



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

FEBRUARY HIGHLIGHTS

- ❖ **Monday February 6th @ 1:00PM**
Grand Friends-Home and Street Safety
- ❖ **Tuesday February 7th @ 10AM**
Immaculata Nutrition Presentation
- ❖ **Wednesday February 8th @ 12:45PM**
Phoenix P.T : Knees
- ❖ **Friday February 10th @ 12:45PM**
Desert Social w/ The Grateful Alive
- ❖ **Monday February 13th @ 1:00PM**
Grand Friends: RiteAid Making Your Heart Healthy
- ❖ **Tuesday February 14th @ 10AM**
Immaculata Nutrition Presentation
- ❖ **Wednesday February 15th @ 12PM**
BIRTHDAY LUNCH
- ❖ **Friday February 17th @ 12:45PM**
Are You Prepared for End of Life Choices: Clarifi
- ❖ **Monday February 20th @ 12:45PM**
ShopRite: Healthy Heart
- ❖ **Tuesday February 21st @ 10AM**
Immaculata Nutrition Presentation



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.** CLOSURE INFORMATION CAN BE FOUND ON THE WEST CHESTER AREA SCHOOL DISTRICT'S WEBSITE AS WELL AS ALL OF THEIR SOCIAL MEDIA PLATFORMS. YOU CAN ALSO TUNE INTO ANY OF THE MAJOR LOCAL NEWS NETWORKS FOR CLOSURE INFORMATION.

February 2017 Newsletter

AARP Income Tax Assistance

AARP Tax Counselors will be at the Center offering tax assistance to seniors from Monday, February 6 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:

- Social Security Cards will be required for Everyone on the Tax Return
- Photo or other Gov't authorized ID is required for the Primary Taxpayer
- Prior Year's (2015) Federal and State Tax Returns are required (even if AARP prepared it)
- 2016 Social Security Earnings Statement (SSA-1099)
- W2 wages (if any) and W2G Gambling Income (PA Lottery is NOW taxable)
- 1099-R Retirement/ Pension Income
- 1099-Int Interest earned from bank accounts
- 1099-B and 1099-Div Investment and Official 2016 Brokerage Reports
- 1099-Misc Earnings from Contract or Self Employment
- Any other income received in 2016 and Total of Items for Deductions
- Record of Estimated tax payments paid throughout the year (if any)
- If you had Health Coverage Other than Medicare, your 1095 Proof of Health Coverage for 2016 is required

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
Ellen Donohoe	ellend@wcseniors.org	Development Director

INSTRUCTORS

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

HEARING CLINICS

- Mr. Michael Piscotty, Audiologist is available on Monday February 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 Wednesday February 1st & 15th from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.

SENIOR BENEFITS AND RESOURCES

Senior Food Box Program- Beginning January 1, 2017 qualified seniors 60 years or older may register for the Chester County Food Bank Senior Food Box Program at the West Chester Area Senior Center.

Qualifications include the following:

1. You must be 60 years or older
2. Must be a resident of Chester County
3. You must have a total household income of the following or less:

Family Size	Annual Income	Monthly Income	Weekly Income
1	\$17,800	\$1,485	\$343
2	\$24,030	\$2003	\$462

Please bring Photo proof of identity (PA. I.D, Driver's license, V.A. I.D. etc.) Proof of residency.

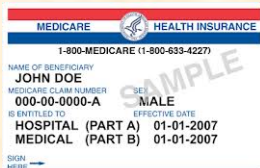
If you are already in the program, you do not need to sign up at this time.

All new applicants will start receiving the Senior Food Box
February 10, 2017

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.

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



POETRY WORKSHOP

CALLING ALL POETS OR ANYONE INTERESTED IN LEARNING HOW TO WRITE POETRY

JOIN

JENNIFER MELEK OZGUR

FOR TWO POETRY SESSIONS

SESSION 1 FEBRUARY 8TH @ 10AM:

What is poetry? What are the elements? The different forms? How can I learn how to write poetry by reading poetry examples?

SESSION 2 FEBRUARY 15TH @ 10AM:

How to write an "Identity Poem" that is autobiographical and in free verse

NEW SENIOR FOOD BOX PROGRAM

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Proof of residency

If you are already in the program, you do not need to sign up at this time.

All new applicants will start receiving the Senior Food Box
February 10, 2017, and the second Friday of the month thereafter.

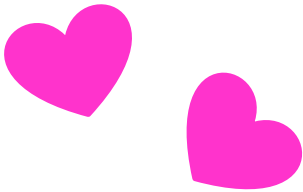
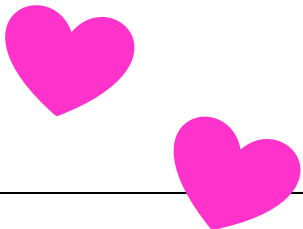




Income is self-declared

PROGRAMS –FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:00 Breakfast 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 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Tablet & Cells Phone 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 1:00 Grand Friends	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 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Rhythm of Life 1:00 Grand Friends	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:00 IMMACULATA PRESENTATION 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 12:45 Latin Dance	8:00 Breakfast 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 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 PHOENIX P.T.; KNEES 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club 10:00 Art Appreciation 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Chorus	8:00 Breakfast 9:00 Pinochle 9:00 Food Box 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 12:45 DESSERT SOCIAL
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Rhythm of Life 12:45 GARDEN CLUB 1:00 RITEAID GRAND FRIENDS	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:00 IMMACULATA PRESENTATION 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 12:45 Latin Dance	8:00 Breakfast 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	8:00 Breakfast 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 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Computer Forum 1:00 Chorus	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 12:45 CLARIFI: ARE YOU PREPARED; END OF LIFE CHOICES
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo/Rhythm of Life 12:45 SHOPRITE: HEART HEALTHY 1:00 Grand Friends	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:00 IMMACULATA PRESENTATION 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 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 Book Club Regular 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Chorus	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
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MENU – FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ PULLED PORK SANDWICH SOUTHWEST RICE & BLACK BEANS FRESH COLESLAW CORN DROP BISCUIT FRESH SEASONAL FRUIT	2 GRILLED CHICKEN CAESAR SALAD CHICKEN & PARMESAN MIXED GREENS NAVY BEAN DICED PEARS	3 HAM & SCALLOPED POTATO CASSEROLE BRAISED CABBAGE GREEN BEANS STRAWBERRY ICE CREAM
6 ROAST TURKEY & GRAVY HOMEMADE STUFFING BABY CARROTS CINNAMON APPLESAUCE	7 BAKED POLLOCK W/ DILL SAUCE BLENDED RICE HARVARD BEETS MIXED FRUIT SALAD	8 SPAGHETTI W/ MEATBALLS PASTA W/ SAUCE MIXED GREENS	9 OPEN FACE ROAST BEEF SANDWICH W/ GRAVY WHIPPED POTATOES SWEET PEAS & CARROTS SUGAR COOKIE	10 CHEESEBURGER OVEN BROWN POTATOES FRESH COLESLAW FRESH SEASONAL FRUIT
13 SWEET SAUSAGE W/ PEPPERS & ONIONS REDSKIN POTATOES GREEN BEANS CHOCOLATE ICE CREAM	14 BAKED LASAGNA W/ MARINARA SAUCE MIXED CROUTONS WARM APPLESAUCE	15 BIRTHDAY LUNCH CHICKEN ROSA BAKED POTATO W/ SOUR CREAM SWEET PEAS W/ ONIONS STRAWBERRY FLUFF	16 SLOPPY JOE SANDWICH BAKED POTATO SOUP W/ CRACKERS PINEAPPLE TIDBITS	17 SHEPHERD'S PIE W/ GRAVY PEAS & CARROTS FRESH COLESLAW LIME FROSTED SLICED PEARS
20 BAKED SWISS STEAK W/ MUSHROOM GRAVY CREAMED POTATOES WINTER VEGETABLE BUTTERSCOTCH PUDDING	21 BAKED TURKEY POT PIE W/ POTATOES & VEGETABLES FRESH COLESLAW BUTTERMILK BISCUIT MIXED FRUIT SALAD	22 STUFFED STEAK BRICOLE W/ GRAVY WHIPPED POTATOES SLICED CARROTS CHERRY GELATIN	23 BREAKFAST FOR LUNCH EGG OMELET W/ CHEESE BREAKFAST SAUSAGE BREAKFAST POTATOES FRESH NAVEL ORANGE	24 BREADED FISH SANDWICH W/ CHEESE CHEESY BACON & CHIVE POTATOES GREEN BEANS PINEAPPLE & ORANGES
27 CHICKEN MARSALA W/ MUSHROOMS BLENDED RICE PEAS FRUIT COCKTAIL	28 BEEF STEW W/ POTATOES & VEGETABLES MIXED GREENS BISCUIT WARM APPLESAUCE			

FEBRUARY BIRTHDAY PARTY ~WEDNESDAY, FEBRUARY 15, 2017

MANY THANKS TO FREEDOM VILLAGE AT BRANDYWINE FOR SPONSORING FEBRUARY'S BIRTHDAY LUNCH!

1-February

Joseph Pino
Robert O'Connor
Chester Salisbury

2-February

Tom Chambers
Marie Demarco
Charles Keslick
Helene Dettaas
Wilson Reynolds

3-February

Betsy Beaugard

4-February

Robert Garrett
Gwendolyn Crump
Dolores Bradley
Peter Kyper

5-February

Lillian Seaton
Arthur Dougherty
Shirley Johnson
Linda Stendebach
Gil Brittingham

6-February

Thomas Morton
William O'Hara
Russell Rickert
Donald Evons
Betsi Hyatt

7-February

Barbara Finegan
James Anderson

8-February

James Johnson
Jane Joyce
Charles Huss
Bonnie Witthoft

9-February

Joseph Hamel

10-February

Robert Clark
Beverly Reese
Charlotte Kruesi

11-February

Grace Kinkade
14-Feb
Gail Tanzola-Seymour
Annette Glaudel
Dick Hammett
Joanna Maggs

15-February

Virginia Lorgus
Marianne Griffith
Gisela Guent

16-February

Virginia Thompson
Jackie Jackson

17-February

Georgeann Cullen
Paul Congdon
Judy Hinton

18-February

Luigi Launi

19-February

Anita Hall

20-February

Ib Steinmetz
Carol Wildauer
Elizabeth Barlow
Helen Rhodes
Gertie Ellis
Mildred Tate
Inger Wallin

21-February

Raymond Lechentre

22-February

Biff Haley
Stephanie Varis
Joseph Kahn

23-February

Rosario Messina
Rose Pavluk

24-February

Annemarie Cuff
Clinton Weiser
Rick Krug

25-February

Mary Bell
Carole Brittingham

26-February

Carolyn Chapman

27-February

Theresa Camarota
Beverly Kurt
Frank Fields

28-February

Anita Weeks
Mark Adams
Yvette Jarecki

29-February

Gladys Felice



Freedom Village at Brandywine in Coatesville, Pennsylvania, is an elegant senior living community offering distinctive amenities and services designed to exceed your expectations for luxury senior living. Our pet-friendly community features an indoor heated swimming pool and spa, fitness centers and a wellness center.

With our life care program, residents enjoy a dynamic lifestyle with a selection of care options to meet changing needs, including independent living, assistive living, Alzheimer's care, and skilled nursing and rehabilitation.

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

Art Appreciation

Art Appreciation meets the second Thursday 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 12:45 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 Club -

The Italian 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!

Latin Dance-

Latin Dance taught by Barb Dehaven takes place every Tuesday at 12:45

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.

