

SEPTEMBER 2018

Senior Event Calendar

For more information on the Wellness Council of Boyertown contact Debbie Bertolet at 484-374-8783.



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>KEY:</p> <p>Boyertown YMCA (Y) 610-369-9622 Center at Spring Street (CSS) 610-367-2313 Chestnut Knoll (CK) 610-473-8066 Chestnut Knoll at Home (CKAH) 610-473-3328 Frederick Living (FL) 610-754-7878</p> <p>The Book Nook (BN) 610-473-0925 Amity Place (AP) 610-385-7600 Keystone Villa at Douglassville (KV) 610-385-5002 Walnut Woods (WW) 610-367-6616 Wellness Council (WC) 484-374-8783 Sanatoga Ridge (SR) 610-326-6282</p>						
  <p>WELLNESS COUNCIL of Boyertown</p> <p>CHESTNUT KNOLL Personal Care, Memory Care and At Home Services Over 18 Years of Superior Care</p>						1
2	3	4 12:30pm Dining w/ Diabetes (CSS) 6pm Music - Pianist (AP) 6pm Bingo Nite (CSS)	5 1pm Golden Texas Hold 'Em \$5 (CSS) 3pm Fall Bingo (CKAH)	6 1pm Dementia- The Facts (CSS)	7 8am Early Bird Breakfast \$3 (CSS) 2:30pm Music - Pianist (AP)	8
9	10 10am Navigating Healthcare (CSS) 1pm Estate Law - Fact or Fiction (CSS)	11 12:30pm Dining w/ Diabetes (CSS) 6pm Music - Vocalist (AP)	12 8:30am Breakfast @ Sunflower (CKAH) 9am AAA Course \$15/\$25(CSS) 1pm Prevent Falls (CSS) 1-3pm Fall Fling Dance (CSS)	13 11am Parkinson's Support Group (AP)	14 8am Early Bird Breakfast \$3 (CSS) 6pm Music - Pianist (AP) 7:30pm Friday Nite Dance \$5/\$10(CSS)	15
16	17 6pm Music - Accordion (AP)	18 9:30am AARP Course \$15/\$25 (CKAH) 12:30pm Dining w/ Diabetes (CSS) 6pm Bingo Nite (CSS) 7pm Birthday Celebration (CK)	19 1pm Golden Texas Hold 'Em \$5 (CSS)	20 10am Sr. Walking Bingo (WC) 1pm "A Family Named Girty" (CSS) 2pm Caring for Parkinson's (CK) 3pm Music - Pianist (AP) 6:30pm Alzheimer's Support Grp (CK)	21 8am Early Bird Breakfast \$3 (CSS)	22 1-4pm Open House (SR)
23	24 9am AAA Course \$15/\$25(CSS) 1pm Music - The Beatles & More! (CSS)	25 10am Fabio the Therapy Horse (AP) 12:30pm Dining w/ Diabetes (CSS) 6pm Music - Bill Minnich (AP) 6pm Coloring (CSS)	26 12:45pm Hasenpeffer \$1.50/\$2 (CSS)	27 11am Parkinson's Support Group (AP) 12:45pm Pinochle \$1.50/\$2 (CSS)	28 8am Early Bird Breakfast \$3 (CSS) 3pm Music - Pianist (AP)	29
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Featured Activities

Strength and Tone with Mary

Every Monday - 11:00am at Walnut Woods

Gentle Chair Yoga

Every Tuesday - 11:00am at Walnut Woods

Exercise for Strength with Robin

Every Thursday - 11:00am at Walnut Woods

Fox Strength Mobility And Balance Class

Every Monday, Wednesday And Friday - 10:00am
at Chestnut Knoll

Free* Swim

Every Tuesday - 1:00 -3:00pm at Boyertown YMCA

**Free only with a Center At Spring Street Membership*

Golden Stars Fitness

Every Tuesday - 8:00-8:45am at Boyertown YMCA

Exercise with Mary

Every Monday

9:15am & 10:05am at Center At Spring Street

Yoga with Fran

Every Monday 6:30 pm; Wednesday

9:10am; Friday at 9:30am & Saturday 9am

at Center At Spring Street

Chair Yoga with Fran

Every Friday - 11:00am at Center At Spring Street

Yoga Saturdays

Sat., September 8, 15, 22, 29

9:00am at Center At Spring Street

Move & Groove

Sat., September 8, 15, 22, 29

10:15am at Center At Spring Street

Move & Groove in Chairs with Fran

Every Tuesday at 9:30am

NATURE HIKE AT NEW GOSHENHOPPEN CHURCH WITH CONRAD FISHER

Saturday, September 8 • 9am

Come take a 1-1.5 mile hike on a well-manicured 10' wide mown grass walking trail around the perimeter of New Goshenhoppen UCC Church property. Conrad Fisher will be the guide and tell the history of the area as well as stories about the local wildlife. You must be able to walk on some uneven terrain and for a distance for 1-1.5 miles. Please bring water and wear sturdy hiking shoes or boots. After the hike, those interested may meet at the Pennsburg Diner for brunch. Brunch is at the expense of the participant. Call The Center at 610-367-2313 to let us know you plan to join us.

Chair Exercise

Every Wednesday - 10:00am at Amity Place

Exercise Class with Michele

Every Monday, Wednesday & Friday

10:00am at Amity Place

Tri County Active Adult Center

610-323-5009 • www.tricountyaac.org

288 Moser Rd, Suite 1, Pottstown, PA 19464

Seated Yoga with Vicky

Monthly - 2nd and 4th Tuesday

2:00pm at Keystone Villa Douglassville

Drumming Up Fitness with Fran

Every Tuesday at 10:15 am

Pilates – Mondays

Mon., September 10, 17, 24

6:00pm at Center At Spring Street

Walking at Boyertown Park

Thursday, August 9, 2018

Thursday, August 23, 2018

Shuffleboard Tournament

Tuesday, September 4 at 5:30pm

Pickleball – Wednesdays

Wed., September 5, 12, 19, 26

9:00am at Boyertown Community Park

Pickleball – Sundays

Wed., September 9, 16, 23, 30

1:00pm at Boyertown Community Park

Walking at Boyertown Park

Thursday, September 13 & 27 at 9:30am

Meet us at the large pavillion