

# WEST CHESTER AREA SENIOR CENTER

# 40



Est. 1975

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



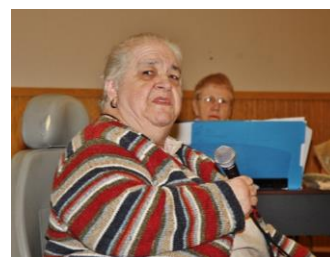
## AUGUST 2015

### AUGUST HIGHLIGHTS

- ❖ **MONDAY, AUG. 3<sup>RD</sup> @ 12:45-**  
SHOP RITE NUTRITIONIST WILL BE  
TALKING ABOUT SUMMER SQUASH  
AND VEGGETI
- ❖ **TUESDAY, AUG 4<sup>TH</sup> @ 11 AM -**  
'LIAS' MOTHER – ONI LASANA WILL  
BE PERFORMING POETRY AT THE  
HICKMAN
- ❖ **WEDNESDAY, AUG 5<sup>TH</sup> – 10-11:30**  
PAUL SELL FROM ROVER COMMUNITY  
TRANSPORTATION WILL BE HERE.
- ❖ **MONDAY, AUG 10<sup>TH</sup> – 12:45 -**  
TOMATO TASTING EVENT WITH  
GARDEN CLUB
- ❖ **TUESDAY, AUG. 11 @ 12:45**  
DEMENTIA CONVERSATIONS,  
DRIVING, DOCTOR VISITS, LEGAL &  
FINANCIAL PLANNING.
- ❖ **WEDNESDAY, AUG. 12<sup>TH</sup> – 12:45**  
GIANT NUTRITIONIST WILL BE  
TALKING ABOUT THE HEALTHY AND  
UNHEALTHY FATS.
- ❖ **FRIDAY, AUG. 21<sup>TH</sup> – 12:45 –**  
NATIONAL SENIOR CITIZEN'S DAY -  
BRAG BOARD & ICE CREAM SOCIAL.
- ❖ **MONDAY, AUG. 24<sup>TH</sup> – ARTHRITIS**  
PREVENTION & MANAGEMENT.  
PRESENTATION BY TRI COUNTY  
CHIROPRACTIC
- ❖ **WEDNESDAY, AUG. 26<sup>TH</sup> – BOOK**  
CLUB WITH SHAARON  
THIS MONTH'S BOOK IS –THE  
MEMORY OF KEEPER'S DAUGHTER BY  
KIM EDWARDS

### WE ARE LOOKING FOR TALENTS

THE WCASC TALENT SHOW IS  
SCHEDULED FOR  
SEPTEMBER 16, 2015.  
PLEASE SIGN UP AT THE FRONT DESK



### NEW THIS MONTH -

We are starting a Creative Expressions Club  
which will be a Beginner Painting Class with fun  
crafts and activities! The class is scheduled for  
Tuesday Mornings at 10:30.

All Ideas are welcome!

Pierina Disciullo kindly offered to lead the  
group in helping to get creative with all the art  
supplies and to make the class a lot of fun!

## STAFF MEMBERS

Kathy Sullivan	<a href="mailto:kathys@wcseniors.org">kathys@wcseniors.org</a>	Executive Director
Em Anderson	<a href="mailto:ema@wcseniors.org">ema@wcseniors.org</a>	Executive Assistant
Jessica Tipton	<a href="mailto:jessicat@wcseniors.org">jessicat@wcseniors.org</a>	Health & Wellness Coordinator & Fitness Instructor
Mia Jones	<a href="mailto:miaj@wcseniors.org">miaj@wcseniors.org</a>	Data Entry
Ellen McCabe	<a href="mailto:ellenm@wcseniors.org">ellenm@wcseniors.org</a>	Information & Assistance Coordinator
Jim Mobile	<a href="mailto:IQstudios@aol.com">IQstudios@aol.com</a>	Technology & Volunteer Coordinator
Mary Jo Freeman	<a href="mailto:kitchen@wcseniors.org">kitchen@wcseniors.org</a>	Meal Supervisor
Nancy Magee		Office Assistant
Enrique Garcia		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 Aug. 5<sup>th</sup> and 19<sup>th</sup>. 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

**THE AGING AND DISABILITY RESOURCE CENTER (ADRC)** is a nationwide effort to assist seniors and adults with disabilities. The ADRC in Pennsylvania is known as the **Link**. The Chester County Department of Aging has partnered with other regional agencies to create the Bucks-Chester-Montgomery Link. The first project of this partnership is to educate consumers on successfully transitioning from hospital to home.

### **How can the Link assist you and/or your family?**

- Easily connect consumers to local services/supports through any Link partner agency
- Explore existing options to ensure a secure plan for independence
- Assist consumers with applications to determine funding eligibility
- Help consumers remain or return to their community because of a disability, an illness or accident, or to transition from an institution back to the community

Information is available here:

[http://www.portal.state.pa.us/portal/server.pt/community/pa\\_link\\_to\\_aging\\_and\\_disability\\_resources/20788](http://www.portal.state.pa.us/portal/server.pt/community/pa_link_to_aging_and_disability_resources/20788)

Or you can contact the Chester County Department of Aging Services - 610-344-6350

**MEDICARE 101**- Classes are available throughout Chester County to people who will be new to Medicare, or to those who would like a better understanding of how Medicare works. Please call Ellen or the APPRISE Helpline (610-344-5004 leave message) for a list of available dates.

**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](http://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 August 12th at 12:30 for any senior questions or concerns.

ELLEN MCCABE INFORMATION AND ASSISTANCE COORDINATOR  
610-431-4242 [ELLENM@WCSENIORS.ORG](mailto:ELLENM@WCSENIORS.ORG)

## **UPCOMING NEWS**

- ❖ **MONDAY, AUG. 3<sup>RD</sup> @12:45-**  
ShopRite Nutritionist will be talking about summer squash and the Veggetti.
- ❖ **WEDNESDAY, AUG 5<sup>TH</sup> FROM 10-11:30**  
Paul Sell from Rover Community Transportation will be here.
- ❖ **MONDAY, AUG 10<sup>TH</sup> – 12:45 –**  
Our Annual Tomato Tasting Event will be held at the Garden Club this month. We will have lots of different kinds of tomatoes available for tasting. YUM!
- ❖ **TUESDAY, AUG. 11<sup>TH</sup>-12:45 PM**  
Join Brad Trout for “Dementia Conversations”, Driving, Doctor’s Visits, Legal & Financial Planning Seminar. This program is a very informational program regarding Dementia, Alzheimer Disease and memory loss.
- ❖ **WEDNESDAY, AUG.12<sup>TH</sup> – 12:45 -**  
Giant Nutritionist will be talking about the Healthy and Unhealthy Fats and how to read food labels correctly.
- ❖ **WEDNESDAY, AUG. 19<sup>TH</sup> – 12:45**  
Birthday Lunch. Entertainment will be provided by the “Grateful Alive” Band. Official sponsor for this month’s lunch is “Oasis Senior Advisors” 
- ❖ **FRIDAY, AUG.21<sup>TH</sup> – 12:45 –**  
National Senior Citizen’s Day - Brag Board & Ice Cream Social. We will be displaying the Brag board with everyone’s Life Achievements. Forms will be available for pick up at our front desk by Aug. 10<sup>th</sup> and need to be completed by Tuesday, Aug. 18<sup>th</sup>.
- ❖ **MONDAY, AUG. 24<sup>TH</sup> – 12:45 -**  
Arthritis Prevention & Management~ A Presentation by Tri County Chiropractic.
- ❖ **WEDNESDAY, AUG. 26<sup>TH</sup> – 12:30**  
Book Club with Shaaron - This month’s Book is –The Memory of Keeper’s Daughter by Kim Edwards

## **YOU ARE INVITED TO A POETRY PERFORMANCE AT THE HICKMAN.**

**TUESDAY, AUGUST 4 @ 11AM**

Oni Lasana will be performing the poetry of Paul Laurence Dunbar (1875-1906) .Reservations are required and the sign-up sheet is at the front desk. A maximum space of 20 seats has been given to our members at no charge. If anyone needs a ride, The Hickman will be sending their bus, which can transport 12 people to and from the performance. Please stop by the front desk for more information concerning the performance and Paul Laurence Dunbar. Information is available for you to read.

## **COLD MEAL LUNCH OPTION**

### **WEEK OF AUGUST 4**

Tue. – Aug.4 – Chicken Salad  
Wed. – Aug.5 – Roast Turkey Sandwich  
Thu. – Aug.6 – Marinated Grilled Chicken Salad Sandwich  
Fri. – Aug.7 – Egg Salad Platter

### **WEEK OF AUGUST 10**

Tue. – Aug.11 – Roast Turkey Wrap  
Wed. – Aug.12 – Chicken Caesar Salad  
Thu. – Aug. 13 – Tuna Pasta Plate  
Fri. – Aug. 14 – Chicken Salad Platter

### **WEEK OF AUGUST 17**


Tue. – Aug 18 – Grilled Chicken Sandwich  
Wed. – Aug. 19 – Roast beef Caesar Wrap  
Thu. – Aug. 20 – Chicken Pasta Platter  
Fri. – Aug. 21 – Turkey Cobb Salad

### **WEEK OF AUGUST 24**

Tue. – Aug. 25 – Cheese& Fruit Plate  
Wed. – Aug. 26 – Italian Sub  
Thu. – Aug. 27 – Roast Beef Sandwich  
Fri. – Aug. 28 – Oriental Chicken Salad



# PROGRAMS - AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Breakfast 9:00 Pinochle <b>3</b> 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 Reminiscing <b>12:45 SUMMER SQUASH/VEGETTI</b>	8:00 Breakfast 9:30 Low Impact Aerobics <b>4</b> 10:00 Nurse <i>10:30 Beginners Painting Class</i> 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class <b>11:00" LIAS' MOTHER"</b> 11:30 Yoga 12:45 Knitting <b>12:45 AARP GENERAL MEETING</b> 2:00 French Club	8:00 Breakfast 9:00 Pinochle <b>5</b> 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/Blood Pressure <b>10-11:30 ROVER COMMUNITY TRANSPORTATION</b> 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics <b>6</b> 10:00 Ping Pong/ <b>ART</b> 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge	8:00 Breakfast 9:00 Tai Chi/ Pinochle <b>7</b> 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 <b>10</b> 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 <b>12:45 GARDEN CLUB-TOMATO TASTING</b> 12:45 Reminiscing	8:00 Breakfast 9:30 Low Impact Aerobics <b>11</b> 10:00 Planning Council/Nurse 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion <i>10:30 Beginners Painting Class</i> 10:45 Spanish Class 11:30 Yoga 12:45 Knitting <b>12:45 DEMENTIA CONVERSATIONS</b> 2:00 French Club	8:00 Breakfast 9:00 Pinochle <b>12</b> 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic <b>12:45 HEALTHY &amp; UNHEALTHY FATS</b> 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics <b>13</b> 10:00 Ping Pong/ <b>ART</b> 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge	8:00 Breakfast 9:00 Tai Chi/ Pinochle <b>14</b> <b>9-12 FOOD BOX DAY</b> 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 <b>17</b> 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 Reminiscing	8:00 Breakfast 9:30 Low Impact Aerobics <b>18</b> 10:00 Nurse <i>10:30 Beginners Painting Class</i> 10:30 Current Events 10:30 Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 2:00 French Club	8:00 Breakfast 9:00 Pinochle <b>19</b> 9:30 Silver Sneakers Cardio Circuit 10:00 German/Nurse 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic <b>12:45 "BIRTHDAY LUNCH &amp; ENTERTAINMENT"</b> 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics <b>20</b> <b>10:00 PHOTO CLUB /ART</b> 10:00 Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge <b>1:00 COMPUTER FORUM</b>	8:00 Breakfast 9:00 Tai Chi/ Pinochle <b>21</b> 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts <b>12:45 NATIONAL SENIOR CITIZEN'S DAY —BRAG BOARD &amp; ICE CREAM SOCIAL</b>
8:00 Breakfast 9:00 Pinochle <b>24</b> 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/ Silver Sneakers Classic 12:30 Bridge <b>12:45 ARTHRITIS PREVENTION &amp; MANAGEMENT</b> 12:45 Bingo /Rhythm of Life/Reminiscing	8:00 Breakfast 9:30 Low Impact Aerobics <b>25</b> 10:00 Nurse <i>10:30 Beginners Painting Class</i> 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 <b>26</b> 9:30 SilverSneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/SilverSneakers Classic <b>12:30 BOOK CLUB W/SHAARON</b> <b>1:15 PARKINSON'S SUPPORT GROUP</b> 2:00 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics <b>27</b> <b>10:00 ART</b> 10:30 Healthy Steps In Motion 11:30 Yoga 12:30 Bridge 2:00 Pinochle	8:00 Breakfast 9:00 Tai Chi/ Pinochle <b>28</b> 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 <b>31</b> 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	<b>PLEASE REMEMBER TO PRE-SIGN UP FOR TAI CHI - FOR ARTHRITIS CLASSES!</b>		<b>WE ARE LOOKING FOR TALENTS! PLEASE SIGN UP AT THE FRONT DESK!</b>	<b>NEW THIS MONTH: TUESDAYS @ 10:30 AM BEGINNERS' PAINTING CLASS</b>

# MENU – AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEATBALL SANDWICH</b> 3 MEATBALLS, PROVOLONE CHEESE 4" WHITE ROLL, MARINARA SAUCE CUCUMBER SALAD BROCCOLI ORANGE SECTIONS/MILK	<b>ROAST TURKEY DINNER</b> 4 ROAST TURKEY W/GRAVY STUFFING/SPINACH CRANBERRY SAUCE SCALLOPED APPLES MILK	<b>CHEESEBURGER</b> 5 HAMBURGER PATTY W/AMERICAN CHEESE LETTUCE/TOMATO/WHOLE WHEAT BUN COLE SLAW/ VEGETABLE SOUP CANTALOUPE/MILK	<b>BAKED FISH</b> 6 BAKED FISH MACARONI & CHEESE GREEN BEANS W/TOMATOES STRAWBERRIES/WHIPPED TOPPING ROLL/MILK	<b>BBQ CHICKEN BREAST</b> 7 CHICKEN BREAST BBQ SAUCE MACARONI SALAD/BROCCOLI PINEAPPLE WHOLE WHEAT BREAD/MILK
<b>BEEF STROGANOFF</b> 10 BEEF W/CREAM SAUCE MUSHROOMS/BUTTERED NOODLES PEAS & CARROTS STRAWBERRIES/TOSSED SALAD ROLL/MILK	<b>ROASTED PORK LOIN</b> 11 PORK LOIN SWEET POTATO/SAUERKRAUT HONEYDEW MELON CRANBERRY SAUCE WHOLE WHEAT ROLL/MILK	<b>MEATLOAF WITH GRAVY</b> 12 GROUND BEEF & TURKEY MASHED POTATOES/GRAVY GREEN BEANS/SPINACH SALAD VANILLA WAFERS WHOLE WHEAT BREAD/MILK	<b>CHICKEN CORDAN BLEU</b> 13 CHICKEN BREAST W/ HAM & SWISS CHEESE COLLARD GREENS STEAMED WHITE RICE PEACHES MINI CORN MUFFIN/MILK	<b>PEPPER STEAK</b> 14 MARINATED STEAK W/PEPPERS RICE TOSSED SALAD W/ORIENTAL DRESSING MANDARIN ORANGES MILK
<b>GRILLED LEMON CHICKEN BREAST</b> 17 CHICKEN BREAST W/LEMON SAUCE OVEN BROWNED POTATOES CALIFORNIA BLEND VEGETABLES PINEAPPLE WHOLE WHEAT BREAD/MILK	<b>ROAST TURKEY</b> 18 ROAST TURKEY BREAST SWEET POTATO CAULIFLOWER W/RED PEPPER SPINACH SALAD/CRANBERRY SAUCE BERRIES WHOLE WHEAT BREAD/MILK	<b>BIRTHDAY LUNCH SUMMER BARBEQUE</b> 19 BBQ CHICKEN QUARTER GREEN BEAN SALAD MACARONI SALAD WATER ICE DINNER ROLL/MILK	<b>VEAL PARMESAN</b> 20 BREADED VEAL PATTY MARINARA SAUCE/MOZZARELLA CHEESE GREEN BEANS BUTTERED ROTINI FRESH ORANGE MILK	<b>OPEN FACED HOT ROAST BEEF</b> 21 ROAST BEEF W/MASHED POTATOES GRAVY /WHOLE WHEAT BREAD PEAS & ONIONS STRAWBERRIES MILK
<b>HONEY CHICKEN</b> 24 CHICKEN BREAST W/HONEY SAUCE RICE PILAF/BROCCOLI SLICED APPLES GINGERSNAP COOKIES MIXED FRUIT JUICE/MILK	<b>TURKEY A LA KING</b> 25 ROASTED TURKEY W/CREAM SAUCE MIXED CAPRI VEGETABLES MUSHROOMS/EGG NOODLES TOSSED SALAD/CANTALOUPE WHOLE WHEAT ROLL/MILK	<b>BEEF STEW</b> 26 BEEF CUBES W/GRAVY OVEN BROWNED POTATOES CARROTS FRESH PLUM BREADSTICK/MILK	<b>BAKED TILAPIA</b> 27 TILAPIA W/CARIBBEAN SAUCE BROWN RICE GREEN BEANS/TOSSED SALAD WATER ICE MILK	<b>BEEF A RONI</b> 28 GROUND BEEF ELBOW MACARONI/ TOMATO SAUCE TOSSED SALAD W/TOMATOES COOKED SPINACH ORANGE SECTIONS/MILK
<b>SOUTHWEST CHICKEN FAJITAS</b> 31 CHICKEN BREAST SHREDDED CHEDDAR/ SALSA PEPPERS & ONIONS MEXICAN CORN TORTILLA TOSSED SALAD PEACHES/MILK	<b>NEW THIS MONTH:</b> <b>TUESDAYS @ 10:30 AM</b> <b>BEGINNERS'</b> <b>PAINTING CLASS</b>	<i>Please make sure to sign up</i> <b><u>3 DAYS IN ADVANCE</u></b> <i>for your hot or cold lunch</i> <i>meals to ensure that we have</i> <i>enough food for everyone.</i>	We are looking for a volunteer Art Instructor for our Thursday class. Please contact Jim Mobile if you are interested.	 A beach scene illustration for August featuring a yellow sun, a blue beach umbrella, a beach ball, a beach bag, and a beach chair on a sandy beach with blue water in the background.

*Please remember to sign up for your hot or cold lunch order 3 days in advance!*

**AUGUST BIRTHDAY PARTY ~ WEDNESDAY, AUGUST 19, 2015**  
**THANK YOU OASIS SENIOR ADVISORS FOR YOUR SPONSORSHIP!**

**THE GRATEFUL ALIVE WILL BE ENTERTAINING US**  
**PLEASE MAKE YOUR RESERVATION 3 DAYS IN ADVANCE!**

**2-AUG**

Dale McCarter  
Rhoda Belack  
Daniel Sinclair

**3-AUG**

Arlene Berliner  
Judy Perego-Williams  
Jeanne Meissner  
Mary Broomell  
Rosemarie Gross

**4-AUG**

Jean Brown

**5-AUG**

Jo Bewley

**6-AUG**

Grace Ovelman  
Boyd Mackleer  
Wayne Hoch

**7-AUG**

Marion Daly  
Eleanor Sinclair

**8-AUG**

Jean Magee

**9-AUG**

Peg Huebner  
Rose Marie Klasky

**10-AUG**

Jessie Jacot  
Janet Schramm  
Clayton Whayland

**11-AUG**

Maria Ricci  
Kathleen Lauber  
J. Craig Fenimore  
Robert Fagan

**12-AUG**

Joanna Naegely  
Jody Skillman  
John Kovacs

**13-AUG**

Scott Cornell

**14-AUG**

Mary Ellen Minyone  
Pearl Lynn  
Jim Williams  
Elaine Chambers

**15-AUG**

Jessica Raymond  
Ruth Wren

**16-AUG**

Edna Falcone  
Helga Knox

**17-AUG**

Patti Whitehead

**18-AUG**

Diana Stull

**19-AUG**

Janet Bayne

**20-AUG**

Stephen Fedor  
Muriel Storrs  
Marie Bortner  
Patricia Lorback  
Eleanor Broadbelt  
Toby Gelman

**21-AUG**

Edward Wengiel  
Mary Kay McCann  
Sue Yockey

**22-AUG**

Edward Harootunian

**23-AUG**

Margaret Marion  
Frank Falcone  
Kay Davis  
Ken Paulsell

**24-AUG**

Bonnie Henriques  
Weldon Tyson  
Rose Cassidy  
Dale Mazyck

**25-AUG**

Judy Mackleer

**27-AUG**

Dallas Matthews

**28-AUG**

Carol Nied  
Kathryn Lenahan

**29-AUG**

Robert Enright  
Helen Grannetino

**30-AUG**

Mary Barley

**31-AUG**

Freda Carter  
Geraldine Young  
Jim McBride  
Stanley Lowry  
Julia Hawkins



**GRATEFUL ALIVE BAND**



**Oasis Senior Advisors**  
**is the Corporate Sponsor of our**  
**August 19<sup>th</sup> Birthday Celebration**

The mission of Oasis Senior Advisors is to reduce the time and stress on seniors and their families when searching for alternative living options. Later life transitions are especially emotional and stressful for many families. For seniors and their families, the search to find a safe, loving environment can be especially overwhelming.

As a **FREE SERVICE** for families, our dedicated and compassionate Senior Living Advisors will work with seniors and their family members to identify lifestyle preferences, health care needs, location and financial considerations. Once the options have been narrowed to the most appropriate communities, your personal Senior Living Advisor will schedule tours and assist throughout the entire process. We can help you find the 'right place'.

## **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 -**

Not meeting in July and August. Will be back in September.

### **Bingo -**

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

### **Blood Pressure Checks -**

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

### **Book Club Classic -**

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

### **Book Club Regular -**

4<sup>th</sup> Wednesday of each month @ 12:30 PM. Shaaron 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.

### **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 2<sup>nd</sup> 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 Aug. 20<sup>th</sup> 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 Cardio Circuit**

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

### **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 for Arthritis-**

Based n Sun style Tai Chi and it has a healing component improving mobility and balance. The class id offered on Thursdays at 11:15 AM

### **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**
- **BIBLE STUDY**
- **IPAD CLUB**
- **SUNSHINE CHORUS**
- **BOOK CLUB CLASSIC**



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](http://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



**2015-2016 BOARD MEMBERS**

Laura Aloisio - *Vice President*  
Stephen Brightbill  
David Connor - *Treasurer & VP*  
Barbara Gauff  
Ann Giunta

C. Ronald Ginns  
Christine Hasen  
Matthew Holliday - *Secretary*  
Nelly Jimenez-Arevalo  
Nicole M. McFadden

William McGrath  
Tom Moretti  
Peter Morris  
Stephanie Phillips  
Mary Kay O'Rourke - *President*

Ann Richardson  
Arthur Sagnor, III. Esq.  
Troy Vogt - *Past President*

**2015-2016 ADVISORY COUNCIL**

Alan F. Clark  
Jack Dalton  
David G. Dorsett  
Don Evons

J. Craig Fenimore  
Dolores Hagerstrom  
J. Carol Hanson  
Boyd Mackleer

Dallas Matthews  
Richard Merion  
Madge Miller  
Joseph R. Polito, Jr.

Betty Strode  
Gail Tanzola-Seymour  
Thomas R. Wilson, Esq

**2015-2016 PLANNING COUNCIL**

Dolores Bradley  
Lucy DiValerio  
Loretta Durnell

Mark Frison  
Enrique Garcia  
Barbara Gauff

Merlace Hubickey  
Marie Moretti  
Larue Morgan

Eleanor Suder

# 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.*

