



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

May 2016 Newsletter

MAY HIGHLIGHTS

- ❖ Monday May 2nd @ 12:45PM
ShopRite: Fuel up for the Great Race
- ❖ Tuesday May 3rd @ 1:00PM
AARP Monthly Meeting
- ❖ Friday May 6th ALL DAY
Wear your favorite Kentucky Derby Hat
- ❖ Saturday May 7th @ 9:00AM-11:00AM
GREAT RACE!!!
- ❖ Monday May 9th @ 1:00PM
Garden Club
- ❖ Tuesday May 10th @ 11:15AM
Planning Council
- ❖ Friday May 13th @ 10:00AM-12:00PM
Spring Health Expo
- ❖ Wednesday May 18th @ 12:00PM
May Birthday Lunch: Grand Friends Celebration
- ❖ Friday May 20th @ 10AM-12PM
Jewelry & Accessory Exchange
- ❖ Friday May 20th @ 12:45PM
Movie Day: The Ultimate Gift
- ❖ Monday May 23th @ 12:45PM
Tips & Tricks for Daily Living
- ❖ Wednesday May 25th @ 12:45
Game Day
- ❖ Monday May 30th ALL DAY
CLOSED In Observance of Memorial Day

THE 7TH ANNUAL GREAT RACE

A family fun 5k run/walk or 1 mile run/walk on Saturday, May 7, 2016, with proceeds benefitting the West Chester Area Senior Center!

REGISTER ONLINE: WCSENIORS.ORG



SATURDAY MAY 7, 2016

9:00 a.m. at the West Chester Area Senior Center
530 East Union Street, West Chester, PA 19382

Entry Fee:

- ♦ Pre-register by 4/27/16:
\$20.00 for adults and \$10.00 for children under 10
- ♦ Register after 4/27/16:
\$25.00 for adults and \$15.00 for children
- ♦ Family rate of \$50.00 for pre-registered family of 4

EVENT SCHEDULE:
 +7:30 AM: REGISTRATION
 +9:00 AM: 5K RUN/WALK STARTS
 +9:05 AM: 1 MILE FUN RUN/WALK TIME
 +10:30 END OF 5K/AWARDS CEREMONY
 +8-11 AM: COMMUNITY FAIR



HARDY PERENNIAL GARDEN CLUB

6TH ANNUAL TEA PARTY

WEAR YOUR LOVELY HAT AND JOIN THE FUN!!

MONDAY, MAY 9TH

12:45PM

SENIOR GAMES DAY AND PICNIC
 THURSDAY, MAY 19TH
 (RAIN DATE MAY 26TH)
 BRANDYWINE PICNIC PARK

CLASSIC BOOK CLUB

Thursday, May 19th
@ 11:15

1984
By
George Orwell



BOOK CLUB

Wednesday, May 25th
@ 12:30

Night Woods
By
Charles Frazier

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	Executive Assistant
Jessica Tipton	jessicat@wcseniors.org	Health & Wellness Coordinator & Fitness Instructor
Mia Jones	miaj@wcseniors.org	Data Entry & Lunch Supervisor
Jim Mobile	IOstudios@aol.com	Technology & Volunteer Coordinator
Mary Jo Freeman	kitchen@wcseniors.org	Meal Supervisor
Maureen Morgan	maureenm@wcseniors.org	Information & Assistant Coordinator

INSTRUCTORS

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

HEARING CLINICS

- Mr. Michael Piscotty, Audiologist is available on Monday May. 3rd & 17th. 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 May. 4th & 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.

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 \$1,287 if you live alone or \$1,736 in a two person household. Current participants pick up boxes at the WCASC on the 2nd Friday of every month.

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

Tyler Arkatin

**Constituent Outreach Rep. for
State Sen. Andrew Dinnimin**

2nd Wednesday of every month
11-12:30

Tyler will be able answer any question you may have regarding Commonwealth of PA programs and services they offer.

The West Chester Area Senior Center provides information to participants to increase awareness and understanding of services and entitlements that will keep them safe and living independently in the community.

For an appointment call or Email:

Maureen Morgan

Information and Assistance Coordinator

610-431-4242 x108

maureenm@wcseniors.org

The West Chester Area Senior Center would like to congratulate the AARP TaxAide volunteers on another successful tax season. When all was said and done the preparers filed 606 Federal returns and 583 State returns!!!!

THANK YOU!

We look forward to having you back next year!

GRAND FRIENDS



Tuesday 5/3: Art Great Race banners

Thursday 5/5: Reading

Tuesday 5/10: Shapes/Tangrams

Thursday 5/12: ART

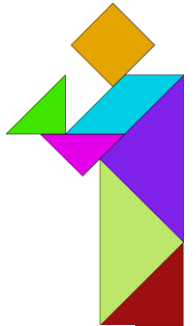


Tuesday 5/17: Banner for Ride your Bike with the Mayor

Wednesday 5/18: Graduation (lunch)

Friday 5/20: Bike Ride reception (8:30am)

Tuesday 5/24: Drumming



The West Chester Area Senior Center would like to thank Ray & Ellen Doyle, Peg Huebner, Meghan Flinn, Heartland Hospice, and all of other wonderful friends for their recent and continued support of this program!

Spring Health Expo

INTERIM HEALTH

Bone Density ~ Hydration Testing ~ Medical Management ~ Walking & flexibility

Walgreens

Skin Care/Sun Care

ShopRite

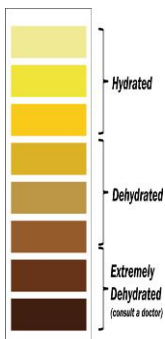
Nutrition

West Chester Dental Arts

Dental Care




Paoli Pharmacy

Assisted Devices




FRIDAY MAY 13TH
10-11:30AM

PROGRAMS -MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 2 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo/Rhythm of Life 12:45 FUEL UP FOR THE GREAT RACE :SHOPRITE 1:15 MEDITATION FOR THE GREAT RACE</p>	<p>8:00 Breakfast 3 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/French 12:45 French 1:00 AARP 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 4 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle</p>	<p>8:00 Breakfast 5 9:30 Low Impact Aerobics 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:30 Bridge 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 6 9:00 Pinochle 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 9 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo/Rhythm of Life 12:45 GARDEN CLUB</p>	<p>8:00 Breakfast 10 9:30 Low 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 12:45 Knitting 12:45 French 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 11 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:00 Tyler : Senator Dinniman's Office 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 DOCTORS BEST 12:45 Pinochle</p>	<p>8:00 Breakfast 12 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club 10:00 iPad Club 10:00 Art Appreciation 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:30 Bridge 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 9:00 Pinochle 13 9:30 Brain Aerobics 9:30 Meditation & Breathing 10-11:30 SPRING HEALTH EXPO 8:30-9:30 VETERANS COFFEE HOUR 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic11:15 Bingo 12:30 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 16 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45Rhythm of Life 12:45 PERSONAL SAFETY :RED LION HOME CARE</p>	<p>8:00 Breakfast 17 9:30 Low 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 12:45 Knitting 12:45 French 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 18 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 BIRTHDAY LUNCH  12:30 Bingo 12:45 Pinochle</p>	<p>8:00 Breakfast 19 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Photo Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 11:15 Book Club Classic 12:30 Bridge 1:00 Computer Forum SENIOR PICNIC & GAMES</p>	<p>8:00 Breakfast 20 9:00 Pinochle 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 MOVIE DAY 12:30 Bingo/Pinochle/Crafts JEWELRY AND ACCESSORY EXCHANGE 10-12PM</p>
<p>8:00 Breakfast 23 9:00 Pinochle 9:30 Silver Sneakers 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 TIPS & TRICKS FOR DAILY LIVING 12:30 Bingo/Rhythm of Life</p>	<p>8:00 Breakfast 24 9:30 Low 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 12:45 Knitting 12:45 French 1:00 GRAND FRIENDS</p>	<p>8:00 Breakfast 25 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:30 Book Club 12:45 Pinochle 12:30 Bingo 1:00 GAME DAY 1:00 PARKINSON'S SUPPORT GROUP</p>	<p>8:00 Breakfast 26 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:30 Bridge</p>	<p>8:00 Breakfast 27 9:00 Pinochle 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:30 Bingo/Pinochle/Crafts</p>
<p>30 CLOSED MEMORIAL DAY</p>	<p>31 8:00 Breakfast 9:30 Low 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 12:45 Knitting 12:45 French 1:00 GRAND FRIENDS</p>	<p>EXTON SENIOR LIVING </p>		<p>THANKS FOR YOUR BIRTHDAY SPONSORSHIP!!</p>
<p>Movie Day theultimategift  Friday May 20th</p>				

MENU – MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p style="text-align: center;">BAKED CHICKEN SUPREME BROWN RICE BROCCOLI WHOLE WHEAT BREAD MANDARIN ORANGE</p>	<p style="text-align: center;">PENNE PASTA W/ MEATBALLS PASTA & MARINARA TOSS SALAD W/ TOMATO CARROTS, RED CABBAGE & DRESS WARM APPLE SLICES</p>	<p style="text-align: center;">ROAST TURKEY W/ GRAVY HOMEMADE STUFFING VEGETABLES MEDLEY WHOLE WHEAT BREAD SEASONAL FRUIT</p>	<p style="text-align: center;">SLOPPY JOE SANDWICH HOMEMADE VEGGIE SOUP SANDWICH ROLL BEAN SALAD SLICED PEACHES</p>	<p style="text-align: center;">BAKED SWISS STEAK W/ MUSHROOM GRAVY O'BRIEN POTATOES BUTTER BEANS WHOLE WHEAT BREAD MIXED FRUIT SALAD</p>
9	10	11	12	13
<p style="text-align: center;">MOCK BBQ SPARE RIBS SEASONED NEW POTATOES GLAZED CARROTS SANDWICH ROLL PINEAPPLE TIDBITS</p>	<p style="text-align: center;">BAKED SALISBURY STEAK BAKED POTATO W/ SOUR CREAM SWEET PEAS & CARROTS WHOLE WHEAT BREAD SEASONAL FRUIT</p>	<p style="text-align: center;">ROAST PORK WHIPPED POTATOES SAUERKRAUT RYE BREAD APPLESAUCE</p>	<p style="text-align: center;">TUNA SALAD SANDWICH CHEESY BROCCOLI SOUP WHOLE WHEAT BREAD MIXED FRUIT SALAD</p>	<p style="text-align: center;">BAKED BEEF LASAGNA TOSS SALAD W/ TOMATO CARROT & DRESSING ITALIAN BREAD SUGAR COOKIE FRUIT JUICE</p>
16	17	18	19	20
<p style="text-align: center;">BAKED HAM SLICE W/ CLOVES SCALLOPED POTATOES BROCCOLI W/RED PEPPERS RYE BREAD TAPIOCA PUDDING</p>	<p style="text-align: center;">CHICKEN CAESAR SALAD HOMEMADE NOODLE SOUP FRUIT JUICE WHOLE WHEAT BREAD DICED PEARS</p>	<p style="text-align: center; color: #ff00ff;">BIRTHDAY LUNCH BAKED ITALIAN MEATLOAF GARLIC WHIPPED POTATOES YELLOW BEANS WHOLE WHEAT BREAD BIRTHDAY CAKE</p>	<p style="text-align: center;">CHICKEN & GRAVY OVER BISCUIT FRESH PEPPER SLAW BABY CARROTS SLICED PEACHES</p>	<p style="text-align: center;">ROAST BEEF REDSKIN POTATOES ITALIAN VEGETABLES WHOLE WHEAT BREAD FRESH SEASONAL FRUIT</p>
23	24	25	26	27
<p style="text-align: center;">BAKED CHICKEN BREAST CREAMY RANCH NOODLES GREEN BEANS MIXED FRUIT</p>	<p style="text-align: center;">BAKED ONION STEAK RICE PILAF BRUSSEL SPROUTS WHOLE WHEAT BREAD FRESH SEASONAL FRUIT</p>	<p style="text-align: center;">CHICKEN POT PIE SWEET PEAS FRESH COLESLAW OATMEAL COOKIE</p>	<p style="text-align: center;">POTATO CRUSTED FISH MACARONI & CHEESE GLAZED CARROTS SANDWICH ROLL PINEAPPLE TIDBITS</p>	<p style="text-align: center;">CHEESEBURGER LETTUCE TOMATO POTATO SALAD PICKLED BEETS SANDWICH ROLL SEASONAL MELLON</p>
30	31			
<p style="text-align: center; color: red;">CLOSED</p> 	<p style="text-align: center;">BAKED CHICKEN SUPREME BROWN RICE BROCCOLI WHOLE WHEAT BREAD MANDARIN ORANGE</p>	<div style="border: 1px solid black; background-color: #e0e0e0; padding: 10px; width: fit-content; margin: 0 auto;"> <p style="margin: 0;">PLEASE REMEMBER TO SIGN UP FOR LUNCH</p> <p style="margin: 0; color: red;"><u>3 DAYS IN ADVANCE</u></p> </div>		

A BIG THANK YOU TO EXTON SENIOR LIVING FOR YOUR SPONSORSHIP!!!

1-May

James Gregg

2-May

Carl Cranmer
Bettye Phillips-Carr
Elizabeth Carr

3-May

M. Staarman

4-May

Betty Osmond

5-May

William Young
Beatrice Conner
Mary Rita Coffey
Michael Dutcher
Miriam Thomas
Kathy Wiley

6-May

Elizabeth Ivey
Barry Snyder

7-May

Geraldine Boggs
Margaret Iraca

8-May

Judith Wadsworth
Celeste Selin
Doris Wood

9-May

Gertrude Barnes
Inger Zeller
Marion Matthews

10-May

Ressola Mccollum
Gail Sortino
Amelia Tausinga

12-May

Elizabeth Strode

13-May

Barbara Weir
Gilbert Fell

14-May

Ray Doyle
Deng Yang
Nancy Kay
Ralph Grosso

15-May

Robert Lorgus
Thelma Mandelberg

16-May

Barbara Werner
Jessie Engan
Joan Brewer
Jane Gillem
Jaqueline Woolfrey
Norma Sandler

17-May

Loretta Durnell
Jacklyn Ashby

18-May

Eleanor Dew

19-May

Larue Morgan

20-May

Peter Iannotta
Marie Tyson

21-May

Donald Lammey

24-May

Franklin Marshall
Joann Borie
Roger Bove
Sally Lane
Lata Sharma

25-May

Emilie Grunwell
Maureen Harrity

28-May

Cecilia Gomolka
Rita Delaney

29-May

Jean Harris
Marie Denis
Donel Manke

30-May

Robert Phillips
Josephine Carulli

31-May

Michael Cotter

**EXTON
SENIOR LIVING**



Charming and cozy like a Chester County Inn, Exton Senior Living offers personal care and memory care services within a comfortable community. Visitors comment that the atmosphere at our senior living community is energetic and inviting from the moment you enter. When residents choose Exton, they are choosing an experienced team and our reputation for providing quality care. For seniors with Alzheimer's and other dementias, we offer our Bridge to Rediscovery program. Physical, occupational, and speech therapy are offered on-site, as well as visiting physicians, podiatrists, mental health support, and more. Our goal is to promote our residents' independence and at the same time offer a gentle hand of support when needed.

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.

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 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.

Garden Club

Hardy Perennials -

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. Instructors: Ray Doyle & Leon Parson

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. 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.

WEST CHESTER AREA
SENIOR CENTER

530 East Union Street
West Chester, PA 19382

Phone (610) 431-4242
Fax (610) 429-9296
Check us out on the web!
www.wcseniors.org

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

Non-Profit
Organization
US Postage Paid
Permit # 77
West Chester, PA

United Way Member Agency



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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.

