

Montco SAAC Spring Newsletter

Norristown | Ambler

Dear Friends,

A Season of Growth, Gratitude, and New Connections

Spring is a season of renewal, and at Montco SAAC, we see that renewal reflected in our thriving community! More and more members are joining us, often referred by friends who have discovered the joy, purpose, and friendships that flourish within our centers. From our popular art classes to our engaging fitness programs, there's something for everyone. We are incredibly blessed to have such a vibrant and welcoming group where kindness and enthusiasm are seen every day.

Spring is when we bring back our award-winning garden in Norristown. We are also hoping to bring in raised garden beds to our Ambler center. If you are interested in helping us with this endeavor, please contact us. Our flourishing Gardens and Habitat programs in both Ambler and Norristown helped keep our thumbs green over the winter and we will continue these programs throughout the year. Our outdoor spaces are more than just beautiful landscapes—they represent pride, teamwork, and a meaningful partnership with nature. With warmer days ahead, we're thrilled to open the windows, enjoy the fresh air, and watch our gardens (and community) grow.

As we celebrate **Older Americans Month in May**, we honor a new generation of members who are “flipping the script” on aging—embracing the arts, music, fitness, and lifelong learning, with energy and passion. If you or someone you know is looking for a place to connect, grow, and thrive, we invite you to **join us!** If you're interested in becoming a member or learning more about our activities, please visit our website [www.montcosaac.org] or contact us at [hello@montcosaac.org].

Thank you for being part of the Montco SAAC family—we can't wait to see what this season brings!

Warmly,

Mark Clark, MS, CNP
Executive Director, Montco SAAC

Norristown

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Ambler

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Meet Emeli Sosa, Sr. Activities Coordinator at Norristown!

What is your favorite part about your job and why?

My favorite part about my job is that I get to interact with such a diverse group of people from our members and volunteers to our staff. Every day is different and there are so many opportunities to learn new things about cultures and lifestyles that I may not be familiar with.

What inspired you to work at Montco SAAC?

Working in public service has always been where I wanted to be. But I was inspired to work at Montco SAAC when I first met the staff and the members. It is very refreshing to come to a place where everyone is so accepting and caring of each other. There is such a strong sense of community at this organization.

What is your favorite hobby, activity, or creative outlet?

My favorite creative outlet is music. I've been a musician my whole life and I have a musical family so it's a huge part of my life. But other hobbies I have are reading, writing, earth sciences and astronomy.

If you could have dinner with anyone, living or dead, who would it be and why?

If I could have dinner with someone, that person would be Abbey Lincoln. She was a jazz vocalist in the hard bop era, but she was also a women's and civil rights activist. Her activism manifested itself in her music. She was one of my inspirations as a young musician and someone that still gives me joy today.



What's Happening in Norristown?

At Norristown we host a diverse array of classes that are designed to enhance our members' lives by bringing relevant programming to keep them engaged! We are working to change the face of Senior Activity Centers by creating interesting dialogue and opening up our ranks to community member from ages 50 and up! Come visit us and experience firsthand how our countless activities aim to stimulate your mind, body, and social connections while adding a healthy dose of happiness to your routine. Join us and see how delightful life after 50 can be.

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.

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.

Music Magic with Katie

Wednesdays Noon- 1:30 pm

Music Magic is an open mic/stage for Seniors. Come play your original songs, cover tunes, jam along, or just sit back and enjoy the show! Musical instruments/percussion will be provided if you would like to play along.

Zumba Gold with Nancy

Thursdays 10:30 am

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

Gardens and Habitats

Fridays 12:30 am - 1:30 pm

Join or observe as we learn all about indoor and outdoor plants.



Drums Alive

Mondays 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 your mood as well as easing stress. It's also L-O-U-D!



Special Upcoming Events

Planning for Your Future: Free Legal Services for Seniors

Wednesday, April 30th from 9:30am-2pm

Car Fit Check Up

Friday, April 11th: 9am-12pm

Register by April 9th

Community Conversation- Community Health Assessment

Tuesday, April 1st: 10:30-11:30am

Light Refreshments Provided

What's Happening in Ambler?

Our beautiful Ambler Center is a community staple. It was a stunning focal point at its Forest Ave location long before we took refuge here. In fact, it used to be an elementary school! Our Ambler Center is unique to our members and hosts a surplus of special activities, and on the top floor of the building, we have an Art Center that hosts ceramics classes, watercolor, pastels, and more.

Art4ME

The Senior Adult Activities Center of Montgomery County works to make art accessible for all seniors, including those with some cognitive loss due to dementia and their caretakers.

For further information, please contact: Jennifer Finch, Art Educator
At (610) 275-1960 x 19, or email: jfinch@montcosaac.com.

For the Art4Me Ambler, Norristown and Virtual Class Dates, check out our website www.montcosaac.org

Chair Yoga

Fridays 10:00 am

Chair yoga is a gentle form of yoga that involves modifying traditional yoga poses so they can be done while seated or using a chair for balance.

Bingo

Bring your coins and join the group for a few fun rounds of bingo!

Zumba Gold with Nancy

Tuesdays 10:30 am

This multicultural 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.

Silver Sneakers

Wednesdays 11:00 am

Silver Sneakers is a free program available to older adults. The program provides access to more than 15,000 online exercise classes and on-demand workout videos.

Chair Aerobics

Wednesdays & Fridays 10:30 am

Discover the joy of gentle exercise and improved flexibility with Chair Aerobics at our Senior Center, perfect for enhancing your well-being in a supportive community setting.



Gardens and Habitats

Thursdays 10:30 am

Join or just observe as we learn all about indoor and outdoors plants. In January we will be making a Clay Flower Frog for rooting plants.

Tai Chi

Thursdays 11:00 am- 12:00 pm

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

In June we will be hosting our annual Senior Prom. This is a wonderful time to bring your family of all ages and enjoy the day. Who will be the Montco SAAC prom king and queen this year?

Do you enjoy Bridge or want to learn? Starting in June every Monday and Tuesday we will have Bridge classes taught by a Master Bridge instructor.



**KATIE
ROBINSON**
Social Worker

What is your favorite part about your job and why?

My favorite part about being a social worker at Montco SAAC is getting to know and help the seniors. I can sit and chat with them, provide them with resources, and help with senior housing or heating applications (and more!). My hope is to create a welcoming space for seniors to be able to share, show emotions, and be themselves. Seeing the seniors every day makes me smile and I am happy to be here for anything they may need. I am very lucky to be a part of Montco SAAC's team!

What inspired you to work at Montco SAAC?

My grandparents and my experiences with seniors inspired me to work at Montco SAAC. I have always loved visiting my grandparents to hear their stories and help them out around the house, and in my last semester of college, I completed an internship at the senior living community where they live. I loved getting to know the seniors and making sure they were taken care of, and I decided that I wanted to continue working with seniors after I graduated.

What is your favorite hobby, activity, or creative outlet?

I enjoy building LEGO flowers because it helps me relax and unwind. They are pretty to look at, do not need to be watered, and will stay beautiful year-round!

I also like to travel and explore new places. I studied abroad in Italy and South Korea and have been to Germany and Japan as well. I would love to go to Denmark with my sister in the next few years!

If you could have dinner with anyone, living or dead, who would it be and why?

If I could have dinner with anyone, I would choose to have dinner with my PopPop. He died when I was only 5 years old and I did not get the chance to know him well, but from the few memories I have and the stories I have heard, he was a very kind, special, and loving person.