

 TriCounty
Active Adult Center



**This is your time.
This is your place.**

*For independent adults
age 50 or better.*

No membership required!

www.TriCountyAAC.org
288 Moser Road, Suite 1
Pottstown, PA 19464
(610) 323-5009

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-from-home for older adults in our community, offering a wide variety of free and low-cost 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.

ROUTE 422 BusinessAdvisor

**Promote YOUR business
in the NEXT issue!
Call (610) 323-6253**



**A HONEY DIPPER
SEPTIC SERVICE
J. Brehm, Inc.**



WE PUMP WHAT YOU DUMP

Prompt, Reliable, and Quality Service!

Residential • Commercial • Industrial

Septic Pumping • Field Services • Bulk Hauling

610.327.1699 • www.honeydipperseptic.com

THE PCTV NETWORK

***Your Hometown Station...
We're Home For You!***

NOW OFFERING:

- *Streaming on Three Channels. 24/7*
- *Unbeatable Pricing for Commercial Productions and Airtime*
- *Webisode Productions*
- *Internet Placement*
- *Live Remote Broadcasts at The Location of Your Choice*
- *Local Sports Advertising Packages*



ThePCTVNetwork.com
ThePCTVNetwork@gmail.com • 610.327.1866