



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

MAY HIGHLIGHTS

May 2019
Newsletter

- ❖ Friday May 3rd @ 12:30PM
Sleep w/ Lisa Prince
- ❖ Tuesday May 7th @ 10:00AM
Balance Class w/ Kyoko
- ❖ Wednesday May 8th @ 10:00-11:30AM
Spa Morning
- ❖ Wednesday May 8th @ 12:30PM
"You be the Judge" w/ Arbour Terrace
- ❖ Friday May 10th @ 12:30PM
Allergies w/ RiteAid
- ❖ Monday May 13th @ 12:45PM
Garden Club Tea Party
- ❖ Tuesday May 14th @ 12:30PM
Henry's helping Paws w/ Dr. Garg VMD
- ❖ Thursday May 16th @ 10:00AM
Chester County Senior Games: Corn hole Tournament
- ❖ Thursday May 16th @ 12:30PM
Chester County Senior Games: Trivia Contest
- ❖ Monday May 20th @ 10:00AM
Dental Health W/ WC Dental Arts
- ❖ Tuesday May 21st @ 10:00AM
Fun ways to improve your Memory
- ❖ Wednesday May 22nd @ 10:30AM
Shop Rite Nutrition Intern Presentation
- ❖ Monday May 27th
Closed in observance of Memorial Day
- ❖ Tuesday May 28th @ 10:00AM
Balance Class w/ Kyoko
- ❖ Friday May 31st @ 10:30AM
Music Appreciation w/ Ray Doyle

Pennsylvania Veterinary Foundation Henry's Helping Paws Project



The Pennsylvania Veterinary Foundation and West Chester Senior Center are working to bring the Henry's Helping Paws project to the West Chester Senior Center. This project helps to provide pet food to seniors who need assistance with the cost of food.

There will be a presentation on **May 14 at 12:30PM** in order to discuss the project. Anyone who would like to learn more is invited to attend.

HARDY PERENNIAL GARDEN CLUB

ANNUAL TEA PARTY

WEAR YOUR LOVELY HAT
AND JOIN THE FUN!!

MONDAY, MAY 13TH

12:45PM

THANKS TO ALL OF OUR
2019 AARP TAX PREP
VOLUNTEERS!!!

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	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, Ray Doyle, Larue Morgan, Pierina Disciullo, Charlie Eisenfelder, Mark Frison, Leon Parson, Cynthia McGowan, Glee Young, Christine Hanning, Judy Basler, Sheldon Feinberg, Linda Clay, Mary Jo Baldino

HEARING CLINICS

- Dr. Judith Curtin, Aud., will be at the Center on Wednesday, May 1st & 15th from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.
- Mr. Michael Piscotty, Audiologist is available Monday, May 13th & 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.

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

PROGRAMS –MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <div>THANKS FOR YOUR BIRTHDAY SPONSORSHIP!!</div>		<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 11-1 Rep. Committa Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 1:00 ALZHEIMER'S SUPPORT</p>	<p>8:00 Breakfast 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 (Check performance schedule in the front lobby) 12:45 GRAND FRIENDS</p>	<p>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 12:45 Bingo/'Pinochle/Crafts 12:30 SLEEP PRESENTATION</p>
	<p>8:00 Breakfast 9:30 Low Impact Aerobics 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 12:45 GRAND FRIENDS</p>	<p>8:00 Breakfast 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 11:00 BALANCE CLASS 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French 1:00 AARP</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 11-2:30 Sen. Dinniman Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 "YOU BE THE JUDGE" 12:45 Pinochle MORNING SPA DAY</p>	<p>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</p>
	<p>8:00 Breakfast 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 12:30 DR. TOM GARG VMD 12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 9:00 Pinochle 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 GRAND FRIENDS CELEBRATION</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 CORN HOLE TOURNAMENT 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 TRIVIA CONTEST 12:30 Bridge CHESTER COUNTY SENIOR GAMES @ WCASC Must register by April 30th</p>	<p>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</p>
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<p>CLOSED</p>	<p>8:00 Breakfast 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 11:00 BALANCE CLASS 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 9:00 Pinochle 9:00 Silver Sneakers 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</p>	<p>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</p>	<p>8:00 Breakfast 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</p>

MENU –MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> *Menus Always Subject to Change PLEASE RESERVE ONE WEEK IN ADVANCE </div>		1 MEATLOAF WITH GRAVY MASHED POTATOES GREEN BEANS W/ TOMATOES RICE RAISIN PUDDING	2 ROASTED PORK LOIN BAKED SWEET POTATO BROCCOLI FLORETS CINNAMON APPLESAUCE	3 CHEESEBURGER STEAK FRIES PARSLIED CARROTS HONEYDEW CHUNKS
6 CHICKEN CORDON BLEU MIXED VEGETABLE WHITE & WILD RICE MANDARIN ORANGES	7 BEEF STROGANOFF ROMAINE/ONION SALAD PARSLIED NOODLES FRUITED JELLO	8 ROAST TURKEY YAMS BRUSSEL SPROUTS HOT SPICED APPLES	9 PENNE W/ MEATBALLS MARINARA SAUCE SPINACH SALAD PEAR HALVES	10 MOTHER'S DAY CELEBRATION CHICKEN PICCATA WILD RICE SPRING MIX LEMON MERINGUE PIE
13 CHICKEN LO MEIN ORIENTAL BLEND VEG SLICED CARROTS VEGETABLE EGG ROLLS FORTUNE COOKIE	14 BAKED POLLOCK PINEAPPLE SALSA RED POTATOES CALIFORNIA BLEND VEG	15 BIRTHDAY & GRAND FRIENDS LUNCH PEPPER STEAK BROWN RICE SUGAR SNAP PEAS W/ SHREDDED CARROTS VANILLA ICE CREAM CUP	16 CHICKEN CACCIATORE MARINARA SAUCE TURSCAN BLEND VEG SLICED APRICOTS	17 OPEN-FACED ROAST BEEF MASHED POTATOES ZUCCHINI ORANGE SECTIONS
20 "PULLED BBQ TURKEY SANDWICH" CORN COBBETTE BROCCOLI WATERMELON & CANTALOUPE CHUNKS	21 CHICKEN MARSALA ROASTED POTATOES GREEN BEANS SPINACH SALAD	22 ROTISSERIE CHICKEN ALFREDO NOODLES WINTER BLEND VEG PEACHES & CREAM	23 SAUSAGE PEPPERS & ONIONS GREEN BEANS & TOMATOES PARSLIED NOODLES HONEYDEW CHUNKS	24 BEEF STEW ROMAINE & ONION SALAD FRUITED MANDARIN JELLO
27 CLOSED	28 GLAZED TURKEY HAM RED POTATOES ZUCCHINI W/ PEPPERS & ONIONS APPLESAUCE	29 BEEF STEW ROMAINE & ONION SALAD FRUITED MANDARIN JELLO	30 SWEET N SOUR CHICKEN FRIED RICE W/ EGG ORIENTAL BLEND VEG MANDARIN ORANGES	31 BREADED FISH SANDWICH PASTA SALAD BRUSSEL SPROUTS CANTALOUPE CHUNKS

MAY BIRTHDAY PARTY & GRAND FRIENDS LUNCHEON WEDNESDAY, MAY 15, 2019

1-May	10-May	20-May
James Gregg	Ressola McCollum	Peter Iannotta
Shirley Flack	Gail Sortino	Julia Vitale
2-May	Amelia Tausinga	Marie Tyson
Carl Cranmer	Leon Poliski	21-May
Betty Phillips-Carr	11-May	Donald Lammey
Elizabeth Carr	Marlene Cundall	23-May
David Heydt	Emma Lee	Angela McGhee
4-May	12-May	24-May
Betty (Doreen) Osmond	Elizabeth Strode	Franklin Marshall
5-May	Mary Campbell	Joann Borie
William Young	13-May	Roger Bove
Beatrice Conner	Barbara Weir	Sally Lane
Mary Rita Coffey	Gilbert Fell	Lata Sharma
Michael Dutcher	Mary Magness	Susan Peck
Roberta Ruggeri	Joyce Aspen	Mary Piatt
Miriam Thomas	14-May	Elizabeth Euler
Anna Nagata	Ray Doyle	25-May
6-May	Mary Cavanaugh	Emilie Grunwell
Elizabeth Ivey	Deng Yang	Maureen Harrity
Barry Snyder	Nancy Kay	Erica Mears
Ruth Clark	Ralph Grosso	26-May
7-May	15-May	Vincent Burke
Geraldine Boggs	Blanche Noone	28-May
Margaret Iraca	Martha Malanik	Florence Davidson
Robin Garrett	16-May	Cecilia Gomolka
Albert Cavaleri	Barbara Werner	Rita Delaney
Elaine Crowley	Jessie Engan	Karl Schuh
8-May	Joan Brewer	Denise Pugliese
Judith Wadsworth	Jane Gillem	29-May
Celeste Selin	Jaqueline Woolfrey	Jean Harris
Doris Wood	Norma Sandler	Marie Denis
Dan Campbell	Charles Shaner	Donel Manke
Sandra Springfield	17-May	30-May
9-May	Loretta Durnell	Robert Phillips
Gertrude Barnes	Jacklyn Ashby	Josephine Carulli
Inger Zeller	18-May	Camilla Goldsmith
Marion Matthews	Eleanor Dew	31-May
	19-May	Michael Cotter
	Larue Morgan	

Wellington at Hershey's Mill is an independent living, assisted living, memory care and skilled nursing residential community managed by Benchmark Senior Living, one of the Northeast's premier senior living providers. The community is located in West Chester and offers spacious apartments, chef-prepared meals and comprehensive services and amenities. Wellington's maintenance-free lifestyle is a perfect fit for seniors who are looking to socialize, stay engaged and no longer want the upkeep of owning a home.



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 is every 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.

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
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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.

