

Bring the sugar, milk, butter and cocoa to a boil in a medium saucepan over medium heat, stirring occasionally. Let boil for 1 minute. Remove from the heat. Add oats, peanut butter, vanilla and salt. Stir to combine.

Drop teaspoons of the mixture onto prepared baking sheet. Let sit at room temperature until cooled and hardened about 30 minutes. Refrigerate in an airtight container. MOST OF ALL, ENJOY!

2022 SENIOR GAMES COMING SOON!

Spring feels like forever away, but its will be upon us soon! With Spring and the warmer weather approaching us, so will be the Senior Games. We have had many members go to partake in the variety of events throughout the years, such as pickle ball, softball throw, bowling, corn hole mini golf, billiards and so much more. This is just a few of the many events they have. The past 2 years we had a group go to the 1.5 walk and we had so much fun.



Jolene

Everyone really bonded and it was a great experience! I will definitely be having a group go again for the fun. I do know there were many people who wished they would have signed up for the "walk" after they saw the pictures and heard that it was such a good time. It would also be great to represent TRAAC as a group and have a great time to-

gether. I will be there cheering you all on, so tie up those laces and get registered!!

The Senior Games run May 9th thru May 13th and they have an Expo and lunch (unless that changes due to Covid restrictions). Most events are held at The Montgomery Community College, Central Campus, Blue Bell. Other events, such as Bowl-

ing and Golf, are held at different locations which will be announced. You do have to sign up using their website (<https://montcoseniorgames.myrec.com>) - any trouble navigating please come see me for help! Registration is now open. There is a small registration fee for residents and non-residents.

Potluck Fitness Is Here!

Every Friday, beginning March 4th, there will be a 1:00 class for you to join in. What will it be???? Who will be instructing?????

Those questions will be answered when you come.

Come and meet Darrel, Joanne, Robin, Mihac, Linda, and Charee.

Try it out! We guarantee that you will enjoy the time.

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INDEPENDENT LIVING
Sue Seanor 484-925-0017

PERSONAL CARE & MEMORY CARE
Sue Okuniewski 610-427-2566

Medicaid and Protecting Your Assets from a Nursing Home

Presented by Curran Estate and Elder Law, PLLC

**Tuesday, March 1
8:30am**



Enjoy a complimentary hot breakfast buffet while attending in person.

To attend in-person or receive your Zoom invite, please call Sue Seanor at 484-925-0017

Dementia... A Day in "Their" Life

**Tuesday, March 15
2:00pm**

Dementia and The Gift of Music

Tuesday, April 12 • 2:00pm



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

Join Us For These Upcoming Events!

IN-PERSON or ZOOM

Keystone Villa[®]
AT DOUGLASSVILLE

A DISTINCTIVE RETIREMENT COMMUNITY

Celebrating seniors for 15 years and counting!



AWARD-WINNING COMMUNITY



MARCH & APRIL 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
Feb 28	3/7 - Sloppy Joes, Spinach Salad	3/9 - NE Baked Haddock, Sweet Potato	3/11 - Shepherd's Pie, Green Salad
Mar 7	3/14 - BBQ Chicken Sandwich, Sweet Potato	3/16 - Meatloaf, Baked Potato, Brussels Sprouts	3/18 - Chicken Pot Pie, Biscuit
Mar 14	3/21 - Burger Salad, Fresh Fruit	3/23 - BBQ Pork Mac & Cheese, Green Beans	3/25 - Tuna Casserole, Brussels Sprouts
Mar 21	3/28 - Chicken Salad Melt, English Muffin, Spinach Salad	3/30 - Cheese Steak Stuffed Pepper, Green Salad, Sweet Potato	4/1 - Eggplant Parm, Pasta, Broccoli
Mar 28	4/4 - Shepher's Pie, Salad	4/6 - NE Baked Haddock, Carrots, Sweet Potato	4/8 - Sloppy Joes, Spinach Salad
Apr 4	4/11 - Chicken Pot Pie, Biscuit	4/13 - Meatloaf, Baked Potato, Brussels Sprouts	4/15 - BBQ Chicken Sandwich, Sweet Potatos
Apr 11	4/18 - Burger Salad, Fruit	4/20 - Tuna Casserole, Brussels Sprouts	4/22 - BBQ Pork Mac & Cheese, Green Beans
Apr 18	4/25 - Chicken Salad Melt, English Muffin, Spinach Salad	4/27 - Cheese Steak Stuffed Pepper, Green Salad, Sweet Potato	4/29 - Chicken Cordon Bleu, Salad

Making a Difference in the Fight to End Alzheimer's on The Longest Day

It seems almost everyone has a connection to Alzheimer's disease. Today there are more than six million Americans living with Alzheimer's, which is a fatal, progressive neurological disorder that affects memory, thinking and behavior. While there is no cure, there is a worldwide effort underway to ensure we one day live in a world without Alzheimer's and all other dementia. Meanwhile there exist a variety of ways to help—including raising awareness and dollars to fund care and support programs and critical research.

One of the ways people can help is by participating in an initiative called The Longest Day — which takes place on/around the summer solstice, the day with the most light (June 21, 2022). For The Longest Day, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association.

Here are some ways you can make a difference on The Longest Day:

Sports At Home

Create a sporting event using supplies from around

the house, and ask friends to do the same from their homes. For example, set up a putt-putt course or a bowling lane with plastic bottles as pins. Over video conference, participants can donate to compete and vote for the titles of MVP, best-designed course, best-dressed player and more.

Arts and Crafts

Use skills to virtually teach a class, such as drawing, crocheting, crafts for kids, or a makeup tutorial. Virtual wine and paint nights also work well. Digital attendees can make a donation to join the fun, and the finished product can even be auctioned at the end to the highest bidder.

Cooking and Baking

Instead of a cookout, invite friends and family to teach others how to make a favorite recipe over video in exchange for a donation. Or, host a virtual live cake decorating contest where votes are cast by making donations. The cake with the most donations wins!

Cards and Games

Bridge, Mahjong, video games, board games and even puzzles can be played online with friends and family. Ask participants to make a donation to play, offer prizes to winners and encourage donation bets to

raise money.

Fundraising without an Activity

There are plenty of ways to fight Alzheimer's without an event or activity—simply set up a fundraising page. Incorporating an upcoming milestone like a birthday, graduation, wedding or anniversary as a timely reason for donation, or accepting donations in honor of a loved one is also encouraged.

To learn more about The Longest Day initiative and how to get involved, visit alz.org/thelongestday.

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 individuals 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.

GENEALOGY CLUB WITH KRISTINE

Tuesday, March 8th at 5:30 via Zoom

Genealogy Research - With TV shows such as "Who Do You Think You Are?" and "Finding Your Roots," genealogy has become a popular hobby. Whether you have been tracing your ancestry for decades or are just beginning to add leaves to your family tree, you will find this workshop helpful. Join professional genealogist Kristine Parkes as she shares her years of experiences, hints, and



tips in order to help you uncover those who came before you.

Tuesday, April 12th at 5:30 via Zoom

Genealogy Questions - Do you have questions related to your family history research? Bring them to this meeting. Let's help each other break down those brick walls!

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

Rebecca Hobbs, Certified Elder Law Attorney



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



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Fitness Schedule 2022

Mon	Early Bird 50+ 8:00-9:00 Track Jolene (V)	Senior Yoga 9:15-10:00 Classroom 2 Charee	50+Fit 9:30-10:30 Track Jolene (V)	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 NEW	Silver Sneakers Classic 9:15-10:00 Track Patty	Sit and Fit 10:30-11:30 Track Jolene (V)	Zumba Gold 10:30-11:30 Classroom 2 Joanne	Chair Dancing 11:45-12:15 Track Joanne(V)	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 (V)	50+ Fit 9:30- 10:30 Track Jolene (V)	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 (V)	Pilates 9:00-10:00 Classroom 2 Linda	Sit and Fit 10:30 11:30 Track Jolene (V)	Zumba Gold 10:30-11:30 Classroom 2 Joanne	Chair Dancing 11:45-12:15 Track Joanne(V)	Super Senior Fit 1:30-2:15 Track Mihae	
Fri	Piyo 8:30-9:15 Classroom 2 Jolene (V)	Drums Alive 10:00-11:00 Track Jolene	Potluck Friday Surprise 1:00 Rotating Instructors		Class times and instructors are subject to change	All these classes are In-person	Classes marked with a (V) are also Virtual

DIZZINESS OR BALANCE ISSUES?

Carolyn Smith, PT

Pottstown Hospital Outpatient Rehabilitation

Do you have dizziness or balance problems? Vestibular rehabilitation may help you return to your normal lifestyle. Normal balance reactions help us to maintain our balance while standing on a boat, during a windy day or keeping us from falling when suddenly bumped while walking in a crowded area. The 'vestibular system' provides information to your brain about where your head is in respect to space and gravity.

The most common diagnosis for patients with dizziness is something called 'Benign Paroxysmal Positional Vertigo' (BPPV). BPPV often causes dizziness with lying down in bed, rolling in bed, sitting up from bed, looking down or looking up. Recent dental work, working under the car, carpentry work, painting or having your hair done may be associated with the onset of symptoms. Symptoms may be described as a "spinning" sensation and include nausea, vomiting and/or imbalance. Most commonly, symptoms last for less than one minute, but may last longer.

BPPV is caused by crystals in the inner ear that become dislodged. These crystals move around the semicircular canal. The semicircular canal is that part of the ear that is responsible for sensing the rotational movement of the body.

Physical therapists trained in Vestibular rehabilitation can treat people with BPPV with the goal to move the crystals back to their correct position in the ears relieving a person's dizziness and related symptoms.

Our Pottstown Hospital Outpatient Physical Therapists at the Complex, 724 N Adams Street, Pottstown, have special video goggles, which help the therapist in assessing your condition and determining the proper treatment. If you suffer from any of these symptoms, please contact your physician for a prescription for Vestibular Therapy. For more information or an appointment, please contact us at 484-659-1610.

Coming in April!

Donated Costume & Silver Jewelry Sale

Monday, April 4th & Tuesday, April 5th

10:00 – 1:00

Don't miss the opportunity to purchase something for yourself or as a special gift.

NO ADDITIONAL DONATIONS ARE BEING ACCEPTED AT THIS TIME.

LOOK WHAT'S HAPPENING ...

Things are finally trending down again. We will continue to follow guidelines 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; 3/17 & 4/21; 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; 3/7, 3/21, 4/4 & 4/18
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; 3/10 & 4/14; 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. 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.

Time: 1:30

DOMINOS

Self-Led, Suggested Donation

Tues. 1 PM; Thurs. 1:00 PM

GENEALOGY CLUB

Learn how to trace your

"family trees" with Kristine Parkes using documents, websites

Leader: Kristine Parkes

Time: 2nd Tuesday of each month. 3/8 & 4/12 at 5:30

HISTORY CLUB

The History Club will meet the 2nd 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. 3/10 & 4/15

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 Sue (610.323.5009; ext. 102) for more information regarding March & April meetings.

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 world since the early 20th century, Mahjong is now at the TRAAC.

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 – 3/11, 3/25, 4/8 & 4/22; 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 & INTRODUCTION TO CONVERSATIONAL SPANISH

Join us for a quick review or learn something new. Learn how to speak, read and write in Spanish. Space is limited. New Introductory Session will begin in April. Please call to pre-register.

Instructor: Evelyn Dudo- nis/\$2

Introduction to Conversational Spanish – Wed., 11:00
Conversational Spanish – Wed. at 1:00

STAMP CLUB

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

TEA & TALK - BEGINNING IN APRIL!

Tea & Talk is an opportunity to share social time, to have a cup of tea and talk to each other. Sharing of recipes, topics of the day or just share time together. It is a great way to meet and see other people in a safe environment. Bring a favorite tea cup or one will be provided. Please call to pre-register. Space is limited.

Leader: Audrey Wilkins
2nd Tues. each month; 4/12 at 10:30

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
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. Not ready to come in person? Join the virtual sessions. Logon information is listed in the newsletter.

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

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

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



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

Get Gardening: Physical Therapy Tips

Gardening is great for the mind, body, and soul. Gardening is exercise so treat gardening as a sport. Sports have a pre-season and an in-season. Pre-season is when you condition and train for the sport. If the start of garden season is May, then pre-season is March, and that is when you want to train to get ready for the May gardening season. Pre-season exercise for gardening is important so you can enjoy the fruits of your labor with fewer aches and pains from the seasonal activity.



Adamski

D u r - ing the garden season, **w a r m - u p** and stretch during gardening. As we get older, we need more warm-up time. Consider a 5-10 minute walk before going to your tool shed and gathering your tools. During that warm-up walk, you can add dynamic stretching and perform static stretching between pulling weeds.

You may not be able to garden like you used to. Downsize the square foot of your garden or change to pots and raised beds. Continue to garden but accept it may look different from when you were 30 years old.

Consistency is key to not getting overwhelmed during garden season. There are 7 days in a week, spread out the gardening load. Make a plan and time yourself. 30 minutes a day of gardening is a great way to stay ahead and not to overdo it in 1 day. People get injured or inflamed when they are fatigued. Prevent injury and exhaustion by planning and spreading out the workload by performing 30 minutes daily vs 4 hours in one day.

Think smarter. Use long-handled tools, the wheelbarrow, or a tractor to make it easier on your body so you don't need to lift as much, bend over, or squat as long.

Change positions frequently. The best position for weeding is a change of position. You can kneel, stoop, bend at the waist, ½ kneel, sit on the ground, get on all fours, or even lay down. The key is to not stay in one position too long and listen to your body. When you change positions, that is a great time to perform a stretch.

Take breaks. If you have been standing while gardening, go grab a seat. If you have been sitting, take a small walking break. During the break, drink some water, juice, or electrolyte drink to replenish your body if you sweat a lot.

Cool down. When you are finished gardening for the day, take a stroll and look at your accomplishments and plan for tomorrow's gardening activities. Sit and stretch in the shade for a few minutes and make your to-do list. Try to cool down before you hop into a recliner for a snooze.

Gardening is great. Prepare like a sport and you will be physically ready for garden season. Think smarter to prevent aches and pains thru consistency, planning, change of positions, and taking breaks. Have fun playing in the garden!

Dr. Julie Hawthorne Adamski is a licensed physical therapist and the owner of Energy Physical Therapy LLC. Dr. Adamski serves the greater Pottstown and Boyertown area and is a local resident committed to the health and wellbeing of residents. Information in these tips is intended for educational use only. You should seek medical advice

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 motorcoach 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 motorcoach 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 28, 2022 – RAIL & PADDLEWHEEL

Includes roundtrip motorcoach 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 9/16

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

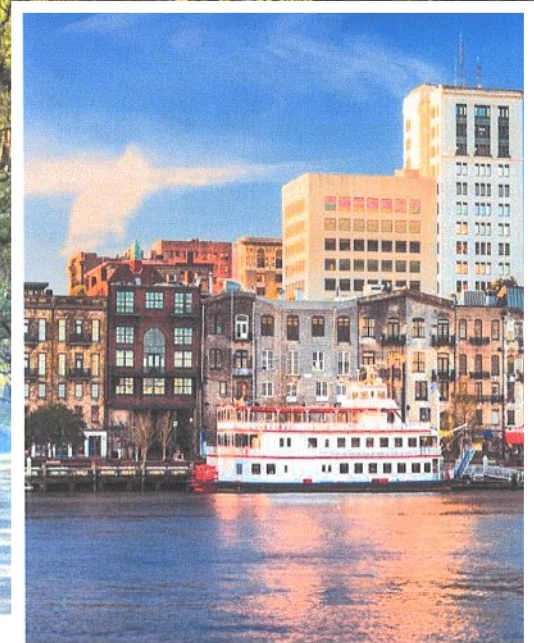
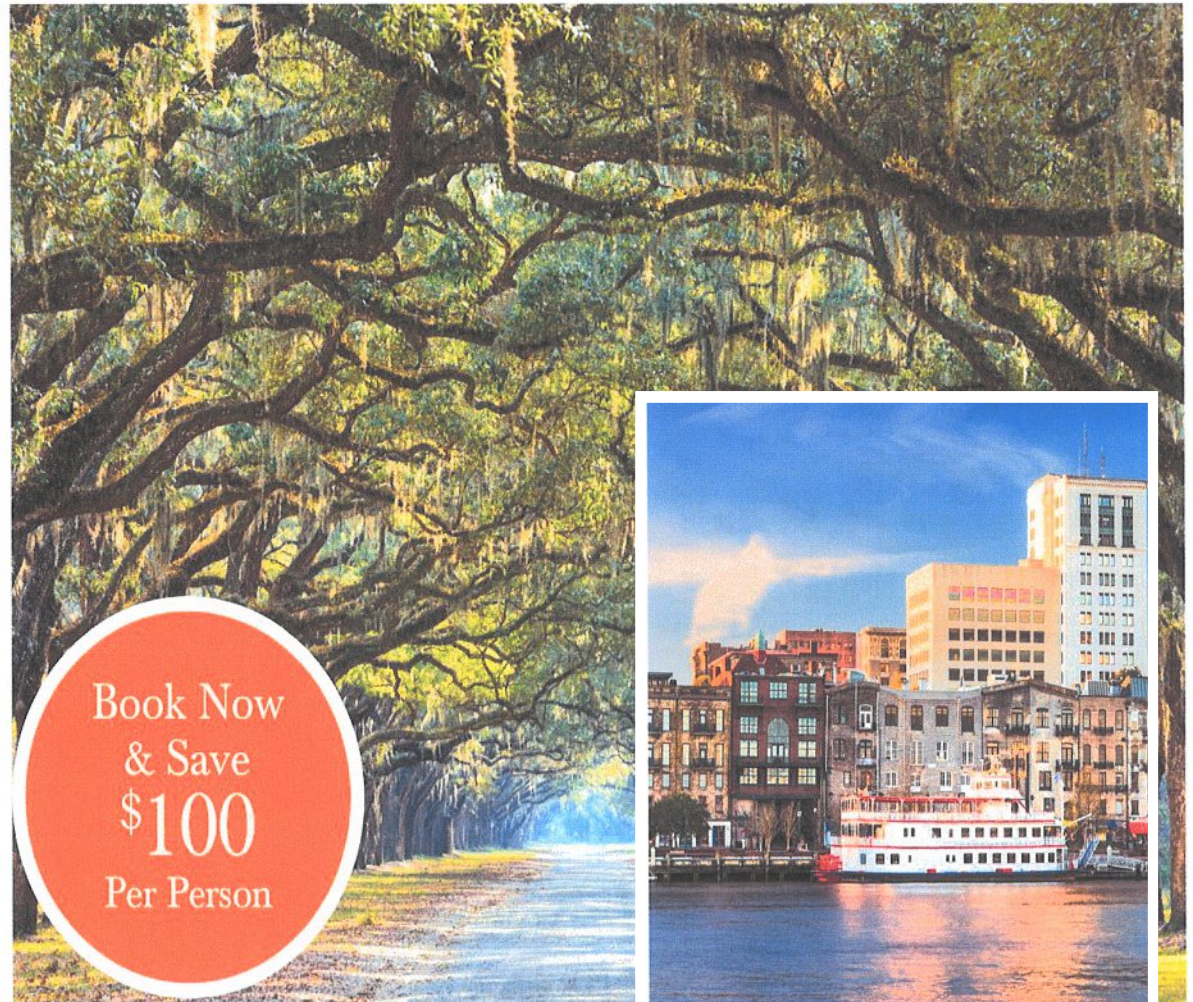
Travel with Collette Tours to Historic Charleston, Savannah, St. Simons Island, Jekyll Island and more. 7 Days of southern hospitality!

Includes roundtrip motor-

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

Ask Your Pharmacist ...

Why is Medication Safety Important?

About four in every five American adults take at least one medication. Medications are generally safe when taken as prescribed or as directed on the label. However, medications can cause harm if taken incorrectly. When a medication causes harm or is taken incorrectly, it is called an adverse drug event. Adverse drug events can include allergic reactions, side effects, taking too much of a medication, and taking a medication in the wrong way. Every year, adverse drug events lead to more than one million emergency room visits and 350,000 hospitalizations.

Medication safety can prevent adverse drug events from happening and keep you and your loved ones safe from harm. Therefore, it is important to store and dispose of your prescription and over-the-counter medications properly.

Safe Storage of Medications

Medications can be damaged by heat, air, light, and moisture. Storing your medications in the right place and in the right way can help to make sure they work properly. Medications can cause harm if taken incorrectly or by mistake. Safe storage of medications can help prevent you or others from taking the wrong medication.

Different medications can have different instructions on how to best store them, but there are general safety tips to follow with every medication:

- Keep your medications in a secure place away from children and pets.
- Store your medications somewhere cool and dry.
- Know if your medications should be refrigerated or protected from light.
- Never give your medications to someone else.
- Never take someone else's medications.
- If possible, try to keep medications in the containers you receive them in. Avoid combining different medications into one container. However, you may need to do these things if you use a pill organizer to keep track of your medications. If you use a pill organizer, make sure you or the person managing your medications can keep track of what is in it. Some medications are meant to be kept in the original container so check with your pharmacist if you plan to use a pill organizer.

Safe Disposal of Medications

It is important to dispose of medications you no longer need to prevent accidentally taking a medication that was stopped or changed. It is also important to dispose of any expired medications because medications can lose their effects or safety over time. Having unused or expired medications can also increase the risk of others taking your medications by accident.

Different medications may have specific instructions for safe disposal, but there are gen-

eral safety tips to follow with every medication:

- Check the expiration date on all your medications and get rid of any expired medications.
- Dispose of prescription medications you no longer need.
- To throw away medication in the household trash, first mix the medication with something that decomposes it. For example, mix the medication with dirt, kitty litter, or used coffee grounds. Place the mixture in a sealed container.
- Remove or scratch out personal information on prescription labels of empty pill bottles or packaging.
- Use drug take back programs if they are available in your area. These are places where you can drop off unused or expired medications for safe disposal. You can ask your local law enforcement officials or your pharmacist for information on drug take back locations.

The Drug Enforcement Administration (DEA) has a National Prescription Drug Take Back Day that happens twice a year. This is an event to provide local drug collection sites across the country. The next National Prescription Drug Take Back Day is April 30th, 2022.

Some medications should be flushed down the toilet if there isn't a drug take back location near you. These are medications that have misuse or abuse potential and can cause death if taken inappropriately. The Food and Drug Administration (FDA) has a Flush List available

on their website at <https://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-fdas-flush-list-certain-medicines>

Ask Your Pharmacist

Ask your pharmacist how to safely store and dispose of your medications. Every medication has its own directions for safe storage and disposal. Your pharmacist is a great resource for specific information on your medications and can tell you which medications you should no longer take. Also, some pharmacies can take back unused or expired medications for safe disposal.

Know How to Contact Poison Control

Poison Control Centers provide free, expert medical advice on poisonings or exposures to a substance that might cause harm. They can answer questions and provide help if someone takes too much of a medication or takes a medication by mistake.

Poison Control is available 24/7 and can be reached by calling 1-800-222-1222.

For medical emergencies, call 911.

Written by: Julie Ing, Doctor of Pharmacy Candidate 2022 University of the Sciences/Philadelphia College of Pharmacy

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Medicare Advantage Open Enrollment Now Underway, PA MEDI Is Here to Help

The annual Medicare Advantage Open Enrollment Period runs from January 1 to March 31. During this time, beneficiaries who have a Medicare Advantage plan can switch to a different plan or to original Medicare. Changes to their enroll-

ment will take effect on the first of the month following the month in which they enroll.

Pennsylvania Medicare Education and Decision Insight, or PA MEDI, Pennsylvania's Medicare counseling program, is available through lo-

cal Area Agencies on Aging to help seniors with their Medicare questions. Older adults can receive unbiased, no-cost Medicare assistance from trained PA MEDI counselors who can walk them through their options to assist in making

informed health insurance decisions that optimize their cost-savings and access to health care and benefits.

PA MEDI counselors do not sell Medicare insurance products, nor do they endorse any insurance company, prod-

uct, or agent. Counselors will not recommend policies, companies, or insurance agents but will provide free, confidential, and unbiased personalized assistance.

Older adults can contact their local Area Agency on Aging to schedule a per-

sonalized counseling session. For more information, call the toll-free PA MEDI Helpline at 1-800-783-7067 from 8 a.m. to 5 p.m. Monday through Friday. To find a PA MEDI event or presentation, visit www.aging.pa.gov/medicare-counseling.

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 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 cur-

rently 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 retirement.

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 2 million 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 find us on Facebook and Twitter.

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Guarantees are backed by the financial strength and claims paying ability of the issuer.

Investing involves risk, including the possible loss of principal. 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

Are You Prepared to Age in Place?

By Beth Biehl

Owner/Founder

Aging Resources Alliance LLC

According to a 2015 AARP survey, 90% of those 65 and older want to stay in their current home as long as safely possible.

Your home is filled with many happy memories of your children growing up and your grandchildren now coming to visit. Plus, it is familiar, making it easy to navigate throughout. Emotionally, the majority of your life has been spent there.

But have you thought about how you can remain

in your home? Do you have a plan in place to help you safely stay there? If you answered no to one or both of these questions, then the time is now to develop your plan.

It is important to include those who will assist you in carrying out your plan, such as your children, grandchildren, family members, or your designated Power of Attorney. Sit down and discuss your wishes and begin to develop your written plan.

Estate planning is an important part of this process. Do you have your important legal documents in place including a will, living

will, medical power of attorney, and financial power of attorney? If not, schedule a time to meet with an elder law attorney or an attorney who deals with estate planning to get this paperwork completed.

Once those documents are in place, take an assessment of your current home. Do you live all on one floor or do you have a second floor where your bedroom and bathroom are located? Do you have steps to get into your home? Consider having a home safety evaluation completed to assess how you can safely remain there with some home modifications.

Also consider who will complete routine maintenance as well as mowing and snow removal.

Remaining in your home is all about maintaining your independence, but at some point, you may need assistance with tasks of daily living. These may include bathing, dressing, laundry, housekeeping, grocery shopping, and meal preparation. You also need to consider how you will get to doctors' appointments, pick up your medication, or run miscellaneous errands. Is your family or a support network able to do this for you or will you need to hire some in-home

care?

It's important to maintain contacts with your friends, neighbors, and church family. Going to church, exercise class, the senior center, or lunch with friends helps you to maintain your mental clarity and provides you with much needed socialization.

Finally, it is time to finalize your plan and discuss the financial implications of remaining at home with your power of attorney. Although it may seem less expensive initially, having a budget in place to track expenditures and manage your money carefully will help you preserve your finances and re-

main at home for as long as possible with supportive services.

Aging Resources Alliance LLC assists older adults 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. To schedule your 1-hour assessment or for more information, contact Beth Biehl at 484-889-2267.

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.

March finds us reading “Porch Lights” by Dorthea Benton Frank. Our discussion group will meet Thursday, March 17th at 1:00.

Porch Lights is a stirring, emotionally rich multigenerational story—a poignant tale of life, love, and transformation—as a nurse, returning to Sullivan Island from the Afghanistan War, finds her life has been irrevocably altered by tragedy...

and now must rediscover love and purpose with the help of her son and aging mother. An evocative visit to enchanting Sullivans Island with its unique pluff

mud beaches, palmetto trees, and colorful local lore—a novel filled with unforgettable characters, and enlivened by tales of the notorious Blackbeard and his bloodthirsty pirate crew and eerie Edgar Allan Poe stories.

On Thursday, April 21st the book club will meet to discuss “And Then She Was Gone” written by Lisa Jewell.

Ellie Mack was the perfect daughter. She was

fifteen, the youngest of three. Beloved by her parents, friends, and teachers, and half of a teenaged golden couple. Ellie was days away from an idyllic post-exams summer vacation, with her whole life ahead of her.

And then she was gone.

Now, her mother Laurel Mack is trying to put her life back together. It’s been ten years since her daughter disappeared, seven years since

her marriage ended, and only months since the last clue in Ellie’s case was unearthed. So when she meets an unexpectedly charming man in a café, no one is more surprised than Laurel at how quickly their flirtation develops into something deeper. Before she knows it, she’s meeting Floyd’s daughters—and his youngest, Poppy, takes Laurel’s breath away. Because looking at Poppy

is like looking at Ellie. And now, the unanswered questions she’s tried so hard to put to rest begin to haunt Laurel anew. Where did Ellie go? Did she really run away from home, as the police have long suspected, or was there a more sinister reason for her disappearance? Who is Floyd, really? And why does his daughter remind Laurel so viscerally of her own missing girl?

Calendar

FROM PAGE 7

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!

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

Begins Friday, March 4th!!! New class with 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, Joanne, Robin, Darrel & Mihae. PLUS, you will get something new every Friday. There is something for everyone in these fitness classes! Try it! We know you will love it.

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

Please call (610)323-5009; ext. 102 for information

PA MEDI (FORMERLY APPRISE MEDICARE) COUNSELING

Medicare is not one-size-fits-all – get your plan adjusted and save money!

Leader: Ed Savitsky
By appointment only
Call (610)323-5009 to schedule appointments

VETERANS BENEFITS PROGRAM INFORMATION

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

Trips

FROM PAGE 9

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 infor-

mation.

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