



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

## October 2018 Newsletter

### OCTOBER HIGHLIGHTS

- ❖ Friday October 5<sup>th</sup> @ 12:30PM  
*Bryn Mawr Rehab: Incontinence*
- ❖ Monday October 8<sup>th</sup> @ 12:45PM  
*Garden Club: "Fall Garden House Cleaning"*
- ❖ Wednesday October 10<sup>th</sup> @ 12:30PM  
*AARP Tax Prep Volunteer Info Session*
- ❖ Friday October 12<sup>th</sup> @ 12:30PM  
*Sarah Care: Life Story Originals*
- ❖ Tuesday October 16<sup>th</sup> @ 10:00AM  
*CCDAS Nutrition Presentation: Nutrition Challenges*
- ❖ Wednesday October 17<sup>th</sup> @ 12:00PM  
*Birthday Lunch*
- ❖ Thursday October 18<sup>th</sup> @ 12:45PM  
*Memorial Service*
- ❖ Friday October 19<sup>th</sup> @ 12:30PM  
*Clarifi: Budget for the Holidays*
- ❖ Monday October 22<sup>nd</sup> @ 12:30PM  
*Crafting with Heather from Park Lane @ Bellingham*
- ❖ Wednesday October 24<sup>th</sup> @ 12:30PM  
*Chester County Food Bank*
- ❖ Wednesday October 24<sup>th</sup> @ 9:30-11:30  
*Veterans Expo*
- ❖ Wednesday October 26<sup>th</sup> @ 12:30PM  
*Virtual tour of Delaware Art Museum w/ Ray Doyle*
- ❖ Wednesday October 31<sup>st</sup> @ 12:30PM  
*Shop Rite: Beware of fad Diets*

**PHOTO CLUB IS CANCELED INDEFINITELY. CHECK BACK FOR UPDATES.**

THE TIME OF THE DELAWARE THEATRE COMPANY PLAY WRITING WORKSHOP HAS CHANGED FROM THURSDAY'S FROM 10:15-11:30 TO THURSDAY'S 10:30-11:45  
THANKS FOR YOUR COOPERATION!

CHESTER COUNTY DEPARTMENT OF AGING SERVICES  
NUTRITION PRESENTATION W/ BARBARA MYERS

### *NUTRITION CHALLENGES*

TUESDAY, OCTOBER 16<sup>TH</sup> @ 10AM



MEMORIAL SERVICE  
THURSDAY, OCT. 18TH 12:45PM

JOIN US AS WE CELEBRATE THE LIVES OF OUR WCASC FAMILY & FRIENDS THAT WENT BEFORE US THIS PAST YEAR



## 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, Leon Parson, Cynthia McGowan, Nancy Thompson, Glee Young, Christine Hanning, Judy Basler, Sheldon Feinberg

## HEARING CLINICS

- Dr. Judith Curtin, Aud., will be at the Center on Wednesday October 8<sup>th</sup> & 29<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 October 8<sup>th</sup> & 22<sup>nd</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.  
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.

**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 1<sup>st</sup> Wednesday of every month from 11AM-1PM. Rep. 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

**Rover Transportation-** A representative from Rover Transportation will be visiting the center on Wednesday, October 17<sup>th</sup> @ 11AM.

**2018 Property and Renters Tax Rebate-**Deadline for filing is December 31, 2018. Call to make an appointment with Nanciann or have Tyler help you on his regularly scheduled visit on the 2<sup>nd</sup> Wednesday of the month.

### MEDICARE ANNUAL ELECTION PERIOD OR MEDICARE ANNUAL OPEN ENROLLMENT PERIOD OCTOBER 15 - DECEMBER 7

Help with Medicare is here! The Annual Election Period is October 15 – December 7, 2018. Are you unhappy with your current Medicare coverage? Have you reviewed your Medicare coverage every year? Medicare drug and health plans change annually. Premiums change; fees, copays, coinsurance and deductibles change; drug formularies change. You should review your coverage every year to see if you can obtain better coverage and save money. Any change you make to your Medicare coverage during this time will become effective January 1, 2019.

The Medicare Annual Election Period is the time each year you can do the following:

- Switch your Medicare Part D prescription drug plan or join a Medicare Part D prescription drug plan
- Switch to another Medicare Advantage HMO or PPO
- Switch from a Medicare Advantage Plan back to Original Medicare with or without a Medicare Supplement/Medigap Plan and prescription drug plan
- Review your current coverage and compare your Medicare approved health and drug options

Call and make an appointment with the APPRISE Medicare counselors who can help make a change and guide you in evaluating your options. These counselors are trained and certified by the Commonwealth of Pennsylvania to assist you with free, confidential and independent assessments of health care options under Medicare.

**Counselors are available by appointment ONLY:** Please call the center to make an appointment – 610-431-4242

- Tuesday, October 23<sup>rd</sup>
- Thursday, November 8<sup>th</sup>, Tuesday, November 13<sup>th</sup> & Monday, November 26<sup>th</sup>
- Wednesday, December 5<sup>th</sup>

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.

**\*\*\*Nanciann is operating on limited office hours, please call for more details\*\*\***

For an appointment call or Email:  
Nanciann Woodward  
Information and Assistance  
Coordinator  
610-431-4242 x108  
[nanciannw@wcseniors.org](mailto:nanciannw@wcseniors.org)

# NIGHT AT THE RACES

## PLATINUM SPONSORS:



## GOLD SPONSORS:



## SILVER SPONSORS:



## BRONZE SPONSORS:



Claudia Inmon

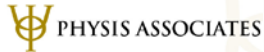
Dale Krapf



Nathan Trotter  
Trusted for Over 200 Years



Penn Medicine  
Chester County Hospital



PHYSIS ASSOCIATES



TD Bank  
America's Most Convenient Bank

## SPECIAL SPONSORS:



Paddock Sponsor



Event Decorations



Saddle Sponsor

Bill & Ann McGrath

Photo Sponsors



Lenny Rogers Photography

Wine & Coffee Sponsor

Michael Walsh  
Delaware Valley Sommelier Society



**MANY THANKS TO ALL  
OUR CURRENT NIGHT  
AT THE RACES  
SPONSORS!**

*(Confirmed Sponsor list as of September 25, 2018!)*

PLEASE CHECK OUR WEBSITE FOR  
DAILY UPDATES

## EVENT PATRONS:

Arthur Hall Insurance  
Arthur L. Sagnor III Esq.  
Leslie K. Bair  
Gawthrop Greenwood, PC  
District Attorney Tom Hogan  
Joe Hartman Choice Benefits Inc.  
Haydon Bolts Inc.  
The Hickman  
MacLaren Kitchen and Bath  
Premier Orthopaedic & Sports Medicine  
Sauter Crane Rental  
Sarah Care of Malvern  
Terminix



**SATURDAY, NOVEMBER 3<sup>RD</sup>**

**6:30 PM-10:30 PM**

**at The Senior Center**

**\*\$60 per person- Casual Affair- First Horse Included**

**\*\$100 special—1 Event Entry, 10 - Raffle tickets and 10 - 50/50 tickets**

*\*WCASC members get a \$10 discount on these offers*

**Beer, Wine & Local Restaurant Food & Dessert Selection Included**

# PROGRAMS –OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
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 1:00 Grand Friends	<b>1</b>	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:30 Healthy Steps 10:00 Int. Spanish 10:30 Current Events 10:30 Computer Q&A 11:00 Balance Class 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 1:00 AARP	<b>2</b>	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 11-1 Rep. Comitta Outreach 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle	<b>3</b>	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Cell Phone and Tablet 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 1:00 Grand Friends	<b>4</b>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Mahjong 12:30 BRYN MAWR REHAB 12:45 Bingo/Pinochle/Crafts	<b>5</b>
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 GARDEN CLUB 12:45 Rhythm of Life 1:00 Grand Friends- Nurses Angels	<b>8</b>	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beginning Spanish 10:00 Nurse 10:30 Healthy Steps 10:00 Int. Spanish 10:30 Current Events 10:30 Computer Q&A 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French	<b>9</b>	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 11-12:30 Senator Dinniman Outreach 11:15 Bingo 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:30 AARP Vol. Info Session 12:45 Pinochle	<b>10</b>	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 1:00 Grand Friends	<b>11</b>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Mahjong 12:30 SARAH CARE 12:45 Bingo/Pinochle/Crafts	<b>12</b>
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 1:00 Grand Friends- Shop Rite	<b>15</b>	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Beg Spanish 10:00 Nurse 10:00 CCDAS 10:30 Healthy Steps in Motion 10:30 Intermediate Spanish Class 10:30 Current Events/Computer Q&A 11:00 Balance Class 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French	<b>16</b>	8:00 Breakfast 9:00 Pinochle 9:00 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 9:30-11 Rite Aid Flu Shots 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	<b>17</b>	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 12:45 MEMORIAL SERVICE 1:00 Chorus	<b>18</b>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 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 12:30 Mahjong 12:30 CLARIFI	<b>19</b>
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 12:30 CRAFTING W/ PARK LANE 12:45 Rhythm of Life 1:00 Grand Friends	<b>22</b>	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	<b>23</b>	8:00 Breakfast 9:00 Silver Sneakers 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 1:00 Sen. Killion Constituent Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 CC FOOD BANK 12:45 Pinochle  9:30-11:30 Veterans Expo	<b>24</b>	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 1:00 Chorus 1:00 Grand Friends	<b>25</b>	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Mahjong 12:30 Bingo/Pinochle/Crafts 12:30 VIRTUAL TOUR W/ RAY	<b>26</b>
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 1:00 Grand Friends	<b>29</b>	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	<b>30</b>	8:00 Breakfast 9:00 Silver Sneakers 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 12:30 SHOP RITE 12:45 Pinochle 1:00 Parkinson's Support	<b>31</b>	<div style="background-color: #e0e0e0; padding: 10px; border: 1px solid black;"> <h2 style="margin: 0;">THE FEE FOR TAI CHI, QIGONG &amp; YOGA IS \$5,</h2> </div>			

# MENU –OCTOBER 2018

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1	2	3	4	5
<p style="text-align: center;"><b>BAKED ZITI</b> W/MEATBALLS <b>MARINARA SAUCE</b> CHEESE TOPPING CAESAR SALAD GARLIC BREADSTICK MIXED FRUIT SALAD</p>	<p style="text-align: center;"><b>PORK RIBETTE</b> SEASONED POTATOES BAKED BEANS SLICED PEACHES</p>	<p style="text-align: center;"><b>SWISS STEAK</b> W/ ONION GRAVY CABBAGE &amp; NOODLES DICED CARROTS PINEAPPLE DELIGHT</p>	<p style="text-align: center;"><b>GRILLED CHICKEN</b> BACON &amp; SWISS CLUB CREAMY POTATO SOUP BLUSHED PEARS</p>	<p style="text-align: center;"><b>POTATO CRUSTED FISH</b> MACARONI &amp; CHEESE STEWED TOMATOES FRESH FRUIT</p>
8	9	10	11	12
<p style="text-align: center;"><b>COUNTRY FRIED CHICKEN</b> W/ <b>CREAMY GRAVY</b> WHIPPED POTATOES PEAS &amp; CARROTS FRESH FRUIT</p>	<p style="text-align: center;"><b>SLOPPY JOE</b> RANCH SEASONED POTATOES GREEN BEANS COOKIE</p>	<p style="text-align: center;"><b>HAWAIIAN PORK CHOP</b> BLENDED RICE PILAF ISLAND BLEND VEGETABLES SLICED APPLES</p>	<p style="text-align: center;"><b>CHICKEN PICATTA</b> BOWTIES TOSSED SALAD SLICED PEACHES</p>	<p style="text-align: center;"><b>WARM ROAST BEEF</b> <b>SANDWICH</b> W/<b>CHEESE &amp; AU JUS</b> VEGETABLE SOUP PINEAPPLE TIDBITS</p>
15	16	17	18	19
<p style="text-align: center;"><b>BAKED MEATLOAF</b> BAKED POTATO MIXED BEAN MEDLEY CHERRY CHIP CAKE W/ TOPPING</p>	<p style="text-align: center;"><b>BAKED SALMON</b> WHITE RICE BROCCOLI PINEAPPLE TIDBITS</p>	<p style="text-align: center;"><b>BIRTHDAY LUNCH</b> <b>HOT TURKEY SANDWICH</b> WHIPPED POTATOES W/CHIVES CRINKLE CUT CARROTS BIRTHDAY CAKE</p>	<p style="text-align: center;"><b>SMOKEY BBQ BURGER</b> SWEET POTATO BITES FRESH SEASONAL FRUIT</p>	<p style="text-align: center;"><b>CHICKEN &amp; DUMPLINGS-</b> PEPPER SLAW BUTTERMILK BISCUIT WARM PEACHES</p>
22	23	24	25	26
<p style="text-align: center;"><b>MUSHROOM SWISS</b> <b>BURGER</b> CREAMY CAULIFLOWER SOUP FRESH FRUIT</p>	<p style="text-align: center;"><b>MANGO BBQ CHICKEN</b> <b>BREAST</b> BROWN RICE CREAMY COLESLAW APPLE CRAN CRISP</p>	<p style="text-align: center;"><b>POT ROAST W/ GRAVY</b> SEASONED POTATOES SLICED CARROTS COOKIE</p>	<p style="text-align: center;"><b>CRAB CAKE SLIDER</b> CHEESY TWISTS BAKED BEANS MANDARIN ORANGES</p>	<p style="text-align: center;"><b>BEEF BURRITO BOWL</b> SEASONED CORN &amp; BLACKBEANS CILANTRO RICE BAKED PINEAPPLE</p>
29	30	31	<div style="border: 2px solid #008080; background-color: #008080; color: white; padding: 10px; text-align: center;"> <p style="font-size: 1.2em; margin: 0;">PLEASE SIGN UP 3 DAYS IN ADVANCE</p> </div>	
<p style="text-align: center;"><b>VEGETABLE LASAGNA</b> TOSSED SALAD BREADSTICK COTTAGE CHEESE &amp; DICED PEACHES</p>	<p style="text-align: center;"><b>KIELBASA</b> CHEESY PIEROGI CASSEROLE SWEET PEAS FRESH SEASONAL FRUIT</p>	<p style="text-align: center;"><b>GHOSTLY CHILI</b> ANT &amp; FINGER SALAD MOLDY BISCUIT HOCUS POCUS JUICE SPOOKY PUMPKIN POTION</p>		

# OCTOBER BIRTHDAY PARTY

## WEDNESDAY, OCTOBER 17, 2018

<b>1-October</b>	<b>12-October</b>	<b>24-October</b>
Kathryn Anderson	Virginia Lamond	Lorraine Hamel
Troy Willis	Martha Coyle	Joan Pennell
Asa McCollum	Nancy Magee	<b>25-October</b>
<b>2-October</b>	Lily Weisberg	George Fieo
Judith Heringslake	<b>13-October</b>	Betty Kropp
Merlace Hubickey	Hisako Jennings	Richard Scully
Matilda Oleykowski	Dorcas Weist	Angela Haris
Ed Edleman	<b>14-October</b>	<b>26-October</b>
<b>3-October</b>	Kenneth Emerson	John Turner
Stan Johnson	Vincent Herr	Leslie Bair
Ruth Edgar	Arthur Diarcangelo	Ann Marie Grandizio
Marjorie Morgan	<b>15-October</b>	Esther Henry
<b>4-October</b>	Constance Mouser	Mary Blecker
Eileen Cornell	<b>16-October</b>	Karen Rothenbuhler
Doris Loftus	Sue Barber	Vincent Marchiafava
John Doyle	<b>17-October</b>	Nancy Logue
<b>5-October</b>	William Jones	Anita Routzahn
Joan Barraclough	Dan Karney	<b>27-October</b>
Betty Middleton	Scott Bond	Norman Ricker
Catherine Carroll	<b>18-October</b>	Marie Stull
<b>6-October</b>	Thomas Rodgers	Herbert Jahnle
Carol Gauff	Dorothy Brewer	George Tenaglia
<b>7-October</b>	<b>19-October</b>	<b>28-October</b>
Daniel Berliner	Joan Lappin	Irene Moyer
Mary Shaw	Emma Holtsberry	Diane Skuzinski
<b>8-October</b>	<b>20-October</b>	Victoria Smith
Lydu Trudeau	Mary Clementi	Clarence Evans
Bernard Klaverkamp	Joseph Perricone	<b>29-October</b>
<b>9-October</b>	Diana Liberi	Pauline Johnson
Beatrice Rucker	Judy Eill	Thom Clapper
William Cosgrove	<b>21-October</b>	Adele Gervasoni
Joan O'Connor	Jack Fabe	Florence Jackson
Jean Kirkaldie	Dana Hawa	William Wright
<b>10-October</b>	Linda Levine	Catherine Palmquist
Glenn Smith	<b>22-October</b>	<b>30-October</b>
Maureen Mason	Robert Stevenson	Carroll Household
<b>11-October</b>	John Cianci	Esther Rech
Eleanor Wengiel	<b>23-October</b>	<b>31-October</b>
Catherine Dougherty	Carol Guiseppe	Catherine Smith
Igina Dilallo	Ronald Holtsberry	Joyce Nolan
	Susan Griffith	Jennifer Seaver
	Sandra Vondeling	
	Rose Cavalieri	

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

**Art Appreciation**

Art Appreciation is the 2<sup>nd</sup> Thursday of every month @ 10am

**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> & 4<sup>th</sup> Thursdays at 9:30

**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 IS CANCELED INDEFINITELY. CHECK BACK FOR UPDATES.**

**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 9:30am.

**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 @ 1pm

**Computer Forum -**

Please join the Computer Forum every 3<sup>rd</sup> Thursday @ 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 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 1<sup>st</sup> Thursday of the month at 10 AM

**Italian Class -**

Will not be meeting again until September 2018

**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.

**Mahjong-**

Judy Basler and Sheldon Feinberg from Amada will be teaching Mahjong every Friday at 12:30 in the card room.

**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 -**

**PHOTO CLUB IS CANCELED INDEFINITELY. CHECK BACK FOR UPDATES.**

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

**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. The fee for Tai Chi has changed to \$5 per class.

**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 -**

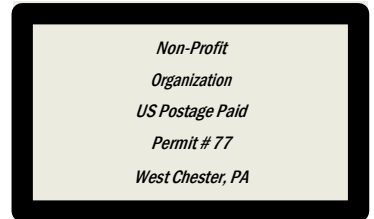
Yoga is held on Tuesdays at 11:30 AM. The fee for Yoga has changed to \$5 per class, effective immediately.

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

*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.*

