

FALL/WINTER 2024

# Welcome to WHITPAIN TOWNSHIP

*Montgomery County, Pennsylvania*



## INSIDE THIS ISSUE

Manager's Message .....	3
Contact Information.....	4
New Hires .....	5
Retirements.....	6
Community Center Update .....	8
EAC's Sustainable Property Program .....	8
Trail Improvements Continue.....	9
CSFS Fire Expo .....	9
Stormwater Management Tips .....	11
Historical Society.....	11



PARKS & RECREATION .....	12-27
Discount Tickets .....	13
Special Events .....	13-15
Youth Programs .....	18-20
Youth Tennis.....	21
Adult Programs .....	23-24
Adult Tennis.....	26
Senior Program .....	27
Whitpain Dog Park.....	29
Whitpain Community Festival (centerfold) .....	16-17

Learn about fun activities and more at [www.WhitpainRec.com](http://www.WhitpainRec.com).  
Visit our website at [www.whitpaintownship.org](http://www.whitpaintownship.org) and sign up for the Whitpain Wire



DESIGN • BUILD • MAINTAIN



***For all your outdoor living spaces!***

Garden care

Masonry

Outdoor kitchens

Fireplaces

Horticultural services

Ponds & water features

Rain gardens & bioswales

Green roofs

215-247-2992 • DavidBrothers.com • 610-584-1550

DO YOU HAVE A GOOD  
GRASP OF YOUR  
FINANCIAL FUTURE?

Get a complimentary Financial Analysis from a multi-Generational team  
with over 40 years of Financial Planning and Investment experience.



**Michael Patitucci III**  
Financial Advisor



**Michael Patitucci**  
Executive VP / Wealth Management,  
Financial Advisor

**PATITUCCI WEALTH MANAGEMENT GROUP**

Janney Montgomery Scott LLC, 1767 Sentry  
Parkway West, Suite 110, Blue Bell, PA 19422

[www.Patitucci.com](http://www.Patitucci.com) | 215.619.3915



© JANNEY MONTGOMERY SCOTT LLC • MEMBER: NYSE, FINRA, SIPC • REF. 939153-0123



Rosemary Camponovo, PROPRIETOR  
BROAD AXE CORNER  
46 West Skippack Pike | Broad Axe, PA 19002  
610.272.1727

***Come Visit our  
New Location!***



Fine Jewelry  
Custom Design  
Expert Jewelry Repair  
Appraisal  
Upscale Fashion Jewelry  
Accessories  
Gifts  
Buy & Sell Precious Metals



Like Us on Facebook,  
Twitter & Pinterest



**RUDOLPH CLARKE, LLC**  
ATTORNEYS AT LAW

*Offices in Montgomery, Bucks, Delaware, Chester, and Burlington Counties*

[mail@rudolphclarke.com](mailto:mail@rudolphclarke.com)

**215.633.1890**

[www.rudolphclarke.com](http://www.rudolphclarke.com)

## MANAGER'S MESSAGE:



Since being welcomed to Whitpain Township in April and formally sworn-in as Township Manager on June 18, 2024, I have been busy meeting with community members, volunteers, elected officials, and Township staff members. Whitpain has a strong tradition of financial stability, open space preservation, and professional management and I look forward to continuing this tradition.

When it comes to Whitpain traditions, the autumn season is loaded with many cherished events. I am looking forward to our popular Community Festival which will be held on Saturday, September 28 on the campus of Montgomery County Community College. As always, the day will feature fun for all ages and includes children's games, pony rides, food trucks, a beer garden, live music, and a fireworks show.

In late October, our Parks & Recreation Department will hold hayrides at Prophecy Creek Park. This is one of our most popular family events of the year and features a hay wagon ride around Prophecy Creek Park, a Halloween storyteller, and hot apple cider. Also, the family won't want to miss Centre Square Fire Company's annual fire expo on the evening of Friday, October 4 at Wentz Run Park.

This newsletter contains more information about these special events and features articles about our trail system, information from our Environmental Advisory Council and also recognizes some recently retired staff members.

If you are not receiving our weekly electronic newsletter the Wire, please sign up at [www.whitpaintownship.org](http://www.whitpaintownship.org).

Eric Traub  
Township Manager

**BUYING or SELLING  
a HOME?  
LET'S HAVE  
COFFEE!**

**Kim Zampirri, GRI, CRS**  
Associate Broker, Realtor®

**RE/MAX Central**

Outstanding Agents  
Outstanding Results®

Office **215.643.3200**  
Cell **215.280.7752**  
731 Skippack Pike  
Blue Bell, PA 19422  
[Kim@KimZRealEstate.com](mailto:Kim@KimZRealEstate.com)  
[KimZRealEstate.com](http://KimZRealEstate.com)

**Kim Zampirri**  
Follow KimZRealEstate

**RE/MAX Central**

**WALTON**  
CLYDE S. INC.

**HEATING & AIR**

OIL • PROPANE  
"We'll take care of it"

Guaranteed 24-hour emergency service for our customers!

★ Fuel Oil ★ A/C  
★ Service ★ Sales  
★ Propane ★ Heating

**215-391-1830**  
**WaltonInc.com**

**WALTON**  
1921 100 YEARS 2021

Visit us online for money-saving coupons!

f i X in



## WHITPAIN TOWNSHIP CONTACT INFORMATION

960 Wentz Road • Blue Bell, Pennsylvania 19422 • Phone: 610-277-2400 • Fax: 610-277-2209

www.whitpaintownship.org • www.whitpainrec.com

Sign up for the Whitpain Wire

### BOARD OF SUPERVISORS

Scott M. Badami, *Chair*

Kimberly J. Koch, *Vice Chair*

Jeffrey Campolongo, *Secretary*

Sara Selverian, *Assistant Secretary*

Joyce M. Keller, *Treasurer*

Local government of the Commonwealth of Pennsylvania is divided into a number of classifications i.e., cities, townships, and boroughs. There are two categories of townships in the Commonwealth – those identified as townships of the first class and those known as townships of the second class. Second class townships make up the greatest bulk of municipalities in Pennsylvania. Whitpain Township is a Township of the Second Class. It is governed by a five-member Board of Supervisors elected at large by the electorate. Most, if not all, of the executive and legislative powers allocated to Whitpain Township in the State Second Class Township Code are vested in the Board of Supervisors. The Board of Supervisors is empowered to appoint professionals to assist them in the operation of the Township and to furnish advice and counsel on technical matters. Additionally, the Board appoints all of the members of the various advisory boards and commissions as well as the Zoning Hearing Board and the Planning Commission.

The levying of Township taxes and the appropriations to the various departments and subsidiary boards and commissions are the responsibility of the Board of Supervisors. During the months of November and December, public hearings are held for the purpose of reviewing the budget for the following year. Residents are encouraged to attend these meetings and to review the proposed Township budget during that time.

#### CODE ENFORCEMENT/ZONING

- Fences
- Fire Alarms & Fire Protection Permits
- Flood Plain
- Signs
- Mechanical
- Bldg, Electrical, Plumbing, Mechanical Permits
- Plot Plans
- Property Uses
- Setbacks
- Home Use Occupations
- Variance/Special Exceptions

#### PARKS AND RECREATION

- Community Festival
- Concerts & Movies at Wentz Run Park
- Contracted Programs
- Dedication Program
- Discount Tickets
- Montco Senior Games
- Park Facility and Field Permits
- Park and Open Space Board
- Programs, Activities, & Events
- Seasonal Employment
- Shade Tree Commission
- Sponsorship Opportunities
- Summer Day Camp
- Trails and Open Space
- Volunteer/Community Service

#### POLICE

- Animal Control
- Bicycle Registration
- Block Parties
- Fingerprinting
- Gun Permits
- Parking Tickets
- Reporting Crime
- Road Closures
- Solicitation Permit
- Traffic Lights
- Non-Emergency: (610) 279-9033

#### FINANCE/SEWER

- Accounts Payable
- Audit Questions
- Human Resources
- Invoices
- **SEWER**
- Certifications
- Sewer Bills/Payment

#### ENGINEERING/PLANNING

- Residential Permit Inquiries (Additions, Pools, Driveways, Patios)
- Commercial/Institutional Permit Inquiries
- Site Plans/Survey Questions
- Stormwater Drainage Concerns
- MS4/TMDL Administration & Management
- GIS Mapping/Township Maps
- Grading and ICP Permits
- Township Roadway Occupancy Permits
- Site, Escrow and Permit Inspections
- Traffic Management/Traffic Signal Operations and Maintenance
- Requests for Information for Land Developments and Subdivisions
- Sanitary Sewer Design & Connection Requests
- Easement/Right-of-Way Informational Requests
- Land Development, Subdivision & Waiver Reviews
- Regulatory Agency Inquiries
- Ordinance Development and Enforcement
- Municipal Improvements Projects (Parks, Roadways, Bridges, Utility Infrastructure)

#### PUBLIC WORKS

- Christmas Tree Collection
- Fences
- Leaf Collection
- Maintenance-Building, Grounds, Park
- PA 1 Calls
- Potholes
- Streets- Paving, Snow, Road debris
- Street Signs
- Storm & Sanitary Sewer - blockage/odor
- Sweeping

#### FIRE

- Donation for Ambulance
- Prevention Education
- Safety Inspections
- Teacher Training/Fire
- Emergency Management
  - Chemical Spills
  - Fire
  - Floods
  - Power Outages
- Second Alarmers (SARS) Info Calls  
(215) 659-1885

#### MISCELLANEOUS

##### Water Companies

Ambler Water: 215-646-1000

PA American: 1-800-717-7292

North Wales Water: 215-699-4836

Montgomery County Courthouse:

610-278-3000

District Court 38-1-21: 215-646-8201

Voter Registration: 610-278-3280

Electronic & Hazardous

Waste Collection: 610-278-3618

Trash/Recycling:

Contact your trash hauler

Tax Collector: 610-492-9191

Walk-Ins Tuesday & Thursday

Call for appointment

Berkheimer: 610-279-7500

Power Outages - PECO:

1-800-841-4141

Comcast - bill/account information:

610-279-7200

Whitpain Rec Association:

playwra.com

Ambler/Whitpain Football & Cheering:

www.awtrojans.com

Wissahickon Lacrosse Club:

www.WissLAX.com

## In Case You Missed It – NEW HIRES

### Eric Traub

Whitpain's newly appointed Township Manager, Eric Traub, was sworn in at the Board of Supervisors' business meeting on June 18.

With a background in public finance, Eric most recently served as Lower Merion Township's Chief Financial Officer for the last nine years and was previously East Norriton Township's Finance Director.

With his swearing-in, Eric becomes only the third Township Manager in Whitpain since 1981.



*Township Manager Eric Traub with (from left) his mother-in-law, wife and two daughters*



*(from left) Supervisor Joyce Keller, Supervisor Jeff Campolongo, Fire Marshal Michael Barnshaw, Supervisor Chair Scott Badami and Supervisor Sara Selverian*

### Michael Barnshaw

Michael Barnshaw was officially sworn in as the Township's new Fire Marshal at the Board of Supervisors' meeting on July 2.

Michael was born and raised in Whitpain Township and started his career as a volunteer in the fire service back in 2009 when he became a probationary firefighter at Centre Square Fire Company. He has worked as a professional in the fire and rescue services industry since 2013.

### Abbey Plumbing & Heating

Quality plumbing and heating service since 1976



#### 24 Hour Emergency

Phone: 215-643-6645

Fax: 215-643-2216

[www.abbeyplumbing.com](http://www.abbeyplumbing.com)



VISIT OUR  
ANNUAL YEAR  
IN REVIEW

 MONTGOMERY  
COUNTY COMMUNITY COLLEGE



**Smoke  
Alarms  
Save  
Lives!**



**Test your smoke  
alarms once a  
month.**

A smoke alarm can save  
your life in a fire. Use the  
test button to make sure your  
smoke alarms are working.

U.S. Fire  
Administration



FEMA



**Remember: Replace Your Smoke Alarms After 10 Years**



### Blue Bell Dental Centre

Office Hours by Appointment

Mark L. Bidwell, DMD

Phone: 610-279-4277

Fax#: 610-279-3624

[www.bluebelldentalcentre.org](http://www.bluebelldentalcentre.org)

1213 Skippack Pike

Blue Bell, PA 19422





## In Case You Missed It – RETIREMENTS



(from left) Supervisor Joyce Keller, Board Chair Scott Badami, Irene Pronczak, Roman Pronczak, Vice Chair Kimberly Koch, Supervisor Sara Selverian, and Supervisor Jeff Campolongo

### Roman Pronczak

Longtime Township Manager Roman Pronczak retired in June after 28 years of service to Whitpain. Originally hired back in 1996 as Township Engineer, Roman also served as Assistant Township Manager before being promoted to Manager in 2011.

At his last Board of Supervisors' meeting on June 4, Roman was presented with commemorative gifts and honored with a citation from the PA House of Representatives. The Supervisors also renamed the large meeting room at the Township Building to "The Pronczak Room."

### Dave Camarda

On July 2, the Township's Fire Marshal, Dave Camarda, retired after 22 years of service. The event was marked with a traditional "last ride" where approximately 40 fire apparatus escorted Dave to the Township Building and culminated with his official sign-off from the Montgomery County radio system.

## Make Your Home Your Favorite Place

Harth Builders can improve the beauty and comfort of every room in your home – both inside and out.

**HARTH**  
DESIGN | BUILD | REMODEL

HarthBuilders.com | 215.654.0364

812 N. Bethlehem Pike  
Lower Gwynedd, PA  
PA #0249





# Are you ReadyPA?

## TIP SHEET



### The Science of Winter Road Treatments



**pennsylvania**  
DEPARTMENT OF TRANSPORTATION

Winter road treatment tactics depend on **temperature**, **precipitation type** and **traffic volume**. Salt isn't a silver bullet and may not be effective on every roadway.

#### The Basics



Less effective below 23-25 degrees

Most effective when crushed/spread by traffic



#### Salt Use and Road Types



Most effective with more traffic

Mixed with anti-skid or only anti-skid used on lower-traffic roads



When traffic is too low for salt to be effective, salt or salt/anti-skid mix is focused on hills, intersections sharp curves or freezing-prone areas

#### Salt and Temperature



Pre-wetting salt with salt brine can jump start melting, but is still most effective when pavement is 25 degrees or higher



On high-traffic roads, salt/anti-skid mix can be used when the road temperature is below 15 degrees



On low-traffic roads when the road temperature is below 15 degrees, falling snow is generally dryer and blows over the roadway, so salt is generally not used

More on winter operations and safety at [PennDOT.gov/winter](http://PennDOT.gov/winter)

#PAWinter



[www.pema.pa.gov](http://www.pema.pa.gov)

**Be Informed. Be Prepared. Be Involved.**



[www.ready.pa.gov](http://www.ready.pa.gov)

## Community Center Update

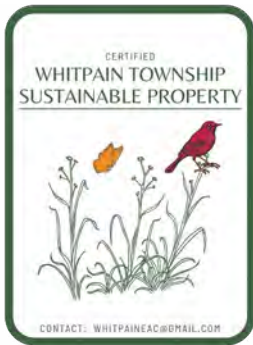
Planning continues for the Whitpain Community Center, which is made possible by an anonymous \$10 million donation. The community center is slated to be built at the location of the current Whitpain Dog Park along Route 202. Before any construction occurs, the dog park will be relocated to a section of Mermaid Park.

Since receiving the donation, the Township has invested the proceeds in safe investment vehicles which have yielded a total of over \$785,000 in interest earnings as of August 2024.

A team of professional architects, working within the \$10 million budget, is refining an initial vision for the design and layout of the community center and working on an in-depth cost estimate. When completed, this work will be presented at a Board of Supervisors' meeting this fall.

It should be noted that the Township has also applied for two grants in hopes of expanding the scope of the community center. While there is optimism about these grants, the Township will move forward with concepts within the current \$10 million budget.

Should more funding become available before construction begins, a larger community center will be constructed in a single phase. Current design options allow for future expansion should additional funding become available.



### EAC's Sustainable Property Program a Success:

Since kicking off the Sustainable Property Program (SPP) in January 2024, the Board of Supervisors and Environmental Advisory Council (EAC) have awarded full-color metal yard signs, as well as certificates to 56 residential property owners.

The goal of the program is to help sustain our area's natural resources by promoting a conservation-oriented approach to yard care.

Education is an important component of the program. Resources for the six components of SPP, upcoming workshops, detailed information about the program and the application are available on the EAC's section of the Township's website at [www.whitpaintownship.org](http://www.whitpaintownship.org).

So far, three educational workshops have been held:

- Rain Barrel Workshop
- A Walking Tour of Stormwater Solutions in Action Workshop at Wentz Run Park
- Pollinators and Pollinator's Habitat Workshop

Residents can act today by completing an application online to join the program.





## Trail Improvements Continue

This summer, the Township undertook two trail projects. The first, known as the PECO Line Trail, saw the installation of an 8-foot-wide asphalt trail along the PECO power lines, from Wentz Road to the Wentz Run Nature Trail. This trail was made possible by a generous MontCo 2040 grant and with cooperation from PECO.

The second trail improvement project came in August when stone dust trails in Wentz Run Park were converted to asphalt trails. The work for this project was completed by the Township's Public Works Department. It will decrease the need for ongoing maintenance of the old stone dust trails after major weather events and provides a smoother and more predictable surface for trail users.



## CSFC Fire Expo Set for October 4

Centre Square Fire Company's (CSFC) Annual Fire Expo will be held on Friday, October 4 from 6:00 to 8:30 pm at Wentz Run Park, 960 Wentz Road in Blue Bell. This free family event features demonstrations, antique fire engines, fire prevention exhibits, displays from neighboring fire companies, fire safety tips, refreshments, prizes and much more. The rain date for this event is Saturday, October 5. For more information please visit Centre Square Fire Company's website at [www.csfc33.com](http://www.csfc33.com).

**SEE CENTRE SQUARE'S FIREFIGHTERS IN ACTION**  
**at the Free, Family-Friendly Fire Expo!**



**Friday, October 4**  
**6 — 8:30 p.m.**  
**Wentz Run Park**  
**960 Wentz Rd., Blue Bell**  
**Rain date: October 5**



**Save the date!**  
**CSFC**  
**Comedy Night**  
**on Nov. 2**

Learn about volunteer opportunities | **Watch live demos**  
Extinguish a fire | **Use the "Jaws of Life"**  
See emergency vehicles | **Prizes** | Refreshments

**CENTRESQUAREFIRE.ORG**







## HOW TO: A BIRD-FRIENDLY YARD



# Simple Steps to Create a Native Plant Garden in Your Yard

Like us, birds need food, water, and shelter. You can transform your yard into a bird sanctuary that also saves resources such as water and combats climate change. The secret to success lies in choosing locally native plants, which brim with nutritious insects, berries, nectar, and seed to give birds vital food and refuge. Use the steps below to create and maintain a bird-friendly habitat that attracts colorful birds and sweet melodies. If you don't have a yard, you can grow native plants in containers on a patio or balcony.

## 1 Select a site that's practical to convert into a garden and allows room to expand. Consider:

- Do you have full sun? Partial sun? Shade? Is the soil rocky, loamy, sandy, clay, or gravel? Does it drain well? Is your site flat or hilly? Near water? What's the elevation?
- Learn what's optimal from your local native plant society (see sidebar).

## 2 Plant in the spring or fall months and on cooler days.

- Follow planting instructions carefully and get tips on mulching around plants.
- Water only as needed when young plants are adapting to their new habitat.

## 3 Prepare your garden well to save headaches later.

- You may need to dig up lawn, remove invasive plants, and add organic compost to the soil. An easy method is to lay down newspaper at least six sheets deep, with plenty of overlap; wet it down; cover it with 4 to 6 inches of mulch, and let it sit until you are ready to plant. Use deep edging to keep out lawn grass.

## 4 Plan for a variety of shapes, sizes, and kinds of plants to give vertical structure to your garden.

- Cluster the same plant species together.
- Design for color palettes and seasonal blooms.
- Add habitat features like hollowed boulders that catch rainwater for birds to drink and bathe in.

## 5 Steward your native plant garden with tender loving care.

- Pull up noxious and invasive weeds.
- Enhance with brush piles that shelter birds and other wildlife, too.
- Leave dead trees and branches.

## 6 Focus on plants that support high variety and quantity of bird food.

- Red tubular flowers such as columbine, jewelweed, and bee balm serve up nectar for hummingbirds.
- Native sunflowers, asters, and coneflowers produce seeds for songbirds.
- Bushes with berries ripen at different times, so include a seasonal variety to sustain birds: dogwood and spicebush; cedar and holly trees.

## The Impact of Native Plants

**557**

Number of butterflies and moths native oak trees support. Non-native ginkgo trees host just five.

**Water-wise, drought-tolerant native plants reduce water use, especially critical in drought-stricken, arid parts of our country.**

**1,200**

U.S. crops that depend on pollinators to grow. Native plants are essential for pollinators like birds, bees, butterflies, and bats.

**96**

Percentage of land birds that feed insects to chicks. Native plants are nature's bounty.

**80 million**

Number of pounds of pesticides homeowners apply to the 40 million acres of lawns in the U.S. each year. Native plants, on the other hand, support a vibrant balance of predator and prey insects and thrive without pesticides.

**Your native garden joins a collective effort to give back to birds and plant hope for their future.**

**Spend more time with birds and less time with noisy lawn mowers that pollute the air and water.**

**800 million**

Estimated number of gallons of gas Americans burn in lawn mowers annually. This produces significant amounts of CO<sub>2</sub> and other greenhouse gases that drive climate change.

### MORE INFORMATION:

**Audubon's Plants for Birds program:**  
[audubon.org/plantsforbirds](http://audubon.org/plantsforbirds)

**Search our native plants database:**  
[audubon.org/nativeplants](http://audubon.org/nativeplants)

**Find local native plant resources:**  
[audubon.org/native-plants-resources](http://audubon.org/native-plants-resources)

**Buy *Bringing Nature Home* by Doug Tallamy:** [bringingnaturehome.net](http://bringingnaturehome.net)




**Audubon**




## STORMWATER MANAGEMENT TIPS





Water that runs off your property during a rainstorm is considered stormwater. As this water leaves your lawn, roof, or driveway it collects contaminants such as lawn fertilizer, motor oil, yard clippings, and pet waste. Contaminated stormwater enters our waterways which is hazardous for humans, fish, and wildlife. Several precautionary measures can be taken to mitigate the effect of stormwater contamination in our watershed.


 **Perform a soil test on your lawn** to determine if your lawn requires the use of fertilizer. Often fertilizer is applied to a lawn when it is not necessary.

 **Use fertilizer sparingly.** If your lawn and garden needs fertilizer, use it sparingly as fertilizer is not as necessary as you think.

 **Let your lawn clippings lay.** Use a mulching lawn mower to cut one-third of the blade length weekly and naturally fertilize your lawn in the process.

 **Scoop the poop.** Pet waste should never be left out to enter storm drains. Pet waste carries disease-causing bacteria that can enter our drinking water. Bag the pet waste and flush down the toilet or throw out in the garbage.

 **Bring your car to a carwash.** Commercial carwashes reuse the water several times before sending it to a treatment facility. Washing your car on your driveway allows dirty water to directly enter the watershed, posing a health hazard.

 **Trees are a natural way of controlling stormwater.** They reduce the amount of polluted stormwater that normally would go directly to storm drains. Tree roots allow rainwater to filter into soil, recharging the water table.



### Learn More About the Historical Society

The Wissahickon Valley Historical Society serves to educate the public about the heritage and history of the people, institutions and events that have influenced and shaped the communities of the Wissahickon School District which encompasses Whitpain Township, Lower Gwynedd Township and the Borough of Ambler. Learn more about the Historical Society, including upcoming events and fundraisers at [www.wvalleyhs.org](http://www.wvalleyhs.org).

#### Factory Certified Collision Repair Specialists

811 DeKalb Pike  
Blue Bell, PA 19422  
T: (610) 277-2929 • F: (610) 277-0030

534 N. Trooper Road  
Norristown, PA 19403  
T: (484) 684-7220 • F: (484) 684-7372

  
**CenterSquareMotors**  
collision repair specialists

[www.centersquaremotors.com](http://www.centersquaremotors.com)  
[info@centersquaremotors.com](mailto:info@centersquaremotors.com)

*Chuck Dietch, Owner*

Center Square Motors is a state-of-the-art collision repair facility, serving the region since our beginning as D&C Auto Body in 1956. We provide:

- On-site car rental
- 24-hour towing service
- OEM Certified Collision Repair for  
Acura/Honda, Infiniti/Nissan, FCA,  
Alfa Romeo, Hyundai and others

# Parks & Recreation Department



## Programs & Events

Director – Michael Richino, CPRP...Ext. 375

Assistant Director – Malcolm Smith II, CPRP...Ext. 381

Program Administrator – Hannah Cannon...Ext. 374

[park&rec@whitpaintownship.org](mailto:park&rec@whitpaintownship.org)



Whitpain Township



@WhitpainTwp



@WhitpainParksandRec

**MISSION STATEMENT:** The Parks & Recreation Department strives to provide a variety of programs and services to enhance the quality of life and create a sense of community. As we progress through the years, we will make every attempt to introduce programs which meet the educational, social, and recreational needs of our residents and guests.

**ACCESSIBILITY AND ACCOMMODATIONS:** Whitpain Township Parks and Recreation is committed to actively working to make Township events, trails, parks, playgrounds, sports fields, and open space easily accessible to those with disabilities. The Parks and Recreation Department encourages and supports the participation of all guests, including guests with disabilities. We provide assistance to all guests as needed. Please contact us at 610-277-2400 to request accommodation.

### *At a Glance* – Program Start Dates - view page number for more information

#### SEPTEMBER

3 – Round Robin.....	26
4 – Whitpain Walkers.....	23
6 – Round Robin.....	26
9 – 10 & Under Tennis .....	21
9 – Monday Yoga.....	24
11 – Intermediate Workshop I.....	26
13 – Jr. Soccer Starters .....	15
13 – Soccer Starters.....	15
14 – Junior Group Lessons.....	21
14 – Tennis Fundamental.....	26
14 – Tennis for Fitness .....	26
14 – Multi Sports – Parent & Me Squirts.....	18
14 – Multi Sports – Squirt .....	18
14 – Multi Sports – Senior Squirts.....	18
15 – Intermediate Workshop II.....	26
21 – Elementary School Drawing Classes .....	20
21 – Drawing Classes.....	20
21 – Cartoon Drawing Classes .....	20
25 – Wednesday Yoga .....	24
25 – “What Does the Office of Senior Services Do?”.....	27
27 – Big Rig Round-Up.....	13
28 – Whitpain Community Festival .....	16-17

#### OCTOBER

1 – Zumba .....	23
1 – Know Your Medicare Options .....	27
19 – Elementary School Drawing Classes .....	20
19 – Drawing Classes .....	20
19 – Cartoon Drawing Classes .....	20
25 & 26 – Hayrides at Prophecy Creek Park.....	13

#### NOVEMBER

2 – 5k for the Burbs.....	14
4 – Monday Yoga .....	24
6 – Wednesday Yoga .....	24
16 – Elementary School Drawing Classes .....	20
16 – Drawing Classes .....	20
16 – Cartoon Drawing Classes .....	20

#### DECEMBER

7 – NYC Day Trip .....	14
8 – Daddy Daughter Dance .....	15
11 – NYC Day Trip .....	14

#### JANUARY

6 – Monday Yoga .....	24
-----------------------	----

## REGISTRATION PROCEDURES

- Register for programs online at [www.whitpainrec.com](http://www.whitpainrec.com) or in person at the Whitpain Township Building, 960 Wentz Road, in Blue Bell, between 9 am and 4 pm.
- Registrations cannot be made over the phone.
- Registrations are processed in the order in which they are received.
- All fees are payable upon enrollment.
- No refunds or adjustments for: missed classes; discontinuing an activity; cancellation; and/or falsification of information.
- Fees will only be refunded if a program is canceled due to insufficient enrollment.
- Some programs/classes are held within a Wissahickon School District building. If the school is closed due to inclement weather or to observe a holiday, no classes will be held. School closing numbers are: #314 (Wissahickon School District) & #320 (MCCC).
- Programs rely on minimum enrollment to run. Please register at least two weeks before the start date.
- Programs may be canceled if the required minimum enrollment is not met one week before the start of a program.

**Program and event dates, locations, and prices may change after the printing of this newsletter. While we do our best to ensure the program details in this newsletter are accurate, please refer to [www.whitpainrec.com](http://www.whitpainrec.com) for the most up-to-date information.**





## PARTNERSHIP OPPORTUNITIES

Engage with the community by becoming a sponsor today! We are looking for sponsors to help offset our expenses. You will actively be helping put on great local events of your choosing. Once you become a partner, Whitpain Township will promote your business as much as possible.

Please contact us at [park&rec@whitpaintownship.org](mailto:park&rec@whitpaintownship.org) if you are interested in partnering with us. We can customize a package to meet your needs!

## Discount Tickets



Discount tickets may be purchased at the Township Building Monday-Friday, between 9 am and 4 pm. Cash preferred, credit accepted (Visa, MasterCard, Discover). \$20 minimum for all credit transactions. Please visit [www.whitpainrec.com](http://www.whitpainrec.com) for updated discount ticket information. NO refunds or exchanges - ALL ticket sales are final.

### MOVIE TICKETS

AMC Theatres ..... \$10  
Movie Tavern ..... \$9.50  
Regal/United Artist ..... \$10

## Special Events

### BIG RIG ROUND-UP

**FREE** event for the whole family! We will feature fire trucks, construction vehicles, tractors, and more from local businesses. Great way to get outside and have the kids feel, see, and sit in their favorite trucks. Enjoy Philly Waffle Cabin Food Truck!

**FRIDAY, SEPTEMBER 27**  
**5:30 PM – 8:00 PM**

**Location:** Montgomery County Community College,  
Morris Road Lot: 340 DeKalb Pike Blue Bell, PA 1942



Once again, we are offering a “minimal noise” half hour from 5:30 pm - 6 pm.  
During this time, we are requesting no horns/sirens.

### HAYRIDES AT PROPHECY CREEK PARK



Join us for Hayrides at Prophecy Creek Park! Hay wagons take passengers to the upper field for a bonfire to listen to a spooky story with hot cider out of a cauldron! A fun, festive, family event! Glow necklaces are provided by Whitpain Police Department on a first come, first served basis.

**FRIDAY, OCTOBER 25, and**  
**SATURDAY, OCTOBER 26**

**6:00 PM – 9:00 PM**

**AGES 3-11 ..... \$5**

**AGES 12+ ..... \$10**

**FREE** for children 2 and under  
**Location:** Prophecy Creek Park



## Special Events continued

### NYC BUS TRIP with Upper Dublin Parks & Recreation!

We have teamed up with Upper Dublin (UD) Park and Recreation for you to enjoy all that NYC has to offer. This trip includes transportation and plenty of time in NYC. The drop-off and pick-up will be on 8th Avenue, between 43rd & 45th Streets, pick-up is at 5:30 pm. The trip leaves from the Upper Dublin Library. Non-stop coach bus transportation.



**SATURDAY, DECEMBER 7**  
**WEDNESDAY, DECEMBER 11**

*Departing from UD Library:*

**6:15 am: ..... Check-in**

**6:30 am: ..... Bus leaves**

*Departing from NYC*

**5:15 pm: ..... Check in on 8th Avenue**

**5:30 pm: ..... Bus leaves**

**\$69 R / \$74 NR**

**Location: Bus leaves and returns to  
Upper Dublin Library:**

**520 Virginia Drive, Fort Washington, PA 19034**  
*(Min. 10 / Max. 25)*



FAMILY OWNED & OPERATED

215-402-7098 [WWW.MYJUNKSQUAD.COM](http://WWW.MYJUNKSQUAD.COM)

"FULL SERVICE JUNK REMOVAL"

Fully Insured

DISCOVER VISA BBB

**GWYNEDD SQUARE**  
PRESBYTERIAN CHURCH

*Growing Spiritually Through Service*

837 Sumneytown Pike | Lansdale, PA 19446

**SUNDAY MORNING WORSHIP 10:00AM**

For information about our worship, ministries and activities visit [GwyneddSquare.org](http://GwyneddSquare.org).

@GSPChurch @GSPChurch

**flirt women's boutique**

994 DeKalb Pike  
Blue Bell, PA 19422

**flirt**  
women's boutique

484-231-8132  
[flirtwomensboutique@gmail.com](mailto:flirtwomensboutique@gmail.com)  
[flirtboutiquebluebell.com](http://flirtboutiquebluebell.com)





## Special Events continued

### DADDY DAUGHTER DANCE



This evening is for dads\* to spend an evening with the special girl in their life (their daughter)! Bring your date to an event you both won't forget! Come dressed up and ready to dance the night away with our DJ. This evening will be filled with laughter, games, contests and giveaways. Smile for the camera in the photo booth to remember the special evening for years to come. Refreshments and Light Hors D'oeuvres provided (no dinner).

**SUNDAY, DECEMBER 8 from 4:00 PM – 6:30 PM**

For dads\* of all ages and daughters ages 4-10

\*Or that special man in their life!

(Uncle, grandfather, stepfather)

**PRICE PER PERSON: \$25 R / \$30 NR**

**Location: The Manor House at Prophecy Creek Park:**  
205 West Skippack Pike, Ambler, PA 19002

*Semi-formal attire – dress shirts and ties for dads, and dresses or skirts for daughters.*

**Registration for residents opens on  
TUESDAY, OCTOBER 31, AT 8 AM.**

**Registration for non-residents opens on  
TUESDAY, NOVEMBER 21, AT 8 AM.**

### 5K OF THE BURBS and WELLNESS EXPO

*Blue Bell Rotary, Whitpain Township, and Montgomery County Community College are holding a*



**5K RUN AND WELLNESS EXPO  
SATURDAY, NOVEMBER 2**

More details when available at [www.whitpainrec.com](http://www.whitpainrec.com)



# ProVision

Your Eyes Belong Here

## Experience Modern Eye Care

ProVision offers comprehensive eye care services, specialty contact lenses, modern equipment, designer frames, and state of the art dry eye treatments in Blue Bell, PA

653 W. Skippack Pike ☺ Suite 132 (Side Entrance) ☺ Blue Bell, PA 19422 ☺ phone: 215-628-2020  
email: [info@provisioneyeassociates.com](mailto:info@provisioneyeassociates.com) ☺ website: [www.provisioneyeassociates.com](http://www.provisioneyeassociates.com)







Foley Hillsley  
Group



SATURDAY, SEPTEMBER 28, 2024

FREE ADMISSION

Montgomery County Community College  
340 Dekalb Pike, Blue Bell, PA 19422

**A Special Thank You To**







The Whitpain Community Festival grows and improves each year, and 2024 will be no different. In addition to vendor booths, hay rides, and children's games and music, the Festival will feature live performances by School of Rock, Montco Student Band, Yer So Dad, and Love Seed Mama Jump. As always there will be a beer garden, and we will end with a big fireworks display! In an effort to save lives, a bone marrow drive will be conducted during the day.

## Schedule of Events

### Friday, September 27, 2024

#### 5:30 – 8:00 p.m. Big Rig Roundup

We are offering a "minimal noise" half hour from 5:30 - 6:00 p.m. During this time, we are requesting NO horns/sirens. Parents, please help us maintain an inclusive environment and ensure your children don't honk horns during this time. Thank you for your cooperation!

### Saturday, September 28, 2024

- |                  |  |
|------------------|--|
| 12:00 p.m.       | Vendors, Health Expo, Pumpkin Patch, Petting Zoo, Pony Rides, Hayrides, Children's Games, Rock Wall, Food Trucks |
| 2:00 – 8:00 p.m. | Beer Garden  |
| 2:30 – 3:15 p.m. | Fort Washington School of Rock   |
| 3:30 – 4:15 p.m. | Montco Student Band  |
| 5:00 – 6:00 p.m. | Yer So Dad   |
| 7:00 – 8:00 p.m. | Love Seed Mama Jump  |
| 8:15 p.m.        | Fireworks  |

[whitpainfestival.com](http://whitpainfestival.com)

### Our Program Sponsors!







## Youth Programs *continued*

### JR. SOCCER STARTERS

A perfect introduction to the sport, coaches promote fine and gross motor skill development to enhance the retainable muscle memories of your child's most crucial years of development. Children in this age group develop the ability to follow directions and face the challenges of early problem-solving.



**FRIDAYS, SEPTEMBER 13 – OCTOBER 18**

**10:00 AM – 10:45 AM**

**AGES  
2**

**\$150 R / \$155 NR**

**Location:** Wentz Run Park,  
Multipurpose Field

**Instructor:** Total Soccer Experience  
(Min. 6 / Max. 20)

### SOCCER STARTERS

Get their feet moving! A perfect introduction to soccer basics, children learn the fundamental skills needed to progress as players, while gaining valuable experience in teamwork, sportsmanship, and physical fitness.

**FRIDAYS, SEPTEMBER 13 – OCTOBER 18**

**10:00 AM – 11:00 AM**

**AGES  
3-4**

**\$150 R / \$155 NR**

**Location:** Wentz Run Park,  
Multipurpose Field

**Instructor:** Total Soccer Experience  
(Min. 6 / Max. 20)



### MULTI SPORTS – Parent & Me Squirts®

Parent & Me Multi-Sports Squirts is a fun and positive way to learn a variety of sports for young children, with a helping hand from Mom or Dad!! Players will have the opportunity to try Lacrosse, Soccer, T-Ball, & Track & Field.

**SATURDAYS, SEPTEMBER 14 - NOVEMBER 2**

(Rain date 11/9)

**AGES  
2.5 – 3.9**

**10:10 AM – 10:55 AM**

**\$199 R / \$205 NR**

**Location:** Wentz Run Park, Multipurpose Field  
**Instructor:** US Sports Institute (Min. 6 / Max. 12)

### MULTI SPORTS – Squirt®

USSI's Multi Sports Squirts program allows children aged 3–4.5 to experience a variety of sports throughout their program. Each session is comprised of a series of games and activities designed to ensure learning and most importantly: fun, fun, fun! Participants will have the opportunity to experience Lacrosse, Soccer, T-Ball, and Track & Field. \*Sports may vary by location

**SATURDAYS, SEPTEMBER 14 – NOVEMBER 2**

(Rain date 11/9)

**AGES  
3 – 4.5**

**9:20 AM – 10:05 AM**

**11:00 AM – 11:45 AM**

**\$199 R / \$205 NR**

**Location:** Wentz Run Park Multipurpose Field  
**Instructor:** US Sports Institute (Min. 6 / Max. 10)

### MULTI SPORTS – Senior Squirts®

USSI's Multi Sports - Senior Squirts allows children aged 5–6 to experience a variety of sports throughout their program. Players will learn key skills through small-sided scrimmages in a variety of sports including Lacrosse, Soccer, T-Ball, and Track & Field.\* All Senior Squirts curricula create an environment which allows players to develop and progress within the sport. \*Sports may vary by location

**SATURDAYS, SEPTEMBER 14 – NOVEMBER 2**

(Rain date 11/9)

**AGES  
5 – 6**

**11:00 AM – 11:50 AM**

**\$199 R / \$205 NR**

**Location:** Wentz Run Park, Multipurpose Field  
**Instructor:** US Sports Institute (Min. 6 / Max. 10)





# McCAFFREY'S

FOOD MARKETS

*Spend time with your  
family this holiday season,  
not in the kitchen!*



*Complete dinners,  
appetizers, desserts  
& more!*

Order Online:  
[mccaffreys.com](http://mccaffreys.com)



Scan for locations





## Youth Programs *continued*

### Early Elementary School Drawing Classes

Your preschooler's mind is hard at work building the knowledge and skills it will use for a lifetime. We use subjects they are familiar with such as animals and toys, as well as their favorite learning tools - pictures, stories, touching, and doing - to enhance social and conflict resolution skills while improving listening, fine motor skills, and time-on-task.



**SATURDAYS, SEPTEMBER 21 – OCTOBER 12**  
**SATURDAYS, OCTOBER 19 – NOVEMBER 9**  
**SATURDAYS, NOVEMBER 16 – DECEMBER 14 (No Class 11/30)**  
**9:00 AM – 9:45 AM**  
**AGES 4 – 6**  
**\$ 75 R / \$90 NR**  
**Location:** Whitpain Township Building, Pronczak Room B  
**Instructor:** Young Rembrandts  
 (Min. 4 / Max. 12)

### Drawing Classes

The Young Rembrandts elementary program provides the tools this age-group needs to succeed at drawing - a teaching tool from which the majority of learners prefer and ALL learners benefit! Add to this our innovative guided instruction, and topics that kids love and relate to; we take kids from thinking they are not 'artists' to knowing they can achieve this, and everything else they put their minds to.

**SATURDAYS, SEPTEMBER 21 – OCTOBER 12**  
**SATURDAYS, OCTOBER 19 – NOVEMBER 9**  
**SATURDAYS, NOVEMBER 16 – DECEMBER 14 (No Class 11/30)**  
**10:00 AM – 11:00 AM**  
**Ages 7 – 14**  
**\$75 R / \$90 NR**  
**Location:** Whitpain Township Building, Pronczak Room B  
**Instructor:** Young Rembrandts  
 (Min. 4 / Max. 12)

### Cartoon Drawing Classes

For all kids who need to stay engaged and laughing, our cartooning classes are surely the most fun you can have while learning! This entertaining program combines Young Rembrandts' innovative, hands-on teaching method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations.

**SATURDAYS, SEPTEMBER 21 – OCTOBER 12**  
**SATURDAYS, OCTOBER 19 – NOVEMBER 9**  
**SATURDAYS, NOVEMBER 16 – DECEMBER 14 (No Class 11/30)**  
**11:15 AM – 12:15 PM**  
**Ages 8 – 14**  
**\$75 R / \$90 NR**  
**Location:** Whitpain Township Building, Pronczak Room B  
**Instructor:** Young Rembrandts  
 (Min. 4 / Max. 12)







## Youth Tennis

### 10 & UNDER TENNIS

The scaled-to-size equipment and playing area allow children to rally and play the game, increasing the likelihood that they will return to the court and continue to improve!

**MONDAYS, SEPTEMBER 9 – OCTOBER 7 (Rain date 11/14)**

**AGES 5 – 6..... 4:45 PM – 5:30 PM**

**AGES 7 – 8..... 5:30 PM – 6:15 PM**

**AGES 9 – 10 ..... 6:15 PM – 7:15 PM**

**\$75 R / \$80 NR**

**Location:** Wentz Run Park, Tennis Courts

**Instructors:** PennSuburban Community Tennis Association

(Min. 3 / Max. 12)



### JUNIOR GROUP LESSONS

Designed for those wanting to develop sound stroke mechanics and learn the basic scoring/rules of tennis in a fun, group environment. Each lesson will include fun drills and games applying the strokes learned.

**THURSDAYS, SEPTEMBER 14 – OCTOBER 10 (Rain date 11/17)**

**5:30 PM – 6:20 PM**

**AGES 11 – 14**

**\$80 R / \$85 NR**

**Location:** Wentz Run Park Tennis Courts

**Instructor:** **TENNIS HAVEN**

(Min. 3 / Max. 8)



**Your Business  
Success  
Shaped by  
Our Legal  
Team.**

**Kaplin Stewart**

**Trust Kaplin Stewart for a  
hands on approach**

- Land Use & Zoning
- Construction
- Real Estate Transaction
- Business, Corporate  
Planning & Litigation
- Estate Planning
- Environmental
- Employment

Attorneys at Law

Blue Bell, PA 610-260-6000 • Cherry Hill, NJ 856-675-1550  
Philadelphia, PA 215-567-3120

**Kaplaw.com**



**CARDIOLOGY CONSULTANTS  
OF PHILADELPHIA**

Outstanding cardiac care in  
the heart of Montgomery County

[www.ccpdocs.com](http://www.ccpdocs.com)

#### LOCATIONS

**CCP Blue Bell**  
Phone (610) 279-7696

**CCP Collegeville**  
Phone (610) 831-0300

**CCP East Norriton**  
Phone (610) 279-1370

**CCP Norristown**  
Phone (610) 272-3253



**Bob McGrath's  
Tree Service, LLC**

*Your tree will fall for us  
(you will too, when you see our prices)*  
**Fully Insured • Free Estimates**

**215-784-9124 • 610-292-9806**  
**721 Cathcart Road • Blue Bell, PA 19422**

# 5 TIPS

to help you stay  
**motivated**  
to **exercise**



Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1

## Find ways to fit exercise into your day.

You are more likely to get moving if exercise is a convenient part of your day.



2

## Do activities you enjoy to make it more fun.

Be creative and try something new!



3

## Make it social.

Find a virtual “exercise buddy” to help keep you going and provide emotional support.



4

## If there’s a break in your routine, get back on track.

Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



5

## Keep track of your progress.

Make an exercise plan and don’t forget to reward yourself when you reach your goals.



Visit [www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults](http://www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults) to learn more.





## Adult Programs

### WHITPAIN WALKERS

The Whitpain Walkers is a weekly walking club that meets at various walking trails in the area. This program is ideal for individuals who want to walk with others, discover great walking trails nearby, want to begin and/or continue a walking routine, or are just looking for something new to do during the day!



**WEDNESDAYS AND FRIDAYS,  
SEPTEMBER 4 – OCTOBER 25**

**9:00 AM**

**AGES 18+**

**Annual Fee: \$15 R / \$20 NR**

**Locations: Various ~**

**visit [www.whitpainrec.com](http://www.whitpainrec.com) to join registration list**



Zumba incorporates traditional dances into a fun group exercise! Burn up to 400 calories during class and improve your health, mood, and coordination. Great way to lose weight and stay fit!

**TUESDAYS, OCTOBER 1 – NOVEMBER 5**

**7:00 PM – 8:00 PM**

**AGES 12+ (12-17 years must be accompanied by an adult)**

**\$50 R / \$55 NR**

**LOCATION: The Manor House at Prophecy Creek Park**

**INSTRUCTOR: Jacqueline Brooks**

*(Min. 6 / Max. 20)*



Ambler, PA

Family Owned & Operated



**215-738-1543**

[www.mcgarrycleaning.com](http://www.mcgarrycleaning.com)

**JUNK  
REMOVAL**

- Residential Cleaning
- Office Cleaning
- Junk Removal

- Post Construction Cleanup
- Apartment Turnovers
- and much more

Insured & Bonded



**Mike Doolin**  
REALTOR®

**kw**

*I'm Here To Help!*

**KELLERWILLIAMS.**  
REAL ESTATE

Cell: (215) 407-9611

Office: (215) 646-2900

Email: [mikedoolin@kw.com](mailto:mikedoolin@kw.com)

Website: [www.mikedoolin.com](http://www.mikedoolin.com)

910 Harvest Drive, Suite 100, Blue Bell, PA 19422

EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED

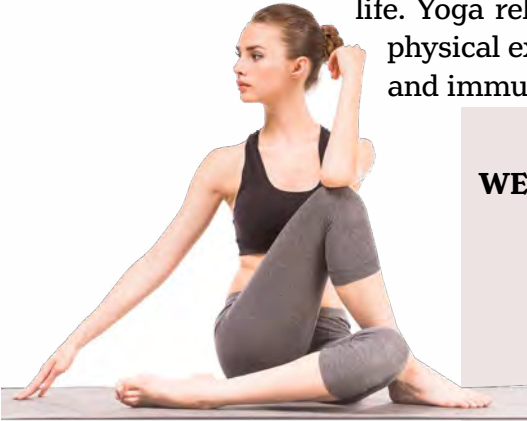




## Adult Programs

### WEDNESDAY YOGA with Karen Strawhacker

This program is open to all levels, including beginners. The practice of yoga has several benefits to overall health. Through mindfulness training, breath, and posture, students may improve their quality of life. Yoga relieves stress and promotes a deeper relaxation while still providing physical exercise. Yoga also promotes balance, flexibility, strength, circulation, and immune response.



**WEDNESDAYS, SEPTEMBER 25 – OCTOBER 30**  
**WEDNESDAY, NOVEMBER 6 – DECEMBER 18** (No class 11/27)

**7:40 PM – 8:40 PM**

**AGES 16+**

**\$55 R / \$60 NR**

**Location:** The Manor House at Prophecy Creek Park

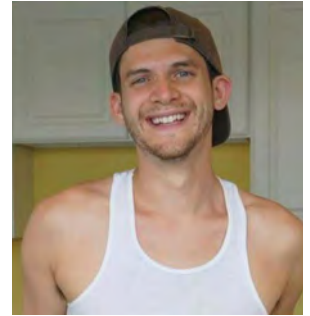
**Instruction:** Karen Strawhacker

(Min. 6 / Max. 18)

### MONDAY YOGA with Matt Mitlas

Join yoga instructor Matthew Mitlas for his signature balanced blend of movements that stretch, strengthen, increase breath capacity, and quiet the mind. Matthew will focus on postures that bring relief to common areas of the body such as the hips, lower back, neck, and shoulders, while also sharing about uplifting yogic philosophy and meditation.

While his classes are accessible to all levels and to those with minor injuries, please be able to get up/down from the floor relatively easily to participate in Matthew's classes. Remember to bring a yoga mat.



**MONDAYS, SEPTEMBER 9 – OCTOBER 28** (No class 10/21)

**MONDAYS, NOVEMBER 4 – DECEMBER 23**

**MONDAYS, JANUARY 6 – MARCH 10** (No class 1/20 and 2/17)

**7:40 PM – 8:40 PM**

**\$95 R / \$100 NR**

**Location:** The Manor House at Prophecy Creek Park

**Instructor:** Matthew Mitlas

(Min. 6 / Max. 22)

### STEINBACH VETERINARY HOSPITAL

Jonathan F. King, V.M.D., P.C.

Hours by Appointment: 215-646-0462

120 W. Skippack Pike  
 Ambler, PA 19002  
 Fax 215-646-4388  
[www.steinbachvet.com](http://www.steinbachvet.com)



### Chambers Associates, Inc.

Civil Engineers & Surveyors  
 P.O. Box 678  
 Worcester PA 19490-0678  
 484-991-8187

Joseph P. Hanna, PE  
[j.hanna@chambersassoc.com](mailto:j.hanna@chambersassoc.com)



# Tips For Eating Out

You do not have to give up eating fast foods to eat right.  
Here are some tips on how to make heart healthy choices when eating out.

## General Tips

- Let the restaurant know your dietary needs, so they can suggest ways to meet your needs, if possible.
- Instead of buffets, order healthy choices from the menu.
- On the day you are planning to eat out, eat foods with less sodium in your other meals and snacks. Many meals at restaurants are high in sodium.
- Ask that no salt be added to your meal.
- When eating Asian food, use light soy sauce to season the food.

## Main Dishes

- Choose rotisserie-style chicken rather than fried chicken. Always remove the skin.
- Order pizza with vegetable toppings, such as peppers, mushrooms, or onions. Ask for half the usual amount of cheese.
- Choose grilled, steamed, or baked fish instead of deep-fried fish.
- Leave off all butter, gravy, and sauces.
- Make sure the restaurant does not use monosodium glutamate (MSG) in the dishes. MSG is high in sodium!



## Sandwiches

- Order sandwiches without mayonnaise, tartar sauce, or special sauces. Try mustard or low-fat mayonnaise instead.
- Ask for vegetables to be added to your sandwich.
- Order plain, instead of deluxe hamburgers.
- Order sandwiches made with lean, low-sodium meat.
- Avoid chicken salad and tuna salad. They are usually made with regular mayonnaise and are high in fat.
- Choose grilled, instead of breaded, chicken sandwiches.

## Side Dishes

- Choose a baked potato over french fries.
- Share a small order of french fries instead of eating a large order by yourself.
- Use low-calorie, low-fat salad dressing. Ask that it be served on the side, and use less.
- Order a green vegetable or salad instead of two or more starches.
- Ask for low-fat cheese and low-fat sour cream.



## Beverages

- Choose water, 100% fruit juice, unsweetened iced tea, or fat-free or low-fat (1%) milk rather than a soft drink or a milkshake.
- If you really want to have a soft drink order a small or sugar-free one.



## Desserts

- Order the smallest size of fat-free frozen yogurt, low-fat ice cream, or sherbet instead of cakes, cookies, pies, or other desserts.



National Heart, Lung,  
and Blood Institute

December 2013



COMMUNITY HEALTH WORKER  
HEALTH DISPARITIES INITIATIVE

## ADULT TENNIS

### TENNIS HAVEN

Location: Wentz Run Park, Tennis Courts

Contact the instructor before dropping in to ensure space is available. Register anytime - classes are ongoing! Have a question or interested in dropping in on a class? Contact Liz Baldasano, PTR at 267-210-7632 or send an email to [liz4tennis@gmail.com](mailto:liz4tennis@gmail.com).



**INDIVIDUAL INSTRUCTION**  
available by appointment (April 15 - October 25)  
\$55 R / \$59 NR for one 50-minute lesson.

#### ROUND ROBIN

Up to three timed matches among participants - singles and/or doubles. Balls provided. Unlimited Pass Holders from the Spring/Summer may continue to use their passes through the Fall/Winter.

**\$70 R / \$75 NR FOR UNLIMITED PLAY PASS**  
Drop-In fee: \$10 R / \$12 NR

#### LEVEL 2.0-3.0+

**FRIDAYS, SEPTEMBER 6 - OCTOBER 18**  
8:30 AM - 10:00 AM

#### LEVEL 3.5+

**TUESDAYS, SEPTEMBER 3 - 17**  
6:30 PM - 8:00 PM

#### INTERMEDIATE WORKSHOP I (LEVEL 2.5 - 3.0)

Stroke production, tactical priorities, singles/doubles strategy, fun drills, and match play.

**WEDNESDAYS, SEPTEMBER 11 - OCTOBER 23**  
8:30 AM - 10:00 AM  
**\$100 R / \$105 NR, for 4, 1.5-hour classes**  
Drop-in fee: \$27 R / \$30 NR

#### INTERMEDIATE WORKSHOP II (LEVEL 3.0 - 3.5+)

Stroke production, tactical priorities, singles/doubles strategy, fun drills, and match play.

**SUNDAYS, SEPTEMBER 15 - OCTOBER 20**  
8:30 AM - 10:00 AM  
**\$100 R / \$105 NR, for 4, 1.5-hour classes**  
Drop-in fee: \$27 R / \$30 NR

#### FUNDAMENTALS

Group lessons covering forehand, backhand, serve, volley, scoring, and gameplay. Classes from either Fundamentals or Tennis for Fitness may be used interchangeably.

#### SATURDAYS

**SEPTEMBER 14 - OCTOBER 19**  
9:30 AM - 10:20 AM  
**\$80 R / \$85 NR, for 5, 50-minute classes**  
**DROP-IN FEE: \$17 R / \$20 NR**

#### TENNIS FOR FITNESS®

A blend of fitness and tennis! This class focuses on movement, light stretching, and conditioning. Go at your own pace, this is a noncompetitive class. Classes for Tennis for Fitness and Fundamentals may be used interchangeably.

#### SATURDAYS

**SEPTEMBER 14 - OCTOBER 19**  
8:30 AM - 9:20 AM  
**\$80 R / \$85 NR, for 5, 50-minute classes**  
**DROP-IN FEE: \$17 R / \$20 NR**







## Senior Programs

### “WHAT DOES THE OFFICE OF SENIOR SERVICES DO?”



This presentation reviews what the Montgomery County Office of Senior Services does in regard to planning, coordinating, and monitoring services for county residents aged 60 and older.

**FREE**



Montgomery County  
Office of Senior Services

**WEDNESDAY, SEPTEMBER 25**

**10:00 AM – 11:00 AM**

**Location:** Whitpain Township Building, Pronczak Room A

**Instructor:** Montgomery County Office of Senior Services  
(Min. 5 / Max. 20)

### KNOW YOUR MEDICARE OPTIONS

Have your questions answered so you can make the right choice when planning for Medicare or Medicare Advantage decisions. Get familiar with how Medicare works, and what it covers. Know the differences between Medicare supplements and Medicare Advantage plans.

**FREE**



**Medicare**

**TUESDAY, OCTOBER 1**

**6:30 PM – 8:00 PM**

**ALL AGES**

**Location:** Centre Square Park, WRA Clubhouse Pavilion

**Instructor:** Steve Pearlman, DelVal Senior Advisors  
(Min. 5 / Max. 25)

# THANK YOU!

**Thank you to our 2024 Program and Event Sponsors!**



**TransNet**  
SUBURBAN TRANSIT NETWORK, INC.



**BLUE BELL PLACE**  
A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

**Well  
Market**

Only at **CVS**

## Keep Away

The below items may be dangerous for some pets to consume and can cause reactions ranging from stomach upset to death. *Avoid sharing these and seek help if ingestion occurs!*



**Alcohol**



**Avocados**



**Chocolate**



**Coffee**



**Garlic**



**Grapes/Raisins**



**Macadamia Nuts**



**Onions**



**Products  
Containing Xylitol**



**Raw Yeast Bread  
Dough**

## Share Sparingly

These foods are safe to share sparingly with pets in small portions when unseasoned and cut into pieces.

*Be sure to remove any seeds, cores, stems, or peels from fruits!*



**Apples**



**Bananas**



**Blueberries**



**Broccoli**



**Carrots**



**Cauliflower**



**Cheese**



**Popcorn**



**Strawberries**



**Xylitol-Free  
Peanut Butter**

If you think your pet may have eaten something poisonous, stay calm and call the **ASPCA® Animal Poison Control Center** or your veterinarian.

**ASPCA**  
Animal Poison  
Control Center  
(888) 426-4435



# WHITPAIN DOG PARK

## ANNUAL MEMBERSHIP FEES

- Annual Fees: \$35 R / \$50 NR (includes 2 dogs)
- Each additional dog (3+): \$15 R / \$20 NR
- FEES PRORATED STARTING 8/31: \$20 R / \$30 NR (includes 2 dogs)
- Memberships expire on 12/31. You can register for the following year starting in December.

## REQUIRED DOCUMENTS

- Current Vaccination Records (Rabies, Bordetella, Distemper)
- Valid PA Dog License (lifetime or annual)
- Registration Form and Waiver (if you didn't pre-register and pay online)
- Orientation Quiz (new members only)



## WHITPAIN DOG PARK MEMBERSHIP

For the safety, accountability, and enjoyment of users, Whitpain Dog Park is for registered members only. A key fob or access code is required to enter the park.



## HOW TO REGISTER

**Memberships are good through the end of 2024!** Registration for 2025 will open in December. Pay membership dues online! You can also leave a check (made out to Whitpain Township) and paperwork in the night drop box in the Township Building vestibule, or administration building during business hours.

After you pay online at [www.whitpainrec.com](http://www.whitpainrec.com), please email, [park&rec@whitpaintownship.org](mailto:park&rec@whitpaintownship.org), or fax, 610-277-2209, over the required paperwork (orientation quiz, vet records, and county license). Once we receive your information, we will activate a key fob for you and the 5-digit access code you provide when you register. We will notify you when your fob is ready to be picked up and your access code is activated.

## RENEWING MEMBERS:

Pay online to renew your membership. Please email, [park&rec@whitpaintownship.org](mailto:park&rec@whitpaintownship.org), or fax, 610-277-2209, your updated vaccination records, and your current county dog license. You do NOT need to complete the orientation quiz. Your access code and key fob will be activated only after we receive the updated vet records and county license.

## SUPPORT THE DOG PARK

Support your local dog park by buying a \$100.00 engraved brick! Engraved messages can be as simple as a family or business name, or in memory of a loved one or dog. Visit [www.whitpainrec.com](http://www.whitpainrec.com) for more info.



## Thank You Dog Sponsors!!



CADDICK UTILITIES  
AMBLER, PA  
215-653-0260







**Russell R. Valante**  
Executive Vice President/  
Investments

Retirement involves striking a delicate balance between cash flow, spending, investment risks, lifestyle needs, and many other factors. If your retirement is feeling off-balance, it's time to get the advice you need.

Russell Valante of Janney Montgomery Scott has been helping people reach their retirement goals for nearly 20 years. He can provide a thorough analysis of your unique retirement needs, help you set goals, and create a plan to help you stay on balance to meet them. Contact Russell today to discuss how he can help you find the right balance for your retirement.

Janney Montgomery Scott LLC  
1767 Sentry Parkway W, Suite 110, Blue Bell, PA 19422-2217  
215.619.3920 toll-free: 888.567.0022  
rvalante@janney.com www.RussellValante.com





**LIFE IS BETTER ON VACATION!**

AspireLandandSeaTravel.com

**NICOLE SINOPOLI**  
Travel Advisor  
610-680-2444  
nicole.sinopoli@cruiseplanners.com


 Cruise Planners- Nicole Sinopoli  
 aspire\_travel\_cp




 **CRUISE PLANNERS**  
YOUR CRUISE & VACATION EXPERTS

Aspire Land and Sea Travel  
Blue Bell, PA







**Urban**  
FUNERAL HOME, INC.

Peter "Skip" Urban, Supervisor  
Peter A. Urban, Jr., Funeral Director

**Honor a Life Well Lived**

1111 South Bethlehem Pike Ambler, PA  
215-646-8556 UrbanFuneralHome.com

# Elliott Greenleaf

Attorneys at Law

925 Harvest Drive, Suite 300, Blue Bell, PA 19422

215-977-1000 / [www.elliottgreenleaf.com](http://www.elliottgreenleaf.com) / follow on Twitter@ElliottAttys

Blue Bell / Wilkes-Barre / Wilmington



**The Best Homes Have an Impriano Roof!®**

ROOFING | SIDING | WINDOWS | GUTTERS | DOORS | SKYLIGHTS

**REPLACEMENT DIVISION**

UP TO **\$500 Off**

Any Complete Roofing or  
Siding or Window Job

Present Coupon At Time Of Contract Acceptance.  
Not Valid With Any Other Offer.  
\$500 Off Coupons Based on 5%

**NEW INFRARED TECHNOLOGY**

**10% Off** SERVICE  
DEPARTMENT

Same Day Roofing & Siding Repairs  
Must Call Before 9am Mon-Fri

Present Coupon At Time Of Contract Acceptance.  
Not Valid With Any Other Offer.

**Local: (215) 654-1990**

1662 DeKalb Pike, Blue Bell, PA 19422

**(610) 353-8439**

4031 West Chester Pike • Newtown Square, PA 19073

CELEBRATING

**50**  
Years



Call For 50 years discount! Accountability plus!

**[www.impriano.com](http://www.impriano.com)**





960 Wentz Road  
Blue Bell, PA 19422

Presort Standard  
U.S. Postage  
PAID  
Permit No. 550  
Lehigh Valley, PA



This Community Newsletter is produced for  
Whitpain Township by Hometown Press  
215.257.1500 • All rights reserved®

To Place An Ad Call Mr. Kim Kriebel At Hometown Press • 267-371-2833 • [klk14htp@gmail.com](mailto:klk14htp@gmail.com)

**\$5 off**  
your purchase  
of \$30 or more

P.J. WHELIHAN'S  
PUB + RESTAURANT  
[www.PJsPub.com](http://www.PJsPub.com)

PRESENT OFFER AT TIME OF PURCHASE  
799 Dekalb Pike, Blue Bell

**over 20 Craft Beers On Tap!**

**P.J. WHELIHAN'S**  
PUB + RESTAURANT

[www.PJsPub.com](http://www.PJsPub.com)

**Patio Seating Available**

**WATCH  
THE GAME  
ON OUR TV'S**

**Convenient Curbside Pickup**  
Call Today **610-272-8919**

**CELEBRATING OUR 50<sup>TH</sup> ANNIVERSARY**

Realize Greater Heating & Air Conditioning Efficiency ...  
**AND SAVE UP TO 40%**

**Family Owned & Operated Since 1972**  
**INSTALLATION & SERVICE  
ON ALL MAJOR BRANDS**

**Heating & Air Conditioning**  
**Installations • Sales • Service  
Maintenance Contracts**

**READER'S  
CHOICE  
Best HVAC  
Contractor  
15 Years  
in a Row**

**\$300 off**  
ANY HEATING &  
A.C./HEAT PUMP  
Combined System Installed  
Mention This Ad

Heating • A/C • Heat Pumps  
Not good with any other offers  
One coupon per job  
Coupon valid only at time of sale

**Financing  
Available**

**Free Estimates On New Installs**

**800 Hagey Rd, Souderton • Fast Emergency Service**  
**267-204-3348 • [www.cc-hvac.com](http://www.cc-hvac.com)**

**Edward Jones** > [edwardjones.com](http://edwardjones.com) | Member SIPC

**Make your financial future a priority.  
We can help you get there.**

**Elena M Sickles, CFP®**  
Financial Advisor  
1061 Dekalb Pike Suite 101  
Blue Bell, PA 19422  
610-279-4286

MKT-58940-A-A1 AECSPAD 22080912