

Top TDM Under 40 GVF Award!

Michael Gerhart, CSSO
Congratulations on Your Recognition!



TransNet's Safety & Training Manager was honored by GVF with their "Top TDM Under 40" award in September. This award recognizes ambitious leaders who are making specialized contributions and working to find creative solutions to improve our quality of life through alternative commuting programs.



TransNet observes National Breast Cancer Awareness Month

Don't miss your mammogram.

Are you uninsured or underinsured? The @PAHealthDept offers FREE Mammograms. Click [HERE](#) to learn more #GetScreenedPA

Montgomery County SENIOR CENTER SPOTLIGHT

TransNet is always on the road, and among the places you can travel with us are senior activity centers throughout Montgomery County, PA. Two of these are the MONTCO SAAC locations in Norristown and Ambler.

Ambler SAAC is open weekdays from 8 am until 3:30 pm (holidays/inclement weather will change this schedule). Individual Memberships for persons 50+ years old are \$30 per year.

A typical week of activities may include Bridge, Bingo, gardening, knitting, Tai Chi, chair aerobics, drumming and movies. Special events ranging from informational sessions and visits with local officials to live entertainment and health services are a regular fixture. A warm, nutritious lunch is a daily staple, with just a \$2 donation.

For membership and program information, you may contact the Ambler location at 215-619-8863.

The Ambler branch of MONTCO SAAC is also home to the Art Center At Ambler (ACAA), which offers classes in Drawing, Painting, Sculpture, Photography, Ceramics and more for people of all ages.



MONTCO SAAC Ambler
 45 Forest Ave,
 Ambler, PA 19002
 215-619-8863

montcosaac.org



MontCo SAAC is a private 501(c)3 non-profit dedicated to creating space for adults over 50 to meet, learn, connect & find resources to support their happiest, healthiest lives.

OCTOBER IS DOWN SYNDROME AWARENESS MONTH

Approximately one in every 775 babies in the United States is born with Down syndrome, making Down syndrome the most common chromosomal condition.

Learn more about Down syndrome from the National Down Syndrome Society at: ndss.org



TransNet is Always on the Road!

Our Green Ride propane bus was a hit at the "Big Rig Roundup" at Montgomery County Community College!



Don't miss out on free Fall Fun in Lansdale and Montgomery Township in October!



Check out the upcoming events below to discover resources, engage with your community, and stop by to say hello!



PDA Wants Your Input in Developing a Caregivers Toolkit



Fill out the Survey by copying and pasting this link:
https://forms.office.com/pages/responsepage.aspx?id=QSiOQSGBIU2bbEFBWPob3j0_8Ny4kVFgqcp_7EwaeNUOUtFOERGT1dBTIJFOFNYOUU0MDVJV05YWC4u&route=shorturl&fbclid=IwY2xjawF6HEdleHRuA2FibQixMAABHVdDokMPzZkyQ289xZE0SgC4eXSkOnRRSjwn7ItW-HPNtM-aWxpcCJL62VQ_aem_KcYIOFF5gLv_Ja_2pknXfg



Pennsylvania Department of Aging

Developing Pennsylvania's Caregiver Toolkit

Learn more about "Aging Our Way, PA" by copying and pasting this link:
<https://www.pa.gov/en/agencies/aging/aging-our-way-pa.html>



Aging Our Way, PA
 A Plan for Lifelong Independence

GOVERNOR SHAPIRO

REMINDER: OUR SENIOR FAIR IS COMING UP!

★ SENIOR RESOURCE FAIR ★

WITH THE OFFICE OF REP. LIZ HANBIDGE & LANSDALE YMCA/NORTH PENN COMMONS

OCTOBER 17, 2024
 10 AM - 1 PM

Lansdale YMCA
 608 E. Main Street
 Lansdale, PA

DON'T MISS OUT ON YOUR OPPORTUNITY TO GET FREE VACCINES, RESOURCES AND MORE!




MONTGOMERY TOWNSHIP

Autumn FESTIVAL

Dates: October 19th
 Time: 12:00 pm - 5:00 pm

Location: William F. Maule Park
 at Windlestrae
 1147 Kenas Road North Wales, PA 19454




CALL TO SCHEDULE A RIDE
 215.542.7433
www.suburbantransit.org



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