

NOVEMBER 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 6:30pm Medicare Seminar (CKAH)	2 8am Early Bird Breakfast \$3 (CSS)	3 8am-2pm Holiday Bazaar (CSS) 1:30pm Patriotic Presentation (WW)
4	5	6 3:00pm Staff and Resident Talent Show (WW)	7 1-4pm Golden Texas Hold 'Em \$5 (CSS) 3:30pm Music: Accordian (WW)	8 1pm Music: Piano (CSS)	9 8am Early Bird Breakfast \$3 (CSS) 11am Veterans Program (CSS) 12pm Veteran's Lunch (Y) 7:30pm Friday Nite Dance \$5 (CSS)	10 3:30pm Music: Country Western (WW)
11	12	13 10am Multi-Service Tour (CSS) 6-9pm Bingo Nite \$3 (CSS)	14 3:30pm Name that Tune with Bill Long (WW)	15 10am Walking Bingo @ Gilbt. YMCA (WC) 1pm "Comparing Leaders of Seven Years War" (CSS) 2pm Music: Jeff Krick (CK) 6:30pm Alzheimer's Support Group (CK)	16 8am Early Bird Breakfast \$3 (CSS) 12:30pm AOA Turkeyfest (Y) 3:30pm Happy Hour(WW)	17 1:30pm Music: Vocalist (WW)
18	19 3:30pm Healthy Holiday Eating with South Eastern(WW)	20 9:30am-1:30pm AARP Course (CKAH) 6pm Coloring w/ Purpose (CSS)	21 1-4pm Golden Texas Hold 'Em \$5 (CSS) 1pm Music: Spring Street Songsters (CSS) 3:30pm Music: Vocalist (WW)	22 8:15am Thanksgiving Day Turkey Trot @ Boyertown Community Park (WC)	23	24 Steven Barth's Christmas Show (WW)
25	26	27 1pm Book Club (CSS) 6:15pm Sock Hop (WW)	28 12:45pm Hasenpfeffer Cards \$2 (CSS) 3:30pm Music: Keyboardist (WW)	29 12:45pm Pinochle Cards \$2 (CSS)	30 8am Early Bird Breakfast \$3 (CSS)	

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

Every Saturday at 9:00am
at Center At Spring Street

Move & Groove

Every Saturday 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

Lifelong Learning Programs:

Cost: \$50 members / \$55 non-members

- **“Safe Haven” Coping with Grief & Loss**
Mondays; October 22 thru Nov. 26 • 6pm

- **“Seniors & Fraud”**
Tuesday, November 6 • 1:30-3:30pm

- **“Healthy Holiday Eating”**
Wednesday, November 14 • 10:00am

- **“Lifting & Proper Body Mechanics”**
Tuesday, November 27 • 1:00pm