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

March 2017 Newsletter

- **Wednesday March 1st @ 12:45PM**
  Phoenix PT: Hips & Lower Back
- **Friday March 3rd @ 12:45PM**
  Grand parenting
- **Wednesday March 8th @ 12:45PM**
  Thrivent: Long Term Care
- **Friday March 10th @ 12:30PM**
  RiteAid: Drug Interactions
- **Monday March 13th @ 12:45PM**
  Garden Club
- **Wednesday March 15th @ 12:45PM**
  Compasses Volunteer Presentation
- **Friday March 17th @ 12:45PM**
  Dr. Fort: Dental Presentation
- **Tuesday March 21st @ 12:45PM**
  Health Partner Plans: Asthma
- **Wednesday March 22nd @ 12:45PM**
  Dr. Kistler: Chiropractic Presentation
- **Friday March 24th @ 12:45PM**
  Game Day: Dominoes
- **Wednesday March 29th @ 12:45PM**
  Getting your home ready to sell w/ Keller Williams

**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

**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.

**DRESS IN GREEN DAY**

March 17th
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:

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Annual Income</th>
<th>Monthly Income</th>
<th>Weekly Income</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>$17,800</td>
<td>$1,485</td>
<td>$343</td>
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<tr>
<td>2</td>
<td>$24,030</td>
<td>$2,003</td>
<td>$462</td>
</tr>
</tbody>
</table>

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 the second Friday of the following 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.

2016 Property and Renters Tax Rebate - Deadline for filing is June 30, 2017. Call to make an appointment with Maureen or have Tyler help you on his regularly scheduled visit on the 2nd Wednesday of the month.

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
Thursday, March 2nd - Moving Fish

Monday, March 6th – Deep, Deep, Deeper Coloring Pages

Thursday, March 9th – Crabs

Thursday, March 16th – Reading

Monday, March 20th – Circus Masks

Monday, March 27th – Seed Planting

Thursday, March 31st – Jump Into Art

Calendar Subject to change

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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

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<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Book Club</strong></td>
<td><strong>Book Club Classic</strong></td>
<td><strong>8:00 Breakfast</strong></td>
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<tr>
<td>March 22nd America's First Daughter</td>
<td>March 16th Endless Night Agatha Christie</td>
<td>**9:00 Pinochle 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class</td>
<td>**9:30 Low Impact Aerobics 9:30 Silver Sneakers Cardio Circuit 10:00 German</td>
<td>**9:00 Pinechle 9:30 Blood Pressure 9:30</td>
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<td>Dray &amp; Kamoie</td>
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<td>10:15 Healthy Steps in Motion 10:30 Current Events/Computer Q&amp;A 11:00 Meditation &amp; Breathing 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 12:45 Latin Dance 1:00 AARP</td>
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**Agatha Christie**

*Endless Night*

**Monday**

- **8:00 Breakfast**
- **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**

**Tuesday**

- **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 Grand Friends**

**Wednesday**

- **8:00 Breakfast**
- **9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class**
- **10:15 Healthy Steps in Motion 10:30 Current Events/Computer Q&A 11:00 Meditation & Breathing 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 12:45 Latin Dance 1:00 AARP**

**Thursday**

- **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 12:45 THREVENT-LONG TERM CARE**

**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/Pinochle/Crafts 12:45 RITEAID- DRUG INTERACTIONS**
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<tbody>
<tr>
<td><strong>PLEASE SIGN UP 3 DAYS IN ADVANCE</strong></td>
<td></td>
<td><strong>Baked Crab Cake</strong></td>
<td><strong>Hot Dog</strong></td>
<td><strong>Baked Tuna Patty w/Dill Sauce</strong></td>
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<tr>
<td>Pork Loin w/ Gravy</td>
<td>Italian Meatball Hoagie w/ Sauce &amp; Cheese</td>
<td><strong>Cheesy Noodles</strong></td>
<td>Whipped Potatoes</td>
<td>Wild Rice</td>
</tr>
<tr>
<td>Scalloped Potatoes</td>
<td>Seasoned New Potatoes</td>
<td><strong>Italian Vegetable Medley</strong></td>
<td>Sauerkraut</td>
<td>Sweet Peas</td>
</tr>
<tr>
<td>Sweet Peas &amp; Onions</td>
<td>Mixed Bean Medley</td>
<td>Sliced Peaches</td>
<td>Chocolate Brownie</td>
<td>Fresh Seasonal Peas</td>
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<tr>
<td>Fresh Seasonal Fruit</td>
<td>Pineapple Tidbits</td>
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<tr>
<td><strong>Baked Ham Slice w/ Fruit Sauce</strong></td>
<td>BBQ Chicken Breast</td>
<td><strong>Chef Salad</strong></td>
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<tr>
<td>Pork Loin w/ Gravy</td>
<td>Seasoned Redskin Potatoes</td>
<td><strong>Corned Beef w/Cabbage</strong></td>
<td>Mixed Greens w/ Tomato Noodle Soup Whole</td>
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<tr>
<td>Orange Kissed Mashed Sweet Potatoes</td>
<td>Country Vegetable Blend</td>
<td>Mashed Potatoes</td>
<td>Sliced Peaches</td>
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<tr>
<td>Mashed Brussel Sprouts</td>
<td>Fresh Baked Cookie</td>
<td>Green Beans</td>
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<tr>
<td>Vanilla Ice Cream</td>
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<td>Dinner Roll</td>
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<td>Pistachio Pudding</td>
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<tr>
<td><strong>Meatloaf w/ Gravy</strong></td>
<td>Ham &amp; Scalloped Potato Casserole</td>
<td><strong>Birthday Lunch</strong></td>
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<td><strong>Breaded Lemon Pepper Pollock</strong></td>
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<td>Whipped Potatoes</td>
<td>Braised Cabbage</td>
<td><strong>Corned Beef w/Cabbage</strong></td>
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<td>Parsley Potatoes</td>
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<tr>
<td>Italian Beans</td>
<td>Coin Carrots</td>
<td>Mashed Potatoes</td>
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<td>Garden Salad w/ Tomato Peach Crisp</td>
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<tr>
<td>Banana Pudding Fluff</td>
<td>Strawberry Ice Cream</td>
<td>Green Beans</td>
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<td>Dinner Roll</td>
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<td>Pistachio Pudding</td>
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<tr>
<td><strong>Roast Turkey &amp; Gravy</strong></td>
<td>Penne Pasta w/ Meatballs</td>
<td><strong>BBQ Pulled Pork</strong></td>
<td><strong>Grilled Chicken Caesar Salad</strong></td>
<td><strong>Baked Vegetable Lasagna w/ Parmesan Cream</strong></td>
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<tr>
<td>Homemade Stuffing</td>
<td>Pasta w/ Sauce</td>
<td>Southwest Rice &amp; Black Beans</td>
<td>Mixed Greens w/ Tomato Navy Bean Soup w/</td>
<td>Sauce</td>
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<tr>
<td>Baby Carrots</td>
<td>Mixed Greens</td>
<td>Braised Cabbage</td>
<td>Crackers</td>
<td>Mixed Greens</td>
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<tr>
<td>Applesauce</td>
<td>Sliced Peaches</td>
<td>Coin Carrots</td>
<td>Diced Pears</td>
<td>Sliced Apples</td>
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<td>Strawberry Ice Cream</td>
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<td><strong>Open Face Roast Beef Sandwich</strong></td>
<td>Open Face Roast Beef</td>
<td>Sliced Peaches</td>
<td><strong>Cheeseburger</strong></td>
<td><strong>Baked Pollock w/Dill Sauce</strong></td>
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<tr>
<td>Whipped Potatoes</td>
<td>Sandwich</td>
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<td>Oven Brown Potatoes</td>
<td>Wild Rice</td>
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<td>Mixed Greens</td>
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<td>Sweet Peas &amp; Carrots</td>
<td>Harvard Beets</td>
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<td>Sliced Peaches</td>
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<td><strong>BIRTHDAY LUNCH</strong></td>
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**March Birthday Party - Wednesday, March 15, 2017**

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<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>1-March</td>
<td>Arlene Rengert, Bill Whitehead, Kathleen Szymanski, Terri Enright</td>
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<tr>
<td>2-March</td>
<td>Milan Trnka, Maurice Pennington, Jean Mclaughlin, Maureen Longshore</td>
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<td>3-March</td>
<td>Daniel Moran, Linda Peterson, Kathy McGovern</td>
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<td>4-March</td>
<td>Robert Lohr II, Esq., Ewa Van Campen, Jane Malloy</td>
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<tr>
<td>5-March</td>
<td>Betty Ann Garnett, Judith Brooks, Virginia Curry, Sandra Keith</td>
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<td>6-March</td>
<td>C. Ralph Martin, Helen Jones, Ruth Lynch, Gean Bloss</td>
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<tr>
<td>7-March</td>
<td>Mark Frison, Ellinor Joseph, Victoria White</td>
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<td>8-March</td>
<td>Meta Donohoe, Catherine Mercer, Rosalie McHoul</td>
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<tr>
<td>9-March</td>
<td>David Schiller, Brooks Montgomery, Patricia Harootunian</td>
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<tr>
<td>10-March</td>
<td>John Finley, Dale Tyson, Frances Snyder</td>
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<tr>
<td>11-March</td>
<td>Anthony Dirocco, Mary Dougherty</td>
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<tr>
<td>12-March</td>
<td>Maryjo Bergen, Juan Garcia, Carole Lowry</td>
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<td>13-March</td>
<td>Patricia Kerper</td>
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<td>14-March</td>
<td>Jozev Bobik</td>
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<td>15-March</td>
<td>Elizabeth O'Neill, Gretchen Sohn, Barbara Coffey, Katy Stearns, Ewa Van Campen, Alexander Easler, Arnie Valle, Frank Robinson, Irma Darcas, Frances Lees, Audrey Brady, Sarah Little, Elwood Barnes</td>
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<td>16-March</td>
<td>James Lees, Charles Wright, Eleahn Kahn, Jack Nachamkin, Lydia Worthington, Ruth Myers, Judy Jarrett, Rosalie Zubyk, Eileen Haggerty, Virginia Curry, Patricia Kerper, Madge Miller, Frank Robinson</td>
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<td>25-March</td>
<td>Jozev Bobik</td>
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<tr>
<td>30-March</td>
<td>Meta Donohoe, Catherine Mercer, Rosalie McHoul</td>
</tr>
<tr>
<td>31-March</td>
<td>David Schiller, Brooks Montgomery, Patricia Harootunian</td>
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<td></td>
<td>John Finley, Dale Tyson, Frances Snyder</td>
</tr>
<tr>
<td></td>
<td>Anthony Dirocco, Mary Dougherty</td>
</tr>
<tr>
<td></td>
<td>Maryjo Bergen, Juan Garcia, Carole Lowry</td>
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<tr>
<td></td>
<td>Patricia Kerper</td>
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<tr>
<td></td>
<td>Jozev Bobik</td>
</tr>
<tr>
<td></td>
<td>Elizabeth O'Neill, Gretchen Sohn, Barbara Coffey, Katy Stearns, Ewa Van Campen, Alexander Easler, Arnie Valle, Frank Robinson, Irma Darcas, Frances Lees, Audrey Brady, Sarah Little, Elwood Barnes</td>
</tr>
</tbody>
</table>
# Programs & Activities Offered
## at the West Chester Area Senior Center

<table>
<thead>
<tr>
<th>Program</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Art Appreciation</strong></td>
<td>Art Appreciation meets the second Thursday of the month at 10AM</td>
</tr>
<tr>
<td><strong>Art Club</strong></td>
<td>Art Club meets every Thursday at 10am</td>
</tr>
<tr>
<td><strong>Arthritis Foundation Exercise Class</strong></td>
<td>This class is held Mondays, Wednesdays, and Fridays at 10:30.</td>
</tr>
<tr>
<td><strong>Bible Study Group</strong></td>
<td>This non-denominational group meets every 2nd and 4th Thursdays at 9:30AM</td>
</tr>
<tr>
<td><strong>Bingo</strong></td>
<td>Mondays, Wednesdays and Fridays starting at 11:15 &amp; 12:30</td>
</tr>
<tr>
<td><strong>Blood Pressure Checks</strong></td>
<td>Wednesdays at 9:30 -11:30 with Maryam Sewell.</td>
</tr>
<tr>
<td><strong>Book Club Classic</strong></td>
<td>The book club meets on the 3rd Thursday of every month at 11:15AM.</td>
</tr>
<tr>
<td><strong>Book Club Regular</strong></td>
<td>The book club meets on the 4th Wednesday of each month at 12:30 with Sharaon Daurio</td>
</tr>
<tr>
<td><strong>Brain Aerobics</strong></td>
<td>Join us for a variety of games and brain exercises to help keep your mind fit on Fridays at 9:30 AM.</td>
</tr>
<tr>
<td><strong>Bridge</strong></td>
<td>The Bridge group meets on Mondays and Thursdays from 12:30 -3PM. Please join the group.</td>
</tr>
<tr>
<td><strong>Bucket Drumming</strong></td>
<td>“Rhythm of Life”</td>
</tr>
<tr>
<td><strong>Computer Q &amp; A</strong></td>
<td>Computer Q &amp; A is every Tuesday at 10:30 with Jim Mobile.</td>
</tr>
<tr>
<td><strong>Craft Club</strong></td>
<td>Crafters meet Fridays at 12:45 PM. No Experience needed. Pearl Burger is the group leader for this program.</td>
</tr>
<tr>
<td><strong>Current Events</strong></td>
<td>This group meets on Tuesdays at 10:30 AM.</td>
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<tr>
<td><strong>Drawing Club</strong></td>
<td>This group meets on Thursdays at 10:30 AM. Feel free to join the group.</td>
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<tr>
<td><strong>French Club (Elementary)</strong></td>
<td>Tuesdays @ 12:45 PM with Cynthia Teer.</td>
</tr>
<tr>
<td><strong>German Club</strong></td>
<td>The German club meets on Wednesdays at 10 AM.</td>
</tr>
<tr>
<td><strong>Garden Club</strong></td>
<td>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!</td>
</tr>
<tr>
<td><strong>Hardy Perennials</strong></td>
<td>These classes, on Tuesdays and Thursdays at 10:15, focus on flexibility, strength, balance, and fall prevention.</td>
</tr>
<tr>
<td><strong>Healthy Steps in Motion</strong></td>
<td>These classes, on Tuesdays and Thursdays at 10:15, focus on flexibility, strength, balance, and fall prevention.</td>
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<td><strong>Italian Club</strong></td>
<td>The Italian Club meets on Mondays at 10:30 AM.</td>
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<tr>
<td><strong>Knitting and Crocheting Club</strong></td>
<td>The “knitwits” meet Tuesdays at 12:45. Come and share ideas, learn something new, or just have fun!</td>
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<tr>
<td><strong>Latin Pop Line Dancing</strong></td>
<td>Latin Dance taught by Barb Dehaven takes place every Tuesday at 12:45</td>
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<tr>
<td><strong>Low Impact Aerobics</strong></td>
<td>This class is held on Tuesdays and Thursdays at 9:30.</td>
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<tr>
<td><strong>Meditation &amp; Breathing</strong></td>
<td>Learn how meditation affects us physically, mentally, emotionally, and spiritually on Fridays at 9:30</td>
</tr>
<tr>
<td><strong>Nurse</strong></td>
<td>Neighborhood Health Agencies, Inc. comes to the Center for free blood pressure screenings on Tuesdays at 10:00</td>
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<tr>
<td><strong>Parkinson’s Support Group</strong></td>
<td>Last Wednesday of each month at 1:15 PM. This program is coordinated by Neighborhood Health Agencies.</td>
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<tr>
<td><strong>Photography Club</strong></td>
<td>The Photo Club meets the 3rd Thursday of the month @ 10AM</td>
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<tr>
<td><strong>Pinochle</strong></td>
<td>Pinochle players meet on Wednesdays and Fridays. Instruction is available.</td>
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<tr>
<td><strong>SilverSneakers Cardio Circuit</strong></td>
<td>Cardiovascular Exercise is the highlight of this Class offered on Mondays and Wednesdays at 9:30 AM.</td>
</tr>
<tr>
<td><strong>SilverSneakers Classic</strong></td>
<td>This class is offered on Mondays and Wednesdays and Fridays at 11:15.</td>
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<tr>
<td><strong>Spanish Class</strong></td>
<td>This class meets on Tuesdays at 10:15. Enrique Garcia is the instructor for this class.</td>
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<tr>
<td><strong>Tai Chi for Arthritis</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Technology Assistance</strong></td>
<td>Please contact Jim Mobile at 610-431-4242 to schedule an appointment with him if you need help with computers, tablets or cell phones.</td>
</tr>
<tr>
<td><strong>Yoga</strong></td>
<td>Yoga is held on Tuesdays at 11:30 AM.</td>
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</tbody>
</table>
United Way Member Agency

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.