



**Aging at Home –
A Community Network**

Member Newsletter March/April 2016

UPCOMING EVENTS AT A GLANCE

DON'T FORGET!

Remember that Aging at Home is here for you!
Call Margo and Kate to be connected to trusted
and vetted resources in our community!



215-302-9900

www.healthyagingmontco.org

MARCH

WALKING CLUB	FRIDAYS 8:45AM
ARM KNITTING	3/3/16 2:00PM
VNA BOWLING PARTY	3/13/16 2:00PM
TABLE TALK @HIBACHI	3/15/16 3:00PM
S.A.G.E. SESSION @ BRIAR BUSH	3/18/16 1:00PM

APRIL

WALKING CLUB	FRIDAYS 8:45AM
YOGA SERIES	4/4, 4/11, 4/18, 4/25 3:00PM
BROWN BAG LUNCH " LEGAL DOCUMENTS "	4/6/16 12:30PM
S.A.G.E. SESSION @ BRIAR BUSH	4/15/16 1:00PM

St. Patrick's Day Bowling Party!

Join VNA Community Services for their
annual Family Bowling Party!

The party includes 3 hours of bowling,
shoe rental, prizes, refreshments,
50/50 and raffles!

Tickets : Adult \$25 Child \$10
Family Packages available.

**SUNDAY, MARCH 13TH 2-5PM
THUNDERBIRD LANES**

Call 215-572-7880 for tickets!

Walking Club will continue to be held at the Willow Grove Mall
on Fridays at 8:45am through March and April.

We meet at the carousel.

We will monitor the weather and hopefully
return to the outside trails by May.



Join us for a FREE Arm Knitting Class!



Learn how to make an infinity scarf
in 1 hour using just your arms!!

Thursday, March 3rd 2p-3pm
at VNA Community Services
RSVP with Kate

B.Y.O.Y. (Bring Your Own Yarn)

Bring 2 skeins of Super Bulky Size 6 yarn in any color of
your choosing and leave with a beautiful scarf!

★ food pantry ★

Mitzvah Food Pantry @ Beth Sholom
Wednesday 1-3pm or by appointment

For more information call 215-887-1342

Everything You Wanted to Know about

LEGAL DOCUMENTS

BUT WERE AFRAID TO ASK!!

with Elder Law Attorney Michelle C. Berk, Esq.

Wednesday, April 6th

12:30pm-2pm

VNA Community Services

Join us for our Brown Bag lunch discussion
with Elder Law attorney Michelle Berk, Esq.
Bring your questions and get some answers!



Bring your own lunch,
snacks and drinks will be provided



S.A.G.E Sessions

All sessions are held at Briar Bush Nature Center
1212 Edge Hill Road
Abington, PA 19001

**S.A.G.E. Sessions are free
but there is a suggested
\$5 donation to defray program costs.**

To Register call 215-302-9900.

What Bugs You: Insects and Other Creepy Crawlies

Friday, March 18, 2016 1:00-2:30pm

There are usually two types of reactions people have when encountering insects and other creepy crawlies: disgust and fear or curiosity and appreciation. Join us to discuss what bugs you about certain insects and creepy crawlies and how they may actually be beneficial to humans and the environment.

Native Plants: Bird and Butterfly Billboards

Friday, April 15, 2016 1:00-2:30pm

Many of us know the difference between a tulip and a tulip tree, but for local wildlife, the differences go beyond the fact that one is a little flower and one a towering tree. The amazing connections between plants, insects, and other wildlife, especially birds, are only beginning to be understood scientifically. These discoveries are leading to important and intriguing discussions about how we humans treat our landscape. Come be part of those discussions as Mark Fallon, Senior Naturalist, presents on one way we can save animals by making simple changes to backyards, parks, and streetscapes.

Birds: Form and Function II

Friday, May 20, 2016 1:00-2:30pm

In December, we learned all about feathers. This month, we focus on the internal anatomy of birds: feet, beaks, and bones. How do bird beaks get their shape and color? How are airplanes inspired by bird skeletons? How do duck feet not freeze in the winter? Come join the flock for this program that is guaranteed to make you sing with delight!

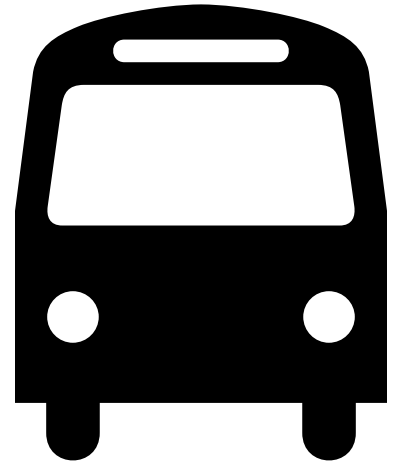
Backyard Butterflies

Friday, June 10, 2016 1:00-2:30pm

Flutter your way to Briar Bush this month as we discuss interesting facts relating to butterflies. How many species pass through Pennsylvania? What type of plants do they like? How can you tell the difference from a Spicebush Swallowtail and a Black Swallowtail? Learn more about Briar Bush's Butterfly House and take a closer look at our collections of mounted butterflies.

Changes coming to SEPTA!

Senior Citizens, age 65 and older, wishing to ride SEPTA bus, trolley, and subway service free of charge, or take advantage of the \$1.00 Regional Rail fare within the Commonwealth of Pennsylvania, will now need to show a PA Drivers license or State ID. SEPTA is phasing in a SEPTA Key Senior Photo ID card. For more information call 215-580-7800.



We are thrilled to be offering our Yoga Series again with MomentOM Yoga on a NEW DAY and TIME!

YOGA

WITH AGING @ HOME

Mondays from 3pm-4pm
April 4th, 11th, 18th, 25th and
May 2nd and 9th.

\$30 for Entire Series OR
\$6 per individual class
Space is limited.

All Classes must be paid for by March 25th , 2016.

CLASSES WILL BE HELD AT MOMENTOM YOGA *261 OLD YORK ROAD JENKINTOWN, PA *

MomentOM Yoga Registration

Please complete the Registration Form and return with your payment by **March 25th, 2016**.

Advance payment and reservation is required as space is limited.

Payment by cash or check (made out to VNA Community Services).

Call 215-302-9900 with any questions.

Entire Series (\$30) _____ Individual (include dates \$6 per class) _____

Member Name: _____

Phone Number: _____

Please mail or drop off registration form and payment to:

Aging at Home-A Community Network
1421 Highland Avenue, Abington, PA 19001

Table Talk @ Hibachi Registration

Please complete the Registration Form and return to Aging at Home with your payment by **March 7, 2016**.

Advance payment and reservation is required as space is limited.

Payment by cash or check (made out to VNA Community Services).

Call 215-302-9900 with any questions.

Member Name: _____

Phone Number: _____

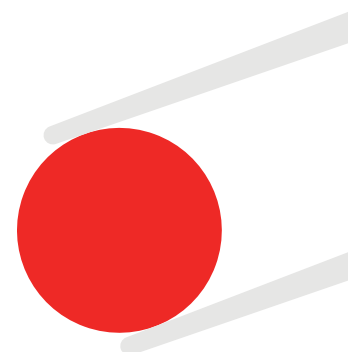
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TABLE TALK DINING CLUB AT

Hibachi



Japanese Steak House and Sushi Bar

TUESDAY, MARCH 15TH 3PM-5PM

\$14 PER A@H MEMBER

\$18 PER NON-MEMBER

**Menu includes salad, choice of chicken, steak or shrimp hibachi entree, rice and vegetables and water or tea. Tax and tip is included. **

**PRE-PAYMENT AND REGISTRATION IS
REQUIRED BY MARCH 7, 2016.**

Hibachi Japanese Steak House and Sushi Bar is located at The Pavilion,
261 Old York Road, Jenkintown, PA 19046
Parking and Entrance in Rear.