



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

## JULY HIGHLIGHTS

July 2019  
Newsletter

- ❖ Wednesday July 3<sup>rd</sup> @ 1:00PM  
*Alzheimer's Support*
- ❖ Thursday July 4<sup>th</sup>  
*Closed in Observance of July 4<sup>th</sup>*
- ❖ Friday July 5<sup>th</sup>  
*Closed*
- ❖ Monday July 8<sup>th</sup> @ 12:30PM  
*Corn Hole*
- ❖ Tuesday July 9<sup>th</sup> @ 10:45-11:30AM  
*Balance Class*
- ❖ Wednesday July 10<sup>th</sup> @ 12:30PM  
*"You be the Judge"*
- ❖ Wednesday July 15<sup>th</sup> @ 10:00AM  
*Hydrating Foods- Villanova Nursing*
- ❖ Wednesday July 17<sup>th</sup> @ 12:00PM  
*Birthday Lunch sponsored by St. Martha's Villa*
- ❖ Wednesday July 17<sup>th</sup> @ 12:30PM  
*Birthday Lunch Entertainment w/ Chris Holt*
- ❖ Monday July 22<sup>nd</sup> @ 12:30PM  
*Corn Hole*
- ❖ Tuesday July 23<sup>rd</sup> @ 10:45-11:30AM  
*Balance Class*
- ❖ Monday July 29<sup>th</sup> @ 10:00AM  
*Diabetes Series w/ Shop Rite*
- ❖ Wednesday July 31<sup>st</sup> @ 12:45PM  
*Wills on Wheels*
- ❖ Wednesday July 31<sup>st</sup> @ 1:00PM  
*Parkinson's Support*

### FARMERS 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.

STARTING JUNE 6<sup>TH</sup> DISTRIBUTION TIMES ARE

TUESDAY, WEDNESDAY & THURSDAY  
9:00 AM - 1:00 PM

MONDAY AND FRIDAY  
10:00 AM - 12:00 PM

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

**WE WILL BE CLOSED ON  
THURSDAY JULY 4<sup>TH</sup> AND  
FRIDAY JULY 5<sup>TH</sup>**

**We have a few programs that will  
taking the summer off...**

**Art Appreciation  
Brain Aerobics  
Italian  
Rhythm of Life  
Music Appreciation  
Bible Study**

**All classes will resume in September**

## 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:jimm@wcseniors.org">jimm@wcseniors.org</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 /APPRISE      |

## INSTRUCTORS

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

## HEARING CLINICS

- Dr. Judith Curtin, Aud., will be at the Center on Wednesday, July 5<sup>th</sup> & 19<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 Monday, July 17<sup>th</sup> Please call Mr. Piscotty at 610-213-1867 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 1<sup>st</sup> Wednesday of every month from 11AM-1PM Rep. for State Sen. Andrew Dinniman 2<sup>nd</sup> Wednesday of every month 11-12:30.. Rep. Senator Tom Killion's staffer 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](mailto: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         |



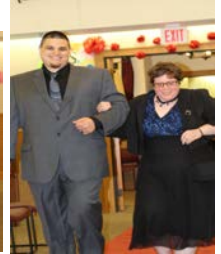
Please bring Photo proof of identity (PA. I.D, Driver's license, V.A. I.D. etc.) Proof of residency.

All new applicants will start receiving the Senior Food Box the second Friday of the following month.



# MANY THANKS!!

TO EVERYONE WHO MADE THE  
7<sup>TH</sup> ANNUAL  
WCASC FASHION SHOW SUCH A SUCCESS!



## HENRY'S HELPING PAWS

**Do you have a dog or a cat and worry about having enough money to buy food?**

**The West Chester Area Senior Center is teaming up with Senator Andrew Dinniman's office and the Pennsylvania Veterinary Foundation to bring the Henry's Helping Paws program to the center.**

**The Henry's Helping Paws program provides food to the pets of senior citizens so the pets and their owners to stay together.**

**If you are interested in participating in this program please contact:**


**Dan Wilson @**

**[danw@wcseniors.org](mailto:danw@wcseniors.org) or 610-431-4242 ext. 105**

# PROGRAMS –JULY 2019

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| <p>8:00 Breakfast 9:00 Pinochle<br/>9:30 Silver Sneakers Cardio<br/><b>10:00 VILLANOVA NURSING</b><br/>10:30 Arthritis Exercise Class<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:00 Lunch<br/>12:30 Bridge 12:30 Bingo</p> <p style="text-align: right;"><b>1</b></p>                             | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>9:30-10 Beg Spanish 10:00 Nurse<br/>10:30 Healthy Steps in Motion<br/>10-11:30 Int. Spanish<br/>10:30 Current Events/Computer Q&amp;A<br/>12:00 Lunch 12:30 Mahjong<br/>12:45 Knitting 12:45 French<br/>1:00 AARP</p> <p style="text-align: right;"><b>2</b></p>   | <p>8:00 Breakfast 9:00 Pinochle<br/>9:00 Silver Sneakers Cardio Circuit<br/>9:30 Blood Pressure 9:45 Stretching<br/>10:00 German Club<br/><b>10:00 VILLANOVA NURSING</b><br/>10:30 Arthritis Exercise<br/><b>11-1 Rep. Committa Outreach</b><br/>11:15 Bingo/Silver Sneakers Classic<br/>12:30 Bingo 12:45 Pinochle<br/><b>1:00 ALZHEIMER'S SUPPORT</b></p> <p style="text-align: right;"><b>3</b></p> | <div style="border: 2px solid black; padding: 10px; background-color: #f0f0f0;"> <p style="font-size: 1.2em; font-weight: bold; margin: 0;">Closed in Observance of<br/>July 4th</p> </div> |  |
| <p>8:00 Breakfast 9:00 Pinochle<br/>9:30 Silver Sneakers Cardio<br/><b>10:00 VILLANOVA NURSING</b><br/>10:30 Arthritis Exercise Class<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:00 Lunch<br/>12:30 Bridge 12:30 Bingo<br/><b>12:30 CORN HOLE</b></p> <p style="text-align: right;"><b>8</b></p>  | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>9:30-10 Beg Spanish 10:00 Nurse<br/>10:30 Healthy Steps in Motion<br/>10-11:30 Int. Spanish<br/>10:30 Current Events/Computer Q&amp;A<br/>12:00 Lunch 12:30 Mahjong<br/>12:45 Knitting 12:45 French<br/>1:00 AARP</p> <p style="text-align: right;"><b>9</b></p>   | <p>8:00 Breakfast 9:00 Pinochle<br/>9:00 Silver Sneakers Cardio Circuit<br/>9:30 Blood Pressure 9:45 Stretching<br/><b>10:00 VILLANOVA NURSING</b><br/>10:00 German Club 10:30 Arthritis Exercise<br/><b>11-1 Sen. Dinniman Outreach</b><br/>11:15 Bingo/Silver Sneakers Classic<br/>12:30 Bingo 12:45 Pinochle<br/><b>12:30 YOU BE THE JUDGE</b></p> <p style="text-align: right;"><b>10</b></p>      | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>10:15 Healthy Steps in Motion<br/>11:15 Tai Chi<br/>12:00 Lunch<br/>12:30 Bridge</p> <p style="text-align: right;"><b>11</b></p>         | <p>8:00 Breakfast<br/>8:00 Poker 9:00 Pinochle<br/>10:30 Arthritis Exercise Class<br/>11:15 Silver Sneakers Classic<br/>11:15 Bingo 12:00 Lunch<br/>12:30 Bingo/Pinochle/Crafts</p> <p style="text-align: right;"><b>12</b></p>                      |
| <p>8:00 Breakfast<br/>9:00 Pinochle<br/>9:30 Silver Sneakers Cardio<br/><b>10:00 VILLANOVA NURSING</b><br/>10:30 Arthritis Exercise Class<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:00 Lunch 12:30 Bridge 12:30 Bingo</p> <p style="text-align: right;"><b>15</b></p>                            | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>9:30-10 Beginning Spanish 10:00 Nurse<br/>10:15 Spanish Class<br/>10:30 Healthy Steps in Motion<br/>10-11:30 Int. Spanish<br/>10:30 Current Events/Computer Q&amp;A<br/><b>11:00 BALANCE CLASS</b><br/>12:00 Lunch 12:30 Mahjong<br/>12:45 Knitting 12:45 French</p> <p style="text-align: right;"><b>16</b></p> | <p>8:00 Breakfast 9:00 Silver Sneakers<br/>9:00 Pinochle 9:30 Blood Pressure<br/>9:45 Stretching 10:00 German<br/><b>10:00 VILLANOVA NURSING</b><br/>10:30 Arthritis Exercise<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:30 Bingo<br/><b>12:00 BIRTHDAY LUNCH</b><br/>12:45 Pinochle</p> <p style="text-align: right;"><b>17</b></p>   | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>10:15 Healthy Steps in Motion<br/>11:15 Tai Chi<br/>12:00 Lunch<br/>12:30 Bridge</p> <p style="text-align: right;"><b>18</b></p>         | <p>8:00 Breakfast<br/>8:00 Poker<br/>9:00 Pinochle<br/>10:30 Arthritis Exercise Class<br/>11:15 Silver Sneakers Classic<br/>11:15 Bingo 12:00 Lunch<br/>12:30 Bingo/Pinochle/Crafts</p> <p style="text-align: right;"><b>19</b></p>                  |
| <p>8:00 Breakfast 9:00 Pinochle<br/>9:30 Silver Sneakers Cardio<br/><b>10:00 VILLANOVA NURSING</b><br/>10:30 Arthritis Exercise Class<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:00 Lunch<br/>12:30 Bridge 12:30 Bingo<br/><b>12:30 CORN HOLE</b></p> <p style="text-align: right;"><b>22</b></p> | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>9:30-10 Beginning Spanish 10:00 Nurse<br/>10:15 Spanish Class<br/>10:30 Healthy Steps in Motion<br/><b>10:45 BALANCE CLASS</b><br/>10-11:30 Int. Spanish<br/>10:30 Current Events/Computer Q&amp;A<br/>12:00 Lunch 12:30 Mahjong<br/>12:45 Knitting 12:45 French</p> <p style="text-align: right;"><b>23</b></p> | <p>8:00 Breakfast<br/>9:00 Silver Sneakers 9:00 Pinochle<br/>9:30 Blood Pressure<br/>9:45 Stretching<br/><b>10:00 VILLANOVA NURSING</b><br/>10:00 German<br/>10:30 Arthritis Exercise<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:45 Book Club<br/>12:30 Bingo 12:45 Pinochle</p> <p style="text-align: right;"><b>24</b></p>   | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>10:15 Healthy Steps in Motion<br/>11:15 Tai Chi<br/>12:00 Lunch<br/>12:30 Bridge</p> <p style="text-align: right;"><b>25</b></p>         | <p>8:00 Breakfast<br/>8:00 Poker<br/>9:00 Pinochle<br/>9:15 Qi Gong<br/>10:30 Arthritis Exercise Class<br/>11:15 Silver Sneakers Classic<br/>11:15 Bingo 12:00 Lunch<br/>12:30 Bingo/Pinochle/Crafts</p> <p style="text-align: right;"><b>26</b></p> |
| <p>8:00 Breakfast<br/>9:00 Pinochle<br/>9:30 Silver Sneakers Cardio<br/><b>10:00 SHOP RITE</b><br/>10:30 Arthritis Exercise Class<br/>11:15 Bingo/Silver Sneakers Classic<br/>12:00 Lunch<br/>12:30 Bridge 12:30 Bingo</p> <p style="text-align: right;"><b>29</b></p>                                | <p>8:00 Breakfast<br/>9:30 Low Impact Aerobics<br/>9:30-10 Beginning Spanish 10:00 Nurse<br/>10:15 Spanish Class<br/>10:30 Healthy Steps in Motion<br/>10-11:30 Int. Spanish<br/>10:30 Current Events/Computer Q&amp;A<br/><br/>12:00 Lunch 12:30 Mahjong<br/>12:45 Knitting 12:45 French</p> <p style="text-align: right;"><b>30</b></p>                           | <p>8:00 Breakfast<br/>9:00 Silver Sneakers 9:00 Pinochle<br/>9:30 Blood Pressure<br/>9:45 Stretching 10:00 German<br/>10:30 Arthritis Exercise<br/><b>11-1 Sen. Killion Constituent Outreach</b><br/>11:15 Bingo/Silver Sneakers Classic<br/>12:30 Bingo 12:45 Pinochle<br/><b>12:45 "WILLS ON WHEELS"</b><br/>1:00 Parkinson's Support</p> <p style="text-align: right;"><b>31</b></p>                |   |  |

# MENU – JULY 2019

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
| 1   | 2  | 3  | 4   | 5   |
| CHICKEN STUFFED W/<br>BROCCOLI & SWISS<br>MIXED VEGETABLE<br>WHITE & WILD RICE<br>CANTALOUPE    | MEATLOAF WITH GRAVY<br>MASHED POTATOES<br>GREEN BEANS W/<br>TOMATOES<br>RICE RAISIN PUDDING            | BBQ PULLED PORK<br>COLE SLAW<br>BAKED BEANS<br>STRAWBERRY SHORTCAKE<br>PARFAIT   | <b>Closed in Observance of<br/>July 4th</b>   |   |
| 8   | 9  | 10   | 11  | 12  |
| PENNE W/ MEATBALLS<br>SPINACH SALAD<br>PEAR HALVES  | ROAST TURKEY<br>BRUSSEL SPROUTS<br>HOT SPICED APPLES   | STUFFED PEPPER<br>GARBANZO BEAN SALAD<br>CHOC MOUSSE   | BAKED POLLOCK<br>PINEAPPLE SALSA<br>ROASTED RED POTATOES<br>CALIFORNIA BLEND VEG              | CHEESEBURGER<br>STEAK FRIES<br>COLE SLAW<br>HONEYDEW CHUNKS                 |
| 15  | 16   | 17   | 18  | 19  |
| BBQ TURKEY<br>SANDWICH<br>CORN COBBETTE<br>BROCCOLI<br>WATERMELON &<br>CANTALOUPE               | SLICED ROAST BEEF<br>MASHED POTATOES<br>SPINACH<br>WATERMELON &<br>CANTALOUPE CHUNKS                   |  <b>ST. MARTHA CENTER</b><br><small>FOR REHABILITATION &amp; HEALTHCARE</small><br><small>400 WASHINGTON LANE BETHESDA MD 20814</small><br><b>BIRTHDAY LUNCH</b><br><b>CHICKEN MARSALA</b><br>OVEN ROASTED POTATOES<br>GREEN BEANS<br>SPINACH SALAD | PEPPER STEAK<br>BROWN RICE<br>SUGAR SNAP PEAS<br>W/ SHREDDED CARROTS<br>VANILLA ICE CREAM CUP | CHICKEN CACCIATORE<br>TURSCAN BLEND VEG<br>SLICED APRICOTS                  |
| 22  | 24   | 25   | 26  | 26  |
| SAUSAGE PEPPERS &<br>ONIONS<br>GREEN BEANS &<br>TOMATOES<br>PARSLIED NOODLES<br>HONEYDEW CHUNKS | ROTISSERIE CHICKEN<br>ALFREDO NOODLES<br>WINTER BLEND VEG<br>PEACHES & CREAM                           | GLAZED TURKEY HAM<br>RED ROASTED POTATOES<br>ZUCCHINI W/ PEPPERS &<br>ONIONS<br>CINN APPLESAUCE  | LIVER & ONIONS<br>MASHED POTATOES<br>CARROTS<br>SUGAR COOKIE                                  | SWEET N SOUR CHICKEN<br>ORIENTAL FRIED RICE W/<br>EGG<br>ORIENTAL MIXED VEG |
| 29  | 30   | 31   |   |   |
| BREADED FISH FILLET<br>LETTUCE & TOMATO<br>PASTA SALAD<br>BRUSSEL SPROUTS<br>CANTALOUPE CHUNKS  | ROASTED PORK LOIN<br>BAKED SWEET POTATO<br>BROCCOLI FLORETS<br>MINI CORN MUFFIN<br>CINNAMON APPLESAUCE | CHICKEN PARM<br>SPAGHETTI<br>CAULIFLOWER<br>ROMAINE SALAD W/<br>DRESSING<br>STRAWBERRIES   |   |   |

**JULY BIRTHDAY PARTY  
ENTERTAINMENT BY CHIS HOLT &  
SPONSORED BY**

**ST. MARTHA'S CENTER FOR REHABILITATION AND HEALTHCARE  
WEDNESDAY, JULY 17, 2019**

**1-July**

Mary Ann Popma  
Robert Bevan

**2-July**

Barbara Fell  
Jeanne Iannotta  
Rita Haley  
Catherine Watson

Allan Sbur

Marcia Mulkey

**3-July**

Robert Fromnic

**4-July**

Charlie Brown

**5-July**

Allison Royer

Jean Dalton

Alleace Kelliher

**6-July**

Marie Orrichio

Mary Jo Baldino

Awilda Rodriguez

**7-July**

Margaret Bragg

**8-July**

Stephen Quigley

Brenda Malin

Elaine Bryant

Ken Svitek

Delia Manuel

**9-July**

Elizabeth Barnes

Gwenn Knapp

Linda Phiel

Bob Campanile

**10-July**

Jean Cassidy

Margaret Goodman

Marlene Baker

Mary Alice Handy

Ruth Radbill

Eileen Nero

Wayne Leiby

Christine Hanning

Virginia Scheffey

Gail Sokoloski

Nancy Lee Grant

Faith Pickering

**12-July**

Marguerite Wright

Eleanor Caligiuri

**13-July**

Mary Wade Myers

Thomas McNeil

Gregory Bones

**15-July**

Alfreda Johnson

Jean Kerrigan

**16-July**

Marion Morton

**17-July**

Norma Milner

Kathleen Mcaneny

Andie Devries

**18-July**

Everett Cassel

Chet Gustafson

**20-July**

Thomas Wilson

**21-July**

Rosemarie Kelly

Diane Chmieleski

**22-July**

Janis Clay

Maureen Sturges

Lorraine Whayland

Marcella Taylor

**23-July**

Norma Castellucci

C. Richard Morton

**24-July**

Virginia Gulick

Susan Carey

Joan Malloy

**25-July**

Joann McClellan

Marie Centanino

Audrey Herley

Margaret Bach

Marie Dimaio

Rosemary Silva

**26-July**

Helen Shumaker

Shirley Marshall

Laurence Delpino

Preston Mercer

**27-July**

Joseph Vitale

Irene Huntoon

Ruben Jimenez

Teri Seiter

**28-July**

Ann Knopf

Lillian Rizzetto

Nancy Anderson

Charles Bowman

**29-July**

Earl Stoltzfus

Zabeda Aziz

**30-July**

Jeff Kitchen

William Myers

**31-July**

Lillian Root



**ST. MARTHA CENTER**  
FOR REHABILITATION & HEALTHCARE  
A CONTINUING CARE RETIREMENT COMMUNITY

**St. Martha Center for Rehab & Healthcare is a Catholic faith center in Downingtown, where you are welcomed into our warm and caring atmosphere that is created by our dedicated staff and volunteers, all of whom are committed to providing you and your loved one the highest level of care.**

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

**Art Appreciation**

**Art Appreciation will be on hiatus until September 2019**

**Arthritis Foundation Exercise Class -**

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

**Bible Study Group -**

**Art Appreciation will be on hiatus until September 2019**

**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 12:45

**Brain Aerobics -**

**Brain Aerobics will be on hiatus until September 2019**

**Bridge -**

The Bridge group meets on Mondays and Thursdays from 12:30 -3PM. Please join the group.

**Bucket Drumming -**

“Rhythm of Life”

**Brain Aerobics will be on hiatus until September 2019**

**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.

**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 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 -**

**Brain Aerobics will be on hiatus until September 2019**

**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-**

**Brain Aerobics will be on hiatus until September 2019**

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

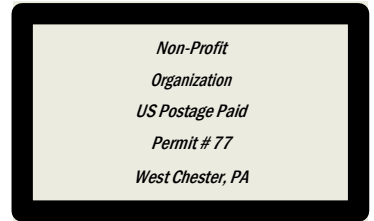


WEST CHESTER AREA  
SENIOR CENTER

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*



United Way Member Agency



**2018-2019 BOARD MEMBERS**

David Connor-Treasurer

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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.*

