



BUSINESS SPOTLIGHT

TriCounty Active Adult Center

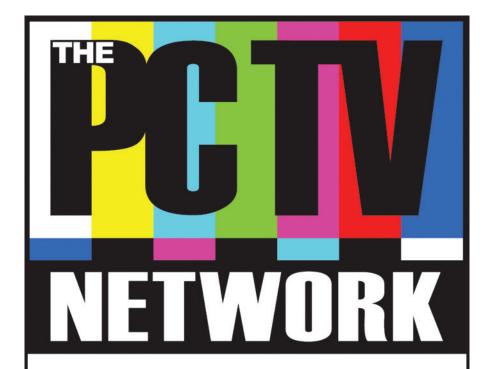
This mission of the TriCounty Active Adult Center is to help older adults live longer, healthier, more independent lives. Opened in 1976 as the Pottstown Area Seniors' Center, the name was changed in 2016 to better reflect the region and people served. The Center finished renovations on a new building in 2017, allowing it to expand the number of people served daily.

After more than 40 years, the Center has grown into a home-away-fromhome for older adults in our community, offering a wide variety of free and lowcost programs and services. Program areas include nutrition, such as a free daily lunch prepared fresh on-site; free and low-cost exercise classes, to help older adults stay active and avoid falls; social and recreational programs to keep minds sharp, and health and educational programs and services, including shingles and flu shots, health classes, free income tax preparation, and many more.

Today, more than 150 older adults make their way here every day to spend time with friends and escape the isolation of their homes. They find support, a sympathetic ear, and programs that enrich their lives.

TriCounty Active Adult Center is located at 288 Moser Road, Suite 1, Pottstown, PA 19464. For additional information, please call 610.323.5009; and visit www.tricountyaac.org.





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