

FEBRUARY 2018

Senior Event Calendar

For more information on the Wellness Council of Boyertown contact Jill at 484-868-0224.



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>Amity Place (AP) 610-385-7600 Keystone Villa at Douglassville (KV) 610-385-5021 Walnut Woods (WW) 610-367-6616 Wellness Council (WC) 484-868-0224 Buchert Ridge Community (BRC) 610-323-5190</p>						
				1 1pm Woodcarving of Regional Wildlife (CSS) 7pm Essential Oils @ Gilbt. YMCA (WC)	2 8am Early Bird Breakfast \$3 RSVP (CSS)	3 2pm Single's Mingle- Food and Games (WW)
4	5 6pm Entertainment - Joe Solkytyk (AP)	6 6pm Entertainment - Joe Solkytyk (AP)	7 1030am Dementia & Legal Challenges (KV) 1pm Golden Texas Hold 'Em \$5 (CSS)	8 8-10am Walk, Water and Wellness Stop at Coventry Mall (CKAH) 1pm "The Lady & the Tramps" sing along (CSS)	9 8am Early Bird Breakfast \$3 RSVP (CSS) 1:30pm Bingo (AP) 6pm Valentine's Dance (WW) 7:30pm Friday Nite Dance \$5 (CSS)	10
11 6pm USO Show (WW)	12	13 1pm Proper Foot Care (CSS) 2-4pm Valentines Open House (KV) 6pm Coloring with a purpose w/ Julie Longacre (CSS) 6pm Entertainment- Marjorie Lisa Jokiel (AP)	14 10am Staying Heart Healthy with a Laugh (CSS)	15 1pm History Revisited (CSS) 6:30pm Alzheimer's Support Group (CK)	16 8am Early Bird Breakfast \$3 RSVP (CSS)	17 1pm ELVIS LIVES! (WW) 1:30pm Master Kim's Leadership Class perform Tai Kwon Do (WW)
18	19 9:30am AARP Driving Course RSVP (CKAH) 1pm The Benefits of Humor (CSS)	20 9:30am AARP Driving Course RSVP (CKAH) 1pm The Benefits of Humor (CSS)	21 12:45pm Hasenpfeffer Card Party \$2 (CSS) 2pm Caregiver Support Group @ Btown Library (CKAH)	22 12:45pm Pinochle Card Party (CSS) 6pm Entertainment - Karl Hausman (AP)	23 8am Early Bird Breakfast \$3 RSVP (CSS) 3pm Entertainment - Tom Schlegel (AP) 3:30pm Happy Hour at Walnut Woods (CKAH)	24
25	26 1pm Johnny Cash & June Carter Cash Tribute Concert (CSS)	27 1pm Book Club (CSS) 6pm Entertainment - Bill Minnich (AP)	28 11:30am Luncheon at Jukebox RSVP (CKAH) 1pm Golden Texas Hold 'Em \$5 (CSS)	  <p>WELLNESS COUNCIL of Boyertown</p> <p>CHESTNUT KNOLL Personal Care, Memory Care and At Home Services <i>Over 17 Years of Superior Care</i></p>		

Save the Date: Sat., March 10 • 6-8pm
 Grandparent/Grandchild Dance at Boyertown YMCA - \$20 couple / \$10 additional adult

Featured Activities

Living well with Diabetes – Free – 8 wk program
Every Wednesday Feb 7 through March 14 - 1pm-3pm

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 10:05am at Center At Spring Street

Yoga with Fran
Every Wednesday at 9:10am
Every Friday at 9:30am 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
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