**April 2014** 

Volume 38 Issue 4



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# 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



# Volunteer Appreciation Day

The WCASC will be honoring our wonderful volunteers on Tuesday, April 22. The festivities begin at 11:15 with appetizers and punch in the café. Lunch will begin at 11:45. Please RSVP by April 14th. Our theme is "Sundaes on Tuesday" because our volunteers are important to us EVERY DAY! Please take a moment to thank one!

## **Culture Fair**

We will be holding a Culture Fair on May 16 to celebrate our Center's diversity. If you would like to showcase your heritage with a display, please register with Mary Kline at the Center or call her at 610-431-4242. Your display could include food, clothing, pictures, history or something else to help others learn about your culture.

# Get Ready For the 5th Annual Great Race!

Our very popular 5k/1mile walk or run will be held on May 10. We have a variety of activities to help you prepare for this fun and important fundraiser for the Center.

- Walk Your Way to the Great Race 5k (3.1 miles) training plans are available at the Center.
- Health and Wellness Coordinator, Niki Treat, is offering a strength training class on Tuesdays and Thursdays at 12:45. All fitness levels are welcome.
- Remember that our Walking Club meets at the front desk every day at 12:30.

# **Senior Living Options Workshop**

What does aging in place encompass? Is this the right option for you? What other options are available? We will be presenting a 3 week Senior Living Options Workshop beginning April 10 at 1:00. The workshop will include:

April 10—Aging in Place: ways to stay in your home
April 17—Options for leaving your home including senior
communities, assisted living options, and skilled nursing
April 24—Chester County Ombudsman, Jenn Costello will be our
guest speaker. An Ombudsman is an advocate for seniors in skilled
nursing facilities and personal care homes, in the community.
Please join us for this very informative workshop.

# AARP Income Tax Assistance

AARP Tax Counselors will be at the Center offering tax assistance to seniors until Friday, April 11.

Please call the Center at 610-431-4242 to make an appointment. Appointments are limited, so please make yours soon.

# West Chester Area Senior Center

#### **STAFF MEMBERS**

Kathy Sullivankathys@wcseniors.orgExecutive DirectorEmoke Andersonema@wcseniors.orgExecutive AssistantMary Klinemaryk@wcseniors.orgProgram Coordinator

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Joe Harveyjoeh@wcseniors.orgMeal SupervisorBetty DanielsCustodianNancy MageeOffice Assistant

#### **INSTRUCTORS**

Pearl Burger, Kay Croll, Barbara DeHaven, Arthur Dougherty, Ray Doyle, Pierina Disciullo, Charlie Eisenfelder, Doug Fairchild, Mark Frison, Enrique Garcia, Wendy Keslick, Anthony Lorenzo, Mariane Peppler, Cynthia Teer, Debbie Williams, and Glee Young

#### **Upcoming Program**

- ShopRite Nutritionist, Natalie Zaparzynski's monthly nutrition program will be on Monday, April 7 at 12:45. The topic will be "Eggcellent Eggs."
- LegalShield will provide a program on identity theft and how to prevent it from happening to you on Wednesday, April 9 at 12:45.
- Melissa Brower from Vision Corps will provide vision screenings from 9:30 to 11:30 on Wednesday, April 9.
- Our annual Holiday Bazaar is scheduled for November, but it isn't too early to start planning! Join us on Friday, April 11 at 12:45 as we begin the planning process. Our last bazaar was the most successful ever and we look to make it bigger and better than ever!
- Sen. Dinniman's Constituent Outreach Representative will be at the Center on Wednesday, April 10 at 12:30. Stop by for assistance with state programs and for other information.
- The movie *Nebraska* will be shown on Tuesday, April 15 at 12:30. It stars Bruce Dern as an aging booze addled father who makes a trip from Montana to Nebraska with his estranged son in order to claim a million dollar Mega Sweepstakes Marketing prize.
- Join is for Games Day on Monday, April 28th at 12:45.
- Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will meet at the Center on Wednesday, April 30 at 1:15.

#### The "Undiet Diet"

We tend to mindlessly eat when we are bored, stressed, upset, or simply distracted. Next thing we know, we're beyond stuffed and our good intentions to follow the latest "fad" diet have turned into just another failed attempt at losing weight.

Intuitive Eating -- more commonly referred to as the "Undiet" -- tells us to forget everything that dieting teaches us about our relationships with food and ourselves. By following the Principles of Intuitive Eating, you can rekindle that once happy, loving relationship you had with food. Chester County Hospital will present this program on Wednesday, April 23 at 12:45.

# 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

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

#### Tai Chi

Please call the Center about the status of the tai chi class.

#### **Rhythm of Life**

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

#### **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

#### Zumba

This Latin inspired dance class is held Tuesdays at 6pm.\$3 for members, \$5 for non-members

#### **Ping Pong**

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

#### **Low Impact Aerobics**

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

#### **Beginner French**

This new conversational French class is Tuesdays at 1:00.

#### 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 10:45.

#### **Book Club**

Our Book Club will meet on April 23 at 12:30 and discuss Gone Girl by Gillian Flynn.

#### **Current Events**

This discussion group meets on Tuesdays at 10:30.

#### **Bridge**

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

#### **Photography Club**

The Photo Club will meet April 17 at 10:00.

#### **Art Appreciation Club**

Les Nabis—post impressionist avant garde art will be the topic on Thursday, April 10 at 10:00.

#### **Pinochle**

Pinochle players meet on Wednesdays and Fridays at 9 & 12:30. Instruction is available.

#### **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!

#### **Technology Assistance**

Volunteer John Groves will assist with tablets, cell phones, etc, on the 2nd and 4th Wednesdays from 12:30 to 2:00.

#### Computer Forum

Doug Fairchild and Charlie Eisenfelder will lead the discussion on Thursday, April 3 & 17 at 1:00.

#### **Android Technology Class**

Learn the "in's & out's" of your communication device in a relaxed open forum on April 10 at 1:00.

#### iPad Club

IPad Club will meet on Thursday, April 3 at 10:00. IPad help is also available on Tuesdays from 9 to 10.

#### WCASC Chorus

The Sunshine Chorus meets on Thursdays at 1:00. Please contact Jim Mobile for information.

#### Nurse

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

#### **Hardy Perennials Garden Club**

Hardy Perennials will meet on Monday, April 14 at 12:45.

#### **Bible Study**

This non-denominational group meets on the 2nd and 4th Thursday at 9:30 and is led by Jim Shackleton from Great Valley Presbyterian Church.

#### Reminiscing

Come enjoy the company of friends while participating in upbeat conversations about past events on Mondays at 12:45.

A	April 2014 Prog		rams at the Senior Center	
Monday	Tuesday	Wednesday	Thursday	Friday
Spring	8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse/Planning Council 10:30 Current Events/ Computer Q & A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club /Strength Training 1:00 French Class 6:00 Bingo/Zumba	8.00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Pinochle/Bingo/ Rummikub 12:45 Larue Morgan explains Easter Legends	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 Strength Training 1:00 Chorus/Computer Forum	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 SilverSneakers 12:30 Walking 12:45 Crafts/Bingo/Pinochle
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/Reminiscing 12:45 Nutrition Program	8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club /Strength Training 1:00 French Class 6:00 Bingo/ Zumba	8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 9:30-11:30 Vision Screening 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Identity Theft & Prevention 12:30 Sen. Dinniman's Outreach Representative 12:45 Pinochle/Bingo/ Rummikub	8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Ping Pong/Art Appreciation 10:30 Drawing/HSiM 11:30 Yoga 12:06 Strength Training 1:00 Senior Living Options Workshop 1:00 Android Technology Forum 1:00 Chorus	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Walking 12:45 Bingo/Pinochle 12:45 Bazaar Planning Meeting
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/Walking 12:45 Rhythm of Life/ Reminiscing 12:45 Garden Club	8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:30 Movie: Nebraska 12:45 Knitting Club/ Strength Training 1:00 French Class 6:00 Bingo/ Zumba	16 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Lunch & Entertainment 12:45 Pinochle	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 Strength Training 1:00 Senior Living Options Workshop 1:00 Chorus/ Computer Forum	WCASC CLOSED
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 Walking/Reminiscing	8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 11:45 Volunteer Luncheon 12:45 Knitting Club/Strength Training 1:00 French Class 6:00 Bingo/ Zumba	8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Walking 12:45 Pinochle/Bingo/ Rummikub/Book Club 12:45 Undiet Diet Program	8:00 Breakfast 9:15 Low Impact Aerobics 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 Strength Training 1:00 Senior Living Options Workshop	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Walking 12:45 Bingo/ Pinochle
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 Walking/ Reminiscing 12:45 Games Day!	8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club/Strength Training 1:00 French Class 6:00 Bingo/ Zumba	8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Walking 12:45 Pinochle/Bingo/ Rummikub		Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm

	A	pril 2014 Menu	nu	
Monday	Tuesday	Wednesday	Thursday	Friday
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.	Corn Chowder Roast Pork Sauerkraut Mashed Sweet Potatoes Wheat Roll Jell-O	Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Fresh Pear	Vegetable Soup Chicken Breast Baked Sweet Potatoes California Blend Vegetables Corn Bread Pineapple Tidbits	Grape Juice Stuffed Shells Italian Blend Vegetables Tossed Salad Whole Wheat Breadstick Rice Pudding
Cream of Mushroom Soup Sloppy Joe Potato Wedges Bean Salad Pineapple Tidbits	Roast Turkey & Gravy Scalloped Potatoes Harvard Beets Roll Fresh Orange	Salisbury Steak & Gravy Mashed Potatoes Spinach Italian Bread Fresh Grapes	Veal Parmesan Tater Tots Green Beans Whole Wheat Bun Applesauce	Chicken Rice Soup Cranberry Juice Crab Cakes Stewed Tomatoes Macaroni & Cheese Whole Wheat Bread Diced Pears
Chicken Bruschetta Penne Pasta Broccoli Italian Bread Peaches with Crumb Ttopping	Fruit Juice Turkey Ala King Mixed Vegetables Noodles Graham Crackers Fruit Cocktail	16 Spring Celebration & Birthday Party Baked Ham & Pineapple Glaze Roasted New Potatoes Green Beans Dinner Roll Brownie A la Mode	Grape Juice Stuffed Shells Italian Blend Vegetables Tossed Salad Whole Wheat Breadstick Rice Pudding	WCASC CLOSED
Orange Juice BBQ Chicken Green Beans Macaroni Salad Peaches	Spaghetti & Meatballs Italian Blend Vegetables Italian Bread Oatmeal Raisin Cookie Apple	Roast Turkey Candied Yams Whole Wheat Roll Fruit Cocktail	Cheeseburger Potato Coins Corn Cobbet & Cole Slaw Lettuce & Tomato Grapes	Chicken Rice Soup Crab Cakes Stewed Tomatoes Macaroni & Cheese Whole Wheat Bread Diced Pears
Tossed Salad Italian Sausage Casserole Peppers & Onions & Rotini Pasta Marinated Tomato Salad Spinach Roll Vanilla Wafers	Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges	30 Corn Chowder Roast Pork Sauerkraut Mashed Sweet Potatoes Wheat Roll Jell-O		Cold lunch menu on page 7. Also available at the Center or online @ www.wcseniors.org. Please sign up for lunches at least 5 days in advance.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

# We will celebrate our April Birthday Party on Wednesday, April 16. Kevin Pierce will entertain after lunch. Please make your reservations at least four days in advance.

2-Apr	11-Apr	21-Apr
Rose Valentino	Virginia Stoltzfus	Pauline Trnka
	Catherine Kovacs	Joyce Brink
3-Apr		
C. Beverly Dow	12-Apr	22-Apr
Joann Ott	Julia Glass	Richard Toland
	Susan Crum	00 4
4 Amr	Jane Palestini	23-Apr
4-Apr	13-Apr	Jacqueline Dine
Kay Philipps	Vernon Brewer	24-Apr
5-Apr	Ruth Snyder	Rod Merrill
Theresa Halt	Martha Weber	Rod Merriii
meresa man	Martina Weber	25-Apr
6-Apr	14-Apr	Ann Hemphill
Donald Weir	Joe Harper	Marilyn Martin
Jane Anderman	Bill Yockey	Maria Chapis
Tan Wang	William Petrelli	
Toyoko		26-Apr
Kadyszewski		
	15-Apr	Christine Zaccarelli
7-Apr	Eugene Finegan	07.4
Joan Travers		27-Apr
Wanda Cochran	10 4	James Brady
Roy Almquist	16-Apr	Frances Mckay
Grace Mountz	Marilyn Krauss	Robert Mccann
8-Apr	17-Apr	Jean Mcbride
Marion Flinn	Lena Cavaliere	28-Apr
Joseph Finnaren	Florence Chien	Nancy Moore
Rosemary Rooney	Florence Chieff	Esther Wolff
Karen Saltzburg	18-Apr	Karlene Brittingham
March Gallzburg	Larry Werner	Carol Cowper
9-Apr	Marie Moretti	Richard Webster
Michael Gunsaullus	N. Shannon Almquist	
Nancy Klabunda	E. Jensen	29-Apr
		Bill Broomell
40.4	40.4	

19-Apr

20-Apr

Dora Powell

Caroline Koppenol

Pat Bove

Marian Stevenson

Kathy Weiss

30-Apr

10-Apr

Dorothy Lakatos Jean Town

Yvonne Webster

John Finley

April is Physical Wellness Month and time to celebrate physical health and take steps to maintain a healthy lifestyle. Join one of our exercise classes and plan to attend one of our many health and wellness programs.

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### **Hearing Clinics**

Dr. Judith Curtin, AuD., will be at the Center on **April 2 & 16.** Please call the Center at 610-431-4242 to schedule with Dr. Curtain.

Mr. Micheal Piscotty, Audiologist is available on Tuesdays & Fridays. When scheduling for Mr. Piscotty, call 610-213-1867.

There is a fee for some services.

#### **Technology Department Programs**

- Tuesday Mac/IPad assistance with Ray Doyle 9:15 to 10:30
- Tuesday Computer Q & A session from 10:30 to 12:00
- Second & Fourth Wednesdays 12:30 to 2—help with tablets, cell phones, general computer assistance with John Groves
- First Thursday at 10:00—iPad Club with Ray Doyle
- First & Third Thursdays at 1:00—Computer Forum with Doug Fairchild & Charlie Eisenfelter
- Second Thursday at 1:00—Android devices with Doug Fairchild
- Fridays 9 to 1—Microsoft Office Applications with Michael Tobin by appointment. Please call Jim Mobile at 610-431-4242 to schedule.

#### **COLD MEAL OPTION**

#### Week of April 1

Tues. – Corned Beef Special Wed. – American Hoagie Thurs. - Chicken PastaSalad Fri. – Egg Salad Platter

#### Week of April 15

Tues. - Oriental Chicken Salad

Wed. - Turkey Wrap

Thurs. – Turkey Ham & Swiss on Whole Wheat

#### Week of April 8

Tues. – Chicken Caesar Salad Wed. – turkey Ham & Swiss on Rye Thurs. – Chef's Salad Fri. – Tuna Macaroni Salad

#### Week of April 22

Tues. – Italian Hoagie Wed.- Grilled Chicken Sandwich Thurs. – Tuna Salad Fri. – Turkey Club Sandwich

#### Week of April 29

Tues. – Chicken Salad Wed. – Corned Beef Special

# 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 Non-Profit
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West Chester, PA

**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 Ches-

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.