

# JANUARY 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><b>KEY:</b>  <b>Boyertown YMCA (Y) 610-369-9622</b>  <b>Center at Spring Street (CSS) 610-367-2313</b>  <b>Chestnut Knoll (CK) 610-473-8066</b>  <b>Chestnut Knoll at Home (CKAH) 610-473-3328</b>  <b>Frederick Living (FL) 610-754-7878</b></p> <p><b>Amity Place (AP) 610-385-7600</b>  <b>Keystone Villa at Douglassville (KV) 610-385-5021</b>  <b>Walnut Woods (WW) 610-367-6616</b>  <b>Wellness Council (WC) 484-868-0224</b>  <b>Buchert Ridge Community (BRC) 610-323-5190</b></p>						
	1	2	3 1pm Golden Texas Hold 'Em \$5 (CSS)	4 1pm Budgeting by Virginia Cox (CSS) 7pm Essential Oils @ Gilbt. YMCA (WC)	5 8am Early Bird Breakfast \$3 RSVP 610-367-2313 (CSS) 3:30pm Elvis Birthday (WW)	6
7	8 1pm Humor by Linda Detwiler (CSS)	9 6pm Bingo Nite \$3 (CSS)	10 10am Cold vs Flu by Beth Hiriak (CSS)	11 1pm Musical Entertainment by Michael Kropp (CSS)	12 8am Early Bird Breakfast \$3 RSVP 610-367-2313 (CSS) 7:30pm Friday Nite Dance \$5 (CSS)	13
14	15	16 6pm Coloring with a purpose w/ Julie Longacre (CSS)	17 1pm Golden Texas Hold 'Em \$5 (CSS) 3:30pm Interactive Music Therapy (WW)	18 12:45pm History Revisited by Darius Puff (CSS)	19 8am Early Bird Breakfast \$3 RSVP 610-367-2313 (CSS)	20 1-4pm Open House (snowdate 27) (BRC) 2pm Fashion Show (WW)
21	22 1pm Book Club (CSS) 6pm Bingo Nite \$3 (CSS)	23 1pm Book Club (CSS) 6pm Bingo Nite \$3 (CSS)	24 12:45pm Hpfeffer Card Party \$2 (CSS) 6:30pm Arthritis Prevention by Limerick Chiropractic(FL)	25 12:45pm Pinochle Card Party (CSS)	26 8am Early Bird Breakfast \$3 RSVP 610-367-2313 (CSS)	27 1:30pm Elmwood Zoo (WW)
28	29 1pm Musical Entertainment 40's, 50's, 60's (CSS)	30	31 1pm Golden Texas Hold 'Em \$5 (CSS)	<p><b>WELLNESS COUNCIL</b> of Boyertown</p> <p><b>CHESTNUT KNOLL</b> Personal Care, Memory Care and At Home Services <i>Over 17 Years of Superior Care</i></p>		

# 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 at 10:05am

## **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](http://www.tricountyaac.org)  
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