



You can also get your FREE PALM Newsletter from our website, [www.palmseniors.org](http://www.palmseniors.org)

## Township Annual Picnic aka Rosie's Senior Jamboree



Lower Merion Township will hold its 39th Annual Senior Jamboree on July 11, at South Ardmore Park from 11:00 am - 2 pm at South Ardmore Park at 1420 Sussex Road, Wynnewood, PA 19096. People riding TransNet will be picked up and delivered to the Park and at 2 pm they will be returned to their homes.

In 2011, the event renamed Rosie's Senior Jamboree in honor of the late Rosie Riley, a long-time employee of the township's Parks and Recreation department who had worked for many years to organize the event.



### Weaving Class at The PALM!

Personalized, one on one instruction is the hallmark of our weaving classes. From beginning weavers to intermediate weavers, they all benefit from the instruction of Barbara Parman. Students also sell their works at The PALM.



### Exciting Ping Pong Games

Ping Pong has been revived by Jim and Sam. **Every Tuesday at 10:00am!** Did you know? The game began in the 1880's when lawn tennis players adapted their game to play indoors during the winter. Ping-Pong is a trademark name for table tennis.

**Click here to view  
The PALM's July Activities!**

**Click here to view  
July's Lunch Menu!**



PALM Center for Positive Aging  
117 Ardmore, Avenue / Ardmore, PA. 19003  
Monday - Friday / 8:30AM - 4:00PM  
(610) 642-9370 / [palmseniors.org](http://palmseniors.org)



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The PALM donor number is 01616.

# WELCOME!!

## From the Director,

Each time you come to the Senior Center, we ask you to swipe your small plastic card or manually check in. This helps us keep track of the number of people using the Center as well as the number and types of programs you are participating in. This information is required by the State. It is also very helpful information to have when we apply for other grants that may be available to us.

Last year 250 unduplicated people attended programs 11,011 times. We also had 36 volunteers who provided 855 hours of service, doing such tasks as fundraising, administrative support, kitchen and special event volunteers, and a variety of other tasks around the Center.

So please, every time you come to the Center, swipe your card. If you need a card, see the Office Coordinator, Nancy. This helps us to continue to offer you a wide variety of programs. We also always welcome new volunteers.

Have a great summer and I hope to see you at the picnic on the 11th.

In Positive Aging,

**Linda**

Linda Collins



Volunteer Kyle Howard demonstrating to PALM Members how to swipe the card.

## Upcoming Events at The PALM

Tuesday, July 3, 2018 and Tuesday, July 10, 2018

From 10:00am to 11:00am

The office of Senator Daylin Leach's ofc will present a Roundtable discussion on current events. It will be facilitated by Chad Hoffmann.

Food Cupboard Packing

Thursday, July 5th, 2018 / 9:00am – 11:00am

Wednesday, July 25, 2018 / 12:30pm – 1:30pm

Rite Aid Pharmacy Presentation - Sun Protection

## Confused by Medicare Choices? MEDICARE 101

### ICE CREAM SOCIAL

Wednesday, July 18th  
12:30pm - 1:30pm

Join us for an educational seminar by Dan Yody to help you understand your options when enrolling with Medicare, retiring, or reviewing your benefits each year. We will answer all of your questions regarding Medicare Open Enrollment (October 15th – December 7th), including when to review prescriptions plans and make changes.

Medicare 101 – What do all of those letters mean – A? B? C? D? What's the difference between Plans F, G, and N?

Understand the major difference (and importance) between being Observed and Admitted in the hospital.

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Dan Yody Benefits  
Consultant CAISE Benefits

# FROM THE DESK OF THE SOCIAL WORKER



## FARMER'S MARKET CHECKS

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Just a reminder that the Farmer's Market Checks are available. The last day the checks will be issued is September 30, 2018. The last day to use the checks is November 30, 2018.

- Seniors who are living in nursing or residential facilities where meals are provided are not eligible.
- Seniors who are 60 years or over at some time during the program year and meet the income requirement.

Single - \$22,459  
Couple - \$30,451

Checks will be distributed every Tuesday thru Thursday until September 28, 2018. The time of distribution is from 10:00 am until 1:00 pm.



DEADLINE TO SIGN UP FOR THE TRIP TO WASHINGTON D.C./ARLINGTON NATIONAL CEMETARY is **July 19, 2018**. We will visit the Tomb of The Unknown Soldier, President Kennedy etc. and also sections of the Cemetery which have an interesting and rich history. You don't want to miss this trip. We will be riding on a tram and walking is minimal. We will stop at Union Station on our way home for dinner. Dinner is on your own

**COST: \$110.00**

**DATE OF TRIP: SAT. SEPT 22, 2018**

If you are interested in going on the trip to Ladore in the Poconos, please see Beverly Miles. There are still scholarships for the cost of the trip available. Date is: **October 1st to Oct 5th**.



**Wishing everyone with a Birthday in July a very Happy Birthday!!**

**CONGRATULATIONS TO OUR NEWEST PALM MEMBERS!**

**Barbara Barr  
Benny Russell  
Mary Hodgkinson**

# July Class Schedule

Classes are subject to cancellation in the event of low enrollment.

## Chair Exercise

Improve strength, flexibility & endurance

Mondays & Fridays - 11AM to 11:45AM

Instructor: Judy Gaul

Price - \$3.00 Per Class

## Table Games

Tuesday and Thursday Afternoons

1:45 - 3:00 P.M.

## Yoga With a Twist

Help loosen muscles & relieve the body

Tuesdays - 9:15AM to 10AM (\$3 Per Class)

Instructor: Lisa Bardarson

## 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: Dr. Clyde Shive



## 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: Lisa Bardarson

## Quilting Class

Create bed quilts, wall hangings and pillows

Fridays - 10:00AM to 12PM

Instructor: Barbara Short

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