



WOMEN HOLD UP HALF THE SKY

Smiling women in Japanese American camp, war emergency evacuation

The 2019 Women's History Month theme is "Visionary Women: Champions of Peace & Nonviolence." The theme honors "women who have led efforts to end war, violence, and injustice and pioneered the use of nonviolence to change society." Every year March is designated Women's History Month by Presidential proclamation. The month is set aside to honor women's contributions in American history.

In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th, 1980 as National Women's History Week. The book *Half the Sky: Turning Oppression into Opportunity for Women Worldwide* asserts that the central moral challenge of the 21st century is the full emancipation of the world's women. Throughout this newsletter you will see facts of American women who turned oppression into opportunity and workshops during the month about common women.



"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions were unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well."

President Jimmy Carter's Message designating March 2-8, 1980 as National Women's History Week

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Message From Executive Director, Linda Collins

March is a month of Mardi Gras, St. Patrick's Day, daylight savings and women's history. A new study done by the National Women's History Museum and the Smithsonian looked over the standards for teaching social studies in the United States and found that only 178 of the historical figures listed in the textbooks were women and 559 were men. Education officials still have a lot to learn. For us seniors, it's never too late to learn and I am pleased that we will have events throughout the month to recognize the women who never made the textbooks.

Linda

PALM News And Events



MY LIFE, MY HEALTH

Starting March 7th and the following 5 consecutive Thursday's from 10am to 12pm there will be a workshop on Chronic Disease Self-Management. If you have any type of chronic condition, you don't want to miss the workshop.

The workshop is free of charge and will be led by Carol Merrill Bright and Beverly Rouse. Please call Nancy at 610-642-9370



Hidden Figures in Women's History
March 8 at 11 am

Joyce Mosely will speak on women whose accomplishments never made the history books.



Terri Wassel and Public Health Student
March 18th at 12:30pm

Madison Marino will speak on food and beverages that help lessen cold symptoms and Calcium and Bone Health



"Car Fit"
March 19 at 12:30pm

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers and/or increase their mobility in the community.

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies. (Source: NHTSA)

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.



PUBLIC HEALTH STUDENTS FROM ARCADIA UNIVERSITY TO PRESENT ON FEBRUARY 25.

On Tuesday, March 26th and Thursday, March 28th at 12:30, in honor of "Women's History Month" the PALM will celebrate the work of some of Montgomery County's outstanding Women. We invite the community and others to come help us say thank you for the work these women have done to make a difference in the lives of many.



AARP - Get Smart About New Vehicle Technology
March 29th 1:30 to 3:00pm

Join our 90-minute workshop to learn all about the latest high-tech safety features in your current car or what technology to look for when shopping for a new car. Learn about popular features like blind spot protection systems and more. The cost is \$5.00. Call 610-642-9370 to register



March 2019 Class Schedule

PALM Members take full advantage of discounted class fees. Learn how to become a PALM Member by calling (610) 642-9370 or by visiting palmseniors.org.

Chair Exercise

Improve strength, flexibility & endurance
Mondays - 11AM to 11:45AM
Instructor: Kirsty Brown
Price - \$3.00 Per Class

Table Games

Tuesday and Thursday Afternoons
1:45PM - 3:00PM

Yoga With a Twist

Help loosen muscles & relieve the body
Tuesdays - 9:15AM to 10AM (\$3 Per Class)
Instructor: Agnes Trichard

Conversational Spanish

Wednesdays - 1PM to 2pm for beginners
Wednesdays - 2PM to 3:30pm for intermediate
Native Speaking Instructor: Gladys Saldana
Price - \$7.00 a month

Healthy Steps in Motion

A Falls Prevention exercise regimen
Wednesdays - 10:30AM to 11:15AM
Instructor: Certified Trainer Gladys Saldana

Weaving Class

Ideal for people with limited vision or dexterity.
Wednesdays - 10AM to 11:30AM
Instructor: Barbara Parman

Bible Study

Applying Biblical principles in daily life.
Thursdays - 10:30AM
Price - Free Will Offering

Merri Notes

Musical group with audiences
community-wide
Thursdays 10:30AM to 11:30AM
Musical Director: Rev. Virginia Pollard

Jewelry Making

Design jewelry for all occasions
Every Thursday
12:45PM to 1:45PM
Instructor: Sun H. Joe
Price - \$2.00 Per Class plus supplies

Stretch & Tone

Perform gentle stretches to increase mobility
Thursdays - 9:15AM to 10:00AM
Instructor: Kirsty Brown

Quigong

Useful for those who need to learn how to relax and concentrate.
Fridays - 10:00AM to 11:00AM
Instructor: Ken Kramer



***SAVE THE DATE ***

Community Health Fair at The PALM
May 4, 2019 - 10am - 3pm

Please join us to learn about health programs and resources in your community that can help improve your health and quality of life.

Wishing everyone with a birthday in
March a HAPPY BIRTHDAY!!