

JUNE 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: 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>						
					1 8am Early Bird Breakfast \$3 (CSS)	2 9am Yoga (CSS) 10:15am Move & Groove (CSS)
3 1pm Pickleball @ Btown Park (CSS)	4 6pm Pilates (CSS) 6:30pm Yoga (CSS)	5	6 9am Pickleball @ Btown Park (CSS) 10am Green Fair (CK) 10:30am Memory Care Supp Grp (KV) 1pm Sonny & SOS Gang (CSS) 1pm Golden Texas Hold 'Em \$5 (CSS)	7 1pm "Urban Legends of Estate Law" (CSS)	8 8am Early Bird Breakfast \$3 (CSS) 7:30pm Friday Nite Dance \$5/\$6 (CSS)	9 10am-4pm Phila Ave Street Fair (WC)
10 1pm Pickleball @ Btown Park (CSS)	11 1pm "Dementia Support" (CSS) 6pm Pilates (CSS) 6:30pm Yoga (CSS)	12 10am Multi-Service Tour (CSS) 5:30pm Shuffleboard (CSS) 6-9pm Bingo Nite \$3 (CSS)	13 9am Pickleball @ Btown Park (CSS) 10am "What Should I Ask My Doctor?" (CSS)	14 9am Vet Benefits Breakfast (KV) 9:30am Walking @ Btown Park (CSS) 1pm Phila MnLine Ukulele Grp (CSS)	15 8am Early Bird Breakfast \$3 (CSS)	16 9am Yoga (CSS) 10:15am Move & Groove (CSS)
17 1pm Pickleball @ Btown Park (CSS) 2pm Steve Walker (CK)	18 6pm Pilates (CSS) 6:30pm Yoga (CSS)	19 1pm "Hope for People with Parkinson's" (CSS) 6pm "Coloring with Purpose" (CSS)	20 9am Pickleball @ Btown Park (CSS) 12:45pm Hasenpfeffer Party \$2 (CSS)	21 10am Walk Bingo @ Btown HS (WC) 12:45pm Pinochle Party \$2 (CSS) 1pm History Revisited (CSS) 6pm History of the Pagoda (KV) 6:30pm Alzheimer Support Grp (CK)	22 8am Early Bird Breakfast \$3 (CSS)	23 9am-1pm Salvation Army Free Health Fair (WC) 9am Yoga (CSS) 10:15am Move & Groove (CSS)
24 1pm Pickleball @ Btown Park (CSS)	25 1pm "USO - 1940s" (CSS) 6pm Pilates (CSS) 6:30pm Yoga (CSS)	26 1pm Book Club (CSS) 6-9pm Bingo Nite \$3 (CSS)	27 9am Pickleball @ Btown Park (CSS) 1pm Golden Texas Hold 'Em \$5 (CSS)	28 9am Summer Picnic (CSS)	29 8am Early Bird Breakfast \$3 (CSS)	30 9am Yoga (CSS) 10:15am Move & Groove (CSS)

READING FIGHTIN PHILS – DUGOUT SUITE GROUP OUTING

Monday, June 25 • Game Time: 7:05 PM

Tickets are \$50 per person and include waitress service for all-you-can-eat food. Bus transportation available- Call 610-367-2313 for details



WELLNESS COUNCIL
of Boyertown



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 & Tuesday

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

Sat., June 2, 16, 23 & 30

9:00am at Center At Spring Street

Move & Groove

Sat., June 2, 16, 23 & 30

10:00am at Center At Spring Street

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

Tai Chi with Vicky

Monthly - 2nd and 4th Thursday

6:00pm at Keystone Villa Douglassville

Happiness Hour - \$10

Every Tuesday - 7:00pm at The Book Nook

RSVP www.christismithmyers.com/happinesshour

Walking at Boyertown Park

Thurs., June 14 • 9:30am