

MAY 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 6-9pm Bingo Nite \$3 (CSS)	2 10:30am Memory Care Supp. Grp (KV) 1-4pm Golden Texas Hold 'Em \$5 (CSS)	3 1pm Music- Piano (CSS) 7pm Essential Oil & Yoga Class (WC)	4 8am Early Bird Breakfast \$3 (CSS)	5 9am-2pm Open House and Craft Fair (KV) 10am Car Show (FL)
6 12pm WWII Weekend at Valley Forge \$10 (WW) 1pm Pickleball @ Btown Park (CSS)	7 6pm Pilates (CSS) 6:30pm Yoga (CSS)	8 11am Multi- Service Tour (CSS)	9 11am "Strokes- Reducing Risk & Recognizing Symptoms"(CSS) 3:30pm Country Dance Class (WW)	10 8am Walk Water & Wellness Stop @ Coventry Mall (CKAH) 2pm Music- Keyboard (CSS)	11 8am Early Bird Breakfast \$3 (CSS) 7:30pm Friday Nite Dance \$5/\$6 (CSS)	12 2pm Mother's Day Tea (WW)
13 1pm Pickleball @ Btown Park (CSS)	14 6pm Pilates (CSS) 6:30pm Yoga (CSS)	15 1pm YMCA Info Session (CSS) 6-9pm Bingo Nite \$3 (CSS)	16 1-4pm Golden Texas Hold 'Em \$5 (CSS) 2pm Bean Bag Baseball (WW)	17 9am-3pm Health & Wellness Expo (CSS) 6pm Alz. Support Group (CK)	18 8am Early Bird Breakfast \$3 (CSS)	19 8am-12pm Flea Market/Craft Sale (CK) 1-4pm Open Hs(SR)
20 1pm Pickleball @ Btown Park (CSS)	21 1pm Music- Glenn Miller (CSS) 6pm Pilates (CSS) 6:30pm Yoga (CSS)	22 9am AAA Driver initial Course-Pt 2 \$10/\$15 (CSS) 1pm Book Club (CSS)	23 12:45pm Hasenpfeffer Card Party \$2 (CSS)	24 12:45pm Pinochle Card Party \$2 (CSS) 2pm Music- Bob- by Newton (CK)	25 8am Early Bird Breakfast \$3 (CSS)	26
27 1pm Pickleball @ Btown Park (CSS)	28	29 6-9pm Bingo Nite \$3 (CSS)	30 8:30-11am Health & Fitness Day (Y) 9:30am Garden Party (WW) 11:30am- Lunch@Jukebox (CKAH) 1-4pm Golden Texas Hold 'Em \$5 (CSS)	31 1:00pm "18th Cent. PA Treaties" (CSS) 2pm Music- Musical Friends (CK)		

READING FIGHTIN PHILS – DUGOUT SUITE GROUP OUTING

Monday, June 25, 2018 • 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



Over 17 Years of Superior Care

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

Yoga

Sat., May 5, 12 & 19

9am at Center At Spring Street

Move & Groove

Sat., May 5, 12 & 19

10am 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

AARP Refresher Driver Course - \$10/\$15

Tues., May 15 • 9:30am

at Chestnut Knoll at Home, Gilbertsville

AAA Refresher Driver Course - \$10/\$15

Mon., May 14 • 9am

at Center At Spring Street

AAA Initial Driver Course - \$10/\$15

Mon., May 21 & Tues., May 22 • 9am

at Center At Spring Street

Biking on the Perkiomen Trail

Sat., May 5 - Meet at the Crusher Road

Parking Area, 1036 Crusher Road,

Perkiomenville

Walking at Boyertown Park

Thurs., May 10 & 24 • 9:30am