



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

JANUARY HIGHLIGHTS

- ❖ Monday January 1st
Closed: HAPPY NEW YEAR!!
- ❖ Tuesday January 2nd @ 1:00PM
AARP Meeting
- ❖ Thursday January 4th
There will be no Art Class
- ❖ Monday January 8th @ 12:45PM
Garden Club: Tri State Bird Rescue
- ❖ Wednesday January 10th @ 12:30PM
Senior Abuse Domestic Violence
- ❖ Friday January 12th @ 12:30PM
Tour of the Philadelphia Art Museum w/ Ray Doyle
- ❖ Wednesday January 17th @ 12:00PM
Birthday Lunch: Weather the Weather Distribution
- ❖ Wednesday January 17th @ 12:30PM
Birthday Lunch Entertainment: "Forget me Nots"
- ❖ Friday January 19th @ 12:30PM
Bryn Mawr Rehab: Stress Management"
- ❖ Monday January 22nd @ 12:30PM
Shop Rite: Canned Foods
- ❖ Wednesday January 24th @ 12:30PM
ACC: Basic Podiatry Information
- ❖ Friday January 26th @ 12:30PM
Clarify: Are you Prepared?
- ❖ Monday January 30th @ 12:30PM
Immaculata: Smart shopping & food selection
- ❖ Wednesday January 31st @ 1:00PM
Parkinson's Support

January 2018 Newsletter

WEATHER THE WEATHER FOOD DRIVE

THE WEST CHESTER AREA SENIOR CENTER IS COLLECTING ITEMS FOR THE 2018 EMERGENCY FOOD BOXES TO PROVIDE FOOD AND SNACKS FOR HOMEBOUND SENIORS!

COLLECTION ENDS: JANUARY 15, 2018

SUGGESTED ITEMS TO DONATE INCLUDES

- GRANOLA BARS
- CRACKERS
- DRIED FRUIT
- TRAIL MIX
- FRUIT CUPS
- CANNED VEGETABLES
- AND MUCH MORE...



DISTRIBUTION WILL BEGIN ON WEDNESDAY, JANUARY 17, 2018

HAPPY HOLIDAYS

West Chester Area Senior Center 530 East Union Street West Chester, PA 19382 A non profit organization
Tel (610) 431-424 Fax (610) 429-9296 www.wcseniors.org

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...



OUR SENIOR CENTER THANKS THE 2017 BAZAAR VOLUNTEERS FOR THE DEDICATION AND TIME THEY GAVE TO THIS EVENT!!



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 Kitchen/Meal Supervisor
Jim Mobile IOstudios@aol.com Technology & Volunteer Coordinator
Ellen Donohoe ellend@wcseniors.org Director of Development
Nanciann Woodward nanciannw@wcseniors.org Information & Assistance Coordinator

INSTRUCTORS

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

HEARING CLINICS

- Dr. Judith Curtin, Aud., will be at the Center on Wednesday January 3rd & 17th from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.
- Mr. Michael Piscotty, Audiologist is available on Monday January 8th & 22nd. 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.

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.

Tyler Arkatin Constituent Outreach- Rep. for State Sen. Andrew Dinniman 2nd Wednesday of every month 11-12:30.

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: Nanciann Woodward
Information and Assistance Coordinator
610-431-4242 x108
nanciannw@wcseniors.org



BOOK CLUB CLASSIC

JANUARY 11TH – THE RIDERS OF THE PURPLE SAGE BY ZANE GREY

FEBRUARY 8TH – MURDER ON THE ORIENT EXPRESS BY AGATHA CHRISTIE



MARCH 8TH – THE AWAKENING BY KATE CHOPIN

APRIL 12TH – THE MYSTERIOUS ISLAND BY JULES VERNE

MAY 9TH – THE SUN ALSO RISES BY EARNEST HEMINGWAY



AARP Income Tax Assistance



AARP Counselors will be at the center offering tax preparation services beginning Monday, February 5th. This service is free, and is available to low and moderate income tax payers with basic returns by appointment only. Please call the center at 610-431-4242 to make an appointment. For your appointment please bring the information below that is necessary to prepare your return.

- Photo ID and Social Security cards for filer and all dependents
- Prior year federal and state tax returns
- Social security (SSA-1099), Pension (1099-R), and Earnings (W2) forms
- Interest (1099 Int) and Dividend (1099 Div) forms
- Stock and Mutual fund year end reports
- Summary of deductible items (contributions, Medical expenses, taxes paid)
- Record of estimated tax payments
- Check for providing account numbers for direct deposit of refund

WINTER STORM ADVISORY

The WCASC will be closed due to weather conditions in accordance with the West Chester Area School District @ www.wcasd.net. If the schools are closed or opening late the WCASC will be closed and there will be no Rover Service. Please tune to your local TV station for a list of school closings. There is also a link to the school district on our website.

PROGRAMS – JANUARY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p style="text-align: right;">2</p> <p>8:00 Continental Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:30 Healthy Steps in Motion 10:30 Intermediate Spanish Class 10:30 Current Events 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French</p> | <p style="text-align: right;">3</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 10:30 Arthritis Exercise Class 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle</p> | <p style="text-align: right;">4</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 9:30 Blood Pressure 10:00 Tablet & Cell Phone Club 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bingo 12:30 Bridge 1:00 Chorus</p> | <p style="text-align: right;">5</p> <p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:45 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/'Pinochle/Crafts</p> |
| <p style="text-align: right;">8</p> <p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 GARDEN CLUB 1:00 Grand Friends</p> | <p style="text-align: right;">9</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:30 Healthy Steps in Motion 10:30 Intermediate Spanish Class 10:30 Current Events 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French</p> | <p style="text-align: right;">10</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 10:30 Arthritis Exercise Class 11:00 Tyler Arkatin Constituent Outreach 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:30 SENIOR ABUSE 12:45 Pinochle</p> | <p style="text-align: right;">11</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 9:30 Blood Pressure 10:00 Art Club 10:00 Art Appreciation 10:15 Healthy Steps in Motion 11:15 Tai Chi 11:15 Classic Book Club 12:00 Lunch 12:30 Bridge 1:00 Chorus 1:00 Grand Friends</p> | <p style="text-align: right;">12</p> <p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:45 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 VIRTUAL TOUR OF PHL ART MUSEUM 12:45 Bingo/'Pinochle/Crafts</p> |
| <p style="font-size: 2em; color: red;">CLOSED</p> <p style="font-size: 2em; color: red;">MLK Day</p> | <p style="text-align: right;">16</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:30 Healthy Steps in Motion 10:30 Intermediate Spanish Class 10:30 Current Events/Computer Q&A 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French</p> | <p style="text-align: right;">17</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 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 BIRTHDAY LUNCH 12:30 Bingo 12:45 Pinochle ***FOOD BAG DISTRIBUTION***</p>  | <p style="text-align: right;">18</p> <p>8:00 Breakfast 9:30 Blood Pressure 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Photo Club 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 1:00 Chorus 12:30 Bridge 1:00 Grand Friends</p> | <p style="text-align: right;">19</p> <p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:45 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 BRYN MAWR REHAB 12:30 Bingo/Pinochle/Crafts</p> |
| <p style="text-align: right;">22</p> <p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch Shop Rite/German Food 12:30 Bridge 12:30 Bingo 1:00 Grand Friends 12:30 SHOPRITE: CANNED FOODS</p> | <p style="text-align: right;">23</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:15 Spanish Class 10:30 Healthy Steps in Motion 10:30 Intermediate Spanish Class 10:30 Current Events/Computer Q&A 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French</p> | <p style="text-align: right;">24</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 11:15 Bingo/Silver Sneakers Classic 12:30 BASIC PODIATRY 12:30 Bingo 12:30 Regular Book Club 12:45 Pinochle</p> | <p style="text-align: right;">25</p> <p>8:00 Breakfast 9:30 Blood Pressure 9:30 Low Impact Aerobics 10:00 Art Club 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 1:00 Chorus 12:30 Bridge 1:00 Grand Friends</p> | <p style="text-align: right;">26</p> <p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:45 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:30 CLARIFY</p> |
| <p style="text-align: right;">29</p> <p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch Shop Rite/German Food 12:30 Bridge 12:30 Bingo 1:00 Grand Friends</p> | <p style="text-align: right;">30</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:30 Healthy Steps in Motion 10:30 Intermediate Spanish Class 10:30 Current Events/Computer Q&A 11:30 Yoga 12:00 Lunch 12:30 IMMACULATA 12:45 Knitting 12:45 French</p> | <p style="text-align: right;">31</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 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 1:00 PARKINSON'S SUPPORT</p> | <div style="border: 1px solid black; padding: 10px; background-color: #f5f5dc;"> <p style="text-align: center;">Breakfast will be continental only Wednesday, December 27th – Tuesday, January 2nd. Full breakfast will resume Wednesday, January 3rd.</p> </div> | |

MENU – JANUARY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| 1  | 2 COUNTRY FRIED STEAK CREAMY GRAVY CHEESY POTATOES PEAS & CARROTS SUGAR COOKIE | 3 NEW YEAR'S SPECIAL ROASTED PORK LOIN WHIPPED POTATOES SAUERKRAUT PINEAPPLE CAKE | 4 CREAMY CHICKEN PICATTA EGG NOODLES CALIFORNIA BLEND VEGETABLES APPLESAUCE | 5 WARM ROAST BEEF SANDWICH W/CHEESE & AU JUS VEGETABLE SOUP FRESH SEASONAL FRUIT |
| 8 BRATWURST PARSLED POTATOES PEAS & ONIONS SUGAR COOKIE | 9 CHICKEN MARSALA GARLIC PARM PASTA TOSSED SALAD MANDARIN ORANGES | 10 BAKED MEATLOAF W/ GRAVY WHIPPED POTATOES CREAMED CORN SLICED APPLES | 11 CHICKEN & DUMPLINGS PEPPER SLAW WARM PEACHES | 12 BAKED CHICKEN FLORENTINE VEGETABLE RICE PILAF BROCCOLI & CARROTS BAKED PEAR CRISP |
| 15 CLOSED MLK Day | 16 BBQ BEEF RIBETTE CHEESY HASH BROWNS GREEN BEANS SANDWICH ROLL SLICED PEACHES | 17 BIRTHDAY LUNCH BAKED HAM W/RAISIN SAUCE WHIPPED SWEET POTATOES CAULIFLOWER BIRTHDAY CAKE | 18 CHICKEN PHILLY SANDWICH CREAMY POTATO SOUP HOAGIE ROLL BLUSHED PEARS | 19 VEGETABLE LASAGNA PARMESAN CHEESE SAUCE TOSSED SALAD PINEAPPLES & ORANGES |
| 22 ROASTED TURKEY WHIPPED POTATOES W/CHIVES 1 SLICED CARROTS SPICE CAKE W/ ICING | 23 BAKED ZITI W/MEATBALLS MARINARA SAUCE CHEESE TOPPING CAESAR SALAD MIXED FRUIT | 24 BREADED CHICKEN CUTLET AU GRATIN POTATOES SWEET PEAS MANDARIN ORANGES | 25 MUSHROOM SWISS BURGER CAULIFLOWER SOUP W/2 CRACKERS SEASONAL FRUIT | 26 BAKED SALMON W/DILL SAUCE BROWN RICE GREEN BEANS PINEAPPLE TIDBITS |
| 29 BBQ CHICKEN BREAST- SCALLOPED POTATOES SWEET & SOUR COLESLAW BROWNIE | 30 BEEF BRASCIOLE W/ GRAVY MASHED POTATOES COIN CARROTS COTTAGE CHEESE W/SLICED PEACHES | 31 PORCUPINE BALL W/ TOMATO SAUCE GARLIC WHIPPED POTATOES CORN CINNAMON APPLES | <div style="background-color: #4682b4; color: white; padding: 10px; border: 1px solid black;"> PLEASE SIGN UP 3 DAYS IN ADVANCE </div> | |

JANUARY BIRTHDAY PARTY WEDNESDAY, JANUARY 17, 2018

WEATHER THE WEATHER FOOD BOX DISTRIBUTION

ENTERTAINMENT PROVIDED BY "THE FORGET ME NOTS"



| | | |
|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| 1- January Gerald Wilk John Voge Margaret Dobek | 16- January Ann Moses Tom Clark Carolyn Birkhoff | 24- January Margaret Reitman Mary Belle Fabe Cynthia Oursler Mary Parkinson |
| 3- January Martha Smith | 17- January Bernice Sanders | 25- January Louise Brooks |
| 4- January Mark Osmond Maria Guzman | 18- January Nancy Milani Nancy Wilson Ronald Pernsly | 26- January Carol Myambo Lois Ruth Monica Drewniany Eva Moebes |
| 5- January Anne Quigley | 19- January William Ronayne Margaret Williams | 27- January Darrel Muck Jeanette Merion Judy Cosgrove Robert Johnson Bertha Creighton |
| 6- January Nancy Holmes Joseph Nero | 20- January Alma Steinmetz Laurence Reynolds Nelson Aspen | 28- January Richard Merion William Devenney Arthur Sweatman Elizabeth Lehmann |
| 7- January Kipp Stone Sophia Varis Dolores (Lori) Tygielski | 21- January Patricia Towne Virginia Vonderheide Ellen Doyle Phillip Nied Robert Burnett Deborah Bledsoe | 29- January Douglas Fairchild Nancy Fasnacht Harriet Phillips |
| 9- January Mary Glee Young Marie Mccarthy Richard Lucas | 22- January Charles Young Theresa Tatman Brigitte Leiling-Fritz Sabeeta Mahadeo | 30- January Emmett Brown |
| 11- January Kathleen Casella Patricia Brown | 23- January M. Paulette Schaumann Barbara Morris | 31- January George Rengert Dixie Peters |
| 12- January Judy Kyper Elizabeth Zemenschky | | |
| 13- January John Sortino Harriett Lelli John Melia | | |
| 14- January Marilyn Smith | | |

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

Art Appreciation

Art Appreciation is the 2nd Thursday of every month @ 10am.

Art Club

Art Club meets every Thursday at 10am, with our instructor Nancy Thompson!

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 -

Book Club Classic meets on the 2nd Thursday of the month at 11:15

Book Club Regular -

The book club meets on the 4th Wednesday of each month at 12:30

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 Thursday @ 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.

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- Will NOT meet in December.

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
Beginner Spanish 9:30-10:15am
Intermediate Spanish 10:30-11:30am

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.

