

July - August 2022

NEWSLETTER

610-323-5009

www.TriCountyAAC.org

288 Moser Road, Suite 1

Pottstown, PA 19464

DATED MATERIAL

July 1, 2022

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From Brian's Desk



Parkes

I got ahead of myself in our last issue announcing our re-opening. A large spike in cases kept us operating with masks on a minimal schedule. We are still watching the numbers closely in our area, but are hopeful we can welcome people back into the building for programs and for lunch soon.

It is now more important than ever – if you don't feel well, please stay at home! This will be the only way we can continue to be safe here.

New partnership – new location!

We have started offering programs at Ursinus college! Older adults in Collegeville, Trappe, Limerick, Schwenksville, and Royersford now have

easier access to our programs. Programs began in March – check out the article in this newsletter for more information.

Can't Wait to See You

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

LOOK WHAT'S HAPPENING ...

Happy Summertime!

The TRAAC has a wide range of classes, programs and activities for you. There is something here for everyone. The summer schedule does have some changes due to instructor holidays and vacations. If there is something you are interested in and don't see it on our website or schedule, please don't hesitate to contact us. We look forward to seeing you with us soon.

— Sue McIntyre

Some notes for ALL programs:

- You must pre-register for ALL classes, programs

and lunches. 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 or use the copilot screen on the second floor.

Social & Recreational Programs

AMERICAN CONTRACT BRIDGE

Join us for a fun, casual afternoon of Bridge. Please call for more information. Leader: Susan Meyers Tues. at 1:00

BOOK CLUB – WILL BE BACK IN SEPTEMBER!

KEEP ON READING....

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

Leader: Monica Wagg
3rd Thurs. at 1:00

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;
7/18, 8/1 & 8/15
Cost: \$.25 per card

CANASTA

Join a friendly game of canasta on Friday's. Beginners

are welcome to attend.

Friday at 12:00-3:00; summer hours

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

DIGITAL LITERACY

Contact the TRAAC for new dates

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 people, holidays and to support and work with other local organizations toward this common goal.

Time: 1:30

DOMINOS

Self-Led, Suggested Donation

Tues. & Thurs. at 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. 7/12 & 8/9 at 5:30 via Zoom only

HISTORY CLUB

The History Club will meet the 4th Friday 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; 7/22 – special guest speaker: Captain Robert W. Boyce, US Navy (retired), Commander of conventional and nuclear submarines. Please call to pre-register.

Suggested Donation

LGBTQ SENIOR SOCIAL GROUP

A time to socialize, interact and connect at the TRAAC. The group meets monthly

CALENDAR » PAGE 3

TRICOUNTY ACTIVE ADULT CENTER BOARD OF DIRECTORS

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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 Centr (ISSN: 2471-7258) Issue: 2022-3 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.

Calendar

FROM PAGE 2

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 Jolene (610.323.5009; ext. 107) for more information regarding July & August 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 soon!

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 – WILL RESUME IN THE FALL!

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.

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 – 7/8,
7/22, 8/12 & 8/26; Limit 8;
must pre-register

POOL TABLES

The game room is currently open for Pool players.
Mon. thru Fri. 8:00-4:00

PINOCHLE

Pinochle is a trick taking, Ace-Ten card game! Beginners are welcome to join in the fun.

Wed. at 1:00; call to pre-register

Reflective Moments

BIBLE STUDY

Self-led, No Charge

Mon. at 10:30

Location: Library

SHUFFLEBOARD

The game room is currently open for Shuffleboard players.

Mon. thru Fri. from 8:00 to 4:00

SOCIAL HOUR

4th Thurs. of the month; call the TRAAC to register
4:30 – 7 PM

SPANISH LESSONS – CONVERSATIONAL SPANISH & INTRODUCTION TO CONVERSATIONAL SPANISH – WILL RETURN IN SEPT.!

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 Sept. Please call to pre-register.

Instructor: Evelyn Dudo-
nis/\$2

INTRODUCTION TO CONVERSATIONAL SPANISH – WED., 11:00

Conversational Spanish –
Wed. at 1:00

Will return in Sept

STAMP CLUB

Leader: Ralph Bartholomew/Jack Ertell

1st Mon. each month; 3:00 PM
July 11th & August 1st

TEA & TALK – WILL RETURN IN THE FALL!

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 teacup or one will be provided. Please call to pre-register. Space is limited.

Leader: Audrey Wilkins
2nd Tues. each month; we will be back in the fall!

TEXAS HOLD 'EM POKER

Mon., Wed. Fri at 1:00;
MUST pre-register; Max. 32
Call for more information.

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 Traac Notes.

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

CALENDAR » PAGE 12

Join us for these Summer Events · FREE AND OPEN TO THE PUBLIC



Keystone Villa®

AT DOUGLASSVILLE

A DISTINCTIVE RETIREMENT COMMUNITY

Celebrating seniors for 15 years and counting!

1152 & 1180 Ben Franklin Hwy East,
Douglassville, PA 19518

www.KeystoneVillaAtDouglassville.com

To tour our community, call

INDEPENDENT LIVING

Janice MacKenzie 484-925-0017

PERSONAL CARE & MEMORY CARE

Sue Okuniewski 610-427-2566





AWARD-WINNING COMMUNITY

Summer Concert Series

Enjoy these entertaining concerts on the patio in Independent Living.

Monday, July 25 • 7:00pm

Pottsgrove Community Band

Tuesday, August 9 • 7:00pm

Exeter Community Band

Tuesday, September 13 • 7:00pm

Jazz Trio



BRING YOUR
LAWN CHAIRS

RSVP by calling **484-925-1074**

Alzheimer's & Dementia Support Group

Last Thursday of Every Month

July 28 & August 25

6:30-8:30pm

Location: Theater in Personal Care

Are you caring for a loved one living with memory impairment? Join senior care experts from Keystone Village at Douglassville and other dementia care professionals for a free Memory Care Support Group featuring insightful topics to help family caregivers.

RSVP by calling **484-925-1074**



Community Event

Shred-it®

Bring your old tax papers and sensitive documents and we'll Shred-It!

Friday, August 5

9:00am-12:00pm

The Shred-It truck will be located in front of the building between Independent Living and Personal Care.

This event is FREE and open to the public. Limit of 2 boxes or bags per person. Empty boxes cannot be shredded and must be taken home with you.

RSVP by July 29 to **484-925-1074**



We are an equal opportunity housing provider. We do not discriminate on the basis of race, color, national origin, religion, sex, familial status or disability.

Why Take a Driver Safety Course?

Why should you take a driver safety class? Because driving has changed since you first got your license and doing so could save you money.

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older.

You may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details.

Recertification class — 4-hour session, Wednesday, Aug. 10
AARP DRIVING

AARP membership is not required to take the course and there are no tests to pass.

The classroom course costs only \$20.00 for AARP members and \$25.00 for non-members. TriCounty Active Adult Center membership is not required. *Masks are

required at this time.

This is a four-hour recertification class. If you have not taken an AARP class before, please call for information on the "first timer" program which is 2-4 hr. sessions.

Our recertification class will be held on Wednesday, August 10th from 10-2:30. There will be a ½ hour lunch break at 12:00. We will include you on our lunch list when you register. Space is limited. Additional sessions will be added shortly.

CELEBRATING A MILESTONE

TRAAC members mark 80 years of marriage

Long-time TRAAC members Chester and Martha Pish celebrated 80 years of marriage. They are one of the longest-married couples in the United States. They celebrated with a beautiful cake provided by Beverly's Pastry Shop and visits and proclamations from local politicians. Congratulations Chester and Martha from your TRAAC friends.



Do I Have a Balance Problem? Questions to Ask Yourself

You can help identify a balance problem by asking yourself some key questions.

Do I feel unsteady?

Do I feel as if the room is spinning around me?

Do I feel as if I'm moving when I know I'm standing or sitting still?

Do I lose my balance and fall?

Do I feel as if I'm falling?

Do I feel lightheaded, or as if I might faint?

Does my vision become blurred?

Do I ever feel disoriented, losing my sense of time, place, or identity?

If you think that you have a balance disorder, schedule an appointment with your doctor. With the permission of your doctor, you might want to enroll in a class to help with your balance.

We have classes that can help with balance issues, please see Jolene Wert for upcoming classes or current classes that may benefit you.

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!!!

August

AUGUST 23, 2022 – SPIRIT OF PHILADELPHIA BINGO CRUISE & RIVER'S CASINO

Includes roundtrip motorcoach transportation, Spirit of Philadelphia Luncheon Buffet and Bingo Cruise, Casino Slot Play at River's Casino

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

May make payments; Final payment due July 6th

September:

SEPTEMBER 28, 2022 – RAIL & PADDLEWHEEL – SOLD OUT; WAIT LIST AVAILABLE.

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 September 16th.

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 August 4th

October:

OCTOBER 28TH-30TH – MURDER MYSTERY WEEKEND AT VILLA ROMA RESORT, CALLICOON, NEW YORK

Includes roundtrip motorcoach transportation to Villa Roma Resort in the Catskills, 5 meals including 2 Breakfasts, 1 Lite Fair Lunch, 2 Dinners; Friday Night Welcome Cocktail Party with Hot & Cold Hors d'oeuvres & 1 hour open bar; Saturday reception with Cash Bar; Halloween Costume Contest, Nightly Music & Top Variety Entertainment, complete schedule of Daytime Activities; Indoor Sports with Bocce, Shuffleboard, Ping Pong & Pool Tables, Indoor Swimming Pool & Jacuzzi; all taxes & gratuities.

The Murder Mystery, "Hocus Croakus," begins at the Cocktail Party on Friday and continues through dinner on Friday, Breakfast & the reception on Saturday & the Finale is at Breakfast on Sunday Morning!

Cost: Members \$570 based on double occupancy; Non-Members

\$580 based on double occupancy. Single occupancy available but limited. See Donna for more information.

May make payments; Final payment is due on or before September 6th.

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 motorcoach 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

CHRISTMAS ON THE DANUBE! DECEMBER 9-17, 2023 WITH OPTIONAL 2 NIGHT CHRISTMAS MARKETS OF PRAGUE PRE-TOUR EXTENSION

December 9-17, 2023 Christmas on the Danube River Cruise

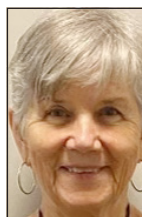
Travel with Collette Tours to Vienna, a 6-night Danube River Cruise, Hofburg Palace, Vienna Opera House, Wachau Valley, Nuremberg, Rothenburg, Christmas Markets and more.

Includes roundtrip motorcoach to airport, roundtrip airfare from Philadelphia, 19 meals, concerts, market visits, guided tours of the countryside, travel aboard the MS Amadeus Brilliant, Amsterdam;

TRIPS » PAGE 6

Hi Everyone. We have been looking forward to getting back to trips for some time, so we are excited to be out and about. There are two casino trips coming up in the next couple of weeks. Later in the Summer we hope to have some short day trips to local sights in the area. Here at the TRAAC we have been busy making plans for possible trips for 2023 as well as those already scheduled for the balance of 2022. I am excited as we plan for a couple of bigger trips in the late Summer and Fall of 2023. Mid-July of 2023, we hope to have all the scoop on a 7-day trip to Iceland, followed in late September we are planning a trip to a once-a-year event called the Great Buffalo Roundup in the Black Hills. Can't you just picture the excitement of watching experienced cowboys round up the Bison herd. The noise!! The excitement! Yeehaw!! If you enjoy the Ballet, we have a limited space trip to the Academy of Music for a ballet matinee. So much to look forward to in the coming months. Watch for updates in the TRAAC notes and on the website. We will have information sessions coming soon. Call or stop in for more information.

Donna



— Donna



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

Rebecca Hobbs, Certified Elder Law Attorney



Elder Law - Long Term Care Planning
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With Offices at:

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610-323-2800

—and—

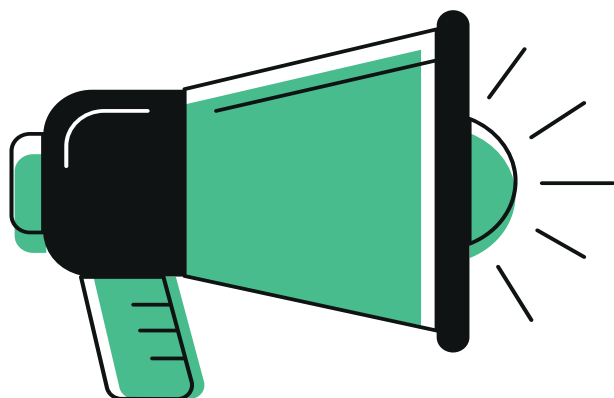
347 Bridge Street
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Phoenixville, PA 19460
610-917-9347

*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





**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
llayberger@independencebig.org OR Sue McIntyre at
sue@tricountyaac.org**



It's Back! TRAAC and the Big Brothers Big Sisters organization have a long standing partnership that unfortunately had to be put on hold for the last couple years. As we head into the 2022-2023 school year we are now looking to get the program started again and recruit some amazing mentors! The students are so excited at the possibility of meeting their new "Bigs" and we couldn't be happier to try and make that happen for them. Anyone interested in becoming a mentor or a "Big" in the BBBS program please just reach out to Sue McIntyre and she will get your information over to BBBS to get started on next steps. Program will meet bi-weekly for 1 hour and the students will come to you! Hope to meet you all soon.

Trips

FROM PAGE 5

dam; overnight stay at the Maritim Hotel Wurzburg and much more.

Valid passport essential

Cost: starts at \$3298 per person or a double; call for more information

May make payments; \$800 deposit per person

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!

Donna Miller – 610-323-5009; ext 110

TRAAC FITNESS SCHEDULE

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	Silver Sneakers Classic 9:15- 10:00 Track Patty Starts Sept 6th	Yoga (Stretch &Tone) 10:00- 10:45 Classroom 2 Patty Starts Sept. 6th	Sit and Fit 10:30- 11:30 Track Jolene (V)	Zumba Gold 10:45- 11:45 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	Pilates 1:00- 1:45 Classroom 2 Linda	Line Dancing 1:30- 2:15 Track Robin		
Thu	Silver Sneakers Boom Move 8:45- 9:30 Track Jolene (V)	Sit and Fit 10:30 11:30 Track Jolene (V)	Zumba Gold 10:45 - 11:45 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					



TAI CHI FOR ARTHRITIS AND FALLS PREVENTION

**EVERY MONDAY
SEPTEMBER 12 – OCTOBER 31
1:00 PM (IN PERSON)**

What is Tai Chi for Arthritis and Falls Prevention?

Tai chi for Arthritis and Falls Prevention utilizes the Sun Style for relaxation, balance and ease of movement. Each class is led by a certified instructor and lasts 45 minutes to 1 hour. The movements can be done standing or sitting.

Increase your strength, balance and flexibility while improving your mind, body and spirit!

TAI CHI FOR ARTHRITIS AND FALLS PREVENTION

**MODAYS
SEPTEMBER 12 -
OCTOBER 31**

**1:00 PM
(IN PERSON)**

**CALL (610) 323- 5009
TO REGISTER**

**MOVEMENTS CAN BE
DONE SEATED OR
STANDING**

**TRICOUNTY ACTIVE ADULT
CENTER**

288 MOSER ROAD

POTTSTOWN, PA 19464



DO YOU HAVE **concerns** **about falling?**



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006. American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

TriCounty Active Adult Center
288 Moser Road,
Pottstown, PA 19464

Fridays, 10 AM – 12 PM
July 1- August 19

Program is FREE!!

**Please sign up at the
Greeter's Desk or
call at
610-323-5009**

IN THE KITCHEN



Karin

Well friends, summer is here! It's time to bring out some of my favorite recipes that are very refreshing and only take minutes to prepare. Below you will find one of the best, Blueberry Watermelon Salad. Stop by and let me know how you like it.

Blueberry Watermelon Salad

Serves 8
Ingredients:
1/8 cup white balsamic vinegar
¼ cup olive oil
½ tsp salt
¼ cup diced red onion (optional, sometimes I don't use onion)
8 cups diced watermelon

2 cups fresh blueberries
¼ cup rough cut fresh mint
½ cup crumbled feta cheese
Directions:
In a bowl mix the oil, vinegar, salt and diced onions. Add watermelon, blueberries and feta cheese. Toss and serve. Refrigerate any unused portions.
We are currently looking for additional drivers to assist with our lunch deliveries. If you are interested, contact Karin at 610-323-5009, ext. 106.
Also, we could use volunteers to help pack up lunches on Mondays. It's only about an hour each week. Give us a call! Thank you.

The Pennsylvania Medicare Education and Decision Insight program, PA MEDI, offers free Medicare counseling. Health care coverage becomes more significant as we age and often takes a noticeable chunk out of the monthly budget, so it is important to be aware of all the savings programs and preventative benefits and changes with Medicare. The Medicare website (<http://www.medicare.gov>) has been made more user friendly but sometimes you just want to talk to someone. PA MEDI counselors are available by phone (call 610-834-1040 ext. 120 to speak to a counselor) or via appointment at the Tri County Active Adult Center (TRAAC - call 610-323-5009; ext. 105). Counseling is unbiased and free.



JULY 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 via a drive-through. You must reserve your meals by 4:00 on Monday of the prior week (at least 7 days ahead).
- 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 free lunch you must be 60 or older, or a TRAAC member.
- Menus are subject to change

Reservation deadline	Monday	Wednesday	Friday
Jun 27	7/4 CLOSED	7/6 - Chicken Florentine Pasta, Caesar Salad	7/8 - Pulled Pork Stuffed Sweet Potato, Green Beans
Jul 5	7/11 - Turkey Burger w/Cheese, Lettuce, Tomato, Cranberry Mayo, Salad	7/13 - Spinach, Cheddar & Mushroom Quiche	7/15 - Fish Sandwich, Cole Slaw, Cottage Fries
Jul 11	7/18 - Sausage pepper & onion Pasta Toss, w/ salad	7/20 - Sloppy Joes w/ green beans & fresh fruit	7/22 - Shrimp & Spinach Lasagna w/ salad & fresh fruit
Jul 18	7/25 - Cheese Stuffed Shells w/ salad & fresh fruit	7/27 - Turkey Wrap w/ cheese & slaw, 3 bean salad, Fresh fruit	7/29 - Cheese Steak stuffed peppers, Salad, Fresh fruit

NC STATE STUDENTS VISIT TRAAC



TRAAC members had a chance to visit with NC State students that participate in the Chancellors Leadership Development Program (CLDP). This program is designed for first generation college students to encourage them to look beyond the campus experiences. CLDP is structured as a two-year program, with an optional third year, to help students maximize their leadership skills through experiential learning and self-discovery. As part of their program, second year students plan and implement a week-long service trip to a location of their choice while exploring significant societal issue. This year the students chose to visit Philadelphia, PA. The students joined some of our members in designing bags of treats and sending notes of encouragement to our homebound members as well as all those who participate in our grab 'n go lunch program. The group also assisted with the lunch program, helped with a 80th wedding anniversary celebration project and joined in with the TRAAC line dancing class before heading back to Philadelphia for the evening. The conversations and experience with these students were heartwarming for all involved.

SUMMER SAFETY TIPS FOR OLDER ADULTS

By Beth Biehl

Founder/Owner
Aging Resources Alliance LLC

The summertime brings with it the excitement of gardening, cook-outs, parades, festivals, and fireworks. However, for older adults, the heat of the summer combined with the sun can be dangerous for many if precautions aren't taken. In the United States, 40% of heat-related fatalities were among those 65 and

over according to a University of Chicago Medical Center study.

To make it a fun-filled summer, older adults are encouraged to follow these summer safety tips:

Stay hydrated – Remember to drink 8 glasses of water daily unless you have a fluid restriction, and avoid alcohol and caffeinated beverages.

Stay cool – Stay in an air-conditioned location if possible, or visit

a friend or relative that has it, as high temperatures can be life threatening for seniors dealing with chronic medical conditions.

Dress in lighter clothing – Light-colored and loose-fitting clothing, especially cotton, is cooler and more comfortable.

Protect your eyes – Don't forget your sunglasses as too much exposure to the sun can irritate eyes and cause vision damage.

Tips to Improve Your Brain Health

Most of us know that physical activity is a valuable part of an overall body wellness plan. But how often do you consider your brain in that planning? Studies indicate we can reduce the risk of cognitive decline by choosing key lifestyle habits—such as engaging in regular cardiovascular exercise to elevate the heart rate and increase blood flow to both the brain and body.

When it comes to improving and preserving brain health, the good news is it's never too late to start. Making healthy choices at any age is beneficial. Consider physical activities that may also be mentally or socially engaging, such as walking with a friend, taking a dance class, joining an exercise group or golfing.

HEED THE HEAD-HEART CONNECTION

Growing evidence suggests that many factors that increase the risk of heart disease also may increase the risk of dementia. These factors include smoking, obesity, diabetes, high cholesterol and high blood pressure. Adopt these healthy lifestyle habits for improved brain health:

- Visit your doctor regularly.
- Get your “numbers” checked, including weight, blood sugar, blood pressure and cholesterol. When needed, actively seek treatment to keep yourself within healthy ranges.
- If you have diabetes, manage it properly with your healthcare provider.
- Stop smoking. If you don't smoke, don't start.
- Take action to minimize stress. Studies have found that regular physical activity decreases stress, increases your ability to manage stress and leads to better mood overall.
- Get enough sleep. Inadequate sleep due to conditions like insomnia or sleep apnea can result in problems with memory and thinking.
- Avoid excess alcohol.

▪ Seek professional assistance to address anxiety, depression or other mental health concerns.

TAKE A WALK AND MAKE A DIFFERENCE IN YOUR HEALTH AND IN THE FIGHT AGAINST DEMENTIA

Are you ready to take a walk? A great way to improve your cognitive health while making a difference in the fight to end Alzheimer's is to get involved in the Alzheimer's Association Walk to End Alzheimer's -- the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

There are just three easy steps to participate:

1. Register for your local Walk. Find a Walk near you by visiting alz.org/walk and sign up as a Team Captain, team member or individual.

2. Start fundraising and spread the word. We'll provide tips and coaching every step of the way, including easy ways to raise funds online.

3. Join us on Walk day. Come together for an inspiring community event that celebrates our commitment to ending the disease.

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.

Wear sunscreen, a hat and apply bug spray – Always apply sunscreen of SPF 30 or higher when you are outside, put on your favorite hat, and use bug spray as older adults are more susceptible to West Nile virus.

Plan exercise and outdoor activities – Early morning or early evening is the best time to get outdoors when the sun is not at its peak and don't forget your water to stay hydrated.

Stay connected – Make sure to check in with your family and neighbors daily as the heat and high temperatures can be life-threatening for seniors.

Finally, by following these precautions we hope you have a fun, safe, and enjoyable summer.

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 services, 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.



Immediate Annuities Can Provide Lifetime Income



An immediate annuity can offer a measure of relief from retirement income concerns by providing a dependable payment for the rest of your life.

Running out of income is a primary concern for most retirees. Immediate annuities offer a financial alternative to help meet retirement income needs by providing a steady stream of income designed to last through retirement.

What is an immediate annuity?

An immediate annuity is a contract between you and an annuity issuer (an insurance company) to which you pay a single lump sum of money in exchange for the issuer's promise to make payments to you for a fixed period of time or for the rest of your life. Immediate annuities may appeal to you if you are looking for an income you cannot outlive.

Characteristics of immediate annuities

- A steady stream of payments for either a fixed period of time (such as 10 years) or for the rest of your life.
- The issuer assumes all investment risk.
- Generally, you pay ordinary income taxes on the part of each payment that represents earnings or interest credited to your account. The remaining portion is considered a return of your investment and is not subject to taxation.
- You relinquish control over the money you invest in the immediate annuity. While there are some exceptions, usually you receive fixed payments with little or no variation in the amount or timing of each payment.
- If you chose a life only payment option, you may not live long enough to receive the return of all of your investment, since payments cease at your death with this option.

How does an immediate annuity work?

As the name implies, an immediate annuity begins to pay you a stream of income immediately. The amount of income you receive is based on a number of

factors, including your age at the time of purchase, your gender, whether payments will be made to only you or to you and another person, and whether payments will be made for a fixed period of time or for the rest of your life.

What are your payment options?

Most immediate annuities include a number of payment options that can affect the amount of the payment you receive. The more common payment choices are:

- *Life only.* Payments are based on your age. Payments continue until you die, at which time they cease.
- *Installment refund/cash refund.* If you die prior to receiving at least the return of your investment in the immediate annuity, the beneficiary you name in the policy will receive an amount equal to the difference between what you invested and what you received. The beneficiary will receive this amount in either a lump sum (cash refund) or payments (installment refund).
- *Life with a period certain.* With this option, the issuer does not guarantee the return of your investment; rather, it guarantees a minimum period of time during which payments will be made. Payments are made for the rest of your life, but if you die prior to the end of a minimum payment period (usually between 5 and 25 years), the payments will continue to be made to your beneficiary for the remainder of the period, but no longer.
- *Joint and survivor.* This option provides payments for the lives of two people, typically you and your spouse. When either of you dies, payments continue to be made for the life of the survivor. You can elect to have these "survivor" payments remain the same, or be reduced to a percentage of the original payment, such as two-thirds. The joint and survivor option can also be added to the life with period certain option. In this case, the issuer will make payments until both of you have died or



Guarantees are based on the claims-paying ability and financial strength of the annuity issuer. Withdrawals prior to age 59½ may be subject to a 10% federal income tax penalty.

for the period of time you selected, whichever is longer.

- **Period certain.** This option provides a guaranteed payment for the fixed period of time you specify (e.g., 5, 10, 15, 20 years). If you die prior to the end of the chosen period, your beneficiary will continue to receive payments for the remainder of the fixed period.

The payment option selected affects the amount of each payment. For example, life only payments will be larger than payments for life with a period certain. But life with a period certain payments will be less than payments for a fixed period certain.

Example: A 60-year-old man who invests \$100,000 in an immediate annuity may receive annual payments of \$7,260 for the rest of his life, or \$6,696 per year for life with a minimum of 20 years, or \$7,920 per year if he chooses payments for a fixed period of 20 years. (This example is for illustration purposes only and does not reflect actual insurance products or performance, nor is it intended to promote a specific company or product.)

Other factors to consider

An immediate annuity can offer a measure of relief from retirement income concerns by providing a dependable payment for the rest of your life. However, as with most investments, there are other factors to consider before deciding if investing in an immediate annuity is the right choice for you.

First, be sure that the payment option you select will address your income needs. For instance, if you are in poor health and have others who depend on you for financial support, selecting a life only payment option may not be appropriate because payments stop at your death, removing a valuable source of income from your survivors.

Second, if you are considering a life only payment option, be aware that it may take many years before you receive at least the return of your investment from the immediate annuity. A 70-year-old man who invests \$100,000 and selects a life only option (generating annual payments of \$7,260) will have to live about 14 years to receive the return of his \$100,000.

Third, consider whether there are better alternatives for providing income. For example, it's possible that the interest or dividend from investments such as bonds and dividend-producing stock could produce more income than you could get from an immediate annuity over the same period of time based on the same investment amount. In addition, these types of investments usually are more liquid than immediate annuities, giving you the opportunity to increase your withdrawals if you need more money. On the other hand, an immediate annuity provides a guaranteed stream of income regardless of changing interest rates or investment returns. Of course, guarantees are subject to the claims-paying ability of the annuity issuer.

Should you consider an immediate annuity?

An immediate annuity can be a useful financial tool. You may want to consider the purchase of an immediate annuity if:

- You want a stream of income you cannot outlive.
- You have a sum of money that you would like to turn into a regular source of income and you aren't interested in leaving the money to your heirs. If you want to leave a portion of the money as a legacy, an immediate annuity may not be a good choice.
- You are uncomfortable with investments that have a significant risk of loss. If subjecting your money to the risk of loss associated with investing in securities does not appeal to you, an immediate annuity may provide a way to transfer that risk to an insurance company. While the income guaranteed by the immediate annuity is subject to the claims-paying ability of the annuity issuer, the immediate annuity payments are not subject to stock market risk.
- You expect to live for a long time. If you're healthy and have longevity in your family, an immediate annuity may be an investment to consider.

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Calendar

FROM PAGE 3

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

JUST GUTS/ALL CORE

Join us for a new all core workout. This is a 30-minute intermediate class. It will be challenging but most will be able to do the workout. Call Jolene for more information.

Leader: Mihae Blank; \$2
Mon. at 12:45

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!

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 then 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

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 - WILL RESUME IN THE FALL!

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.

YOGA – STRENGTH & TONE – WILL RESUME IN THE FALL!

Yoga is a great way to work on your flexibility and strength. Just about everyone can do it. It's not just for those who can touch their toes or want to meditate. Check out this methodical workout with Patty.

Leader: Patty Care
Tues at 10:00; 5 week session; \$2 per session;

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. 105 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; Ed is available the first Tuesday of the month.
Call (610)323-5009; ext. 105 to schedule appointments

VETERANS BENEFITS PROGRAM INFORMATION

Jamie Washburn

Please contact Lisa for appointment information (610)323-5009; ext. 105

Coming Soon!

▪ Pinochle is back....
Wednesday at 1:00! Call to pre-register.

▪ New! American Contract Bridge is joining our schedule. Enjoy a casual, fun afternoon playing Bridge. Tuesday afternoons from 1:00-3:00. Please call to pre-register or if you have questions.

▪ Matter of Balance is back! Register for this program that is meant to assist with concerns about falls, interested in improving their balance, flexibility and strength or who has fallen in the past and restricted their activities because of it should enroll in this FREE program. The program will meet on Friday's beginning July 1st at 10:00. Call 610.323.5009 or stop by to register.

▪ Tai Chi for Arthritis coming in September. Join us as we learn the Sun Style Tai Chi for relaxation, balance and ease of movement. This FREE program will be held on Monday's at 1:00 beginning September 12th and running through October 31st. Call to pre-register for this program as space is limited.

▪ History Club will be meeting on Friday, July 22nd at 1:00. Retired US Navy Captain Robert W. Boyce, Commander of conventional and nuclear submarines will be speaking. Please pre-register for this event.

▪ AARP Driving Class – Wednesday, August 10th; 10:00-2:30. *Masks required. Please see the article in this edition. Must pre-register. Space is limited.