



Tuesday
November 8
2016



*Aging at Home –
A Community Network*

Aging at Home Office - 215-302-9900 Member Newsletter November/December 2016



State Representative Madeleine Dean presents:



Free Shredding Event

November 5th 10:00 am- Noon

**Old York Road at Brentwood Road
Abington, Pa. 19001**

**Personal Documents only - no businesses
Call for more info: 215-517-6800**

Sweet Succulent Creations

Let's Get Creative

Join us for a unique design workshop—make your own indoor
Succulent Garden – to keep or give as a holiday gift!

Wednesday, November 16, 2016

2:00-3:30 PM

VNA-CS- 1421 Highland Avenue, Abington, Pa. 19001

\$15 Members/\$18 Non-Members

(Includes all materials)

Payment in cash/check mailed to VNA-CS by November 10



Table Talk Dining Club - Holiday Party
A Special Luncheon Celebration
at Giant Superstore, Willow Grove

December 15th 1-3 PM

\$8 Member \$12 Non-Member

RAFFLES

SURPRISES

**Payment in cash or check by 12/8/16 mailed to:
VNA-CS, 1421 Highland Ave, Abington, Pa. 19001**

≡ Book Club ≡

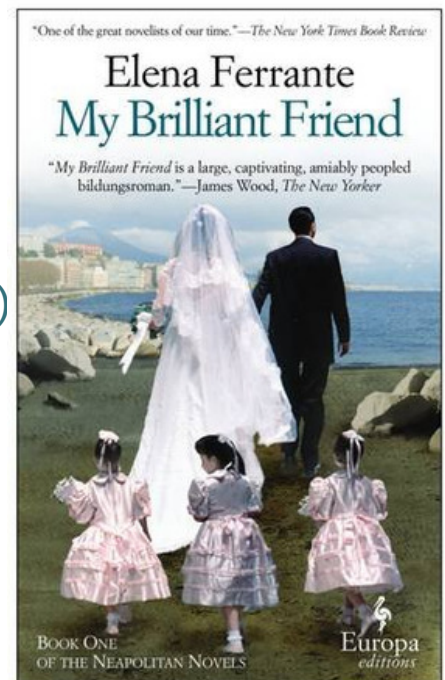
Tuesday, December 13, 2016 10:30-11:30AM

**VNA Community Services
1421 Highland Avenue**

Join other Aging at Home members for coffee and lively conversation! RSVP at 215-302-9900

(some books may be available through Book Club in a bag)

A modern masterpiece from one of Italy's most acclaimed authors, *My Brilliant Friend* is a rich, intense, and generous-hearted story about two friends, Elena and Lila. Ferrante's inimitable style lends itself perfectly to a meticulous portrait of these two women that is also the story of a nation and a touching meditation on the nature of friendship.



"Positive Aging" Lunch Group



Interested in engaging discussions with other seniors?

Do you love to share your ideas and life lessons?

Looking to learn ways to stay fit and healthy?

Desire pursuing more meaning in your life?

November 29th - 12:30-2:00 PM

Join us for stimulating conversation

Our 1st session will explore:

Creativity & Aging

Bring your lunch and an open mind and we'll provide the drinks!

RSVP by November 22nd

215-302-9900

Held at VNA-CS Office



S.A.G.E Sessions

Fridays at Briar Bush 1-2 PM

November 18 - Astronomy

Come watch the night sky during the day. Astronomer and Educator Ehren Gross will take you on a journey for tonight's sky and show you some celestial objects and planets. He will also tell you what to look for during the upcoming month.

December 16 - Winter Survival

This program will brighten up the darkest month of the year! Meet some of our live animals that have amazing ways to beat the cold. We'll discuss how animals in temperate regions deal with the changing of the seasons, particularly cold winter temperatures and lack of food sources.

Please call 215-302-9900 to RSVP

Briar Bush is located at 1212 Edge Hill Road, Abington



State Representative Madeleine Dean Hosts:

Veteran's Thank You Breakfast

November 13th 10:00AM North Penn VFW

Reservations required - Call 215-517-6800 or email

RepDean@pahouse.net

Important Numbers

Montgomery County Aging and Adult Services -215-784-5413

Transnet (Shared Ride Program) -215-542-7433

Montgomery County Meals on Wheels - 215-885-7650

Walking Club Schedule

Fridays at 9 AM



Join Aging at Home members for indoor walks at Willow Grove Mall!

All are welcome - walk at your own pace

(We meet at the carousel on the third floor)

Call 215-302-9900 for more information.

Become a volunteer with the Foster Grandparent Program!

Serve as a tutor, mentor and role model and earn extra \$\$\$

Are you interested in receiving a tax-free stipend for making a difference in an elementary school, Head Start Program, or child care center?

Call 610-630-0201 for information.

Are you eligible soon for Medicare?

Have questions about Medicare coverage?

Have problems with your Medicare coverage?

**Personal Navigator Program
of VNA Community Services
can help!**

FREE benefits access screenings and APPRISE Counseling
Staff can help income eligible individuals with medical,
financial and food assistance applications.

**Call 1-800-591-8234
for more information**

VNA

HOME CARE SERVICES

*Personal care, homemaker
and companion services.*

Call 215-572-7880

for more information