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Volume 38 Issue 10



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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



### <u>Live, Learn, Grow Workshop:</u> <u>Celebrating the 3rd Phase of Life</u>

Join Life and Health Coach Diane
Catrambone and learn how to yield
to your new potential, build
practices to enhance your life, and
make positive life affirming
changes. The program will be held
on Wednesday, October 1 at 7:00.
Register by calling 610-383-6900 or
email:

coleenlivelearngrow@gmail.com

### **Lunch & Learn**

Lunch & Learn topic for Tuesday,
October 14 at 12:00 will be Nutrition
Guidelines for Cancer and Depression. Join Registered Dietician Carol
Sweeney and learn the connection
between these two diseases and how
nutrition and food choices play an
integral role in the prevention and
management of these illnesses.

### **Upcoming Programs**

- ShopRite Nutrition program will be Monday, October 6 at 12:45. The "Power of the Pumpkin" will be the topic.
- Sen. Dinniman's Constituent Outreach Representative will be at the Center on Wednesday, October 8 at 12:30. Stop by for assistance with state programs and for other information.
- The movie The Fault in Our Stars will be shown on Thursday, October 16 at 12:30. Two teenagers fall in love in a cancer support group and the movie explores the funny, thrilling, and tragic business of being alive and in love.
- Neighborhood Health Agencies, Inc. monthly Parkinson's Support Group will meet at the Center on Wednesday, October 29 at 1:15.

### Take a Bite Into Nutrition

Three week nutrition education program with topics that relate to YOU. Three nutritious topics, *Portion Control, Know Your Portion, Can You Read Those Ingredients* and *Antioxidants: The Healthy Protector.* Take away important hints for each topic, helpful handouts, tasty samples, new recipes, and a great time!

### October 1st, 12:45pm - Portion Control, Know Your Portion

Ever think you are eating too much or not enough? Come learn the right portion size for each food group that meets your daily needs.

October 8th, 12:45pm - Can You Read Those Ingredients?

It may not be the size of the print that keeps you from understanding food labels. Introduction to helpful tips of reading a food labels that will help you make better food choices.

### October 22nd, 12:45pm - Antioxidants: The Healthy Protector

What is an antioxidant? And how can it help you with memory and protecting your body? Be able to identify foods high in antioxidants and how they will help you.

### West Chester Area Senior Center

### **STAFF MEMBERS**

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

Lorri Sarosy lorris@wcseniors.org Resource Development Director & Business Manager

Jessica Tipton jessicat@wcseniors.org Health & Wellness Coordinator

Mia Jones miaj@wcseniors.org Data Entry

Ellen McCabe ellenm@wcseniors.org Information & Assistance

Jim Mobile IOStudios@aol.com Technology & Volunteer Coordinator

Nancy Magee Office Assistant
Mary Jo Freeman Meal Supervisor

### **INSTRUCTORS**

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

### Check your Prescription Plan!!! Premiums may be changing!! Free Medicare Information and Annual Enrollment Sessions Scheduled

Chester County Department of Aging and volunteer APPRISE health insurance counselors are gearing up to aid Medicare beneficiaries during the annual election period from Wednesday, October 15, to Sunday, December 7. Trained APPRISE counselors provide assistance throughout the year both to those becoming Medicare eligible and those in the program.

During this period, current Medicare beneficiaries have an opportunity to join, switch or disenroll from a Part D prescription drug plan, change Medicare Advantage Plan providers, or switch to original Medicare with or without a separate Medicare Part D Private Drug Plan.

Information on seminars and enrollment counseling sessions is available from county Department of Aging <a href="http://www.chesco.org/aging/site/default.asp">http://www.chesco.org/aging/site/default.asp</a>, the state site at <a href="http://pda-apprise.org/meetings/index.php">http://pda-apprise.org/meetings/index.php</a> or your local Senior Center.

Individual one-on-one appointments are available. Call 610-431-4242 for an appointment.

### **Enrollment Sessions at West Chester Area Senior Center**

Wednesday, October 29 Thursday, November 6 Thursday, November 20 Wednesday, December 3

### **Healthy Lifestyle Club**

Staying healthy and feeling your best is important at any age, and doesn't change as we age. Join us for our new Healthy Lifestyle Club. The goal is to support one another in taking action and making lifestyle changes. The group will meet on the 4th Thursday each month at 12:45.

Join Annette Smith on Monday, October 27 at 12:45 and make cookie mixes in a jar and hot fudge sauce. Participants will be able to take one jar home and also make some for our bazaar. Class size is limited, so you must sign up at the front desk or by calling 610-431-4242.

Join us for our Halloween Lunch and costume contest and party on Friday, October 31 at 12:00. Please make your lunch reservations at least 3 days in advance.

### 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 9:30. 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

### **Ping Pong**

Pick up a paddle on Thursdays at 10:00. Other times are also available. Please check at the front desk.

### **Low Impact Aerobics**

This class is held on Tuesdays and Thursdays at 9:30. Free to members. \$5.00 for non-members

### **Beginner French: New Day!**

Conversation French will be held on Wednesdays at 1:00 beginning September 10.

### 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**

The Book Club will meet on October 22 at 12:30. The book discussed will be The Elephant Whisperer by Lawrence Anthony.

### **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 October 16 at 10:00.

### **Art Appreciation Club**

Art Appreciation will return on October 9 at 10:00. Benjamin West and his students will be the topic.

### 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. Come and share ideas, learn something new, or just have fun!

### 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. Nancy Quinn is available on the 2nd & 4th Thursdays from 1 to 3.

### **Computer Forum**

Charlie Eisenfelder will lead the discussion on Thursday, October 23 at 1:00.

### iPad Club

IPad Club will meet on Thursday, October 2 at 10:00. IPad and Apple 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 October 13 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. The group will meet again in September.

### Reminiscing

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

### **Healthy Lifestyle Club**

This new club meets on the 4th Thursday of each month at 12:45.

Oct	ober 2014 Pr	October 2014 Programs at the Senior Center	<b>Senior Center</b>	ſ
Monday	Tuesday	Wednesday	Thursday	Friday
1		1	2	3
		8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Clulv Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Nutrition: Portion Control 1:00 Pinochle/Bingo/French 7:00 Celebrate the 3 <sup>rd</sup> Phase of Life Workshop	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Ping Pong/ <b>Ipad Club</b> 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 1:00 Chorus	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
9	7	∞	6	10
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:00 Bridge 12:45 Bingo/ Reminiscing 12:45 Rhythm of Life/ 12:45 Nutrition: The Power of the Pumpkin	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting	8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Sen. Diminiman's Outreach Representative 12:45 Pinochle/Bingo 12:45 Nutrition: Food Labels 1:00 French Class	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation 10:00 Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 1:00 Chorus	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/Crafts
13	14	15	16	17
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Walking/Reminiscing 12:45 Garden Club:	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse/Planning Council 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Voga 12:00 Lunch & Learn 12:45 Knitting Club 6:00 Bingo	8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Party & Entertainment 12:45 Pinochle 1:00 French Class	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Ping Pong 10:00 Photo Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:30 Movie: The Fault in Our Stars 1:00 Chorus	8:00 Breakfast 9:00 Tai Chi/ Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Walking 12:45 Bingo/Pinochle/Crafts
20	21	22	23	24
8:00 Breakfast 9:00 Pinochle 9:00 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 9:30 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	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 Book Club 12:45 Nutrition: Antioxidants 12:45 Pinochle/Bingo 1:00 French Class	8:00 Breakfast 9:30 Low Impact Aerobics/Bible Study 10:00 Ping Pong 10:00 Photo Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 1:00 Computer Forum 1:00 Chorus	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Bingo/ Pinochle/Crafts
27	28	29	30	31
8:00 Breakfast 9:00 Pinochle 9:30 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 Annette Smith's Cooking Class	8:00 Breakfast 9:30 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 6:00 Bingo	8:00 Breakfast 9-3 Medicare Enrollment Event 9:00 Pinochle 9:00 German Club' Blood Pressures 10:00 German Club' Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Finochle/Bingo 1:00 French Class	8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong 11:30 Yoga 12:00 Bridge	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:00 Halloween Party! 12:45 Bingo/ Pinochle/Crafts

## **Rover Transportation Available**

	Oct	ober 2014 Menu	enn	
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.	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.	Fruit Juice Salisbury Steak Mashed Potatoes Spinach Whole wheat Roll Yogurt with Granola	Tomato Soup Roasted Chicken Quarter Potato Wedges Whole Wheat Roll Pineapple	Grape Juice Roast Turkey & Gravy Brown Rice Brussel Sprouts Whole Wheat Dinner Roll Applesauce
Fossed Salad with Tomato Tuna Noodle Casserole Graham Crackers Pound Cake, Strawberries, & Whipped Topping	Veal Parmesan Tater Tots Green Beans Whole Wheat Bun Mandarin Orange	Lentil Soup Roast Beef Au Jus Potato Salad Wheat Kaiser Roll Fruit Cocktail	Lemon Chicken White Rice Broccoli Fresh Apple Slices	Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding
Mixed Fruit Juice Turkey Ala King Egg Noodles Mixed Vegetables Bread Stick Pear	Cranberry Juice Baked Tilapia& Red Creole Sauce Baked Potato Green Beans Graham Crackers Granola Bar	15  Birthday Party Tossed Salad with Tomato Beef a Roni Seasoned Italian Blend Wheat Breadstick Tapioca Pudding Cake & Ice Cream	Orange Juice Southwest Chicken Seasoned Corn Corn Mufin Sliced Peaches	Tossed Salad Meatball Sub Provolone Cheese Fresh Apple
Roast Turkey & Gravy Carrots Stuffing Cranberry Sauce Whole Wheat Roll Mandarin Oranges	Vegetable Soup Cheeseburger Lettuce & Tomato Cole Slaw Grapes	Cranberry Juice Crab Cakes Green Beans Macaroni & Cheese Diced Pears	Grape Juice Roast Pork Sauerkraut Baked Sweet Potato Wheat Roll Applesauce	Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges
Mushroom Barley Soup Tossed Salad BBQ Chicken Sandwich Vegetarian Baked Beans Grapes	Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Vanilla Wafers	Chicken Cordon Bleu Honey Mustard Sauce Collard Greens Parslied Noodles Whole Wheat Roll Pineapple	Fruit Juice Salisbury Steak Mashed Potatoes Spinach Whole wheat Roll Yogurt with Granola	Tomato Soup Roasted Chicken Quarter Potato Wedges Whole Wheat Roll Pincapple

### We will celebrate our October Birthday Party on Wednesday, October 15. Emmet Robinson will entertain after lunch! Please make your reservations at least one week in advance.

1-Oct	12-Oct	23-Oct
Kathryn Anderson Troy Willis	Virginia Lamond Martha Coyle	Carol Guiseppe Ronald Holtsberry
Asa Mccollum	Nancy Magee	24-Oct
2-Oct	13-Oct	James Winfield
Judith Heringslake Merlace Hubickey	Hisako Jennings	Lorraine Hamel Joan Pennell
Matilda Oleykowski	14-Oct	2F 0-4
3-Oct	Kenneth Emerson	25-Oct Peter Cavaliere
Stan Johnson	15-Oct	George Fieo
	Abe Malik	Richard Scully
4-Oct	16-Oct	26-Oct
Louise Hunter	Sue Barber	John Turner
Eileen Cornell		Leslie Bair Ann Marie Grandizio
5-Oct	17-Oct	Esther Henry
Joan Barraclough	William Jones Dan Karney	Mary Bleecker Karen Rothenbuhler
7-Oct	Scott Bond	Vincent Marchiafava
Daniel Berliner	18-Oct	
8-Oct	Thomas Rodgers	27-Oct
Norman Elliott	Dorothy Brewer	Norman Ricker
Lydu Trudeau Bernard Klaverkamp		Marie Stull Herbert Jahnle
·	19-Oct	39 Oct
9-Oct	Margaret Giunta Helga Blackmon	28-Oct Victoria Smith
Beatrice Rucker	Joan Lappin	
William Cosgrove Joan O'Connor	Emma Holtsberry	29-Oct Pauline Johnson
	20-Oct	Thom Clapper
10-Oct Glenn Smith	Mary Clementi	Adele Gervasoni Florence Jackson
Dorothy Milhous	21-Oct	Florence Jackson
11-Oct	Diane Lebold	30-Oct
Ellen Connors	Jack Fabe Dana Hawa	Esther Rech
Eleanor Wengiel		31-Oct
Catherine Dougherty Igina Dilallo	22-Oct Robert Stevenson	Joyce Nolan
	Nobelt Stevenson	Juyce Indian

Please join us in welcoming our new Health & Wellness Coordinator, Jessica Tipton to our WCASC family! Jessica will be teaching a number of exercise classes and coordinating some wellness programs. Make sure you find her, welcome her, and introduce yourself!

### **Hearing Clinics**

Dr. Judith Curtin, AuD., will be at the Center October 1 & 15. 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.

### **COLD MEAL OPTION**

### Week of October 1

Wed. – Turkey Wrap Thurs. – Chicken Caesar Salad Fri.. - Tuna Macaroni Salad

### Week of October 14

Tues. – Turkey Ham & Cheese Wed. – Cheese & Fruit Plate Thurs. – Italian Hoagie Fri. – Oriental Chicken Salad

### Week of October 28

Tues. – American Hoagie Wed. – Egg Salad Platter Thurs. – Turkey Wrap Fri. – Chicken Caesar Salad

### Week of October 7

Tues. –Turkey Ham & Swiss Wed. – Chef's Salad Thurs. – Grilled Chicken Sandwich Fri. – Chicken Pasta Salad

### Week of October 21

Tues. – Tuna Salad Plate Wed.- Turkey Club Sandwich Thurs. – Chicken Salad Fri. – Corned Beef Special

### A Night At The Races

Saturday, November 1, 2014 6:30 PM - 10:30 PM – at the Center \$50– Registered Senior Center Members \$60- Non-Senior Center Members

### To benefit

### The West Chester Area Senior Center

For information on tickets, sponsorship opportunities, volunteer opportunities, and questions please:

Visit our website: <a href="www.wcseniors.org">www.wcseniors.org</a>
contact us at: <a href="ema@wcseniors.org">ema@wcseniors.org</a>

or call Em Anderson at 610-431-4242

### 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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**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.