

DECEMBER 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>							
  <p>WELLNESS COUNCIL of Boyertown</p>							1 9am-2pm Craft Bazaar (WW)
2 12-3pm Pet Photos w/ Santa, Open House, Poinsettia & Bake Sale (FL)	3	4 7pm Exeter Comm. Band Concert (CK) 6:15pm Mississippi Mudders (WW)	5 1pm Music: Bob Alexander & Emily Beehner (CSS) 1pm Golden Texas Hold 'Em \$5 (CSS) 3:30pm Music: Guitar (WW) 6:30pm Girl Scout Caroling (WW)	6	7 3-9pm Festival of Trees (CSS) 3-9pm Holiday Open House Tour (WW)	8 10am-2pm Festival of Trees (CSS)	
9	10 6pm Coloring with A Purpose (CSS)	11 11:15am Music: BASH Select Strings (WW) 6pm Coloring with A Purpose (CSS)	12 10am Coping with Grief over the Holidays (CSS) 3:30pm Music: Steven the Singing Pastor (WW) 6:30pm Photos w/ Santa (CK)	13 1pm Music: Jeff Krick as Elvis (CSS)	14 8am Early Bird Breakfast \$3 (CSS) 6:15pm Christmas Party (WW) 7:30pm Friday Nite Dance \$5/10 (CSS)	15 1:30pm Music: Keyboardist (WW)	
16	17 1pm Music: BASH Show Choir (CSS) 3:30pm "Coping with Grief during the Holidays" (WW) 6:30pm Boy Scout Caroling (WW) 7pm Pottsgrove Comm. Band Concert (CK)	18 9:30am AARP Drivers Safety Course (CKAH) 6pm Bingo Nite \$3 (CSS)	19 1pm Golden Texas Hold 'Em \$5 (CSS) 2pm Caregiver Supp Group @ Btown Libr. (CKAH) 3:30pm Music: Glenn Miller (WW)	20 1pm Music: Pianist (CSS) 1:30pm Boom Box Bingo (WW)	21 8am Early Bird Breakfast \$3 (CSS) 6:15pm Music 4 Healing - Pianist (WW)	22 1:30pm Music: Jazz (WW)	
23	24	25 Merry Christmas!	26 9:15am Pool Tournament (CSS) 3:30pm Music: Maria Damore (WW)	27 11:30am Holiday Luncheon at Sunflower Cafe (CKAH) 1pm Music: "Jam Strait" (CSS)	28 8am Early Bird Breakfast \$3 (CSS)	29 1:30pm Music: Maggie Sings (WW)	
30	31 6:15pm Rockin' New Year's Eve Party (WW)						

Featured Activities

Gentle Chair Yoga with Margie

Every Tuesday - 11:00am at Walnut Woods

Exercise with Strength with Robin

Every Thursday - 10:45am at Walnut Woods

Tai Chi with Sifu Phil

Every Friday - 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
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 Mondays - Nov. 5-26

Every Monday at 6:00pm
at Center At Spring Street

Yoga Saturdays

December 15 at 9:00am
at Center At Spring Street

Move & Groove

December 15 at 10:15am
at Center At Spring Street

Move & Groove in Chairs with Fran

Every Tuesday at 9:30am
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

Drumming Up Fitness with Fran

Every Tuesday at 10:15 am

Pickleball – Wednesdays

Every Wednesday at 9:00am
at Boyertown Community Park

Pickleball – Sundays

Every Sunday at 1:00pm
at Boyertown Community Park