

WEST CHESTER AREA SENIOR CENTER

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Est. 1975

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



JULY 2015

JULY HIGHLIGHTS

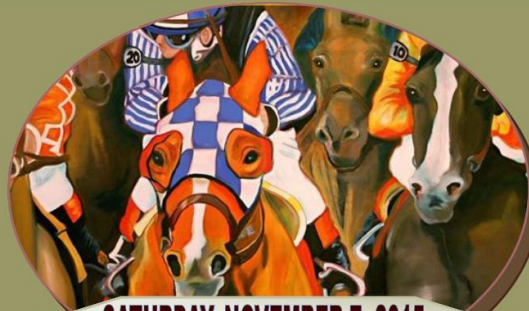
- **WEDNESDAY, JULY 1ST -**
"All American Ice Cream Social & Trivia"
- **MONDAY, JULY 6 @ 12:45 -**
"Mediterranean Grains" with Jena Wood, Nutritionist from Shop Rite
- **WEDNESDAY, JULY 8 @ 12:45 -**
"Crazy for Coconut" with Rabiya Bower, RD, LDN - Nutritionist from GIANT Food Stores
- **MONDAY, JULY 13 @ 12:45 -**
"Strengthening Your Mind" with Susan Cacioppo from Heatherwood Retirement Community
- **TUESDAY, JULY 14 @ 12:45 -**
"Know the 10 signs of Alzheimer's" Brad Trust to present an informational session about how to recognize the 10 signs of Alzheimer's disease.
- **WEDNESDAY, JULY 15 @ 10-12**
"Veteran's Discount ID Program"
This program provides a photo ID for veteran discounts at many businesses.
- **FRIDAY, JULY 17 @ 12:45 -**
"Still Alice - Movie & Snack time"
- **MONDAY, JULY 20 @ 9-12 -**
Presentations by Villanova Nursing Students
- **MONDAY, JULY 27 @ 12:45 -**
"Health and Stress" -

OUR SECOND READING II – BOOKSTORE
at Parkway Shopping Center –
929 S. High St., WC PA
IS OFFERING A



AT 11:00 AM
EVERY THURSDAY FOR
AGES 3-6 YEAR OLDS!!
STOP BY FOR A FEW STORIES AND A FUN ACTIVITY!
MAKE THAT YOUR SUMMER ACTIVITY WITH YOUR GRANDKIDS!
For more information please call us at 610-431-2117 or
www.secondreading2@gmail.com

SAVE THE DATE



SATURDAY, NOVEMBER 7, 2015

A NIGHT AT THE RACES

6:30 PM - 10:30 PM

West Chester Area Senior Center - 610-431-4242 - www.wcseniors.org

STAFF MEMBERS

Kathy Sullivan
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Executive Assistant
Health & Wellness Coordinator & Fitness Instructor
Data Entry
Information & Assistance
Technology & Volunteer Coordinator
Meal Supervisor
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.

INFORMATION AND ASSISTANCE – SENIOR BENEFITS AND RESOURCES

ELLEN MCCABE-

INFORMATION AND ASSISTANCE COORDINATOR

610-431-4242 ELLENM@WCSENIORS.ORG

A MEDICARE QUIZ-

- Did you know that enrollment in Medicare is not automatic when you turn 65 unless you are already collecting Social Security or Railroad Retirement benefits?
- Did you know that unless you are actively employed and have group health insurance at a large company you will probably face higher Part B and Part D premiums and a gap in medical coverage if you don't apply for Medicare during your Initial Enrollment Period?
- Do you know when your Initial Enrollment Period is?
- Do you know what Part B and Part D are?

If you answered "no" to any of these questions and you are approaching age 65, now is the time to get educated! Go to www.Medicare.gov, attend a Medicare 101 presentation or talk to a certified APPRISE counselor. To speak to a counselor or find out the Medicare 101 schedule, call the center for an appointment. 610-431-4242

FARMERS MARKET VOUCHERS - Vouchers are available to income-qualified persons age 60 and over for the purchase of local produce at area farmers markets. Individual - \$21,775 Couple - \$29,471 Please bring ID and proof of income. Vouchers can be picked up Monday-Friday between 10am-2pm.

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.

RESOURCES IN THE COMMUNITY — Did you know that the Chester County Department of Aging www.chesco.org maintains a list of community resources. [ReferWeb](http://www.referweb.net/chesco/) is a search engine provided by the Department of Human Services that allows people to search for health and human services available to Chester County residents of any age. You can also access ReferWeb on this site <http://www.referweb.net/chesco/>

SENATOR DINNIMAN'S OUTREACH REPRESENTATIVE- Tyler Arkatin is available on Wednesday July 8th at 12:30 for any senior questions or concerns.

SAVE THE DATE - JULY 15TH - 10AM-12PM

VETERAN DISCOUNT ID PROGRAM

This program provides a photo ID for veteran discounts at many businesses.

The Chester County Recorder of Deeds in partnership with Vitas Hospice will provide these ID's free for Veterans of any age. Please bring your **original DD-214** discharge form to the senior center on July 15th and you will receive a photo identification card that will entitle you to special discounts.

UPCOMING NEWS

- **MONDAY, JULY 6 @ 12:45 – Mediterranean Grains** – Please join Jena Wood, Nutritionist to learn about the benefits of Mediterranean grains
- **WEDNESDAY, JULY 8 @ 12:45 - Crazy for Coconut**: Coconut is the new super food that's all over the news! Come learn about the pros and cons of this tropical fat, and how to use this fad food in a variety of new recipes. Samples will be provided!
- **FRIDAY, JULY 10TH 9 - 12 – Food Box Day** - 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. Contact Ellen McCabe to find out more about this program.
- **MONDAY, JULY 13 @ 12:45 – Strengthening Your Mind** – Heatherwood Retirement Community's, Susan Cacioppo, BSN, RN has been a nurse for over 30 years and has been exclusively in the seniors living industry for 23 years. Susan will discuss some proactive ways to promote good brain health for now and the future through easy to implement every day changes we can each make to enhance and improve memories and cognitive functioning for years to come.
- **TUESDAY, JULY 14 @ 12:45 – Know the 10 signs of Alzheimer's** – Brad Trust will be presenting a very informational session about how to recognize the 10 signs of Alzheimer's disease.
- **WEDNESDAY, JULY 15 @ 10:00 PM-12:00 PM – Veteran's ID Program** - This program provides a photo ID for veteran discounts at many businesses. The Chester County Recorder of Deeds in partnership with Vitas Hospice will provide these ID's free for Veterans of any age. Please bring your **original DD-214** discharge form to the senior center on July 15th and you will receive a photo identification card that will entitle you to special discounts.
- **FRIDAY, JULY 17 @ 12:45 – Still Alice - Movie & Snack time** – We will be showing a story about a linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's Disease.
- **MONDAY, JULY 20 @ 9-12** – Presentations by Villanova Nursing Students
- **MONDAY, JULY 27 @ 12:45 – Health and Stress** – Tri County Chiropractic- Find out how stress affects your health and what you can do to reduce stress at this very informational program.

HEARING CLINICS

Dr. Judith Curtin, Aud.,
will be at the Center on July 1st and 15th.
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.

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 please contact Jim Mobile at 610-431-4242 or via email at jqstudios@aol.com.
- Don't forget about the **WCASC COMPUTER FORUM** –every third Thursday at 1PM with Charles Eisenfelder.

PROGRAMS - JULY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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 Pinochle 12:45 ALL AMERICAN ICE CREAM SOCIAL & TRIVIA	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 1:00 Chorus	 CENTER CLOSED
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers 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 Reminiscing 12:45 MEDITERRANEAN GRAINS	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Planning Council/Nurse 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 2:00 French Club 12:45 AARP GENERAL MEETING	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 CRAZY FOR COCONUT 12:45 Pinochle	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 1:00 Chorus	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9-12 FOOD BOX DAY 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 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 Classic 12:30 Bridge 12:45 Bingo/ Rhythm of Life 12:45 STRENGTHENING YOUR MIND 12:45 Reminiscing	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Planning Council/Nurse 10:30 Current Events/ Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 KNOW THE 10 SIGNS OF ALZHEIMER'S 12:45 Knitting 2:00 French Club	8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German/Nurse 10-12 VETERAN'S DISCOUNT ID PROGRAM 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 "BIRTHDAY LUNCH & ENTERTAINMENT" 12:45 Pinochle	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	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 MOVIE & SNACKS 12:45 Bingo/Pinochle/Crafts
8:00 Breakfast 9:00 Pinochle 9-12 VILLANOVA STUDENTS PRESENTATIONS 9:30 Silver Sneakers 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	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 2:00 French Club	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 2:00 Pinochle	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	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
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/ Silver Sneakers Classic 12:30 Bridge 12:45 HEALTH & STRESS 12:45 Bingo /Rhythm of Life/Reminiscing	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 2:00 French Club	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 2:00 Pinochle	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 1:00 Chorus/ Computer Forum	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

MENU – JULY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		PULLED PORK 1 Wheat Bun Cole Slaw Baked Beans Mini Corn Muffin Strawberry Shortcake 1% Milk	SOUTHWEST CHICKEN FAJITA 2 Chicken Breast Shredded Cheddar Salsa, Salsa, Peppers & Onions Mexican Corn Tortilla/ Peaches/Tossed Salad Milk/Ranch/Sour Cream	3 CENTER CLOSED
ROAST TURKEY DINNER 6 Gravy/Spinach/Stuffing Cranberry Sauce Scalloped Apples Milk	CHEESEBURGER 7 Hamburger Patty American cheese Lettuce & Tomato Cole Slaw/Cantaloupe LS Vegetable Soup Milk	BAKED FISH 8 Macaroni & Cheese Green Beans w. Tomatoes Roll/ Margarine Strawberries/ Whipped Topping Milk	BBQ CHICKEN BREAST 9 Macaroni Salad Broccoli Pineapple Margarine/Milk	BEEF STROGANOFF 10 Buttered Noodles Peas / Carrots/Mushrooms Tossed Salad Strawberries Milk
ROASTED PORK LOIN 13 Baked Sweet Potatoes Sauerkraut Whole Wheat Roll Honeydew Melon Cranberry Sauce	MEATLOAF WITH GRAVY 14 Mashed Potatoes/ Green Beans Whole Wheat Bread Margarine/Spinach Salad Salad Dressing/ Vanilla Wafers Milk	CHICKEN CORDON BLEU 15 Chicken Breast/Ham Collard Greens Mini Corn Muffin Steamed White Rice Peaches/Milk	PEPPER STEAK 16 Marinated Steak Peppers Rice Tossed Salad Mandarin Oranges Milk	GRILLED LEMON CHICKEN BREAST 17 Oven Brownd Potatoes California Blend Vegetables Milk/ Margarine Pineapples
ROAST TURKEY 20 Sweet Potato Cauliflower w/ Red Pepper Tossed Salad Whole Wheat Bread Margarine/Milk/Berries	SALISBURY STEAK 21 Mashed Potatoes Seasoned Spinach Whole Wheat Bread Apricots/Margarine/Milk	VEAL PARMESAN 22 Breaded Veal Patty Marinara Sauce Mozzarella Cheese Green Beans/Buttered Rotini Fresh Orange/Milk	OPEN FACED HOT ROAST BEEF 23 Mashed Potatoes Peas & Onions Milk/Strawberries	HONEY CHICKEN 24 Chicken Breast Rice Pilaf Broccoli/ Sliced apples Gingersnap Cookies Mixed Fruit Juice
TURKEY A LA KING 27 Vegetables Mushrooms Egg Noodles Whole Wheat Roll Margarine/Cantaloupe Tossed Salad Salad Dressing	BEEF STEW 28 Beef Cubes Oven Brownd Potatoes Carrots Breadstick Fresh Plum Milk	BAKED TILAPIA 29 Caribbean Sauce Brown Rice Green Beans Tossed Salad Water Ice Milk	BEEF A RONI 30 Elbow Macaroni Tossed Salad w/ Tomatoes Salad Dressing Cooked Spinach Orange/Milk	SOUTHWEST CHICKEN FAJITA 31 Chicken Breast Shredded Cheddar Salsa/Peppers/Onions Tortilla/Peaches Tossed Salad Milk/Sour Cream

WE WILL CELEBRATE OUR
JULY BIRTHDAY PARTY ON WEDNESDAY, JULY 15, 2015
WCASC - RHYTM OF LIFE SHOW
 PLEASE MAKE YOUR RESERVATION 3 DAYS IN ADVANCE!

1-JUL
 MARY ANN POPMA

2-JUL
 BARBARA FELL
 RITA HALEY
 JEANNE IANNOTTA
 CATHERINE WATSON

3-JUL
 ROBERT FROMNIC

4-JUL
 ALBERT MANNOCCI

5-JUL
 JEAN M. DALTON
 ALLEACE KELLIHER
 ALLISON ROYER
 RICHARD RUF

6-JUL
 MARIE ORRICHIO

8-JUL
 BRENDA MALIN
 STEPHEN QUIGLEY

9-JUL
 BETTY BARNES
 HON. GWENN KNAPP
 LINDA PHIEL

10-JUL
 MARLENE BAKER
 JEAN CASSIDY
 MARGARET GOODMAN
 MARY ALICE HANDY
 EILEEN NERO
 RUTH RADBILL

11-JUL
 VIRGINIA SCHEFFEY
 GAIL SOKOLOSKI

12-JUL
 JOHN JENNINGS
 MARGUERITE
 WRIGHT

13-JUL
 MARY WADE MYERS

15-JUL
 DONALD CASNER
 ALFREDA JOHNSON
 JEAN KERRIGAN

17-JUL
 KATHLEEN MCANENY
 NORMA MILNER

18-JUL
 EVERETT CASSEL
 MARIANE PEPPLER
 ELWOOD SINSON

20-JUL
 THOMAS WILSON

21-JUL
 ROSEMARIE KELLY
 ROBERT LAMBERT

22-JUL
 MAUREEN STURGES
 LORAIN WHAYLAND

23-JUL
 NORMA CASTELLUCCI

25-JUL
 MARGARET BACH
 MARIE CENTANINO
 AUDREY HERLEY
 JOANN MCCLELLAN

26-JUL
 SHIRLEY MARSHALL
 HELEN SHUMAKER

27-JUL
 IRENE HUNTOON
 JOSEPH VITALE, JR.

28-JUL
 ANN KNOPF
 LILLIAN RIZZETTO

29-JUL
 EARL STOLTZFUS

30-JUL
 JEFF KITCHEN
 WILLIAM MYERS

31-JUL
 LILLIAN ROOT



COLD MEAL LUNCH OPTION

WEEK OF JULY 1

Wed. - June 1 - Tuna Salad Plate
 Thu. - June 3 - Roast Beef Sandwich
 Fri. - July 4 - **CENTER CLOSED**

WEEK OF JULY 6

Tue. - July 7 - Roast Turkey Sandwich
 Wed. - July 8 - Marinated Grilled Chicken Sandwich
 Thu. - July 9 - Egg Salad Platter
 Fri. - July 10 - Chicken Caesar Salad

WEEK OF JULY 13

Tue. - July 14 - Roast Turkey Wrap
 Wed. - July 15 - Tuna Pasta Plate
 Thu. - July 16 - Chicken Salad Platter
 Fri. - July 17 - Turkey Cobb Salad

WEEK OF JULY 20

Tue. - July 21 - Grilled Chicken Salad
 Wed. - July 22 - Chicken Pasta Salad
 Thu. - July 23 - Cheese & Fruit Plate
 Fri. - July 24 - Roast Beef Caesar Wrap

WEEK OF JULY 27

Tue. - July 28 - Italian Sub
 Wed. - July 29 - Oriental Chicken Salad
 Thu. - July 30 - Tuna Salad Plate
 Fri. - July 31 - Roast Beef Sandwich

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 -

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

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**

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 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.

