

MARCH 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>Amity Place (AP) 610-385-7600 Keystone Villa at Douglassville (KV) 610-385-5021 Walnut Woods (WW) 610-367-6616 Wellness Council (WC) 484-374-8783</p>						
 				1 7pm Essential Oils @ Gilbt. YMCA (WC)	2 8am Early Bird Breakfast \$3 RSVP (CSS)	3 9am Yoga (CSS) 10am-3pm Relay for Life Fundraiser (FL) 10:15am Move & Groove Fitness (CSS) 1:30pm Entertainment-White Hot Duo (WW)
4	5 3:30pm Medicare 101 (WW) 6pm Pilates (CSS) 6:30pm Yoga (CSS)	6 1pm "Power of Attorney Overview" (CSS) 6pm Bingo Nite (CSS)	7 1pm Golden Texas Hold 'Em \$5 (CSS)	8 1pm Entertainment - Maria Damore (CSS)	9 8am Early Bird Breakfast \$3 RSVP (CSS) 1pm Canvas Art Class (KV) 1pm Lu La Roe (WW)	10 9am Yoga (CSS) 10:15am Move & Groove Fitness (CSS) 6-8pm Grandparent/Grandchild Dance \$10/person (Y)
11 7am- 1pm Flea Market (CSS)	12 9am-1pm AA Driver Course (CSS) 1pm "Making Your Money Last" (CSS) 6pm Pilates (CSS) 6:30pm Yoga (CSS)	13 9am-1pm Driver Course (CSS) 6pm Coloring w/ Purpose (CSS)	14 10am "Living Well w/ Diabetes" (CSS)	15 11:30am-2pm 43rd Anniversary Party - \$6 meal/\$3 entertainment (CSS) 2pm Senior Center Choir (CK) 6pm Alzheimer's Support Group (CK)	16 8am Early Bird Breakfast \$3 RSVP (CSS) 1pm Irish Entertainment w/ Robert Moulard (KV) 7pm Senior Prom (CSS)	17 9am Yoga (CSS) 10am-1pm Senior Fair @ BASH gym (WC) 10:15am Move & Groove Fitness (CSS) 10:30am Free Senior Walking Bingo @ BASH gym (WC) 1:30pm Irish Dancers (WW)
18	19 6pm Pilates (CSS) 6:30pm Yoga (CSS)	20 9:30am-1:30pm AARP Driver Course (CKAH) 1pm "Life Lessons from Frosty the Snowman" (CSS) 6pm Bingo Nite (CSS)	21 10am Zumba Gold (KV) 12:45pm Hasenpfeffer Card Party \$2 (CSS)	22 12:45pm Pinochle Card Party (CSS) 1pm "History Revisited" (CSS) 5:30pm Let's Talk: Alzheimer's @ Manatawny Manor (CKAH)	23 8am Early Bird Breakfast \$3 RSVP (CSS)	24 9am Yoga (CSS) 10:15am Move & Groove Fitness (CSS) 1:30pm Entertainment-Maria Damore (WW)
25	26 1pm Entertainment - Country (CSS) 6pm Pilates (CSS) 6:30pm Yoga (CSS) 6:30pm Berks Encore Medicare Seminar (KV)	27 9am-1pm AA Driver Course (CSS) 1pm Book Club (CSS)	28 1pm Golden Texas Hold 'Em \$5 (CSS)	29 1pm "The Easter Story in Inspirational Chalk" (CSS) 1:30pm Entertainment-Jimmy Zammer (WW)	30	31 9am Yoga (CSS)

Featured Activities

Living well with Diabetes – Free – 8 wk program

Every Wednesday Feb 7 through March 14 - 1pm-3pm at Walnut Woods

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 (CK)

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

Yoga with Fran

Every Monday 6:30 pm; Wednesday at 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

Chair Exercise

Every Wednesday - 10am 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