



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

# DECEMBER HIGHLIGHTS

## December 2018 Newsletter

- ❖ Monday December 3<sup>rd</sup> @ 12:30PM  
*Compassionate Care: Musical Therapy*
- ❖ Tuesday December 4<sup>th</sup> @ 11:00AM  
*Balance Class*
- ❖ Wednesday December 5<sup>th</sup> @ 12:30PM  
*Bryn Mawr Rehab: Stress Mgmt.*
- ❖ Friday December 7<sup>th</sup> @ 12:30PM  
*CCFA Holiday Party*
- ❖ Monday December 10<sup>th</sup> @ 12:45PM  
*Garden Club*
- ❖ Wednesday December 12<sup>th</sup> @ 12:30PM  
*Birthday Lunch Entertainment by Chris Holt*
- ❖ Friday December 14<sup>th</sup> @ 12:30PM  
*Holiday Photo Booth w/ Ray Doyle*
- ❖ Monday December 17<sup>th</sup> @ 12:30PM  
*Shop Rite Pharmacy: Check your Meds*
- ❖ Wednesday December 19<sup>th</sup> @ 12:00PM  
*Holiday Lunch w/ The Grateful Alive*
- ❖ Monday December 24<sup>th</sup>  
*CLOSED*
- ❖ Tuesday December 25<sup>th</sup>  
*CLOSED in Observance of Christmas*
- ❖ Monday December 31<sup>st</sup>  
*CLOSED*
- ❖ Tuesday January 1<sup>st</sup>  
*CLOSED*

## WEATHER THE WEATHER FOOD DRIVE

THE WEST CHESTER AREA SENIOR CENTER IS COLLECTING ITEMS FOR THE 2019 EMERGENCY FOOD BOXES TO PROVIDE FOOD AND SNACKS FOR HOMEBOUND SENIORS!

**COLLECTION ENDS: JANUARY 11, 2019**

### SUGGESTED ITEMS TO DONATE INCLUDES

- \* SOUP CANS
- \* TUNA
- \* GRANOLA BARS
- \* CRACKERS
- \* DRIED FRUIT
- \* TRAIL MIX
- \* FRUIT CUPS
- \* CEREAL
- \* PEANUT BUTTER
- \* CANNED VEGETABLES
- \* AND MUCH MORE...



**DISTRIBUTION WILL BEGIN ON WEDNESDAY, JANUARY 16, 2019**

## HAPPY HOLIDAYS

West Chester Area Senior Center 530 East Union Street West Chester, PA 19382 - A non-profit organization  
Tel (610) 431-4242 www.wcseniors.org

**Winter Storm Advisory**

The WCASC will be closed due to weather conditions in accordance with the *West Chester Area School District* @ [www.home.wcasd.net](http://www.home.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.

## 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 December 5<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 December 10<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.  
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, December 12<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.

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



West Chester Lions Club  
Pancake Breakfast with  
Santa

FREE  
PHOTOS  
WITH  
SANTA



Date: 12/08/2018  
Time: 7:30-11:00

For tickets or questions call Tracey Mella  
at 610-594-7021



Free  
eye exams  
for  
Preschoolers

Tickets: Adults- \$6.00 Children 5-12- \$3.00  
Children 4 and under- FREE

Benefits the West Chester Lions Club Charity Fund  
& The West Chester Area Senior Center.

West Chester Area Senior Center  
530 E. Union Street  
West Chester, PA 19380

# NIGHT AT THE RACES

## PLATINUM SPONSOR:



## GOLD SPONSOR:



## SILVER SPONSORS:



## BRONZE SPONSORS:



## SPECIAL SPONSORS:

### Decoration Sponsor



### DVD Sponsors



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### Pony Express



### Photo Sponsors



### Saddle Sponsors



Bill & Ann McGrath

### Specialty Drink Sponsor

Craig & Cindy Fenimore

### Wine & Coffee Sponsor

Michael Walsh  
Delaware Valley Sommelier Society



### Winners Circle

John & Julie Elicker Peg Huebner JHK Welding, LLC.



RJC Northeast, LP

Adam Loew

## EVENT PATRONS:

- Allegheny Iron & Metal Co., Inc.
- Anonymous
- Arthur Hall Insurance
- Arthur L. Sagnor III Esq.
- Leslie K. Bair
- Beer Mill
- Countryside Consulting, Inc.
- Davis-Trachtenberg Inc.
- Trudy Dalton
- DellaVecchia, Reilly, Smith & Boyd Funeral Home
- Mr. & Mrs. William Devenney
- Craig & Cynthia Fenimore
- Gawthrop Greenwood, PC
- District Attorney Tom Hogan
- J2H Designs, LLC
- Joe Hartman Choice Benefits Inc.
- Judge Mobile Wash
- Haydon Bolts Inc.
- The Hickman
- MacLaren Kitchen and Bath
- Pancoast Properties
- Premier Orthopaedic & Sports Medicine
- Steve & Anne Quigley
- Sarah Care of Malvern
- Sautter Crane Rental
- Scott Honda
- Sheller Oil Co.
- Somerset Properties
- Kathy Sullivan
- Terminix
- Don & Dianne Turner

## 2018 NIGHT AT THE RACES

### RESTAURANT & FOOD SPONSORS



### BEVERAGE SPONSORS



MANY THANKS TO ALL OUR NIGHT AT THE RACES SPONSORS!

# PROGRAMS –DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>8:00 Breakfast 9:00 Pinochle <span style="float: right;"><b>3</b></span>            9:30 Silver Sneakers Cardio            10:30 Arthritis Exercise Class            10:30 Italian Class  <b>12:30 MUSIC THERAPY</b>            11:15 Bingo/Silver Sneakers Classic            12:00 Lunch            12:30 Bridge 12:30 Bingo            12:45 Rhythm of Life</p>	<p>8:00 Breakfast <span style="float: right;"><b>4</b></span>            9:30-10 Low Impact Aerobics            9:30 Beginning Spanish 10:00 Nurse            10:30 Healthy Steps            10-11:30 Int. Spanish            10:30 Current Events            10:30 Computer Q&amp;A            11:00 Balance Class            11:30 Yoga 12:00 Lunch            12:45 Knitting 12:45 French 1:00 AARP</p>	<p>8:00 Breakfast 9:00 Pinochle <span style="float: right;"><b>5</b></span>            9:00 Silver Sneakers Cardio Circuit            9:30 Blood Pressure            9:45 Stretching 10:00 German Club            10:30 Arthritis Exercise Class  <b>11-1 Representative Comitta's Outreach</b>            11:15 Bingo 11:15 Silver Sneakers Classic            12:30 Bingo  <b>12:30 STRESS MGMT.</b>            12:45 Pinochle</p>	<p>8:00 Breakfast <span style="float: right;"><b>6</b></span>            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</p>	<p>8:00 Breakfast <span style="float: right;"><b>7</b></span>            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  <b>12:30 CCF A HOLIDAY PARTY</b>            12:45 Bingo/'Pinochle/Crafts</p>	
<p>8:00 Breakfast 9:00 Pinochle <span style="float: right;"><b>10</b></span>            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</p>	<p>8:00 Breakfast <span style="float: right;"><b>11</b></span>            9:30 Low Impact Aerobics            9:30-10 Beg Spanish 10:00 Nurse            10:30 Healthy Steps in Motion            10-11:30 Int. Spanish            10:30 Current Events/Computer Q&amp;A            11:30 Yoga 12:00 Lunch            12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 9:00 Pinochle <span style="float: right;"><b>12</b></span>            900 Silver Sneakers Cardio Circuit            9:30 Blood Pressure 9:45 Stretching            10:00 German Club 10:30 Arthritis Exercise  <b>11-12:30 Senator Dinniman Outreach</b>            11:15 Bingo/Silver Sneakers Classic  <b>12:00 BIRTHDAY LUNCH W/            ENTERTAINMENT BY CHRIS HOLT &amp;            SPONSORED BY FREEDOM VILALGE</b>            12:30 Bingo 12:45 Pinochle</p>	<p>8:00 Breakfast <span style="float: right;"><b>13</b></span>            10:00 Art Appreciation            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</p>	<p>8:00 Breakfast <span style="float: right;"><b>14</b></span>            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  <b>12:30 HOLIDAY PHOTO BOOTH            W/ RAY DOYLE</b></p>	
<p>8:00 Breakfast <span style="float: right;"><b>17</b></span>            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  <b>12:30 CHECK YOUR MEDS</b>            12:45 Rhythm of Life</p>	<p>8:00 Breakfast <span style="float: right;"><b>18</b></span>            9:30 Low Impact Aerobics            9:30-10 Beginning Spanish 10:00 Nurse            10:15 Spanish Class            10:30 Healthy Steps in Motion            10-11:30 Int. Spanish            10:30 Current Events/Computer Q&amp;A            11:30 Yoga 12:00 Lunch            12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 9:00 Silver Sneakers <span style="float: right;"><b>19</b></span>            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 HOLIDAY LUNCH</b>            12:30 Bingo  <b>12:40 GRATEFUL ALIVE            PERFORMANCE</b>            12:45 Pinochle</p>	<p>8:00 Breakfast <span style="float: right;"><b>20</b></span>            9:30 Low Impact Aerobics            10:15 Healthy Steps in Motion            11:15 Tai Chi            12:00 Lunch            12:30 Bridge            1:00 Chorus</p>	<p>8:00 Breakfast <span style="float: right;"><b>21</b></span>            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</p>	
<p><b>24</b></p> <p style="font-size: 2em; color: red;"><b>CLOSED</b></p>	<p><b>25</b></p> <p style="font-size: 2em; color: red;"><b>CLOSED MERRY CHRISTMAS!</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>26</b></span>            9:00 Silver Sneakers 9:00 Pinochle            9:30 Blood Pressure            9:45 Stretching 10:00 German            10:30 Arthritis Exercise  <b>11-1 Sen. Killion Constituent Outreach</b>            11:15 Bingo/Silver Sneakers Classic            12:30 Bingo            12:45 Pinochle 1:00 Parkinson's Support</p>	<p>8:00 Breakfast <span style="float: right;"><b>27</b></span>            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</p>	<p>8:00 Breakfast <span style="float: right;"><b>28</b></span>            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  <b>12:30 HEALTHY HOLIDAY EATING</b></p>	
<p><b>31</b></p> <p style="font-size: 2em; color: red;"><b>CLOSED</b></p>	<p style="color: red;"><b>JANUARY 1<sup>ST</sup> CLOSED HAPPY NEW YEAR</b></p>	<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p>Breakfast will be continental only            Wednesday, December 26<sup>th</sup> – Tuesday,            January 1<sup>st</sup>. Full breakfast will resume            Wednesday, January 2<sup>nd</sup>.</p> </div>			

# MENU – DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CENTER CUT PORK CHOP WHIPPED POTATOES LIMA BEANS WHITE BREAD SLICED APPLES	4 REUBEN WRAP HOT POTATO SALAD WARM PEACHES	5 LEMON PEPPER CHICKEN WILD RICE BRUSSEL SPROUTS FRESH FRUIT	6 TURKEY & PROVOLONE SANDWICH BROCCOLI SOUP FRESH FRUIT	7 BAKED PORCUPINE BALL W/ TOMATO SAUCE WHIPPED POTATOES CORN CINNAMON RAISIN BREAD PUDDING
10 MUSHROOM SWISS BURGER CAULIFLOWER SOUP FRESH FRUIT	11 MANGO BBQ CHICKEN BREAST BROWN RICE CREAMY COLESLAW APPLE CRAN CRISP	12 BIRTHDAY LUNCH POT ROAST BAKED POTATO SLICED CARROTS BIRTHDAY CAKE	13 BEEF BURRITO BOWL SEASONED CORN & BLACK BEANS CILANTRO RICE BAKED PINEAPPLE	14 CRAB CAKE CHEESY TWISTS BAKED BEANS MANDARIN ORANGES
17 PORK RIBETTE SEASONED POTATOES BAKED BEANS SLICED PEACHES	18 GRILLED CHICKEN BACON & SWISS CLUB CREAMY POTATO SOUP BLUSHED PEARS	19 <b>HOLIDAY SPECIAL</b> CHICKEN CORDON BLEU HOMEMADE STUFFING WHIPPED POTATOES PEAS & CARROTS BOSTON CRÈME PIE	20 KIELBASA CHEESY POTATOES SWEET PEAS FRESH SEASONAL FRUIT	21 WHITE CHICKEN CHILI TOSSED SALAD BAKED POTATO WG MINI BISCUIT COOKIE
24 <b>CLOSED</b>	25 <b>CLOSED</b> <b>MERRY</b> <b>CHRISTMAS!</b>	26 SMOKEY BBQ BURGER SWEET POTATO BITES BRIOCHE BUN FRESH SEASONAL FRUIT	27 CHICKEN PICATTA BOWTIES TOSSED SALAD SLICED PEACHES	28 ROAST BEEF SANDWICH W/CHEESE & AU JUS VEGETABLE SOUP PINEAPPLE TIDBITS
31 <b>CLOSED</b>			<div style="border: 1px solid blue; padding: 10px;"> <p style="text-align: center; color: red; margin: 0;"><b>Winter Storm Advisory</b></p> <p style="text-align: center; font-size: small; margin: 0;">The WCASC will be closed due to weather conditions in accordance with the <i>West Chester Area School District</i> @ <a href="http://www.home.wcasd.net">www.home.wcasd.net</a>. 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.</p> </div>	

**DECEMBER BIRTHDAY PARTY SPONSORED BY  
FREEDOM VILLAGE BRANDYWINE  
WEDNESDAY, DECEMBER 19, 2018  
ENTERTAINMENT BY CHRIS HOLT OF SENIOR HELPERS**

**1-DECEMBER**

VIVIAN CARLOW  
ORNELLA GASPARI  
KAY CROLL  
PATRICIA LISOWSKI  
LEONA POET

**2- DECEMBER**

MONROE JONES  
JOHN HERLEY

**3- DECEMBER**

ALICE PETERS

**4- DECEMBER**

THOMAS DONOHOE

**5- DECEMBER**

LOUISE PINO  
ADELE COOKE  
JAMES TATE  
JAMES KELLY  
TERESA KROL

**6- DECEMBER**

MARIAN WALKER  
ANN RICHARDSON

**7- DECEMBER**

CAROL RICHARDSON  
WANDA WOODS  
MARGE WALTZ

**10- DECEMBER**

CYNTHIA WELSH

**11- DECEMBER**

KATHRYN STANZIONE  
HELEN LINDEN  
HSIANG KU  
VICTORIA SCHROEDER

WAYNE FORBES

**12- DECEMBER**

CELESTE VERDONE

**13- DECEMBER**

RONALD SAGNELLA  
LUCY MARCHIAFAVA  
GERALD ABBOTT  
PAM PAULSELL  
JEAN SCHUH

**14- DECEMBER**

IRENE RICKERT  
IRENE SEWELL  
GAIL NASHAK

**15- DECEMBER**

FRANCIS MINYONE  
HILDEGARD LECHNER

**16- DECEMBER**

ANNA MAY CLARK  
JOHN BRAUTIGAM

**17- DECEMBER**

DEB RANDALL  
BARBARA LUCAS  
MARGARET HARRIS

**18- DECEMBER**

CONNIE FORD  
ELAINE FRISON  
MARIE HALLIGAN  
CHRISTINA BRETT

**19- DECEMBER**

KENNETH BAILEY

**20- DECEMBER**

CLAIRE SURR  
DARYL KEZELL  
THOMAS AMODEI  
JOANNE FRITZ

**21- DECEMBER**

MENTINA SPAZIANI  
JULIA RYAN  
JUDITH BULLOTTA  
THOMAS DEANE  
CHARLES MCGOVERN

**22- DECEMBER**

RANDY TAYLOR  
DIANA PRICE

**23- DECEMBER**

MARY STREETS

**25- DECEMBER**

VIRGINIA HINES  
MARJORIE REID  
BARBARA GAUFF  
MARIE GREGG

ROBERT MCGURK  
SOWRRO BRAGANZA  
DAISY LARA

**27- DECEMBER**

HELEN MOZZANI  
JUMEI WANG  
FRANK GIACOMUCCI  
CHARLES WELSH

**28-DECEMBER**

SHAARON DAURIO  
MARGARET KEY

**29- DECEMBER**

DOLORES (DOLLY) FECONDA

**30- DECEMBER**

CAROLINE THOMAS  
MOLLIE RICHARDSON  
EILEEN FIELDS  
HARRY CARTER

**31- DECEMBER**

KATHRYN BAUERNSCHMIDT  
KAY SCHMIDT  
ROBERT BOOM  
CECELIA BETSON

OUR THANKS TO THE  
ALESIANI FAMILY FOR  
THEIR KINDNESS!



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**

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

Non-Profit  
Organization  
US Postage Paid  
Permit # 77  
West Chester, PA

United Way Member Agency



**2018-2019 BOARD MEMBERS**

Stephen Brightbill  
David Connor  
Joseph P. Hartman  
Christine Hasen  
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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.*

