



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

AUGUST HIGHLIGHTS

- ❖ Monday August 5th @ 10:00AM
ShopRite- Diabetes Awareness Series
- ❖ Monday August 5th @ 12:45PM
Compassionate Care Hospice- "Being Mortal"
- ❖ Tuesday August 6th @ 10:00AM
Balance Class w/ Kyoko
- ❖ Wednesday August 7th @ 1:00PM
Alzheimer's Caregiver Support Group
- ❖ Friday August 9th @ 12:30PM
"You be the Judge"
- ❖ Monday August 12th @ 12:45PM
Garden Club Tomato Tasting
- ❖ Monday August 12th @ 10:00AM
ShopRite Diabetes Awareness Series
- ❖ Monday August 14th @ 12:45PM
Sarah Care- Hypertension
- ❖ Friday August 16th @ 12:00PM
ShopRite Pharmacy
- ❖ Monday August 19th @ 10:00AM
ShopRite Diabetes Awareness Series
- ❖ Monday August 19th @ 12:45PM
Urban Affairs Commission-Credit Card Fraud & Scams
- ❖ Wednesday August 21st @ 12:00PM
Birthday Lunch
- ❖ Friday August 23rd @ 12:30PM
Rite Aid- Immunizations for Wnter
- ❖ Monday August 26th @ 12:45PM
Right Size Relocation- Helpful Hints for Downsizing

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

August 2019 Newsletter

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 6TH DISTRIBUTION TIMES ARE

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

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

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

"HELPFUL HINTS FOR DOWNSIZING" WITH AMANDA FROM



MONDAY, AUGUST 26
12:30
DINING ROOM

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, Christine Hanning, Judy Basler, Sheldon Feinberg, Mary Jo Baldino

HEARING CLINICS

- Dr. Judith Curtin, Aud., will be at the Center on Wednesday, August 7th & 21st from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.
- Mr. Michael Piscotty, Audiologist is available by appointment only. 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 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 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

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.

**GARDEN CLUB
TOMATO TASTING!
COME TRY A VARIETY OF THIS SEASON'S BEST TOMATOES**



**HOSTED BY: BRANDYWINE ACE HARDWARE
MONDAY, AUGUST 12TH
12:45
DINING ROOM**

PAW HENRY'S HELPING PAWS PAW

**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.**

WE ARE CURRENTLY ACCEPTING NEW PARTICIPANTS!!!!

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

Dan Wilson @

danw@wcseniors.org or 610-431-4242 ext. 105

PROGRAMS –AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
			1	2					
8:00 Breakfast 9:30 Silver Sneakers Cardio 10:00 DIABETES SERIES 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 COMPASSIONATE CARE	5	8:00 Breakfast 9:30 Low Impact Aerobics 9:30-10 Beg Spanish 10:00 Nurse 10:15 Healthy Steps in Motion 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&A 10:45 BALANCE CLASS 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French 1:00 AARP	6	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	7	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	8	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 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"	9
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 DIABETES SERIES 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 GARDEN CLUB	12	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 12:45 Knitting 12:45 French	13	8:00 Breakfast 9:00 Silver Sneakers 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11-1 2:30 Sen. Dinniman Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 SARAH CARE 12:45 Pinochle	14	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	15	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12-1:00 SHOP RITE PHARMACY 12:30 Bingo/Pinochle/Crafts	16
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 DIABETES SERIES 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 URBAN AFFAIRS COMMISSION	19	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 12:45 Knitting 12:45 French	20	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 12:00 BIRTHDAY LUNCH 12:45 Book Club 12:30 Bingo 12:45 Pinochle	21	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	22	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:30 RITE AID	23
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:30 RIGHT SIZE RELOCATION	26	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 12:45 Knitting 12:45 French	27	8:00 Breakfast 9:00 Silver Sneakers 9:00 Pinochle 9:30 Blood Pressure 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11-1 Sen. Killion Constituent Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle	28	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge	29	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts	30

MENU – AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			CHICKEN STUFFED W/ BROCCOLI & SWISS MIXED VEGETABLE WHITE & WILD RICE CANTALOUPE	BEEF STROGANOFF ROMAINE & ONION SALAD PARSLIED NOODLES FRUITED JELLO
5	6	7	8	9
PENNE W/ MEATBALLS SPINACH SALAD PEAR HALVES	ROAST TURKEY YAMS BRUSSEL SPROUTS HOT SPICED APPLES	STUFFED PEPPER GARBANZO BEAN SALAD CHOC MOUSSE	BAKED POLLOCK PINEAPPLE SALSA ROASTED RED POTATOES CALIFORNIA BLEND VEG OATMEAL COOKIE	CHEESEBURGER STEAK FRIES COLE SLAW HONEYDEW CHUNKS
12	13	14	15	16
BBQ TURKEY SANDWICH CORN COBBETTE BROCCOLI WATERMELON & CANTALOUPE	CHICKEN MARSALA ROASTED POTATOES GREEN BEANS SPINACH SALAD TAPIOCA PUDDING	ITALIAN HOAGIE POTATO SALAD TOMATO BASIL SALAD BANANA PUDDING PARFAIT	SLICED ROAST BEEF BROWN GRAVY MASHED POTATOES SPINACH CANTALOUPE CHUNKS	CHICKEN CACCIATORE TURSCAN BLEND VEG SLICED APRICOTS
19	20	21	22	23
SAUSAGE PEPPERS & ONIONS GREEN BEANS & TOMATOES PARSLIED NOODLES HONEYDEW CHUNKS	LIVER & ONIONS MASHED POTATOES CARROTS SUGAR COOKIE	BIRTHDAY LUNCH	GLAZED TURKEY HAM RED ROASTED POTATOES BRUSSELL SPROUTS CINN APPLESAUCE	SWEET N SOUR CHICKEN FRIED RICE W/ EGG ORIENTAL MIXED VEG MANDARIN ORANGES
26	27	28	29	30
BREADED FISH FILLET LETTUCE & TOMATO PASTA SALAD BRUSSEL SPROUTS CANTALOUPE CHUNKS	ROASTED PORK LOIN BAKED SWEET POTATO BROCCOLI FLORETS MINI CORN MUFFIN CINNAMON APPLESAUCE	CHICKEN PARM CAULIFLOWER ROMAINE SALAD STRAWBERRIES	MEATLOAF WITH GRAVY MASHED POTATOES RICE RAISIN PUDDING	CHICKEN MARSALA OVEN ROASTED POTATOES GREEN BEANS SPINACH SALAD TAPIOCA PUDDING

AUGUST BIRTHDAY PARTY

WEDNESDAY, AUGUST 21, 2019

1-AUGUST

NANCY PETERS

2- AUGUST

DALE MCCARTER

RHODA BELACK

DAVID MERRICK

3- AUGUST

DORIS FIELD

ARLENE BERLINER

JUDY PEREGO-WILLIAMS

JEANNE MEISSNER

MARY BROOMELL

ROSEMARIE GROSS

TILLIE DIBELLA

4- AUGUST

DORIS HERMAN

BEVERLY KENDIG

RICHARD DIXON

5- AUGUST

JO BEWLEY

KATHLEEN RODGERS

6- AUGUST

BOYD MACKLEER

WAYNE HOCH

7- AUGUST

MARION DALY

ELEANOR SINCLAIR

8- AUGUST

JEAN MAGEE

MICHAEL EVANS

9- AUGUST

PEG HUEBNER

ROSE MARIE KLASKY

JUSTINE BRADY

10- AUGUST

JESSIE JACOT

JANET SCHRAMM

CLAYTON WHAYLAND

11- AUGUST

KATHLEEN LAUBER

J. CRAIG FENIMORE

HELEN ULRICH

ROBERT FAGAN

TAMEA KULP

12- AUGUST

JODY SKILLMAN

JOHN KOVACS

13- AUGUST

SCOTT CORNELL

14- AUGUST

MARY ELLEN MINYONE

ROBERT MCGLADE

ELAINE CHAMBERS

DANIEL DRUMMOND

DOROTHY LAMB

15- AUGUST

JESSICA RAYMOND

RUTH WREN

16- AUGUST

EDNA FALCONE

HELGA KNOX

17- AUGUST

PATRICIA (PATTI) WHITEHEAD

EVELYN SANCHEZ

18- AUGUST

DIANA STULL

MICHELE VITALI

19- AUGUST

DIANA BOVE

20- AUGUST

STEPHEN FEDOR

MARIE BORTNER

PATRICIA LORBACK

ELEANOR BROADBELT

TOBY GELMAN

PAUL MIECZKOWSKI

21- AUGUST

EDWARD WENGIEL

MARY KAY MCCANN

SUE YOCKEY

DOMINICK PILEGGI

22- AUGUST

EDWARD HAROOTUNIAN

23- AUGUST

MARGARET MARION

FRANK FALCONE

KAY DAVIS

KEN PAULSELL

KATHLEEN DAVIS

FRANK RUTAN

24- AUGUST

BONNIE HENRIQUES

WELDON TYSON

ROSE CASSIDY

DALE MAZYCK

25- AUGUST

JUDY MACKLEER

26- AUGUST

VERONICA OWENS

28- AUGUST

CAROL NIED

29- AUGUST

ROBERT ENRIGHT

HELEN GRANNETINO

HENRY SANTOS

ELAINE FRIEDLANDER

30- AUGUST

MARY BARLEY

JUNE EKHARDT

SUSAN WINTERODE

JUNE ECKHARDT

31- AUGUST

FREDA CARTER

GERALDINE YOUNG

JIM MCBRIDE

CAROLINE HELMUTH

FRANCIS SULLIVAN

STANLEY LOWRY

JULIA HAWKINS

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 4th 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”

Rhythm of Life will be on hiatus until September 2019

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 -

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-

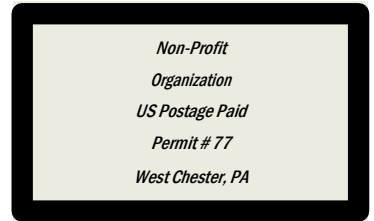
Please contact Jim Mobile at jimm@wcseniors.org 610-431-4242 to schedule an appointment with him if you need help with computers, tablets or cell phones.

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



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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.

