

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

DATED MATERIAL
November 1, 2022

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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. We are also recommending masks for everyone. While optional, masks are a great way to limit diseases like COVID and the flu from spreading.

If you do test positive for COVID and you have visited the TRAAC in the past few days, please call to let us know. Without telling anyone your name, we are then able to notify people you may have come into contact with so they can be extra vigilant about their health. We notify people via a recorded "robo-call."

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 pro-



Parkes

grams - we still have limits on the number of participants in each room.

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

HEALTH AND WELLNESS

Don't let fitness slip over the holidays

Hello everyone! Looks like the Holiday season is sneaking up on us again. I know we are trying to juggle a lot with shopping and prepping for all your family events and just trying to take it all in. Don't forget to keep up with your workouts and continue to make time to exercise regularly, as it will keep you physically and mentally healthy. Exercise always helps with stress management also.

We have 2 new leaders to join our fitness family and they both teach our Yoga classes, what a great way to get rid of that stress. Joanne Braunsberg has joined us, and she teaches Senior Yoga on Mondays from 9:00 - 10:00 this is an intermediate class which is on the floor with a mat. MaryEllen Peters also has joined us, and she will be teaching Chair Yoga on Mon-

days at 2:30, this class is done in a chair, so everyone is welcomed and is at a beginner level. MaryEllen will also be teaching a Gentle Yoga that will be on the floor with a mat on Fridays at 9:00 this is an intermediate class. We welcome them both to our fitness family! With all these new additions to our classes we still have all our instructors here to help you with your fitness needs and journey. We have 30+ fitness classes and 9 wonderful creative instructors for you all to enjoy, there is a fitness class for everyone's needs, COME CHECK THEM OUT!!



Jolene Wert

This newsletter sponsored by



TriCounty Area
FEDERAL CREDIT UNION

FROM THE KITCHEN

Karin

HELLO EVERYONE,
I would like to start out by saying a big THANK YOU to Tom Wojton. Tom handles caring for and tending our garden here at the center! What a wonderful job he did. He is already planning next year's garden! And again, thank you!

Well, the chilly weather is right around the corner. The only thing good about that is a fire roaring in the fireplace and the holidays. Let us not forget about soup. Below is one of my favorite recipes.

Italian Tomato & Bread Soup (Pappa Al Pomodoro)

3 TBS olive oil
3 cloves garlic smashed
28-ounce (about 828.06ml) can of whole peeled tomatoes
Pinch of black pepper
4 cups vegetable or chicken broth

¼ cup fresh basil chopped
3 cups dry hearty bread cubed
Instructions

1. heat olive oil in a large pot over medium heat add garlic, sauté for 1 minute
2. In a separate bowl crush tomatoes by hand. Add them to the pot. Add a pinch of salt & pepper. Partially cover and simmer over med heat for about 10 minutes.
3. Add broth & basil. Bring back to a simmer and cook for 10 more minutes
4. Add bread cubes, simmer for another 5 minutes, or until bread is soft.
5. Top with Parmesan cheese & chopped parsley (I like to add more dry cubed bread as a garnish)

Hope you enjoy this soup as much as I do! Happy Holidays!



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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: 2022-5 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.

HEALTH CARE

Caring for the Caregiver

By Beth Biehl

Founder/Owner
Aging Resources Alliance, LLC

November is National Family Caregivers Month.

"There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver." - Rosalyn Carter

At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The value of family caregiving is estimated to be about \$470 billion per year.

If you are a caregiver, think about the following ways to reduce your stress:

- Ask for & accept help from family, friends,

neighbors, & church members

- Be organized with realistic goals, to do lists, & a daily routine

- Write in a gratitude journal

- Celebrate the small victories

- Focus on the things you can control every day

- Take care of your own physical & mental health

- Give yourself time every day to relax & breathe

- Practice relaxation with yoga, meditation, or a simple walk

- Make sure you eat healthy, well-balanced meals

- Join a Support Group

If you are interested in a local Caregiver Support Group, join me the 2nd Saturday of each month from 10 am – 11 am at Solace Farms Day Retreat, 1218 Kimberton Road,

Chester Springs. The next meetings are November 12 and December 10.

For additional information or to attend, reach out to me at agingresourcesalliance@gmail.com or by phone at 484-889-2267.

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

Pottstown Fitness Schedule 2022

Mon	Early Bird 50+ 8:00-9:00 Track Jolene	50+Fit 9:30-10:30 Track Jolene	Senior Yoga 9:00-10:00 Classroom 2 Joanne B	Youthful Hearts low impact Chair 10:45-11:30 Track Linda	Just Guts/ALL Core 12:45-1:15 Track Mihae	Strength & Fit 1:30-2:15 Track Mihae	Chair Yoga 2:30-3:15 Classroom 2 MaryEllen	
Tue	Small Group Training 8:30-9:15 Classroom 2 Jolene	Tone Time 9:15-10:00 Track Patty	Yoga (Stretch & Tone) 10:00-10:45 Classroom 2 Patty	Sit and Fit 10:30-11:30 Track Jolene (V)	Zumba Gold 10:45-11:45 Classroom 2 Joanne	Chair Dancing 12:45-1:15 Dining Room 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	50+ Fit 9:30- 10:30 Track Jolene	Stretch & Fit 9:30- 10:15 Classroom 2 Mihae	Core & Balance 10:30-11:15 Classroom 2 Mihae	Core & Flexibility 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	Sit and Fit 10:30 11:30 Track Jolene (V)	Zumba Gold 10:45 - 11:45 Classroom 2 Joanne	Chair Dancing 12:45-1:15 Classroom 2 Joanne(V)	Super Senior Fit 1:30-2:15 Track Mihae		Class times and instructors are subject to change	
Fri	Piyo 8:00-8:45 Classroom 2 Jolene	Gentle floor Yoga Stretch 9:00-9:45 Classroom 2 MaryEllen	Drums Alive 10:00-11:00 Track Jolene	Youthful Hearts low impact Chair 11:00-11:45 Track Linda	FIRST FRIDAY of the month Self Defense/Tai Chi 1:00-2:00		Classes marked with a (V) are also Virtual	

O·W·M LAW

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

Rebecca Hobbs, Certified Elder Law Attorney



Elder Law - Long Term Care Planning
Including Medicare & Medicaid, Protection of Seniors,
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With Offices at:

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

—and—

347 Bridge Street
Suite 200
Phoenixville, PA 19460
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*Certified as an Elder Law Attorney by the National Elder Law Foundation as authorized by the Pennsylvania Supreme Court



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A MUENSTER of an Event!

The grilled cheese fest where legends are made.

**Thank you to everyone who made
Cheesetoberfest such a success!**

Our generous sponsors:

**Tri County Area Federal Credit Union
Citadel Credit Union, Thrivent Financial
O'Donnell, Weiss & Mattei, Styer Real Estate
Wolf Baldwin & Associates**

Our talented competitors:

**Pottstown United Brewing, Big Phil's Bar & Grill
Our PATH, Nostalgia Kitchen, Cafe 288 at the TRAAC**

Thanks also to Willow Creek Brewing & Daisy Jug Band

Coping Tips: Holidays and Alzheimer's during COVID-19

The holidays are often filled with sharing, laughter and memories. But they can also bring stress, disappointment and sadness—and due to the ongoing COVID-19 pandemic—heightened risk for spreading the virus, especially for older adults who tend to have underlying health conditions.

A person living with Alzheimer's or another dementia may feel a special sense of loss during the holidays because of the changes he or she has experienced. At the same time, caregivers may feel overwhelmed by maintaining traditions while providing care and adhering to safety precautions. During the holidays it is more important than ever to take care of physical, mental and emotional well-being. Below are ideas for alleviating stress during the holidays.

Familiarize others with the situation

The holidays are full of emotions so it can help to let friends and family members know what to expect. If the person living with dementia is in the early stages, changes might not be readily noticed. But persons with the disease may have trouble following conversation or may repeat themselves. Family can help with communication by being patient, not interrupting and giving the person time to finish his or her thoughts. If the person is in the middle or late stages of Alzheimer's, there may be significant changes in cognitive abilities since the last conversation. These changes may be hard to accept. Make sure family and friends understand that changes in behavior and memory are caused by the disease and not the person. You may find it easier to share changes in a letter or email sent in advance of the holiday gathering to set expectations.

Celebrate while physical distancing

Being together may not be feasible due to the ongoing pandemic, but there are ways to continue holiday traditions. Drop off favorite baked goods or a care package. Schedule your own "holiday pa-

rade" and ask family members and friends to drive by the older adult's home with homemade signs or other festive decorations. Perhaps plan an outdoor visit with hot chocolate and blankets or go outside for a walk in the neighborhood to enjoy holiday lights.

Adapt gift giving

Deciding on a gift for someone with dementia can be difficult and the pandemic may add to the challenge. Consider, or suggest to others, gift certificates or something that will help make things easier, such as house cleaning, handyman services or food delivery. Depending on abilities and preferences, involve the person with dementia in gift giving. Someone who once baked may enjoy helping to make cookies and pack them in tins. Or perhaps you purchase gifts and ask the person to help you with wrapping.

Support Groups: Help Is Available

To alleviate stress any time, turn to an Alzheimer's Association caregiver support group. Support groups offer a safe, welcoming environment for sharing and support. There are a variety of groups that meet monthly—some in-person, others virtually. To find a group that meets your needs, visit alz.org/crf.

For additional holiday tips, visit alz.org/help-support/resources/holidays or call the Alzheimer's Association 24/7 Helpline at 800.272.3900.

About the 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 South Jersey, South-eastern Pennsylvania and Delaware, providing programs and services to 300,000 individuals and families 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.

Plantar Fasciitis and Heel Pain

Do you experience pain at the bottom of your foot with the first few steps in the morning? Plantar fasciitis is notorious for heel or arch pain that can cause you to limp in the morning. Besides AM pain, plantar fasciitis is typically alleviated mid-day but then worsens as you fatigue through the end of the day.

Plantar fasciitis is the degeneration of the band or fascia, that is located from your heel to the base of your toes. Degeneration alone is not the cause of plantar fasciitis. Degeneration changes of the fascia combined with overuse or poor training habits, change of surface, poor shoe wear, or change of shoe wear may affect your flexibility of foot and

calf muscles, all of which can aggravate and strain the fascia and can cause pain.

You can walk around for years with degenerative plantar fascia but be perfectly fine until the behavioral changes negatively affect you and then have heel and arch problems. For example, your feet can feel great, and your typical behavior is to walk ½ mile every day in your neighborhood donning your regular sneakers. Then you go to the beach; the sun is shining, life is good, and you decide to walk barefoot on the beach for 3 miles without shoes on, in the soft wet sand. The next day you wake up and wonder why you have difficulty walking to the

bathroom with immense foot and heel pain. Your body was not used to walking 3 miles, without shoes, and on a very soft surface.

What can you do about plantar fasciitis? The first thing is to be smarter about your behavior, especially if you have a history of plantar fasciitis in your past, as your feet are sensitive to behavioral changes. To prevent plantar fasciitis aggravation, consider your average behavior to the desired behavior. Drastic changes in behavior that may affect plantar fasciitis are:

- average steps/day and steps/week
- distance/length
- surface
- shoe wear
- My 2 favorite stretches



Adamski

for heel and arch pain are calf stretches that address the gastrocnemius and soleus to help take the strain off the plan-



tar fascia. Standing next to a wall, keep the heel on the ground, the front of your foot placed on the wall, and your hips leaning into the wall to determine the intensity of the stretch in your calf. The intensity should be light to medium, never pain. For the gastrocnemius stretch, keep the knee straight when you stretch your calf against the wall. The soleus stretch, the knee is bent, and you will feel the stretch lower towards your Achilles tendon.

Stretch around 30 seconds a few times per ses-

sion. Stretch more gently in the AM because you do not want to re-aggravate the plantar fascia, stretch frequently throughout the day, and most at night.

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 610-310-0915

Join us for our November & December Events • FREE AND OPEN TO THE PUBLIC


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our community? Call us!**

INDEPENDENT LIVING

Janice MacKenzie 484-925-0017

PERSONAL CARE & MEMORY CARE

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610-427-2566



Exeter Community Band
Tuesday, November 29 • 7:00pm



This band is made up of volunteers who play music that includes traditional marches, Broadway show music, music from movie soundtracks, patriotic songs, pop tunes and music written for concert bands.

Let us know you are coming,
RSVP by calling 484-925-0017.

Festival of Trees

PRESENTED BY **KEYSTONE VILLA AT DOUGLASSVILLE**
BENEFITING **THE ALZHEIMER'S ASSOCIATION**

★ **Thursday,**
December 8
★ **2:00-7:00pm**

View decorated trees by
businesses, families and organizations.

There will be a raffle to **WIN** the
holiday trees that are on display.

★ **ENJOY MUSICAL ENTERTAINMENT**

★ **3:00pm Steve Walker**
6:00pm Unforgettable

For more information, call 484-925-0017.



facebook

Follow us on Facebook for more upcoming events!

Masks are required
to attend these events.



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.

NOVEMBER 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
Oct 24		1 White Chili Broccoli roll	2 BBQ Pork sandwich Cole slaw Fresh fruit	3 Lasagna Salad Fresh fruit roll	4 French Onion Soup Veggie salad Fruit roll
Oct 31	7 Mandarin Chicken salad on fresh greens Roll Fresh fruit	8 CLOSED Election Day	9 Chicken marsala Wild rice broccoli roll	10 Ham spinach Swiss spinach quiche Fresh fruit roll	11 Chicken Fajitas Fruit Beans & rice
Nov 7	14 Chicken & broccoli stuffed potato with Cheese sauce Salad roll	15 Chicken kale & tortellini soup Fresh salad roll	16 Thanksgiving Dinner	17 Chicken salad Wrap Roasted sweet potatoes Fresh fruit	18 Pasta & meatballs Salad roll
Nov 14	21 Chicken Quesadilla Mexican street corn slaw	22 Swedish Meatballs Broccoli cranberry sauce	23 Sloppy Joes Green beans Fresh fruit	24 CLOSED Thanksgiving	25 CLOSED
Nov 21	28 Tuscan Bean soup roll	29 BBQ Pork sandwich Cole slaw Fresh fruit	30 White Chili Broccoli roll		

DECEMBER 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
Nov 21				1 Lasagna Salad Fresh fruit roll	2 French Onion Veggie salad Fresh fruit roll
Nov 28	5 Egg Salad sandwich w/ bacon fruit	6 Chicken marsala Wild rice broccoli roll	7 Chicken Fajitas Fruit Beans & rice	8 Mandarin Chicken salad on fresh greens Roll Fresh fruit	9 Ham spinach Swiss spinach quiche Fresh fruit roll
Dec 5	12 Chicken salad Wrap Roasted sweet pota- toes Fresh fruit	13 Chicken & broccoli stuffed potato with Cheese sauce Salad roll	14 Pasta & meatballs Salad roll	15 Chicken kale & tortel- lini soup Fresh salad roll	16 Holiday Lunch
Dec 12	19 Swedish Meatballs Broccoli cranberry sauce	20 Chicken Quesadilla Mexican street corn slaw	21 Unstuffed cabbage Roasted potatoes Fruit Roll	22 Sloppy Joes Green beans Fresh fruit	23 Turkey, brie & cranberry wrap Spinach & bean herb salad Orange
	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED

Make a difference in the life of a Montgomery County Senior!



TRAAC RESUMES PARTNERSHIP WITH 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.



The opportunities are endless!

- Friendly Calls Program
- Senior Companion Program
- Senior Center Volunteer
- Home Delivered Meals Volunteer
- Ombudsman Volunteer - Nursing Home Advocate
- Health and Wellness Program Volunteer
- PA Medi - Medicare Insurance Counseling
- Foster Grandparent Program

Contact

Christie Scott, Volunteer Coordinator
610-278-3427
CScott2@montcopa.org



www.montcopa.org/seniorservices

SKELETON KEY GENEALOGY WITH KRISTINE

Tuesday, November 8 at 6pm
Tracing Your Ancestor Through Their Job

Each of us produces mounds of paperwork at our job. The same can be said for our ancestors and buried in that paperwork may be clues that could help you break through brick walls. During this session, discover where to find these occupational records from federal employees to union records to railroad records and much more!

Tuesday, December 13 at 6pm
Genealogy and the Holidays

Get into the holiday spirit during this session where we will explore the various holiday traditions of our ancestors. Coffee, tea, and hot cocoa will be served; feel free to bring a holiday treat from your family's recipe box to share with the group.



2022 -2023 TRIP SCHEDULE:

Oh The Places We Will Go!

Below are a few of the trips we are working on for 2022 and 2023. 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.

November:

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.

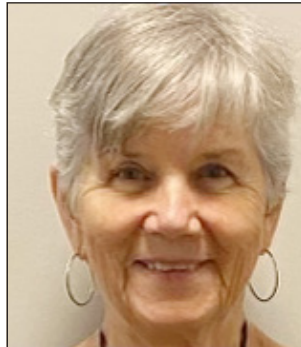
Cost: \$115 Members; \$120 Non-members

December:

DECEMBER 8TH, 2022 – THE FULTON THEATER PRESENTS “WHITE CHRISTMAS.”

Sing and dance your way through the holiday season with beloved timeless standards including “Blue Skies,” “I Love a Piano,” “White Christmas” and more. An uplifting musical celebrating family, holiday traditions and counting your blessings.

Trip includes round trip motorcoach transpor-



Donna Miller

tation, tickets to “White Christmas” and a boxed lunch

Cost: \$120 Members; \$125 Non-Members; \$40 deposit due at registration

Space is limited to 14
Final Payment due by November 11, 2022

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

March 2023

MARCH 16TH 2023-FULTON THEATER PRESENTS “THE WIZ.”

A groovy version of a story you know and love! Come and “Ease on Down the Road” with Dorothy, Scarecrow, Tin Man and Lion – with a 1970's funkadelic twist. This Broadway gem, The Wiz infuses L. Frank Baum's The Wonderful Wizard of Oz with a dazzling mix of rock, gospel, and soul music. It is a timeless take on Dorothy's adventures through the Land of Oz in a family friendly, modern musical.

Trip includes round trip motorcoach transportation, tickets to “The Wiz” and a boxed lunch.

Cost: \$120 Members; \$125 Non-Members; \$40 deposit due at registration

Space is limited to 14
Final payment is due February 17th, 2023

June 2023

JUNE 29TH, 2023-FULTON THEATER PRESENTS “GREASE!” BRING ON THE T-BIRDS, PINK LADIES AND GREASED LIGHTNING!

This is where poodle skirts meet leather jackets, and romance is found at the drive-in and summer nights. Meet Rydell High's senior class of 1959: duck-tailed, hot-rodding “Burger Palace Boys” and their gum snapping, hip shaking “Pink Ladies” in bobby socks and pedal pushers, evoking the look and sound of the 1950's in this rollicking musical. Head “greaser” Danny Zuko and new girl Sand Dumbrowski try to relive the high romance of their “Summer Nights” as the rest of the gang sings and dances its way through such songs as “Greased Lightning,” “It's Rain-



POTTSTOWN ROTARY Annual Pancake Breakfast

**November 12, 2022
8:00 - 11:00 AM**

**at the
TriCounty Active Adult Center
288 Moser Rd
Pottstown, PA**

**Tickets
\$8 each or a table of 8 for \$56**

**For tickets contact:
Brian Parkes
brian@tricountyaac.org
610-329-6409**

ing on Prom Night” and “Alone at the Drive-In Movie.”

Trip includes round trip transportation, tickets to “Grease” and a boxed lunch.

Cost: \$120 Member; \$125 Non-Member; \$40 deposit due at registration

Final payment due May 28th, 2023

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. 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 (Monday: 11-4; Thursday: 10-4; Friday: 11-3)

Look What's Happening.....

Winter is on its way!

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

We are hosts of Silver Sneakers, Silver & Fit or Active & Fit, and Renew exercise programs. Check out your insurance carrier and see if you are covered by any of those programs. Stop by the front desk and let them know so you can participate in the exercise programs at no charge. Please see Sue or Jolene if you have any questions. We can check out membership for you.

— 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
Fri., Nov. 18th 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;
11/7, 11/21, 12/5 & 12/19
Cost: \$.25 per card

CANASTA

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

Friday at 1:00-4:00

CRAFTS WITH AUDREY WILL RETURN IN JANUARY! WATCH FOR DATES AND TIMES SHORTLY.

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.

Self-Led, Suggested Donation

1st and 3rd Tuesday each month at 1:00 PM; 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. Contact Brian if you are interested in

joining the committee.

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. 11/8 & 12/13 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 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 each week. The group meets the 2nd & 4th Thursday at 10:30.

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 November & December 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 Three Cousins Diner in Pottstown at 8:00 on Friday, Nov. 11th and Dec. 9th. 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 – 11/11, 12/9 & 12/23

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 AM
Location: Library

SEWING WITH JODY

Are you creative? Do you like to work with your hands? Did you sew years ago? Do you know how to sew on a machine or by hand, if even a little rusty? Do you know how to knit or crochet? Are you interested in joining a group to use your time and talents to assist those in need? Stop by or call the TRAAC office if interested.

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; 11/17 & 12/15

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 AM

STAMP CLUB

Leader: Ralph Bartholomew/Jack Ertell
1st Mon. each month; 3:00 PM; 11/7 & 12/5

TEXAS HOLD 'EM POKER

Mon., Wed. Fri at 1:00 PM; 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

CHAIR YOGA *NEW

This is a seated yoga class where you will concentrate on your poses and flexibility, plus take time to relax. This Class is a beginner level and good for everyone.

Leader: Mary Ellen Peters
Mon. 2:30

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 AM

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 AM
Exercise & Fitness Equipment

Calendar

FROM PAGE 10

Self-Led use of the Treadmill, Exercise Bike and other equipment is available to you when the TRAAC is open.

Mon. thru Fri. 8:00 – 4:00; call Sue or Jolene if you have questions

GENTLE FLOOR YOGA *NEW

This class will provide all your yoga postures, deep breathing & flexibility work out all done on the floor with a mat. This is an intermediate level class.

Leader: Mary Ellen ????
Fri. at 9:00 AM

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 PM

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 PM

PILATES

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

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

PIYO

A faster paced class than

our Senior Yoga classes that provides a moderately challenging workout with short bursts of cardiovascular work & strength training for all-over body conditioning.

Leader: Jolene Wert, \$2 or SS

Fri. at 8:00 AM *New time

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 PM

SENIOR YOGA

Improve balance, strength and flexibility with gentle senior yoga – no experience necessary.

Leader: Joanne Braunsby, \$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 AM; \$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 PM

STRETCH & FIT

Improve your balance, strength and flexibility all while sitting in your chair.

Leader: Mihae Blank; \$2
Wed. at 9:30 AM

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 PM; \$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

TONE 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 AM; \$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 AM; 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

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!

- 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.

- Coming Monday, November 7th – The Good Will Ambulance Team will present a CPR program for seniors. Have you ever wondered what you should do at home if something happens, and you have to act quickly? Our CPR program will be held 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.

- It's Back!!! Meeting of the Men/Breakfast with Brian returns Friday, Nov. 11th & Dec. 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.

- Medicare 101 with Ed returns on Tuesday, November 1st. Get all the updates on the Medicare and Medicare Advantage Plans for 2023. There are

a lot of changes headed our way. Join Ed for the discussion and he will answer questions following the seminar. Other individual appointments can be made with Ed on the first Tuesday of each month. Call 610.323.5009 and ask for Lisa to schedule a time.

- Cooking With Teri is back! Join Teri on Tuesday, November 15th for some fall menu ideas. Please call to pre-schedule. Space is limited.

- Join us as we Meet, Greet & Eat with our Board members. Get a chance to chat with our Board members and Thursday, November 17th and Wednesday, December 14th during lunch at the TRAAC.

- The Annual Holiday Craft Sale at the TRAAC will be held this year on Wednesday, November 16th and Thursday, November 17th from 10-3. Come in and check out the holiday items available for sale.

- The TRAAC Funny Fundraiser is being held on Friday, Nov. 11th. Check out the entertainment, an Italian style dinner and a basket raffle. Limited tickets are still available.

- The Senior Law Center will be at the TRAAC on Monday, December 12th to assist with wills and questions regarding changes or setting one up. This is a free service for seniors.

- The TRAAC will be closed Tuesday, November 8th for Election Day.

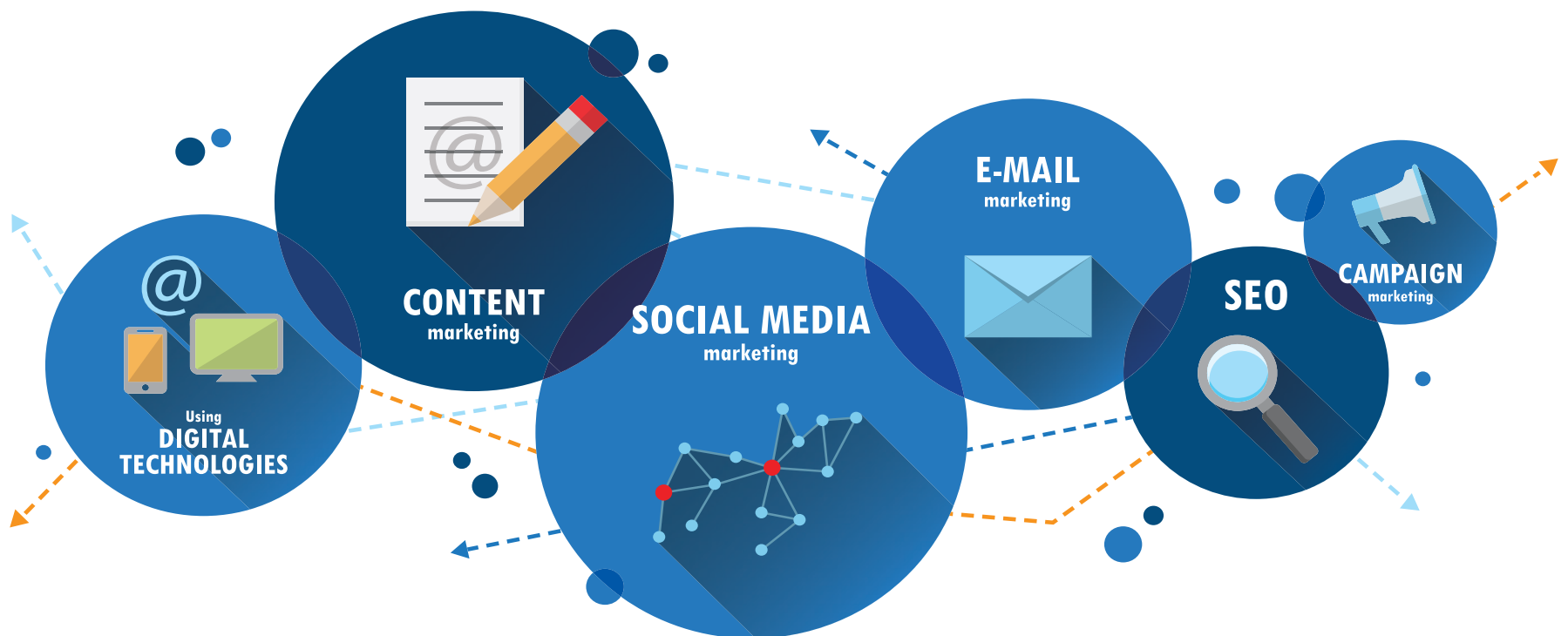
- Gingerbread House decorating contest at the TRAAC. Come on over and try your luck with decorating a "Little Gingerbread House" on Friday, December 9th beginning at 10:00.

- Celebrate the holiday with us on Friday, December 16th with entertainment from Kathy & Lenny, and "Festive Holiday Sweater" contest and more. Stop by and register for the fun!

DIGITAL MARKETING

With our help the solution is easy.

We increase the reach and visibility of your business. We create custom marketing solutions. We know where your audience is, how they think and what they want to buy.



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paadvertising@medianewsgroup.com