



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

OCTOBER HIGHLIGHTS

- ❖ Wednesday October 5th @ 12:45PM
Bryn Mawr Health: Autism Awareness
- ❖ Monday October 10th @ 1PM
Garden Club
- ❖ Tuesday October 11th @ 12:45PM
Game Day
- ❖ Wednesday October 12th @ 12:45PM
Interim: Understanding Drug Interactions
- ❖ Thursday October 13th @ 1PM
Memorial Service
- ❖ Friday October 14th @ 12:00PM
90+ Birthday Celebration
- ❖ Friday October 14th @ 12:45PM
DellaVecchia
- ❖ Wednesday October 19th @ 12-2PM
Birthday Lunch & Talent Show
- ❖ Friday October 21st @ 12:45PM
Tri-County: Best Treatment for Arthritic Pain
- ❖ Monday October 24th @ 12:45PM
ShopRite
- ❖ Wednesday October 26th @ 12:45PM
Divine Services

TALENT SHOW

Wednesday, October 19th After
October's Birthday Lunch at 12:45PM

October 2016 Newsletter

Do You Like to Sing?

THE WC SENIOR CENTER CHORUS **WANTS YOU!**
THE CHORUS REHEARSES ON THURSDAYS FROM 1PM TO 2PM AND IS IN NEED OF MORE VOICES.
FOR MORE INFO, CONTACT JIM MOBILE @ 610-431-4242
OR COME TO A REHEARSAL

HARVEST TIME IS APPROACHING! COME FIND A GOOD BOOK AT SECOND READING II BOOK STORE!

Every Friday and Saturday we have Bag Sales for \$15.00.
Every Wednesday is \$1.00 day, specials change monthly. Donation accepted
Tuesdays & Thursdays.
929 S High Street, Parkway Shopping Center

Laundromat Library League Info Session With The West Chester Area Senior Center 2nd Reading II Book Store

Tuesday, November 15th @ 12:45PM

Learn more about what these two great groups do!!!



MEMORIAL SERVICE THURSDAY, OCT. 13 1PM

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



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	IQstudios@aol.com	Technology & Volunteer Coordinator
Mary Jo Freeman	kitchen@wcseniors.org	Breakfast Supervisor
Maureen Morgan	maureenm@wcseniors.org	Information & Assistance Coordinator

INSTRUCTORS

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

HEARING CLINICS

- Mr. Michael Piscotty, Audiologist is available on Monday October 10th & 24th. 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 Wednesday October 5th & 19th from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.

SENIOR BENEFITS AND RESOURCES

Senior Food Box Program- Stay tuned for more details about the changes to the Senior Food Box Program

Tyler Arkatin Constituent Outreach- Rep. for State Sen. Andrew Dinniman 2nd Wednesday of every month 11-12:30

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 Pennsylvania's Property Tax and Rent Rebate (PTRR) Program has been extended from June 30 to December 31, 2016.

The deadline to apply for Pennsylvania's Property Tax and Rent Rebate (PTRR) Program has been extended from June 30 to December 31, 2016.
The PA department of Revenue will start to mail or deposit rebates on July 1, 2016.

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. Distribution times are Tuesday, Wednesday & Thursday 9:00 AM -2:00 PM Monday and Friday 10:00 AM -12:00PM.

***** Proof of Income must be presented*****

1 person	\$21,978
2 people	\$29,637
3 people	\$37,296

The Chester County Department of Aging and APPRISE health insurance counselors will provide free, confidential assistance to those on Medicare during the **Annual Open Enrollment Period, October 15, 2016 to December 7, 2016.**

If you are already on Medicare, you can join, switch or disenroll from a Part D Prescription Drug Plan, a Medicare Advantage Plan, or switch to Original Medicare with or without a Medicare Part D Plan during Open Enrollment.

Stop by the WCASC or leave a message for Maureen Morgan at (610) 431 4242 to schedule an individual counseling appointment for the following **Annual Open Enrollment Period dates:**

Thurs Oct 27 th	Thurs Nov 10 th
Tues Nov 22 nd	Thurs Dec 1 st

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



GRAND FRIENDS

MONDAY, OCT 3RD APPLES: TRY VARIETIES COLD AND WARMED
THURSDAY, OCT 6TH GRANDMA MOSES: CREATE OWN PRIMITIVE ART
MONDAY, OCT 17TH FALL: LEAVES, ACORNS, GROUP COLLAGE OF COLLECTION
THURSDAY, OCT 20TH READING
MONDAY, OCT 24TH SHOP RITE PROGRAM
THURSDAY, OCT 27 MASKS
MONDAY, OCT 31ST ORIENTEERING/USING COMPASS



33RD ANNUAL FREE THANKSGIVING DAY CELEBRATION

Thursday, November 24, 2016



12:00 Noon to 3:00 PM
 West Chester Area Senior Center
 530 E. Union St., West Chester, PA



Join us for the FREE Festival of Thanksgiving.

This 3 hour event includes a program, punch, munchies and a home cooked Thanksgiving Feast with a homemade dessert buffet. All food is donated and is cooked and served home style by Community Volunteers.

For more information on how to volunteer call Rebecca Monday-Thursday from 5-9PM @ 610-430-7608

For reservations call 610-431-4242

SENATOR ANDY DINNIMAN'S OFFICE

90+ BIRTHDAY LUNCH

FRIDAY OCTOBER 14, 12:00 NOON

JOIN US FOR THE WCASC AS WE CELEBRATE OUR MEMBERS WHO ARE 90+ YEARS YOUNG!




SUE BARBER
 ELWOOD (AKA BARNEY) BARNES
 EMILY BECK
 LOUISE BENOTTI
 HELEN BIRD
 JOZEF BOBIK
 VERNON BREWER
 JEAN BROWN
 FRANK CANTATORE
 ELIZABETH CARR
 FRED A CARTER
 ROSE CASSIDY
 ROGER CLARK
 PHYLLIS COBB
 ADELE COOKE
 EDNA CRAMER
 JOHN CRISANTI
 MARIE DAVIS
 RITA DESIMONE
 ELEANOR DEW
 IGINA DILALLO

JEAN DINE
 FRANCIS DISANTI
 JESSIE ENGAN
 JACK FABE
 DOLORES (DOLLY) FECONDA
 GLADYS FELICE
 CAROLYN FENDT
 GEORGE FIEO
 BERNICE FULMER
 ORNELLA GASPARI
 PEGGY GENTILE
 RITA GIACINTO
 VIRGINIA GILLESPIE
 MARION GLEASON
 EUGENE GOMOLKA
 GISELA GUENST
 JOE HEID
 MARGARET HENRIQUES
 JEANNE HILLENBRAND
 VIRGINIA HINES
 PETER IANNOTTA
 FLORENCE JACKSON
 RAYMOND JACKSON

JESSIE JACOT
 KATHLEEN JARRELL
 STELLA JOHN
 ALFREDA JOHNSON
 PAULINE JOHNSON
 WILLIAM JONES
 ANN KNOPF
 VIRGINIA LAMOND
 RAYMOND LECHENTRE
 KATHRYN LENAHA
 THELMA MANDELBERG
 MARGARET MARION
 PHYLLIS MCGINNIS
 ROSARIO MESSINA
 DOROTHY MILHOUS
 MADGE MILLER
 CATHERINE MORLEY
 WALTER MUNSON
 CONRAD MURPHY
 RUTH MYERS
 ANNE O'BRIEN
 GRACE OVELMAN
 STANLEY PETERSEN

BETTYE PHILLIPS-CARR
 JOSEPH RESKO
 WILSON REYNOLDS
 HELEN RHODES
 JOHN RICKENBACH
 IRENE RICKERT
 RUSSELL RICKERT
 FRANK ROBINSON
 LILLIAN ROOT
 RICHARD RUF
 JULIA RYAN
 CHESTER SALISBURY
 DAVID SCHILLER
 CELESTE SELIN
 RUTH SNYDER
 MENTINA SPAZIANI
 KATHRYN STEWART
 MURIEL STORRS
 VIRGINIA THOMPSON
 MARIAN WALKER
 MARTHA WEBER
 WILLIAM WHELAN

PROGRAMS -OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00 Breakfast 3</p> <p>9:00 Pinochle</p> <p>9:30 Silver Sneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 Lunch 12:30 Bridge</p> <p>12:45 Rhythm of Life</p> <p>1:00 Grand Friends</p>	<p>8:00 Breakfast 4</p> <p>9:30 Low Impact Aerobics</p> <p>10:00 Nurse</p> <p>10:15 Spanish Class</p> <p>10:30 Current Events/Computer Q&A</p> <p>10:30 Healthy Steps in Motion</p> <p>11:30 Yoga 12:00 Lunch</p> <p>12:45 Knitting</p> <p>12:45 French</p>	<p>8:00 Breakfast 5</p> <p>9:00 Pinochle 9:30 Blood Pressure</p> <p>9:30 Silver Sneakers Cardio Circuit</p> <p>10:00 Nurse</p> <p>10:00 German Club</p> <p>10:30 Arthritis Exercise Class</p> <p>10:30 DELAWARE THEATRE</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 Lunch 12:30 Bingo</p> <p>12:45 Pinochle</p> <p>12:45 AUTISM AWARENESS</p>	<p>8:00 Breakfast 6</p> <p>9:30 Low Impact Aerobics</p> <p>10:00 Art Club</p> <p>10:00 Tablet & Cells Phone</p> <p>10:30 Healthy Steps in Motion</p> <p>11:15 Tai Chi</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:00 Chorus</p> <p>1:00 Grand Friends</p>	<p>8:00 Breakfast 9:00 Pinochle 7</p> <p>9:30 Brain Aerobics</p> <p>9:30 Meditation & Breathing</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo 12:00 Lunch</p> <p>12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 10</p> <p>9:00 Pinochle</p> <p>9:30 Silver Sneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 Lunch 12:30 Bridge</p> <p>12:45 Rhythm of Life</p> <p>1:00 Grand Friends</p> <p>1:00 GARDEN CLUB</p>	<p>8:00 Breakfast 11</p> <p>9:30 Low Impact Aerobics</p> <p>10:00 Nurse</p> <p>10:15 Spanish Class</p> <p>10:30 Current Events/Computer Q&A</p> <p>10:30 Healthy Steps in Motion</p> <p>11:15 Planning Council 11:30 Yoga</p> <p>12:00 Lunch</p> <p>12:45 Knitting 12:45 French</p> <p>12:45 GAME DAY</p>	<p>8:00 Breakfast 12</p> <p>9:00 Pinochle 9:30 Blood Pressure</p> <p>9:30 Silver Sneakers Cardio Circuit</p> <p>10:00 Nurse</p> <p>10:00 German Club</p> <p>10:30 Arthritis Exercise Class</p> <p>10:30 DELAWARE THEATRE</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 Lunch 12:30 Bingo 12:45 Pinochle</p> <p>12:45 INTERIM: UNDERSTANDING DRUG INTERACTIONS</p>	<p>8:00 Breakfast 13</p> <p>9:30 Low Impact Aerobics</p> <p>9:30 Bible Study 10:00 Art Club</p> <p>10:00 Art Appreciation</p> <p>10:30 Healthy Steps in Motion</p> <p>11:15 Tai Chi 12:00 Lunch</p> <p>12:30 Bridge 1:00 Grand Friends</p> <p>1:00 Chorus</p> <p>***MEMORIAL SERVICE*** 1PM</p>	<p>8:00 Breakfast 9:00 Pinochle 14</p> <p>9:30 Brain Aerobics</p> <p>9:30 Meditation & Breathing</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo</p> <p>12:00 90+ BIRTHDAY CELEBRATION</p> <p>12:30 Bingo/Pinochle/Crafts</p> <p>12:45 DELLAVECCHIA</p>
<p>8:00 Breakfast 17</p> <p>9:00 Pinochle</p> <p>9:30 Silver Sneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 Lunch 12:30 Bridge</p> <p>12:45 Rhythm of Life</p> <p>1:00 Grand Friends</p>	<p>8:00 Breakfast 18</p> <p>9:30 Low Impact Aerobics</p> <p>10:00 Nurse</p> <p>10:15 Spanish Class</p> <p>10:30 Current Events/Computer Q&A</p> <p>10:30 Healthy Steps in Motion</p> <p>11:30 Yoga</p> <p>12:00 Lunch</p> <p>12:45 Knitting</p> <p>12:45 French</p>	<p>8:00 Breakfast 9:00 Pinochle 19</p> <p>9:30 Blood Pressure</p> <p>9:30 Silver Sneakers Cardio Circuit</p> <p>10:00 Nurse</p> <p>10:00 German Club</p> <p>10:30 DELAWARE THEATRE</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 BIRTHDAY LUNCH</p> <p>12:30 Bingo 12:45 Pinochle</p> <p>***TALENT SHOW*** 12:45PM</p>	<p>8:00 Breakfast 20</p> <p>9:30 Low Impact Aerobics</p> <p>10:00 Art Club 10:00 Photo Club</p> <p>10:30 Healthy Steps in Motion</p> <p>11:15 Tai Chi 11:15 Book Club Classic</p> <p>11:15 Book Club Classic</p> <p>12:00 Lunch 12:30 Bridge</p> <p>1:00 Grand Friends</p> <p>1:00 Computer Forum</p> <p>1:00 Chorus</p>	<p>8:00 Breakfast 21</p> <p>9:00 Pinochle</p> <p>9:30 Brain Aerobics</p> <p>9:30 Meditation & Breathing</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo</p> <p>12:00 Lunch</p> <p>12:30 Bingo/Pinochle/Crafts</p> <p>12:45 TRI COUNTY: TREATMENT FOR ARTHRITIC PAIN</p>
<p>8:00 Breakfast 9:00 Pinochle 24</p> <p>9:30 Silver Sneakers Cardio</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>12:30 Bingo/Rhythm of Life</p> <p>12:45 SHOPRITE</p> <p>1:00 Grand Friends</p>	<p>8:00 Breakfast 25</p> <p>9:30 Low Impact Aerobics</p> <p>10:00 Nurse</p> <p>10:15 Spanish Class</p> <p>10:30 Current Events/Computer Q&A</p> <p>10:30 Healthy Steps in Motion</p> <p>11:30 Yoga</p> <p>12:00 Lunch</p> <p>12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 26</p> <p>9:00 Pinochle 9:30 Blood Pressure</p> <p>9:30 Silver Sneakers Cardio Circuit</p> <p>10:00 Nurse</p> <p>10:00 German 10:30 Arthritis Exercise</p> <p>10:30 DELAWARE THEATRE</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:45 Pinochle 12:30 Bingo</p> <p>12:30 Book Club</p> <p>12:45 DIVINE SERVICES</p> <p>1:15 Parkinson's Support Group</p>	<p>8:00 Breakfast 27</p> <p>9:30 Low Impact Aerobics</p> <p>10:00 Art Club</p> <p>10:30 Healthy Steps in Motion</p> <p>11:15 Tai Chi 12:00 Lunch</p> <p>12:30 Bridge 1:00 Grand Friends</p> <p>1:00 Computer Forum</p> <p>1:00 Chorus</p>	<p>8:00 Breakfast 28</p> <p>9:00 Pinochle</p> <p>9:30 Brain Aerobics</p> <p>9:30 Meditation & Breathing</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Silver Sneakers Classic</p> <p>11:15 Bingo 12:00 Lunch</p> <p>12:30 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 9:00 Pinochle 31</p> <p>9:30 Silver Sneakers Cardio Circuit</p> <p>10:00 FEED YOUR BRAIN</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 Bingo/Silver Sneakers Classic</p> <p>12:00 Lunch 12:30 Bridge 12:30 Bingo</p> <p>12:30 Rhythm of Life</p> <p>1:00 Grand Friends</p>	<p>Book Club Classic</p> <p>Maggie, a Girl of the Streets</p> <p>By Stephen Crane</p>	<p>Book Club</p> <p>The Aviator's Wife</p> <p>By Melanie Benjamin</p>		

MENU – OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 PEPPER STEAK W/ PEPPERS ONIONS & GRAVY 1 PARSLEY POTATOES BABY CARROTS APPLESAUCE	4 BREADED CHICKEN FILLET SANDWICH HOMEMADE VEGETABLE SOUP PINEAPPLE & ORANGES	5 OVEN ROASTED HOT BEEF W/ GRAVY BAKED POTATO SWEET & SOUR COLESLAW GELATIN W/ TOPPING	6 POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES FRESH SEASONAL FRUIT	7 HOT DOG WHIPPED POTATOES SAUERKRAUT HOT DOG BUN CHOCOLATE BROWNIE
10 PORK LOIN W/ GRAVY SCALLOPED POTATOES SWEET PEAS & ONIONS DINNER ROLL FRESH SEASONAL FRUIT	11 ITALIAN MEATBALL HOAGIE W/ SAUCE & CHEESE SEASONED NEW POTATOES MIXED BEAN MEDLEY TAPIOCA PUDDING	12 STUFFED PEPPER CASSEROLE W/ TOMATO SAUCE WHIPPED POTATOES YELLOW BEANS WHOLE WHEAT BREAD DICED PEARS	13 CHEF SALAD (HAM, TURKEY, EGG & CHEESES) MIXED GREENS PICKLED NOODLE SOUP PEACHES	14 CREAMY PARMESAN GARLIC CHICKEN W/ CREAM SAUCE PENNE PASTA ITALIAN VEGETABLE MEDLEY CINNAMON APPLESAUCE
17 BAKED HAM SLICE W/ SAUCE ORANGE KISSED MASHED SWEET POTATOES BRUSSEL SPROUTS VANILLA ICE CREAM	18 BBQ CHICKEN BREAST SEASONED REDSKIN POTATOES COUNTRY VEGETABLE BLEND SUGAR COOKIE	19 BIRTHDAY LUNCH ROAST TURKEY & GRAVY HOMEMADE STUFFING BABY CARROTS WARM CINNAMON APPLESAUCE "BIRTHDAY CAKE"	20 TURKEY & SWISS SANDWICH CHEESY BROCCOLI SOUP FRESH SEASONAL FRUIT	21 BREADED LEMON PEPPER POLLOCK BAKED POTATO W/ SOUR CREAM GARDEN SALAD SLICED PEACHES W/ OATMEAL TOPPING
24 MEATLOAF W/ GRAVY WHIPPED POTATOES ITALIAN BEANS WHOLE WHEAT BREAD BANANA PUDDING FLUFF	25 BAKED VEGETABLE LASAGNA MIXED GREENS SLICED APPLES W/ OATMEAL TOPPING	26 BBQ PULLED PORK SANDWICH SOUTHWEST RICE & BLACK BEANS FRESH COLESLAW FRESH SEASONAL FRUIT	27 GRILLED CHICKEN CAESAR SALAD MIXED GREENS NAVY BEAN SOUP PEARS	28 HAM & SCALLOPED POTATO CASSEROLE BRAISED CABBAGE GREEN BEANS STRAWBERRY ICE CREAM
31 ROAST TURKEY & GRAVY HOMEMADE STUFFING BABY CARROTS WARM CINNAMON APPLESAUCE	<div> Please remember to sign up for your lunch <u>3 days in advance!</u> </div>			

OCTOBER BIRTHDAY PARTY ~WEDNESDAY, OCTOBER 19, 2016

THE WCASC ANNUAL TALENT SHOW WILL BE HAPPENING AFTER LUNCH!



1-October

Kathryn Anderson
Troy Willis
Asa Mccollum

2-October

Judith Heringslake
Merlace Hubickey
Ed Edleman

3-October

Stan Johnson

4-October

Eileen Cornell
Doris Loftus

5-October

Joan Barraclough
Betty Middleton

7-October

Daniel Berliner

8-October

Lydu Trudeau
Bernard Klaverkamp

9-October

Beatrice Rucker
William Cosgrove
Joan O'Connor

10-October

Glenn Smith
Dorothy Milhous
Maureen Mason

11-October

Eleanor Wengiel
Catherine Dougherty
Igina Dilallo

12-October

Virginia Lamond
Martha Coyle
Nancy Magee

13-October

Hisako Jennings
Dorcas Weist

14-October

Kenneth Emerson
Arthur Diarcangelo

15-October

Constance Mouser

16-October

Sue Barber

17-October

William Jones
Dan Karney
Scott Bond
Claudina Durante

18-October

Thomas Rodgers
Dorothy Brewer

19-October

Joan Lappin
Emma Holtsberry

20-October

Mary Clementi

21-October

Jack Fabe
Dana Hawa

22-October

Robert Stevenson

23-October

Carol Guiseppe
Ronald Holtsberry
Susan Griffith
Sandra Vondeling

24-October

Lorraine Hamel
Joan Pennell

25-October

Peter Cavaliere
George Fieo
Richard Scully

26-October

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

27-October

Norman Ricker
Marie Stull
Herbert Jahnle

28-October

Victoria Smith

29-October

Pauline Johnson
Thom Clapper
Adele Gervasoni
Florence Jackson

30-October

Esther Rech

31-October

Catherine Smith
Joyce Nolan
Jennifer Seaver



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

Art Appreciation

Art Appreciation meets the second Tuesday of the 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 -

Computer Q & A is 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 @ 12:45 PM with Cynthia Teer.

German Club -

The German club meets on Wednesdays at 10 AM.

Garden Club

Hardy Perennials -

The garden club lead by the Penn State Extension Master Gardeners meets 2nd Monday monthly at 1 PM 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 the first Thursday of the month at 10 AM

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 the month @ 10AM

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 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.

