



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

MAY HIGHLIGHTS

May 2017 Newsletter

- ❖ Monday May 1st @ 12:45PM
ShopRite; Cinco De Mayo
- ❖ Tuesday May 2nd @ 10:00AM
Dept. of Aging: New Rules for Nutrition Labeling
- ❖ Wednesday May 3rd @ 12:30PM
Divine Sources
- ❖ Friday May 5th
Wear Your Derby Hat
- ❖ Friday May 5th @ 12:45PM
Clarifi: How to Play the Credit Card Game
- ❖ Monday May 8th @ 12:45PM
Garden Club
- ❖ Wednesday May 10th @ 12:30PM
Dr. Kistler
- ❖ Thursday May 11th @ 12:45PM
RiteAid
- ❖ Thursday May 18th
Senior Games
- ❖ Friday May 19th @ 12:30PM
C-5: Advanced Directive Care
- ❖ Monday May 22nd @ 12:30PM
Ready, Set, Grow in the Garden
- ❖ Wednesday May 24th @ 12:45PM
Phoenix PT: Ankles
- ❖ Wednesday May 31st @ 12:45PM
Compassus Volunteering Presentation



Honor Flight Philadelphia, a local non-profit organization, is currently looking for World War II and Korean War veterans who would like to travel to Washington, D.C. for a day of honor and recognition to view those memorials dedicated to their service and sacrifice to our great nation at NO COST to the veteran.

Interested?

Join Honor Flight for an Informative Session

Friday, May 10th @ 10AM

2017 SENIOR GAMES/SENIOR PICNIC



THURSDAY, MAY 18, 2017 @
THE BRANDYWINE PICNIC PARK
RAIN DATE THURSDAY, MAY 25, 2017.

SAVE THE DATE

A NIGHT AT THE RACES

SATURDAY, NOVEMBER 4, 2017



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 IOstudios@aol.com Technology & Volunteer Coordinator
Maureen Morgan maureenm@wcseniors.org Information & Assistance Coordinator
Ellen Donohoe ellend@wcseniors.org Director of Development

INSTRUCTORS

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

HEARING CLINICS

- Mr. Michael Piscotty, Audiologist is available on Monday May 15th & 29th. 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 May 3rd & 17th 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.

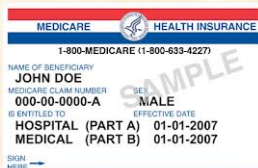
All new applicants will start receiving the Senior Food Box the second Friday of the following month.

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 Celebration



Wednesday, May 17, 2017
Lunch Starts Promptly
@
12 Noon



SPECIAL THANKS TO ALL GRAND FRIENDS SUPPORTERS

CCFA Board of Directors
Community Clothes Charity
Ray & Ellen Doyle
William E. Freas


The Hoxie Harrison Smith Foundation
Johnson Matthey
Market Street Wealth Management

Rotary Club of West Chester
Second Reading Bookstores I & II
Team First Book Philadelphia
Jess Tipton
Leah Tipton
WCASC Board of Directors
West Chester Downtown Foundation

PROGRAMS –MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 12:45Rhythm of Life 1:00 Grand Friends <p style="text-align: right;">1</p>	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 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 1:00 AARP <p style="text-align: right;">2</p>	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:00-9:45 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 German Club 10:00 German Club 11:15 Bingo 12:00 Lunch 12:30 Bingo 12:30 Bingo 12:45 Pinochle <p style="text-align: right;">3</p>	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 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 <p style="text-align: right;">4</p>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Lunch 12:45 Bingo/Pinochle/Crafts 12:45 French 1:00 AARP <p style="text-align: right;">5</p> <p style="text-align: center; color: red;">WEAR YOUR DERBY HATS</p>
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 12:45Rhythm of Life 12:45 French 1:00 Grand Friends <p style="text-align: right;">8</p>	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 11:15 Spanish Class 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French <p style="text-align: right;">9</p>	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 11:00 Sen Dinniman Constituent Outreach 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:30 Bingo 12:45 Pinochle <p style="text-align: right;">10</p>	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:00 Art Club 10:00 Art Appreciation 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 12:45 Pinochle <p style="text-align: right;">11</p>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo 12:45 Pinochle 12:45 Crafts <p style="text-align: right;">12</p> <p style="text-align: center; color: red;">1:00 HONOR FLIGHT PRESENTATION</p>
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 12:45Rhythm of Life <p style="text-align: right;">15</p>	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 11:30 Yoga 12:45 Knitting 12:45 French <p style="text-align: right;">16</p>	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 Lunch 12:30 Bingo 12:30 Bingo 12:45 Pinochle <p style="text-align: right;">17</p>	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:00 Art Club 10:00 Photo Club 11:15 Tai Chi 11:15 Book Club Classic 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Computer Forum <p style="text-align: right;">18</p> <p style="text-align: center; color: red;">SENIORS GAMES</p>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 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 Pinochle <p style="text-align: right;">19</p> <p style="text-align: center; color: red;">12:30 ADVANCE DIRECTIVE CARE</p>
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 French 1:00 Grand Friends <p style="text-align: right;">22</p>	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 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French <p style="text-align: right;">23</p>	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 <p style="text-align: right;">24</p>	8:00 Breakfast 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/RiteAid <p style="text-align: right;">25</p>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 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 <p style="text-align: right;">26</p>
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 1:00 Grand Friends <p style="text-align: right;">29</p>	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 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French <p style="text-align: right;">30</p>	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 12:45 Pinochle 12:45 Pinochle 1:00 Parkinson's Support <p style="text-align: right;">31</p>	<div style="border: 1px solid black; padding: 10px; display: inline-block; width: 45%;"> <p style="text-align: center;">Book Club Classic</p> <p style="text-align: center;">Thurs, May 18th</p> <p style="text-align: center;">PLANNING SESSION</p> </div> <div style="border: 1px solid black; padding: 10px; display: inline-block; width: 45%; margin-left: 10px;"> <p style="text-align: center;">Book Club</p> <p style="text-align: center;">Wed, May 31st</p> <p style="text-align: center;">Dead Wake: Last Crossing By Eric Larson</p> </div>	

MENU – MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 MEATBALL SANDWICH W/SAUCE & CHEESE SEASONED REDSKINS MIXED BEAN MEDLEY FRESH FRUIT	2 ROASTED TURKEY W/GRAVY MASHED POTATOES PEAS & CARROTS 1 VANILLA ICE CREAM	3 BAKED LEMON PEPPER CHICKEN THIGH W/GRAVY WILD RICE BRUSSEL SPROUTS APRICOTS	4 CHEF SALAD (HAM, TURKEY, CHEESE, & EGG) WEDDING SOUP SLICED PEARS	5 BBQ BEEF RIBETTE SWEET POTATO BITES MIXED VEGETABLES BROWNIE
8 TERIYAKI CHICKEN BREAST WHITE RICE ISLAND BLEND VEGETABLES APPLESAUCE	9 SALISBURY STEAK W/GRAVY BAKED POTATO COLESLAW MIXED FRUIT SALAD	10 BAKED SWEET SAUSAGE W/PEPPERS & SAUCE SEASONED REDSKINS GREEN BEANS FRESH BAKED COOKIE	11 TUNA SALAD SANDWICH W/LETTUCE & TOMATO CREAMY BROCCOLI SOUP FRESH FRUIT	12 TUSCAN CHICKEN W/SUN DRIED TOMATO CREAM SAUCE PENNE PASTA TOSSED SALAD SLICED PEACHES
15 MEATLOAF W/GRAVY MASHED POTATOES PEAS & CARROTS SHERBET	16 SOUTHWESTERN CHICKEN WRAP VEGETABLE BARLEY SOUP APRICOTS	17 BIRTHDAY & GRAND FRIENDS LUNCH VEGETABLE LASAGNA TOSSED SALAD APPLESAUCE BIRTHDAY CAKE & ICE CREAM	18 KIELBASA W/SAUERKRAUT MASHED POTATOES SWEET CORN BROWNIE	19 BREADED LEMON PEPPER POLLOCK RICE PILAF SWEET & SOUR COLESLAW FRESH FRUIT
22 CHICKEN MARSALA GARLIC & PARMESAN ORZO CRINKLE CUT CARROTS PINEAPPLE DELIGHT	23 BAKED HAM SLICE W/FRUIT SAUCE MASHED POTATOES W/CHIVES GREEN BEANS CHOCOLATE PUDDING	24 BBQ CHICKEN BAKED POTATO LIMA BEANS FRESH FRUIT	25 TACO SALAD CORN & BLACK BEAN SALAD NACHO CHIPS APRICOTS	26 CHEESEBURGER POTATO SALAD BEETS FRESH MELON
29 	30 CHICKEN SALAD SANDWICH PASTA FLORENTINE SOUP SUNSET PEACHES	31 HONEY MUSTARD GLAZED PORK LOIN MASHED POTATOES W/CHIVES BRAISED CABBAGE LEMON CRÈME CAKE	<div style="background-color: #c8e6c9; border: 1px solid black; padding: 10px; display: inline-block;"> PLEASE SIGN UP 3 DAYS IN ADVANCE </div>	

MAY BIRTHDAY PARTY ~WEDNESDAY, MAY 17, 2017

GRAND FRIENDS CELEBRATION

1-May

James Gregg

2-May

Carl Cranmer

Bettye Phillips-Carr

Elizabeth Carr

David Heydt

3-May

Martha Staarman

4-May

Betty Osmond

5-May

William Young

Beatrice Conner

Mary Rita Coffey

Michael Dutcher

Miriam Thomas

Kathy Wiley

6-May

Elizabeth Ivey

Barry Snyder

7-May

Geraldine Boggs

Margaret Iraca

Robin Garrett

Albert Cavaliere

8-May

Judith Wadsworth

Celeste Selin

Doris Wood

Dan Campbell

9-May

Gertrude Barnes

Inger Zeller

Marion Matthews

10-May

Ressola Mccollum

Gail Sortino

Amelia Tausinga

11-May

Celeste Selin

12-May

Elizabeth Strode

Mary Campbell

13-May

Barbara Weir

Gilbert Fell

14-May

Ray Doyle

Mary Cavanaugh

Deng Yang

Nancy Kay

Ralph Grosso

15-May

Robert Lorgus

16-May

Barbara Werner

Jessie Engan

Joan Brewer

Jane Gillem

Jaqueline Woolfrey

Norma Sandler

17-May

Loretta Durnell

Jacklyn Ashby

18-May

Eleanor Dew

19-May

Larue Morgan

20-May

Peter Iannotta

Julia Vitale

Marie Tyson

21-May

Donald Lamme

23-May

Angela Mcghee

24-May

Franklin Marshall

Joann Borie

Roger Bove

Sally Lane

Lata Sharma

Susan Peck

25-May

Emilie Grunwell

Maureen Harrity

Erica Mears

26-May

Vincent Burke

28-May

Cecilia Gomolka

Rita Delaney

29-May

Jean Harris

Marie Denis

Donel Manke

30-May

Robert Phillips

Josephine Carulli

Camilla Goldsmith

31-May

Michael Cotter

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 will be on tour until June 22 2017 and will resume normal practice after the conclusion of the tour

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!

Low Impact Aerobics -

This class is held on Tuesdays and Thursdays 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

Poker -

Poker players meet on Fridays @ 8:00AM in the card room.

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.

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 -

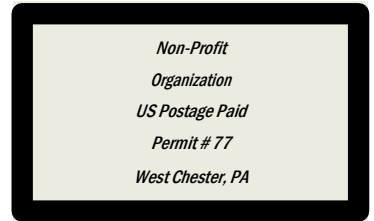
Yoga is held on Tuesdays at 11:30 AM.

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*



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.

