

December 2014

Volume 38 Issue 12



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



PA Yellow Dot Program

Please come and sign up for the Yellow Dot Program. This program assists police and First Responders in the event of an accident or medical emergency. The yellow dot sticker on your car will alert responders to check your glove compartment for your medical information.

Tyler, from Sen. Dinniman's office will be here on Wednesday, December 10 from 9:30 to 11:30 to enroll you in this important program.

Philadelphia Flower Show Over the Years

The Hardy Perennials Garden Club are very pleased to have Jack Blandy from Stoney Bank Nurseries speak about the Flower Show on Monday, December 8 at 12:45. Jack has won Best in Show seven times, the Philadelphia Flower Show Silver Trophy numerous times, and many other awards. This is truly a must attend event and everyone is welcome!

Dessert & New Member Social

Please join us as we celebrate with each other and welcome new members to the Center on Friday, December 12 at 12:45. Sign up to bring a favorite dessert or just come and meet new people.

The Classics Club

Do you have a favorite classic book you want to re-read? Is there a classic book you want to read but haven't? Then this club is for you. Join us for our first meeting on Thursday, December 18 at 12:45. We will discuss some classics and create a book list. The club will meet on the 3rd Thursday of the month at 12:45.

HOLIDAY SCHEDULE

| | |
|--------------------|--------------------------------------|
| Wednesday, Dec. 24 | CLOSE at 1 PM (normal lunch service) |
| Thursday, Dec. 25 | CLOSED for Christmas |
| Friday, Dec. 26 | CLOSED Day after Christmas |
| Wednesday, Dec. 31 | CLOSE at 1 PM (normal lunch service) |
| Thursday, Jan. 1 | CLOSED for New Year's Day |
| Friday, Jan. 2 | CLOSED Day after New Year's |

Breakfast will be continental style on days we are open beginning Dec. 22. Full breakfast available beginning Jan. 5.

Coming in 2015!

A New Year, New You program, Fall Prevention Program with Nutrition, Nursing, and Exercise Science Departments at WCU, History of Math with WCU Math Department, Everyday Cognition Project with WCU, programming with our new neighbors, Chester County Family Academy, our Center's involvement with the Laundromat Library League, and much, much more!

Stay informed and watch for exciting new programs.

West Chester Area Senior Center

2014 NIGHT AT THE RACES

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**GREAT NEWS AND
BIG THANKS FROM
THE
WEST CHESTER
AREA SENIOR
CENTER'S
"HORSE
PADDOCK"**

**MANY THANKS FOR ALL OF OUR
SPONSORS, BOARD OF
DIRECTORS, WCASC STAFF &
VOLUNTEERS FOR MAKING THIS
EVENT A SUCCESS ONCE AGAIN
THIS YEAR!**

**PLEASE KNOW THAT YOU ALL
HELPED US TO RAISE OVER
\$42,000 TO SUPPORT PROGRAMS
AND SERVICES FOR THE 3,500
SENIORS WE SERVE HERE
EACH YEAR.**

INFORMATION AND ASSISTANCE —SENIOR BENEFITS AND RESOURCES

HEATING ASSISTANCE/LIHEAP – the Pennsylvania Low-Income Home Energy Assistance Program helps people pay their heating bills. An individual with an income under \$17,505 or a couple under \$23,595 might qualify for help with their heating bills.

Energy Grants are intended to assist in paying heating bills. Crisis Grants are for broken heating equipment, lack of fuel or termination of service

Energy Grants: November 3, 2014-April 3, 2015

Crisis Grants: November 3, 2014 and reviewed case by case

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.

SENIOR FOOD BOX PROGRAM- You may be eligible for a free 40lb box of food each month. To qualify you must be 60 or older and have a monthly income of less than \$1,265 if you live alone or \$1,705 in a two person household.

Medicare and Medicaid counseling is always available. Please contact Ellen for more information about any of these current programs.

Ellen McCabe Information and Assistance Coordinator 610-431-4242 ellenm@wcseniors.org

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 Classic

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

Cardio Circuit

Cadiovascular exercise is the highlight of this class offered on Mondays and Wednesdays at 9:30. *Free to members.*

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. January book is *How it All Began* by Penelope Lively.

Current Events

This discussion group meets on Tuesdays at 10:30.

Monthly Movie

It's A Wonderful Life will be shown on Tuesday, December 16 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 not meet in December.

Art Appreciation Club

Art Appreciation will meet December 11 at 10:00. Russian Realism: 1820-1920 will be presented.

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!

Computer Forum

Computer Forum will not meet in December. Photo Editor will be explored in January.

iPad Club

iPad Club will meet on Thursday, December 4 at 10:00.

Technology Assistance

Please contact Jim Mobile at 610-431-4242 to schedule an appointment for computer, tablet, or cell phone assistance.

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 December 8 at 12:45.

Jack Blandy will present The Philadelphia Flower Show Through the Years.

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.

Healthier Life Support Group

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

December 2014 Programs at the Senior Center

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| 1 8:00 Breakfast 9:00 Pinochle 9:30 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: Healthy Baking Tips | 2 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 /Cookie Decorating | 3 8:00 Breakfast 9-3 Medicare Enrollment Event 9:00 Pinochle 9:30 Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Book Club 1:00 Pinochle/Bingo/French | 4 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Ping Pong 10:00Ipad Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 1:00 Chorus | 5 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 8:00 Breakfast 9:00 Pinochle 9:30 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 | 9 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Planning Council 10:00 Nurse 10:30 Current Events/ Computer Q &A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting | 10 8:00 Breakfast 9:00 Pinochle 9:30 Cardio Circuit 9:30 Yellow Dot Program Sign Up 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Sen. Dinniman's Outreach Representative 12:45 Pinochle/Bingo/ Manage Stress through the Holidays 1:00 French Class | 11 8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation/Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:45 Healthier Life Support Group | 12 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/Craft 12:45 Dessert & New Member Social |
| 15 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 | 16 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 12:45 Movie: It's a Wonderful Life | 17 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 | 18 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:45 Read the Classics Book Club 1:00 Chorus | 19 8:00 Breakfast 9:00 Tai Chi/ Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:00 Lunch & Learn Nutrition 12:45 Bingo/Pinochle/Crafts |
| 22 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 | 23 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 | 24 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 Closing at 1:00 | 25 WCASC CLOSED | 26 WCASC CLOSED |
| 29 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 | 30 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 | 31 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 Closing at 1:00 | |  |

Rover Transportation Available

December 2014 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 1 Tomato Soup Roasted Chicken Quarter Potato Wedges Whole Wheat Roll Pineapple | 2 Grape Juice Roast Turkey & Gravy Brown Rice Brussel Sprouts Whole Wheat Dinner Roll Applesauce | 3 Tossed Salad with Tomato Tuna Noodle Casserole Graham Crackers Pound Cake, Blueberries,& Whipped Topping | 4 Veal Parmesan Tater Tots Green Beans Whole Wheat Bun Mandarin Orange | 5 Lentil Soup Roast Beef Au Jus Potato Salad Wheat Kaiser Roll Fruit Cocktail |
| 8 Lemon Chicken White Rice Broccoli Fresh Apple Slices | 9 Mixed Fruit Juice Turkey Ala King Egg Noodles Mixed Vegetables Bread Stick Pear | 10 Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding | 11 Cranberry Juice Baked Tilapia& Red Creole Sauce Baked Potato Green Beans Graham Crackers Granola Bar | 12 Tossed Salad with Tomato Beef a Roni Seasoned Italian Blend Wheat Breadstick Tapioca Pudding |
| 15 Orange Juice Southwest Chicken Seasoned Corn Corn Mufin Sliced Peaches | 16 Tossed Salad Meatball Sub Provolone Cheese Fresh Apple | 17 <i>Holiday Dinner</i> <i>Roast Beef & Caramelized Onions</i> <i>Rosemary-Garlic Potatoes</i> <i>Roasted Baby Carrots</i> <i>Whole Wheat Dinner Roll</i> <i>Apple Pie</i> | 18 Vegetable Soup Cheeseburger Lettuce & Tomato Cole Slaw Grapes | 19 Cranberry Juice Crab Cakes Green Beans Macaroni & Cheese Diced Pears |
| 22 Grape Juice Roast Pork Sauerkraut Baked Sweet Potato Wheat Roll Applesauce | 23 Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding | 24 Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges | 25 WCASC CLOSED | 26 WCASC CLOSED |
| 29 Chicken Cordon Bleu Honey Mustard Sauce Collard Greens Parslied Noodles Whole Wheat Roll Pineapple | 30 Fruit Juice Salisbury Steak Mashed Potatoes Spinach Whole wheat Roll Yogurt with Granola | 31 Tomato Soup Roasted Chicken Quarter Potato Wedges Whole Wheat Roll Pineapple | 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. | 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. |

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

**We will celebrate our December Birthday Party on Wednesday,
December 17. The Grateful Alive will entertain after lunch! Please
make your reservations at least one week in advance.**

1-Dec

Mrs. Patricia Rodgers
Ms. Mary Mosley
Ms. Vivian S. Carlow
Ms. Ornella Gaspari
Mrs. Kay M. Croll
Ms. Patricia Lisowski
Ms. Leona M. Poet

2-Dec

Mr. John Herley
Mrs. Kathleen Landells

3-Dec

Mrs. Ann W. Parsons

4-Dec

Mr. Thomas F. Donohoe

5-Dec

Mrs. Louise Pino
Ms. Lois S. Cahaley
Mr. James C. Tate
Mr. James D. Kelly

6-Dec

Ms. Marian Walker
Ms. Ann M. Richardson

9-Dec

Mr. Richard Knopf

10-Dec

Mr. Lawrence Kelly

11-Dec

Mrs. Kathryn E. Stanzione
Mr. Hsiang K. Ku

12-Dec

Ms. Elsie Hart

13-Dec

Mr. Ronald Sagnella
Mrs. Lucy Marchiafava

14-Dec

Mrs. Irene Rickert
Ms. Irene Sewell

15-Dec

Mr. Francis J. Minyone
Mrs. Hildegard Lechner

16-Dec

Mrs. Stella Broskey
Mr. John J. Brautigam

17-Dec

Ms. Deb Randall
Mrs. Barbara Lucas
Ms. Margaret R. Harris

18-Dec

Mrs. Elaine Frison
Ms. Barbara Dehaven
Mrs. Marie Halligan

19-Dec

Mr. Kenneth Bailey

20-Dec

Mrs. Claire Surr
Ms. Daryl Z. Kezell
Mr. Thomas P. Amodei

21-Dec

Miss Mentina Spaziani
Mrs. Julia D. Ryan
Mrs. Judith Bullotta
Mr. Thomas Deane

22-Dec

Ms. Randy Taylor
Ms. Diana S. Price

23-Dec

Mrs. Mary E. Streets

25-Dec

Mrs. Virginia G. Hines
Mrs. Marjorie D. Reid
Mrs. Barbara Gauff
Mrs. Marie C. Gregg
Mr. Robert J. McGurk

27-Dec

Ms. Helen Mozzani

29-Dec

Mrs. Carolyn L. Keslick
Mrs. Dolores (Dolly) D. Feconda
Mrs. Jean E. Morton

30-Dec

Ms. Caroline Thomas
Mrs. Sally Wilson
Ms. Mollie H. Richardson
Mrs. Eileen Fields

31-Dec

Mrs. Kathryn Bauernschmidt
Mrs. Kay Bavens Schmidt

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

Health and Wellness Programs

- Natalie Zaparzynski, ShopRite Nutritionist, will share healthy holiday baking tips on Monday, December 1 at 12:45.
- Laura Rachko from Griswold Home Care will present “How to Manage Stress Through the Holidays” on Wednesday, December 10 at 12:45.
- COPD: Learn about this disease, its treatment and the importance of good nutrition to help you breathe easier. Join Registered Dietician Carol Sweeney on Wednesday, December 19 for Lunch & Learn at 12:00.

Hearing Clinics

Dr. Judith Curtin, AuD.,
will be at the Center December 3 & 17.
Please call the Center at 610-431-4242 to
schedule with Dr. Curtin.

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.

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COLD MEAL OPTION

Week of December 1

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

Week of December 16

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

Week of December 9

Tues. – Grilled Chicken Sandwich
Wed. – Chicken Pasta Salad
Thurs. – Turkey Ham & Cheese on Whole Wheat
Fri. – Cheese & Fruit Plate

Week of December 23

Tues. – Chicken Salad
Wed. – Corned Beef Special

Week of December 30

Tues. – Turkey Wrap
Wed. – Chicken Caesar Salad

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.

**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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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 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.

