

APRIL 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 |
|--|---|---|--|--|--|---|
| 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 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 Sanatoga Ridge (SR) 610-326-6282 | | | | | | |
| 1 | 2 | 3 6pm Bingo Nite \$3 (CSS) | 4 10:30am Memory Care Support Group (KV) 1pm Golden Texas Hold 'Em \$5 (CSS) | 5 1pm Education-Wash Day from 1700-1940 (CSS) | 6 8am Early Bird Breakfast \$3 (CSS) 5pm Basket Raffle \$20 (CSS) | 7 |
| 8 | 9 1pm Animal Show (CSS) | 10 10am Multi-Service Tour (CSS) 6pm Entertainment-Rich Weilacher (AP) 6pm Coloring w/ Purpose (CSS) | 11 10am Avoid Scams & Fraud (CSS) 1:15pm Entertainment-Sanatoga Ridge Singers (AP) | 12 1pm Entertainment (CSS) | 13 8am Early Bird Breakfast \$3 (CSS) 7:30pm Friday Nite Dance \$5 (CSS) | 14 |
| 15 | 16 6pm Education-Dining w/ Diabetes \$5 (CSS) | 17 6pm Entertainment-Accordian (AP) 6pm Bingo Nite \$3 (CSS) | 18 1pm Golden Texas Hold 'Em \$5 (CSS) 1pm Estate Administration Seminar (SR) | 19 10am Senior Walking Bingo @ Gville Y Turf (WC) 1pm Education-Proclamation of 1763 (CSS) | 20 8am Early Bird Breakfast \$3 (CSS) | 21 11am-2pm Coming Out of Hibernation - Downtown - BBB event |
| 22 | 23 1pm Entertainment-Singers (CSS) 6pm Education-Dining w/ Diabetes \$5 (CSS) | 24 1pm Book Club (CSS) 6pm Entertainment-Pianist (AP) | 25 12:45pm Hasenpfeffer Card Party \$2 (CSS) | 26 12:45pm Pinochle Card Party \$2 (CSS) | 27 8am Early Bird Breakfast \$3 (CSS) 3pm Entertainment-Pianist (AP) | 28 11am-3pm EARTHFEST @ Community Park |
| 29 | 30 1pm Entertainment-Fiddle/Guitar (CSS) 6pm Education-Dining w/ Diabetes \$5 (CSS) | | | | | |

SAVE THE DATE: Spring Craft Show and Open House

Saturday May 5th • 9am – 2pm at Keystone Villa Douglassville

Featuring dozens of local vendors, bakers and crafters.

Stop to shop and tour!

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 (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

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

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

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