



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

JULY HIGHLIGHTS

July 2017 Newsletter

- ❖ Monday July 3rd
CLOSED
- ❖ Tuesday July 4th
CLOSED In Observance of July 4th
- ❖ Wednesday July 5th @ 10 AM
Villanova Nursing
- ❖ Monday July 10th
NO GARDEN CLUB
- ❖ Monday July 10th @ 10 AM
Villanova Nursing
- ❖ Wednesday July 12th @ 10AM
Bingo- Villanova Nursing
- ❖ Wednesday July 12th @ 12:30
Phoenix PT
- ❖ Thursday July 13th @ 12PM
Compassus Follow up
- ❖ Monday July 17th @ 12:30PM
ShopRite-Mediterranean Diet
- ❖ Monday July 17th @ 10 AM
Villanova Nursing
- ❖ Wednesday July 19th @ 12AM
Birthday Lunch: Ashby the Fiddler
- ❖ Wednesday July 19th @ 10 AM
Villanova Nursing
- ❖ Friday July 21st @ 12:30PM
Tri County Chiropractic-Osteo Arthritis
- ❖ Wednesday July 24th @ 10 AM
Villanova Nursing
- ❖ Monday July 24th @ 12:30PM
"Rehab Games" Bryn Mawr Rehab
- ❖ Wednesday July 26th @ 10 AM
Villanova Nursing
- ❖ Wednesday July 26th @ 10 AM
Full Range Pt: Mechanical Diagnosis
- ❖ Thursday July 27th @ 5-7PM
Medicare Educational Session
- ❖ Monday July 31st @ 10 AM
Villanova Nursing



WCASC will be closed **Monday, July 3rd** & **Tuesday, July 4th** in observance of July 4th

We're looking for Talent!

Be part of the WCASC Talent Show on
Wednesday, September 20th

See Toby Gelman, Ann Richardson or the front desk for
more information

WANT TO DO MORE?

THE WEST CHESTER AREA SENIOR CENTER IS LOOKING FOR
ENERGETIC AND COMMITTED INDIVIDUALS TO JOIN OUR
VOLUNTEERING TEAM

VOLUNTEER OPPORTUNITIES INCLUDE



BOOKSTORE CLERKS
BREAKFAST & LUNCH COOKS/SERVERS
RECEPTION DESK CLERK
AND MORE...

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
Ellen Donohoe	ellend@wcseniors.org	Director of Development
Phyllis Durnell		Breakfast Supervisor

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

- **Dr. Judith Curtin, Aud.,** will be at the Center on Wednesday July 5th & 19st from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.
- **Mr. Michael Piscotty, Audiologist** is available on Monday July 24th Please call Mr. Piscotty at 610-213-1867 or our Senior Center @610-431-4242 to schedule appointments.

SENIOR BENEFITS AND RESOURCES

Senior Food Box Program- As of 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.

Tax/Rent Rebate- The filing deadline for the 2016 PA Property Tax/Rent Rebate has been expended from June 30, 2017 to Dec 31, 2017.

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
MONDAY AND FRIDAY

9:00 AM -1:00 PM
10:00 AM -12:00PM

1 person	\$22,311
2 people	\$30,044

SAVE THE DATE



A NIGHT AT THE RACES

Saturday, November 4, 2017
6:30 PM - 10:30 PM

West Chester Area Senior Center - 610-431-4242 - www.wcseniors.org

Wednesday Exercise Scheduling Change

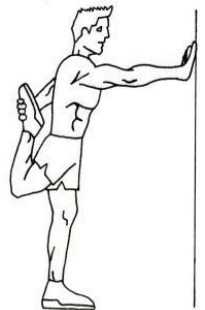
Effective June 14th

Silver Sneakers Cardio Circuit Class

9:00-9:45

New Stretching Class

9:45-10:15



MANY THANKS!!



TO EVERYONE WHO MADE THE

THE 5TH ANNUAL






Health Partners Plans


WCASC FASHION SHOW SUCH A SUCCESS!



PROGRAMS –JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>CLOSED</p>	<p>4</p> <p></p> <p>CLOSED</p>	<p>5</p> <p>8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:00 Silver Sneakers Cardio Circuit 9:45 Stretching 10:00 German Club 10:00 VILLANOVA NURSING 10:30 Arthritis Exercise Class 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle</p>	<p>6</p> <p>8:00 Breakfast 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</p>	<p>7</p> <p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts</p>
<p>10</p> <p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 VILLANOVA NURSING 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge</p>	<p>11</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Current Events/Computer Q&A 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French</p>	<p>12</p> <p>8:00 Breakfast 9:00 Pinochle 9:00 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 9:45 Stretching 10:00 German Club 10:00 BINGO; VILLANOVA NURSING 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 12:45 Pinochle 12:30 PHOENIX PT</p>	<p>13</p> <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 12:00 COMPASSUS 12:30 Bridge</p>	<p>14</p> <p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 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>
<p>17</p> <p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 VILLANOVA NURSING 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 SHOPRITE</p>	<p>18</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Current Events/Computer Q&A 11:15 PLANNING COUNCIL 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French</p>	<p>19</p> <p>8:00 Breakfast 9:00 Pinochle 900 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 9:45 Stretching 10:00 VILLANOVA NURSING 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</p> <p></p> <p></p>	<p>20</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:00 Art Club 11:15 Tai Chi 11:15 Book Club Classic 12:00 Lunch 12:30 Bridge 1:00 Computer Forum</p>	<p>21</p> <p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:30 TRI COUNTY CHIROPRACTIC</p>
<p>24</p> <p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 VILLANOVA NURSING 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:30 "REHAB GAMES"</p>	<p>25</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Current Events/Computer Q&A 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French</p>	<p>26</p> <p>8:00 Breakfast 9:00 Silver Sneakers Cardio Circuit 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 10:00 VILLANOVA NURSING 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 Book Club Regular 12:30 FULL RANGE PT & REHAB 12:45 Pinochle 1:00 Parkinson's Support</p>	<p>27</p> <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 5-7 MEDICARE EDUCATIONAL SESSION</p>	<p>28</p> <p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo 12:30 Pinochle/Crafts</p>
<p>31</p> <p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 VILLANOVA NURSING 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo</p>	<div> <div> <p>Book Club Wednesday, July 26th The Prizewinner of Defiance, Ohio By Terry Ryan</p> </div> <div> <p>No Brain Aerobics For July</p> </div> <div> <p>Book Club Classic Thursday, July 20th Funny Girl: A Novel By Nick Hornby</p> </div> </div>			

MENU –JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>CLOSED</p>	<p>4</p> <p></p> <p>CLOSED</p>	<p>5</p> <p>SPAGHETTI & MEATBALLS PASTA W/SAUCE TOSSED SALAD APPLE PIE W/WHIP TOPPING</p>	<p>6</p> <p>MEATLOAF W/GRAVY MASHED POTATOES PEAS & CARROTS SHERBET</p>	<p>BREADED LEMON PEPPER POLLOCK WILD RICE SWEET & SOUR COLESLAW CANTALOUPE</p>
<p>10</p> <p>BAKED HAM SLICE W/FRUIT SAUCE MASHED POTATOES W/CHIVES SUMMER BEET SALAD CHOCOLATE PUDDING</p>	<p>11</p> <p>TACO SALAD MEAT & CHEESE TOSSED SALAD W/TOMATO SPANISH RICE CORN & BLACK BEAN SALAD APRICOTS</p>	<p>12</p> <p>CHICKEN MARSALA GARLIC & PARMESAN PASTA CRINKLE CUT CARROTS PINEAPPLE DELIGHT</p>	<p>13</p> <p>CHEESEBURGER W/LETTUCE & TOMATO TATER TOTS MIXED VEGETABLES WATERMELON WEDGE</p>	<p>14</p> <p>BBQ CHICKEN BAKED POTATO SOUP THREE BEAN SALAD WHEAT BREAD SLICED PEARS</p>
<p>17</p> <p>SAVORY SAUSAGE SCRAMBLE BREAKFAST POTATOES FRESH BANANA</p>	<p>18</p> <p>CHICKEN SALAD SANDWICH PASTA FLORENTINE SOUP SUNSET PEACHES</p>	<p>19</p> <p>BIRTHDAY LUNCH HONEY MUSTARD GLAZED PORK LOIN MASHED POTATOES W/CHIVES BRAISED CABBAGE BIRTHDAY CAKE & ICE CREAM</p>	<p>20</p> <p>ROAST BEEF STROGANOFF BUTTERED NOODLES PEAS & CARROTS FRESH FRUIT</p>	<p>21</p> <p>BAKED SALMON BUTTERED POTATOES GREEN BEANS SLICED PEARS</p>
<p>24</p> <p>STUFFED PEPPER WHITE RICE SWEET CORN BLUEBERRY CRISP</p>	<p>25</p> <p>SALISBURY STEAK W/ GRAVY GARLIC MASHED POTATOES MIXED VEGETABLE MEDLEY SUGAR COOKIE</p>	<p>26</p> <p>SWEET TURKEY SAUSAGE MINESTRONE BOWTIE NOODLES GREEN BEANS FRESH FRUIT</p>	<p>27</p> <p>CHICKEN COBB SALAD TOSSED SALAD DICED CHICKEN, 1 EGG, CHEESE, SPRINKLE OF BACON BITS NOODLE SOUP PINEAPPLE TIDBITS</p>	<p>28</p> <p>MUSHROOM SWISS BURGER HOT GERMAN POTATO SALAD BAKED BEANS BROWNIE</p>
<p>31</p> <p>SWEET & SOUR MEATBALLS RICE PILAF VEGETABLE MEDLEY APPLESAUCE</p>				

PLEASE SIGN UP 3 DAYS IN ADVANCE

JULY BIRTHDAY PARTY ~WEDNESDAY, JULY 19, 2017

THIS MONTH'S BIRTHDAY IS SPONSORED BY FREEDOM VILLAGE AT BRANDYWINE

1-July

Mary Ann Popma
Robert Bevan

2-July

Barbara Fell
Jeanne Iannotta
Rita Haley
Catherine Watson
Allan Sbur

3-July

Robert Fromnic

4-July

Charlie Brown

5-July

Allison Royer
Jean Dalton
Alleace Kelliher
Richard Ruf

6-July

Marie Orrichio

7-July

Margaret Bragg

8-July

Stephen Quigley
Brenda Malin
Elaine Bryant

9-July

Elizabeth Barnes
Gwenn Knapp
Linda Phiel
Bob Campanile

10-July

Jean Cassidy
Margaret Goodman
Marlene Baker
Mary Alice Handy
Ruth Radbill
Eileen Nero

11-July

Virginia Scheffey
Gail Sokoloski
Nancy Lee Grant
Faith Pickering

12-July

Marguerite Wright
Eleanor Caligiuri

13-July

Mary Wade Myers

15-July

Alfreda Johnson
Jean Kerrigan

16-July

Marion Morton

17-July

Norma Milner
Kathleen Mcaneny

18-July

Mariane Pepler
Everett Cassel
Elwood Sinson

20-July

Thomas Wilson

21-July

Robert Lambert
Rosemarie Kelly

22-July

Janis Clay
Maureen Sturges
Loraine Whayland

23-July

Norma Castellucci
C. Richard Morton

24-July

Susan Carey

25-July

Joann McClellan
Marie Centanino
Audrey Herley
Margaret Bach

26-July

Helen Shumaker
Shirley Marshall

27-July

Joseph Vitale
Irene Huntoon
Ruben Jimenez

28-July

Ann Knopf
Lillian Rizzetto
Nancy Anderson
Charles Bowman

29-July

Earl Stoltzfus
Zabeda Aziz

30-July

Jeff Kitchen
William Myers

31-July

Phyllis Durnell
Lillian Root



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

Will not be meeting again until September 2017

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 -

Will not be meeting again until September 2017

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 resume normal practice Sept. 14th @ 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 will not meet in July.

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 -

Will not be meeting again until September 2017

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.

Stretching Class- New!!

This class meets on Wednesdays at 9:45

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.

