



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

APRIL HIGHLIGHTS

- ❖ Monday April 1ST @ 12:30PM
Emily from C5: Advanced Directives & Planning
- ❖ Tuesday April 2nd @ 1:00PM
AARP Monthly Meeting
- ❖ Wednesday April 3rd @ 12:30PM
Lisa Pence: Mindfulness Workshop
- ❖ Wednesday April 3rd @ 1:00PM
Alzheimer's Care Givers Support Group
- ❖ Friday April 5th @ 12:30PM
Rite Aid: Skin Protection & Skin Checks
- ❖ Monday April 8th @ 10:00AM
Barbara Myers: Weight Loss
- ❖ Monday April 8th @ 12:45PM
Garden Club
- ❖ Wednesday April 10th @ 9:30-11:30AM
Spring Health Expo
- ❖ Wednesday April 10th @ 12:30PM
Divine Services
- ❖ Friday April 12th @ 12:30PM
Arbor Terrace: "You be the Judge"
- ❖ Monday April 15th @ 1:00PM
Full Range PT: Active Stretching
- ❖ Wednesday April 17th @ 12:00PM
Birthday & Volunteer Appreciation Luncheon
- ❖ Friday April 19th
Closed in observance of Good Friday
- ❖ Wednesday April 24th @ 1:00PM
Parkinson's Support Group
- ❖ Friday April 26th @ 10:30AM
Music Appreciation w/ Ray Doyle
- ❖ Friday April 26th @ 12:30AM
C5: How to Write your Memoir



April 2019 Newsletter

On Friday April 12th we will have volunteers painting our **Wellness Room** and **Exercise Room**. If you are sensitive to the smell of paint, please plan accordingly for April 12th. Sorry for any inconvenience that this may cause.

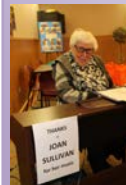
Thanks for your patience!

THANKS TO OUR CERNER VOLUNTEERS!

ANNUAL VOLUNTEER APPRECIATION & BIRTHDAY LUNCHEON

WEDNESDAY, APRIL 17TH @ 12PM

JOIN US TO **THANK OUR MANY VOLUNTEERS** WHO HELP US DAILY YEAR-ROUND BOTH AT THE CENTER AND IN OUR TWO "SECOND READING" BOOK STORES. JOIN US FOR LUNCH BY REGISTERING NO LATER THAN WEDNESDAY, APRIL 10TH. MEET THE PEOPLE WHO HELP MAKE IT ALL HAPPEN HERE!



THE BOARD ROOM WILL BE CLOSED ON WEDNESDAY, APRIL 17TH FOR THE ENTIRE DAY FOR A SPECIAL PROJECT!

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 jimm@wcseniors.org Technology & Volunteer Coordinator
Ellen Donohoe ellend@wcseniors.org Director of Development
Nanciann Woodward nanciannw@wcseniors.org Information & Assistance Coordinator /APPRISE

INSTRUCTORS

Pearl Burger, Kay Croll, Ray Doyle, Larue Morgan, Pierina Disciullo, Charlie Eisenfelder, Mark Frison, Leon Parson, Cynthia McGowan, Glee Young, Christine Hanning, Judy Basler, Sheldon Feinberg

HEARING CLINICS

- Dr. Judith Curtin, Aud., will be at the Center on Wednesday, April 3rd & 17th from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.
- Mr. Michael Piscotty, Audiologist is available Monday, April 8th & 22nd. Please call Mr. Piscotty at 610-213-1867 or our Senior Center @610-431-4242 to schedule appointments.

SENIOR BENEFITS AND RESOURCES

Medicare- APPRISE Medicare counselors are available at WCASC, by appointment, every Wednesday from 10:00 AM to 1:00 PM.

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

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.

Typical Hours are
Tuesday-Thursday 9-2

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

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.

ALL AM CLASSES ARE
CANCELED ON
WEDNESDAY, APRIL
10TH. VISTI OUR SPING
HEALTH FAIR!!

THE 37TH ANNUAL

CHESTER COUNTY SENIOR GAMES

... AND PICNIC



SENIOR GAMES MAY 10-17, 2019 ACROSS CHESTER COUNTY, PA

PRESENTED BY



37th Chester County Senior Games and Picnic
brought to you by
Chester County Commissioners and
Chester County Department of Aging Services

COORDINATED BY



COME FOR THE PICNIC...

Hot Dog, Hamburger **AND** Fried Chicken
Potato Salad, Cole Slaw **AND** Baked Beans
Ice Cream and other Desserts
Drinks provided by **WAWA**

...STAY FOR THE FUN!

PICNIC MAY 17 - BRANDYWINE YMCA - COATESVILLE, PA

REGISTRATION IS REQUIRED FOR ALL EVENTS AND PICNIC

Schedule of Events

Friday May 10	Monday May 13 OPENING CEREMONIES	Tuesday May 14	Wednesday May 15	Thursday May 16	Friday May 17 CLOSING CEREMONIES
Shuffleboard Table Tennis	Bocce Darts Pickleball (day 1) Stationary Bike Swimming	Pickleball (finals) Bowling	Mini Golf	Cornhole Trivia	Picnic Exhibitor Fair Bingo Yard Games
Phoenixville, PA	Coatesville, PA	Coatesville, PA	Downingtown, PA	West Chester, PA	Coatesville, PA

INTERESTED? GREAT! TO REGISTER

CALL 610-383-6900 - VISIT YOUR FAVORITE SENIOR CENTER - GO TO CCSG.EVENTBRITE.COM

REGISTRATION DEADLINE IS APRIL 30, 2019



SPRING HEALTH EXPO



WEDNESDAY, APRIL 10, 2019

AT WEST CHESTER AREA SENIOR CENTER

9:30-11:30AM (DROP-IN; NO APPTS. NEEDED)

INTERIM HEALTH: BONE DENSITY/HYDRATION TESTING

PENN MEDICINE: PARKINSON'S SUPPORT

SENIOR HELPERS

SHOPRITE/PHARMACY

SHOPRITE/NUTRITION

WEST CHESTER DENTAL ARTS

SARAH CARE: DEMENTIA SUPPORT

CHESTER COUNTY FOOD BANK

VETERAN'S ADMINISTRATION

AMADA SENIOR CARE CHESTER COUNTY

BE WELL PT/BALANCE

TMACC/TRANSPORTATION MGT. CHESTER COUNTY

ABC HEARING

CRIME VICTIMS CENTER OF CHESCO

CVIM

FULL RANGE PT

ACCURATE FOOT & DIABETIC CARE

PERSONAL TOUCH

PHYSIS ASSOCIATES

MICHAEL PISCOTTY HEARING

EYE DOCTORS OF CHESTER COUNTY

CHRISTINE HANNING/QIGONG & MEDITATION

WEST CHESTER AREA SENIOR CENTER

MOBILE MEDICATION

WEST CHESTER AREA SENIOR CENTER

530 E. UNION STREET ~ WEST CHESTER, PA 19382 ~ 610-431-4242

WWW.WCSENIORS.ORG

PROGRAMS – APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 1 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 ADVANCED DIRECTIVES 12:45 Rhythm of Life 12:45 GRAND FRIENDS	9:00 Breakfast 2 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&A 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French 1:00 AARP	8:00 Breakfast 9:00 Pinochle 3 9:00 Silver Sneakers Cardio Circuit 9:30 Blood Pressure 9:45 Stretching 10:00 German Club 10:30 Arthritis Exercise 11-1 Rep. Committa Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 MINDFULNESS 12:30 Bingo 12:45 Pinochle 1:00 ALZHEIMER'S SUPPORT	8:00 Breakfast 4 9:30 Low Impact Aerobics 10:00 iPad Club 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 12:45 GRAND FRIENDS	8:00 Breakfast 5 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 12:45 Bingo/'Pinochle/Crafts 12:30 RITEAID
8:00 Breakfast 9:00 Pinochle 8 9:30 Silver Sneakers Cardio 10:00 CCDAS PRESENTATION 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	8:00 Breakfast 9 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&A 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French	8:00 Breakfast 9:00 Pinochle 10 9:30 Blood Pressure 10:00 German Club 11-12:30 Senator Dinniman Outreach 12:30 Bingo 12:45 Pinochle 12:30 DIVINE SERVICES SPRING HEALTH EXPO 9:30-11:30	8:00 Breakfast 11 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 12:45 GRAND FRIENDS	8:00 Breakfast 12 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 YOU BE THE JUDGE CERNER DAY OF SERVICE THANKS CERNER!!
8:00 Breakfast 15 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 FULL RANGE PT 12:45 GRAND FRIENDS	8:00 Breakfast 16 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&A 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French	8:00 Breakfast 9:00 Silver Sneakers 17 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 12:00 BIRTHDAY LUNCH 12:45 Pinochle VOLUNTEER LUNCHEON	8:00 Breakfast 18 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	CLOSED
8:00 Breakfast 9:00 Pinochle 22 9:30 Silver Sneakers Cardio 10:00 SHOULDERS W/ KYOKO 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	8:00 Breakfast 23 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&A 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French	8:00 Breakfast 24 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 11-1 Sen. Killion Constituent Outreach 12:30 Bingo 12:45 Pinochle	8:00 Breakfast 25 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	8:00 Breakfast 26 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 10:30 MUSIC APPRECIATION 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:30 HOW TO WRITE YOUR MEMOIR
8:00 Breakfast 9:00 Pinochle 29 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 12:30 THE HELLO GAME 12:45 GRAND FRIENDS	8:00 Breakfast 30 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&A 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French	ALL AM CLASSES ARE CANCELED ON WEDNESDAY, APRIL 10TH. PLEASE VISIT OUR HEALTH FAIR!!		On FRIDAY April 12th we will have volunteers painting our Wellness Room and Exercise Room. If you are sensitive to the smell of paint, please plan accordingly for April 12th. Sorry for any inconvenience that this may cause.
				THANK YOU VOLUNTEERS FROM CERNER, VOYA, VENERABLE & ST. ELIZABETH PARISH!!

MENU – APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
MEATLOAF WITH GRAVY MASHED POTATOES GREEN BEANS W/ TOMATOES RICE RAISIN PUDDING	ROASTED PORK LOIN PORK LOIN BAKED SWEET POTATO BROCCOLI FLORETS MINI CORN MUFFIN CINNAMON APPLESAUCE	CHEESEBURGER FRIES PARSLIED CARROTS HONEYDEW CHUNKS	CHICKEN CORDON BLEU MIXED VEGETABLE WHITE & WILD RICE WHEAT MANDARIN ORANGES	STUFFED TILAPIA MAC N CHEESE STEWED TOMATOES SALAD SLICED STRAWBERRIES, W/ WHIPPED TOPPING
8	9	10	11	12
BEEF STROGANOFF ROMAINE & ONION SALAD PARSLIED NOODLES FRUITED JELLO	ROAST TURKEY ROAST TURKEY GRAVY YAMS BRUSSEL SPROUTS	PENNE W/ MEATBALLS SPINACH SALAD BREADSTICK PEAR HALVES	CHICKEN LO MEIN BLEND VEG SLICED CARROTS VEGETABLE EGG ROLLS	BAKED POLLOCK PINEAPPLE SALSA ROASTED RED POTATOES CALIFORNIA BLEND VEG
15	16	17	18	19
PEPPER STEAK BROWN RICE SUGAR SNAP PEAS W/ SHREDDED CARROTS	CHICKEN CACCIATORE PENNE PASTA MARINARA TUSCAN VEG BLEND	BIRTHDAY LUNCH OPEN-FACED ROAST BEEF ROAST BEEF GRAVY MASHED POTATOES ZUCCHINI	BBQ TURKEY SANDWICH CORN COBBETTE BROCCOLI WATERMELON & CANTALOUPE	CLOSED
22	23	24	25	26
CHICKEN MARSALA ROASTED POTATOES GREEN BEANS SPINACH SALAD MARGARINE TAPIOCA PUDDING	ROTISSERIE CHICKEN ALFREDO NOODLES WINTER BLEND VEG WG MARGARINE PEACHES & CREAM	SAUSAGE PEPPERS & ONIONS GREEN BEANS & TOMATOES PARSLIED NOODLES HONEYDEW CHUNKS	GLAZED TURKEY HAM RED ROASTED POTATOES ZUCCHINI W/ PEPPERS & ONIONS APPLESAUCE	BEEF STEW ROMAINE & ONION SALAD FRUITED MANDARIN JELLO
29	30		<div style="border: 1px solid black; background-color: #c8e6c9; padding: 10px; width: fit-content; margin: auto;"> <p>*Menus Always Subject to Change PLEASE RESERVE ONE WEEK IN ADVANCE</p> </div>	
SWEET N SOUR CHICKEN FRIED RICE W/ EGG ORIENTAL BLEND VEG MANDARIN ORANGES	FISH FILLET SANDWICH PASTA SALAD BRUSSEL SPROUTS CANTALOUPE CHUNKS			

APRIL BIRTHDAY PARTY & VOLUNTEER LUNCHEON WEDNESDAY, APRIL 17, 2019

1-APRIL	10- APRIL	20- APRIL
WILLIAM DRINKHOUSE	DOROTHY LAKATOS	CAROLINE KOPPENOL
ALISON BOND	JEAN TOWN	MARY HODGES
BHAGWAN GIDWANI	YVONNE WEBSTER	LOUISE PATTERSON
SANDY ABERNETHY	LESLIE CALZARETTA	21- APRIL
2- APRIL	11- APRIL	PAULINE TRNKA
KATHLEEN KESLICK	VIRGINIA STOLTZFUS	JOYCE BRINK
3- APRIL	CATHERINE KOVACS	DRU STEPHENSON
C. BEVERLY DOW	JOSEPH OELENSCHLAGER	22- APRIL
JOANN OTT	12- APRIL	RICHARD TOLAND
ANNA MILLER	JULIA GLASS	23- APRIL
KAREN WILLIMANN	SUSAN CRUM	KATHRYN BENHAM
ALBERT (BUD) JACKSON	JANE PALESTINI	JACQUELINE DINE
4- APRIL	CHRISTINE SPAZIANI	JOAN MCMILLIAN
KAY PHILIPPS	RENEE ANDREWS-DELAINE	24- APRIL
5- APRIL	JOHN TUNNELL	ROD MERRILL
ROBERT LAVIN	13- APRIL	25- APRIL
THERESA HALT	MARLENE KNOWLES	ANN HEMPHILL
JEAN IANNONE	MARTHA WEBER	MARILYN MARTIN
6- APRIL	VIRGINIA SCHROEDER	MARIA CHAPIS
DONALD WEIR	DENNIS O'HARA	JORGE BRITO
JANE ANDERMAN	KATHLEEN HALING	BERNICE FULMER
TAN WANG	MELISSA FODOR	26- APRIL
ANTOINETTE MACK	14- APRIL	CHRISTINE ZACCARELLI
JOANNE YARNALL	JOE HARPER	27- APRIL
KATHLEEN HOOPER	BILL YOCKEY	ROBERT MCCANN
7- APRIL	ROSALIE GROSSO	ROBERT SPAZIANI
TOYOKO KADYSZEWSKI	MILLY COLLIGON	MELINDA BROWN
JOAN TRAVERS	15- APRIL	28- APRIL
ROY ALMQUIST	EUGENE FINEGAN	PAUL REITMAN
GRACE MOUNTZ	PEGGY BURKENSTOCK	CAROL COWPER
ROBERT PAZDALSKI	16- APRIL	RICHARD WEBSTER
8- APRIL	MARILYN KRAUSS	JOHN BUTTON
MARION FLINN	HALDIS RENOTHI	ANN RUSSELL
JOSEPH FINNAREN	LOUISE BENOTTI	29- APRIL
ROSEMARY ROONEY	PATRICIA PURFIELD	PAT BOVE
KAREN SALTZBURG	17- APRIL	JOHN ODIKE
DEBORAH BENNETT	LENA CAVALIERE	GERRI TEST
9- APRIL	FLORENCE CHIEN	ROHNA PASKOW
MICHAEL GUNSAULLUS	18- APRIL	30- APRIL
CAROL NEFF	WILLIAM SCHEFFEY	MARIAN STEVENSON
NANCY KLABUNDE	LARRY WERNER	KATHY WEISS
	MARIE MORETTI	
	N. SHANNON ALMQUIST	
	E. JENSEN	
	19- APRIL	
	DORA POWELL	

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

Art Appreciation

Art Appreciation is the 2nd 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 2nd & 4th 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 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 9:30am.

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 3rd 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.

Alzheimer's Support -

Meets the First Wednesday of every month @ 1PM

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 1st Thursday of the month at 10 AM

Italian Class -

This class is offered every Monday at 10:30am

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 has moved to

Tuesday at 12:30.

Music Appreciation-

Music Appreciation is the last Friday of every month @ 10:30am

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

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 is \$5 per class.

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-

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 jimm@wcseniors.org 610-431-4242 to schedule an appointment with him if you need help with computers, tablets or cell phones.

Yoga -

YOGA HAS BEEN CANCELED UNTIL FURTHER NOTICE.

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.

