

WEST CHESTER AREA SENIOR CENTER

40

Est. 1975



JUNE 2015

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

JUNE HIGHLIGHTS

- **JUNE 1 – 12:45 PM –**
“Summer Fruits” with Jena Wood, Nutritionist from Shop Rite
- **JUNE 3RD @ 12:45 PM -**
“Caring For The Caregiver” – presentation by Heartland Hospice
- **JUNE 3RD – 7:00 PM**
ASTRONOMY WORKSHOP –
LIVE LEARN GROW PROGRAM
- **JUNE 8TH @ 12:45 PM-**
“The basics of Alzheimer’s, Memory Loss and Dementia”
- **JUNE 2, 4, 9 & 11TH @ 1PM –**
GrandFriends Club
- **JUNE 12TH @ 12:45 PM–**
The Power of Nutrition – with Carol Sweeney
- **JUNE 15TH @ 12:45 PM –**
Boosting Your Immune System – Tri County Chiropractic
- **JUNE 17TH @ – 12:45 PM-**
WCASC FASHION SHOW
- **JUNE 22ND @ 9:30 & 10:30 –**
Villanova Nursing Students will be presenting 2 sessions of a special program.
- **JUNE 23TH @ 12:45 PM**
“Hips & Knees” Program by Nova Care
- **JUNE 25TH @ 7:00 PM**
MRS. G’S HEAVENLY TREATS-
LIVE LEARN GROW PROGRAM

JUNE 17TH @ – 12:45 PM-
WCASC FASHION SHOW

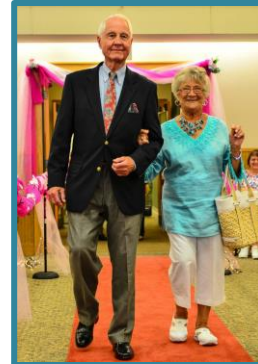
Christine's
UPSCALE RESALE
• Since 1994 •

CHRISTINE’S CONSIGNMENT BOUTIQUE

**WILL HOST A FASHION SHOW FOLLOWING THE
BIRTHDAY LUNCH ON WEDNESDAY, JUNE 17 AT 12:45.**

**MODELS WILL BE WCASC MEMBERS AND CLOTHES
AND ACCESSORIES WILL BE AVAILABLE FOR PURCHASE.**

**JOIN US FOR THIS ENTERTAINING EVENT AND
LET YOUR INNER FASHIONISTA COME OUT!**



STAFF MEMBERS

Kathy Sullivan	kathys@wcseniors.org	Executive Director
Em Anderson	ema@wcseniors.org	Executive Assistant
Lorri Sarosy	lorris@wcseniors.org	Resource Development Director & Business Manager
Jessica Tipton	jessicat@wcseniors.org	Health & Wellness Coordinator & Fitness Instructor
Mia Jones	miaj@wcseniors.org	Data Entry
Ellen McCabe	ellenm@wcseniors.org	Information & Assistance
Jim Mobile	IQStudios@aol.com	Technology & Volunteer Coordinator
Mary Jo Freeman	kitchen@wcseniors.org	Meal Supervisor
Nancy Magee		Office Assistant

INSTRUCTORS

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

HEARING CLINICS

- Dr. Judith Curtin, Aud., will be at the Center on June 3rd and June 17th. Please call the Center at 610-431-4242 to schedule an appointment.
- Mr. Michael Piscotty, Audiologist is available on Tuesdays & Fridays. Please call Mr. Piscotty at 610-213-1867 to schedule appointments.

INFORMATION AND ASSISTANCE – SENIOR BENEFITS AND RESOURCES

FARMERS MARKET VOUCHERS -

Vouchers are available to income-qualified persons age 60 and over for the purchase of local produce at area farmers markets.

SNAP –

If you are disabled, 60 or older, live alone and have a total monthly income of \$1946 or less you may qualify for the Supplemental Nutrition Assistance Program. A two person household must have income of less than \$2622 a month.

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-

- **Extra Help** is available from the federal government for lowering your prescription drug costs and premiums.
Single individual – monthly income of less than \$1459 and assets less than \$13,640
Married couple – monthly income less than \$1966 and assets less than \$27,250
- **Medicare Savings Program** is a state program that can help with your Medicare Part B premium
Single individual – monthly income of less than \$1345 and assets less than \$7,280
Married couple – monthly income of less than \$1813 and assets less than \$10,930

PACE/PACENET –

Is funded by the PA Lottery and can help pay for prescription drugs for seniors 65 and older. To participate in one of these programs your income cannot exceed \$23,500 for in individual or \$31,500 for a married couple.

SENATOR DINNIMAN’S OUTREACH REPRESENTATIVE-

Tyler Arkatin is available on Wednesday, June 10th at 12:30 for any senior questions or concerns.

COLD MEAL LUNCH OPTION

WEEK OF JUNE 1

Tue. – June 2 – Turkey Ham & Swiss on Rye
Wed. – June 3 – Chicken Pasta Salad
Thu. – June 4 – Chef’s Salad
Fri. – June 5 –Grilled Chicken Sandwich

WEEK OF JUNE 8

Tue. – June 9 – Cheese & Fruit Plate
Wed. – June 10 –Turkey Ham & Cheese on W.W. Roll
Thu. – June 11 – Italian Hoagie
Fri. – June 12 –Oriental chicken Salad

WEEK OF JUNE 15

Tue. – June 16 – Turkey Club Sandwich
Wed. – June 17 – Tuna Salad Plate
Thu. – June 18- Corned Beef Special
Fri. – June 19 – Chicken Salad

WEEK OF JUNE 22

Tue. – June 23 – American Hoagie
Wed. – June 24 – Turkey Wrap
Thu. – June 25- Egg Salad Platter
Fri. –June 26 – Chicken Caesar Salad

WEEK OF MAY 29

Tue. – June 30 – Tuna Macaroni Salad

WE THANK ALL OUR GREAT RACE SPONSORS FOR MAKING OUR EVENT A HUGE SUCCESS!

DIAMOND SPONSOR

THE BEADLE FAMILY CHARITABLE FUND

EMERALD SPONSORS



BRANDYWINE VALLEY
Heating & Air Conditioning

"Comfort With Care"



RUBY SPONSORS



PEARL SPONSORS

- CHRISTINE'S CONSIGNMENT BOUTIQUE
- BELLINGHAM RETIREMENT COMMUNITY
- HUMANIA
- MID-ATLANTIC TRANSPORTATION SERVICES, INC.
- PENN LIBERTY BANK
- MR. & MRS. STEPHEN J. QUIGLEY
- THRIVENT FINANCIAL

OPAL SPONSORS

- ABC HEARING NET
- ALWAYS BEST CARE
- MR. EVERETT CASSEL
- COAST TO COAST AUTO, INC.
- COUNTRYSIDE CONSULTING, INC.
- DELLAVECCHIA, REILLY, SMITH, BOYD FUNERAL HOME, INC.
- HARRISON HILL APARTMENTS
- PHASE 1 ELECTRIC, INC.
- MORETTI FAMILY
- WCASC PHOTO CLUB

SPECIAL THANK YOU GOES OUT TO:

- STEPHEN QUIGLEY FOR THE COUNTLESS HOURS HE GAVE TO MAKE THIS EVENT A SUCCESS ONCE AGAIN.
- WEST CHESTER POLICE DEPARTMENT, THE WEST GOSHEN TOWNSHIP POLICE, THE CHESTER COUNTY'S SHERIFF'S DEPARTMENT, THE WEST CHESTER FIRE DEPARTMENT FIRE POLICE AND GOOD FELLOWSHIP AMBULANCE
- DICK FITCH FOR ALL HIS GUIDANCE AND ASSISTANCE WITH OUR RACE

- JAY BECK – OUR DRUMMER – FOR MAKING OUR EVENT SO MUCH FUN.
- HOPEWELL UNITED METHODIST CHURCH AND PAM JOHNSON FOR HEADING UP THE MOTHER'S DAY ACTIVITY PROJECT FOR ALL THE KIDS.
- RAY DOYLE, JOHN HERLEY, PEG HUEBNER, FRANK ROCAP AND THE WCASC PHOTO CLUB FOR ALL THE SPECIAL EVENT PHOTOS.
- ALL OF OUR VOLUNTEERS FOR HELPING US RUN THE EVENT!

THANK YOU

UPCOMING PROGRAMS

- **JUNE 1–10:00** – "TAKE CHARGE OF YOUR HEALTH WITH MARY JO BALDINO." Receive a free flash drive with important health forms. Also, **JUNE 1 -12:45 PM**– Please join Jena Wood, Nutritionist to learn about the benefits of summer fruit. Learn the best way to utilize fruits of the season.
- **JUNE 2, 4, 9 & 11TH @ 1PM** – GrandFriends Club –Join us for fun activities with the students from Chester County Family Academy. Feel free to bring your grandchildren also. There are always enough seats and supply for all. June 11 will be the last day until September due to school summer break.
- **JUNE 3RD @ 12:45 PM** - "Caring For The Caregiver" – presentation will be held by Heartland Hospice.
- **JUNE 8TH @ 12:45 PM**- Please join us for a very informational presentation "The basics of Alzheimer's, Memory Loss and Dementia".
- **JUNE 12TH @ 12:45 PM**– The Power of Nutrition – Come & Learn what foods offer the best protection against disease & support your body, mind, & spirit!
- **JUNE 15TH @ 12:45 PM** – Boosting Your Immune System – Try County Chiropractor – Summer is here. Find out how you can boost your immune system at this very informational program.
- **JUNE 19TH @ 12:45 PM** – MOVIE TIME & SNACKS
- **JUNE 23RD @ 12:45 PM** – Nova Care will be doing "Hips And Knees" exercises to strengthen those troubled areas.


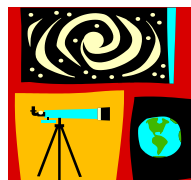
LIVE LEARN GROW PROGRAMS:

JUNE 3RD – 7:00 PM ASTRONOMY WORKSHOP –DISCOVER THE NIGHT SKY! This class will be basic introduction to the night sky. We will talk about and identify planets, stars and a few surprises in the night sky.


JUNE 25TH @7:00 PM MRS. G'S HEAVENLY TREATS - Just in Time to Celebrate the start of Summer. Come and learn how to decorate sugar cookies with simple techniques that make your cookies look professional. The secret tips for of using Royal Icing to create a simple masterpiece! This is a beginner's class that anyone can give it a try.

To RSVP for these programs please call Coleen at 610-383-6900 or email her @ coleenlivelearnrow@gmail.com

PROGRAMS - JUNE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:45 Bingo/ Rhythm of Life 12:45 "SUMMER FRUITS" 12:45 Reminiscing	1	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q&A 10:30 Heathy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 1:00 AARP GENERAL MEETING & GRANDFRIENDS CLUB 2:00 French Club	2	8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 --"CARING FOR THE CAREGIVER " 12:45 Pinochle 7:00 PM ASTRONOMY WORKSHOP	3	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Ping Pong/ ART 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:45 GRAND FRIENDS CLUB 1:00 Chorus	4	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts	5
8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:45 Bingo/ Rhythm of Life 12:45 "THE BASICS OF ALZHEIMER'S" 12:45 Reminiscing	8	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Planning Council/Nurse 10:30 Current Events/Computer Q&A 10:30 Heathy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 1:00 GRAND FRIENDS CLUB 2:00 French Club	9	8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 PM - "ANTI - INFLAMMATORY FOODS "PRESENTATION 12:45 Pinochle	10	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Ping Pong/ ART 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:45 GRAND FRIENDS CLUB 1:00 Chorus	11	8:00 Breakfast 9:00 TAI CHI/ WITH GUEST INSTRUCTOR 9:00 Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts 12:45 "THE POWER OF NUTRITION" BY CAROL SWEENEY	12
8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:45 Bingo/ Rhythm of Life 12:45 "BOOSTING YOUR IMMUNE SYSTEM" 12:45 Reminiscing	15	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q&A 10:30 Heathy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 2:00 French Club	16	8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German/ Nurse 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 "BIRTHDAY LUNCH & WCASC FASHION SHOW" 12:45 Pinochle	17	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 PHOTO CLUB/ ART 10:00 Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:45 Read the Classics Book Club 1:00 Chorus/ Computer Forum	18	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts 12:45 MOVIE TIME & SNACKS	19
8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 & 11:15 PRESENTATIONS BY VILLANOVA NURSING STUDENTS 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/ Silver Sneakers Classic 12:30 Bridge 12:45 Bingo /Rhythm of Life/Reminiscing	22	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q &A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club 12:45 "HIPS & KNEES" BY NOVACARE 2:00 French Club	23	8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/SilverSneakers Classic 1:15 PARKINSON'S SUPPORT GROUP 2:00 Pinochle	24	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 ART 10:30 Healthy Steps In Motion 11:30 Yoga 12:30 Bridge 12:45 Read the Classics Book Club 2:00 Pinochle / Computer Forum 7:00 PM MRS. G'S HEAVENLY TREATS	25	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts	26
8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/ Silver Sneakers Classic 12:30 Bridge 12:45 Bingo /Rhythm of Life/Reminiscing	29	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q&A 10:30 Healthy Steps In Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club	30	<div style="border: 1px solid black; background-color: #e0ffe0; padding: 10px; width: fit-content; margin: 0 auto;"> <p style="margin: 0;">TAI CHI GUEST INSTRUCTOR WILL BE HERE ON JUNE 12TH AT 9 AM. JOIN US FOR A FUN CLASS!</p> </div>		<p style="text-align: center;">ALL ABOUT SUMMER FRUITS -- JUNE 1ST @ 12:45</p> <div style="text-align: center;">  </div>	<div style="display: flex; justify-content: center; align-items: center;">  </div> <p style="text-align: center;">ASTRONOMY WORKSHOP -- JUNE 3RD @ 7 PM</p>		

MENU – JUNE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>FISH PATTY SANDWICH</u> 1</p> <p>Fish Patty WW. Hamburger Bun Lettuce/Tomato Cole Slaw/Tartar sauce Pound cake w/Blueberries Whipped Topping/Milk</p>	<p><u>VEAL PARMESAN</u> 2</p> <p>Veal Patty Marinara Sauce / Rotini Pasta/ Green Beans WW Bun Mozzarella Cheese Milk/ Fresh Orange</p>	<p><u>ROAST BEEF AU JUS</u> 3</p> <p>Roast Beef & Au Jus Wheat Kaiser Roll Mashed Potatoes Tropical Fruit Milk Horseradish Sauce</p>	<p><u>HONEY LEMON CHICKEN</u> 4</p> <p>Chicken Breast Honey Lemon Sauce Brown Rice Pilaf Broccoli Margarine/Milk/ Saltines Fresh Apple Slices/Lentil Soup</p>	<p><u>BEEF STEW</u> 5</p> <p>Beef Cubes Gravy/Potatoes Carrots/Margarine Whole Wheat Roll Red Jell-O Graham Crackers & Milk</p>
<p><u>TURKEY A LA KING</u> 8</p> <p>Roasted Turkey Mixed Vegetables Cream Sauce/ Egg Noodles Wheat Bread Stick Margarine/Milk Mixed Fruit Juice</p>	<p><u>BAKED TILAPIA</u> 9</p> <p>Tilapia Red Creole Sauce Baked Potato/Sour Cream Wheatsworth Crackers Margarine Milk</p>	<p><u>BEEF A RONI</u> 10</p> <p>Ground Beef & Veggies Elbow Macaroni Marinara Sauce Tossed Salad w/ Tomatoes Tapioca Pudding Wheat Breadstick/OJ</p>	<p><u>CHICKEN CORDON BLEU</u> 11</p> <p>Chicken Breast/Ham/ Swiss Cheese Collard Greens WW Roll/ Margarine Parslied Noodles/Milk Pineapple Chunks</p>	<p><u>CHEESEBURGER</u> 12</p> <p>Ground Beef Burger American Cheese Shredded Lettuce & Tomato Cole Slaw/Whole Wheat Bun Milk /Peach Halves Vegetable Soup</p>
<p style="text-align: right;">15</p> <p><u>ROAST TURKEY DINNER</u></p> <p>Carrots& Stuffing WW Roll/ Margarine Milk Cranberry Sauce & Grapes</p>	<p><u>CRAB CAKES</u> 16</p> <p>Crab Cakes& Cocktail sauce Macaroni & Cheese Stewed Tomatoes Margarine/Fresh Orange Cranberry Juice/Milk</p>	<p><u>BIRTHDAY LUNCH OVEN FRIED CHICKEN</u> 17</p> <p>Romaine Salad/Tomatoes Scalloped Potatoes Roasted Baby Carrots Roll w/ Margarine Chocolate Cake 1% Milk</p>	<p><u>CHICKEN CACCIATORE</u> 18</p> <p>Chicken Breast Green Beans/ White Rice Corn Muffin/Margarine Orange Juice Milk</p>	<p><u>ZITI & MEATBALLS</u> 19</p> <p>Marinara Sauce Italian Bread/Italian Dressing Tossed Salad w/Tomato Italian Blend Vegetables Oatmeal Cookies & Milk</p>
<p><u>Italian Sausage w/Pepper Sandwich</u> 22</p> <p>Minestrone Soup 4” Club Roll Wedge Fries Margarine/Milk & Diced Pear</p>	<p><u>CHICKEN CHEESE STEAK</u> 23</p> <p>Chicken Steak/ Am. Cheese Corn Cobbett/4” Club Roll Margarine/Wheat Crackers Mandarin Oranges Tomato Soup</p>	<p><u>BEEF STROGANOFF</u> 24</p> <p>Beef Cubes & Gravy Sour Cream/ Brown Rice Whole Wheat Bread Margarine Carrots/Milk Oranges</p>	<p><u>BBQ CHICKEN SANDWICH</u> 25</p> <p>WW Hamburger Bun Vegetarian Baked Beans Tossed Salad/Italian Dressing WW Crackers/Milk Melon Chunks/Mushroom Soup</p>	<p><u>MEATLOAF W. GRAVY</u> 26</p> <p>Roast Beef & Gravy Mashed Potatoes& Green Beans WW Roll/Margarine Vanilla Wafers/Milk Orange Juice</p>
<p style="text-align: right;">29</p> <p><u>ROAST TURKEY</u></p> <p>Carrots & Stuffing WW Roll/ Margarine/Peas Milk/Grape Juice Applesauce Masked Sweet Potatoes</p>	<p><u>SALISBURY STEAK</u> 30</p> <p>Steak / Brown Gravy Mashed Potatoes/Spinach WW Roll/Margarine Yogurt w. Granola Mixed Fruit Juice / Milk</p>	 <p style="text-align: center;">WCASC FASHION SHOW- JUNE 17 @ 12:45</p>		<p>PLEASE REMEMBER TO SIGN UP FOR MEALS 3 DAYS AHEAD! THANK YOU!</p>



Heatherwood Retirement Community
is the Corporate Sponsor of our
June 17th Birthday Celebration

Heatherwood Retirement Community is a
Continuum-of-Care Campus offering Independent Living,
Personal Care and Respite Stays in spacious 1 and 2
bedroom apartments and cottages. In addition, Hickory
House is our Short-term Rehabilitation Facility along with
Long-term Skilled Nursing Care. They are celebrating
their 30th Anniversary this year and are located on Rt. 322
in Honey Brook.

We will celebrate our
JUNE Birthday Party on
Wednesday, June 17, 2015
WCASC FASHION SHOW
will follow the birthday party!
Please make your reservation
3 days in advance!

1-JUN

SINEY JOHNSON
HILDEGARD WEISER
ELIZABETH GLAH

2-JUN

MARY KAY O'ROURKE

3-JUN

ELIZABETH MITCHELL

4-JUN

DAWN FLEWELLEN
ROBIN LLOYD

5-JUN

ERWIN ZELLER
ANTHONY BULLOTTA
CAROL MONEY
ALAN THOMAS

6-JUN

EMILY BECK
BRUCE THOMAS
PETER HEBBLE

7-JUN

DENNIS ARIAS
STANLEY PETERSEN
DEAN RASMUSSEN

9-JUN

STELLA JOHN
DOM DEORIO

10-JUN

RITA GIACINTO

11-JUN

CLAIR BROOKS

12-JUN

C. BROADBELT
FRANCES DAWSON
CHARLES POPELAK

13-JUN

ANTOINETTE MORAN
ANTOINETTE SCHORN

14-JUN

NANCY LAVIN
JOHN RICKENBACH
BARBARA PENNINGTON

15-JUN

ROBERT MCCARTER

16-JUN

KUSUM A. MISSER
GARY WICKERSHAM

17-JUN

DONALD LUNDBERG
DON KIRKPATRICK
JOSEPH RESKO
HARRY CHEN

18-JUN

A. CAROLINE DOW
MICHAEL KIRSCHLING
MICHAEL BENESTA

19-JUN

MARGE GOTSHALL
GEOFFREY RUTH
KAREN WILLIAMS
JANEY LUCINE
JAN KARNEY

20-JUN

NEIL BELL

21-JUN

ALICE CASNER
KAY RICKER
ANNA MARY BURNETT

22-JUN

EUGENE GOMOLKA
ADELE DONAHUE

23-JUN

LEON PARSON
DAWN BAILEY

24-JUN

KURT FEHRLE
THERESA FEHRLE
JOHN KESLICK
CATHERINE STAUFFER

26-JUN

NORMA MORGAN
BERNITA SAAR
PEGGY PILLARD

27-JUN

GERTRUDE KELLY

28-JUN

MARGARET GALE
ANN MESSINA

29-JUN

MARION GLEASON
CAROL ANN THOMAS
RUTH CHAMBERS
ANITA FAUST

30-JUN

WILLIAM JOHNSTON
WILLIAM EVANS
JOHN CRISANTI

PROGRAMS & ACTIVITIES OFFERED AT THE WEST CHESTER AREA SENIOR CENTER

Arthritis Foundation Exercise Class -

This class is held Mondays, Wednesdays, and Fridays at 10:30.

Bible Study Group -

This non-denominational group meets on the 2nd and 4th Thursday @ 9:30. Jim Shackleton from Great Valley Presbyterian Church is the contact person for this group.

Bingo -

Mondays, Wednesdays and Fridays starting @ 11:15 & 12:30

Blood Pressure Checks -

Wednesdays @ 9:30 -11:30 with Maryam Sewell.

Book Club Classic -

3rd Thursday of each month @ 12:45 -2:15. Please talk to Larue Morgan if you have questions regarding this program.

Book Club Regular -

4th Wednesday of each month @ 12:30 PM. Sharon Daurio is the group leader for this program.

Brain Aerobics -

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

Bridge -

The Bridge group meets on Mondays and Thursdays from 12:30 -3PM.

Please join the group.

Bucket Drumming -

“Rhythm of Life”

The Bucket Buddies meet every Monday at 12:45! For questions please contact Jim Mobile.

Cardio Circuit-SilverSneakers

Cardiovascular Exercise is the highlight of this Class offered on Mondays and Wednesdays at 9:30 AM.

Computer Forum -

Please join the Computer Forum every third Thursday @ 1PM. Charlie Eisenfelter is the instructor for this program.

Computer Q & A -

Every Tuesday at 10:30 with Jim Mobile.

Craft Club -

Crafters meet Fridays at 12:45 PM. No Experience needed. Please join and bring your ideas! Pearl Burger is the group leader for this program.

Current Events -

This group meets on Tuesdays at 10:30 Am

Drawing Club -

This group meets on Thursdays at 10:30 AM. Feel free to join the group.

French Club (Informal) -

This group meets on Tuesdays at 1PM. *We are currently in need of an instructor.*

German Club -

The German club meets on Wednesdays at 10 AM.

Hardy Perennials -

Garden Club -

The garden club meets 2nd Monday monthly at 12:45 PM. Peg Huebner is the program leader for this activity. Join the group, it's always fun!

Healthy Steps in Motion -

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

Italian Class -

A conversational Italian class meets on Mondays at 10:30 AM

Knitting and Crocheting Club -

The “knitwits” meet Tuesdays at 12:45. Come and share ideas, learn something new, or just have fun!

Low Impact Aerobics -

This class is held on Tuesdays and Thursdays at 9:30.

Nurse -

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

Parkinson's Support

Group- Last Wednesday of each month at 1:15 PM. This program is coordinated by Neighborhood Health Agencies.

Photography Club -

The Photo Club will meet on June 18th at 10:00.

Ping-Pong -

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

Pinochle -

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

Reminiscing

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

SilverSneakers Classic -

This class is offered on Mondays and Wednesdays and Fridays at 11:15.

Spanish Class -

This class meets on Tuesdays at 10:45. Enrique Garcia is the instructor for this class.

TAI CHI-

GUEST INSTRUCTOR WILL BE HER ON JUNE 12TH AT 9AM!

Technology Assistance-

Please contact Jim Mobile at 610-431-4242 to schedule an appointment with him if you need help with computers, tablets or cell phones.

Yoga -

Yoga is held on Tuesdays and Thursdays at 11:30 AM.

The following programs/groups will NOT be meeting during the summer:

- Art Appreciation
- Ipad Club
- Sunshine Chorus

SEE YOU IN SEPTEMBER!

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
Organization
US Postage Paid
Permit # 77
West Chester, PA

United Way Member Agency



2014-2015 BOARD MEMBERS

Laura Aloisio	C. Ronald Ginns	William McGrath	Arthur Sagnor, III. Esq.
David Connor - <i>Treasurer & VP</i>	Matthew Holliday - <i>Secretary</i>	Stephanie Phillips - <i>VP</i>	Troy Vogt - <i>President</i>
Barbara Gauff	Nelly Jimenez-Arevalo	Mary Kay O'Rourke	
Ann Giunta - <i>Past President</i>	Nicole M. McFadden	Ann Richardson	

2014-2015 ADVISORY COUNCIL

Alan F. Clark	J. Craig Fenimore	Boyd Mackleer	Joseph R. Polito, Jr., Esq.,
Jack Dalton	Dr. Albert E. Filano	Dallas Matthews	Betty Strode
David G. Dorsett	Dolores Hagerstrom	Richard Merion	Gail Tanzola-Seymour
Don Evons	J. Carol Hanson	Madge Miller	Thomas R. Wilson, Esq

2014-2015 PLANNING COUNCIL

Dolores Bradley	Mark Frison	Merlace Hubickey	Larue Morgan
Lucy DiValerio	Enrique Garcia	Richard McLaughlin	Eleanor Suder
Loretta Durnell	Barbara Gauff	Marie Moretti	

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 serves the following Townships: East and West Goshen, Westtown, Thornbury, East Bradford, Willistown, Birmingham and the Borough of West Chester.

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.

