

AUGUST 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 1pm Golden Texas Hold 'Em (CSS) 3:30pm Music - Tom Kriczky (WW)	2	3 8am Early Bird Breakfast \$3 (CSS) 3:30pm Boom Box Bingo (WW) 7:30pm ELVIS- Jeff Krick (CSS)	4
5	6	7 5:30pm Shuffleboard Tournament (CSS) 6pm BINGO Nite \$3 (CSS)	8 10am "The Conversation Project" (CSS) 3:30pm Music - Steve Ritrovato (WW)	9 8am Walk, Water & Wellness Stop @ Coventry Mall (CKAH) 1pm Music-students (CSS)	10 8am Early Bird Breakfast \$3 (CSS) 1-3pm LuLaRoe (WW)	11
12	13 1pm "My Gift of Grace" (CSS)	14	15 2pm Caregiver's Support Group @ Boyertown Library (CKAH) 3:30pm Music - Quentin (WW)	16 1pm "Fort Carillon 1755-1759" (CSS)	17 8am Early Bird Breakfast \$3 (CSS)	18 10am-2:30pm Annual Car Show (CK)
19	20 7pm Summer Concert "Three Tall Guys" (KV)	21 9:30am AARP Driving Course \$15/\$20 (CKAH) 1pm Miniature Therapy Horse (CSS) 6pm BINGO Nite \$3 (CSS)	22 12:45pm Hasenpfeffer Card Party \$2(CSS)	23	24 8am Early Bird Breakfast \$3 (CSS) 3:30pm Happy Hour (WW)	25 10:30am Taylor Marie Fashion Show (WW)
26	27 1pm Music- Joe Soltysik Duo (CSS)	28 1pm Book Club (CSS)	29 11:30am Luncheon @ Jukebox (CKAH) 3:30pm Music - Steve Kucenski (WW)	30	31 8am Early Bird Breakfast \$3 (CSS)	



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

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., August 4, 11, 18, 25

9:00am at Center At Spring Street

Move & Groove

Sat., August 4, 11, 18, 25

10:15am at Center At Spring Street

MULTI-SERVICE TOUR

Tuesday, August 14 • 10am

Learn about the many services we provide, programs to get involved with and the numerous ways you can lend support to this agency. Even if you have toured our facility before, we invite you to join us and find out what is new and exciting under the Multi-Service roof! Please call The Center at Spring Street at 610-367-2313 at least two days in advance to make a tour reservation. Those 55 years of age and older also wishing to join us for lunch on that day should indicate that they wish to make a lunch reservation. The suggested meal donation is \$2.50.

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., August 6, 13, 20, 27

6:00pm at Center At Spring Street

Walking at Boyertown Park

Thursday, August 9, 2018

Thursday, August 23, 2018

Pickleball – Sundays

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

9:00am at Boyertown Community Park

Pickleball – Wednesdays

Wed., August 1, 8, 15, 22, 29

9:00am at Boyertown Community Park

The Senior Farmers' Market

Nutrition Program

Monday–Friday through July 31 • 1pm

Biking On The Perkiomen Trail

Saturday, August 25 • 8am

Meet us at the Perkiomen Trail Crusher Road
Parking Area, Perkiomenville