

HAVE YOU USED YOUR AGING AT HOME MEMBERSHIP CARD YET? VISIT THE BUSINESSES AND VENDORS BELOW FOR AN EXCLUSIVE DISCOUNT!



***Aging at Home –
A Community Network***

DECEMBER 2014 / JANUARY 2015

Celebrating One Year!

- La Pergola
- West Ave Grille–
Jenkintown
- YoFresh–
Jenkintown
- Ken’s Thai Cuisine
- Curds’n Whey
- Weinrich’s Bakery
- Food Cab
- Bonnet Lane
Family Restaurant
- Le Papillon
Hair Salon
- Law Offices of
Michelle Berk, PC
- The Handy
Handyman
- Dan Pattison –
handyman
- Liebling Elder Care
- Feeling Better
Psychotherapy
Associates, LLC
- Sharp Consulting

On Thursday, November 20th, about 20 Aging at Home members joined Aging at Home staff for a Mix and Mingle at VNA Community Services. Everyone gathered together to socialize and to celebrate one year of Aging at Home – A Community Network. Thank you to everyone who joined our celebration and who made our first year of Aging at Home such a success!

It is hard to believe that Aging at Home – A Community Network

We Are Here to Help!

Aside from the business and vendor discounts, don’t forget that you can call Aging at Home at 215-302-9900 to speak to Margo and Kate and get connected with other services in the

launched in Eastern Montgomery County one year ago! It has been a busy year, creating and



building the program, connecting with local businesses and vendors to provide seniors with much needed services and referrals, and meet-

community!

You can call for information about:

- Silver Sneakers and Fitness classes
- Volunteer Opportunities

ing so many wonderful senior citizens who have become members of Aging at Home. And we aren’t done growing! We are looking forward to expanding our social and educational programs in year two—check out page two for more information about an exciting senior programming partnership with Briar Bush Nature Center in Abington!

- In Home Personal Care and Chore Assistance
- Meals on Wheels
- AND MUCH MORE!

We are here to help!!



Introducing The SAGE Sessions!

Aging at Home – A Community Network is excited to announce a new community partnership with Briar Bush Nature Center–The SAGE Sessions! (Seasoned Adults Growing Environmentally)

Beginning in January 2015, Briar Bush will be sponsoring monthly events FREE for Aging at Home members. Non-members will be charged a \$5 fee so be sure to join Aging at Home if you are not already a member! These events will be a great opportunity to socialize with other members, enjoy the beautiful peaceful environment of Briar Bush, and learn about fun and interesting environmental topics. Each session offers a chance for lively discussion and ends with a fun D.I.Y project that you can take home! Light refreshments will be served and ample parking is available. If you are interested in attending any of The SAGE Sessions please call 215-302-9900 to reserve your spot!

Creating the Perfect Habitat for Winter Birds

*Friday, January 30, 2015
1-2:30pm*

Some birds migrate south for the winter while others

stay and endure the harsh, chilly weather. Surprisingly, winter offers wonderful opportunities for bird watching out on the trails and even in your own backyard. Join us to learn more about our winter residents and how to create the perfect habitat for them during the winter months. Also, create a bird feeder to take home!!

Who's Been Here? Discovering Animal Signs in Winter

*Friday, February 20, 2015
1-2:30pm*

We may not see as many animals during the winter as we do during the warmer month, but that doesn't mean they aren't here. Animals leave clues of their presence in the form of tracks, scat, fur, feathers, bones, and even holes. Learn how to search for these clues and identify which animal left them behind. Also, create animal track sliced wood coasters to take home!

Forever Green: Understanding the Conifers

Friday, March 20, 2015 1-2:30pm

After viewing the beautiful

blooms of spring and summer, we watch the bright and colorful leaves fall in autumn. Then, we are left with bare, deciduous trees and needle-bearing conifers. But what is the difference between these two types of trees? Why do conifers keep their needles instead of losing them? Learn more about the evergreens and their wide variety of uses. Then we will make white pine needle tea and chocolate bark bars with unique toppings to take home!

The Basics of Earth Stewardship: Reducing, Reusing, Recycling, and Composting Material and Food Waste

Friday, April 10, 1-2:30pm

Earth Day is near and it's time to celebrate by making conscious decisions to reduce, reuse, and recycle our daily, household waste-including food. Learn more about the recycling programs in Montgomery County and how to compost food scraps to reduce waste. Remember, every action counts! Also, learn to make your own paper from paper scraps!

Call 215-302-9900 to reserve your spot!

Check Out What Is Happening In The Community!

- RSVP of Montgomery County New Volunteer Information Session, December 9th 10-12
- Klein Active Adult Center -Elkins Park, Concert of Light & Love, December 10th, 11:15
- Free Flu Immunizations, Willow Grove Eastern Courthouse Annex, December 17th, 9-3pm
- Klein Active Adult Center -Elkins Park, New Years Eve Party with Jack Rudy, December 31st, 12:45pm

Call our office at 215-302-9900 or check our website at www.healthyagingmontco.org for more information about Community Events.

Aging at Home – A
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1421 Highland Avenue
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