

S.A.A.C.

Senior Adult Activities Center
of Montgomery County

Live Full. Live Well. Live Long.

NORRISTOWN • AMBLER

Volume 21, No. 2 March/April 2015

Highlights

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Learn About New Programs

As we celebrate 50 years, new programs to benefit seniors are launching at Montco SAAC!

Art4ME@Montcosaac, which starts at both centers in early March, is adapted from a program at the Metropolitan Museum of Art, and benefits all seniors, especially those with some cognitive loss, and their Boomer caretakers. Read about this exciting program on Page 2.

In an effort to keep seniors out of the hospital and prevent readmissions, Montco SAAC is participating in a pilot program to provide nutritious meals to those discharged from Einstein Hospital Montgomery. Find out more about this critical issue on Page 2.

Meals on Wheels and Brunch...Perfect Together

As Montco SAAC enters its 50th year of service and outreach to seniors in Montgomery County, join us as we celebrate one of its most important programs, Meals on Wheels.

To celebrate this wonderful milestone and this important program, Montco SAAC is holding the first annual Benefit Brunch on Saturday, May 2, 2015 at the Normandy Farm Hotel and Conference Center, 1401 Morris Road at the corner of Morris Road and DeKalb Pike, Blue Bell. The event, which is being held in the Silos Ballroom, is sure to please and will have something for everyone.

The menu will be a delicious blend of breakfast delights including sliced fresh fruit, homemade muffins and assorted bagels with cream cheese, fresh scrambled eggs, fruit filled pancakes, smoked bacon and breakfast sausage, oven roasted home fried potatoes, freshly squeezed orange and assorted juices and a variety of beverages including iced tea, freshly brewed regular and decaffeinated coffee and hot tea.

The keynote speaker for the day will be Marisa McClellan, food writer, canning teacher and dedicated farmer's market shopper who lives in Center City Philadelphia. She is the author of *Food in Jars: Preserving in Small Batches Year Round* and *Preserving by the Pint: Quick Seasonal Canning for Small Spaces*. Marisa is currently hard at work on her third book. Her presentation will celebrate the connections fostered by sharing food through her experiences as an active member of her local food system.

Marisa will be available to autograph your copy of *Food in Jars: Preserving in Small Batches Year*



Round and Preserving by the Pint: Quick Seasonal Canning for Small Spaces. If you don't have a copy and you would like one, you can purchase books that day directly from Marisa.

In addition to the great breakfast and the wonderful keynote speaker, the event will be supported by the Montgomery County Community College Culinary Arts Institute. Special food tastings and a silent auction item from the Institute will be featured. The MCCC CAI is under the direction of Chef Francine Marz, MBA, CEC, and she and her staff and students will contribute to this part of the day.

Various additional silent auction items will be available for your bidding pleasure, along with door prizes and other surprises. Please help us support this necessary program and plan to buy your tickets today. Proceeds will go to help fund the Meals on Wheels program of Montco SAAC.

Tickets are available on our website, at the Norristown or Ambler SAAC office or from any MOW staff person. Tickets are \$40.00 each. Contact Paula or Whitney for sponsorship opportunities.

Center Launches Art4ME@Montcosaac

Montco SAAC is experiencing dramatic changes in its customer base. We are seeing older adults who are in their 80s, 90s and 100s. Many senior centers like us are geared towards health and wellness and the promotion of independent seniors. In recent years, much focus has been on engaging aging Boomers. Absent from the conversation is the status of seniors who

have been coming to Montco SAAC for the past 20-30 years and who are now experiencing some cognitive loss, but not enough to be eligible for day care. They and their caregivers who are Boomers view Montco SAAC as a safe environment.

Art4ME@Montcosaac is geared to all seniors at Montco SAAC in Ambler and Norristown,

with emphasis on targeting seniors with some cognitive loss, as well as the Boomers who are their caretakers. This project is adapted from an Alzheimer's Project of the Museum of Modern Art (MoMA) in New York City.

In discussions with staff at MoMA, we realized that by adapting their program to our senior centers, it would: 1) enrich the lives of our seniors, 2) lead to more socialization, in particular with seniors experiencing some cognitive loss, and 3) also benefit their Boomer caregivers.

The program will consist of three components:

- Art Looking – an art lecture focusing on a theme, style or time period;
- Art Making – activities related to the above, to be held in a studio at the senior centers;
- Field Trips – to the Berman Gallery and the Philadelphia Art Museum as well as to other local museums.

This program will start on March 9 and 10 in Ambler and March 11 and 12 in Norristown. Jennifer Finch is the Art Educator.

Montco SAAC Aims to Prevent Hospital Readmissions

Linda Collins, Executive Director of Montco SAAC, says they are hoping a new pilot program, Fast Track, can become a county model for preventing hospital readmissions among senior citizens. A joint venture between Montgomery County Aging & Adult Services, Montco SAAC and Einstein Montgomery Medical Center will pilot a home nutrition program designed to get needy seniors frozen meals within 48 hours of their discharge from Einstein Hospital Montgomery.

“It is all about trying to keep our seniors healthy and out of the hospitals,” said Paula Mayewski Nutrition and Food Services Program Director with Montco SAAC, “and nutritious meals play a

huge part in that.”

The pilot is expected to serve about 100 seniors this year, she said, and it could provide the participants thousands more meals, if they continue on as regular Meals on Wheels recipients.

According to Susan Wenrick, County Contracts Manager, one goal of the initiative is to save money for hospitals and insurers by avoiding costly readmissions. “If we are successful,” she said, “hopefully other hospitals in other parts of Montgomery County will take a hard look at this.” The aim is to start the pilot by mid February.

Martin Luther King Day
Volunteers from Lockheed Martin packed snow day survival kits for members of SAAC, Norristown. Kits contained snacks, tissues and puzzle books in addition to other items. Lockheed has been an ongoing supporter of SAAC.



Norristown News

Healthy Steps for Older Adults

Most people know that having an injury from a fall such as a hip fracture can be devastating to a patient and his or her family. But many people do not know that there are steps you can take to reduce your risk of falling. Healthy Steps for Older Adults (HSOA) is a program to help people reduce their risks for falls and improve their health.

The PA Department of Aging in partnership with the University of California at Berkeley developed the HSOA program to help adults 50 years of age and older learn how to stay active, make their home safer, manage medications, talk to their doctor, improve nutrition and learn about other valuable resources to help reduce the risks for falls. The program consists of three one-hour workshops. Each participant receives a colorful 64-page participant guide. It is important to attend all three sessions. Please see Pat or Susan as soon as possible to sign up for this workshop if you have not already done so.

Yoga Class Information

Beginning Tuesday, March 3 and for six weeks thereafter, Wanda Siller will be substituting for Laurie. She has 20 years of experience teaching yoga and is a colleague of Laurie's. Yoga will remain in the 10:30 a.m. time slot on Tuesdays.

Healthy Kitchens = Healthy Lives

How often have you wondered if you are buying the healthiest products when food shopping? How often have you wondered if you are cooking the healthiest recipes? Come into our nutrition classes this coming spring and learn all the facts that will help you shop and cook better, easier and healthier!

Each of the 12 classes will feature a food category and we will go over what you should look for when purchasing. We will then offer you cooking ideas and perhaps a recipe or two to taste. Join Katie Marger, licensed nutritionist, for this program in the Bites and Bytes Café on Fridays at 12:15 p.m. starting March 13.

Difficulty Making Ends Meet?

Many of the new income levels for social service support programs have been issued for 2015. If you think you might be eligible, or you hope you are, see Susan for a NCOA Benefits Check Up.

**Calendar of Events
March 2015**

Hearing Loss

Tuesday, March 3 • 10:30 a.m.
Learn about hearing loss with a seminar by Blue Bell Hearing Aid Center, Inc. They will follow up the presentation with hearing testing on Thursday.

Cracker Barrel for Lunch

Wednesday, March 4 • 11:00 a.m.
Chase away the winter cold with some good old comfort food. Cracker Barrel offers a variety of classic comfort dishes like chicken and dumplings. They also offer breakfast all day. If you desire, peruse the shop after you eat. It has many whimsical items. You will also find candy classics, too! Does anyone remember Zero candy bars or Teaberry gum? Transnet will be \$4.05 each way for those over 65.

Hearing Screening

Thursday, March 5 • 10:00 – 11:30 a.m.
Difficulty hearing? Have it checked out today at SAAC. Sometimes the loss is so gradual that you don't even hear it happening!

Fifty is Nifty 50/50

Friday, March 6 • 11:45 a.m.
Our first winner in January received \$17.00. That is a pretty good return on a dollar! The more dollars we get, the bigger the pot. See Pat on Thursday or Friday morning to purchase your chance.

Daylight Saving Time

Sunday, March 8 • 2:00 a.m.
Thank goodness a sign of spring is back. Remember to set your clocks ahead one hour before you go to bed Saturday night.

In Your Best Interest

Tuesday, March 10 • 10:30 a.m.
Keep yourself safe and carefree with this seminar from the Lincoln Center. Join Danielle Charry in the SAAC library.

Joe Mabee Performs

Tuesday, March 10 • 12:00 p.m.
Joe says he enjoys coming to spend time with us. He holds a special place in his heart for seniors as he helped take care of his own grandmother. He sings a variety of songs from the last 50 years and has a great voice!

Valley Forge Casino

Wednesday, March 11 10:00 a.m.
Our trips to the casino have been a little problematic over the last few months. They moved the bus trip operation from sales department to the Valley Service department. Lack of communication from the casino has been an issue.

Our current terms are that we get \$20 slot play when we "purchase" a \$10 gift card. We need 20 people to meet the bus trip minimum. However, if we do not meet that minimum, we can still make the trip to the



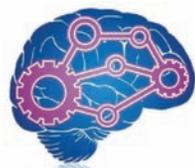
I care

Mary Santangelo

casino. You will still pay \$10 to get in by "purchasing" the \$10 gift card but there will be no slot play bonus. Sign up as early as possible so we will know ahead of time if we meet the quota. Transnet is \$4.05 each way for those over 65 years of age.

Healthy Steps for Older Adults Part 1

Thursday, March 12 • 10:30 a.m.
Paula Klauger, PrimeTime Health Coordinator for Montgomery County, will do fall risk assessments for the first part of our program in the morning. This involves three small tests of balance, strength, and speed. We will concurrently begin running the instructional part of the class.



NPBTC

Neurology, Psychiatry and Balance Therapy Center, LLC

Founded by Sonya Knight, DO, a Board Certified Neurologist and Psychiatrist, and James Barsky, PT, DPT, a Licensed Physical Therapist, NPBTC offers patients coordinated medical care and rehabilitation in a warm, relaxing environment. We specialize in the diagnosis and treatment of neurological, psychiatric, and musculoskeletal conditions such as seizures, dizziness, vertigo, imbalance, and concussion



Neurology, Psychiatry and Balance Therapy Center, LLC

725 Skippack Pike | Parc Plaza, Suite 130
Blue Bell, PA 19422
Phone: 215-591-0700 | Fax: 267-419-8413 | www.npbtc.com

Gourmet Weight Wise

Friday, March 13 • 12:15 p.m.

Katie returns with this popular program for 12 weeks. Please see the description on "Healthy Kitchens = Healthy Lives" in this newsletter.

St. Patrick's Day

Tuesday, March 17 • All Day

Well, shake my shillelagh! It's time for our annual countin' of the clovers! For one dollar green, guess how many shamrocks Pat is donnin'. The one who guesses closest shares the pot o' gold with the center!

National Craft Month

Tuesday, March 17 • 10:30 a.m.

Crafting is fun and can be good for arthritic fingers as well as your mind. Check out some easy projects and socialize at the same time.

Healthy Steps for Older Adults Part 2

Tuesday, March 17 • 12:15 p.m.

Pamela D'Hurieux from Griswold Home Care will cover how to safeguard your living space to avoid falls. She will also give information on what you can do to avoid falls and provide information and what to do if you do fall.

Represent:

200 Years of African American Art

Wednesday, March 18 • 12:15 p.m.

This is a special outreach lecture from the Philadelphia Museum of Art. Our guest lecturer will be Toni Thomas. "Represent: 200 Years of African American Art" highlights selections from the museum's collection of African American art. From compelling stories to innovative methods, Represent explores the evolving way in which African American artists have expressed personal, political, and racial identity. It begins with examples from the 1800s by free and enslaved individuals. As access to artistic training increased, the relationship between creative expression and identity grew more complex and nuanced. It culminates by stepping outside historical narrative to present an array of portraits by several generations of artists, from those active over a century ago to those making work today."

Excerpt from Philadelphia Museum of Art
Accessible Programs Flyer

Healthy Steps for Older Adults Part 3

Thursday, March 19 • 10:30 a.m.

Participants will need to go to the sewing room for the third part of our program. You will learn about how to talk to your doctor, medicine safety, foot care and footwear, and exercises to build strength.

What is Hospice?

Tuesday, March 24 • 12:15 p.m.

Meet Kris from Vitas Hospice and learn what Hospice actually is. This service has made the end of life easier for many, yet it still is much misunderstood.

Bite Into a Healthy Lifestyle

Wednesday, March 25 • 12:15 p.m.

It is National Nutrition Month and we are looking forward to a visit from Mandel Smith from the Penn State Extension Service. She will be talking about healthy foods and how they contribute to a healthy lifestyle.

Apply for SEPTA Transit Card

Thursday, March 26 • 10:30 a.m.

Mila Hayes, Legislative Assistant to State Rep. Matthew D. Bradford, and Rochelle Culbreath, Constituent Relations Coordinator of SEPTA, will be at the center to process applications for the Senior SEPTA transit card. Senior Citizens age 65 and older who wish to ride SEPTA bus, trolley, and subway service free of charge, or take advantage of the \$1.00 Regional Rail fare within the Commonwealth of Pennsylvania, must show one of these three forms of ID: Railroad Retirement Annuity Card, Medicare Card (Issued by the Social Security Administration) or PA Senior Citizen Transit ID Card.

The PA Senior Citizen Transit card is a safer alternative to pulling out one's Medicare card, which has a social security number on it. If you are interested in obtaining a card, please bring with you to the center that day one of these required forms of identification:

- Armed Forces Discharge/Separation Papers
- Baptismal Certificate
- Birth Certificate
- Veteran's Universal Access ID Card
- Resident Alien Card
- Yellow PACE Card (Pharmaceutical Assistance Contract for the Elderly)
- Passport/Naturalization Papers

- Pennsylvania ID Card (Non-Driver)
- Photo Driver's License
- Statement of Age Verification from the U.S. Social Security Administration.

Mila and Rochelle will help you fill out the forms. Rochelle will process the forms and send the card to you in the mail.

My Plate

Friday, March 27 • 10:30 a.m.

Join nutritionists from Einstein for a look at the revised food pyramid, My Plate. Refresh your memory about serving sizes and suggested numbers of servings.

April 2015

Lunch Out at Nonna Rosa's

Wednesday, April 1 • 11:00 a.m.

A certain member here has a birthday on this day. We gave her the choice of lunch venue, and she suggested we try Nonna Rosa's. We will be going to the one located at Ridge and Burnside Avenue. If you would like to check out the menu, go to www.nonnarosarestaurant.net. Transnet will be \$3.00 each way for those 65+ and \$5.00 each way for those 60-64.

Glenn Miller

Thursday, April 2 • 12:00 p.m.

No foolin', he is back! Stay in the cafeteria for a dessert served up accordion style. Glenn will treat us to an hour of silliness, music and jokes (probably at Larry and Pat's expense).

Good Friday

Friday, April 3

The centers will be OPEN on Good Friday this year. Please make a special note of this especially if you are involved with Meals on Wheels.

Fifty is Nifty 50/50

Friday, April 3 • 11:45 a.m.

Eye Care

Tuesday, April 7 • 12:15 p.m.

Dr. Paul Halpern, Optometrist, of Haws Avenue will be joining us to discuss eye care and general age-related eye problems. Bring your questions.

Valley Forge Casino

Wednesday, April 8

Please refer to the March 11th information. You may drive yourself/carpool to the

April 2015

casino and arrive around the same time as the van. Please write on the signup sheets how you plan to get to the casino. You will still need to sign up as Pat has to submit a list to the casino. The package will be \$10 per person (pay at the casino). You will get: \$20 slot play and a \$10 gift card. We have to have a minimum of 20 people. If we do not get 20 people, we can still go but will not get the free slot play deal. You must bring a current photo ID to the casino.

AARP Smart Driver Course

Thursday, April 9 • 9:30 a.m. – 2:00 p.m.

Take this four-hour refresher course, and continue to receive the discount on your auto insurance. In addition, brush up on the skills you need to compensate for age-related changes in your reactions while driving. Preregistration required.

Volunteer Appreciation Week

Monday, April 13 – Friday, April 17

Our volunteers are the gold nuggets of our organization. Our whole existence began with volunteers 50 years ago. Our volunteers keep the tradition going by making the center run. They are truly treasures worth more than their weight in gold.

National Dictionary Day

Monday, April 13 • All Day

Learn some new words and use them to stimulate your brain! New words are entering our world at an amazing rate. See if you can add a few to your vocabulary.

In Your Best Interest

Tuesday, April 14 • 12:15 p.m.

Danielle Charry of the Lincoln Center will be with us for a seminar on avoiding trouble.

National Stress Awareness Day

Thursday, April 16 • 12:15 p.m.

At our last stress reduction session, we had a request for exercises in a sitting position rather than lying down. Join us and try out a few of these exercises from the Dartmouth Relaxation Audios.

Control Bed Bugs

Tuesday, April 21 • 12:15 p.m.

Bed bugs are becoming increasingly common in our area. Come watch this short video and collect the latest information from the Montgomery County Health Department on these insidious pests.

50's Sock Hop

Thursday, April 23 • 12:15 p.m.

In celebrating our 50th anniversary, we will have a sock hop in the cafeteria after lunch. We are strongly encouraging everyone to wear their best 1950s fashion and dancing shoes. We will move some tables from in front of the stage and play some jukebox gems. So put some spring in your step and hop on in. Be there, or be square!

March/April Norristown Calendar

Exercise

Fitness Center	Daily	8:30 am
Walking Club	Daily	10:30 am
Yoga with Laurie	Tuesdays	10:30 am
Exercise with Meg	Mon & Wed	1:00 pm
Line Dancing with Maria	Mon & Thurs	10:30 am
Chair Tai Chi	Mon, Wed & Fri	10:30 am

Music and the Arts

Music Ensemble in ADS	Tuesdays	12:30 pm
Art with Vaughn	Thursdays	10:00 am
Café Jam and Sing a Long	Thursdays	10:30 am

Games

Wii	Daily	10:30 am
Rummikub/Games	Daily	10:30 am
Bingo	Daily	10:30 am

Other

Shopping	Fridays	Noon
Quilting/Sewing	Tues & Fri	9:30 am
Bible Study	Wednesdays	12:15 pm
Gourmet Weight Wise	Fridays	12:15 pm

March/April Ambler Calendar

Exercise

Fitness Center	Daily	8 am – 4 pm
Armchair Aerobics - Freda or tape	Mondays	10:15 am
Balance Class - Silver Sneakers	Wednesdays	11:00 am
Chair Exercises - Marea or tape	Fridays	10:15 am
Chair Stretch / Yoga - Silver Sneakers	Tuesdays	10:00 am
Exercise Aerobics	Mon & Wed	9:30 am
Senior Stretch - Silver Sneakers	Thursdays	10:00 am
Strength Training & Balance	Wednesdays	10:15 am
Tai Chi - Beginners	Mondays	11 am, 12 pm
	Thursdays	11:00 am
Yoga	Tuesdays	1 pm
	Fridays	10:30 am
Zumba Gold	Mondays	1:00 pm
	Wednesdays	8:30 am

Exercise

Billiards Room	Daily	8 am – 4 pm
Bingo	Mon, Wed & Fri	10:00 am
Pinochle	Mon & Fri	12:00 pm
Scrabble	Tues & Thurs	10:00 am

Enrichment

Advanced Quilting	Wednesdays	1:00 pm
Book Discussion	Tuesdays	12:30 pm
Knitting & Crocheting	Fridays	10:30 am
Piano Lessons	Tues am/Thurs pm	
Quilting	Mondays	10:30 am
Spanish Class	Thursdays	10:00 am
APPRISE	First Fridays	9:00 am
VNA Blood Pressure	Second Wed	9:30 am

Outside Groups

Bridge	Tuesday	12:30 pm
Duplicate Bridge	Friday	12:30 pm
Orland Arts Group		

George Saurman Campus at Ambler SAAC

HELP WANTED

Have you been thinking about something easy you can do to make a difference in other people's lives? The Ambler Center is in need of Bingo Callers for Mondays and Fridays, 10:00 – 11:45 a.m. We have a dedicated crew of players, but they are in desperate need of callers for both days. They are happy to teach, and you'll know you'll be appreciated! Any questions, call Renae at 215-619-8863.

March 2015

Faith the Dog

Tuesday, March 3 • 12:30 – 1:00 p.m.

Faith, the Golden Retriever therapy dog, returns to visit our center with Steve Conway, the Humane Educator for the SPCA. Please stop in the large group room for a visit and to pet Faith! If you are allergic to dogs or their dander, you may wish to avoid this time.

March Forth

Wednesday, March 4

"March Forth" towards a healthier, happier, and more purposeful life.

APPRISE

Thursday, March 6 • 9:00 a.m.

Representative by appointment.

Sundae Monday

Monday, March 9 • 12:15 – 12:45 p.m.

\$1 a scoop and you add your toppings, yum!

Know Your Numbers

Monday, March 9 • 12:30 p.m.

Are you concerned about your blood pressure, cholesterol or blood sugar? We are pleased to welcome Rabiya Bower, Registered Dietician, for a workshop focusing on the healthy ranges for these numbers with easy tips on how to achieve them. With her experience in education and community outreach, Ms. Bower brings knowledge in diabetes management and meal planning as part of her role as in-store nutritionist for GIANT in Flourtown and Exton. She has worked for the federal program WIC (nutritional counseling and food assistance for low-income mothers and children under 5), The Food Trust (affordable and accessible healthy food to under-served areas in Philadelphia) and has

taught nutrition at the primary and secondary levels. She also is currently teaching at Manor College in Jenkintown, PA.

Blood Pressure Checks

Wednesday, March 11 • 9:30 a.m.

Blood pressure checks by the VNA.

UHC Band St. Patrick's Day Song Set

Wednesday, March 11 • 12:30 p.m.

Everyone is Irish on St. Patrick's Day! We are excited to welcome back the United Healthcare Band for a spirited set of St. Patrick's Day songs. This talented group of musicians always comes prepared with a good time, and this day is guaranteed to continue their legacy. Stop by the Ambler Center at 12:30 p.m. for some lively tunes, and tap your toes or do a jig to the merry songs!

Festive Friday

Friday, March 13 • All Day

Healthy Kitchens/Healthy Lives

Beginning Friday, March 13 • 12:30 p.m.

Presented by a registered dietician, this will be the first in a 12-week series of classes designed to teach people how to shop for and prepare easier and healthier meals. Each class will feature a food category with shopping advice, cooking ideas, and perhaps a recipe or two to taste! (There will be no class on April 3 or on May 29.) Being healthier doesn't have to be hard. Come learn the shortcuts to a healthier life!

Attracting Bluebirds

Monday, March 16 • 12:30 p.m.

Betsy Nutt, Penn State Master Gardener and member of the Bluebird Society of Pennsylvania's Speaker's Bureau, will give a talk on the history, biology, necessary habitat, protection and monitoring of the bluebird. Included will be a discussion of the requirements for a bluebird nesting box. Emphasis will also be made on the importance of native plantings in our gardens. There will be number of handouts and woodworking plans will be available.

UPenn Brain Games

Wednesday, March 18 • 9:30 a.m. – 1:00 p.m.

We welcome back Faye Min, Research Specialist with UPenn Neurology and her team of researchers! As a part of their study regarding changes which come with healthy aging, they will be here to do "Brain Games" with interested seniors who qualify.

Testing includes simple questions and can be completed in one to 1-1/2 hours.

Participants will be compensated \$10 per hour based upon the duration of their testing. Interested participants should call to sign up, but drop-ins are also welcome.

Movie Day

Thursday, March 19 • 10:00 a.m. – 12:00 p.m.

Look for this month's choices on display at the center and vote for your favorite!

Thirsty Thursday

Thursday, March 19 • 12:15 – 12:45 p.m.

Enjoy some (non-alcoholic) variety for your lunch beverage. Just \$0.50 a cup for the specialty beverage!



Botanical Garden of Giardino dei Semplici, Florence, Italy

Monday, March 12 • 12:30 p.m.

Sharon Gross, one of the Montgomery County Master Gardener Volunteers, will show a presentation on the Giardino dei Semplici. Established on December 1, 1545 by Cosimo I de' Medici, this garden is Europe's third oldest. As was typical of early European botanical gardens, its prime interest was in medicinal plants. However, in 1753 the garden's focus turned to experimental agriculture, and its layout was revised accordingly. The garden grounds opened to the public in the mid-19th century.

Swing 'n Sway with Woody

Wednesday, March 25 • 12:30 p.m.

Get your requests in for your favorite tunes. We'll jive and jiggle.

PWHS Quartet

Monday, March 30 • 12:30 p.m.

After winning rave reviews, this group of students from Plymouth Whitmarsh High School returns to entertain us with the sounds of their quartet. We look forward to great entertainment from these talented musicians!

April Fool's Day!

Wednesday, April 1 • All Day
Come by and have a laugh with us!

Good Friday – We are Open!

Friday, April 3 • All Day
The centers will be OPEN on Good Friday this year. Please make a special note of this especially if you are involved with Meals on Wheels.

Blood Pressure Checks

Wednesday, April 8 • 9:30 a.m.
Blood pressure checks by the VNA.

Diabetic Shoes and Foot Care

Wednesday, April 8 • 12:30 p.m.
Learn tips for taking care of your feet and the proper footwear you should have when you are a diabetic. We will do some fun exercises and stretches for your feet as well. Presented by Paula Klauer, Certified Orthotic Fitter and AFAA certified aerobics instructor.

Movie Day

Thursday, April 9 • 10:00 a.m. – 12:00 p.m.
Look for this month's choices on display at the center and vote for your favorite!

Sundae Monday

Monday, April 13 • 12:15 – 12:45 p.m.
\$1 a scoop and you add your toppings – yum!

Communicating with Your Adult Children and Grandchildren

Wednesday, April 15 • 12:30 p.m.
Many seniors live with or associate with multiple generations. This seminar will focus on communicating your needs to your adult children and grandchildren. Some issues addressed will be: How do I communicate my needs?; Are there different ways to speak with my children and grandchildren?; So I need to adapt to technology when communicating (texting, skyping, emailing)?; How do I chose which family activities to be a part of?; How do I allocate time for myself and allow the same for my family members?; Can a senior be a productive member of a multigenerational home and/or family? Marcy Shumaker from the Abramson Center will address these questions and many more.

Thirsty Thursday

Thursday, April 16 • 12:15 – 12:45 p.m.
Enjoy some (non-alcoholic) variety for your lunch beverage! Just \$0.50 a cup for the specialty beverage.

LOVE COMES TO AMBLER!



On February 2, all who came to Montco SAAC Ambler for the afternoon enjoyed a fantastic musical treat. Dressed in a tuxedo, Dave DeLuca entertained the crowd, taking on the persona of The Crooner. To begin the center's "Month of Love" theme, Mr. DeLuca sang songs of love, strolling from table to table, all the while setting hearts a-flutter! His repertoire included romantic songs made famous by legendary vocalists Elvis Presley, Nat King Cole, Frank Sinatra, and more. The men and women alike were taken back to the years of their youth, the days of "watching the pretty girls go by" and "I only have eyes for you!"



Festive Friday!

Friday, April 17 • All Day

Swing 'n Sway with Woody

Monday, April 20 • 12:30 p.m.
Get your requests in for your favorite tunes. We'll jive and jiggle.

Faith the Dog

Thursday, April 23 12:30 – 1:00 p.m.
Faith, the Golden Retriever yherapy dog, returns to visit our center with Steve Conway, the Humane Educator for the SPCA. Please stop in the large group room for a visit and to pet Faith! If you are allergic to dogs or their dander, you may wish to avoid this time.



Let's Eat Out!

Monday, April 27 • 11:30 a.m. – 1:00 p.m.
We'll head to one of our amazing local restaurants to spice up our scenery and maybe our taste buds too! Take the bus, or meet us there for a lively time.

Movie Day

Tuesday, April 28 • 10:00 a.m. – 12:00 p.m.
Look for this month's choices on display at the center and vote for your favorite!

Street Smarts and Home Safety for Seniors

Wednesday, April 29 • 12:30 p.m.
Join us to hear about what CARIE, the Center for Advocacy for the Rights and Interests of the Elderly, is doing for older adults, and how you can be a part of it! During this presentation we will focus on crime prevention tips for older adults and resources where victims can get help.

Oreland Art Center Celebrates Montco SAAC'S 50th

Oreland Art Center has been around for more than 50 years serving the community with classes for adults and children. OAC members enjoy demonstrations and workshops presented by well known artists. Plus exhibitions. Now located at Montco SAAC. We will celebrate their 50th Anniversary with a Members Art Show on the first floor of the Ambler location. Show dates are: Reception on Friday evening, April 17, 6:30 – 8:30 p.m.; Saturday, April 18, 10:00 a.m. – 3:00 p.m.; Sunday, April 19, 10:00 a.m. – 3:00 p.m. Don't miss the opportunity to meet local artists exhibiting over 100 original oil, watercolor and pastel paintings, plus prints. Admission is free. For more information call 215-740-9237 or visit us at www.orelandartcenter.com at Montco SAAC in Ambler, PA. Like us on Facebook!

Boomer Events

(Unless otherwise indicated, all programs will be held at 45 Forest Avenue in Ambler. Pre-registration with payment is due for all events. For information, call Jill at 215.619.8863.)

Heart to Heart Communication: The Art of Great Conversations (With Your Grandchildren/Children)

Thursday, March 12 • 7 – 9 p.m.
\$15/per person; \$20/couple
(Register by March 9.)

Does it feel like you're missing some key skill to connect with the younger people in your life – no matter what their age? Do you spend precious time arguing over small stuff? Do you find yourself resorting to bribery to get your grandchildren to do things?

Learn a few skills that will empower you to communicate with them successfully. You'll learn how to respond to the younger people (children/grandchildren) in your life in a way that can transform potential conflict into win-win situations. Bring your real-life challenges and we'll help you develop new ways of dealing with old stuck places.

Ask the Dog Trainer

Monday, March 16 • 7 – 9 p.m. • \$20

(Register by March 11.)

At the popular Animal Communication session recently, there were so many dog training questions, we decided to offer this class. Your dog can be trained whether he is 10 weeks or 10 years old. This class is as much for the dog owner as it is for your dog. In fact, this is a people-only class. Learn how to communicate wanted behaviors with your dog. Human psychology is not the same as dog psychology. Some of the things covered: socialization, excessive barking, separation anxiety, hand signals, dog parks. (Taught by Bill Cook, certified dog trainer, who has trained thousands of dogs, including police dogs.)

Sugar Blues

Wednesday, April 1, 2015 • 7 – 8:30 p.m.

\$20

(Register by March 27.)

Of course you know sugar leads to weight gain and mood swings...but did you know it ages our skin and causes inflammation, which is linked to Alzheimer's, many cancers, and heart disease? Find out where the sweet stuff hides and what it's doing to your health. Learn strategies to beat the cravings and get back on track to your best health.

What Should I Do With All These Papers?

Wednesday, April 15 • 7 – 9:30 p.m. • \$25
(Register by 4/10.)

Are you drowning in mail and other paperwork? Learn an effective system that teaches simple organizational systems for managing mail, "to do" lists, miscellaneous papers, tickler files, bills receipts, master financial lists and year-end cleanup. Also, learn to set up a workable filing system and an office area in your home.

Skincare and Menopause

2 Thursdays, April 16 and 23 • 7 – 9 p.m.
(Register by 4/10.)

\$35 (+\$10 material fee payable to instructor at first class)
Barbara Strampello-Grabosky, Image Consultant, frequent guest lecturer and educator, will demonstrate specific treatments to help keep your skin looking healthy and youthful during menopause. Discover the anti-aging benefits of good skin care, ingredients and techniques which target the unique requirements of skincare during this stage of life. Camouflage makeup will be applied to

demonstrate how to conceal imperfections and enhance the skin. This program includes an anti-aging Fabulous Facelift demonstration.

Free Open Source Software

Tuesday, April 21 • 7 – 9 p.m. • \$25
(Register by 4/16.)

There is a wealth of free, open source programs in every software category: operating systems, office suites including word processor, spreadsheet and presentation packages, graphics and photo editors, bookkeeping and accounting, media players and music editors, database, email, web browsers, web publishing, and more. Learn more about open source computing, Linux as an alternative to Windows/Mac OS, and how to find and download free programs you can use.

(Howard Carson was Manager of Information Services at a large aerospace corporation for many years until he started his own business in 1997. Since then he has created hundreds of websites, and now teaches web design and development for US Server Net in King of Prussia.)

MONTCO SAAC

Our Mission

The mission of the Montco SAAC is to involve, enrich and empower adults 50 years of age and better to live as independently as possible in our communities.

When donating to United Way, please specify the Senior Adult Activities Center of Montgomery County, account number: 108.

Montco SAAC is funded by Montgomery County Aging and Adult Services, United Way, monies raised by participants, foundation grants, individual and service club contributions and the generosity of the community through wills and bequests. Montco SAAC is a non-profit organization and an equal opportunity employer.

Non-Discrimination Policy

Montco SAAC does not discriminate against members, clients, applicants, or employees on the basis of race, color, creed, religion, sex, age, national origin, marital status, sensory or physical or mental handicap, political ideology, or sexual orientation. On request, people with disabilities will be provided with reasonable accommodations.

Contact Information

Norristown

536 George Street, Norristown, PA 19401 • (610) 275-1960

Ambler

45 Forest Avenue, Ambler, PA 19002 • (215) 619-8863

Email:

info@montcosaac.com • execdir@montcosaac.com

FUN AT MONTCO SAAC



Montco SAAC has a small staff and many wonderful volunteers! April 12-17 is Volunteer Appreciation Week. Tell a volunteer how wonderful they are – we could not operate without them! Here Sandy Havener prepares lunch trays for distribution.



If you have an interest in any kind of art, check out Vaughn's Art Class on Thursday mornings. Participants use the medium of their choice. Whether you are a beginner or proficient in any art form, come join the fun!

Remember Us In Your Will

When thinking about making a will, most of us want to provide for our families and loved ones into the future. But in addition to looking after those we care about most, it is also worth considering leaving a gift to Montco SAAC, so you can make a difference in the lives of older adults.

What Your Gift Will Mean to the People We Help

Leaving a gift in your will is unlike any other gift you can give to Montco SAAC, as it is like leaving a part of yourself with us. It means that we can make plans for projects well into the future, projects that will make a long-lasting and significant difference to older adults.

Please ask your attorney's advice on putting an additional codicil onto your existing will. If you have yet to make a will, please do so.

We understand that deciding to leave a gift in your will is a very personal and private matter and, for that reason, we ensure you that we will act in the strictest of confidence.

SENIOR SUITES

Catherine Quinn, AAS
Director of Community Relations
2101 New Hope Street
East Norristown, PA 19401



(610) 272-6200

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FROM THE DIRECTOR

Art 4ME: Art is Always With Us



As we celebrate our 50th anniversary, I wanted to tell you about one of our new programs, Art4ME. This will be a program for seniors who are cognitively fit and for those seniors who are losing their cognitive abilities, and their caregiver.

Art never leaves us. When a senior starts losing their cognitive abilities, they start staying home. They don't want their friends to know. There is a stigma to having dementia or Alzheimer's disease. I have a hard time dealing with the fact that someone who has

been with us 10 or 20 years now feels he or she must stay home. No matter who we are, we all look for a quality of life that has respect and dignity. We believe in being inclusive, and since art never leaves us, we will begin with art classes. We call it Art4ME which includes art-looking and art-making classes. It will begin in March and will be offered in Norristown and in Ambler.

Montco SAAC will continue to implement innovative programs, strengthen existing programs and partnerships, that will improve the quality of life for all our members.

To all of you, Happy Passover and/or Happy Easter.



Spring is here!

Linda

Executive Director, Montco SAAC

Contributions to Montco SAAC should be sent to the Norristown Center address: 536 George Street, Norristown, PA 19401.

Time Dated Material
March/April 2015

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