

# Montco SAAC Winter Newsletter

## Norristown | Ambler

Dear Friends,

Montco SAAC has experienced remarkable growth this past year, expanding our reach and impact across the community. Our centers are vibrant hubs, welcoming new members through organic word-of-mouth praise for our innovative programming. Our community outreach is felt well beyond the footprint of our community centers. We are serving nearly 20% more home-delivered meal clients this year, providing not only nutritious meals but also crucial wellness check-ins for home-bound seniors.

This success is a testament to the power of partnership. We extend our sincere gratitude to Montgomery County Aging Services for their ongoing support, and to Manna on Main for providing delicious and nutritious meals. We also deeply appreciate the dedication of community groups like the Kappa Alpha Psi Norristown Chapter, whose volunteerism has made a significant difference. The Philadelphia Foundation's generous support for renovations at our Norristown Center has further enhanced our ability to serve the community.

Looking ahead to 2025, we're committed to strengthening existing partnerships and forging new ones. We're excited to welcome even more community members to Montco SAAC, a place where everyone feels connected, supported, and valued. Together, we're building lasting bonds that enrich lives.

Sincerely,

Mark Clark (Executive Director)



**We have new social media accounts!**

**Please follow our new pages for updates and events at our Centers.**

**All timely information will be shared to these pages.**



<https://www.facebook.com/profile.php?id=61566504007035>



[@montcosaacseniorcenters](https://www.instagram.com/montcosaacseniorcenters)



<https://www.linkedin.com/in/montco-saac-47975a318/>



## Meet Lauri Robbins: Montco SAAC's Yoga Teacher

A gentle seated Yoga can help make us feel better, reduce pain, build strength and energy, be more relaxed, and even sleep better. This comfortably seated class works us out and calms us down. We learn to use our mind and body to work together through the breath.

Yoga gives you an equal of strength, stretch, and relaxation within each posture. We learn a variety of breaths to help our body feel and move better. The more we breathe, the better we stretch, and the more we stretch, the better we breathe. The practice is very enjoyable and relaxing. The chairs are also used to support standing strength and building and standing balance poses. In this yoga class, you let your mind and body work together to create calm within. Benefits of this simple yoga movement help us stand taller and feel younger.

The practice offers stress relief both physically and mentally. Learning to breathe with our movements helps us to feel less pain, improve our circulation, and increase our strength and flexibility. Yoga brings our focus to the present, and helps us be mindful in each moment.

Come to class and feel and see for yourself. Everyone is welcome, no experience needed.

**\*\*Yoga is every Tuesday at our Norristown location at 10:30 AM\*\***



## 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.

### SAAC Fifth Avenue

Monday to Friday 9:00 am-3:30 pm

You can also make an appointment with our front office. We carry a large inventory of secondhand clothing, new clothing, jewelry and accessories. If you like unique pieces, saving money and reducing your carbon footprint, come see us!

### 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

### Diabetes Self-Management-

Tuesdays 10-12, January 7th through February 11th

The Doctoral Students in the Physical Therapy Program at Arcadia are conducting balance, health and falls screenings at on **January 10th**

**February Folk Fest- February 22nd 1pm-5pm**

**Maximizing Social Security- February 27th- EVENING program**

Learn how to maximize your benefits, minimize your taxes, and make more informed decisions about your retirement!

# What's Happening in Ambler?

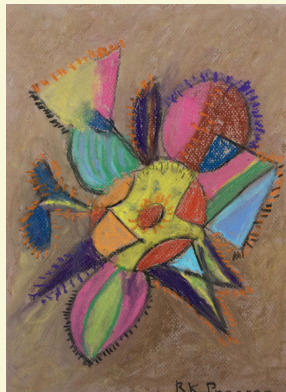
Our beautiful Ambler Center is a community staple. It was a stunning focal point at its Forest Ave location long before we took refuge here. In fact, it used to be an elementary school! Our Ambler Center is unique to our members and hosts a surplus of special activities, and on the top floor of the building, 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](mailto:jfinch@montcosaac.com).

**For the Art4Me Ambler, Norristown and Virtual Class Dates, check out our website [www.montcosaac.org](http://www.montcosaac.org)**



### New Class- 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

*Monday, Tuesday, Thursday and Friday*

*10:30 am*

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.

**Taxes will be done by AARP in Ambler January – April free of charge must make an appointment. Call 267-469-0104 leave a message and someone will get back to you shortly to schedule an appointment.**

**Planning for financial retirement for GENX Thursday January 23rd at 7pm all are welcome**

## ART CENTER NEWS

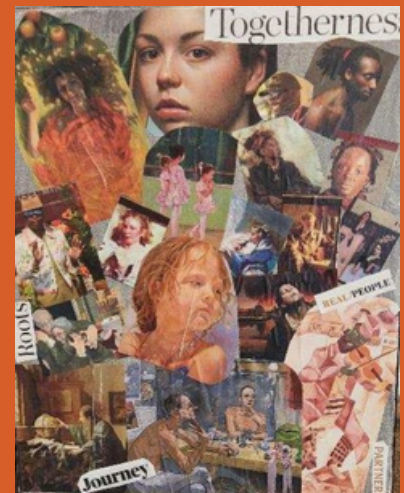
### *A message from our Art Center*

For years, I was caught in the whirlwind of work, family, and the daily grind. Like many, I often thought about exploring my creative side but always found myself saying, I don't have time. Retirement changed that for me. With time finally on my side, I ventured out, seeking something to fill the void left by my career. That is when I discovered the Art Center at Ambler.

Walking through the doors of Art Center for the first time was like stepping into a world where time slowed down, and creativity was the currency. I was drawn to the courses in Drawing, Painting, Sculpture, Photography, Ceramics - you name it. Here, the teaching artists, with their diverse backgrounds and infectious passion, welcomed me not just as a student but as part of a community.

The Art Center became my sanctuary. The spacious, bright classrooms provided me with the perfect space to explore and create. Each class wasn't just about learning a new technique; it was about connecting with others, sharing stories, and finding joy in the simplest of creations. Anything is possible here.

My story is one of many at MontCo SAAC's Art Center at Ambler. Every day, individuals find a new chapter in their lives here, but we need your help to keep this haven of creativity thriving.



Our Mixed Media Workshop was a sell out! Students were able to create original pieces of artwork that reflected their individual personalities. Under the guidance of instructor, Bill Ryan, the class shared in creating stories through their artwork. Bill will also be teaching an Intro to Acrylic painting. It's for all skill levels

**New Classes Coming in January. Registration is now open!**



# Ambler Art Center

**At Montco SAAC, our mission is rooted in building a stronger, healthier, and more interconnected community. We believe art is not merely a creative outlet; it's a transformative force for fostering relationships, combating loneliness, and enhancing the quality of life for older adults. The Intergenerational Arts Center at our Ambler Activity Center embodies this mission—it's not just an art studio, it's a lifeline for seniors and a bridge that unites generations.**

**Here, art serves as more than creativity; it's a tool for engagement and understanding. Seniors find purpose, stay active, and form meaningful relationships while younger generations learn from their wisdom, breaking down generational barriers. This isn't just about art; it's about the profound impact of human connection on mental health, well-being, and community strength.**

**The need for your support has never been more critical. As demand for our programs soars, we're committed to keeping the cost of art education as low as possible for our seniors. Your gifts are essential. They enable us to expand our classes, host community events, and offer more moments of connection and creativity. Together, we can ensure that this invaluable resource continues to flourish, making art accessible to everyone who needs it.**

**Even if art isn't your passion, your donation can help forge something beautiful: a community where every individual, no matter their age, feels valued, connected, and inspired. Every contribution helps.**

**Please join us with your gift to Montco SAAC in support of our Intergenerational Art Center. Together, we can keep the creativity flowing and the connections growing, ensuring that our community remains vibrant and inclusive.**

**Thank you for believing in the transformative power of art to change lives and strengthen our community!**



**Ann Ransford  
Director and Instructor  
Ambler Art Center**

