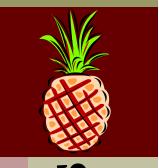
November 2014

Volume 38 Issue 11



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ior News

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



Spunky: Memoirs of a 1940's Kid
Author Ray Schneider will lead an
audience participation discussion
of the "good old days". Some
1940's artifacts will be displayed
and participants will be asked to
share some of their memories. Ray
will focus on life in small town
America. After the program, Ray's
book (Spunky—Memoirs of a
1940's Kid) will be available for
purchase and signing.
(\$5.00 senior rate)

Laundromat Library League
The Laundromat Library League is
an organization that is making
children's books available to homes
where there may be few or none.
Small "libraries" will be placed in
local laundromats.

Arlene and George Rengert will explain how the program works and how you and the Center can become involved. Please join us on Friday, November 14 at 12:45.

THE WCASC HOLIDAY BAZAAR WILL BE HELD ON NOVEMBER 20, 21, and 22 FROM 9 AM TO 2 PM. DON'T MISS OUR DELICIOUS BAKED GOODS, BEAUTIFUL CRAFTS, HAND KNIT ITEMS, WHITE ELEPHANT, AND MORE! PLEASE SEE MARY KLINE IF YOU ARE INTERESTED IN VOLUNTEERING OR DONATING TO OUR BAKED GOODS TABLE.

PLEASE CHECK OUT ALL OF OUR RAFFLE BASKETS AND BUY SOME CHANCES FOR YOUR FAVORITE ONES. WINNERS WILL BE PICKED ON MONDAY, NOVEMBER 24 AT LUNCH.

We will be accepting White Elephant donations on Monday, November 10 from 9:30 to 11:30 and Thursday, November 13 from 1:00 to 2:30. These will be the <u>only times</u> that we can accept donations. Items should be gently used and in good condition. Clothing will not be accepted.

The 31th Annual Community Thanksgiving Dinner will be served at the West Chester Area Senior Center, 530 E. Union Street, West Chester, PA from noon to 3:00 PM on Thanksgiving Day, November 27, 2014. This 3 hour event includes a program, munchies and a home cooked Thanksgiving Feast with a homemade dessert buffet. All food is donated and is cooked and served home style by volunteers. For any additional information or to volunteer call 610-399-1248.

For reservations, call the Center at 610-431-4242.

If you are in need, are without family, are seeking friendship, or just want to be friends to others - COME. Everyone is welcome.

****The WCASC will be closed on November 11, 27 and 28.****

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

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Ellen McCabe ellenm@wcseniors.org Information & Assistance

Jim Mobile IOStudios@aol.com Technology & Volunteer Coordinator

Nancy MageeOffice AssistantMary Jo FreemanMeal 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.

INFORMATION AND ASSISTANCE —SENIOR BENEFITS AND RESOURCES

MEDICARE NEWS – October 15- December 7, 2014 is the Medicare Annual Election Period. This is also known as Medicare open enrollment. During this time period you should review your coverage for cost, level of coverage, convenience of use (especially your prescription drug coverage) and customer service. Experienced PA APPRISE Medicare counselors are available for appointments at the center on November 6 and November 20 for Medicare coverage review. Please call the center and make an appointment for these two open enrollment events.

When coming for an appointment, please remember to bring a list of your drugs with the strength and dosage, your Original Medicare card, and any correspondence you have received concerning your need. Low income programs will need proof of income and assets

APPRISE Medicare and Medicaid counseling is available weekly during the year on Tuesday, Wednesday and Thursday by appointment.

Enrollment Sessions at West Chester Area Senior Center

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

PROPERTY TAX AND RENT REBATE- the Property Tax and Rent Rebate program is still open until December 31, 2014. Rent rebates must have a landlord's certificate completed and Tax rebates must have the tax receipt stamped acknowledging it is paid. This is for calendar year 2013. Please call Ellen McCabe for an appointment.

Ellen McCabe

Information and Assistance Coordinator10-431-4242X108 ellenm@wcseniors.org

Chili Cook-Off sponsors we thank you. Those who supported us in this fun event include: Giant Food Stores, ShopRite of West Chester, Wegmans Grocery Stores, Acme Markets, Whole Foods of Glen Mills and Vinny's Restaurant of Chester Springs! Thank you also to all the volunteers who sliced, diced, cooked, and worked the booth.

TECHNOLOGY DEPARTMENT

The center provides instructional assistance on ALL communication devices (cell phone, tablet, iPad, Kindle, laptop, Apple computers, etc...) in group AND one-on-one sessions Monday through Friday. To schedule a session or to inquire about our services, please contact Jim Mobile at 610-431-4242 OR via e-mail at IQStudios@aol.com

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

Conversation French is held on Wednesdays 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

The Book Club will meet on December 3rd at 12:30. The book discussed will be The Husband's Secret by Liane Moriarity.

Current Events

This discussion group meets on Tuesdays at 10:30.

Monthly Movie

Captain Phillips will be shown on Tuesday, November 25 at 12:45.

Bridge

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

Photography Club

The Photo Club will meet November 20 at 10:00.

Art Appreciation Club

Art Appreciation will return on November 13 at 10:00. The Barbizon School 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.

Computer Forum

Charlie Eisenfelder will lead the discussion on Thursday, November 20, at 1:00.

iPad Club

IPad Club will meet on Thursday, November 6 at 10:00.

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 November 10 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.

Healthier Life Support Group

This new club meets on the 2nd and 4th Thursday of each month at 12:45.

Nov	November 2014 Pr		ograms at the Senior Center	er
Monday	Tuesday	Wednesday	Thursday	Friday
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/Rhythm of Life 12:45 Nutrition: Healthy Thanksgiving Tips	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 1:00 Pinochle/Bingo/French 1:00 Top 5 Aging Myths	8:00 Breakfast 9-3 Medicare Enrollment Event 9:30 Low Impact Aerobics 10:00 Ping Pong/ Ipad Club 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 12:45 Bingo/Pinochle/Crafts
8:00 Breakfast 9:00 Pinochle 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 Garden Club	WCASC CLOSED	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. Dimiman's Outreach Representative 12:45 Pinochle/Bingo 12:45 Nutrition Program: Diabetes 1:00 French Class	8:00 Breakfast 9:30 Low Impact Aerobics/Bible Study 10:00 Art Appreciation/Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:00 90 + Birthday Celebration 12:45 Healthier Life Support Group 7:00 Empowering Caregivers: Finding Home	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo/Pinochle/Craft 12:45 Laundromat Library League Presentation
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 Growing Up in the 40s	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 9:30 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 9-2 Holiday Bazaar! 9-3 Medicare Enrollment Event 9:30 Low Impact Aerobics 10:00 Photo Club 11:30 Yoga 12:00 Bridge 1:00 Chorus	8:00 Breakfast 9-2 Holiday Bazaar! 9:00 Tai Chi/ Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Bingo/Pinochle/Crafts
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/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 Kniting Club 12:45 Movie: Captain Phillips	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 12:45 Pinochle/Bingo 1:00 French Class	COMMUNITY THANKSGIVING DINNER 12-3	WCASC CLOSED
	HOLIDAY BAZAAR SOV. 20,21,22 9 TO 2			

		Nove	ember 2014 Menu	Menu	
Monday	Tuesday	day	Wednesday	Thursday	Friday
Grape Juice Roast Turkey & Gravy Brown Rice Brussel Sprouts Whole Wheat Dinner Roll Applesauce	Tossed Salad with Tomato Tuna Noodle Casserole Graham Crackers Pound Cake, Blueberries,& Whipped Topping	4 Tomato errole berries,&	Veal Parmesan Tater Tots Green Beans Whole Wheat Bun Mandarin Orange	Lentil Soup Roast Beef Au Jus Potato Salad Wheat Kaiser Roll Fruit Cocktail	T Lemon Chicken White Rice Broccoli Fresh Apple Slices
Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding	WCASC CLOSED	ASC SED	Cranberry Juice Baked Tilapia& Red Creole Sauce Baked Potato Green Beans Graham Crackers Granola Bar	Tossed Salad with Tomato Beef a Roni Seasoned Italian Blend Wheat Breadstick Tapioca Pudding	Orange Juice Southwest Chicken Seasoned Corn Corn Mufin Sliced Peaches
Tossed Salad Meatball Sub Provolone Cheese Fresh Apple	Vegetable Soup Cheeseburger Lettuce & Tomato Cole Slaw Grapes	18	Thanksgiving & Birthday Broccoli & Cheese Soup Roast Turkey & Gravy Stuffing & Glazed Carrots Mashed Red Bliss Potatoes Sweet Potato Pie	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	Soup dwich Beans	Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Vanilla Wafers	COMMUNITY THANKSGIVING DINNER 12-3	WCASC CLOSED
	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.	ble at the ne @ S.org. Please or hees at least nee.		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 twoluntary confidential contribution is appreciated toward the cost of the meal but is not required.	the membership is not required for als 60 and older to participate in the meal polder to marked to forester County is 60 and older are invited to action time meal. In cost to you for the meal but you must he Senior Center to reserve your meal in advance of meal service. A sin advance of meal service. A sy confidential contribution is inted toward the cost of the meal but is ired.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

WE WILL CELEBRATE OUR NOVEMBER BIRTHDAY PARTY ON WEDNESDAY, NOVEMBER 19. THE NEWTONES WILL ENTERTAIN. PLEASE MAKE YOUR RESERVATIONS AT LEAST ONE WEEK IN ADVANCE!

1-Nov	7-Nov	13-Nov	19-Nov	25-Nov
Fu Chen	Peggy Gentile	Eileen Kane	Catherine Morley	Mari Killian
3-Nov	Betty Brown	Elwood Gotshall	20-Nov	Christopher Palmer
Betty Otto	Robert Stauffer	Jean Podgorski	Nancy Rodgers	Diann Shaw
Karin Bergesen	Betty Appleby	Sue Chen	Lucy Divalerio	Conrad Murphy
Carol Gunsaullus	Merle Taylor	14-Nov	Betty Jean Corry	26-Nov
Sharon Paquet	8-Nov	Rita Desimone	James Smith	Thomas Kadyszewski
Alice Thomas	Suzanne Mcintyre	15-Nov	Richard Schumacher	Sajni Gidwani
4-Nov	9-Nov	Barbara Williams	Raymond Jackson	27-Nov
Edmund Holcroft	Joseph Fisher	Gerard (Gerry) Cunningham	Witi Okpaku	Marie Davis
Abbie Pennington	Charles Mccardell	Adolphus D'Souza	21-Nov	C. Thomas Glass
Camille Crisanti	Virginia Gillespie	16-Nov	Robert Phiel	Evelyn Rimel
William Doyle	10-Nov	Barbara Bower	William(Bill) Richards	Austin Bowles
5-Nov	Jeanne Hillenbrand	17-Nov	22-Nov	28-Nov
Arthur Castellucci	Jane Kalbitzer	Jay Heimlich	Richard Coyle	Elizabeth Buckley
Ray Tauber	George Morton	Jack Lauber	Lynwood Gallimore	Thomas Dougherty
Roger Braun	11-Nov	Martha Devenney	Franklin Pratt	29-Nov
Elsi Lekich	Frank Cantatore	Roger Clark	Marjorie Fromnic	Jean Dine
Cicely Peters	12-Nov	18-Nov	23-Nov	Gloria Castorani
6-Nov	Frankie Brickey	Joseph Boodin	Doris Dengler	Shirley Stith
Amy Balian	Carmellina Mcdonald	Margaret Bradley	Jesse Pennypacker	Lee Hickman
John Williams	Amrith D'Souza	John Stamboolian	Carolyn Klaverkamp	Thomas Darlington
			Doris Neilson	30-Nov
				Wayne Grunwell
				Ruth Chenet



SENATOR DINNIMAN WILL BE HONORING ALL WCASC MEMBERS 90 YEARS OF AGE AND OLDER ON THURSDAY, NOVEMBER 13 AT 12:00. EVERYONE IS INVITED TO COME FOR LUNCH AND HONOR THESE VERY SPECIAL PARTICIPANTS. PLEASE SIGN UP FOR LUNCH AT LEAST 4 DAYS IN ADVANCE BY CALLING 610-431-4242.

Health and Wellness Programs

- Natalie Zaparzynski, ShopRite Nutritionist, will share healthy Thanksgiving tips on Monday, November 3 at 12:45.
- Top 5 Aging Myths will be presented by Action Potential on Wednesday November 5 at 1:00.
- Diabetes 101: How do I make the right food choices to manage by diabetes? Join Registered Dietician Carol Sweeney on Wednesday, November 12 at 12:45.

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center November 5 & 19. 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 November 4

Tues. – Tuna Macaroni Salad Wed.. – Turkey Ham & Swiss on Rye Thurs. - Chef's Salad

Fri. – Grilled Chicken Salad

Week of November 18

Tues. – Oriental Chicken Salad Wed. – Tuna Salad Plate Thurs. – Turkey Club Fri. –Chicken Salad

Week of November 11

Tues. –Chicken Past Salad Wed. – Turkey Ham & Swiss on Whole Wheat Thurs. – Cheese & Fruit Plate Fri. – Italian Hoagie

Week of November 25

Tues. – Corned Beef Special Wed.- American Hoagie Thurs. – Egg Salad Platter Fri. – Turkey Wrap

Come early and enjoy breakfast at the Center. Choose from a full breakfast for \$4.00, a healthy option of fruit, yogurt, and breakfast bar for \$2.00, or a light option of cereal and toast for \$1.00. Breakfast is served Monday through Friday from 8:00 to 9:30.

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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Ann Giunta, President William McGrath

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.