



MONTCO
SAAC

Norristown • Ambler

Volume 32, No. 1 January/February 2023

Live Full. Live Well. Live Long.

Volunteers of the Month

Elena and Steve Kostyk



We would like to start off the New Year with highlighting our Volunteers of the Month, Elena and Steve Kostyk from our Ambler location!

Elena began volunteering for Meals on Wheels in September 2018 delivering meals to our homebound seniors. Elena was raised by parents, who by example, taught her to help others. As a retiree, she welcomed the chance to volunteer, and to give back to the community.

A good friend of Elena's had already volunteered for Meals on Wheels at the Ambler location and explained how it was most rewarding. And Elena quite agrees!

With the uncertainty of the Covid pandemic in March 2020, Elena took a small break from volunteering.

She resumed delivering meals in September 2021, this time with her husband Steve joining her as driver. Interestingly, in the early 1970's, Steve was the Activities Director, at our Montco SAAC site in Norristown, planning engaging activities and workshops for our members.

Currently, the Kostyks deliver meals twice a week in various parts of our area. Elena also supports Montco SAAC's Wellness Call Program, an initiative in calling our homebound seniors each week to see how they are doing, as well as to provide current information about Meals on Wheels programs that may benefit their current lifestyle.

Both Elena and Steve agree in saying "We have enjoyed meeting and getting to know the seniors we serve. It is a pleasure to be part of the Meals on Wheels team in Ambler, both staff and fellow volunteers, who show warmth, compassion, and share the common goal of helping others and hoping to make a difference."

Subaru Shares the Love with Montco SAAC



As part of a national partnership with Meals on Wheels America, Subaru of America, Inc. will donate \$250 to the purchaser's choice of participating charities – one of which is Meals on Wheels – for every new vehicle purchased or leased from November 17, 2022, through January 3, 2023. Since the Subaru Share the Love Event began in 2008, Subaru and its participating retailers have donated nearly 4 million meals and friendly visits to seniors being served by local Meals on Wheels programs across the country. For more information, visit MealsonWheelsAmerica.org/ShareTheLove.

MONTCO SAAC

Our Mission

The mission of the Senior Adult Activities Center of Montgomery County is to involve, enrich, and empower adults 50 years of age or better to live as independently, as possible in our communities. We do this by promoting the wellness of adults 50 years of age or better through recreational, educational, and social opportunities as well as being a referral source for services available within our service area. Activities and programming of our centers emphasize creating and maintaining independence in all phases of life.

Non-Discrimination Policy

Montco SAAC does not discriminate against members, clients, applicants, or employees on the basis of race, color, creed, religion, sex, age, national origin, marital status, sensory or physical or mental handicap, political ideology, or sexual orientation. On request, people with disabilities will be provided with reasonable accommodations.

Contact Information

Norristown

536 George Street, Norristown, PA 19401 • (610) 275-1960

Ambler

45 Forest Avenue, Ambler, PA 19002 • (215) 619-8863

Email

info@montcosaac.org
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CONSUMER & PROVIDER NOTICE

Unless specifically stated otherwise, any provider listed in this newsletter is a third party and inclusion of its information offered in seminars or workshops does not signify any relationship between it and Montco SAAC. Montco SAAC does not recommend or endorse any provider, and is not responsible for any loss related to use of services or information from any workshop.

WHAT'S HAPPENING @ Montco SAAC Norristown

The following are classes offered, which will allow you to enjoy life, happy and engaged!

Toss that preconceived depressing notion you have of Senior Activities Center, pay us a visit, with the understanding that activities vary from center to center, but the goal is the same, to stimulate you cognitively, physically, and socially while providing a dose of daily happiness.

Sit Stretch Be Fit

Monday through Friday 10:00 am

This class uses gentle movements, while working on strength, balance, and flexibility. Did I mention you get to see Michele (former program coordinator) via a recorded session made exclusively for us.

Chair Yoga with Laurie

Tuesdays 10:30 am

Enjoy increasing flexibility while reducing pain and stress, it can even boost your mood, all while sitting comfortably in your chair.

Tai Chi

Wednesdays & Fridays 10:30 am

Strengthen your upper and lower extremities, increase your energy while improving your agility, but also decrease anxiety and stress.

Zumba Gold with Nancy

Thursdays 10:30 am

This Latin inspired workout is tailored for you to move every muscle in your body! Easy-to-follow choreography that focuses on range of motion and coordination, providing cardiovascular endurance.

Drums Alive

Tuesdays 10:30 am

It's a brain and body stimulant all the while promoting emotional, physical and social well-being. Most importantly, it can improve moods as well as easing stress. It's also L-O-U-D!

Line Dancing

Thursdays 12:30 Noon

Who doesn't like to dance? It is such a great, fun form of exercise, I'm just afraid to tell you that it also improves muscle function, balance and flexibility, especially because it is so much fun! So I can add that it's also great for cardio health while having even more fun!

SAAC Fifth Avenue

Monday to Friday 9:00 am-2:00 pm. You can also make an appointment with Marcia.

Yes, thrifting is a thing! We carry a large inventory of not only secondhand clothing, but we also carry a robust collection of new clothing, jewelry, and accessories, find unique pieces, save money, and reduce your carbon footprint. Visit us to see what's new in fashion, recycle your style for the best prices in Montgomery County!

Gym

Open Monday-Friday from 8:00 am to 10:30 am or 11:30 am to 1:30 pm.

For your convenience, we have treadmills, exercise bikes, hand weights, and other equipment available for your use. First-time users will get help from a staff member who will guide you and keep you safe while using the equipment.

Meditation

Starting in November, we will offer guided meditation to help manage

WHAT'S HAPPENING @ Montco SAAC Norristown (continued)

anxiety and stress while helping you to control your patience and possibly gain more focus and improve your memory. Overall, you may be able to improve your relationships with others, while gaining focus while practicing relaxed breathing.

Other services offered:

Every 2nd Wednesday of the month

Students from Premier Barber Shop, cut our seniors, hair under their instructor's supervision.

Every 3rd Friday of the month

Main Line Health provides us with a nurse, to take blood pressures.

Every 2nd Thursday of the month

Senator Cappelletti's office representative is here to assist, expedite and help find solutions to issues you may experience. Hours are 11:00 a.m. to 1:00 p.m.

World Introvert Day

Monday, January 2

If you feel that you are, it may be because you're more comfortable spending time alone or your social circle has shrunk. Don't feel you have to change – let's talk about it.

National Trivia Day

Wednesday, January 4

Let's have a friendly competition.

Martin Luther King Day

Monday, January 16

The theme this year is "Together We Can Be **The** Dream"

Chinese New Year!

Sunday, January 22

We will have a celebration on Friday, January 20th

Wednesday, February 1

Beginning of Black History Month

We will spotlight someone different every week.

Thursday, February 2

Groundhog Day!

Will he see his shadow is the burning question of the month!

Friday, February 3

National Wear Red Day

Please wear something red!

Tuesday, February 14

Valentine's Day

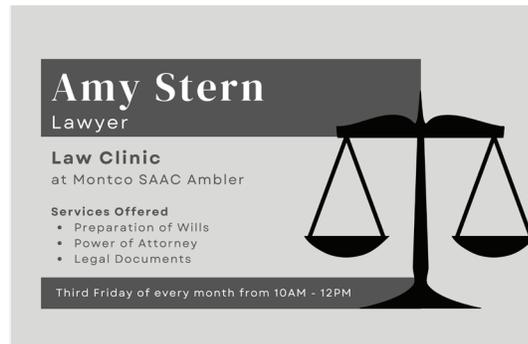
We will be making valentine cards today

Monday, February 20

Presidents Day

President Washington's Birthday

Amy R. Stern, Esquire



Amy R. Stern is a Partner with the law firm of Rubin, Glickman, Steinberg and Gifford having joined the firm in 1995. She is a member of the Pennsylvania Bar Association and Montgomery Bar Association. She is past Chair of the Family Law Section Mediation Committee, as well as a member of the Family Law Section.

Ms. Stern is certified in Family Mediation. Her work focuses primarily on domestic relations law, family mediation, estate planning, and estate administration law.

She is a graduate of Temple University School of Law and holds a bachelor's degree from George Washington University. She previously served as Co-Chair on the Board of Directors for the Women's Center of Montgomery County.

Ms. Stern currently meets with Ambler Senior Center members on the last Friday of each month to help with estate planning, including Wills and Powers of Attorney.

Become a Member / Renew Your Membership

Montco SAAC is the community focal point where aging adults and their families find support, guidance, educational and social programs to help navigate life transitions and continue to be active, creative, healthy and engaged in the community through our three Meals on Wheels programs, two senior centers, and intergenerational Art Center at Ambler.

All Montco SAAC members can take advantage of our special events, discounts and activities offered at both Centers. An annual membership for people 50 years of age or better is a donation of \$30. Under age 50 membership is \$40, and couple membership is \$50 for two people, at least one of whom is age 50 or better, and reside at the same address. Your membership is good at either of the two centers: Norristown and Ambler.

Lifetime Membership

By choosing to become a Lifetime Member, you are giving a truly important gift to the Center. Each donation from a Lifetime Membership is placed in a special endowment fund. Your donation grows each year and enables the Center to use your gift year after year to continue the many important classes, activities, socials, card parties and exciting trips for members.

Never pay annual dues again or worry about membership price increases

Take advantage of all special events, discounts, and activities offered by the Center

Join other Lifetime Members in supporting the Center

Memberships

Seniors

\$
30

Every year

Individual Membership for Adults
50*

Join

Discount on Adult Activity
Classes

Exhibition Opportunities

Access to Members-Only
Programs

Discounts on Art Supplies and
Framing

Access to Artist Library

Open Painting Studio

Under 50 Membership

\$
40

Every year

Individual Membership for Adults
Under 50

Join

Discount on SAAC Activity
Classes

Exhibition Opportunities

Access to Members-Only
Programs

Discounts on Art Supplies and
Framing

Access to Artist Library for
members over 21*

Open Painting Studio for
members over 21*

Household Members...

\$
50

Every year

Family members of all ages
welcome

Join

Discount on SAAC Activity
Classes for all household
members

Exhibition Opportunities for all
household members

Access to Members-Only
Programs for all household
members

Discounts on Art Supplies and
Framing for all household memb

Access to Artist Library for all
household members over 21*

Open Painting Studio for all
household members over 21*

Business Membership

Here are some of the benefits that you will enjoy as one of our Business Members. Dues are \$300.00 per year and include:

Business card size ad in our bi-monthly newsletter (six times each year);

Our bi-monthly newsletter;

Referrals from our Outreach Department.

Medicare Questions?

Don't Go It Alone!



Call Jim Malone
Licensed Independent Agent

215-783-0560

Thank You to Our Sponsors



Where Loving-Kindness Lives





GRAB N' GO MEALS



Reservations must be made one week in advance by calling.

Tuesday Pick Up
10:30 -11:00AM

Montco SAAC Norristown
610-275-1960

Thursday Pick up
11:00 – 11:30AM

Montco SAAC Ambler
215-619-8863

Over 60 years old: Donation of \$2.00 per meal.
Under 60 years old: \$4.20 per meal

536 George St. Norristown, PA 19401 | montcosaac.org

CAREGIVER CHAT



JOIN US ON Tuesdays or Thursdays

@ 10:30AM
Zoom Only

@ 7:00PM
Zoom Only

Caring for someone you love can be a rewarding and joyous experience. It can also be stressful when the demands of caregiving and the demands of daily life clash.

The purpose of Montco SAAC's Caregiver Chat is to build support systems for caregivers, discuss common stressors and possible solutions, develop relationships with individuals in similar circumstances, and share some good times with others.



MONTCO SAAC

Sessions begin January 11 & 13
For More Information Contact

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610-275-1960 ext. 122
sedgren@montcosaac.org

Danielle Charry
215-619-8863
dcharry@montcosaac.org



BRANDYWINE LIVING

at Senior Suites

Life is Beautiful

2101 New Hope Street | East Norriton, PA 19401

Please contact *Fawn Rupp* or *Carol Frawley* for more information

732.303.3100

www.Brandycare.com • 1-877-4BRANDY

ART4ME | JANUARY / FEBRUARY Art4ME TOPICS

The Art4Me program offers in-person classes and virtual classes.

Virtual presentations are hybrid and held on Fridays at 10:30 AM through Montco SAAC's Zoom site.

Meeting ID: 203 302 3571 **Password:** MissingYou

If you have art supplies at home, feel free to create art and share with other members through our virtual art making program!

Montco SAAC Art-making virtual class is at 1:00 PM every Wednesday, via zoom. The virtual art making day may be subject to change, please email ahead for information: jfinch@montcosaac.org

Meeting ID: 857 1368 3277 **Password:** Art4Me2021

January 2023

Art Viewing - New Year's Resolutions in Art

N: January 6 Virtual: January 6 A: January 9

Art Making: Create a wax resist of what you would like to see in 2023.

N: January 6 Virtual: January 11 A: January 10

Art Viewing - Stolen Art

N: January 13 Virtual: January 13

Art Making: Create a forgery! (A study) of your favorite stolen work with acrylics on canvas board.

N: January 13 Virtual: January 18

Art Viewing - Parenthood in Art

A: January 16

Art Making: Create a pastel of your idea of parenthood.

A: January 17

Art Viewing - Celebrating the Chinese New Year in Art

N: January 20 Virtual: January 20 A: January 23

Art Making: Create a work of art to attract prosperity and abundance with mixed media.

N: January 20 Virtual: January 25 A: January 24

Art Viewing - Degenerate Art

N: January 27 Virtual: January 27 A: January 30

Art Making: Create an expressionist painting with acrylics or water-colors.

N: January 27 Virtual: January 31 A: February 1

February 2023

Art Viewing - African American Greats

N: February 3 Virtual: February 3 A: February 6

Art Making: Create a self-portrait of your cultural identity with mixed media.

N: February 3 Virtual Class: February 1 A: February 7

Art Viewing - All You Need Is Love (Love in Art)

N: February 10 Virtual: February 10 A: February 13

Art Making - Create a valentine for someone you love with mixed media.

N: February 10 Virtual: February 8 A: February 14

Art Viewing - Perspective in Art

N: February 17 Virtual: February 17 A: February 20

Art Making: Create a drawing using perspective with pencils or graphite.

N: February 17 Virtual Class: February 15 A: February 21

Art Viewing - Celebrating the Artists of SAAC

N: February 24 Virtual: February 24 A: February 27

Art Making: Create a study of your favorite SAAC artist with mixed media.

N: February 24 Virtual: February 23 A: February 28

This program was supported in part by the Pennsylvania Council on the Arts, a state agency funded by the Commonwealth of Pennsylvania and the National Endowment for the Arts, a federal agency.



Montco SAAC's Art Center at Ambler Winter Session starts the week of January 9. The following classes are still available:

35mm Camera and Cellphone

Photography

\$170 members | \$185 nonmembers

Morning Ceramic Hand Building and Sculpture

\$250 members | \$265 nonmembers
(Includes all supplies and lab fees)

Afternoon Ceramic Hand Building and Sculpture

\$250 members | \$265 nonmembers
(Includes all supplies and lab fees)

Relaxing Drawing

\$170 members | \$185 nonmembers

Watercolor Basics

\$170 members | \$185 nonmembers

Watercolor Basics & Beyond

\$170 members | \$185 nonmembers

Wheel Throwing – Morning

\$320 members | \$335 nonmembers
(Includes all supplies and lab fees)

Wheel Throwing – Afternoon

\$320 members | \$335 nonmembers
(Includes all supplies and lab fees)

Mosaics for Everyone!

\$185 members | \$200 nonmembers
(Includes all supplies and lab fees)

2-Day Workshop

Mixed Media Magic with Collage

\$100 (Plus \$20 supply fee, paid directly to instructor)

For detailed class descriptions, or to register, visit montcosaac.org/classes-ambler-art-center



Norristown Center
MONTCO SAAC
536 George Street
Norristown, PA 19401

Time Dated Material January / February 2023

From Our Director, Whitney Lingle



A Word from Whit

Happy New Year!

We are looking forward to an exciting new year of expanding our community as the pandemic evolves.

Look for new classes at both senior center sites, and a lot of new people to greet while you visit. The Art Center at Ambler classes are continuing and we are expanding our ceramics program.

Many people start off each new year with a set of resolutions. At Montco SAAC, we want to help people thrive whether

it's through social services like Meals on Wheels or our popular tai chi classes. With CAPABLE, we're seeing that tiny changes like home repairs and medical interventions can keep people independently living for longer than those who are isolated.

Whether you know us as a volunteer, member, or community member, we're so glad you're part of the Montco SAAC team. With your help we are going to reach even more people in 2023.

Cheers,

Whit