



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

## June 2016 Newsletter

### JUNE HIGHLIGHTS

- ❖ Wednesday June 1<sup>st</sup> @ 12:45PM  
Devine Service: Healthy Eating
- ❖ Tuesday June 7<sup>th</sup> @ 1:00PM  
AARP Monthly Meeting
- ❖ Wednesday June 8<sup>th</sup> 12:45M  
Interim: Fall Prevention
- ❖ Friday June 10<sup>th</sup> 12:45PM  
ShopRite: Exciting uses for yogurt
- ❖ Monday June 13<sup>th</sup> @ 12:45PM  
Regional Pharmacy: Medication Compliance
- ❖ Monday June 13<sup>th</sup> @ 12:45PM  
Garden Club: Make Your Own Flower Arrangement
- ❖ Tuesday June 14<sup>th</sup> @ 9:30-1:30PM  
Elder Justice Day @ Westminster Church
- ❖ Wednesday June 15<sup>th</sup> @ 12:00PM  
June Birthday Lunch
- ❖ Wednesday June 15<sup>th</sup> @ 12:00PM  
Fashion Show
- ❖ Thursday June 16<sup>th</sup> @ 5:00PM  
Potluck Dinner
- ❖ Monday June 20<sup>th</sup> @ 12:45PM  
Red Lion: Emergency Preparedness
- ❖ Friday June 24<sup>th</sup> @ 12:45PM  
Explore your Heart's Toolbox
- ❖ Monday June 27<sup>th</sup> @ 12:45  
Dr. DeSantis-Metabolic Syndrome

### FASHION SHOW

Christine's Consignment Boutique will host a fashion show following the birthday lunch on Wednesday, June 15 at 12:45. Models will be WCASC members and clothes and accessories will be available for purchase. Join us for this entertaining event and let your inner fashionista come out!

*Christine's*  
UPSCALE RESALE  
• Since 1994 •

#### BOOK CLUB

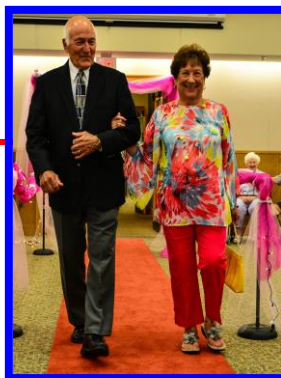
Wednesday, June 22nd  
@ 12:30

Americanah  
By  
Chimamanda Ngozi  
Adichie

#### CLASSIC BOOK CLUB

THURSDAY, JUNE  
16<sup>th</sup>  
@ 11:15

This month's meeting will  
be a planning session for the  
fall. Please bring 3 book  
choices.



## STAFF MEMBERS

Kathy Sullivan	<a href="mailto:kathys@wcseniors.org">kathys@wcseniors.org</a>	Executive Director
Dan Wilson	<a href="mailto:danw@wcseniors.org">danw@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
Maureen Morgan	<a href="mailto:maureenm@wcseniors.org">maureenm@wcseniors.org</a>	Information & Assistance 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 June 7<sup>th</sup> & 21<sup>st</sup>. 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 June 1<sup>st</sup> & 15<sup>th</sup> from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.

## SENIOR BENEFITS AND RESOURCES

**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 2<sup>nd</sup> Friday of every month.

**Medicare-** APPRISE Medicare counselors are available at WCASC, by appointment, every Wednesday from 10:00 AM to 1:00 PM. If you have questions about Medicare or need help understanding this complex topic, please feel free to make an appointment.

**PA Property Tax/Rent Rebate-** The program benefits eligible (based on a sliding scale of income) Pennsylvanians age 65 and older; widows and widowers age 50 and older and people with disabilities age 18 and older.

**The deadline to apply for a rebate on property taxes or rent paid in 2015 is June 30, 2016.** The PA department of Revenue will start to mail or deposit rebates on July 1, 2016.

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

2<sup>nd</sup> 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](mailto:maureenm@wcseniors.org)**

## **FARMER'S MARKET VOUCHERS**



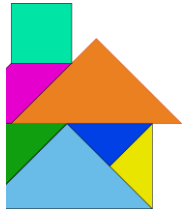
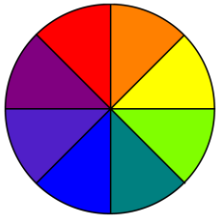
VOUCHERS ARE AVAILABLE @ THE WCASC TO INCOME-QUALIFIED PERSONS AGE 60 AND OVER FOR THE PURCHASE OF LOCAL PRODUCE AT AREA FARMERS MARKETS.



# GRAND FRIENDS

Thank you for making the recent Grand Friends school year such a success.

We look forward to starting back in September!!



## DIAMOND SPONSOR

**THE BEADLE FAMILY CHARITABLE TRUST**

## EMERALD SPONSORS

**BRANDYWINE VALLEY**  
Heating & Air Conditioning  
"Comfort With Care"

**WSFS bank**  
We Stand For Service®

## RUBY SPONSORS

**Barclay Friends**  
A KENDAL AFFILIATE  
Together, transforming the experience of aging®

**CHESTER COUNTY EYE CARE**

**Countryside CONSULTING**

**RAY & ELLEN DOYLE**

**Kelly's Sports Ltd.**

**DARE**  
DAVE'S AUTOMOTIVE REPAIR ENTERPRISES

**FAULKNER**  
ESTD 1988 700 AUTUMN BLVD. WEST CHESTER PA 19382

**THE HARDY PERENNIALS**  
WCASC GARDEN CLUB

**Market Street WEALTH Management**

**OLIVER**  
Comfort You Can Trust

**MacElree Harvey**  
ATTORNEYS AT LAW

**NT Nathan Trotter**  
Trusted for Over 200 Years



**O'Rourke & Sons Inc.**  
STRUCTURAL & ORNAMENTAL STEEL

## PEARL SPONSORS

- ABC HEARING
- COAST TO COAST AUTO INC.
- GIANT-BRADFORD PLAZA
- HUMANA
- JANNEY MONTGOMERY SCOTT LLC.
- MR. & MRS. STEPHEN J. QUIGLEY
- MERIDIAN BANK
- MID-ATLANTIC TRANSPORTATION SERVICES, INC.
- PHASE 1 ELECTRIC, INC.

## OPAL SPONSORS

- EVERETT CASSEL
- SWOPE LEES COMMERCIAL REAL ESTATE, LLC
- MORETTI FAMILY
- WEST CHESTER DENTAL ARTS, LLC
- WCASC PHOTO CLUB


**MANY THANKS TO ALL OF OUR SPONSORS, PARTICIPANTS, SENIORS, VOLUNTEERS AND CCFA FAMILIES AND STAFF WHO HELPED MAKE OUR 7TH ANNUAL GREAT RACE SUCH A SUCCESS!!!**

## SPECIAL THANK YOU GOES OUT TO:

- OUR WONDERFUL GREAT RACE COMMITTEE LED BY CHAIR **BRAD ABEL!**
- WEST CHESTER POLICE DEPARTMENT, THE WEST GOSHEN TOWNSHIP POLICE, THE CHESTER COUNTY'S SHERIFF'S DEPARTMENT, THE WEST CHESTER FIRE DEPARTMENT FIRE POLICE AND GOOD FELLOWSHIP AMBULANCE
- **DICK FITCH** FOR ALL HIS GUIDANCE AND ASSISTANCE WITH OUR RACE
- **JAY BECK** — OUR DRUMMER — FOR MAKING OUR EVENT SO MUCH FUN.
- **HOPEWELL UNITED METHODIST CHURCH** AND **PAM JOHNSON** FOR HEADING UP THE MOTHER'S DAY ACTIVITY PROJECT FOR ALL THE KIDS.
- **RAY DOYLE, JOHN HERLEY, PEG HUEBNER, FRANK ROCAP, MARGARET WALKER, AND THE WCASC PHOTO CLUB** FOR ALL THE SPECIAL EVENT PHOTOS.
- ALL OF OUR GENEROUS SPONSORS!
- ALL OF OUR VOLUNTEERS FOR HELPING US RUN THE EVENT!

# THANK YOU!!

# PROGRAMS -JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 Villanova Nursing Students 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle <b>12:45 DEVINE SERVICE: HEALTHY EATING</b>	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Tablet & Cell Phone Club 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	8:00 Breakfast 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 Lunch 12:45 Bingo/Pinochle/Crafts
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 Villanova Nursing Students 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	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 12:00 Lunch 12:45 Knitting 12:45 French <b>1:00 AARP</b>	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:00 Tyler : Senator Dinniman's Office 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle <b>12:45 HEART 360</b>	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	8:00 Breakfast 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 Lunch 12:30 Bingo/Pinochle/Crafts <b>12:45 SHOPRITE: YOGURT</b>
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Rhythm of Life <b>12:45 GARDEN CLUB</b>	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 11:15 Planning Council 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic <b>12:00 BIRTHDAY LUNCH</b> 12:00 Lunch 12:30 Bingo 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 11:15 Book Club Classic 12:00 Lunch 12:30 Bridge 1:00 Computer Forum	8:00 Breakfast 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 Lunch 12:30 Bingo/Pinochle/Crafts <b>1:00 MOVIE DAY</b>
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 Villanova Nursing Students 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 <b>12:45 RED LION: EMERGENCY PREPAREDNESS</b>	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 12:00 Lunch 12:45 Knitting 12:45 French	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club <b>10:00 VILLANOVA NURSING STUDENTS: SKIN CHECKS</b> 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:30 Book Club 12:45 Pinochle 12:00 Lunch 12:30 Bingo	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	8:00 Breakfast 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 Lunch 12:30 Bingo/Pinochle/Crafts <b>12:45 EXPLORE YOUR HEART'S TOOLBOX</b>
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 Villanova Nursing Students 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	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 12:00 Lunch 12:45 Knitting 12:45 French	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:30 Book Club 12:45 Pinochle 12:30 Bingo 12:00 Lunch	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	<b>Movie Day</b> <b>Friday June 17th</b> 

# MENU – JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BAKED SWISS STEAK W/ MUSHROOM GRAVY O'BRIEN POTATOES BUTTER BEANS WHOLE WHEAT BREAD MIXED FRUIT SALAD	2 PENNE PASTA W/ MEATBALLS PASTA & MARINARA TOSS SALAD WARM CINNAMON APPLE	3 ROAST TURKEY W/ GRAVY HOMEMADE STUFFING VEGETABLES MEDLEY WHOLE WHEAT BREAD SEASONAL FRUIT
6 MOCK BBQ SPARE RIBS SEASONED NEW POTATOES GLAZED CARROTS SANDWICH ROLL PINEAPPLE TIDBITS	7 BAKED SALISBURY STEAK BAKED POTATO W/ SOUR CREAM SWEET PEAS & CARROTS WHOLE WHEAT BREAD SEASONAL FRUIT	8 BAKED BEEF & CHEESE LASAGNA TOSS SALAD FRUIT JUICE GARLIC BREAD STICK APPLESAUCE	9 TUNA SALAD SANDWICH CHEESY BROCCOLI SOUP WHOLE WHEAT BREAD MANDARIN SALAD	10 ROAST PORK W/ GRAVY WHIPPED POTATOES SAUERKRAUT RYE BREAD APPLESAUCE
13 BAKED ONION STEAK RICE PILAF BRUSSEL SPROUTS WHOLE WHEAT BREAD SEASONAL FRUIT	14 CHICKEN CAESAR SALAD HOMEMADE VEGETABLE SOUP FRUIT JUICE WHOLE WHEAT BREAD DICED PEARS	15 BIRTHDAY LUNCH CHEESEBURGER POTATO SALAD BEAN SALAD SANDWICH ROLL ***BIRTHDAY CAKE***	16 BAKED CHICKEN BREAST W/ GRAVY RANCH NOODLES GREEN BEANS TROPICAL FRUIT SALAD	17 POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES PINEAPPLE TIDBITS & MANDARIN ORANGES
20 BAKED HAM SLICE W/ CLOVES SCALLOPED POTATOES BROCCOLI W/ RED PEPPERS TAPIOCA PUDDING	21 BAKED ITALIAN MEATLOAF GARLIC WHIPPED POTATOES YELLOW BEANS FRUIT CRISP	22 CHICKEN & BISCUIT PEPPER SLAW BABY CARROTS SLICED PEACHES	23 CHILI CON CARNE TOSSED SALAD CORN BREAD SQUARE APPLESAUCE	24 OPEN FACED HOT ROAST BEEF REDSKIN POTATOES ITALIAN VEGETABLE MEDLEY SEASONAL FRUIT
27 ROAST TURKEY W/ GRAVY HOMEMADE STUFFING COUNTRY VEGETABLE BLEND SEASONAL FRUIT	28 BAKED SWISS STEAK W/ MUSHROOM GRAVY HOME FRIES POTATOES W/ PEPPERS AND ONIONS BRAISED CABBAGE FRUIT SALAD	29 BAKED PIZZA CASSEROLE TOSS SALAD GARLIC STICK BREAD SEASONAL MELON	30 HOT DOG POTATO SALAD BEAN SALAD SEASONAL MELON	<div> <b>PLEASE REMEMBER TO SIGN UP FOR LUNCH 3 DAYS IN ADVANCE</b> </div>

**WE WILL CELEBRATE OUR JUNE BIRTHDAY PARTY ON WEDNESDAY, JUNE 17, 2016**  
**CHRISTINE'S CONSIGNMENT BOUTIQUE WILL BE HOSTING THE WCASC FASHION SHOW**  
**FOLLOWING THE BIRTHDAY PARTY!**

**1-June**

Siney Johnson  
Hildegard Weiser

**2-June**

Mary Kay O'Rourke

**3-June**

Elizabeth Mitchell  
Joyce O'Brien

**4-June**

Dawn Flewellen  
Robin Lloyd

**5-June**

Erwin Zeller  
Anthony Bullotta  
Carol Money  
Alan Thomas

**6-June**

Emily Beck  
Bruce Thomas  
Peter Hebble

**7-June**

Dennis Arias  
Stanley Petersen  
Dean Rasmussen

**8-June**

John Logue

**9-June**

Stella John  
Dom Deorio

**10-June**

Rita Giacinto  
Patricia Damiri  
Tracy Melia

**11-June**

Clair Brooks

**12-June**

C. Broadbelt  
Diane Donato  
Frances Dawson  
Charles Popelak

**13-June**

Antoinette Schorn

**14-June**

Nancy Lavin  
John Rickenbach  
Barbara Pennington  
Elizabeth Gincley

**15-June**

Robert Mccarter

**16-June**

Kusum A. Misser

**17-June**

Donald Lundberg  
Don Kirkpatrick  
Joseph Resko  
Harry Chen  
William Whelan

**18-June**

A. Caroline Dow  
Michael Benesta

**19-June**

Marge Gotshall  
Geoffrey Ruth  
Karen Williams  
Janey Lucine  
Jan Karney

**20-June**

Neil Bell  
Joan Godlewski

**21-June**

Alice Casner  
Kay Ricker  
Anna Mary Burnett

**22-June**

Eugene Gomolka  
Adele Donahue

**23-June**

Leon Parson  
Dawn Bailey

**24-June**

Kurt Fehrle  
Theresa Fehrle  
John Keslick  
Catherine Stauffer

**25-June**

Sylvia Hartman

**26-June**

Norma Morgan  
Bernita Saar  
Peggy Pillard

**27-June**

Gertrude Kelly

**28-June**

Margaret Gale  
Ann Messina

**29-June**

Marion Gleason  
Carol Ann Thomas  
Ruth Chambers  
Anita Faust

**30-June**

William Johnston  
William Evans  
John Crisanti



## **PROGRAMS & ACTIVITIES OFFERED** **AT THE WEST CHESTER AREA SENIOR CENTER**

### **Art Appreciation**

Art Appreciation will be postponed effective May 2016. Sessions will resume September 8, 2016

### **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 2<sup>nd</sup> and 4<sup>th</sup> Thursdays at 9:30AM

**Bible Study will be postponed till after summer**

### **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 3<sup>rd</sup> Thursday of every month at 11:15AM.

### **Book Club Regular -**

The book club meets on the 4<sup>th</sup> 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 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 meets on the 1<sup>st</sup> 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 will be postponed effective May 2016. Sessions will resume September 15, 2016

### **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](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**

Brad Abel  
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

William McGrath  
Tom Moretti  
Peter Morris  
Rich Murray  
Mary Kay O'Rourke- *President*

Stephanie Phillips  
Ann Richardson  
Arthur Sagnor, III. Esq.  
Gretchen Sohn  
Troy Vogt- *Past President*

### **2015-2016 ADVISORY COUNCIL**

J. Craig Fenimore  
Jack Dalton  
David G. Dorsett  
Don Evons

Dallas Matthews  
Dolores Hagerstrom  
J. Carol Hanson  
Boyd Mackleer

Betty Strode  
Richard Merion  
Madge Miller  
Joseph R. Polito, Jr.

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.*

