

WHAT IS A SENIOR CENTER

The purpose of the Senior Center Program is to promote the social, emotional, and physical health and well being of older Pennsylvanians as part of a comprehensive, coordinated system of services. Senior Centers provide access to community resources as well as providing services and activities that maintain independence and wellness. Individuals of all generations interact and interrelate in many kinds of programs. These individuals form a community of mutual interests in which all concerned benefit from a balanced, meaningful, and enjoyable program of individual and group services.

All Offices Open Mon.-Fri. 8:00 am to 4:30 pm

Central Office:

Human Services Center
1430 Dekalb St., Box 311
Norristown, PA 19044-0311
(610) 278-3601
Fax (610) 278-3769

Eastern Office

Suite 303, 102 Old York Rd.
Willow Grove, PA 19090-3283
(215) 784-5413
Fax (215) 784-5464

North Penn Office

421 West Main St.
Lansdale, PA 19446
(215) 361-7931
Fax (215) 361-7906

Pottstown Office

260 High St.
Pottstown, PA 19464
(610) 327-9203
Fax (610) 327-8642

ELDER ABUSE HOTLINE

To report a case of
suspected elder abuse to
Protective Services, call 1-800-734-2020



Montgomery County Board of Commissioners

Joshua D. Shapiro, *Chair*
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Senior Centers



Website: www.montcopa.org/mcaas

SENIOR CENTER SERVICES

A healthy living program supported in part by the Montgomery County Office of Aging and Adult Services (AAS). Senior Centers are the first step towards maintaining a quality independent life in the community.

Types of Services Available

- *Information and Assistance*
- *Recreation*
- *Educational and Wellness Programs*
- *Fitness Activities*
- *Health Screenings*
- *Outreach (including home visits)*
- *Socialization*
- *Transportation*
- *Wellness Activities*
- *Congregate Meals (hot noontime meal)*

Volunteer Opportunities Available

A broad range of volunteer opportunities are available across the spectrum of senior center activities and are not limited to the following:

- *Meals on Wheels (packers, drivers & escorts)*
- *Assistance*
- *Greeter*
- *Peer Led Activities*
- *Clerical*
- *Kitchen Aid*
- *Newsletter*
- *Arts & Crafts*

ACTIVE VOLUNTEERING PROMOTES GOOD MENTAL & PHYSICAL HEALTH!

CONTRACTED SENIOR CENTERS (NEAR YOU)

Encore Experiences at Harleysville

312 Alumni Avenue; Harleysville, PA
215-256-6900

Generations

259 N. Second Street; Souderton, PA
215-723-5841

MONTCO SAAC – Ambler

45 Forest Avenue; Ambler, PA
215-619-8863

MONTCO SAAC – Norristown

536 George Street; Norristown, PA
610-275-1960

PALM

117 Ardmore Avenue; Ardmore, PA
610-642-9370

The PEAK Center

1292 Allentown Road; Lansdale, PA
215-362-7432

POTTSTOWN AREA SENIORS' CENTER

724 N. Adams Street; Pottstown, PA
610-323-5009

UPPER PERKIOMEN SENIOR CENTER

517 Jefferson Street; East Greenville, PA
215-679-6550

PART TIME

Klein Active Adult Center in Montgomery County

7763 Old York Road; Elkins Park, PA
215-635-5244

NEW HORIZONS SENIOR CENTER

Narberth Borough Hall; 100 Conway Avenue, 2nd Floor;
Narberth, PA
610-664-2366

Salem Adult Citizens, Inc.

610 Summit Avenue; Jenkintown, PA
215-884-7664