



September - October 2022

# NEWSLETTER

610-323-5009

[www.TriCountyAAC.org](http://www.TriCountyAAC.org)

288 Moser Road, Suite 1

Pottstown, PA 19464

DATED MATERIAL

September 1, 2022

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
POTTSTOWN PA  
PERMIT NO. 68

or current resident

## From Brian's Desk

We are open! Finally, after more than two years, we feel like we are getting back to normal. It has been great to see everyone again in the dining room, and we have lots of new members as well. If you see a new face, please introduce yourself. Let's make everyone feel welcome here!

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.

Programs

Programs are back in full swing! Check the schedule in this newsletter for all of our regular and special programs. Please call ahead to pre-register for all programs - we still have limits on the number of participants in each room.

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 be-

gan 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.

If you have concerns about coming back to the TRAAC, please reach out to me.

*Brian*

610-323-5009

[Brian@TriCountyAAC.org](mailto:Brian@TriCountyAAC.org)



Parkes

## From the Kitchen

Well Friends, it is so nice to be serving lunches in the dining room. I admit however I do miss some smiling faces from the grab & go line. Thank you for bearing with me this last month. I was happy to see most things went as planned! I'm now looking forward to the nice fall weather and the season change. It is so beautiful. Starting Wednesday, October 26th

we will be having a pumpkin carving and decorating contest. Bring in your festively decorated pumpkins any time that week, I will have candles to put in them. The winner will be announced Monday Oct 31st. I hope to see people in the Halloween spirit and come in costume. There will be prize baskets for the best jack o lantern and costume!



Karin

This newsletter sponsored by



## HEALTH

# Fall Prevention Affects Us All

**By Beth Biehl**

*Founder/Owner  
Aging Resources Alliance, LLC*

Did you know that 1 in 4 older adults reported falling – equaling about 36 million falls?

As 10,000 plus people in the United States turn 65 every day, the number of falls and fall injuries will increase as well. In one year alone, medical costs for falls are about \$50 billion.

To promote greater awareness and understanding during National Falls Prevention Month in September, the National Council on Aging shares these 10 common myths about older adult falls:

**Myth 1:** Falling happens to other people, not to me.

**Myth 2:** Falling is something normal that happens as you get older.

**Myth 3:** If I limit my activity, I won't fall.

**Myth 4:** As long as I stay at home, I can avoid falling.

**Myth 5:** Muscle strength and flexibility can't be regained.

**Myth 6:** Taking medication doesn't increase my risk of falling.

**Myth 7:** I don't need to get my vision checked every year.

**Myth 8:** Using a walker or cane will make me more dependent.

**Myth 9:** I don't need to

talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them and I want to keep my independence.

**Myth 10:** I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings and it's none of my business.

The truth is that most falls can be prevented.

Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Sources: National Council on Aging, Centers for Disease Control & Prevention, STEADI

Aging Resources Alliance, LLC assists older adults and their families navigate the health-care system through as-

essment 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.

## TRICOUNTY ACTIVE ADULT CENTER BOARD OF DIRECTORS

**PRESIDENT:** STEPHEN SCHUR

**VICE PRESIDENT:** SYLVIA LANDIS

**SECRETARY:** VIRGINIA TAKACH

**TREASURER:** RICH GRAY

### MEMBERS

Dr. Clayton Chang, Nicole DeVito, RN

Donald Foy, Thomas McCabe, Esq.

Alberta Rasmussen, Eric R. Schmidt

Monica Wagg, Bobby Watson,

Margaret Whittaker, Tammy Wolf,

Sue Ann Yocom

### EMERITUS MEMBERS

William Krause, Ronald Dinnocenti

Dr. Garland Fisher, Barbara Borger

Lillie Foster, Tom Spann

## TRICOUNTY ACTIVE ADULT CENTER STAFF

**EXECUTIVE DIRECTOR:** Brian Parkes

Brian@TriCountyAAC.org

**ASSISTANT EXECUTIVE DIRECTOR:** Sue McIntyre

Sue@TriCountyAAC.org

**OFFICE MANAGER/BOOKKEEPER:** Sharon Lee Leibensperger

Sharon@TriCountyAAC.org

**COMMUNITY RESOURCE NAVIGATOR:** Lisa Ridley

Lisa@TriCountyAAC.org

**HEALTH & WELLNESS COORDINATOR:** Jolene Wert

Jolene@TriCountyAAC.org

**TRIP COORDINATOR:** Donna Miller

Donna@TriCountyAAC.org

**RECEPTIONISTS:** Betty Bortz, Barbara Kundrack

Info@TriCountyAAC.org

**NUTRITION PROGRAMS:** Karin Heinly, Director of Nutrition

Karin@TriCountyAAC.org

Traci Zammetti, Jean Ajemian

**DATA CLERK:** Marge McElroy

**BUILDING MANAGER:** Ken Laxton

## BOARD OF DIRECTORS MEETINGS

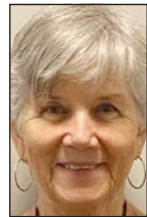
**Board of Directors meets the 4th Tuesday of the Month at 8 a.m.**

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

The Newsletter of the TriCounty Active Adult Center (ISSN: 2471-7258) Issue: 2022-4 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.

# Trips with Donna

Hi everyone. So glad to have all of you back again and see so many smiling faces. We have engaged fully in our trip mode, with several already under our belts. In September (the 8th to be exact), we have the representative from Collette Travel, Sully Briscoe, coming to talk about the Southern Charm Tour. In case you were not aware, this trip has been moved to November 6th through November 12th.



Donna

This is a week earlier than previously scheduled. She will be presenting a travelogue about that trip specifically and any additional paperwork that may be needed. In addition, she will also be providing some information on two trips that we are

hoping to make available in 2023. We have already scheduled Christmas on the Danube in December 2023, but we are excited about two others. In July 2023, we are looking at a 7-day trip to Iceland, as well as a 6- or 7-day trip to the Black Hills that will include the once-a-year Bison Roundup in late September/early October. Please mark your calendars for September 8, 2022 at 1PM, for this informative presentation.

## 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!!! Please note the increase in pricing on several of the trips due to increased gas prices. We apologize for the changes having to be made.

### September:

**September 28, 2022** – Rail & Paddlewheel\* SOLD OUT!-Waiting list is being created

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

Walking on ramps, steps required for access to boat & train

Victorian Restaurant only has restroom facilities on second floor; stairs required to access

Cost: \$115 Members; \$120

### Non-Members

May make payments; Final payment due 8/24

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

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

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

May make payments; Final payment due 8/4

### October:

**October 28th-30th** – Murder Mystery Weekend at Villa Roma Resort, Callicoon, New York

Includes roundtrip motor-coach 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; \$50 deposit due at sign up. Final payment is due on or before September 6th.

### November:

**\*\*November 6-12th, 2022** – Southern Charm Tour \*\*\*New Dates!

Travel with Collette Tours to



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

Rebecca Hobbs, Certified Elder Law Attorney



**Elder Law - Long Term Care Planning  
Including Medicare & Medicaid, Protection of Seniors,  
Housing Issues, Veterans' Assistance,  
Social Security Disability, Estates & Estate Planning,  
Guardianships & Special Needs Planning**

**Your Life. Your Business. Your Law Firm.**

### Attorneys:

**John A. Koury, Jr.  
Richard D. Linderman  
David S. Kaplan  
Henry T. Zale  
David A. Megay  
James C. Kovaleski  
Michael B. Murray, Jr.  
Rebecca A. Hobbs, CELA\*  
James R. Freeman  
Gary L. Stein  
Joseph K. Koury  
Thomas P. McCabe  
Scott J. Werner, Jr.  
Misty A. Toothman**

*With Offices at:*

41 E. High Street  
Pottstown, PA 19464  
**610-323-2800**

—and—

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

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



Email: [info@owmlaw.com](mailto:info@owmlaw.com)  
[www.owmlaw.com](http://www.owmlaw.com)





## Look What's Happening.....

### Fall is on its way!

The TRAAC has a wide range of classes, programs and activities for you. There is something here for everyone. The fall schedule does have some changes due to our lunch schedule and other programs returning. 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

#### BINGO

Leader: Monica Wagg & Mary Pat Dickinson, \$3 for 3 cards; Extra cards 25 cents.

Every Thursday at 1! Please note the new day & start time! One week per month will be a "Special Bingo" sponsored by Arcadia at Limerick Pointe  
Thurs. at 1:00

#### BOOK CLUB

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

Leader: Monica Wagg  
9/23 & 10/28 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.

Leader: Kathy Stevick  
Mondays at 10:00-11:00;  
9/19, 10/3 & 10/17  
Cost: \$.25 per card

#### CANASTA

Join a friendly game of canasta on Fridays. Beginners are welcome to attend.

Friday at 1:00-4:00

#### 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. 9/13 & 10/11 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 pro-

grams begin at 1:00.

Leader: Dr. Greg Gubler  
Time: 1:00 Please call to pre-register.

Suggested Donation

#### LADIES TALK

Join in small group discussions on topics of the group's choice. Donna Miller & Lisa Ridley will be leading this group interaction on a weekly basis beginning September 8th.

#### 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 Jolene (610.323.5009; ext. 107) for more information regarding September & October 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. If you would like to coordinate this, please contact Sue at 610.323.5009 ext. 102

#### 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. New players always welcome! We will teach you how to play.

Wed. at 1:00

#### MEETING OF THE MEN! BREAKFAST WITH BRIAN IS BACK.

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. Join us at Cousins Diner in Pottstown at 8:00 on Friday, Sept. 9th & Friday, October 14th. Please

call to pre-register with us so we can let them know how many to expect.

#### 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 – 9/9,  
9/23,10 & 10/28

#### 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

3rd Thurs. of the month; call the TRAAC to register  
4:30 – 7 PM at Chili's in Pottstown; 9/15 & 10/20

##### EXPLORING SPANISH

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

Instructor: Evelyn Dudo-nis/\$2

Wed. at 11:00

##### STAMP CLUB

Leader: Ralph Bartholomew/Jack Ertell

1st Mon. each month; 3:00 PM; 9/12 & 10/3

##### 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.

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 12:45

#### 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!

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.

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

#### 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

# Trips

FROM PAGE 3

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

**November 18th** – Dutch Apple Dinner Theater presents “Elf the Musical” – NEW!!!

Elf introduces us to a young orphan named Buddy, who mistakenly crawled into Santa's bag of gifts and was transported to the North Pole. Raised by elves his entire life, Buddy doesn't know he is actually a human. When his enormous size and poor toy making ability cause him to face the truth, Buddy embarks on a journey to New York City to find his birth father and discover his true identity.

Includes roundtrip motorcoach transportation, a buffet lunch at Dutch Apple and the

show.

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

## December:

**December 13th, 2022** – American Music Theater presents “Home for the Holidays!”

Come and enjoy a live, original musical experience! Inspired by the warm, cherished memories of family Christmases spent together with loved ones, Home for the Holidays opens on the joyous gathering of family and friends who celebrate with a rich tapestry of song, dance, and holiday traditions. You will take a trip to Santa's Candy Factory and even enjoy a “midnight” candlelight service for some songs of worship, traditional carols, and the powerful, harmony-filled rendition of “O Holy Night.” After the show we will visit the Bird-N-Hand Restaurant for the luncheon smorgasbord.

Trip includes roundtrip motorcoach transportation, tickets to the “Winter Wonderland” Show and the Luncheon Smorgasbord at Bird-N-Hand.

Cost: \$115 Members; \$120 Non-Members  
Final Payment is due November 21, 2022

**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; 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 \$40 cash/check deposit will be due at the time of placing your reservation for any of our day trips. \*\*The extended day excursions may have required deposit amounts due to trip requirements. 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 11 (Monday: 11-4; Thursday: 10 – 4; Friday: 11 – 3)

## BIG BROTHERS BIG SISTERS

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.



*Join us for these Upcoming 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](http://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 Fun Series**  
Wednesday, September 7  
8:30am

**Backyard Games & Breakfast**

Join us for yard games on the patio in Independent Living.



RSVP by September 1 by calling  
**484-925-1074**

**Summer Concert Series**  
Tuesday, September 13  
7:00pm

**Carsonia Jazz Trio**

Sit back and relax as you listen to the smooth sounds of this trio on the patio in Independent Living.



**BRING YOUR LAWN CHAIRS!**

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

**Alzheimer's & Dementia Support Group**  
Last Thursday of Every Month  
September 29  
6:30pm

**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 **610-427-2566**



facebook Follow us on Facebook for more upcoming events for Fall!



IMPORTANT - SAVE THE DATE!



# FIGHT FRAUD WITH THE SENIOR MEDICARE PATROL

an exclusive presentation with guest speaker John Vogel at the TriCounty Active Adult Center

Medicare loses nearly **\$100 BILLION** annually to fraud, taking money out of **YOUR** pocket and compromising **YOUR** health. Join the SMP in fighting back!



Friday, September 23rd



Following Lunch



The SMP is a national initiative focused on curbing Medicare fraud through outreach, education, and advocacy. In Pennsylvania, the program is administered by CARIE, a non-profit organization dedicated to promoting the well-being, rights, and autonomy of older adults.

This project was supported, in part by grant number 90MPP0009-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

## 2023 Christmas on the Danube!



December 9-17, 2023 with optional 2 night Christmas Markets of Prague Pre-Tour Extension

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; overnight stay at the Maritim Hotel Wurzburg and much more.
- Cost: starts at \$3298 per person or a double; call for more information. May make payments; \$800 deposit per person

Slapsticks Productions presents

## TriCounty Active Adult Center Funny Fundraiser!

Proceeds to benefit TriCounty Active Adult Center Activity Programs

**Friday - November 11, 2022**  
Doors Open: 6:00 • Showtime: 7:00

**Headliner**  
**Brad Lowery**  
Seen on A&E - NBC-TV

**Feature**  
**Ed McGonigal**  
Philly's Legend of Laughter

**Host**  
**David Kaye**  
Dry Bar Comedy Special

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

**\$30<sup>00</sup> Seniors & Center Members**  
**\$35<sup>00</sup> Non-Members**

Includes Italian Style Dinner  
Desserts available for Purchase  
Guests 21 & Over

**For Tickets**  
Call Sue McIntyre  
610-323-5009

**Tix Online:**  
slapsticksproductions.com

**PLUS 50/50 Raffle  
Gift Basket Auction**

alzheimer's  association®

healthy living for your brain and body

tips from the latest research



an education program by the alzheimer's association

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Wednesday, October 19, 2022

1:00 - 2:00 PM  
TriCounty Active Adult Center  
288 Moser Road, Pottstown, PA 19464

Register online at  
[extension.psu.edu/alzheimers-disease-healthy-living-for-your-brain-and-body](https://extension.psu.edu/alzheimers-disease-healthy-living-for-your-brain-and-body)  
or call 1-877-345-0691



*Mark your calendars now!*

A **Free PUBLIC EVENT** HONORING OUR VETERANS and their SERVICE TO OUR COUNTRY

**POTTSTOWN VETERANS' Community DAY**

**SEPTEMBER 24, 2022**  
11AM-1PM ★ MEMORIAL PARK  
251 MANATAWNY STREET, POTTSTOWN

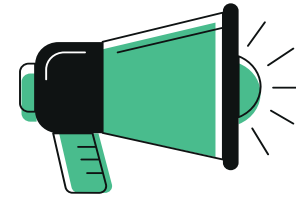
*Honor our local heroes!*

- ★ MOTORCYCLE RIDE Event Kick-off
- ★ GUEST SPEAKER: Sgt. Clyde Hoch, USMC (Ret.)
- ★ GLASS TEAR Hero Ceremony honoring: Calvin Books, USMC Edward Conbeer, US Navy Charles "Doc" Dougherty, US Navy
- ★ The Hamilton Celtic Pipe & Drum Band
- ★ A Heroes Welcome

ADA RESTROOMS WILL BE AVAILABLE

PROCEEDS FROM THE DAY'S ACTIVITIES TO SUPPORT: **VETERANS' ISLAND Project** A 501(c)3 ORGANIZATION

FOR MORE INFO: ★ FOLLOW US ON FACEBOOK FOR UP-TO-DATE EVENT LISTINGS ★ OR VISIT [POTTSTOWN.ORG](http://POTTSTOWN.ORG) EMAIL: [CATHY@VETERANSISLANDPROJECT.ORG](mailto:CATHY@VETERANSISLANDPROJECT.ORG)



**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 [llyaberger@independencebig.org](mailto:llyaberger@independencebig.org) OR Sue McIntyre at [sue@tricityaac.org](mailto:sue@tricityaac.org)

**PARKINSON'S DISEASE SUPPORT GROUP**

A monthly educational and support group for people living with Parkinson's Disease and their loved ones.

**First Thursday of the Month**  
11:30 a.m. to 12:30 p.m.  
*Free. Registration required.*

**Facilitators:**  
Ann Frey, MS, PT  
Physical Therapist  
Chris Edwards, MA, MS, CCC-SLP  
Speech Language Pathologist

**Outpatient Therapy The Complex in Pottstown**  
724 N. Adams Street  
Pottstown, PA 19464

For more information and to register, call 484-659-1610.

[Pottstown.TowerHealth.org/classes-events](http://Pottstown.TowerHealth.org/classes-events)

**Pottstown Hospital**  
TOWER HEALTH  
Advancing Health. Transforming Lives.

**Pottstown Fitness Schedule 2022**

<b>Mon</b>	<b>Early Bird 50+</b> 8:00-9:00 Track Jolene	<b>50+Fit</b> 9:30-10:30 Track Jolene	<b>Senior Yoga</b> Classroom 2 <b>Coming Soon!</b>	<b>Chair Yoga</b> Classroom 2 <b>Coming Soon!</b>	<b>Youthful Hearts low impact Chair</b> 10:45-11:30 Track Linda	<b>Just Guts/ALL Core</b> 12:45-1:15 Track Mihae <b>NEW!</b>	<b>Strength &amp; Fit</b> 1:30-2:15 Track Mihae	
<b>Tue</b>	<b>Small Group Training</b> 8:30-9:15 Classroom 2 Jolene	<b>Tone Time</b> 9:15-10:00 Track Patty <b>Starts Sept 13th</b>	<b>Yoga (Stretch &amp; Tone)</b> 10:00-10:45 Classroom 2 Patty <b>Starts Sept. 13th</b>	<b>Sit and Fit</b> 10:30-11:30 Track Jolene <b>(V)</b>	<b>Zumba Gold</b> 10:45-11:45 Classroom 2 Joanne	<b>Chair Dancing</b> 12:45-1:15 Dining Room Joanne <b>(V)</b>	<b>Self Defense</b> 1:30-2:30 Track Darrel	<b>Tai Chi</b> 1:30-2:30 Track Darrel
<b>Wed</b>	<b>Early Bird 50+Fit</b> 8:00-9:00 Track Jolene	<b>50+ Fit</b> 9:30-10:30 Track Jolene	<b>Stretch &amp; Fit</b> 9:30-10:15 Classroom 2 Mihae	<b>Core &amp; Balance</b> 10:30-11:15 Classroom 2 Mihae	<b>Pilates</b> 1:00-1:45 Classroom 2 Linda	<b>Line Dancing</b> 1:30-2:15 Track Robin		
<b>Thu</b>	<b>Silver Sneakers Boom Move</b> 8:45-9:30 Track Jolene	<b>Sit and Fit</b> 10:30-11:30 Track Jolene <b>(V)</b>	<b>Zumba Gold</b> 10:45-11:45 Classroom 2 Joanne	<b>Chair Dancing</b> 12:45-1:15 Classroom 2 Joanne <b>(V)</b>	<b>Super Senior Fit</b> 1:30-2:15 Track Mihae			
<b>Fri</b>	<b>Plyo</b> 8:30-9:15 Classroom 2 Jolene	<b>Drums Alive</b> 10:00-11:00 Track Jolene	<b>Youthful Hearts low impact Chair</b> 11:00-11:45 Track Linda <b>Starts Oct. 7th</b>	<b>Potluck Friday Fitness Surprise</b> 1:00 Rotating Instructors				
	<b>Class times and instructors are subject to change</b>	<b>All these classes are In-person</b>	<b>Classes marked with a (V) are also Virtual</b>					

# SEPTEMBER 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 in our dining room at 12:00. 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



Reserva- tion deadline	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 22				1 Unstuffed cabbage with roll, pears, & roasted potatoes	2 Turkey brie & cranber- ry wrap with spinach & bean herb salad, orange
Aug 29	5 CLOSED	6 French Onion Soup, Veggie Salad , fresh fruit, roll	7 BBQ Pulled Pork, roll, coleslaw, fresh fruit	8 Lasagna, green salad, fresh fruit, roll	9 Tuscan Bean Soup, roll
Sept 6	12 Mandarin Chicken Salad, roll, fresh fruit	13 Ham, Spinach and Swiss Quiche, fresh fruit	14 Chicken Marsala, wild rice, broccoli	15 Chicken Fajitas, fresh fruit	16 TRAAC Picnic – no lunch at the center
Sept 12	19 Chicken Kale Tor- tellini Soup, garden salad, roll	20 Pasta & Meatballs, green salad, roll	21 Broccoli Cheddar Chicken Stuffed Po- tato, salad	22 Chicken Salad Wrap, roasted sweet potato, melon	23 Goulash, green beans, fresh fruit
Sept 19	26 Swedish Meatballs, noodles, cranberry sauce, broccoli	27 Chicken Quesadilla, Mexican street corn slaw, fruit	28 Sloppy Joe, green beans, orange	29 Unstuffed cabbage with roll, pears, & roasted potatoes	30 Turkey brie & cranber- ry wrap with spinach & bean herb salad, & orange



# Cheesetoberfest

**A MUEENSTER  
of an Event!**

*The grilled cheese fest where legends are made.*

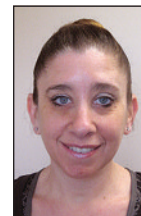
**Enjoy the cheesy competition as restaurants and organizations from around the region compete with their best grilled cheese creations!**

- **Daisy Jug Band**
- **Vendors**
- **Beer Garden**
- **Family Friendly Event!**
- **Benefits the TriCounty Active Adult Center**
- **For tickets, stop by the Center or go to [www.cheesetoberfest.org](http://www.cheesetoberfest.org) (\$25)**

**Saturday, October 22, 2022 from 12 noon to 3pm Memorial Park, Pottstown**

## HEALTH AND WELLNESS

Welcome back everyone! It's been a long haul since we have been fully opened, but we made it. We have been looking forward to seeing everyone come in for lunch and enjoy all the wonderful classes we offer here. We have a full class list of fitness classes on our schedule and there is always something for all fitness levels to partake in. We will be offering Chair Dancing and Sit and Get Fit classes Via Zoom, but all other Zoom Fitness programs will now be In-Person. We are looking forward to seeing everyone back in classes! If it's been a bit since you took a fitness class and maybe, you don't feel confident or



**Jolene**

it's a bit overwhelming on what to take please set up an appointment with Jolene to help you find the right class for you. We also have treadmills and stationary bikes if you like to use our fitness cardio room. There are plenty of fitness options here at TRAAC and our instructors are looking forward to seeing you all back.

\*New Class Alert

Youthful Hearts with Linda

Starting Oct. 11th

Friday 11:00-11:45

\*New Class Alert

Small group Training with Jolene

Starting Sept. 6th

Tuesday 8:30-9:15

\*YOGA Stretch and Tone

is back with Patty

Starting Sept. 13th

Tuesday 10:00-10:45

\*New Class Alert

Tone Time with Patty

Starting Sept. 13th

Tuesday 9:15-10:00

## Why Take a Driver Safety Course?

Because driving has changed since you first got your license and doing so could save you money.

### About the course

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.

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 nonmembers. 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 next recertification class will be held on Thursday, October 13th 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.



# OCTOBER 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 in our dining room at 12:00. 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



Reserva- tion deadline	Monday	Tuesday	Wednesday	Thursday	Friday
Sept 26	3 French Onion Soup, Veggie Salad , fresh fruit, roll	4 BBQ Pulled Pork, roll, coleslaw, fresh fruit	5 Lasagna, green salad, fresh fruit, roll	6 Tuscan Bean Soup, roll	7 White Chili, broccoli, roll
Oct 3	10 Ham, Spinach and Swiss Quiche, fresh fruit	11 Chicken Marsala, wild rice, broccoli	12 Oktoberfest!	13 Egg Salad Sandwich, fruit salad	14 Mandarin Chicken Salad, roll, fresh fruit
Oct 10	17 Pasta & Meatballs, green salad, roll	18 Broccoli Cheddar Chicken Stuffed Potato, salad	19 Chicken Salad Wrap, roasted sweet potato, melon	20 Goulash, green beans, fresh fruit	21 CLOSED
Oct 17	24 Chicken Quesadilla, Mexican street corn slaw, fruit	25 Sloppy Joe, green beans, orange	26 Unstuffed cabbage with roll, pears, & roasted potatoes	27 Turkey brie & cranber- ry wrap with spinach & bean herb salad, & orange	28 Swedish Meatballs, noodles, cranberry sauce, broccoli
Oct 24	31 Tuscan Bean Soup, roll				



# Sit to Stand with Control: Squat Progression

Does it take multiple attempts to get out of your chair? Do you sit down gracefully, like a queen, or plop into your chair? Does your recliner keep scooting back against the wall? Difficulty getting out of a chair and lack of control with descent into a chair demonstrates weakness in the quadriceps and knees. Popping into a chair is not graceful and can cause moving of the recliner. We can improve sit to stand from a chair with strength training. Squats are a great way to strengthen your thighs to help get you out of that chair on the first try or into that chair with control and grace.

Divide the squat into 3

versions which are easy, medium, and challenging. Master the easy version first and aim for perfect form. That may take a few days to a few weeks.

Once you have perfect form, add in the medium version. You may need to compensate temporarily by using your hands to assist ascent and descent from a chair. Try using a mirror to watch your form, video yourself, or watch your knees by looking down. Slowly lose the compensation techniques so you can perfect



Adamski



the exercise with no help. Then you are ready for the harder version. Once mastered, you can choose to do all three versions.

Exercise should NOT increase your pain, but you will feel you are doing work in your knees and thighs, otherwise you are not building muscle. Perform 3x/week non-consecutive days. Start with a goal of 5 repetitions, then progress to 2 sets of 10. Grade yourself. Goal is perfect A+ form to progress to next level.

Consistency equals success. Everyone has bad days. If you have progressed to the hard version but have a bad day, down shift to an easier version to keep consistent with exercise.

Squat Progression: easy, medium, challenging.

1. Mini Squat or Top Half Squat. Start standing. You may use your hands or balance if needed. Squat down to barstool height or ½ the distance to a standard chair, then stand back up. Repeat.

2. Full Sit to Stand. Start seated and stand up straight. Repeat. Goal is traditional chair height to full standing without use of hands. May need to

use a compensation technique to get to that goal over time. Example of a compensation technique is using fingertips vs entire hand to assist perfect motion.

3. Bottom Half Squat. Start seated. Rise ½ the distance in a slow count of 3 seconds and descend in a slow count of 3 seconds. This focuses on the hardest part of sit to stand and this is where most people plop or lose control. Use temporary compensation technique of fewer repetitions or a change in speed to allow for perfect form.

These 3 versions of the squat with help strengthen your thighs and knees.

Strong thighs and knees will make sit to stand a breeze with control and grace.

*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 from your individual physical therapist or physician if needed. [www.energy-pt.com](http://www.energy-pt.com) 610-310-0915.*

## TRAAC Book Club

Join us the Friday, September 23rd & Friday, October 28th 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.

The September selection is "If the Creek Don't Rise" written by Leah Weiss.

A strikingly sincere portrait of a town and its buried secrets from an outstanding new voice in southern fiction.

In a North Carolina mountain town filled with moonshine and rotten husbands, Sadie Blue is only the latest girl to face a dead-end future at the mercy of a dangerous drunk. She's been married to Roy Tupkin for 15 days, and she knows now that she should have listened to the folks who said he was trouble. But when a stranger sweeps in and knocks the world off-kilter

for everyone in town, Sadie begins to think there might be more to life than being Roy's wife.

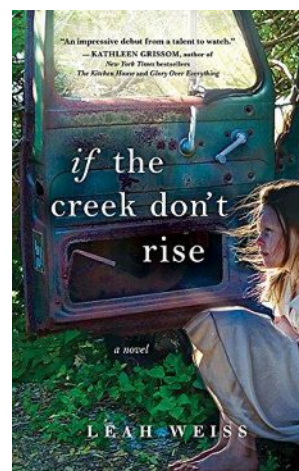
As stark and magnificent as Appalachia itself, *If the Creek Don't Rise* is a bold and beautifully layered debut about a dusty, desperate town finding the inner strength it needs to outrun its demons. The folks of Baines Creek will take you deep into the mountains with heart, honesty, and homegrown grit.

October finds us reading a suspenseful novel by Megan Collins "The Winter Sister."

Sixteen years ago, Sylvie's sister, Persephone, never came home. Out too late with the boyfriend she was forbidden to see, Persephone was missing for three days before her body was found - and years later, her murder remains unsolved.

In the present day, Sylvie returns home to care

for her estranged mother, Annie, as she undergoes treatment for cancer. Prone to unexplained "Dark Days" even before Persephone's death, Annie's once-close bond with Sylvie dissolved in the weeks after their loss, making for an uncomfortable reunion all these years later. Worse, Persephone's former boyfriend, Ben, is now a nurse at the cancer center where Annie is being treated. Sylvie's always believed Ben was responsible for the murder - but she carries her own guilt about that night, guilt that traps her in the past while the world goes on around her. As she navigates the complicated relationship with her mother, Sylvie begins to uncover the secrets that fill their house - and what really happened the night Persephone died. As it turns out, the truth will set you free, once you can bear to look at it.



## NEW MEMBERS

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

Mary Louise Acken	Eileen C. McCloskey
Stephen Z. Ajemian	Barbara A. McDaniel
Billie J. Bauman	Brian E. McDaniel
Jody L. Beck	Debra J. Mohr-Kehe
Marie E. Belisario	Kathy O'Connell
Charles W. Bliss	Beverly A. Oehlert
Natalie Bliss	James Oehlert
Barbara J. Burhans	Janet Pavlik
Ann May Christie	Alice E. Peterson
Michael DiMaio	Carole A. Raternink
Michael T. DiMaio	Faye A. Saladino
Claire A. Ditty	Joseph J. Saladino
Teresa D. Duckworth	Diane L. Saylor
Rosemarie T. Durante	Mary C. Scheurle
Richard B. Evan	Robert J. Smale
Richard Frisch	Mary Lou Son
Brian Heisey	Young J. Son
Neil Fuerman	Helen M. Turner
David Gilmartin	Elizabeth Walmsley
Brenda Kieffer	James E. Walmsley
Deborah R. Lord	Karlene L. Wisler
Michael J. Magnarella	
Angel Martinez	

# Calendar

## FROM PAGE 4

### 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.

Leader: Jolene Wert, \$2 or SS

Fri. at 8:30

### AS TIME GOES BY SINGERS

Sing for fun and perform at the TRAAC and in the community

Rehearsals Thurs. at 1 PM

### 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.

Leader: Jolene Wert

Thurs. 8:45 AM; \$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

### SMALL GROUP TRAINING WITH JOLENE

A 45-minute advanced class. 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

### STRENGTH & 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

### STONE TIME WITH PATTY

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. Silver Sneakers approved program

Leader: Patty Care

Tues at 9:15; \$2 or SS;

### URSINUS PROGRAMS

The TRAAC has started fitness classes at Ursinus College in Collegeville. Join us on Tuesday and Friday mornings beginning at 7:30 with 50+ Fit and Sit 'N Fit following at 8:30. Call for more information.

Leader: Joanne Giotti

### 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

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

Fri. at 11:00 AM; \$2 or SS beginning 10/7 \*New day added!

### 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!

▪ American Contract Bridge will return in September.

▪ The Social Group will resume on Thursday, September 15th! They will be meeting the 3rd Thursday of the month at 4:30 at Chilis. Please let us know if you will be joining in the fun. We need to make reservations to guarantee spots for us.

▪ The As Time Goes By Singers (small group) will be back practicing on Thursdays at 10:00! Come and join in the fun. Please call to pre-register.

▪ BINGO is coming back! Daytime bingo will begin on Thursday, September 1st at 1:00. You will be able to come for lunch and then enjoy an afternoon of bingo fun. Call now to pre-register for lunch.

▪ Mark your calendars! The TRAAC Annual Picnic will be held Friday, September 16th at Ringing Rocks Fire Company Park. \$5 each for the picnic lunch & entertainment. It's a Country Western get together. Space is limited. Stop by to register,

payment is due at registration.

▪ Coming Wednesday, September 21st – The Good Will Ambulance Team will present a basic first aid & home fire safety program at 1:00. They will be here during lunch to meet & greet and join us for lunch. Presentation will be afterwards. Please pre-register as space is limited.

▪ Collette Tours will be here Thursday, September 8th at 1:00. The video presentation will include the Southern Charm Tour to South Carolina, Iceland and all its beauty and more. Join us if you are registered or just have an in seeing and hearing about these locations we are traveling to.

▪ Ladies Talk resumes Thursday, September 8th at 11:00. All are welcome to join in on a small group discussion. Topics vary, hosted by Lisa Ridley and Donna Miller.

▪ It's Back!!! Meeting of the Men/Breakfast with Brian returns Friday, September 9th at Three Cousins Diner in Pottstown. Join in the fun at 8:00. Breakfast is on your own. The diner is located at 80 East High Street. Please let us know if you are joining us so we can make reservations.

▪ Senior Medicare Fraud Program; Friday, September 23rd at 1:00 with Mr. John Vogel presenting. Learn about the newest scams directed at seniors through Medicare fraud. See additional information on the flyer in this edition.

