



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

# JUNE HIGHLIGHTS

## June 2018 Newsletter

- ❖ Tuesday June 5<sup>th</sup> @ 11:00AM  
*Interactive Balance class with Kyoko*
- ❖ Tuesday June 5<sup>th</sup> @ 12:30PM  
*MAH JONG*
- ❖ Wednesday June 6<sup>th</sup> @ 12:30PM  
*Man & Religion- "How did we get there"*
- ❖ Friday June 8<sup>th</sup> @ 12:30PM  
*Rite Aid- Exercise & Hydration*
- ❖ Tuesday June 12<sup>th</sup> @ 12:30PM  
*MAH JONG*
- ❖ Wednesday June 13<sup>th</sup> @ 12:30PM  
*Middle East- "How did we get there"*
- ❖ Monday June 18<sup>th</sup> @  
*Eye Doctor of Chester County*
- ❖ Tuesday June 19<sup>th</sup> @ 11:00AM  
*Interactive Balance class with Kyoko*
- ❖ Tuesday June 19<sup>th</sup> @ 12:30PM  
*MAH JONG*
- ❖ Wednesday June 20<sup>th</sup> @ 12:00PM  
*June Birthday Lunch*
- ❖ Wednesday June 20<sup>th</sup> @ 12:30PM  
*Fashion Show Sponsored by Christine's Upscale Resale*
- ❖ Wednesday June 27<sup>th</sup> @ 12:30PM  
*Senior Helpers- "How to get your home ready for sale"*

### GARDEN CLUB

LEARN HOW TO COMPOST  
AND  
MAKE & TAKE  
A FLOWER ARRANGEMENT



MONDAY, JUNE 11  
12:45  
DINING ROOM

### GETTING YOUR HOME READY TO SELL

HOSTED BY: SENIOR HELPERS

STEVEN LARET

REMAX REAL ESTATE

Wednesday, June 27<sup>th</sup>  
Wellness Room  
12:30



### \*\*\* ATTENTION \*\*\*

EFFECTIVE IMMEDIATELY THE  
COST OF YOGA WILL BE \$5

### Eye Health

With  
Dr. Drew Chronlster of  
Eye Doctors of Chester County



Monday June 18  
12:30  
Dining Room

## STAFF MEMBERS

Kathy Sullivan	<a href="mailto:kathys@wcseniors.org">kathys@wcseniors.org</a>	Executive Director
Dan Wilson	<a href="mailto:danw@wcseniors.org">danw@wcseniors.org</a>	Executive Assistant
Jessica Tipton	<a href="mailto:jessicat@wcseniors.org">jessicat@wcseniors.org</a>	Health & Wellness Coordinator & Fitness Instructor
Mia Jones	<a href="mailto:miaj@wcseniors.org">miaj@wcseniors.org</a>	Kitchen/Meal Supervisor
Jim Mobile	<a href="mailto:IQstudios@aol.com">IQstudios@aol.com</a>	Technology & Volunteer Coordinator
Ellen Donohoe	<a href="mailto:ellend@wcseniors.org">ellend@wcseniors.org</a>	Director of Development
Nanciann Woodward	<a href="mailto:nanciannw@wcseniors.org">nanciannw@wcseniors.org</a>	Information & Assistance Coordinator

## INSTRUCTORS

Pearl Burger, Kay Croll, Ray Doyle, Larue Morgan, Pierina Disciullo, Charlie Eisenfelder, Mark Frison, Wendy Keslick, Leon Parson, Cynthia McGowan, Nancy Thompson, Glee Young, Christine Hanning

## HEARING CLINICS

- Dr. Judith Curtin, Aud., will be at the Center on Wednesday June 6<sup>th</sup> & 20<sup>th</sup> from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.
- Mr. Michael Piscotty, Audiologist is available on Monday June 11<sup>th</sup> & 25<sup>th</sup>. 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.

**\*\*\*NEW\*\*\* Senator Killion Constituent Outreach-** Senator Tom Killion's staff, Connie Windsor, will be available at the West Chester Area Senior Center every 4th Wednesday of the month from 11:00am – 1:00pm to assist with any state-related issues such as Property Tax/Rent Rebate applications, PennDOT matters, SEPTA Transit ID applications and more. She will provide a variety of brochures relating to senior services and more.

**Constituent Outreach-** Rep. for State Sen. Andrew Dinniman 2<sup>nd</sup> Wednesday of every month 11-12:30. State Representative Carolyn Comitta's office will be available at the West Chester Area Senior Center the first Wednesday of every month from 11AM-1PM. Rep.

**Rover Transportation-** A representative from Rover Transportation will be at the center on Wednesday, June 27<sup>th</sup> @ 11am.

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](mailto:nanciannw@wcseniors.org)





# 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

\*\*\*PROOF OF INCOME IS NOT REQUIRED\*\*\*

# FASHION SHOW

Christine's Upscale Resale will host the center's annual fashion show following our birthday lunch on Wednesday, June 20th at 12:30. Join us for this entertaining event and let your inner fashionista come out!



Christine's  
UPSCALE RESALE  
• Since 1994 •




# Many Thanks to All of Our Spring Expo Participants!!

CHESTER COUNTY FOOD BANK  
INTERIM HEALTH  
PENN MEDICINE-PARKINSON SUPPORT  
SENIOR HELPERS  
RITE AID/IMMUNIZATIONS  
SHOPRITE  
WEST CHESTER DENTAL ARTS  
TRICOUNTY CHIROPRACTORS

HOME CARE REHAB  
PHOENIX PT  
ROVER  
KATIE KUFFNER- CC DEPT. OF HEALTH  
JUDITH CURTIN- ABC HEARING NET  
MICHAEL PISCOTTY HEARING SPECIALIST  
EYE DOCTORS OF CHESTER COUNTY

# PROGRAMS –JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/'Pinochle/Crafts <span style="float: right; font-weight: bold;">1</span>
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 "Rhythm of Life" <span style="float: right; font-weight: bold;">4</span>	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:30 Healthy Steps in Motion 10:00 Intermediate Spanish Class 10:30 Current Events 10:30 Computer Q&A <b>11:00 BALANCE CLASS</b> 11:30 Yoga 12:00 Lunch <b>12:30 MAH JONG</b> 12:45 Knitting 12:45 French <span style="float: right; font-weight: bold;">5</span>	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 11:00 Committa Constituent Outreach 12:00 Lunch 12:30 Bingo <b>12:30 MAN &amp; RELIGION</b> 12:45 Pinochle <span style="float: right; font-weight: bold;">6</span>	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge <span style="float: right; font-weight: bold;">7</span>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch <b>12:30 RITE AID HYDRATION</b> 12:45 Bingo/'Pinochle/Crafts <span style="float: right; font-weight: bold;">8</span>
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 "Rhythm of Life" <b>12:45 GARDEN CLUB</b> <span style="float: right; font-weight: bold;">11</span>	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 <b>12:30 MAH JONG</b> 12:45 Knitting 12:45 French <span style="float: right; font-weight: bold;">12</span>	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/Silver Sneakers Classic <b>12:30 MIDDLE EAST</b> 12:30 Bingo 12:45 Pinochle <span style="float: right; font-weight: bold;">13</span>	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge <span style="float: right; font-weight: bold;">14</span>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts <span style="float: right; font-weight: bold;">15</span>
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Clas 10:30 Italian Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 "Rhythm of Life" <b>12:30 EYE DOCTOR OF CC</b> <span style="float: right; font-weight: bold;">18</span>	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 <b>11:00 BALANCE CLASS</b> 11:30 Yoga 12:00 Lunch <b>12:30 MAH JONG</b> 12:45 Knitting 12:45 French <span style="float: right; font-weight: bold;">19</span>	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 <b>12:00 BIRTHDAY LUNCH</b> <b>12:30 FASHION SHOW</b> 12:30 Bingo 12:45 Pinochle <span style="float: right; font-weight: bold;">20</span> 	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge <span style="float: right; font-weight: bold;">21</span>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts <span style="float: right; font-weight: bold;">22</span>
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 "Rhythm of Life" <span style="float: right; font-weight: bold;">25</span>	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 <span style="float: right; font-weight: bold;">26</span>	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 11:00 Rover 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 Regular Book Club <b>12:30 GETTING HOME READY TO SELL</b> 12:45 Pinochle 1:00 Parkinson's Support <span style="float: right; font-weight: bold;">27</span>	8:00 Breakfast 9:30 Blood Pressure 9:30 Low Impact Aerobics 9:30 Bible Study 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge <span style="float: right; font-weight: bold;">28</span>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts <span style="float: right; font-weight: bold;">29</span>

# MENU – JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px; background-color: #add8e6; display: inline-block;">                     PLEASE SIGN UP 3 DAYS IN ADVANCE                 </div>				4  PORK LOIN W/GRAVY WHIPPED POTATOES GREEN BEANS COOKIE
4  BEEF STROGANOFF W/ GRAVY BUTTERED BOWTIES MIXED VEGETABLES FRUIT(MELON)	5  CHICKEN CAESAR SALAD CHICKEN MIXED GREENS MINISTRONE SOUP SLICED PEACHES	6  STUFFED PEPPER W/TOMATO SAUCE GARLIC WHIPPED POTATOES COIN CARROTS STRAWBERRY SHORTCAKE	7  CLUB SANDWICH CREAM OF BROCCOLI SOUP APPLESAUCE	8  PINEAPPLE GLAZED HAM WHIPPED SWEET POTATOES CREAMY COLESLAW WHEAT BREAD CHOCOLATE PUDDING
11  PORK CARNITA TACO SWEET & SOUR SLAW RICE W/CHIVES CORN FRESH MELON	12  SWEET & SOUR MEATBALLS PENNE PASTA HAWAIIAN COLESLAW SLICED PEARS	13  MEATLOAF WHIPPED POTATOES GREEN BEANS BANANA PUDDING NILLA WAFERS	14  CHICKEN, SPINACH & CRANBERRY SALAD MIXED GREENS & SPINACH W/CUCUMBER PICKLED DICED BEETS COOKIE	15  STEAK SANDWICH W/ONIONS, PEPPERS RANCH SEASONED POTATOES FRESH SEASONAL FRUIT
18  BAKED SALMON PARSLEY POTATOES BROCCOLI & CARROTS COOKIE	19  CREAMY CHICKEN SALAD CROISSANT TOMATO SOUP FRESH SEASONAL FRUIT	20  <b>BIRTHDAY LUNCH</b> ORANGE GLAZED PORK VEGETABLE RICE PILAF CAULIFLOWER APPLESAUCE BIRTHDAY CAKE	21  CHICKEN PRIMAVERA CREAM SAUCE PENNE PASTA TOSSED SALAD SLICED PEARS	22  SALISBURY STEAK WHIPPED POTATOES SWEET PEAS BROWNIE
25  ROASTED TURKEY WHIPPED POTATOES W/GRAVY PEAS & CARROTS GELATIN	26  HAMBURGER SWEET POTATO BITES GREEN BEANS FRESH SEASONAL FRUIT	27  BREADED CHICKEN CUTLET AU GRATIN POTATOES SWEET PEAS COOKIE	28  TUNA SALAD SANDWICH CREAMY POTATO SOUP PINEAPPLE & CHERRIES	29  CHICKEN PRIMAVERA VEGETABLE CREAM SAUCE PENNE PASTA TOSSED SALAD SLICED PEARS

# JUNE BIRTHDAY PARTY ~WEDNESDAY, JUNE 20, 2018

THIS MONTH'S BIRTHDAY IS SPONSORED BY  
THE HICKMAN

FASHION SHOW SPONSORED BY  
CHRISTINE'S UPSCALE RESALE

<b>1-JUNE</b>	<b>11-JUNE</b>	<b>20-JUNE</b>
SINEY JOHNSON	CLAIR BROOKS	NEIL BELL
HILDEGARD WEISER	<b>12-JUNE</b>	JOAN GODLEWSKI
<b>2-JUNE</b>	C. BROADBELT	<b>21-JUNE</b>
MARY KAY O'ROURKE	DIANE DONATO	ALICE CASNER
LINDA TONER	FRANCES DAWSON	KAY RICKER
<b>3-JUNE</b>	CHARLES POPELAK	ANNA MARY BURNETT
ELIZABETH MITCHELL	MARY ANNE NEWMAN	<b>22-JUNE</b>
JOYCE O'BRIEN	DON EILL	EUGENE GOMOLKA
<b>4-JUNE</b>	<b>13-JUNE</b>	<b>23-JUN</b>
DAWN FLEWELLEN	ANTOINETTE SCHORN	LEON PARSON
ROBIN LLOYD	EDWARD SUTTER	DAWN BAILEY
<b>5-JUNE</b>	<b>14-JUNE</b>	<b>24-JUNE</b>
ERWIN ZELLER	NANCY LAVIN	KURT FEHRLE
ANTHONY BULLOTTA	JOHN RICKENBACH	THERESA FEHRLE
CAROL MONEY	BARBARA PENNINGTON	JOHN KESLICK
ALAN THOMAS	ELIZABETH GINCLEY	ANTOINETTE PRYOR
JOYCE NAGATA	<b>15-JUNE</b>	UMA VENKATESALU
<b>6-JUNE</b>	ROBERT MCCARTER	<b>25-JUNE</b>
EMILY BECK	<b>16-JUNE</b>	SYLVIA HARTMAN
BRUCE THOMAS	KUSUM A. MISSER	JEAN ROMANO
PETER HEBBLE	JAN MUCK	<b>26-JUNE</b>
<b>7-JUNE</b>	DICK PALMQUIST	NORMA MORGAN
DENNIS ARIAS	<b>17-JUNE</b>	BERNITA SAAR
STANLEY PETERSEN	DONALD LUNDBERG	PEGGY PILLARD
DEAN RASMUSSEN	DON KIRKPATRICK	<b>27-JUNE</b>
<b>8-JUNE</b>	JOSEPH RESKO	GERTRUDE KELLY
JOHN LOGUE	HARRY CHEN	<b>28-JUNE</b>
LEROY GOLDSMITH	WILLIAM WHELAN	MARGARET GALE
<b>9-JUNE</b>	<b>18-JUNE</b>	ANN MESSINA
STELLA JOHN	CONSTANCE WORTH	<b>29-JUNE</b>
DOM DEORIO	A. CAROLINE DOW	CAROL ANN THOMAS
HAROLD BORKOWSKI	MICHAEL BENESTA	RUTH CHAMBERS
<b>10-JUNE</b>	JUDITH GARIANO	FRANCENIA CANION
RITA GIACINTO	<b>19-JUNE</b>	SAM MASSARELLA
PATRICIA DAMIRI	KAREN WILLIAMS	<b>30-JUNE</b>
KEVIN MAGGS	JANEY LUCINE	WILLIAM JOHNSTON
EDWARD CARNEY	JAN KARNEY	WILLIAM EVANS
		JOHN CRISANTI



The Hickman is a senior living community located in the heart of West Chester, Pennsylvania. Guided by Quaker principles and tradition, The Hickman provides individualized care and assistance to older adults who seek a safe and affordable living environment.



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

**Art Appreciation**

Will not be meeting again until September 2018

**Art Club-**

ART CLUB IS CANCELED INDEFINITELY. CHECK BACK FOR UPDATES.

**Arthritis Foundation Exercise Class -**

This class is held Mondays, Wednesdays, and Fridays at 10:30.

**Bible Study Group -**

This non-denominational group meets every 2<sup>nd</sup> and 4<sup>th</sup> 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 has been canceled indefinitely.

**Book Club Regular -**

The book club meets on the 4<sup>th</sup> 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 is currently on their summer tour!

**Computer Forum -**

Will not be meeting again until September 2018

**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 2<sup>nd</sup> 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 Class -**

The Italian Class 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-** Meets the last Wednesday of the month @ 1pm

**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.

**Qi-Gong-**

Qi-Gong meets on Fridays from 9:15-10:15am.

**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 9:30-10:00am  
Intermediate Spanish 10:00-11:30am

**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. The fee for Yoga has changed to \$5 per class, effective immediately.

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](http://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.*

