

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



FEBRUARY HIGHLIGHTS

- * Monday Feb. 1 @12:45PM
 CHESCO WELLNESS: HERBAL MEDICINE &
 DIETARY THERAPY
- Tuesday Feb. 2 @ 12:45PM HOLCOMB BEHAVIORAL: GAMBLING
- Thursday Feb. 4 @12:45PM IMMACULATA: HIDDEN SODIUM
- Friday Feb. 5 @12:45PM
 PERSONAL AMPLIFICATION DEVICES
- * Tuesday Feb. 9 @12:45PM REIKI
- * Thursday Feb. 11 @ 12:45PM IMMACULATA: OMEGA 3'S
- * Friday Feb. 12 @ 12:45PM THEME DAY: WEAR YOUR RED!
- * Monday Feb. 15 @12:45PM SHOPRITE: HEART HEALTH AND MEDITERRANEAN DIET
- Wednesday Feb. 17 @ 12:45PM BALANCE AND FALL PREVENTION
- Wednesday Feb. 17 @ 12:45PM FEBRUARY BIRTHDAY LUNCH
- * Thursday Feb. 18 @ 12:45PM IMMACULATA: HEALTHY SOUPS AND SALADS
- * Monday Feb. 29 @ 12:45PM TRI-COUNTY: HOW TO MAINTAIN A HEALTHY BACK

WINTER STORM ADVISORY

THE WCASC WILL BE CLOSED DUE TO WEATHER CONDITIONS IN ACCORDANCE WITH THE WEST CHESTER AREA SCHOOL DISTRICT. IF THE SCHOOLS ARE CLOSED OR OPENING LATE THE WCASC WILL BE CLOSED AND THERE WILL BE NO ROVER SERVICE. PLEASE TUNE TO 1520 WCHE OR YOUR LOCAL TV STATION FOR A LIST OF SCHOOL CLOSINGS. ON KYW, LISTEN FOR NUMBER 851. THERE IS ALSO A LINK TO THE SCHOOL DISTRICT ON OUR WEBSITE

THE GREAT RACE

5K RUN/WALK *or* 1 MILE RUN/WALK TO BENEFIT

THE WEST CHESTER AREA SENIOR CENTER

SATURDAY MAY 7, 2016

@ 9 AM

REGISTER NOW AT: WWW.WCSENIORS.ORG





CREATIVE WRITING WORKSHOP COMING SOON!

WHEN: 1st Session- February 2nd Session- March

Introduction to the craft of Creative Nonfiction Writing STAY TUNED FOR MORE INFORMATION!!

West Chester Area Senior Center A 501 (c)(3) Non-Profit (610) 431-4242 530 East Union Street Website wcseniors.org West Chester, PA 19382 Monday-Friday 8:00 AM – 3:00 PM

STAFF MEMBERS

Kathy Sullivan kathys@wcseniors.org Executive Director Dan Wilson danw@wcseniors.org Jessica Tipton Mia Jones miaj@wcseniors.org Jim Mobile IQStudios@aol.com

Executive Assistant

jessicat@wcseniors.org Health & Wellness Coordinator & Fitness Instructor

Data Entry & Lunch Supervisor Technology & Volunteer Coordinator

Mary Jo Freeman kitchen@wcseniors.org Meal Supervisor

INSTRUCTORS

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

HEARING CLINICS

- Mr. Michael Piscotty, Audiologist is available on Monday Feb. 8th & 22nd. Please call Mr. Piscotty at 610-213-1867 or our Senior Center @610-431-4242 to schedule appointments.
- Dr. Judith Curtin, Aud., will be at the Center on Feb. 11th & Feb 18th from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.

SENIOR BENEFITS AND RESOURCES

Heating Assistance/LIHEAP – the Pennsylvania Low-Income Home Energy Assistance Program helps people pay their heating bills. An individual with an income under \$17,655 or a couple under \$23,895 might qualify for help with their heating bills. Energy Grants are intended to assist in paying heating bills. Crisis Grants are for broken heating equipment, lack of fuel or termination of service.

Energy Grants: Through April 1, 2016 Crisis Grants: Reviewed case by case

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 \$1,276 if you live alone or\$1,726 in a two person household.

Medicare-You can switch from your Medicare Advantage plan to Original Medicare during the Medicare Advantage Disenrollment Period (MADP). You can only make this coverage change if you have a Medicare Advantage plan. The MADP occurs every year from January 1 to February 14. If you have a Medicare Advantage plan you will be able to switch to Original Medicare with or without a stand-alone prescription drug plan and you can select a Medigap if you are eligible. Changes made during this period will become effective the first of the following month. For example, if you switched from a Medicare Advantage plan to Original Medicare and a stand-alone prescription drug plan in February, your new coverage would begin March 1.

Please contact the Senior Center for more information about any of these current programs. 610-431-4242

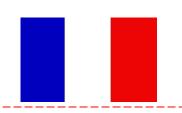
Cynthia Teer

Returns

February 2nd

FRENCH CLASS

Every Tuesday @ 1PM



CLASSIC BOOK CLUB

THURSDAY, FEB 18TH

11:15

THIS MONTH'S BOOK IS THE MURDER OF ROGER ACKROYD BY: AGATHA CHRISTIE

REGULAR BOOK CLUB

WEDNESDAY, FEB 24TH

12:30

THIS MONTH'S BOOK IS THE NIGHTINGALE BY: KRISTIN HANNAH



AARP Income Tax Assistance

AARP Tax Counselors will be at the Center offering tax assistance to seniors from Monday, February 2 to Friday, April 10. This service is free to low and moderate income tax payers and senior taxpayers with basic tax returns by appointment only. Please call the Center at 610-431-4242 to make an appointment. For your appointment, please bring all the appropriate information to do your tax returns, including the following:

- Photo ID, Social Security Cards for self and dependents
 - 2014 federal and state tax returns
- W 2 (if you have earned income) and social security SSA 1099 form, Pension form 1099R
 - Canceled or blank check for direct deposit of refunds
 - Interest 1099 INT and Dividend 1099 DIV forms
- Stock and mutual fund share records (dates acquired and sold, original cost and selling price; for multiple transactions, provide a broker summary)
 - Any other income received in 2015 & total of items for deductions
 - Record of estimated tax payments; real estate tax/ rental receipt

GRANDFRIENDS



TUESDAY 2/2: GROUNDHOG DAY/SHADOWS
THURSDAY 2/4: KALEIDOSCOPE ART/CRAFT
THESDAY 2/9: VALENTINE'S CARD



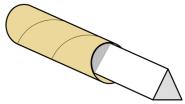
THURSDAY 2/11: WCASC SUNSHINE BAND

TUESDAY 2/16: DRUMMING

WEDNESDAY 2/17: BIRTHDAY LUNCH

THURSDAY 2/18: READING TUESDAY 2/23: COIN RUB THURSDAY 2/25: CRAFT





DATES & PROGRAMS ARE SUBJECT TO CHANGE







PROGRAMS - FEBRUARY 2016

Monday	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class/ 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 CHESCO WELLNESS- HERBAL MEDICINE & DIETARY THERAPY 12:45 Bingo/ Rhythm of Life	8:00 Breakfast 9:30Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 11:15 Planning Council 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 HOLCOMB BEHAVIORAL - GAMB 1:00 GRANDFRIENDS 1:00 FRENCH	2	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 12:00 Lunch 12:45 BALANCE & FALL PREVENTION 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:00 IPAD 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 12:45 Chorus 12:45 IMMACULATA DIETICIAN — HIDDEN SODIUM 1:00 GRANDFRIENDS	8:00 Breakfast 9:00 Pinochle 9:30 Meditation & Breathing 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts
8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class/ 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Bingo/ Rhythm of Life 12:45 GARDEN CLUB	8:00 Breakfast 9:30Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 REIKI 1:00 GRANDFRIENDS 1:00 French	9	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 12:00 Lunch 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics/Bible Study 10:00 Art Club 10:00 PHOTO CLUB 10:00 ART APPRECIATION 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 12:45 Chorus 12:45 IMMACULATA DIETICIAN — OMEGA 3'S 1:00 GRANDFRIENDS	8:00 Breakfast 9:00 Pinochle 9:30 Meditation & Breathing 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic/Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts 12:45 DR. CURTIN-PERSONAL AMPLIFICATION SYSTEMS VS HEARING AIDS THEME DAY WEAR YOUR RED!!!
8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Bingo/Rhythm of Life 12:45 SHOPRITE- HEART HEALTH & MEDITERRANEAN DIET	8:00 Breakfast 9:30Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 11:15 Planning Council 11:30 Yoga 12:00 Lunch 12:45 Knitting 1:00 GRANDFRIENDS 1:00 French	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 12:00 FEBRUARY BIRTHDAY LUNCH: GRANDFRIENDS 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 12:30 Classic Book Club 12:45 Chorus 12:45 IMMACULATA DIETICIAN — HEALTHY SOUPS & SALADS 1:00 GRANDFRIENDS	8:00 Breakfast 9:00 Pinochle 9:30 Meditation & Breathing 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
1 ROAST BEEF W/ GRAVY REDSKIN POTATOES ITALIAN VEGETABLE MEDLEY WHOLE WHEAT BREAD FRESH SEASONAL FRUIT	BAKED ITALIAN MEATLOAF W/ SAUCE WHIPPED POTATOES YELLOW BEANS WHOLE WHEAT BREAD CHERRY CRISP	BAKED HAM SLICE W/ PINEAPPLE SAUCE SCALLOPED POTATOES BROCCOLI W/ PEPPERS RYE BREAD TAPIOCA PUDDING	4 CHICKEN & GRAVY BABY CARROTS FRESH PEPPER SLAW BUTTERMILK BISCUIT SLICED PEACHES	5 CHILI CON CARNE TOSS SALAD W/ TOMATO CARROT, RED CABBAGE & DRESSING CORN BREAD SQUARE CINNAMON APPLESAUCE			
BAKED CHICKEN SUPREME BROWN RICE BROCCOLI WHOLE WHEAT BREAD MANDARIN SALAD	BAKED SWISS STEAK W/ MUSHROOM GRAVY O'BRIEN POTATOES BUTTER BEANS WHOLE WHEAT BREAD MIXED FRUIT SALAD	POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES MULTI GRAIN BREAD PINEAPPLE TIDBITS W/ CHERRIES	11 SLOPPY JOE SANDWICH HOMEMADE VEGETABLE SOUP W/ CRACKERS 3 BEAN SALAD SANDWICH ROLL DICED PEARS	PENNE PASTA W/ MEATBALLS PASTA & MARINARA TOSS SALAD W/ TOMATO CARROTS, RED CABBAGE & DRESS WARM APPLE SLICES			
TBD	ROAST PORK WHIPPED POTATOES SAUERKRAUT RYE BREAD APPLESAUCE	BIRTHDAY LUNCH BAKED BEEF & CHEESE LASAGNA TOSS SALAD W/ TOMATO CARROTS, CABBAGE & DRESS FRUIT JUICE/ITALIAN BREAD BIRTHDAY CAKE	TUNA SALAD SANDWICH LETTUCE TOMATO CHEESY CAULIFLOWER SOUP W/ CRACKERS WHOLE WHEAT BREAD TROPICAL FRUIT SALAD	MOCK BBQ PORK RIBS SEASONED NEW POTATOES GLAZED CARROTS SANDWICH ROLL SLICED PEACHES			
BAKED BBQ CHICKEN BREAST RANCH NOODLES GREEN BEANS WHOLE WHEAT BREAD TROPICAL FRUIT SALAD	BAKED PIZZA CASSEROLE W/ CHEESE TOPPING TOSS SALAD W/ TOMATO CARROTS, RED CABBAGE GARLIC BREAD STICK FRESH SEASONAL FRUIT	ROAST TURKEY W/ GRAVY HOMEMADE STUFFING MEADOW BLEND VEGETABLES WHOLE WHEAT BREAD MANDARIN SALAD	CHEESEBURGER LETTUCE TOMATO CREAMY POTATO SOUP W/ CRACKERS WHEAT SANDWICH ROLL LIME FROSTED PEARS	26 BAKED ONION STEAK W/ ONION GRAVY RICE PILAF BRUSSEL SPROUTS WHOLE WHEAT BREAD FRESH SEASONAL FRUIT			
BAKED HAM SLICE W/ PEACH SAUCE SWEET POTATOES BROCCOLI W/ RED PEPPERS RYE BREAD LEMON PUDDING			Velode's Def				

FEBRUARY BIRTHDAY PARTY ~ WEDNESDAY, FEBRUARY 17, 2016 WITH OUR CHESTER COUNTY FAMILY ACADEMY FRIENDS

1-Feb

Dorothe Cialini Barbara Finegan

Luigi Launi

2-Feb

Thomas Morton William O'Hara

3-Feb

Russell Rickert

4-Feb

Lillian Seaton Donald Evons Ib Steinmetz Robert Garrett

5-Feb

Joseph Hamel
Margaret Cutillo
Gail Tanzola Seymour
Theresa Camarota

6-Feb

Virginia Thompson Carol Wildauer Elizabeth Barlow Gwndolyn Crump Joseph Pino

7-Feb

Annemarie Cuff

8-Feb

Dolores Bradley Arthur Dougherty Rose Pavluk 9-Feb

James Johnson

10-Feb

Shirley Johnson Helen Rhodes Stephanie Varis Raymond Lechentre

11-Feb

Robert O'Connor

14-Feb

Georgeann Cullen Gladys Felice Clinton Weiser

15-Feb

Beverly Kurt Gertie Ellis

James Anderson

16-Feb

Anita Weeks Robert Clark Annette Glaudel

17-Feb

Marianne Griffith Beverly Reese

18-Feb Betsi Hyatt 19-Feb

Paul Congdon

20-Feb

Joseph Kahn

Chester Salisbury

Jane Joyce Gisela Guenst Charlotte Kruesi Peter Kyper

21-Feb Rick Krug 22-Feb

Marie Demarco Anita Hall 23-Feb Mary Bell 24-Feb

Charles Huss Frank Fields Dick Hammett

25-Feb

Charles Keslick

26-Feb

Mark Adams

27-Feb

Mildred Tate Yvette Jarecki Grace Kinkade

28-Feb

Jackie Jackson Linda Stendeback Betsy Beaugard

29-Feb

Carolyn Chapman

WINTER STORM ADVISORY

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ON KYW, LISTEN FOR NUMBER 851. THERE IS ALSO A LINK TO THE SCHOOL DISTRICT ON OUR WEBSITE

PROGRAMS & ACTIVITIES OFFERED AT THE WEST CHESTER AREA SENIOR CENTER

Art Appreciation

Art Appreciation meets the 2nd Thursday of every month at 10am.

Art Club

Art Club meets every Thursday at 10am

Arthritis Foundation Exercise Class -

This class is held Mondays,

Wednesdays, and Fridays at 10:30.

Bible Study Group -

This non-denominational group meets every 2nd and 4th Thursdays at 9:30AM

Bingo -

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

Blood Pressure Checks -

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

Book Club Classic -

The book club meets on the 3rd Thursday of every month at 11:15AM.

Book Club Regular -

The book club meets on the 4th Wednesday of each month at 12:30 with Shaaron Daurio

Brain Aerobics -

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

<u>Bridge –</u>

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 3rd Thursday at 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 (Elementary) -

Tuesdays @ 1PM with Cynthia Teer.

German Club -

The German club meets on Wednesdays at 10 AM.

<u>Hardy Perennials –</u> <u>Garden Club -</u>

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.

IPad Club -

IPad Club meets on the 1st Thursday of each month @ 10AM.

Italian Social Club -

The Italian Social Club 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 meets the 3rd Thursday of each month @ 10:00AM.

Pinochle -

Pinochle players meet on Wednesdays and Fridays. Instruction is available.

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 10:15. Brooks Montgomery 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.

WEST CHESTER AREA SENIOR CENTER

530 Fast 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

Troy Vogt- Past President

United Way Member Agency



Don Evons

2015-2016 BOARD MEMBERS

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Joseph R. Polito, Jr.

Larue Morgan

2015-2016 ADVISORY COUNCIL

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2015-2016 PLANNING COUNCIL

Dolores Bradley Mark Frison Merlace Hubickey **Eleanor Suder** Lucy DiValerio **Enrique Garcia** Marie Moretti **Loretta Durnell Barbara Gauff**

CHESTER AREA SENIOR CEN

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.

Boyd Mackleer