

February 2013

Volume 37 Issue 2



WEST CHESTER AREA SENIOR CENTER

Senior News & Views

West Chester Area Senior Center

530 East Union Street (610) 431-4242 FAX: (610) 429-9296

WWW.WCSENIORS.ORG

Monday-Friday 8:00 to 3:00

Early Heart Attack Care - Heart Attacks

Have Beginnings

February 15, 2013 – 12:45 p.m.

Presenter: Julie Funk, The Chester County Hospital – Community Health Education. Heart attacks don't just happen, they have beginnings. These "Beginnings" occur in over 50% of patients and if recognized in time, can be treated before the heart is damaged. Learn about the early signs and symptoms of heart attack and the benefits of receiving immediate care from emergency medical services.

Financial Workshops for Seniors

2/27—Inflation & Rising Cost, Market Volatility, And Rising Interest Rates & Income

3/6—Wealth Transfer

3/13—Upcoming Tax Changes

The 2/27 & 3/13 program will be presented by James Shrader from Wells Fargo Advisors. The 3/6 program will be with John Smith of Western Southern Financial Group. Programs begin at 1:00.

AARP Income Tax Assistance

AARP Tax Counselors will be at the Center offering tax assistance to seniors from Monday February 4 to Friday, April 12. This service is free to low and moderate income tax payers and senior taxpayers with basic tax returns by appointment only. Please call the Center at 610-431-4242 to make an appointment. For your appointment, please bring all the appropriate information to do your tax returns, including the following:

- Photo ID, Social Security Cards for self and dependents
- 2012 federal and state tax returns
- W 2 (if you have earned income) and social security SSA 1099 form
- Pension form 1099 R
- Interest 1099 INT and Dividend 1099 DIV forms
- stock and mutual fund share records (dates acquired and sold, original cost and selling price; for multiple transactions, provide a broker summary)
- any other income received in 2012
- record of estimated tax payments
- Totals for all items, if you are going to itemized deductions (there is insufficient time for the Counselors to total your medical, charity, etc. receipts)
- Real estate tax/rental receipts
- Canceled or blank check for direct deposit of refunds

BALANCE CHALLENGE

Balance doesn't stay steady throughout our life and steadiness can deteriorate if not maintained. We are encouraging ALL WCASC members and participants to take part in our 8 week balance challenge! Come to an informational meeting on Friday, February 8 at 12:45 to learn more. Participants will have a short pre and post balance test, given a variety of balance exercises to do at home and tracking sheets. The challenge will begin February 18. Please contact Mary or Rachel if you are interested but cannot attend the meeting. Falls are a leading cause of injury and death in adults over the age of 65. Most falls can be prevented and you have the power to reduce your risk.

West Chester Area Senior Center

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UPCOMING PROGRAMS

- **Sen. Dinniman's Constituent Outreach Representative will be at the Center on Thursday, February 14 at 12:30. Stop by for assistance with state programs and for other information.**
- **Learn how to navigate the American Heart Association website. There will be emphasis on Healthy Cooking videos and heart healthy recipes. Join us on Wednesday, February 13 at 12:45.**
- **Your mouth health affects your total health. Public Health Dental Hygiene Practitioner Jaclyn Gleber will be here on Tuesday, February 19 at 12:00 to share the latest research and information concerning dental health and answer your questions.**
- **Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will meet at the Center on Wednesday, February 27 at 1:15.**

Winter Storm Advisory

The WCASC will be closed due to weather conditions in accordance with the West Chester Area School District. If the schools are closed or opening late, WCASC will be closed, and there will be no Rover service. Please tune to 1520 WCHE or your local TV station for a list of school closings. On KYW, listen for number 851. There is also a link to the school district on our website.

IMPORTANT MEAL INFORMATION

As you may know the CCDAS provides the senior centers in Chester County with a nutritious meal for a low cost. It has come to our attention that the number of meals ordered but unserved has increased significantly thereby driving costs up. In a joint effort to be sure we can continue to receive funding and offer you the low-cost meals, we ask that you please remember to sign –up for lunch at least 3 days in advance and only for the days that you know you will be attending. Also, please contact us by 11:00 AM if you need to cancel your lunch so we can give it to someone on the stand by list. Please help us meet our goal of serving the same number of meals that we order. If you have any questions, please contact a center staff member.

MIND AND BODY

Brain Aerobics

Join us for a variety of games and brain exercises to help keep your mind fit on Fridays at 9:30!

SilverSneakers

Classes are Mondays and Wednesdays and Fridays at 11:15. *Free to members and Silver Sneakers participants.*

SilverSneakers Cardio Circuit

Cardiovascular exercise is the highlight of this class offered on Mondays and Wednesdays at 9:15. *Free to members and Silver Sneakers participants.*

Tai Chi

Tai Chi is held on Fridays at 9:00 am. *\$3 for members, \$5 for non-members*

Rhythm of Life

Music and fun to get you moving! Join us for our popular 'drumming' class on Mondays at 12:45.

Zumba

This Latin inspired dance class is held Tuesdays and Thursdays at 2:00. *\$3 for members, \$5 for non-members*

Arthritis Foundation Exercise Class

This class is held Mondays, Wednesdays, and Fridays at 10:30. *Free to members.*

Healthy Steps in Motion

These classes, on Tuesdays and Thursdays at 10:30, focus on flexibility, strength, balance, and fall prevention. *Free to members.*

Yoga

Yoga is held on Tuesdays and Thursdays at 11:30 am. *\$3 for members, \$5 for non-members*

Ping Pong

Pick up a paddle on Wednesdays at 12:45 or Thursdays at 10:00.

Wii Bowling

Join the fun on Thursdays at 12:45. The Wii is also available other times.

Low Impact Aerobics

This class is held on Tuesdays and Thursdays at 9:15. *Free to members. \$5.00 for non-members*

German Club

The German Club meets Wednesdays at 10 am.

Italian Class

A conversational Italian Class meets Mondays at 10:30.

Spanish Class

This class meets on Tuesdays at 1:00.

Book Club

Our Book Club will meet on Wednesday, February 27 at 12:45.

New members welcome in all classes and clubs!

Bridge

The bridge group meets on Mondays and Thursdays from 12:00 to 3:00.

Photography Club

The Photo Club will meet on Thursday, February 21 at 10:00.

Art Appreciation Club

The Ashcan School will be showcased on Thursday, February 14 at 10:00.

Pinochle

Pinochle players meet on Wednesdays and Fridays at 10 & 12:30. Instruction is available.

Rummikub

Come to the café on Mondays, Wednesdays, and Fridays at 12:30 and join the fun of rummikub.

Knitting and Crocheting Club

The "knitwits" meet Tuesdays at 12:45. The group is currently making lap robes and baby caps.

Craft Club

Crafters meet Fridays at 12:45. No experience needed! Please come and bring your ideas!

Computer Assistance

Computer Assistance will return in March.

Computer Forum

Doug Fairchild and Charlie Eisenfelder will lead the discussions on Thursday, February 7 & 21 at 1:00.

iPad Club

Learn how to use your iPad. This month the club will meet on Thursday, February 7 at 10:00.

WCASC Chorus

The Chorus meets on Thursdays at 1:00. New members are welcome.

Nurse

Mary Jo Baldino from Neighborhood Health Agencies, Inc. comes to the Center for free blood pressure screenings on Tuesdays at 10:00.

Hardy Perennials

Our garden club will meet on February 11 at 12:45. The program will be "The Use of Scents from Victorian Times to Present."

Current Events

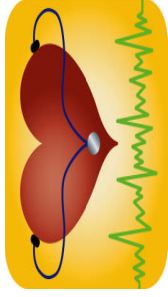
This discussion group meets on Tuesdays at 10:30.

Bible Study

This non-denominational group meets on the 2nd and 4th Thursdays at 9:30.

A variety of games like yathzee, scrabble, and many others are always available. Stop by the café and play! You may also borrow the bocce or washers games to take outside or to the dining room.

February 2013 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p>				
<p>4</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 Rhythm of Life/Matter of Balance 1:00 Computer Assistance</p>	<p>5</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/ HSIM 11:30 Yoga 12:45 Knitting Club 1:00 Spanish 2:00 Zumba 6:00 Bingo</p>	<p>6</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Bingo/ Rummikub/Pinochle</p>	<p>7</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong/ iPad Club 10:30 Drawing/HSIM 11:30 Yoga 12:00 Bridge 12:45 Wii Bowling 1:00 Chorus/Computer Forum 2:00 Zumba</p>	<p>1</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 11:15 Bingo 12:45 Crafts/Bingo/Pinochle</p>
<p>11</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Garden Club/Matter of Balance 1:00 Computer Assistance</p>	<p>12</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 11:30 Yoga 12:45 Knitting Club/Dining with Diabetes Intro 1:00 Spanish Class 2:00 Zumba 6:00 Bingo</p>	<p>13</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Pinochle 12:45 Navigating the American Heart Association Website</p>	<p>14</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Ping Pong/Art Appreciation 10:30 Healthy Steps in Motion/Drawing 11:30 Yoga 12:00 Bridge 12:30 Sen. Dinniman's Outreach Representative 12:45 Wii Bowling 1:00 Chorus 2:00 Zumba</p>	<p>15</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics/Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts/Bingo</p>
<p>18</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Matter of Balance 1:00 Computer Assistance</p>	<p>19</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 11:30 Yoga 12:00 Dental Health 12:45 Knitting Club/Dining with Diabetes 1:00 Spanish Class 2:00 Zumba 6:00 Bingo</p>	<p>20</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Lunch & Entertainment 12:45 Pinochle/Bingo/ Rummikub</p>	<p>21</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong/ Photo Club 10:30 Healthy Steps in Motion/Drawing 11:30 Yoga 12:00 Bridge 12:45 Wii Bowling 1:00 Computer Forum/Chorus 2:00 Zumba</p>	<p>22</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 11:15 Bingo 12:45 Crafts/Bingo/Pinochle</p>
<p>25</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Matter of Balance 1:00 Computer Assistance</p>	<p>26</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 11:30 Yoga 12:45 Knitting Club/Dining with Diabetes 1:00 Spanish Class 2:00 Zumba 6:00 Bingo</p>	<p>27</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Pinochle/Bingo/ Rummikub 12:45 Book Club</p>	<p>28</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Ping Pong 10:30 Healthy Steps in Motion/Drawing 11:30 Yoga 12:00 Bridge 12:45 Wii Bowling 1:00 Chorus 2:00 Zumba</p>	

February 2013 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cold lunch menu on page 7. Also available at the Center or online @ www.wseniors.org. Please sign up for lunches at least 3 days in advance.</p>		<p>Senior Center membership is not required for individuals 60 and older to participate in the congregate meal program. All Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost to you for the meal but you must contact the Senior Center to reserve your meal two days in advance of meal service. A voluntary confidential contribution is appreciated toward the cost of the meal but is not required.</p>		
<p>4</p> <p>Carrot & Ginger Soup Baked Chicken Seasoned Spinach Mashed Potatoes Wheat Roll Mandarin Oranges</p>	<p>5</p> <p>Tossed Salad Baked Fish Vera Cruz Parmesan Roasted Carrots Lemon Dill Rice Apple Pie</p>	<p>6</p> <p>Pineapple Juice Turkey Chili Succotash Cornbread Apple</p>	<p>7</p> <p>Vegetable Soup Beef Stroganoff Green Peas Buttered Noodles Vanilla Pudding</p>	<p>8</p> <p>Orange Juice Crunchy Fish Stewed Tomatoes Macaroni & Cheese Clementine</p>
<p>11</p> <p>Black Bean Soup Chicken Sandwich on a Bun Italian Blend Vegetables Steamed Red Potatoes Banana</p>	<p>12</p> <p>Orange Juice Sloppy Joe Broccoli Slaw Mashed Potatoes Cran-Orange Gelatin</p>	<p>13</p> <p>Tomato Soup *Chicken Cheese Steak Cole Slaw Steak – Cut Fries Chocolate Chip Cookie</p>	<p>14</p> <p>Caesar Salad Spaghetti and Meatballs Breadstick Green Beans Apple Juice Cake & Ice Cream</p>	<p>15</p> <p>Orange Juice Lentil Salad Meatloaf with Meat Sauce Baked Sweet Potato Wheat Roll Pineapple Chunks</p>
<p>18</p> <p>Cranberry Juice Grilled Chicken Sandwich Roasted Root Vegetables Baked Beans Fruit Cup</p>	<p>19</p> <p>Mushroom Barley Soup Baked Fish Scalloped Tomato Rice Pilaf Apple Orchard Bar</p>	<p>20</p> <p>Birthdays Party Tossed Salad Cranberry Glazed Ham Cous Cous Peas Cake & Ice Cream</p>	<p>21</p> <p>Minestrone Soup *Turkey Burger on Bun Lettuce & Tomato Baked French Fries Lemon Bars</p>	<p>22</p> <p>Split Pea Soup Baked Chicken Leg Seasoned Spinach Creamy Polenta Apple</p>
<p>25</p> <p>Tomato Juice Asian Pepper Steak Carrot & Squash Medley Herbed Rice Pilaf Wheat Roll Orange</p>	<p>26</p> <p>Chicken Marsala Green Beans Couscous Wheat Roll Chocolate Pudding</p>	<p>27</p> <p>Orange Juice Tossed Salad Pepperoni Pizza Potato Chips Diced Peaches</p>	<p>28</p> <p>Baked Potato Soup Barbecued Pork Loin Broccoli Spears Barley & Brown Rice Bing Cherry Gelatin</p>	<p>PLEASE REMEMBER TO SIGN UP FOR LUNCH 3 DAYS IN ADVANCE. ALSO, PLEASE CALL US ASAP IF YOU NEED TO CANCEL. HELP US NOT WASTE FOOD!</p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

*over 650 mg of sodium per serving

Join us for our February Birthday Party on Wednesday, February 20. Doug Campbell will entertain after lunch. Please make your reservations at least three days in advance.

1-Feb

Jacqueline Clompus
Joseph Pino
Robert O'Connor
Chester Salisbury
John Brennan

2-Feb

Tom Chambers
Marie DeMarco

3-Feb

Noreen Crowley

4-Feb

Alan Clark
Robert Garrett
Dolores Bradley
Peter Kyper

5-Feb

Lillian Seaton
Arthur Dougherty

6-Feb

Thomas Morton
William O'Hara
Russell Rickert
Betsi Hyatt

7-Feb

Barbara Finegan
James Anderson

8-Feb

Phyllis Drap
Barbara Coombe
Jane Joyce
Charles Huss

9-Feb

Pearl Hicks
Joseph Hamel
Barbara Cassel
Thomas McCloskey

10-Feb

Margaret Cutillo
Robert Clark
Beverly Reese
Charlotte Kruesi

11-Feb

William Pinckney
Thomas Tracy
Lindley Myles
Edith Belecanech

12-Feb

Howard Wills

13-Feb

Betty Merkh

14-Feb

Ellen Dennis
Ken Leister
Gail Tanzola-Seymour
Jean Leary
Annette Glaudel

15-Feb

Virginia Lorgus
James Kane
Marianne Griffith
Hiroko Nakata
Gisela Guent

16-Feb

Dorothe Cialini
Virginia Thompson

17-Feb

Catherine
Pennepacker
Georgeann Cullen
Mary Desenberg
Jayant Barkley
Paul Congdon

18-Feb

Luigi Launi

19-Feb

Barbara Leone
Concetta Bannan
Anita Hall

20-Feb

IB Steinmetz
Carol Wildauer
Elizabeth Barlow
Loretta DeStefano
Robert Mazur
Donald Luff
Betty Sloyer

21-Feb

Doris Stillman
Geraldine Porter
Raymond Lechentre
Carolyn LeFevre

22-Feb

Frank Kwiatkowski
Arline Kaniefski

23-Feb

Rosario Messina
Rose Pavluk
James Hughes

24-Feb

Annemarie Cuff
Joyce Carey
Rick Krug

25-Feb

Gerard Williams
Robert Kane
LeRoy Whiteman
Grant Wood
Beverly Myles
Anthony Torriero
Mary Bell

26-Feb

Dorothy Koehler
Marilyn Milstein

27-Feb

Adeline Mobile
Theresa Camarota
Beverly Kurt
Ethel Tyers
Milan Kovach
Frank Fields

28-Feb

Grace Williams
Barbara O'Brien
Scot Rognlie

Feb-29

Gladys Felice

Dining with Diabetes

We are pleased that Penn State Extension will be offering Dining with Diabetes in February. Learn what to eat, how much to eat, when to eat, and much more. The 4 week class will begin Tuesday, Feb. 19 from 12:30 to 2:30. An introductory class will be held on Tuesday, Feb. 12 at 12:30. You do not need to be diabetic to attend. Please register by calling 610-431-4242.

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center on **February 6 and 20**. Mr. Michael Piscotty will be here on **February 5**. Please call the Center at 610-431-4242 to schedule an appointment with Dr. Curtin. When scheduling for Mr. Piscotty, call 610-213-1867. *There is a fee for some services.*

WCASC MEAL PROGRAM

The WCASC serves breakfast 5 Days A Week from 8:00 to 9:30! Breakfast is cooked to order for a suggested donation of \$3.50. Bring a friend and remember that all proceeds benefit the Center. Lunch is served daily at noon for a \$2.00 suggested donation for those over 60 and \$4.40 for those under 60. Hot and cold lunches are available. Participants may order 2 meals a day. Please notify us by 11:00 if you need to cancel your cold lunch. You may pick up a complete menu at the Center or check it online @ www.wcseniors.org.

Cold lunch alternative is available Monday through Friday. You MUST reserve meal 3 days in advance. Eat at the Center or take home. Available for pick up in the café between 10 and 2.

The cold meal option to take home is \$4.40.

Week of February 1

Fri. – Turkey & Cheese on Whole Wheat

Week of February 4

Mon. – Tuscan Turkey Wrap

Tues. – Egg Salad & Cheese

Wed. – Chicken Salad on Whole Wheat

Thurs. – Tuna Salad on Whole Wheat

Fri. – Turkey & Cheese on Wheat Bun

Week of February 11

Mon. – Liverwurst Sandwich

Tues. – Roast Beef on Whole Wheat

Wed. – Egg Salad with Cheese

Thurs. – Turkey & Cheese

Fri. – Chef Salad

Week of February 18

Mon. – Roast Beef & Swiss on Wheat Bread

Tues. – Ham & Cheese on Whole Wheat

Wed. – Grilled Chicken Caesar Wrap

Thurs. – Tuna Salad on Whole Wheat Bun

Fri. – Egg Salad & Cheese on Wheat

Week on February 25

Mon. – Turkey & Cheese on Wheat Bun

Tues. – Italian Hoagie

Wed. – Ham & Cheese on Whole Wheat

Thurs. – Roast Beef on Whole Wheat

WEST CHESTER AREA SENIOR CENTER

530 East Union Street
West Chester, PA 19382

Phone (610) 431-4242
Fax (610) 429-9296
Check us out on the web!
www.wcseniors.org

enriching the lives of our senior neighbors through friendship, education, activities, and nourishment

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United Way Member Agency



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WEST CHESTER AREA SENIOR CENTER

The West Chester Area Senior Center, a non-profit organization, provides services and programs to persons sixty years or older without regard to race, color, creed, handicap, sex or national origin. The Center is funded in part under a contract with the Chester County Department of Aging Services. Funding is also provided by the Chester County United Way, monies raised by the Board of Directors, Advisory Council, Planning Council, group donations, individual gifts and memorials, wills and bequests. All contributions are tax deductible to the extent allowed by law. The Center's official registration may be obtained from the Pennsylvania Department of State by calling toll free (within PA) 1-800-732-0999. Registration does not imply endorsement. The Center serves the following Townships: East and West Goshen, Westtown, Thornbury, East Bradford, Willistown, Birmingham and the Borough of West Chester.

The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

