



October 18, 2016
10 a.m. - 3 p.m.
Fairlane Village Mall, Pottsville



570-624-3018 ❖ www.diakon.org/LL50 ❖ 1-800-621-6325

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County



Diakon Living & Learning After 50 Expo

Tuesday, October 18, 2016
Fairlane Village Mall Doors Open to Public at 9 AM

	Living & Learning Stage 1	Living & Learning Presentation Room	Living & Learning Demonstrations	APPRISE Medicare Area	See map on page 6 for location
10 am	Treasure Your Treasures - George Blum What is Silver? What is Gold?			Medicare Part D Comparisons Drug Take Back	Flu Shots - Chair Massage Ask the Gardener Diakon Living & Learning Information
10:15		17 in 2017 Challenge Discover & Win With Diakon			
11:00	Winterize Your Golf Game - Howard Merrick, Hidden Valley	"ICE" for Your Cell Phone	** Zumba Gold	Medicare Part D Comparisons Drug Take Back	Flu Shots - Chair Massage Wine Tasting - Ask the Gardener Diakon Living & Learning Information
11:30	Keep This, Not That - David Shelcusky		** Tone & Stretch		
Noon		Cooking Demo - Cathy Repp		Medicare Part D Comparisons Drug Take Back	Flu Shots - Chair Massage Wine Tasting - Ask the Gardener Diakon Living & Learning Information
12:45		17 in 2017 Challenge Discover & Win With Diakon	**Line Dancing		
1:00	The Legends: For Your Listening Pleasure	"ICE" for Your Cell Phone		Medicare Part D Comparisons Drug Take Back	Flu Shots - Chair Massage Wine Tasting - Ask the Gardener Diakon Living & Learning Information
2:00	The Legends: For Your Listening Pleasure	Introduction to Hypnosis - Deborah Miller		Medicare Part D Comparisons Drug Take Back	Flu Shots - Chair Massage Ask the Gardener Diakon Living & Learning Information

**** Living & Learning After 50 Demonstrations:** Schedule of upcoming classes: See Guide Pages 4 & 5

Schedule subject to change

What is Silver ? What is Gold? Treasure Your Treasures by George Blum, Independent Appraiser

Cleaning out your home or home of a loved one can be an emotionally and physically draining task. Before you sell ANYTHING at a yard sale, online or make that delivery to the thrift shop, join George for tips on what to look for - - what is a treasure, silver, gold and what's not. Your items could be worth hundreds or thousands of dollars more than you think.

Winterize Your Golf Game by Howard Merrick -

Howard, golf coach from Hidden Valley Golf Course will share some golf instruction, tips & exercises you can do to keep you limber through the winter.

Keep This, Not That by David Shelcusky -

Join David, owner of Shelcusky Accounting/Tax Service to find out if and when it's safe to throw out those important documents you have been keeping for years. He will discuss what you should keep, how long you should keep them and when it is safe to dispose of them. In addition, he will let you know the safest way to store and dispose of the documents you have been storing.

"17 in 2017" — Discover & Win with Diakon

Debbie Herb will share Diakon's exciting challenge to Schuylkill county's older adults.

"What's For Lunch?" Cooking Demo - Enjoy a tasty treat as Cathy Repp, owner of Beaugard's Catering demonstrates creative ways to jazz up those boring lunches.

"ICE" In Case of Emergency—For Your Cell Phone

ICE stands for "in case of emergency," and it's what many of us have been taught to look for if someone needs medical attention. Well, what if that person is you? Where is your ICE info? One of the easiest and most convenient places to keep emergency information is on your cell phone. Sarah & Jen from Diakon will show you the right way to set your cell phone so that someone can contact your ICE person in the event of a medical emergency or even if your phone is lost. Bring your cell phone to this session.

Introduction to Hypnosis with Deborah Miller, BCH Learn how hypnosis works, how you can improve your life with self-hypnosis, and have related questions answered by a hypnosis professional.

Diakon Living & Learning Information

Enjoy class demos, meet our instructors, ask questions and sign up for classes.

Ask The Gardener -Learn some tricks from Penn State Master Gardeners. Are you curious about why and how to capture rain water at your home? Do you have a lawn that has been a disappointment this year? How did your garden perform this year? Penn State Master Gardeners will be available to answer these questions and more!

Drug Take Back is anonymous. You are encouraged to remove your personal information from the prescription labels. Participants may dispose of medication in its' original container or by removing the medication from its container and disposing of it directly into the disposal box. All expired or unwanted controlled, non-controlled and over the counter medicines are accepted. Also liquid products, such as cough syrup should remain sealed in their original plastic container. The following items are NOT accepted: glass containers, intra-venous solutions, injectable, syringes and illegal substances such as marijuana or methamphetamines".

Medicare Part D Comparisons - Bring your Medicare Card, any other insurance cards , list of current medicines w/strength & frequency.

Wine Sampling by Linda Reading, Stone Mountain

"The Legends" - For your listening pleasure.

Flu Shot sponsored by Walgreens

Chair Massage - McCann School of Business, Pottsville

Door Prizes - compliments of Fairlane Village Mall
Drop off your entry near the welcome tables.

Stop by one of Diakon's "Welcome" tables for your Expo gift bag.

Living & Learning After 50

If you are looking to learn a new skill, enhance an existing interest or just enjoy life more, Living and Learning may have something of interest for you!

We are the only program in Schuylkill County that offers courses, events, activities and workshops exclusively designed for the active older adult. All of our offerings are geared to those who are 50+ and have a desire to:

- * Discover their creative side
- * Explore the latest in health & wellness trends
- * Delve into modern-day technologies
- * Meet new people with common interests and enrich life!

We offer a wide range of courses that are reasonably priced and in a variety of locations throughout the county. Our fall course catalog describes in detail all of our classes and is now available. If you do not yet have one, please visit www.diakon.org/LL50 for a complete listing, pick one up at the Expo or call our office.

We're sure you'll find a course that suits your interests!

Upcoming Events

Tickets available at the Expo

"Night at the Mansion" Halloween Bash

Saturday, October 29, 7 - 10 pm

Diakon will be brewing up great music, great food and awesome costumes.

There will be weird-happenings, tricks & treats and dancing to the music of "The Boys Upstairs",

Sponsored by E. Lori Smith.

Costumes are highly encouraged!



Schuylkill County Council for the Arts, Pottsville
Admission: \$20 advance tickets, \$25 at the door

Change of Seasons Oldies Dance

Friday, November 4, 7 - 10 pm

Live music by "The Sensations"

Sweet Arrow Lake Clubhouse, Pine Grove

Admission: \$10 advance tickets - \$12 at the door

Ticket price includes refreshments.

Fire & Ice Winter Fest

Sunday, January 22, 2 - 5 pm

Winter fun for everyone!

Fire up hotdogs over an open fire --

Enjoy a homemade ice-cream making demo --

Compete in the Fire Hot Chili Cook-off.

Call 570-624-3018 to compete.

Free Admission: cost for some activities

Sweet Arrow Lake Clubhouse, Pine Grove

DIAKON LIVING & LEARNING CLASSES & WORKSHOPS --

Pick up a copy of our Fall catalog at the Expo or visit our web-site for class description.

Fall/Winter Classes

PAINT & SIP WATERCOLOR \$35/one session

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1828 Sunday, Oct 16, Whimsical Flowers

2 - 4 pm / call to register

#1829 Sunday, Nov 13, Jellyfish

2 - 4 pm / Register by Oct 30

PAINT & SIP ACRYLIC \$25/one session

Pottsville Center - 201 North Centre Street

#1822 Tues, Jan 17, 6 - 8 pm Register by Jan 3

WEIGHT LOSS HYPNOSIS GROUP \$100/four sessions

Alvernia University Schuylkill Center - Cressona Mall

#1786 Tuesdays, Oct 18, 25, Nov 1, 8

5:30 - 7:30 pm Call to register

ANTIQUES & COLLECTIBLES \$25/five sessions

Pottsville Center - 201 N. Centre Street, Pottsville

#1817 Mondays, Oct 24, 31, November 7, 14, 21

6:30 - 8:30 pm Call to register

ZENTANGLE®101 \$30/one session

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1830 Wed, Nov 2, 6 - 9 pm Call to register

BEGINNER'S STILL LIFE DRAWING & PAINTING \$45/two sessions

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1804 Thurs, Nov 3 & 10, 6 - 9 pm Call to register

PAINTING SNOWY BARNS WITH AMISH COVERED BRIDGES

\$45/two sessions

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1807 Thurs, Dec 8 & 15, 6 - 9 pm Register by Nov 24

DRESSED-UP HAND TOWELS \$20/one session

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1811 Wed, Nov 9, 6 - 7:30 pm Call to register

BEGINNER'S FABRIC PAINTING \$45/two sessions

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1824 Thurs, Dec 29 & Jan 5, 6 - 9 pm Register by Dec 15

DRAWING CRUMBLING RUINS \$45/two sessions

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1826 Thurs, Jan 12 & 19, 6 - 9 pm Register by Dec 29

BEGINNER'S WOOD PAINTING \$45/two sessions

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1825 Thurs, Feb 2 & 9, 6 - 9 pm Register by Jan 19

PAINTING ROOSTERS, BIRDS, & MISC. ANIMALS \$45/two sessions

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1827 Thurs, Feb 16 & Mar 2, 6 - 9 pm Register by Feb 2

INTERMEDIATE KNITTING \$50/three sessions

Alvernia University Schuylkill Center - Cressona Mall

#1845 Thurs, Nov 3, 10, 17

6:30 - 8:30 pm Register by Oct 20

DRESSED-UP CLOTHES PIN/STORAGE BAG \$35/two sessions

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1812 Wed, Dec 7 & 14, 6 - 7:30 pm Register by Nov 23

NINE PATCH PILLOW \$35/two sessions

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1813 Wed, Jan 11 & 18, 6 - 7:30 pm Register by Dec 28

LOG CABIN PLACE MATS (QUILTING) \$35/two sessions

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1814 Wed, Feb 1 & 8, 6 - 7:30 pm Register by Jan 18

HAND SEWING—WRISTLET, COIN PURSE & TOTE BAG

\$50/one session

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1818 Sat, Nov 5, 12 - 4 pm Register by Oct 22

HAND SEWING—FLEECE HAT, SCARF AND HAND WARMERS

\$50/one session

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1819 Sat, Dec 3, 12 - 4 pm Register by Nov 19

CHAKRA MEDITATION WORKSHOP \$30/one session

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1794 Saturday, Nov 5, 9 am - noon Register by Oct 22

MEDITATION WORKSHOP \$10/one session

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1792 Sat, Dec 10, 10:30 - 11:30 am Register by Nov 26

BEGINNERS GUIDE TO INNER PEACE \$25/one session.

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1815 Saturday, Nov 19, 9 am - noon Register by Nov 5

#1816 Saturday, Jan 21, 9 am - noon Register by Jan 7

TRY SCUBA DIVING \$20/one session

Pool / location to be announced

#1851 Fri, Jan 13, 6 - 9 pm Register by Jan 1

FIRST AID/CPR/AED CERTIFICATION

\$110/online & classroom session

Diakon Living & Learning Center - 118 S Centre St, Pottsville

#1832 Classroom session, Wed, Feb 1, 6 - 8 pm

Holiday Classes

DON'T THROW IN THE TOWEL \$25/one session

Diakon - 118 S Centre St, Pottsville

#1810 Wed, Nov 2, 6 - 7:30 pm Register by Oct 20

PINE CONE CHRISTMAS WREATH \$40/one session

Pottsville Center - 201 N Centre St.

#1790 Tue, Nov 15, 6 - 8:30 pm Register by Nov 1

CREATIVE HOLIDAY ENTERTAINING \$35/one session

Pottsville Center - 201 N Centre St.

#1843 Sat, Nov 19, 10 am - noon Register by Nov 4

PAINTING CHRISTMAS TREE ORNAMENTS \$45/two sessions

Diakon - 118 S Centre St, Pottsville

#1823 Thurs, Nov 17 & Dec 1, 6 - 9 pm Register by Nov 3

FRESH CHRISTMAS WREATH DECORATING \$25/one session

Pottsville Center - 201 N Centre St.

#1800 Wed, Nov 30, 6 - 8 pm Register by Nov 16

HOLIDAY GLASS PAINTING \$15/one session

Pottsville Center - 201 N Centre St.

#1820 Tues, Dec 6, 6 - 8 pm Register by Nov 22

RELAXATION CREATIONS

\$30/one session

Pottsville Center - 201 N Centre St.

#1787 Thurs, Dec 8, 6 - 8 pm Register by Nov 17

Looking for a gift idea for someone?

Diakon Living and Learning offers

Gift Certificates of any denomination.

“DROP-IN” FITNESS CLASSES - - \$6/class

No registration is needed ☞ Punch cards are available at class at a discounted rate ☞ \$40/eight classes

Please call ahead if attending a drop in class for the first time as schedule/location is subject to change.

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
ZUMBA GOLD: 9:30 - 10:30 am Sch. Haven Center, <i>no class Oct 24</i> SEATED YOGA: 6 - 7 pm Sch. Arts Center COUNTRY LINE DANCE: Beginner Lesson: 6:30 - 7:30 pm Dancing: 7:30 - 9 pm, Walk In Art Center <i>*punch cards are not valid for Line Dance</i>	SEATED YOGA: 10 - 11 am Sch. Haven Center, <i>no class Nov 8</i> GENTLE PILATES / STRENGTH TRAINING: 11:15 am - 12:15 pm, Sch. Haven Center <i>no class Oct 25, Nov 8</i> ZUMBA GOLD: 5:30 - 6:30 pm Trinity Episcopal, <i>no class Nov 15, Dec 6</i> GENTLE YOGA: 6 - 7 pm Diakon Living & Learning Center <i>No class Nov 1 & 8</i> <i>No classes Oct 18, visit us at the Expo</i>	GENTLE TONE & STRETCH: 9:30 - 10:30 am Sch. Haven Center, <i>no class Oct 26</i> Drop-in fitness inclement weather cancellations will be posted on the Living & Learning face book page. Daytime classes will be cancelled if the school district where your class is held closes due to bad weather. Evening classes will be cancelled if the school district where your class is held cancels evening activities	ZUMBA GOLD: 9:30 - 10:30 am Sch. Haven Center, <i>no class Oct 27</i> ZUMBA GOLD: 6:30 - 7:30 pm Trinity Episcopal,	TAI CHI: 9:30 - 10:30 am Sch. Haven Center <i>no class Oct 28, Nov 4</i>



Drop-in Fitness location addresses

Diakon - 118 S Centre St, Pottsville ☞ Walk In Art Center, 220 Parkway 3rd Floor, Sch. Haven ☞ Schuylkill Haven Center - 340 Haven St, Sch. Haven
 Trinity Episcopal Church - 201 Howard Ave., Pottsville, use second Street entrance ☞ Schuylkill Arts Center - 1440 Mahantongo Street, Pottsville

CRUISE AND SPIN -- Spinning® \$40/eight sessions*

Re-Cycle Sports - 2723 Minersville/Pottsville highway

Wednesdays, 11 - 11:30 am

#1837 Nov 2, 9, 16, 23, 30, Dec 7, 14, 21

Thursdays, 10:30 - 11 am

#1838 Nov 3, 10, 17, Dec 1, 8, 15, 22, 29

Re-Cycle Sports - 1165 Centre Turnpike, Deer Lake

Fridays 10 -10:30 am

#1839 Nov 4, 11, 18, 25, Dec 2, 9, 16, 23

BARRE \$40/eight sessions*

Re-Cycle Sports - 2723 Minersville/Pottsville highway

Thursdays, 11:15 - 11:45 am

#1840 Nov 3,10, 17, Dec 1, 8, 15, 22, 29

Re-Cycle Sports - 1165 Centre Turnpike, Deer Lake

Fridays, 10:45 - 11:15 am

#1841 Nov 4, 11, 18, 25, Dec 2, 9, 16, 23

*Register for same day morning SPIN & BARRE

Discount \$65/eight sessions each

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For trip information contact

Tracy at 267-733-2829 or

Tracy@Elitetraveljourneys.com

If you are looking to travel --

check out Elite Travel, each trip booked

through Elite Travel Journeys benefits Diakon

Living & Learning Clubs -

Visit them at the Expo

Please call if you are attending a meeting for the first time as club schedule, location is subject to change.

TUESDAY NIGHT DANCE CLUB is a fun and beginner friendly group dedicated to building the local dance community! Share what you know and/or learn from other couples. Experienced dancers and instructors are welcome to lead a lesson in any style. Attire is casual. Bring your own music or we take requests for dance styles and specific songs. The club meets every Tuesday evening, 6:30 pm at Trinity Episcopal Church - 201 Howard Ave., Pottsville, (use Second Street entrance).

HERB CLUB “SCHUYLKILL HERB SOCIETY”

Want to learn, teach or just socialize with other people? Growing, harvesting and using herbs for cooking, cleaning and wellness is fast becoming a new and healthy way of living more naturally. Meets the third Thursday evening each month, 6:30 pm, Pottsville Center - 201 N. Centre St.

INDOOR WALKING CLUB

Don't go it alone, join our walking club for fun, fitness and fellowship! Mon, Wed & Friday, 8:30 - 9:30 am, Schuylkill Haven Center, 340 Haven Street
 Call 570-624-3017 for more information

KAYAKING CLUB

“LAZY RIVER RIDERS”

Call to get on our email listing for next year floats.

CAMERA CLUB:

Fellowship and fun to taking better pictures. Meets the second Thursday evening each month, 6:30 pm, Pottsville Center - 201 N Centre St

INTERESTED IN STARTING A CLUB? Clubs are for socializing, advocacy, raising awareness, volunteering, discussion, information sharing, sports, professional development, religion, cultural, financial, etc. If you share an interest in a hobby or subject with several friends, you may want to consider forming a club and Diakon can help by giving you support and a place for your new club to meet. Call 570-624-3018 with your ideas and soon you may be on your way to sharing your interest with new (and old!) friends.

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CLASS REGISTRATION FORM

Name: _____

Address: _____

City: _____

Daytime phone: _____

Email: _____

Course Name: _____

Start Date _____ Fee\$ _____

Payment Method Cash _____ Check _____

Amount enclosed: _____

Make checks payable to: Diakon

MAIL TO: Diakon Living & Learning After 50
 118 South Centre Street, Suite 1,
 Pottsville, PA 17901

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Phone: 570-624-3018 Email: longs@diakon.org

www.diakon.org/LL50

Stop by Diakon Living & Learning at the Expo

Enjoy class demos, meet our instructors,
 ask questions and sign up for classes.

Help Wanted:

Diakon Living & Learning
 is always looking for workshop leaders,
 new ideas and locations
 for classes and programs.

**Be Sure to Visit Our
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D. Bath Fitters

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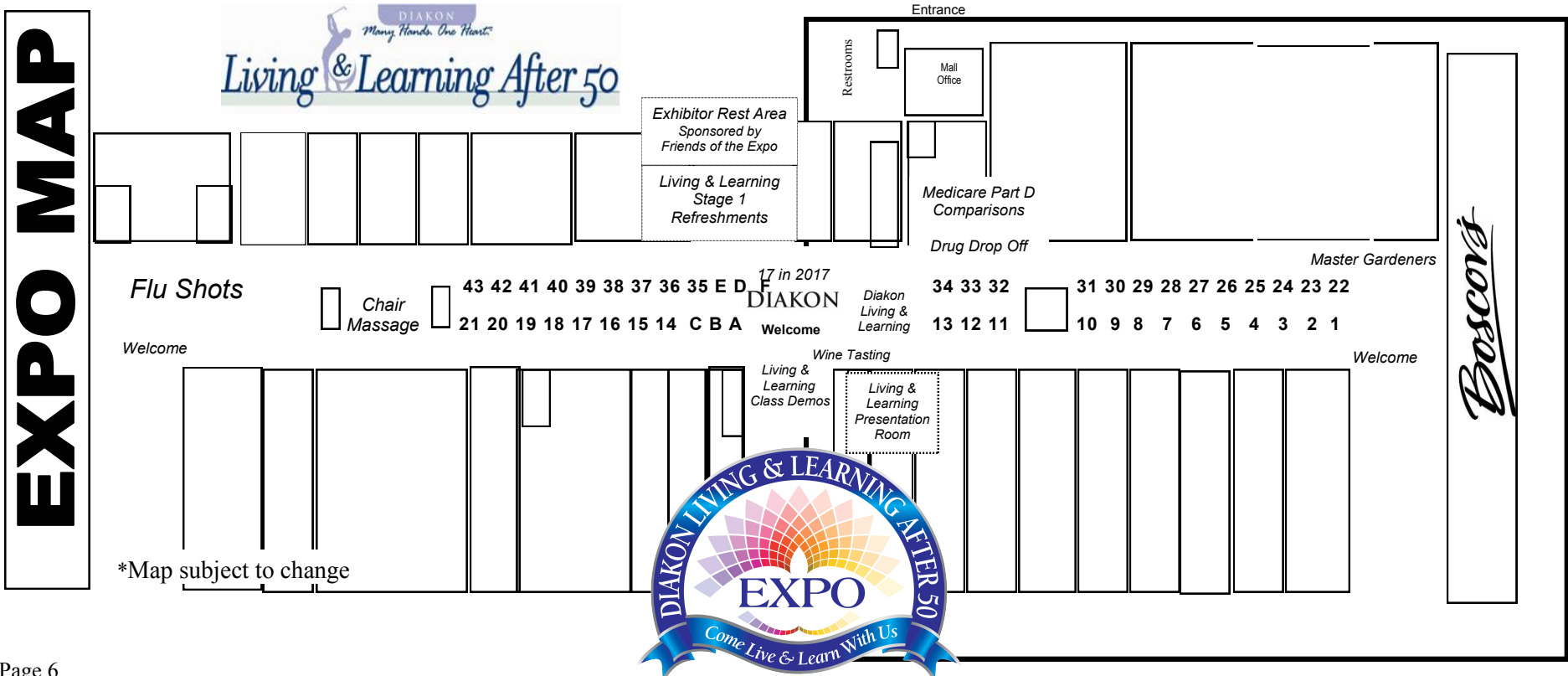
F. Magic 105.5 - WMGH FM

7. Precision Health Care
8. Senator Dave Argall
9. Kings Home Healthcare
10. Schuylkill Rehabilitation Center
11. Comfort Keepers
12. Lebanon VA Medical Center
13. Total Accessibility LLC
14. Providence Place Senior Living
15. Eldergarden
16. CACL Financial
17. Seton Manor
18. Hidden River Credit Union
19. Luther Ridge at Seiders Hill Assisted Living
20. Access Services
21. Golden Living York Terrace
22. Schuylkill Transportation System
23. Good Shepherd Rehabilitation Network
24. Berkshire Hathaway Homesale Realty
25. LeafFilter of North of Pennsylvania, Inc.

26. Hospice of Central Pennsylvania
27. Schuylkill County District Attorney's Office
28. Goal Line Financial Group
29. Compassus Hospice & Omni Home Care
30. St. Luke's Miners Campus
31. Independent Living Services
32. Schuylkill County Office of Senior Services
33. Sch. Elder Abuse Prevention Alliance, Inc.
34. Schuylkill County Ombudsman Program
35. Schoolyard Square
36. Geisinger Gold
37. Heritage Mills Personal Care Center
38. Redco-Evergreen Senior Services &
Developmental Support Services
39. Caring Heart Home Care Services, Inc.
40. Phoenix Rehabilitation & Health Services
41. Lincoln Heritage
42. Pottsville Hearing Center
43. Clear Captions

Exhibitors

1. Law Offices of
Williamson, Friedburg & Jones
2. Basement Waterproofing Specialists
3. Cremation Solutions
4. Xtreme Fitness
5. Ridgeview Healthcare & Rehabilitation
6. LIFE Geisinger



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- Call Bryan Boote at 570-762-4872
- Email bboote@bathsaver.com
- Visit or Mail to 167 Centerpoint Blvd
Pittston, PA 18640

*Reliable transportation is required. Bath Fitter provides equal employment opportunities (EEO) to all employees and applicants for employment without regard to race, color, religion, sex, national origin, age, disability or genetics. In addition to federal law requirements, Bath Fitter complies with applicable state and local laws governing nondiscrimination in employment in every location in which the company has facilities. This policy applies to all terms and conditions of employment, including recruiting, hiring, placement, promotion, termination, layoff, recall, transfer, leaves of absence, compensation and training.

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WEEKDAYS on Magic 105.5 WMGH

5:30 AM to 6 AM = Magic Morning News

6 AM to 9 AM = Kim Noel (The Morning Chick)

9AM to 1 PM = The Al Burke Experience

2 PM to 6 PM = Karen O'Toole

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Louis D. Truskowsky Funeral Home & Crematory Inc.

Louis D. Truskowsky, Supervisor truskowskyfuneral home.com



CHRISTINE A. HOLMAN

District Attorney

SCHUYLKILL COUNTY COURTHOUSE
401 N 2ND. STREET
POTTSVILLE, PA 17901-2528

PHONE: (570) 628-1043
CELL: (570) 778-7223
FAX: (570) 628-1010
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Rehabilitation Center— Schuylkill

Formerly Schuylkill Rehabilitation Center,
now part of Lehigh Valley Health Network



Our services:

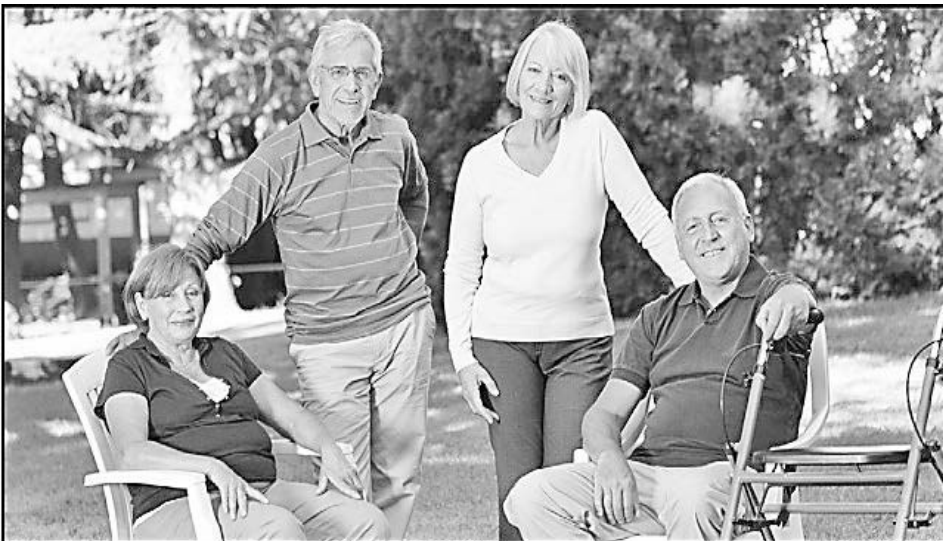
- | | |
|------------------------|--------------------------------|
| Physical therapy | Certified athletic trainers |
| Occupational therapy | Work rehabilitation |
| Speech therapy | Job site evaluation |
| Hand therapy | Psychology services |
| Aquatic therapy | Lymphedema management |
| Neck and spine therapy | Functional capacity evaluation |
| Sports medicine | Cancer rehab program |

300 Schuylkill Medical Plaza, Pottsville
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LVHN.org



Do you belong to a group?
Does your group like to travel together?
Call STS for information regarding their
Senior Citizen and Persons with Disabilities
Group Trip Programs



STS
We're here to get you there!

Provided under their
older adult and persons with disabilities
"Shared Ride Van Program"
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www.go-sts.com

800-832-3322 • 570-429-2701 TTY Relay #711



The **APPRISE Program** will have counselors available at the EXPO to assist you with your plan choices for 2017. If you are unable to make this event, we will be at the following locations.

All events are from 9 am - 3 pm

OCTOBER

- 24 - YMCA Tamaqua, 1201 E. Broad Street, Tamaqua
- 25 - Frackville Free Public Library, 56 Lehigh Street, Frackville
- 28 - Simon Kramer Cancer Institute, 15 Alliance Street, New Philadelphia

NOVEMBER

- 1 - Mahanoy Senior Community Center, 138 W. Centre St., Mahanoy City
- 4 - Schuylkill Haven Senior Community Center, 340 Haven St., Sch. Haven
- 7 - Tremont Senior Community Center, 139 Clay St., Tremont
- 12 - Diakon Community Services, 118 S. Centre St., Pottsville
- 15 - Pottsville Senior Community Center, 201 N. Centre St., Pottsville
- 18 - Simon Kramer Cancer Institute, 15 Alliance St., New Philadelphia
- 22 - Shenandoah Senior Community Center, 116 N. Main St., Shenandoah

DECEMBER

- 3 - Diakon Community Services - 118 South Centre Street, Pottsville

Appointments are required for all events.

To schedule an appointment, call Sue Johns at 570-624-3026.



You will need to bring your Medicare Card, any other health insurance cards, and a list of medications including the dosage and quantity use in a 30 day period.

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Become a part of our Diakon Family!
 Diakon Community Services Challenge 2017*
17 visits in 2017

Senior Community Centers, APPRISE, Diakon Living & Learning, Meals on Wheels,
 Health & Wellness Program, Volunteers Serving Seniors

Participate in 17 **different** activities/events in 2017 and earn an entry to win one of 17 prizes!
 Attend Health and Wellness events, talk with one of our APPRISE counselors about your Medicare benefits,
 enjoy a Living & Learning class (DLL), volunteer with any of our programs, attend center activities -
 or bring a friend along to any event and receive credit toward your 17 activities.
 (Minimum of 3 center activity events required at any of our centers; center meals excluded.)

Sampling of Prizes:

- Big Screen TV donated by Tom & Lori Smith
- Windows Tablet (value \$300) donated by OMI Technologies
- Pristine Clean-cleaning service (value \$100) donated by Chris Evens
- Brahler Contracting - \$100 toward a home remodeling project - Ken's Tires Gift certificate
- Christmas Pines Campground - \$50 for camping or camp store
- \$75 Beauty Basket donated by Linda Fellows - Polish Stars gift basket donated by Peter Cieslukowski
- Handcrafted Pottery donated by Mud and Maker & a variety of handmade items from Diakon community partners

*Learn more at the Expo - Visit Diakon's 17 in 2017 or join us for one of our 17 in 2017 presentations.

Challenge Sample:

- | | |
|--|---|
| Karen registers and picks up her card at the Pottsville Senior Community Center. | 1 activity |
| While there, she has her blood pressure checked. | 0 activity |
| Karen also eats at the center | 0 activity |
| The next week, Karen attends a DLL Zumba class | 1 activity |
| Karen also enjoys a DLL painting class | 1 activity |
| Karen has so much fun, she brings a friend to the next Zumba class | 1 activity for bringing a friend; none for the Zumba (already received credit for that) |
| Karen decides she would like to volunteer for Meals on Wheels | 1 activity |
| And also would like to volunteer to help at a DLL event | 1 activity |
| Karen attends all 10 sessions of Aging Mastery | 1 activity |
| Karen goes to Country Line Dancing (DLL) and brings 2 friends | 1 activity (none for bringing a friend; she already got credit for that). |
| Karen joins the Herb Club (DLL) | 1 activity |
| Karen goes to Schuylkill Haven Senior Community Center | 1 activity |
| Karen goes to Tremont Senior Community Center | 1 activity |
| Karen goes to Shenandoah Senior Community Center Karaoke | 1 activity |
| Karen goes to Matter of Balance (Health and Wellness) | 1 activity |
| Karen decides she would like to volunteer to do Outreach calls | 1 activity (a point for every program you volunteer for). |
| Karen does crafts with at Schuylkill Haven Senior Community Center | 1 activity |
| Karen meets with an APPRISE Counselor to discuss Medicare | 1 activity |
| Karen enjoy a Holiday event at the Tremont Senior Community Center | 1 activity |

17 events in 2017

**HELP DIAKON FILL
 SCHUYLKILL
 COUNTY**



WITH GOOD DEEDS!

Are you looking for moments
 of human connection?

Do you want a new experience with
 an inspiring group of people?

BECOME A DIAKON VOLUNTEER.

We guarantee that you will find fulfillment,
 inspiration, wisdom, purpose,
 perspective and socialization.

In return you will provide,
 hope, joy, companionship,
 safety and meals to your neighbors.

Volunteering helps to manage stress,
 makes you feel calm and
 improves your mood.

Please call **570-624-3010** to talk with us
 and explore the possibilities.

Living and Learning After 50: Teach a class,
 coordinate and/or assist with events & classes.

Volunteers Serving Seniors: Deliver monthly food
 totes and make reassurance calls to consumers.

Meals on Wheels: Deliver meals on wheels as an
 individual, family, or team (Monday, Wednesday
 and/or Friday); one hour routes available between 10
 am - noon.

APPRISE: Medicare counseling and/or answering
 TeleCenter phones.

PA Health & Wellness Program: Lead healthy life-
 style workshops.

Senior Community Centers: Help with meal prep
 8 - 10 am; lead activities.

Diakon Office: Clerical support.

*If you want to lift yourself up,
 lift up someone else.*

-- Booker T. Washington

Volunteer to Prep Income Taxes for Seniors

Since 1968, AARP's volunteer-based program has
 helped nearly 50 million low- to moderate-income
 taxpayers. AARP (American Association of Retired
 Persons) Foundation Tax-Aide offers free tax
 preparation help to anyone 50 and older who can't
 afford a tax preparation service. If interested in
 volunteering, contact IRS-certified and Lake Wynonah
 resident, Bob Mathews at 570-739-0083.



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Diakon Community Services manages
 senior centers, APPRISE, Meals on
 Wheels, Health & Wellness and
 Volunteers Serving Seniors programs
 under a contract with the Schuylkill
 County Office of Senior Services
 with funding from PA Department of
 Aging.



17 in 2017



Learn about "17 in 2017"
at the Expo, see details
inside cover on page 11.

Discover & Win with Diakon
Don't Just Think It...Do It!