

# WEST CHESTER AREA SENIOR CENTER

# 40

Est. 1975



## OCTOBER 2015 Newsletter

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

### SOME OCTOBER HIGHLIGHTS

- ❖ Oct. 1, 6, 13, 20, 22, 27 & 29 @ 1PM  
GRANDFRIENDS CLUB
- ❖ Monday, Oct. 5 - 12:45PM  
SHOP RITE NUTRITIONIST
- ❖ Wednesday, Oct. 7 - 12:45  
FIRE SAFETY WITH MARK D'ANTONIO
- ❖ Thursday, Oct. 8 - 5-6:30PM  
POTLUCK DINNER-ALL WCASC MEMBERS INVITED
- ❖ Friday, Oct. 9 - 12:45  
MEDICARE & YOU / WALGREENS FLU FACTS & MYTHS
- ❖ Monday, Oct. 12 - 8:30AM-12:30 PM  
AARP - DRIVING REFRESHER CLASS!  
PLEASE CALL TO REGISTER
- ❖ Wednesday, Oct. 14 - 12:45  
GIANT NUTRITIONIST
- ❖ Thursday, Oct. 15 12:45  
MEMORIAL SERVICE
- ❖ Tuesday, Oct. 20 - 12:45 PM  
THE NEW AMERICAN PLATE CHALLENGE
- ❖ Thursday, Oct. 29  
APPRISE ENROLLMENT DAY  
CALL FOR AN APPOINTMENT

### A NIGHT AT THE RACES

To Benefit West Chester Area Senior Center

SATURDAY, NOV. 7 6:30-10:30PM

\$50 SENIOR CENTER MEMBERS

\$60 NON-SENIOR CENTER MEMBERS

FOOD & BAR INCLUDED~ CASUAL AFFAIR

*DETAILS ON OUR WEBSITE*

### FIRE PREVENTION WEEK OCTOBER 4-10, 2015 PREVENT AND SURVIVE A MODERN FIRE DEVELOPMENT

PRESENTED BY MARK D'ANTONIO

WEDNESDAY, OCTOBER 7, 12:45PM

PLEASE COME TO LEARN HOW TO PREVENT AND PROTECT YOURSELF AND YOUR HOME FROM FIRE SAFETY TECHNIQUES AND ADA SIGNALING PRODUCTS WILL BE ALSO DISCUSSED

### ROAD SCHOLAR FREE TRAVEL PRESENTATION

BY JUDY HERINGSLAKE

MONDAY, OCT. 19 AT 12:45 PM

ROAD SCHOLAR IS A 40 YR OLD NON-PROFIT DESIGNED TO OFFER A UNIQUE WAY OF TRAVEL IN 50 STATES & 140 COUNTRIES, DESIGNED & BUDGETED FOR SENIORS. JOIN US TO LEARN HOW THE PROGRAM WORKS AS WELL AS HEAR ABOUT SOME OF JUDY'S EXCITING ADVENTURES!

**CONGRATULATIONS** to our Board of Directors Officers 2015-2016 – Mary Kay O'Rourke –President; Dave Connor-Vice President & Treasurer; Laura Aloisio-Vice President, Matt Holliday- Secretary; Troy Vogt-Past President.  
**WELCOME** to our New Board Members 2015 – Brad Abel; Stephen Brightbill; Christine Hasen; Thomas Moretti; Peter Morris, Richard Murray and Gretchen Sohn.

## 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 & Lunch Supervisor
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 Pepler, Debbie Williams, and Glee Young.

## HEARING CLINICS

- Mr. Michael Piscotty, Audiologist is available on Tuesdays & Fridays. Please call Mr. Piscotty at 610-213-1867 to schedule appointments.
- Dr. Judith Curtin, Aud., will be at the Center on Oct. 14<sup>th</sup> and 28<sup>th</sup>. Please call the Center at 610-431-4242 to schedule an appointment.

## SENIOR BENEFITS AND RESOURCES MEDICARE ANNUAL ELECTION PERIOD OCTOBER 15 - DECEMBER 7

**Help with Medicare is here! The Annual Election Period is October 15 – December 7, 2015.** Are you unhappy with your current Medicare coverage? Have you reviewed your Medicare coverage every year? Medicare drug and health plans change annually. Premiums change; fees, copays, coinsurance and deductibles change; drug formularies change. You should review your coverage every year to see if you can obtain better coverage and save money. Any change you make to your Medicare coverage during this time will become effective January 1, 2016.

The **Annual Election Period** is the time each year you can do the following:

- Switch your Medicare Part D prescription drug plan or join a Medicare Part D prescription drug plan
- Switch to another Medicare Advantage HMO or PPO
- Switch from a Medicare Advantage Plan back to Original Medicare with or without a Medicare Supplement/Medigap Plan and prescription drug plan
- Review your current coverage and compare your Medicare approved health and drug options

Call and make an appointment with the APPRISE Medicare counselors who can help make a change and guide you in evaluating your options. These counselors are trained and certified by the Commonwealth of Pennsylvania to assist you with free, confidential and independent assessments of health care options under Medicare.

**Counselors are available by appointment:**

- Thursday, October 29<sup>th</sup>
- Thursday, November 19<sup>th</sup>
- Monday, November 9<sup>th</sup>
- Wednesday, December 2<sup>nd</sup>

**Please call the center to make an appointment – 610-431-4242**

**FARMERS MARKET VOUCHERS** — These vouchers must be used by November 30, 2015. If you received Farmers Market Vouchers prior to September 30<sup>th</sup> and you haven't used them, now is a great time to purchase apples, pumpkins and other Fall produce at one of the participating farm markets.

**SENATOR DINNIMAN'S OUTREACH REPRESENTATIVE** — Tyler Arkatin is available on Wednesday, October 14<sup>th</sup> at 12:30 for any senior questions or concerns.



### **MEMORIAL SERVICE** THURSDAY, SEPT. 15 12:45PM

**JOIN US AS WE CELEBRATE THE LIVES OF OUR  
WCASC FAMILY & FRIENDS THAT  
WENT BEFORE US THIS PAST YEAR**



**POT LUCK DINNER**  
**ALL SENIOR CENTER MEMBERS INVITED!**  
**THURSDAY, OCTOBER 8, 2015**  
**5-6:30 PM IN THE DINING ROOM**



*Come out and have some fun with friends before Daylight Savings time comes in early November. Sign-Up sheets will be posted in the Lobby so be thinking about what you'd like to bring to share.....*

## **OTHER UPCOMING PROGRAMS**

- ❖ **MONDAY, OCT. 5 – 12:45PM** ShopRite Nutritionist: Autumn Squash & Apples
- ❖ **WEDNESDAYS OCT. 7,14,21,28 – 10:30** Delaware Theater Company’s playwriting workshop-together with our seniors-will culminate in a performance for the November 18<sup>th</sup> Birthday Party entertainment. Join the fun...it’s not too late!
- ❖ **FRIDAY, OCT. 9 - 12:45** Walgreens Flu Facts & Myths
- ❖ **FRIDAY, OCT. 9 - 12:45** Chester County Care Coalition: Medicare & You Program - Attend this informal presentation about Medicare changes and how they can affect your wallet
- ❖ **SUNDAY, OCT. 11 – 10:30AM – 3:30PM** Come out & support your Senior Center at the annual West Chester Rotary Chili Cook-Off held in the Borough of West Chester
- ❖ **MONDAY, OCT. 12 – 8:30 -12:30 PM** AARP Safe Driving Refresher Class
- ❖ **WEDNESDAY, OCT. 14 - 12:45** Giant Nutritionist: Think Pink & Eat Well!
- ❖ **TUESDAY, OCT.20 – 12:45 PM** American Institute of Cancer Research: the New American Plate Challenge Presentation
- ❖ **THURSDAY, OCT.28 – 10-11 AM** Nova Care: Neck, Upper Back, & Shoulders
- ❖ **WEDNESDAY, OCT. 28 – 12:30** Book Club with Shaaron “In the Garden of the Beast”
- ❖ **WEDNESDAY, OCT. 28 – 12:45** Parkinson’s support group: Speech Therapy

**CANNING WITH ANNETTE SMITH ~ TUESDAY, OCT. 6<sup>TH</sup> & TUESDAY, OCT.20<sup>TH</sup> AND WED., OCT. 28<sup>TH</sup> AT 12:45PM.**

**ON OCTOBER 20<sup>TH</sup> WE WILL SHARE THE PROGRAM WITH OUR FRIENDS FROM CCF.A.**

***Please join Annette Smith in making Cookie Mixes and Pickles in a jar. Participants are going to be able to take one can home and make some also for our upcoming Christmas Bazaar. Please sign up at the front desk.***



### **THE NEW AMERICAN PLATE CHALLENGE ~ TUESDAY, OCT. 20 12:45PM**

*This program, based on solid science, gives you 12 challenges to eat smarter and move more. The Challenge incorporates the American Institute for Cancer Research’s recommendations for prevention of cancer and cancer recurrence. American Institute for Cancer Research’s (AICR) recommendations for cancer*

### **HAVE BOOKS, NEED LAUNDROMATS!**

***The Laundromat Library League was established in 2014 to make children’s books available to homes with children that may not have books. We now have “Laundromat Library Boxes” in 12 laundromats over a range that includes Oxford, Coatesville, Phoenixville, and West Chester. Each decorated box invites adults to “take a book, read it with a child, take it home, and return it if and when convenient.” We have been successful in obtaining donations of all levels of children’s books baby/toddler books, picture books, early reader, youth chapter books. Many are in Spanish, although we still seek more of those.***

***We need help in locating laundromats, and especially in obtaining contact information of the owner or manager that can give permission for placement. We promise regular deliveries of fresh books twice a month, and that the Library Boxes are only of books—no promotional material of any kind. If you can connect us with one or more laundromats within an hour’s drive of West Chester, be in touch with Arlene Rengert @ [610-696-2282](tel:610-696-2282) or [arengert@gmail.com](mailto:arengert@gmail.com) or Karen Iacobucci @ [610-696-2820](tel:610-696-2820) or [kiacobucci@wcfriends.org](mailto:kiacobucci@wcfriends.org).***

## **COLD MEAL LUNCH OPTION**

### **WEEK OF SEPTEMBER 29**

Tue. – Sept.29 – Roast Beef Sandwich  
Wed. – Sept.30 – Tuna Salad Platter  
Thu. – Oct.1 – Chicken Salad Platter  
Fri. – Oct.2 – Roast Turkey Sandwich

### **WEEK OF OCTOBER 5**

Tue. – Oct.6 – Marinated Grilled Chicken Sandwich  
Wed. – Oct.7 – Roast Turkey Wrap  
Thu. – Oct.8 – Chicken Caesar Salad  
Fri. – Oct.9 – Egg Salad Platter

### **WEEK OF OCTOBER 12**

Tue. – Oct.13 – Grilled Chicken Sandwich  
Wed. – Oct.14 – Tuna Pasta Plate  
Thu. – Oct.15 – Turkey Cobb Salad  
Fri. – Oct.16 – Chicken Salad

### **WEEK OF OCTOBER 19**

Tue. – Oct.20 – Roast Beef Caesar Wrap  
Wed. – Oct.21 – Cheese & Fruit Plate  
Thu. – Oct.22 – Italian Sub  
Fri. – Oct.23 – Oriental Chicken Salad

### **WEEK OF OCTOBER 26**

Tue. – Oct.27 – Tuna Salad Plate  
Wed. – Oct.28 – Roast Beef Sandwich  
Thu. – Oct.29 – Roast Turkey Sandwich  
Wed. – Oct.30 – Chicken Salad Platter

# PROGRAMS - OCTOBER 2015

**MONDAY**


**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**POT LUCK DINNER**  
**ALL SENIOR CENTER MEMBERS INVITED!**  
**THURSDAY, OCTOBER 8, 2015 ~ 5-6:30 PM IN THE DINING ROOM**  
*Come out and have some fun with friends before Daylight Savings time comes in early November.*  
*Sign-up sheets will be posted in the Lobby so be thinking about what you'd like to bring to share.....*

<p>8:00 Breakfast <span style="float: right;"><b>5</b></span>            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 Reminiscing  <b>1:00 AUTUMN SQUASH &amp; APPLES</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>6</b></span>            9:30Low Impact Aerobics            10:00 Nurse            10:30 Current Events/Computer Q&amp;A            10:30 Healthy Steps in Motion            10:45 Spanish Class 11:15 Planning Council            11:30 Yoga 12:45 Knitting  <b>12:45 CANNING WITH ANNETTE SMITH</b>  <b>1:00 SPANISH W/GRANDFRIENDS CLUB</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>7</b></span>            9:00 Pinochle            9:30 Silver Sneakers Cardio Circuit            10:00 German Club/Blood Pressure            10:30 Arthritis Exercise Class/<b>PLAYWRITING</b>            11:15 Bingo/Silver Sneakers Classic            12:45 Pinochle  <b>12:45 FIRE SAFETY PROGRAM</b></p>	<p style="text-align: right;"><b>1</b></p> <p>8:00 Breakfast            9:30 Low Impact Aerobics  <b>10:00 ART/ IPAD CLUB</b>            10:30 Healthy Steps in Motion            11:15 Tai Chi 12:30 Bridge  <b>1:00 HORACE PIPPIN-ART APPRECIATION WITH GRANDFRIENDS/CHORUS</b></p>	<p style="text-align: right;"><b>2</b></p> <p>8:00 Breakfast            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</p>
<p>8:00 Breakfast <span style="float: right;"><b>12</b></span>  <b>8:30 AARP SAFETY DRIVING CLASS</b>            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 Reminiscing  <b>12:45 GARDEN CLUB</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>13</b></span>            9:30Low Impact Aerobics            10:00 Nurse            10:30 Current Events/Computer Q&amp;A            10:30 Healthy Steps in Motion            10:45 Spanish Class            11:15 Planning Council 11:30 Yoga            12:45 Knitting  <b>1:00 FALL CRAFT &amp; STORY W/GRANDFRIENDS</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>14</b></span>            9:00 Pinochle            9:30 Silver Sneakers Cardio Circuit            10:00 German/Nurse            10:30 Arthritis Exercise Class/<b>PLAYWRITING</b>            11:15 Bingo/ Silver Sneakers Classic            12:45 Pinochle  <b>12:45 THINK PINK/EAT WELL</b></p>	<p style="text-align: right;"><b>15</b></p> <p>8:00 Breakfast            9:30 Low Impact Aerobics  <b>10:00 PHOTO CLUB /ART</b>            10:30 Healthy Steps in Motion            11:15 Tai Chi            12:30 Bridge  <b>12:45 MEMORIAL SERVICE</b></p>	<p style="text-align: right;"><b>16</b></p> <p>8:00 Breakfast            9:00 Pinochle  <b>9:30 MEDITATION &amp; BREATHING</b>            9:30 Brain Aerobics            10:30 Arthritis Exercise Class            11:15 Silver Sneakers Classic            11:15 Bingo            12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast <span style="float: right;"><b>19</b></span>            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 Reminiscing  <b>12:45 ROAD SCHOLAR</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>20</b></span>            9:30 Low Impact Aerobics            10:00 Nurse            10:30 Current Events/Computer Q &amp;A            10:30 Healthy Steps in Motion            10:45 Spanish Class            11:30 Yoga <b>12:40 MEDICARE &amp; YOU</b>  <b>12:45 AMERICAN PLATE CHALLENGE</b>            12:45 Knitting Club  <b>1:00 CANNING WITH GRANDFRIENDS</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>21</b></span>            9:00 Pinochle            9:30 SilverSneakers Cardio Circuit            10:00 German Club/Blood Pressure            10:30 Arthritis Exercise Class/<b>PLAYWRITING</b>            11:15 Bingo/SilverSneakers Classic  <b>12:00 BIRTHDAY LUNCH</b>            2:00 Pinochle</p> <div style="text-align: center;">  <p>ST. MARTHA VILLA  <i>for</i>            INDEPENDENT &amp; RETIREMENT LIVING  <i>A Continuing Care Retirement Community</i></p> </div> <p style="text-align: center;">Thank you for your sponsorship!</p>	<p style="text-align: right;"><b>22</b></p> <p>8:00 Breakfast            9:30 Low Impact Aerobics  <b>10:00 ART</b>  <b>10:00 NOVA CARE-NECK, ETC.</b>            10:30 Healthy Steps in Motion            11:15 Tai Chi 12:30 Bridge  <b>1:00 CHORUS</b>  <b>1:00 COLD WEATHER VEGGIES W/GRANDFRIENDS</b>            2:00 Pinochle</p>	<p style="text-align: right;"><b>23</b></p> <p>8:00 Breakfast            9:00 Pinochle            9:30 Brain Aerobics  <b>9:30 MEDITATION &amp; BREATHING</b>            10:30 Arthritis Exercise Class            11:15 Silver Sneakers Classic            11:15 Bingo            12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast <span style="float: right;"><b>26</b></span>            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</p>	<p>8:00 Breakfast <span style="float: right;"><b>27</b></span>            9:30 Low Impact Aerobics            10:00 Nurse            10:30 Current Events/Computer Q &amp;A            10:30 Healthy Steps in Motion            10:45 Spanish Class            11:30 Yoga            12:45 Knitting Club  <b>1:00 MUSIC W/GRANDFRIENDS</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>28</b></span>            9:00 Pinochle            9:30 SilverSneakers Cardio Circuit            10:00 German Club/Blood Pressure            10:30 Arthritis Exercise Class/<b>PLAYWRITING</b>            11:15 Bingo/SilverSneakers Classic  <b>12:30 BOOKCLUB WITH SHAARON</b>  <b>1:15 PARKINSON'S SUPPORT GROUP</b>            2:00 Pinochle</p>	<p style="text-align: right;"><b>29</b></p> <p style="text-align: center;"><b>APPRISE ANNUAL ENROLLMENT EVENT</b></p> <p>8:00 Breakfast  <b>10:00 ART</b> 9:30 Low Impact Aerobics            10:30 Healthy Steps in Motion            11:15 Tai Chi            12:30 Bridge <b>1:00 CHORUS</b>  <b>1:00 MAKING MASKS WITH G.F.</b>            2:00 Pinochle</p>	<p style="text-align: right;"><b>30</b></p> <p>8:00 Breakfast            9:00 Pinochle  <b>9:30 MEDITATION &amp; BREATHING</b>            9:30 Brain Aerobics            10:30 Arthritis Exercise Class            11:15 Silver Sneakers Classic/Bingo            12:45 Bingo/Pinochle/Crafts</p>

# MENU – OCTOBER 2015

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

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

**ROAST TURKEY DINNER<sup>1</sup>**  
ROAST TURKEY WITH GRAVY  
SPINACH  
STUFFING  
CRANBERRY SAUCE  
SCALLOPED APPLES  
MILK

**CHEESEBURGER<sup>2</sup>**  
HAMBURGER PATTY  
AMERICAN CHEESE  
LETTUCE/TOMATO  
COLESLAW/CANTALOUPE  
VEGETABLE SOUP  
MILK

**BAKED FISH<sup>5</sup>**  
BAKED FISH  
MACARONI & CHEESE  
ITALIAN GREEN BEANS  
W/TOMATO  
STRAWBERRIES W/WHIPPED  
CREAM  
ROLL/MILK

**BBQ CHICKEN BREAST<sup>6</sup>**  
CHICKEN BREAST  
BBQ SAUCE  
MACARONI SALAD  
BROCCOLI  
PINEAPPLE  
WHOLE WHEAT BREAD/MILK

**BEEF STROGANOFF<sup>7</sup>**  
BEEF W/CREAM SAUCE &  
MUSHROOMS  
BUTTERED NOODLES  
PEAS & CARROTS  
STRAWBERRIES  
TOSSED SALAD & DRESSING  
ROLL/MILK

**ROASTED PORK LOIN<sup>8</sup>**  
PORK LOIN  
BAKED SWEET POTATO  
SAUERKRAUT  
CRANBERRY SAUCE  
HONEYDEW MELON  
WHOLE WHEAT ROLL/MILK

**MEATLOAF & GRAVY<sup>9</sup>**  
GROUND BEEF & TURKEY  
MASHED POTATOES/GRAVY  
GREEN BEANS  
SPINACH SALAD/DRESSING  
VANILLA WAFERS  
WHOLE WHEAT BREAD/MILK

**CHICKEN CORDON BLEU<sup>12</sup>**  
CHICKEN BREAST  
T.HAM/SWISS CHEESE  
HONEY MUSTARD SAUCE  
COLLARD GREENS  
MINI CORN MUFFIN  
STEAMED WHITE RICE  
PEACHES/MILK

**ROAST TURKEY<sup>13</sup>**  
ROAST TURKEY BREAST  
SWEET POTATO  
CAULIFLOWER W/RED PEPPER  
SPINACH SALAD W/DRESSING  
CRANBERRY SAUCE/BERRIES  
WHOLE WHEAT BREAD/MILK

**PEPPER STEAK<sup>14</sup>**  
MARINATED STEAK W/PEPPERS  
RICE  
TOSSED SALAD W/ORIENTAL  
DRESSING  
MANDARIN ORANGES  
MILK

**GRILLED LEMON CHICKEN BREAST<sup>15</sup>**  
CHICKEN BREAST W/LEMON  
SAUCE  
OVEN BROWNED POTATOES  
CALIFORNIA BLEND VEGETABLES  
PINEAPPLES  
WHOLE WHEAT ROLL/MILK

**VEAL PARMESAN<sup>16</sup>**  
BREADED VEAL PATTY  
MARINARA SAUCE  
MOZZARELLA CHEESE  
GREEN BEANS  
ROTINI W/SAUCE  
FRESH ORANGE  
MILK

**SALISBURY STEAK<sup>19</sup>**  
SALISBURY STEAK  
MASHED POTATOES/GRAVY  
SEASONED SPINACH  
WHOLE WHEAT BREAD  
APRICOTS  
MILK

**HONEY CHICKEN<sup>20</sup>**  
CHICKEN BREAST W/HONEY  
SAUCE  
RICE PILAF/BROCCOLI  
SLICED APPLES  
OATMEAL COOKIES  
MIXED FRUIT JUICE/MILK

**COLUMBUS DAY<sup>21</sup>**  
SPAGHETTI & MEATBALLS  
ROMAINE SALAD  
ITALIAN DRESSING  
ITALIAN BLEND VEGETABLES  
GARLIC BREAD  
APPLE CRISP/MILK

**TURKEY A LA KING<sup>22</sup>**  
ROASTED TURKEY/CREAM  
SAUCE  
MIXED CAPRI VEGETABLES  
MUSHROOMS/EGG NOODLES  
CANTALOUPE/TOSSED SALAD  
WHOLE WHEAT ROLL/MILK

**BEEF STEW<sup>23</sup>**  
BEEF CUBES/GRAVY  
OVEN BROWNED POTATOES  
CARROTS  
FRESH PLUM  
BREAD STICK  
MILK

**BAKED TILAPIA<sup>26</sup>**  
TILAPIA/CARIBBEAN SAUCE  
BROWN RICE/GREEN BEANS  
TOSSED SALAD  
WATER ICE  
MILK

**BEEF A RONI<sup>27</sup>**  
GROUND BEEF/ELBOW  
MACARONI/TOMATO SAUCE  
TOSSED SALADW/TOMATOES  
COOKED SPINACH  
ORANGE SECTIONS  
MILK

**SOUTHWEST CHICKEN FAJITA<sup>28</sup>**  
CHICKEN BREAST  
SHREDDED CHEDDAR/SALSA  
PEPPERS & ONION/TORTILLA  
MEXICAN CORN  
TOSSED SALAD/PEACHES  
MILK

**MEATBALL SANDWICH<sup>29</sup>**  
MEATBALLS/PROVOLONE  
CHEESE  
MARINARA SAUCE/WHITE ROLL  
CUCUMBER SALAD/BROCCOLI  
ORANGE SECTIONS/MILK

**ROAST TURKEY DINNER<sup>30</sup>**  
ROAST TURKEY WITH GRAVY  
SPINACH  
STUFFING  
CRANBERRY SAUCE  
SCALLOPED APPLES  
MILK

# OCTOBER BIRTHDAY PARTY ~ WEDNESDAY, OCTOBER 21, 2015

## A BIG THANK YOU TO ST. MARTHA VILLA FOR YOUR SPONSORSHIP!

JOAN SULLIVAN WILL BE PLAYING THE PIANO FOR OUR ENTERTAINMENT  
PLEASE MAKE YOUR RESERVATION 3 DAYS IN ADVANCE!

**1-Oct**

Kathryn Anderson  
Asa McCollum  
Troy Willis

**2-Oct**

Ed Edleman  
Judith Heringslake  
Merlace Hubickey

**3-Oct**

Stan Johnson

**4-Oct**

Eileen Cornell

**5-Oct**

Joan Barraclough  
Betty Middleton

**7-Oct**

Daniel Berliner

**8-Oct**

Bernard Klaverkamp  
Lydu Trudeau

**9-Oct**

William Cosgrove  
Joan O'Connor  
Beatrice Rucker

**10-Oct**

Dorothy Milhous  
Glenn Smith

**11-Oct**

Igina DiLallo  
Catherine Dougherty  
Eleanor Wengiel

**12-Oct**

Martha Coyle  
Virginia Lamond  
Nancy Magee

**13-Oct**

Hisako Jennings

**14-Oct**

Arthur DiArcangelo  
Kenneth Emerson

**15-Oct**

Constance Mouser

**16-Oct**

Sue Barber

**17-Oct**

Scott Bond  
William Jones, Jr.  
Dan Karney

**18-Oct**

Thomas Rodgers  
Dorothy Brewer

**19-Oct**

Emma Lee Holtsberry  
Joan K. Lappin

**20-Oct**

Mary Clementi

**21-Oct**

Jack Fabe  
Dana Hawa

**22-Oct**

Robert Stevenson

**23-Oct**

Susan Griffith  
Carol Guiseppe  
Ronald Holtsberry

**24-Oct**

Lorraine Hamel  
Joan Pennell

**25-Oct**

Peter Cavaliere  
George Fieo  
Richard Scully, III.

**26-Oct**

Leslie Bair  
Mary Bleecker  
Ann Marie Grandizio  
Esther Henry  
Vincent Marchiafava  
Karen Rothenbuhler  
John Turner

**27-Oct**

Herbert Jahnle  
Norman Ricker  
Marie Stull

**28-Oct**

Victoria Smith

**29-Oct**

Adele Gervasoni  
Dr. Thom Clapper  
Florence Jackson  
Pauline Johnson

**30-Oct**

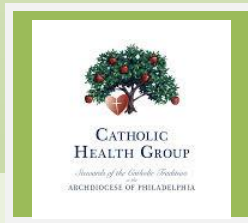
Esther Rech

**31-Oct**

Joyce Nolan  
Catherine Smith



Since our founding in 2003, St. Martha Villa has proudly served in the Chester County Community by providing exceptional service to our Independent & Personal Care residents. Our bright, spacious, three story building is situated on a beautifully landscaped campus with numerous outdoor gardens, walking paths and even a putting green!



The beautiful Chapel serves as a place of worship for residents, where Mass is celebrated daily by the Chaplain. The goal of St. Martha Villa is to promote independence, optimal health and the spiritual well-being of all residents. Our caring and professional staff adhere to the philosophy that "Our residents don't live in our facility, we work in their home." Creative activities serve a wide range of interests and include pet therapy visits, gardening, musical events, and outings into the local community. St. Martha Villa is adjacent to St. Joseph Catholic Church and participates in religious activities with the Parish. St. Martha Villa shares its campus with St. Martha Center for Rehabilitation and Healthcare, and together constitute a Continuing Care Retirement Community featuring Independent Living and Personal Care apartments, Skilled Nursing and Rehabilitation.

**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 every 2<sup>nd</sup> and 4<sup>th</sup> Thursdays @ 9:30AM

**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.

**Chorus-** The Sunshine Chorus meets every Thursday at 1 PM.

**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. 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) -**

*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.

**IPad Club -**

IPad Club will be back in October 7, 2015 @ 10AM.

**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.

**Meditation & Breathing-**

Learn how meditation affects us physically, mentally, emotionally, and spiritually on Fridays 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 Oct.15 at 10:00.

**Pinochle -**

Pinochle players meet on Wednesdays and Fridays. 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 on Sun style Tai Chi and it has a healing component improving mobility and balance. The class is 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.

**GRAND FRIENDS -**  
**OCTOBER PROGRAMS**

Thursday 10/1 Art Appreciation-  
Horace Pippen

Tuesday 10/6 Spanish Mini Lesson/ Songs

Tuesday 10/13 Fall Craft & Story

Tuesday 10/20 Canning

Thursday 10/22 Cold Weather Veggie Lesson

Tuesday 10/27 Drumming or Violin

Thursday 10/29 Making Masks

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  
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West Chester, PA

United Way Member Agency



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<b>Loretta Durnell</b>	<b>Barbara Gauff</b>	<b>Larue Morgan</b>	

# 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.*

