

JULY 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				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		
1	2	3	4 	5 1pm Safety with Mobility (CSS)	6 8am Early Bird Breakfast \$3 (CSS)	7 1:30pm Sonny and the S.O.S. (WW)
8	9 1pm Staying Independent Longer (CSS) 7pm Pottsgrove Comm. Band Concert (CK)	10 10am Multi-Service Tour (CSS) 6pm Bingo Nite \$3 (CSS)	11 10am Managing Medications Safely (CSS) 2pm Boom Box Bingo (WW) 3:30pm Musical Friends (WW)	12 8am Walk, Water & Wellness Stop at Coventry Mall (CKAH) 1pm Music: Debi Irene Wahl (CSS)	13 8am Early Bird Breakfast \$3 (CSS) 7:30pm Friday Nite Dance \$5/6 (CSS)	14
15	16 3:30pm Medicare 101 (WW) 3:30pm Managing Medications Safely (WW) 7pm Pottsgrove Comm. Band Concert & Open House (KV)	17 9am AAA Driver Course \$15/25(CSS) 9:30am AARP Driving Course \$15/20 (CKAH)	18 1pm Golden Texas Hold 'Em \$5 (CSS) 3:30pm Steve the Singing Pastor (WW)	19 10am Sr. Walking Bingo @ Gville Y Turf (WC) 1pm History Revisited (CSS) 6:15pm Karaoke (WW) 6:30pm A Positive Approach To Memory Care (CK)	20 8am Early Bird Breakfast \$3 (CSS) 3:30pm The Importance of Having a Will (WW)	21 9am Nature Hike – New Goshenhoppen UCC (CSS) 1:30pm Ice Cream Social (WW)
22	23 1pm Music: Trinidad North Steel Drum Band (CSS) 1:30pm The Unknown Soldier (WW)	24 9am AAA Driver Course \$15/25(CSS) 1pm Book Club (CSS) 1-2pm Medicare & Finance (SR) 6pm Bingo Nite \$3 (CSS)	25 12:45pm Hasenpfeffer Card Party \$2 (CSS) 1-5pm – AAA Safe Driver Course (KV) 3:30pm Name that Tune (WW)	26 8:30am Breakfast at Americana Diner (CKAH) 12:45pm Pinochle Card Party \$2 (CSS)	27 8am Early Bird Breakfast \$3 (CSS) 3:30pm Happy Hour at Walnut Woods (CKAH) 6:15pm Music: Glenn Miller (WW)	28 1:30pm Music: Steven Barth (WW)
29	30 9:30am Mystery Tour & Lunch (CKAH) 1pm Music: Glenn Faul (CSS)	31 1pm Seeing Eye Puppy Raising Demo/Stories (CSS)				



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 Saturdays

Sat., July 7, 14, 21, 28

9:00am at Center At Spring Street

Move & Groove

Sat., July 7, 14, 21, 28

10:15am 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

Pilates – Mondays

Mon., July 2, 9, 16, 23, 30

6:00pm at Center At Spring Street

Walking at Boyertown Park

Thurs., July 12 • 9:30am

Thurs., July 26 • 9:30am

Pickleball – Sundays

Sun., July 1, 8, 15, 22, 29

9:00am at Boyertown Community Park

Pickleball – Wednesdays

Wed., July 11, 18, 25

9:00am at Boyertown Community Park

The Senior Farmers' Market

Nutrition Program

Monday–Friday through July 31 • 1pm