From Brian’s Desk

It’s been a busy few months at the Tri-County Active Adult Center! We’ve completed our name change, and have received lots of positive feedback on the new name. We also have our new website up and running – www.TriCountyAAC.org. We are still working on some portions of the site, but you can find our daily calendar there, descriptions of all of our programs and activities, and much, much more. We will continue to produce this printed newsletter, but you can also follow us on Facebook or sign up to receive an e-mail newsletter with highlights of what is going on.

Golden Apple Gala and Swing Dance

We had two major events in recent months – the Golden Apple Gala and the WWII Swing Dance. Both events raised a lot of money to help the center, and everyone had a great time. Look for photos and details of each event elsewhere in this newsletter.

Golf Outing

Our next major event is our Golf Outing in June. Look for the ad in this newsletter, or give me a call for more information. We play at Hickory Valley in Gilbertsville, and it is always a fun day. This year we are playing on June 13.

Construction

We are getting ready to begin the finish work shortly. Some permitting and design issues have held us up recently, but we expect to get back to work soon.

Overall, the outpouring of support from our members and the greater community has been inspiring! Everyone has dug deep to give what they can to make this dream come true. It’s amazing to know how many people understand how critical the center is to the older adults of our community.

Buy-A-Tile

The Buy-A-Tile deadline has been extended! If you haven’t ordered your tile yet, please act soon! Each tile you purchase will be engraved with your or your family’s name. Small tiles are available for $100, and large tiles for $150. The tiles will be

Brian Parkes
Howdy!

Yellow Dot Program

Have you ever heard about the Yellow Dot Program? The Yellow Dot Program assists you in the “golden hour” of emergency care following a traffic accident when you may not be able to communicate your needs yourself. By placing a Yellow Dot decal in your vehicle’s rear window it will alert first responders to check your glove compartment for vital information to ensure you receive the proper medical attention. How can you participate? It’s easy. Complete a participation form, which includes emergency contact information, medical history, medications, allergies and doctors. I have the forms if you would like to participate in this program. Please call 610-323-5009 for more information or to schedule a time for assistance.

Farmer’s Market Vouchers

It’s that time again! The Farmer’s Market Vouchers will be here beginning in June. This program provides income eligible seniors with $20 in checks that can be spent at participating Farmers’ Markets. A couple is eligible for $40 in checks. An individual/couple is eligible if they meet the following criteria:

- At least 60 years old by December 31st of the current year.
- Annual income below
  Single: $21,775
  Couple: $29,471

Please bring proof of age with you. Seniors who are living in nursing or residential facilities where meals are provided are not eligible. THE VOUCHERS ARE ONLY TO BUY PRODUCE. I will distribute the vouchers on Mondays, Tuesdays, Thursdays, and Fridays 9:00am to 11:00am.

Have a happy May and June everyone.

Sincerely,

Alyssa Bell

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The mission of the TriCounty Active Adult Center is to enhance the well-being of its members by providing services and activities that promote an independent and healthy lifestyle. The TriCounty Active Adult Center has more than 3,000 members residing in the tri-county area. We welcome anyone living in the tri-county area (Berks, Chester and Montgomery Counties) who is 50+ years of age to consider joining our center.

The Newsletter of the TriCounty Active Adult Center (ISSN: 2471-7258) Issue: 2016-3 is published six times per year by the TriCounty Active Adult Center, 288 Moser Road, Suite 1, Pottstown, PA 19464. Send address changes to: TRAAC, 288 Moser Road, Suite 1, Pottstown, PA 19464.
A life that touches others
goes on forever

The TriCounty Active Adult Center would like to express our sincere gratitude and appreciation for the donations in memory of some of our dear friends.

In Memory of Doris Reigner
Edwin Nester
William & Beverly Thompson

In Memory of Helen Malesky
Sunshine Club of the Lower Pottsgrove School District
Ann Brower

In Memory of Trudy Harple
Virginia Slody
Katherine Yusko
Joan Landis
Charlotte Derr
Carol Wallace
Nancy Bortz

In Memory of Jean Shaner
Rose Grenewald

A special thank you to Dave Douglass and his AARP tax preparation team: Bob, Nathan, Jim and Rosemarie. Between the Trappe location and the Beren Church we were able to help over 600 people this tax season. We certainly appreciate their time and expertise and look forward to having them join us again next February!

Greenfield is a full service, home-town community offering independent living, personal care, and memory care.
We invite you to visit our community today and experience our award-winning lifestyle that so many have grown to love and trust.

Ask about our Spring Specials for new residents!

Greenfield Senior Living of Perkiomen Valley
300 Perkiomen Avenue, Schwenksville, PA 19473
(610) 287-1822

Caregiver Support Group
Support groups help family caregivers deal with the emotional and practical challenges of caregiving. Starting at 6:30 pm, our next meetings will be held:
May 10 • June 14 • July 12

www.GreenfieldSeniorLiving.com
Let’s Dance

The TriCounty Active Adult Center offers a wide variety of dancing classes. There is something for everyone! From Line Dancing and Golden Zumba to Chair Dancing with Holly. We have a band and dancing at each monthly birthday party. Keep checking us out for more “Dancing” classes and seminars coming soon.

Dancing makes you smarter

It’s been proven that the only physical activity to offer protection against dementia is frequent dancing.

- Reading 35% reduced risk of dementia
- Bicycling 0%
- Doing crossword puzzles at least four days per week 47%
- Playing golf 0%
- Dancing frequently 76%

Do it often! Seniors who took dance lessons 4 days a week had a measurably lower risk of dementia than those who only did it once a week.

Flower Arranging with Nick

If you would like a dash of spring to take home with you, if you love the looks of those floral displays but just can’t seem to get the knack of it, then we have a new program just for you!

Please join us as we welcome Nick to the TriCounty Active Adult Center (formerly the Pottstown Area Seniors’ Center) at the Berean Church and watch him work his magic. Nick will help you design a display to take home and all you need to bring is a small vase to hold your flowers.

This class will be held on Tuesday, May 24th and June 28th at 1:00. Please call 610.323.5009 to register as space is limited. Cost: $2.00

Where You Live Matters!

...Come See How!

We’ve Changed at
Sanatoga Ridge & Buchert Ridge!

Living Your Someday Today!

Special Incentive:
No Monthly Maintenance Fee ranging from 3 to 6 months!

Sanatoga Ridge
2461 E. High St.
610-326-6282

Buchert Ridge
2011 Buchert Rd.
610-323-5190

LEAVE A Legacy
OUTLIVE YOUR LIFE

What will your legacy be? How will you be remembered? Many people expect that their children and grandchildren will be their legacy. Others have left their mark on the world through their business or their public service. Only the very rich leave a legacy through their generosity, right? WRONG!

Legacy giving, also known as planned giving, is not just for the more well-to-do people. And it does not need to be complicated. Almost anyone can leave a generous and sustaining gift to the organization of their choice if they plan ahead.

Here are two easy ways to cement your legacy while improving the lives of older adults in the Pottstown area:

- A bequest: A bequest is planned giving in its simplest form. This is a directive in your will to give a part of your estate to an organization. It may be a fixed dollar amount or a percentage of your assets when you pass. Talk to your attorney about adding your favorite charitable organizations to your will.
- Life insurance: There are a few options with life insurance. If you are paying premiums on a policy you no longer need, consider naming a charity as the beneficiary. What may be a small premium over the years could add up to a sizable gift for a charity.

Planned giving does not need to be complex. You can leave a legacy that will benefit thousands of seniors for years to come. Talk to your attorney or estate planner about which planned giving options may be right for your situation.

Donors who notify us of their plans will be permanently honored on our “Legacy Wall” in the new center.

If you have questions about planned giving, or would like to discuss your plans with the center, call Brian Parkes at 610-323-5305.
Four Tips to Help Maximize Social Security

Incorporating Social Security into a retirement strategy is a smart move

The money taken out of your paycheck every month may be unwelcome now, but it can give you monthly income later in life.

However, some question if Social Security will last long enough for those in the workforce now to be able to receive these benefits. According to Social Security trustees, enough reserves exist for the system to pay 100 percent of promised benefits until 2033, without further reform. Full benefits are available at age 65 for those born before 1938, gradually increasing to age 67 for those born in 1960 or later. There is more to Social Security than just applying for retirement benefits when you are eligible at age 62 or over. By waiting, you can maximize your benefits, which will increase every year you choose to wait to file for Social Security retirement benefits. Thrivent Financial suggests you consider these four tips before applying for Social Security.

1. Don’t assume it won’t be there. Social Security is projected to last at least until 2033, so the first mistake is writing it off as a resource that won’t be available. Planning early for the role Social Security will play in your retirement will prevent you from being caught off guard and missing out on increased benefits once you are ready to start collecting.

2. Know your situation. Retirement income planning is critical. Social Security has many nuances, so a personalized approach is necessary to get a better grasp of your retirement future. By using your current information from the Social Security Administration, financial representatives may be able to create scenarios to give you an idea of how the age you begin receiving distributions can affect the monthly amounts you will receive. For example, if you’re divorced or widowed, a financial representative will be able to calculate the different ways you can claim benefits and how they can affect your retirement strategy.

3. Wait to draw. Now that you are planning for it, you can figure out when the right time for you to start receiving benefits. For many people, this will most often be after the age that you are eligible to start collecting full benefits. For every year that you delay, Social Security benefits will increase by a set percentage, eventually putting your monthly benefit above 100 percent. Delaying can also multiply the benefits after it is adjusted for cost-of-living and can potentially reduce the number of years benefits are subject to income taxes. Factors to consider as to when to file for your Social Security benefits include: health status, life expectancy, need for income, future employment, and survivor needs. A financial representative can help you build all of this information into an overall retirement strategy.

4. Get your financial house in order. If you delay your Social Security benefits, you will need to have another way to pay for your needs while you are not working. If you planned early enough, you will likely have adjusted your finances so that you are prepared. Again, talking to a representative can help you plan the best option for the interim time before you file for Social Security.
The Seniors’ Smart Strategy for Traveling Using Airbnb

By R. Kurtz “Kurt” Holloway, Esq.

For those unfamiliar with the company Airbnb, it provides an online service that connects hosts who have accommodations to rent with guests seeking to rent accommodations. It provides an alternative to booking a hotel room when traveling. Hosts are often individuals and the accommodations can range from a mansion to a room in a house or apartment. Airbnb is not an owner or operator of properties. In order to access certain features of the Airbnb website and its tools, and to book an accommodation or create a rental listing, you must register to create an account and become a member. And, in order to do that you must agree to its Terms of Service. This is the contract you are signing with Airbnb.

It is important that you understand the Airbnb Terms of Service but they are 69 pages long. Through this article and others that are posted on my law firm’s website, www.whhmlaw.com, I will help you understand this contract, what to expect from Airbnb and how to take steps to have a good experience with the accommodations you rent.

This article is a brief summary of the Airbnb Terms of Service but the main focus is how to have a solid contractual relationship with your host.

Once you register as a member and choose an accommodation you must sign a separate contract with the host. At that time you will pay fees to Airbnb for the use of its service of providing you with its listing of accommodations, reviews, verified identity of parties and some help with resolving any dispute you might have with your host. The rent you pay for the accommodation is in addition to the Airbnb fees.

There are a number of reviews, both positive and negative, about guest’s experiences renting through Airbnb. Some of the worst stories are of guests who had their bookings cancelled by hosts just days or hours before arrival leaving the guest scrambling for a substitute place to stay. Very often guests in this situation settled for much less satisfactory accommodations or spent a good deal more money. Others found dirty or unsafe accommodations waiting for them when they arrived. Airbnb offers help but few reviewers felt its help was enough.

The contract you sign with the host is a rental agreement. Follow these three guidelines to evaluate the host’s contract and the host to help assure yourself of a positive experience.

1. Understand the contract terms. Carefully read the terms of the rental agreement. If you do not understand it, ask someone knowledgeable for help. Look at the property pictures and description carefully. It is important that you understand the neighborhood and consider what you can do about it to be sure it is there when you arrive.

2. Learn as much as you can about the host. A contract is only as strong as the integrity of the other party and his ability to provide what he promises. Look at the profiles and reviews of potential hosts both on the Airbnb site and on other independent websites. Check if there are reviews, both positive and negative, about guest’s experiences renting. Airbnb recommends that you check for Airbnb verified phone numbers, connected social networks, and references. You can ask a host to complete an Airbnb profile verification before booking.

3. Try to establish a good relationship with the host before you arrive. A host is less likely to cancel at the last minute or deliver a dirty accommodation if he has gotten to know and like the guest. Start a friendly conversation with the host about your expectations and plans. If you have specific needs or have chosen a particular accommodation because of some amenity or feature, talk to the host about it to be sure it is there and in working order. Discuss house rules and assure him you will comply. Talk about the neighborhood and ask for tips about dining, shopping and emergency medical care.

All contracts have risks that the other party will not perform his part. If you do your homework and follow through you will give yourself the best chance for a good experience.

This article contains general advice and information. It is not intended as specific legal advice. R. Kurtz “Kurt” Holloway is a partner in the law firm of Wells, Hoffman, Holloway & Medvisky, LLP. Visit our website at www.whhmlaw.com.
The 2016 Golden Apple Gala was a great success, raising nearly $15,000 for the renovations to our new building. A wonderful time was had by all at the Brookside Country Club. Thank you to all of our sponsors, donors, and attendees for your support.

A special thank you to our major sponsors –

• The Scott and Susan Bentley Fund
• Joe & Linda Voytilla
• The Keller Williams Realty Group

Thank you to the committee – Lisa Criniti, Linda Voytilla, Gayle Wolf, Bill Wellen, Tom Spann

Thank you to our other volunteers – Barbara Rightnour, Ron Barrett, Marge McElroy, Jay Kapila, Norm Wilkie, Dolly Yusko.

Thank you to harpist Betsy Chapman for the happy hour entertainment.

Thank you to artist Alita Abruzzese, who produced a beautiful landscape during the event that was auctioned off.

Thank you to dancers Bill & Patti Underwood, who entertained and inspired everyone with their gracefulness and footwork.

Thank you to auctioneer Kevin Zimmers, who added a lot of energy to the end of the evening

2016 Sponsors

• The Scott and Susan Bentley Fund
• Joe & Linda Voytilla
• Keller Williams Realty Group
• Patient First
• First Niagara
• Catagnus Funeral Home
• Thrivent Financial
• Wolf Baldwin & Associates
• David G. Garner, Esq.
• cultivate
• O’Donnell Weiss & Mattei
• The Longacre Company
• Lawrence J. Gribb, D.M.D.
• Klein Transportation

Bill & Patti Underwood performed twice during the evening. This award-winning couple have been dancing together and competing for 25 years, most recently winning a competition this past November.

See more photos on page 19.
Come out and join the fun!

Are you age 50 or better? Then come on out and join the fun! Everyone is welcome, no matter where you live.

Free Participation

Everyone is welcome to come to the TriCounty Active Adult Center. Come out for a program, get some questions answered, or just escape the heat or cold and visit with friends. We have many free and low-cost programs and services – nearly 40 every week. Here is just a small sample:

- Assistance from our information and assistance specialist – free
- Hot Lunch – free ($2 suggested, anonymous donation)
- Visiting Nurse – free
- Computer Help – free
- Daily card games – free
- Art Class – $1
- Line Dancing – $2
- Current Events Club – free
- Golden Zumba – $2
- Sit and Get Fit – free
- Tai Chi – $3
- Informational seminars – free

Membership

Membership is optional, but comes with some great benefits:

- Our bi-monthly newsletter mailed to your home
- Discounts on day and overnight trips
- Five free programs (some restrictions apply)
- Access to members-only events (new for 2016!)
- Our gratitude for your support!

Membership is $20 per person, new or renewing.

No matter if you choose to be a member or a participant, a completed information form is required. The form is available on our website (www.TriCountyAAC.org), or simply come to the Berean Church or our new location on Moser Road and pick up a copy on your first visit.

Let’s Have Some Fun! Take a Trip with Us!

Mystery trip with Dolly!
June 8th: Little hints along the way such as we guarantee you won't go hungry...but you won't get the secret out of us. Join us on our adventure as we tour the countryside, visit a couple of special places and enjoy a hearty tasty lunch! There is minimal walking on this excursion and the walking you will do is at an easy pace with fairly flat surfaces. Members $83; non-members $85

Mary Poppins!
July 27th: Dutch Apple Dinner Theatre is a year-round dinner & Broadway show package featuring professional performers from across the United States and a live orchestra. Dutch Apple features the classic Mary Poppins for us coupled with an All-American buffet meal. Come and sing-a-long to those memorable tunes and enjoy a wonderful day out. Members $75; non-members $77 (includes transportation, lunch & the play)

Strasburg Railroad & Shady Maple
August 3rd: Join us as we depart from the Berean Church at 10:00 and head to the favorite local buffet lunch at Shady Maple. After enjoying lunch we depart to Strasburg where we will ride the Strasburg Railroad to take in the scenic views of Lancaster County countryside. Members $55; non-members $58

Ocean City, MD Seafood Fest
September 12-15th: 4 days/3 nights - members $390; non-members $400
Includes-3 nights’ accommodations; 3 breakfasts; 2 dinners including All-You-Can-Eat Seafood Festival Buffet; guided tour of Assateague Island; visit to Tanger Outlets; visit to Casino at Ocean Downs; time to enjoy Ocean City’s beautiful beach and Boardwalk

Newport, RI
October 3-6th: 4 days/3 nights - members $500; non-members $510
Includes-3 nights’ accommodations; 3 breakfasts; 3 dinners; tour of Newport including the Scenic Ten Mile Drive; Admission to 2 Newport Mansions; tour of Mystic; Brick Market Place; visit to Newport Grand Slot Casino; Visit to Olde Mistick Village

Is There Life After 50?
October 12th: Rainbow Comedy Playhouse: What is in store for couples over 50. Love laughter and heart, this little gem, explores them it all. Funny at any age. Members $70; non-members $72

Mohegan Sun Casino
November 2nd: Benefits include a $5 food voucher and $25 free slot play! The bus will leave the Berean Church parking lot at 10:00. Payment is due at the time of registration. Call Dolly at 610.323.5009 for more information. As space is limited. Cost: Members $25; non-members $28

Also on the books: A trip to the Sight ‘N Sound Theatre & a Christmas Show are in the works...more information to follow. We will be introducing a new Travel Club soon!
Osteoporosis and Physical Therapy

Decreased bone strength, low bone density, and bone tissue break down is commonly called osteoporosis. Osteoporosis results in thin weak bones that can result in up to 1.5 million fractures per year.* The bones that are most commonly fractured are spine, hip, and wrist. It is important to know if you are at risk for osteoporosis in order to decrease your risk of fractures.

Osteoporosis can affect both men and women and across all races. However, it is more likely seen in women over 50 years of age. It is also more likely that an Asian female will have osteoporosis than an African American female because African-Americans typically have higher bone mineral density than most other races. The order of least-to-greatest bone mineral density for each race is: Asians, Caucasianians, Hispanic-American, then African-American.

There are some factors that you can change and others that you cannot in regards to the risk of osteoporosis. If you are at a higher risk due to age, gender, and genetics, you may want to be more proactive in factors that you CAN change to decrease your overall risk of osteoporosis.

Factors you CANNOT change:
- gender
- race and genetics

Factors that you CAN change:
- age >50 years old
- some medical conditions/surgeries (Celiacs, epilepsy, inflammatory bowel disease, gastric bypass, cancer treatments, chemotherapy, radiation)

Factors that you CAN change:
- immobilization (due to fractures, stroke, Parkinson disease)
- minactive lifestyle
- smoking
- excessive alcohol consumption
- hormone levels (sometimes this cannot be controlled)
- Calcium and Vitamin D deficiency
- Drugs (corticosteroids, some cancer treatments)

What does osteoporosis look like? Osteoporosis is a silent disease and you may not have any outward signs or symptoms. That is why you should be aware of the above risk factors. However, some people may notice a loss in height or stooped posture. Osteoporosis is usually diagnosed by the gold standard of a DEXA scan, but can be diagnosed by ultrasound, plain films or x-rays.

How can physical therapy help lower your risk or prevent osteoporosis-related complications? Physical therapy can:
- Reduce the amount of controllable risk factors
- Decrease fall risk
- Improve balance
- Prescribe tailored weight-bearing and resistance exercise programs

Physical therapy is well known for osteoporosis and has an integral role in helping those who have suffered from a fracture to recover their range of motion and strength, and return to previous levels of activity. Did you know that physical therapy could also help an individual who is at risk for osteoporosis and has an inactive lifestyle to achieve a more active lifestyle in a safer manner; and thereby decrease osteoporosis risk factors? Physical therapist can assess your balance and fall risks to prevent and decrease.

Addressing the controllable risk factors and moving toward a healthier lifestyle may help manage osteoporosis. Physical therapy can help you achieve those goals.


Julie Hawthorne Adanski PT, DPT, ATC Owner & Physical Therapist of Energy Physical Therapy, LLC. Dr. Adamski serves the greater Pottstown and Boyertown area and is a local resident committed to the health and well being of area residents. Information in these tips are intended for educational use and you should seek medical advice from your individual physical therapist or physician if needed. www.energy-pt.com 610-310-0913.

Security

From Pages

Social Security can be confusing, but talking to a representative can help you clarify the role it can play in your retirement strategy.

Social Security can be confusing, but talking to a representative can help you clarify the role it can play in your retirement strategy.
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**May Events**

### Community Meals
- **Monday, May 15:** 12:00p Lunch
- **Tuesday, May 16:** 12:00p Lunch
- **Wednesday, May 17:** 12:00p Lunch

### Other Events
- **Sunday, May 22:**
  - 12:00p Special Events-Rod Muthard with the Ukulele Band
  - 01:00p Art Class B
  - 01:00p Texas Hold Em M

**PLEASE NOTE:**

- B stands for Berean Bible Church (2679 East High St, across from Cutillo’s)
- M stands for Moser Road (288 Moser Road, the site of our new center)
- Alyssa Bell, our Benefits Information & Referral Counselor, floats between both locations.
- Just Stopping By, Pinnochle, Walking Gym, Little Free Library, and Game Room (Pool Table, Foosball, Table Hockey) are available at Berean Bible Church any time the senior center is open there.
- Treadmill available at Moser Road any time the senior center is open there.
- No TRAAC Lunch is served on those days Berean Church has its Senior Adult Ministry (SAM) Luncheon (last Monday of the month) – all of our members are invited to eat the meal provided by the church but you have to sign up in advance – no reservations taken on the day of the luncheon.
- ALSO, No Healthy Steps in Motion on those days of the above-mentioned SAM Luncheons nor on Birthday Party days.

**LUNCH MENU SUBJECT TO CHANGE WITHOUT NOTICE!**
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<td>10:00a Social Services Counselor</td>
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<td>10:00a Origami B</td>
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<td>01:00p Texas Hold Em M</td>
<td>07:30p PASC Stamp Club - M</td>
<td>10:00a Sit and Get Fit B</td>
<td>10:00a Sit and Get Fit B</td>
<td>10:00a Sit and Get Fit B</td>
<td>10:00a Sit and Get Fit B</td>
<td>01:00p Texas Hold Em M</td>
</tr>
<tr>
<td>10:30a Colorful Creative and Relaxing</td>
<td>12:00p Lunch</td>
<td>12:00p Lunch</td>
<td>12:00p Lunch</td>
<td>12:00p Lunch</td>
<td>12:00p Lunch</td>
<td>01:00p Texas Hold Em M</td>
</tr>
<tr>
<td>12:00p Lunch B</td>
<td>01:00p Art Class B</td>
<td>01:00p Art Class B</td>
<td>01:00p Art Class B</td>
<td>01:00p Art Class B</td>
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<tr>
<td>10:30a Reflect. Moments B</td>
<td>12:00p Lunch B</td>
<td>01:00p Art Class B</td>
<td>01:00p Art Class B</td>
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<td>01:00p Texas Hold Em M</td>
</tr>
</tbody>
</table>

**PLEASE NOTE:**

B stands for Berean Bible Church (2675 East High St, across from Cutillo's)

M stands for Moser Road (288Moser Road, the site of our new center)

Alyssa Bell, our Benefits Information & Referral Counselor, floats between both locations

Just Stopping By, Pinnochle, Walking Gym, Little Free Library, and Game Room (Pool Table, Foosball, Table Hockey) are available at Berean Bible Church any time the senior center is open there.

Treadmill available at Moser Road any time the senior center is open there.

No TRAC Lunch is served on those days Berean Church has its Senior Adult Ministry (SAM) Luncheon (last Monday of the month) – all of our members are invited to eat the meal provided by the church but you have to sign up in advance – no reservations taken on the day of the luncheon.

ALSO, No Healthy Steps in Motion on those days of the above-mentioned SAM Luncheons nor on Birthday Party days.

**LUNCH MENU SUBJECT TO CHANGE WITHOUT NOTICE!**
<table>
<thead>
<tr>
<th>Monday, May 2</th>
<th>Tuesday, May 3</th>
<th>Wednesday, May 4</th>
<th>Thursday, May 5</th>
<th>MOTHER'S DAY MENU</th>
</tr>
</thead>
</table>
| CHICKEN PECAN w Maple Bourbon Sauce*  
Sweet Potato Cubes*  
Green beans and Corn*  
Wheat Roll* w margarine  
Fruit Cocktail*  
Milk* | TORTILLA CRUSTED FISH  
Sugar Snap Peas*  
Spanish Rice*  
Wheat Roll* w margarine  
Fresh Pear*/ADC 4 oz fruit*  
Milk* | BAKED CHEDDAR CHICKEN  
Broccoli Florets  
Seasoned Potato Cubes*  
Wheat Bread* w margarine  
Chocolate Chip Cookie*  
Milk* | STUFFED CABBAGE w Cornbread Almond Stuffing*  
Meatballs & Sweet & Sour Sauce*  
Mixed Vegetables*  
Wheat Roll* w margarine  
Peaches*  
Milk* | STUFFED CHICKEN w Cornbread Almond Stuffing*  
Baked Potato Wedges*  
Dill Carrots  
Wheat Roll*  
Lite Chocolate Cake* |
| Monday, May 9  | Tuesday, May 10  | Wednesday, May 11  | Thursday, May 12  | Friday, May 13  |
| HAMBERGER  
Stewed Tomatoes  
Corn*  
Hamburger Roll**  
Fresh Apple*/ADC 4 oz Fruit*  
Milk* | VEGGIE SCRAMBLE*  
(eggs w cheese, red potato, peppers, onions, spinach)  
Cinnamon Apples*  
Wheat Bread* w margarine  
Banana Sugar Free Cake*  
OJ* | TURKEY w Corn Bread  
Stuffing & Onion & Sage Gravy*  
Whipped Sweet Potato*  
Cauliflower w Red Peppers  
Wheat Roll* w margarine  
Mandarin Oranges*  
Milk* | FISH CREOLE  
Collard Greens  
Cheesy Grits*  
Wheat Bread* w margarine  
Pears*  
Milk* | GRILLED CHICKEN w Thyme Gravy  
Honey Carrots*  
Garlic Roasted Potato*  
Wheat Roll* w margarine  
Pineapples*  
Milk* |
| Monday, May 16  | Tuesday, May 17  | Wednesday, May 18  | Thursday, May 19  | Friday, May 20  |
| MEATBALL SANDWICH w Provolone & Sauce*  
Grilled Vegetables  
Spinach & Carrots  
Hotdog Roll**  
Tropical Fruit*  
Milk* | CHICKEN FAJITA w Rice*  
Corn, Black Beans, & Tomatoes*  
Wheat Bread* w margarine  
Peaches*  
Milk* | LEMON PEPPER FISH w Brown Rice*  
Sugar Snap Peas w Red Peppers*  
Spiced Pineapples*  
Oatmeal Cookie*  
Milk* | TURKEY ALA KING w Noodles**  
Broccoli, Red Peppers, & Mushrooms  
Wheat Bread*  
Fresh Apple*/ADC 4 oz Fruit*  
Milk* | HOTDOG w BAKED BEANS*  
Buttered Carrots*  
Winter Blend  
Hotdog Bun**  
Raspberry Pears*  
Milk* |
| Monday, May 23  | Tuesday, May 24  | Wednesday, May 25  | Thursday, May 26  | Friday, May 27  |
| BALSAMIC GLAZED CHICKEN  
Cauliflower & Carrots*  
Couscous w Beets & Walnuts*  
Wheat Roll* w margarine  
Fruited Yogurt*, OJ* | BAKED ZITI***  
Garlic Spinach w mushrooms & carrots  
Applesauce*  
Milk* | HONEY WALNUT CHICKEN  
Green & Wax Bean & Red Peppers  
Sweet Potato w Pineapples*  
Wheat Roll* w margarine  
Fresh Orange*/ADC 4 oz Fruit  
Milk* | MEATLOAF w Tomato Glaze  
Whipped Cauliflower & Potato*  
Peas & Onions*  
Wheat Bread* w margarine  
Sugar Free Apple Cake*  
Milk* | GRILLED CHICKEN & ROTINI w Garlic Parm Sauce*  
Italian Blend Vegetables*  
Wheat Bread* w margarine  
Pineapples*  
Milk* |
| Monday, May 30  | Tuesday, May 31  |  |  |  |
| CLOSED | CHICKEN PECAN w Maple Bourbon Sauce*  
Sweet Potato Cubes*  
Green beans and Corn*  
Wheat Roll* w margarine  
Fruit Cocktail*  
Milk* |  |  |  |  |

* 1 Carb choice
** 2 Carb choices

MAY 2016
<table>
<thead>
<tr>
<th>Monday, June 6</th>
<th>Tuesday, June 7</th>
<th>Wednesday, June 8</th>
<th>Thursday, June 9</th>
<th>Friday, June 10</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HAMBURGER</strong></td>
<td><strong>VEGGIE SCRAME</strong></td>
<td><strong>TURKEY w Corn Bread</strong></td>
<td><strong>FISH CREOLE</strong></td>
<td><strong>GRILLED CHICKEN w Thyme</strong></td>
</tr>
<tr>
<td>Stewed Tomatoes</td>
<td>(eggs w cheese, red potato, peppers, onions, spinach)</td>
<td>Stuffing &amp; Onion &amp; Sage Gravy*</td>
<td>Collard Greens</td>
<td>Honey Carrots*</td>
</tr>
<tr>
<td>Corn*</td>
<td>Cinnamon Apples*</td>
<td>Whipped Sweet Potato*</td>
<td>Cheesy Grits*</td>
<td>Garlic Roasted Potato*</td>
</tr>
<tr>
<td>Hamburger Roll**</td>
<td>Wheat Bread w margarine</td>
<td>Cauliflower w Red Peppers</td>
<td>Wheat Bread* w margarine</td>
<td>Wheat Roll* w margarine</td>
</tr>
<tr>
<td>Fresh Apple*/ADC 4oz Fruit*</td>
<td>Clanana Sugar Free Cake*</td>
<td>Wheat Roll* w margarine</td>
<td>Pears*</td>
<td>Pineapples*</td>
</tr>
<tr>
<td>Milk*</td>
<td>OJ*</td>
<td>Mandarin Oranges*</td>
<td>Milk*</td>
<td>Milk*</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, June 13</th>
<th>Tuesday, June 14</th>
<th>Wednesday, June 15</th>
<th>Thursday, June 16</th>
<th>Friday, June 24</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEATBALL SANDWICH w Provolone &amp; Sauce</strong></td>
<td><strong>CHICKEN FAJITA w Rice</strong></td>
<td><strong>LEMON PEPPER FISH w Brown Rice</strong></td>
<td><strong>TURKEY ALA KING w Noodles</strong></td>
<td><strong>MEATLOAF w Tomato Glaze</strong></td>
</tr>
<tr>
<td>Grilled Vegetables</td>
<td>Corn, Black Beans, &amp; Tomatoes*</td>
<td>Sugar Snap Peas w Red Peppers*</td>
<td>Broccoli, Red Peppers, &amp; Mushrooms</td>
<td>Whipped Cauliflower &amp; Potato*</td>
</tr>
<tr>
<td>Spinach &amp; Carrots</td>
<td>Wheat Bread w margarine</td>
<td>Spiced Pineapples*</td>
<td>Wheat Bread*</td>
<td>Peas &amp; Onions*</td>
</tr>
<tr>
<td>Hotdog Bun**</td>
<td>Peaches*</td>
<td>Oatmeal Cookie*</td>
<td>Fresh Apple*/ADC 4oz Fruit*</td>
<td>Wheat Roll* w margarine</td>
</tr>
<tr>
<td>Tropical Fruit*</td>
<td>Milk*</td>
<td>Milk*</td>
<td>Milk*</td>
<td>Milk*</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, June 20</th>
<th>Tuesday, June 21</th>
<th>Wednesday, June 22</th>
<th>Thursday, June 23</th>
<th>Friday, June 24</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOTDOG w BAKED BEANS</strong></td>
<td><strong>BALSAMIC GLAZED CHICKEN</strong></td>
<td><strong>BAKED ZITI</strong></td>
<td><strong>HONEY WALNUT CHICKEN</strong></td>
<td><strong>MEATLOAF w Tomato Glaze</strong></td>
</tr>
<tr>
<td>Buttered Carrots*</td>
<td>Cauliflower &amp; Carrots*</td>
<td>Garlic Spinach w mushrooms &amp; carrots</td>
<td>Green &amp; Wax Bean &amp; Red Peppers</td>
<td>Whipped Cauliflower &amp; Potato*</td>
</tr>
<tr>
<td>Winter Blend Hotdog Bun**</td>
<td>Couscous w Beets &amp; Walnuts*</td>
<td>Applesauce*</td>
<td>Sweet Potato w Pineapples*</td>
<td>Peas &amp; Onions*</td>
</tr>
<tr>
<td>Raspberry Pears*</td>
<td>Wheat Roll w margarine</td>
<td>Milk*</td>
<td>Wheat Roll* w margarine</td>
<td>Wheat Roll* w margarine</td>
</tr>
<tr>
<td>Milk*</td>
<td>Fruited Yogurt*, OJ*</td>
<td>Fruited Yogurt*</td>
<td>Fresh Orange*/ADC 4oz Fruit*</td>
<td>Milk*</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, June 27</th>
<th>Tuesday, June 28</th>
<th>Wednesday, June 29</th>
<th>Thursday, June 30</th>
<th><strong>JUNE 2016</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GRILLED CHICKEN &amp; ROTINI w Garlic Parm Sauce</strong></td>
<td><strong>SLICED TURKEY w Mustard Wine Sauce</strong></td>
<td><strong>CHICKEN PECAN w Maple Bourbon Sauce</strong></td>
<td><strong>TORTILLA CRUSTED FISH</strong></td>
<td><strong>TORTILLA CRUSTED FISH</strong></td>
</tr>
<tr>
<td>Italian Blend Vegetables*</td>
<td>Brussel Sprouts</td>
<td>Sweet Potato Cubes*</td>
<td>Sugar Snap Peas*</td>
<td>Sugar Snap Peas*</td>
</tr>
<tr>
<td>Wheat Bread w margarine</td>
<td>Roasted Red Bliss Potatoes*</td>
<td>Green beans and Corn*</td>
<td>Spanish Rice*</td>
<td>Spanish Rice*</td>
</tr>
<tr>
<td>Pineapples*</td>
<td>Wheat Roll* w margarine</td>
<td>Wheat Roll* w margarine</td>
<td>Wheat Roll* w margarine</td>
<td>Wheat Roll* w margarine</td>
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<tr>
<td>Milk*</td>
<td>Fruit Cocktail*</td>
<td>Fruit Cocktail*</td>
<td>Fresh Pear*/ADC 4oz Fruit*</td>
<td>Fresh Pear*/ADC 4oz Fruit*</td>
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<td>Milk*</td>
<td>Milk*</td>
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</table>
The sounds of the war years filled the Sunnybrook Ballroom on April 8. Hundreds of people came from all over to honor our veterans and support the TriCounty Active Adult Center. Swing Fever Dance Band kept everyone hopping, and we had lots of people enter the costume and uniform contest.

Each of the veterans in attendance were recognized during the evening. The group represented some impressive history and experience. The gentleman in the front of the group is Mr. Angstadt, who was one of the first men to see Omaha Beach in Normandy on D-Day.

The Pottstown High School Air Force Junior ROTC cadets volunteered and were a huge help during the event.

The Pottstown High School Air Force Junior ROTC Drill Team’s precision impressed the guests!

The Pottstown High School Air Force Junior ROTC Drill Team’s precision impressed everyone with their performance!

A huge thank you to the Pottstown Area Rapid Transit for the trolley which carried our guests from the parking lot to the ballroom and back again. It’s quite a hike from the parking lot and our dancers were able to save their energy for the dance floor!

See more photos on page 19.

Veterans
Joe Aickkly
Warren Angstadt
Alvin Behm
Robert Bieler
Robert Davis
David Delp
Ed Doran
N. Dean Evans
James Gallagher
Chris Giles
Bob Gray
Jack Kelly
David Kerns
George Kleppinger
Carl Landis
John Loughridge
Charles MacMullin
John Martin
Dennis McKinlay
Charles Moore Jr
Tom Oehme
Mike Regrut
Richard Saha
Rick Schmerhorn
Richard Schlicher
Chris Siegle
Wally Stauffer
Richard Stauffer
Bill Thoroughgood
Tom Troutman
David Updegrove
Gary Weaver
Shawn Welch
Norman Wilkie

Please excuse any errors in spelling!

Thank you also to the Pottstown Area Rapid Transit for the trolley which carried our guests from the parking lot to the ballroom and back again. It’s quite a hike from the parking lot and our dancers were able to save their energy for the dance floor!
Thank You to Our Volunteers!

Volunteers are critical to our senior center – there is only so much our limited staff can do. Thank you to everyone who helps out to make the TriCounty Active Adult Center a great place to spend the day!

Welcome New Members!

<table>
<thead>
<tr>
<th>Volunteers Needed!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dennis Stauffer</td>
</tr>
<tr>
<td>James Stauffer</td>
</tr>
<tr>
<td>Richard Stauffer</td>
</tr>
<tr>
<td>Paul Stephenson, J R.</td>
</tr>
<tr>
<td>Kathy Stevick</td>
</tr>
<tr>
<td>Barbara Uphygrove</td>
</tr>
<tr>
<td>David Uphygrove</td>
</tr>
<tr>
<td>Norman Wilkie</td>
</tr>
<tr>
<td>Barbara Speaker</td>
</tr>
<tr>
<td>Charles Albiz</td>
</tr>
<tr>
<td>Trudy Barette</td>
</tr>
<tr>
<td>Mary Ann Bell</td>
</tr>
<tr>
<td>Nancy Bortz</td>
</tr>
<tr>
<td>Darrel Bryant</td>
</tr>
<tr>
<td>Sylvester Buszta</td>
</tr>
<tr>
<td>Marian Copple</td>
</tr>
<tr>
<td>Lucille Dettrich</td>
</tr>
<tr>
<td>Antoinetta Dieugenio</td>
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<tr>
<td>Pearl Endy</td>
</tr>
<tr>
<td>Ken Ertman</td>
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<tr>
<td>Ronald Frick</td>
</tr>
<tr>
<td>Gordon Gaugler</td>
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<tr>
<td>Jeffrey Gaugler</td>
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<tr>
<td>Alice Gerhart</td>
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<tr>
<td>Myrtle Gordon</td>
</tr>
<tr>
<td>Rose Grenewald</td>
</tr>
<tr>
<td>June Hankins</td>
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<tr>
<td>Carolyn Harrington</td>
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<tr>
<td>Lorraine Hof</td>
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<tr>
<td>Christine Jeung</td>
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<tr>
<td>Howard Jones</td>
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<tr>
<td>Yvonne Jones</td>
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<tr>
<td>Jay Kapila</td>
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<tr>
<td>Donald Kerr</td>
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<td>Margaret Kienle</td>
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<tr>
<td>Arno Kott</td>
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<tr>
<td>Michael Kriczky</td>
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<tr>
<td>Martha Lessig</td>
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<td>Frank Levan</td>
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<td>Arlene Major</td>
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<tr>
<td>Penelope Manning</td>
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<tr>
<td>John McCloskey</td>
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<tr>
<td>Marjorie McElroy</td>
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<tr>
<td>Joan Mitchell</td>
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<tr>
<td>Gary Moser</td>
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<tr>
<td>Sharon Moser</td>
</tr>
<tr>
<td>Helen Neffer</td>
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<tr>
<td>Anthony Pagano</td>
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<td>Jane Renson</td>
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<td>Barbara Rightnour</td>
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<tr>
<td>Douglas Rightnour</td>
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<tr>
<td>Ethel Rinaldi</td>
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<tr>
<td>Robert Roebuck</td>
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<tr>
<td>Allen Sassaman</td>
</tr>
<tr>
<td>Jean Shaner</td>
</tr>
<tr>
<td>Stan Shofner</td>
</tr>
<tr>
<td>June Smith</td>
</tr>
<tr>
<td>Barbara Speaker</td>
</tr>
</tbody>
</table>

The TriCounty Active Adult Center (formerly the Pottstown Area Seniors’ Center) is a nonprofit organization. We receive about one-third of our budget from Montgomery County, and the rest of our $500,000 operating budget comes from members, donors, foundations, the United Way, local governments (like the Borough of Pottstown), and events and fundraisers like our annual craft sale.

We need everyone to pitch in every year as we work to raise money to expand programs and services, and finish construction on our new building.

There are so many ways you can help – please consider one or more of the following options to help us continue to be a home-away-from-home for seniors in our area.

Redners Tapes – If you have a Redners Save-A-Tape card, use it whenever you shop, and bring the entire receipt to the senior center. The senior center receives 1% of your purchase, which adds up currently to more than $1,500 per year.

Amazon Smile – Do you shop online, and use Amazon.com? If so, please sign up for an Amazon Smile account (it’s free) and designate the Pottstown Area Seniors’ Center as the beneficiary. It doesn’t cost you anything – Amazon donates 1% of everything you purchase on the website directly to the senior center.

Buy-A-Tile – Support the new building by buying a tile. The tile will feature your name, and will be permanently displayed in the new dining room. Tiles are $100 for a small tile or $150 for a large tile. Order forms and more information are available at both locations. A limited number of tiles are available.

Donate – The center can accept cash (of course!), checks, credit cards, and stock transfers (some limitations apply). Your gift can support critical programs and services, or can be designated to support the building fund or any other program you wish.

Planned Giving – Leave a legacy forever! You do not need to be wealthy to leave a significant gift that will improve the lives of seniors for generations to come. Planned giving can be as simple as changing your will to designate a small portion of your estate to a charity. Life insurance policies are another easy and relatively inexpensive way to leave money to your favorite charity. Speak with your attorney or an estate planner to learn which options best fit your situation and intentions.

If you have questions about how to give, or would like to discuss how we use your donation, please feel free to stop by and talk to me (Brian) at my office at our Moser Road location.

Five Easy Ways to Help

Five Easy Ways to Help

Call Greg... When you need a caring Social Worker.

(610) 301-4569

Call Greg is a telephone consultation service which offers support and guidance to Senior Citizens and their families.

7 days a week, 24 hours a day.

Call Greg specializes in Geriatric Care Management. It is an easy, accessible link to information and referral sources whenever you need an experienced, knowledgeable professional.

When you need a caring Social Worker, Call Greg for:

- Elder Care Planning
- Evaluation and Assessment
- Information and Referral
- Compassionate Support
- Guidance, or
- Follow-up Services

Call Greg
Gregory J. Smith, BSW
(610) 301-4569
www.call-greg.com
New Lunch Program –
New Reservation Requirements

TriCounty Active Adult Center has contracted with a new caterer to improve our lunch meals until our own kitchen is available. Please check out the new menus in this newsletter. This new caterer gets rave reviews from other centers that use their service, and we think you will like the change.

One change – we now need your reservation by 12pm on the Tuesday the week before you plan on joining us. So, for example, if you plan on joining us on Monday, Tuesday, Thursday, and Friday of next week, we need your reservation by lunch on the Tuesday a week ahead.

We understand schedules change and things come up, so please call as soon as you can if you need to cancel a reservation. This also applies if you can join us on a day you didn’t schedule – you may be able to still have lunch if someone else has cancelled, so call as soon as you know and we will do our best to accommodate you.
**May & June Special Events**

May 1 – National Brothers & Sisters Day  
– No fighting!
May 4 – Trip to Shady Maple and Strasburg
May 5 – Cinco de Mayo
May 5 – Program for Veterans
May 9 – Living with Chronic Conditions
May 9 – Learn about Hospice Care
May 10 – Coffee with Bonnie Thompson
May 11 – The Healthy Heart – Keep yours tuned up!
May 13 – The Risks of Strokes Presentation
May 16 – National Chocolate Chip Day –  
Brian’s favorite day – come see what we have cooked up!
May 16 – Basics of Chiropractic Care –  
learn if this treatment can help you!
May 18 – Birthday Party
May 18 – Walking Club with Bayada
May 25 – Cholesterol and You – your arteries and heart will thank you for attending

May 30 – Both locations CLOSED for Memorial Day
June 3 – National Doughnut Day – Forget everything you learned in the Cholesterol presentation and have a doughnut with us! Everything in moderation...
June 8 – Mystery Trip! The secrets will be revealed...
June 8 – National Best Friends Day! Bring photos, or better yet, bring your best friend!
June 10 – What should I ask my doctor? Learn the questions to ask to get the most from your healthcare.
June 14 – Coffee with Bonnie Thompson
June 16 – Walking Club with Bayada
June 17 – National Eat Your Vegetables Day – Try some new vegetables and get your health on!
June 20 – National Ice Cream Soda Day
June 28 – National Paul Bunyan Day

**Changing the Culture on Aging**

From the inception of Sanatoga Ridge and Buchert Ridge Communities, Wil Hallman had a unique vision for retirement communities. Sanatoga Ridge and Buchert Ridge Communities were designed specifically with you in mind. The design of the communities help you stay independent longer by removing falling hazards such as curbs and steps. House maintenance, landscaping, and snow removal was taken out of your hands. A big burden and stress was lifted off your shoulders. However, that created a void . . . what do I do with my free time? There are plenty of activities to fill your time; however, the baby boomers are looking for something more. They are looking for a community that supports vitality, wellness and a desire to grow.

Listening to what the new older adults want, the vision and culture on aging had to change. Sanatoga Ridge and Buchert Ridge Communities are embracing a new frontier of wellness that moves beyond current expectations. It is an exciting cultural shift to ensure that it is a place where older adults not only live well, but also age successfully staying independent longer.

Sanatoga Ridge partnered with Masterpiece Living® to help support, expand and maximize health, vitality, and independence for their residents. Masterpiece Living grew out of the 10 year long MacArthur Foundation study on Aging. They determined that how we age depends more on lifestyle, including where we live, than it does on our genes. Adults living in a Community that has partnered with Masterpiece Living are taking on new hobbies, developing new skills, and challenging age-old norms.

The study discovered that it is NEVER TOO LATE to make a significant difference in how we age. Watch for your invitation to attend the Sanatoga Ridge outreach programs. Living at Sanatoga Ridge or Buchert Ridge is a giant step forward to a lifestyle which will support your independence and successful aging. The communities, with the help of Masterpiece Living, will not only help you refine your lifestyle in order to be all you can, but has committed itself to be a place where that is going to happen.

Where you live does matter. Start living your someday today. Take the first step in your successful aging journey. Call Sanatoga Ridge at 610-326-6282 or Buchert Ridge at 610-323-5190 today for more information!
Activity Details

Art Class
Leader: Alice Gerhart/$1
Wed. at 1 PM
Berean Church

Birthday Party
Wed. 5/18 & 6/15 at 11 AM - $4
Berean Church

Book Club
Leader: Joan Mitchell / No Charge
Third Monday of each month, 1 PM
Berean Church

Chair Dancing with Holly
Wed. 5/4 and 6/1 at 1:00 / No Charge
Berean Church
Partially sponsored by Cigna Health Spring

Colorful, Creative & Relaxing: Coloring for Adults
Every Tuesday at 10:30 AM/No Charge
Materials provided
Berean Church

Computer–Mobile Device Help (Laptops, iPhones, iPads etc.)
Leader: John Gurski/Frank Martynowski
Suggested Donation
Tues. at 1 PM 5/3, 5/17, 6/21
Moser Road

Craft Classes
Suggested Donation
*except Card Crafts- $0.25/Card Charge
Crafts with Barb Rightnow
Thursdays at 9 AM
Origami with Kathy Stevick
Fridays at 9:30 AM
*Card Crafts with Kathy Stevick
Friday at 1 PM
All at Berean Church

Current Events
Self-Led/Suggested Donation
Tues. at 10:30 AM 5/10 & 6/14
Berean Church

Golden Zumba
Leader: Joanne Giotti/$2
Mon. at 10 AM
Berean Church

Healthy Steps In Motion
Leader: Helen Neiffer/Suggested Donation
Mon, Wed, Fri at 10:30 AM except Birthday Party & Berean Luncheon Days
Berean Church

History Club
Leader: Dr. Greg Gubler/
Suggested Donation
Fri. 5/6, 5/20, 5/30 & 6/17
Berean Church

Martial Arts for Seniors
Leader: Darryl Bryant/$4
Tues at 12 PM
Berean Church
Late Lunches Available

Pottstown Duplicate Bridge Club
Leader: Phil Presby/$7 Members /$9 Non-Members
Mon. at 10 AM
Berean Church

Pottstown Recreation Group for the Blind
Leader: Laura Cohn
Call for dates
Moser Road

Reflective Moments
Bible Study
Leader: Self-led
No Charge
Mon. at 10:30 AM
Berean Church

Senior Yoga
Leader: Debbie Bednar/$2
Mon. at 9 AM
Leader: Jason Coffman/$2
Thurs. at 10 AM
Berean Church

Sit and Get Fit
Leader: Dolly Yusko/Suggested Donation
Tues and Thurs at 10 AM
Berean Church

Spanish Lessons
Instructor: Belinda Frampton/$1
Advanced: Wed. 9:30 AM
Intermediate: Wed. 11 AM

Tai Chi
Leader: Darryl Bryant/$2
Tues at 1 PM
Berean Church

Texas Hold’ Em Poker
Leader: Alan Sassaman
See Alan for Buy-in $
Mon, Wed, Fri at 12:30 PM
Moser Road

Visiting Nurse
Leader: Annette Richter/
No Charge
Wed 5/11 & 6/8
Berean Church

Wellness Thursdays w/Rite Aid
Leader: Sheri Hardeman
No Charge
Thurs 5/19 & 6/16 at 10 AM
TriCounty Active Adult Center  May - June 2016 / 19

**WWII Swing Dance**

Swing Fever Dance Band kept the dance floor full all night.

Some great dancers and fun people attended the dance this year!

**Golden Apple Gala**

Harpist Betsy Chapman entertained the crowd during the cocktail hour.

Artist Alita Abruzzese produced a beautiful landscape during the event. Her painting was auctioned off at the end of the evening.
FOURTH ANNUAL
TRICOUNTY ACTIVE ADULT CENTER

GOLF TOURNAMENT

HICKORY VALLEY GOLF CLUB
AMBASSADOR COURSE

JUNE 13, 2016
SHOTGUN START AT 1:00 PM

Join us on June 13, 2016 for a great day of golf! The day begins with registration and a hot lunch from 11am to 1pm. Dinner and awards will follow a round of golf on the beautiful Ambassador Course at Hickory Valley. Tournament is a scramble format and benefits the TriCounty Active Adult Center (formerly the Pottstown Area Seniors’ Center). $99 per golfer. Rain date July 18.

FOR MORE INFORMATION
www.TriCountyAAC.org
610-323-5305