



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

MARCH HIGHLIGHTS

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



STAFF MEMBERS

Kathy Sullivan	kathys@wcseniors.org	Executive Director
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Mia Jones	miaj@wcseniors.org	Data Entry & Lunch Supervisor
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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 Pepller, Cynthia Teer, Debbie Williams, Glee Young.

HEARING CLINICS

- Mr. Michael Piscotty, Audiologist is available on Monday March 6th & 20th. 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 March 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.

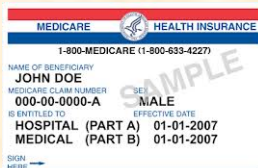
All new applicants will start receiving the Senior Food Box the second Friday of the following month.

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.

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



Grand Friends



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 31TH – JUMP INTO ART

CALENDAR SUBJECT TO CHANGE

NEW SENIOR FOOD BOX PROGRAM

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Proof of residency

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All new applicants will start receiving the Senior Food Box
the second Friday of the following month.



PROGRAMS –MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Book Club March 22nd America's First Daughter Dray & Kamoie</p>	<p>Book Club Classic March 16th Endless Night Agatha Christie</p>	<p>8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 1 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 PHOENIX PT</p>	<p>8:00 Breakfast 2 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:00 Art Club 10:00 Tablet & Cells Phone 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 1:00 Grand Friends</p>	<p>8:00 Breakfast 9:00 Pinochle 3 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts 12:45 GRAND PARENTING</p>
<p>8:00 Breakfast 6 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 12:45Rhythm of Life 1:00 Grand Friends</p>	<p>8:00 Breakfast 7 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</p>	<p>8:00 Breakfast 8 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 THRIVENT-LONG TERM CARE</p>	<p>8:00 Breakfast 9 9:30 Low Impact Aerobics 9:30 Bible Study 10:15 Healthy Steps in Motion 10:00 Art Club 10:00 Art Appreciation 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Chorus</p>	<p>8:00 Breakfast 10 9:00 Pinochle 9:00 Food Box 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:45 RITEAID- DRUG INTERACTIONS</p>
<p>8:00 Breakfast 13 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 12:45Rhythm of Life 12:45 GARDEN CLUB 1:00 Grand Friends</p>	<p>8:00 Breakfast 14 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 11:15 Planning Council 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 12:45 Latin Dance</p>	<p>8:00 Breakfast 9:00 Pinochle 15 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 12:45 COMPASSES VOLUNTEER SEMINAR</p> 	<p>8:00 Breakfast 16 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:00 Art Club 10:00 WCU NUTRITION PROGRAM 10:00 Photo Club 11:15 Tai Chi 11:15 Book Club Classic 12:00 Lunch12:30 Bridge 1:00 Grand Friends 1:00 Computer Forum 1:00 Chorus</p>	<p>8:00 Breakfast 17 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 DR. FORT- DENTAL PRESENTATION</p> 
<p>8:00 Breakfast9:00 Pinochle 20 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 1:00 Grand Friends</p>	<p>8:00 Breakfast 21 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 12:45 HPP-ASTHMA</p>	<p>8:00 Breakfast 22 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 12:45 DR. KISTLER- CHIROPRACTOR</p>	<p>8:00 Breakfast 23 9:30 Low Impact Aerobics 9:30 Bible Study 10:15 Healthy Steps in Motion 10:00 Art Club 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Chorus</p>	<p>8:00 Breakfast 9:00 Pinochle 24 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo 12:30 Pinochle/Crafts 12:45 GAME DAY</p>
<p>8:00 Breakfast9:00 Pinochle 27 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 1:00 Grand Friends</p>	<p>8:00 Breakfast 28 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</p>	<p>8:00 Breakfast 29 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 12:45 KELLER WILLIAMS- GETTING YOUR HOME READY TO SELL 1:00 PARKINSON'S SUPPORT GROUP</p>	<p>8:00 Breakfast 30 9:30 Low Impact Aerobics 10:00 Art Club 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Chorus</p>	<p>8:00 Breakfast 9:00 Pinochle 31 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo 12:30 Pinochle 12:30 Crafts</p>

MENU – MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE SIGN UP 3 DAYS IN ADVANCE		1 BAKED CRAB CAKE CHEESY NOODLES ITALIAN VEGETABLE MEDLEY SLICED PEACHES	2 HOT DOG WHIPPED POTATOES SAUERKRAUT CHOCOLATE BROWNIE	3 BAKED TUNA PATTY W/DILL SAUCE WILD RICE SWEET PEAS FRESH SEASONAL FRUIT
6 PORK LOIN W/ GRAVY SCALLOPED POTATOES SWEET PEAS & ONIONS FRESH SEASONAL FRUIT	7 ITALIAN MEATBALL HOAGIE W/ SAUCE & CHEESE SEASONED NEW POTATOES MIXED BEAN MEDLEY PINEAPPLE TIDBITS	8 STUFFED CABBAGE ROLL W/ TOMATO SAUCE WHIPPED POTATOES YELLOW BEANS	9 CHEF SALAD MIXED GREENS W/ TOMATO NOODLE SOUP WHOLE SLICED PEACHES	10 POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES FRESH SEASONAL FRUIT
13 BAKED HAM SLICE W/FRUIT SAUCE ORANGE KISSED MASHED SWEET POTATOES BRUSSEL SPROUTS VANILLA ICE CREAM	14 BBQ CHICKEN BREAST SEASONED REDSKIN POTATOES COUNTRY VEGETABLE BLEND FRESH BAKED COOKIE	15 BIRTHDAY LUNCH CORNEBEEF W/CABBAGE MASHED POTATOES GREEN BEANS DINNER ROLL PISTACHIO PUDDING	16 TURKEY & SWISS SANDWICH CHEESY BROCCOLI SOUP FRESH SEASONAL FRUIT	17 BREADED LEMON PEPPER POLLOCK PARSLEY POTATOES GARDEN SALAD W/ TOMATO PEACH CRISP
20 MEATLOAF W/ GRAVY WHIPPED POTATOES ITALIAN BEANS BANANA PUDDING FLUFF	21 HAM & SCALLOPED POTATO CASSEROLE BRAISED CABBAGE COIN CARROTS STRAWBERRY ICE CREAM	22 BBQ PULLED PORK SOUTHWEST RICE & BLACK BEANS FRESH COLESLAW FRESH SEASONAL FRUIT	23 GRILLED CHICKEN CAESAR SALAD MIXED GREENS W/ TOMATO NAVY BEAN SOUP W/ CRACKERS DICED PEARS	24 BAKED VEGETABLE LASAGNA W/ PARMESAN CREAM SAUCE MIXED GREENS SLICED APPLES
27 ROAST TURKEY & GRAVY HOMEMADE STUFFING BABY CARROTS APPLESAUCE	28 PENNE PASTA W/MEATBALLS PASTA W/ SAUCE MIXED GREENS SLICED PEACHES	29 OPEN FACE ROAST BEEF SANDWICH WHIPPED POTATOES SWEET PEAS & CARROTS FRESH BAKED COOKIE	30 CHEESEBURGER OVEN BROWN POTATOES FRESH COLESLAW FRESH SEASONAL FRUIT	31 BAKED POLLOCK W/ DILL SAUCE WILD RICE HARVARD BEETS MIXED FRUIT SALAD

MARCH BIRTHDAY PARTY ~WEDNESDAY, MARCH 15, 2017

1-March

Arlene Rengert
Bill Whitehead
Kathleen Szymanski
Terri Enright

2-March

Milan Trnka
Maurice Pennington
Jean Mclaughlin
Maureen Longshore

3-March

Daniel Moran
Linda Peterson
Kathy McGovern

4-March

Robert Lohr II, Esq.
Ewa Van Campen
Jane Malloy

5-March

Betty Ann Garnett
Judith Brooks
Virginia Curry
Sandra Keith

6-March

C. Ralph Martin
Helen Jones
Ruth Lynch
Gean Bloss

7-March

Mark Frison
Ellinor Joseph
Victoria White

8-March

Meta Donohoe

9-March

Catherine Mercer
Rosalie McHoul

10-March

David Schiller
Brooks Montgomery
Patricia Harootunian

11-March

John Finley
Dale Tyson
Frances Snyder

12-March

Anthony Dirocco
Mary Dougherty

15-March

Maryjo Bergen
Juan Garcia
Carole Lowry

17-March

Patricia Kerper

18-March

Jozef Bobik

21-March

Elizabeth O'Neill
Gretchen Sohn
Barbara Coffey
Katy Stearns

23-March

James Lees
Charles Wright
Eleahn Kahn
Jack Nachamkin

24-March

Essie Ray
Barbara Dickens

25-March

Lydia Worthington
Ruth Myers
Judy Jarrett

26-March

Rosalie Zubyk
Eileen Haggerty

28-March

Alexander Easler

29-March

Arnie Valle
Kathleen Jarrell

30-March

Madge Miller
Frank Robinson

31-March

Irma Darcas
Frances Lees
Audrey Brady
Sarah Little
Elwood Barnes



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 10:15, 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 Pop Line Dancing-

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*

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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.

