



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

SEPTEMBER HIGHLIGHTS

September 2019
Newsletter

- ❖ Monday September 2nd
CLOSED IN OBSERVANCE OF LABOR DAY
- ❖ Wednesday September 4th @ 1:00PM
Alzheimer's Caregivers Support Group
- ❖ Friday September 6th @ 12:30PM
Brandywine Concierge Services: Jeopardy
- ❖ Monday September 9th @ 12:30PM
Chamberlain Chiropractic: Super Charge your Health
- ❖ Monday September 9th @ 12:45PM
Garden Club
- ❖ Tuesday September 10th @ 10:45AM
Balance Class
- ❖ Wednesday September 11th @ 10-12
Flu Shots
- ❖ Friday September 13th @ 12:30PM
Arbour Terrace: Living Choices
- ❖ Monday September 16th @ 12:30PM
Digital Reading Machine
- ❖ Wednesday September 18th @ 12:00PM
Birthday Lunch Sponsored by Daylesford Crossing
- ❖ Wednesday September 18th @ 12:45PM
Talent Show
- ❖ Thursday September 19th @ 12:45PM
Memorial Service
- ❖ Friday September 20th @ 12:30PM
Senior Helpers-Just Name It
- ❖ Monday September 23rd @ 12:30PM
History of Chocolate
- ❖ Wednesday September 25th @ 1:00PM
Parkinson's Support
- ❖ Friday September 27th @ 12:00PM
"You Be the Judge"
- ❖ Monday September 30th @ 12:45PM
ShopRite- Family Meels

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.

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

**MEMORIAL SERVICE
THURSDAY, SEPT. 19TH 12:45PM**

**JOIN US AS WE CELEBRATE THE LIVES OF
OUR
WCASC FAMILY & FRIENDS THAT
WENT BEFORE US THIS PAST YEAR**

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, September 4th & 18th 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.

Medicare Annual Open Enrollment Period (AOEP)

Each fall during the AOEP Medicare recipients are encouraged to review their current drug plan or their Medicare Advantage Plan for the upcoming year. Premiums, deductibles, copays, drug formularies and provider networks can change yearly, as well as your own prescription drug coverage needs. It is recommended that each fall you evaluate your current Part D coverage and/or your Advantage Plan to see if you need to change in order to get better coverage or save money. If you need assistance with this process, you can meet with an APPRISE counselor. Counseling locations are set up throughout the Chester County area as well as here at the West Chester Area Senior Center. If you wish to meet with one of the counselors at West Chester Area Senior Center, please call Nanciann to make an appointment on one of the following days:

- Thursday, October 24
- Thursday, November 7 & Wednesday November 13
- Monday December 2

On these days, several APPRISE counselors will be available to meet with you and review your prescription drug coverage or Advantage Plan. All counselors are trained and certified by the Commonwealth of Pennsylvania to assist you with free, confidential assessments of healthcare options under Medicare. Any changes made during the AOEP will become effective January 1, 2020.

Note: AOEP does NOT apply to people with Medicare supplemental (Medigap) coverage. However, individuals with Medigap policies can review their Part D (drug) coverage at this time.

NIGHT AT THE RACES

PLATINUM SPONSORS:



GOLD SPONSORS:



SILVER SPONSORS:



BRONZE SPONSORS:



BRUCE & ELLEN
DONOHOE



CLAUDIA INMON



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SPECIAL SPONSORS:

Garland Sponsor

Peg Huebner

Pony Express Sponsor

Chester County Check Cashing

Specialty Beverage Sponsor

Diana Liberi

**MANY THANKS TO ALL
OUR CURRENT NIGHT
AT THE RACES
SPONSORS!**

(Confirmed Sponsor list as of September 23, 2019!)

PLEASE CHECK OUR WEBSITE FOR
DAILY UPDATES

EVENT PATRONS:

Arthur Hall Insurance
Countryside Consulting, Inc.
District Attorney Tom Hogan
Gawthrop Greenwood, PC
The Hickman
Haydon Bolts
MacLaren Kitchen and Bath
Provident Bank
Steve & Anne Quigley
Sarah Care of Malvern
Sheller Oil Co.



SATURDAY, NOVEMBER 2ND

6:30 PM-10:30 PM

at The Senior Center

***\$60 per person— Casual Affair— First Horse Included**

***\$100 special—1 Event Entry, 10 - Raffle tickets and 10 - 50/50 tickets**

**WCASC members get a \$10 discount on these offers*

Beer, Wine & Local Restaurant Food & Dessert Selection Included

PROGRAMS – SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	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 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French 1:00 AARP	4	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 1:00 GRAND FRIENDS	6
CLOSED IN OBSERVANCE OF LABOR DAY	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 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French 1:00 AARP	11	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Appreciation 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 GRAND FRIENDS	13
9	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	18	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 12:45 MEMORIAL SERVICE	20
16	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	25	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 GRAND FRIENDS	27
23	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	30	<div style="background-color: #e0f0e0; border: 1px solid black; padding: 10px;"> <p>WE ARE HAPPY TO ANNOUNCE THAT GRAND FRIENDS WILL BE RETURNING MONDAY, SEPTEMBER 9TH @ 1 PM</p> <p>GRAND FRIENDS WILL TAKE PLACE ON MONDAYS AND THURSDAYS AT 1 PM WITH OUR YOUNG FRIENDS FROM CHESTER COUNTY FAMILY ACADEMY</p> <p>PLEASE STAY TUNED FOR A LIST OF INTERGENERATIONAL ACTIVITIES!</p> </div>	
30	8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Italian Class 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo 12:45 Rhythm of Life 12:45 SHOP RITE	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	8:00 Breakfast 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 SPONSORED BY DAYLESFORD CROSSING 12:30 TALENT SHOW 12:45 Pinochle	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 12:30 ARBOR TERRACE

MENU – SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED IN OBSERVANCE OF LABOR DAY	3 CHICKEN STUFFED W/ BROCCOLI & SWISS MIXED VEGETABLE WHITE & WILD RICE MANDARIN ORANGES	4 TURKEY BURGER W/ SWISS, MUSHROOMS & ONIONS SWEET POTATO FRIES BROCCOLI SALAD WATER ICE	5 ROAST TURKEY YAMS BRUSSEL SPROUTS HOT SPICED APPLES	6 STUFFED PEPPER GARBANZO BEAN SALAD CHOC MOUSSE
9 POLLOCK PINEAPPLE SALSA ROASTED RED POTATOES CALIFORNIA BLEND VEG	10 BEEF STROGANOFF ROMAINE & ONION SALAD PARSLIED NOODLES FRUITED JELLO	11 CHICKEN MARSALA OVEN ROASTED POTATOES GREEN BEANS SPINACH SALAD TAPIOCA PUDDING	12 SLICED ROAST BEEF MASHED POTATOES SPINACH CANTALOUPE CHUNKS	13 PULLED BBQ TURKEY SANDWICH CORN COBBETTE BROCCOLI WATERMELON CHUNKS
15 PEPPER STEAK W/ ONIONS & PEPPERS BROWN RICE SEASONED SNAP PEAS & SHREDDED CARROTS VANILLA ICE CREAM	16 CHICKEN CACIATORE WW SPAGHETTI MARINARA SAUCE TUSCAN BLEND VEG SLICED APRICOTS	17 BIRTHDAY LUNCH ITALIAN SAUSAGE PEPPERS & ONIONS GREEN BEANS & TOMATOES PARSLIED NOODLES HONEYDEW CHUNKS	18 LIVER & ONIONS MASHED POTATOES CARROTS SUGAR COOKIE	19 ROTISSERIE CHICKEN ALFREDO NOODLES WINTER BLEND VEG PEACHES & CREAM
23 GLAZED TURKEY HAM RED ROASTED POTATOES BRUSSEL SPROUTS APPLESAUCE	24 SWEET N SOUR CHICKEN ORIENTAL FRIED RICE ORIENTAL MIXED VEG MANDARIN ORANGES	25 BREADED FISH PASTA SALAD BRUSSEL SPROUTS CANTALOUPE CHUNKS	26 MEATLOAF MASHED POTATOES GREEN BEANS W/ TOMATOES RICE RAISIN PUDDING	27 CHICKEN PARM WG SPAGHETTI CAULIFLOWER ROMAINE SALAD STRAWBERRIES
30 PORK LOIN BAKED SWEET POTATO BROCCOLI FLORETS MINI CORN MUFFIN APPLESAUCE	<p style="font-size: 1.2em; margin: 0;">If you've signed up and cannot be here, please call us at 610.431.4242 to let us know!</p>			

SEPTEMBER BIRTHDAY PARTY & TALENT SHOW

SPONSORED BY DAYLESFORD CROSSING

WEDNESDAY, SEPTEMBER 18, 2019

1-September	12- September	22- September
Efrain Rivera	Paula Gowen	Anne O'Brien
2- September	Geraldine Mcdowell	Robert Wilcox
Bob Bielski	Charles Mighton	Mary Wilk
Kristine Lilley	Sue Prince	23- September
Joseph Hartman	Marcia Dias	Geraldine Connor
3- September	Elizabeth (Betty) Barr	Glenn Fricke
Linda Pearson	13- September	Margaret Drulik
4- September	Virginia Schawacker	Wendy Schenk
Francis Disanti	Charles Mercer	24- September
James Curry	Maribel Febus	William Gale
Helen Morris	Mary Jo Rhodes	Lillie May Brown
Alicia Hutzelmann	14- September	25- September
5- September	Elizabeth Lewis	Pati Kreisher
Sally Beard	Barbara Santucci	Lucille Taggart
Patricia Marshall	Paul Stull	Miriam Boland
6- September	16- September	Wayne Benseler
Barbara Holcroft	Daniel Camburn	Judith Willis
7- September	Isabel Sloane	Diane Celfo
Barbara Fedor	Carol Bremner	Cynthia McGowan
Inez Wilczek	Dolores Gincley	Ed Flagge
Shirley Lukach	17- September	26- September
Dan Chambers	Frank Stanzione	Jane Jones
Bernice Barnes	Frank Rocap	Nancy Ann Berg
Kathy Boyd	Deborah Benseler	James MCGarry
8- September	18- September	Michael Oesiteicher
Walter Munson	William White	27- September
Marie Edleman	19- September	Helen Bird
9- September	Sandra Fischler	M. Josephine Launi
Maria Wittig	Johanna Sinson	Theresa Kasper
Dorothy Miller	Elizabeth "Betsy" Clothier	Judy Forbes
Phyllis Cobb	Charlotte Fitzpatrick	Kay Bainbridge
Judith Deane	20- September	Mary Lou Voge
10- September	Brad Abel	Irv Friedlander
Maureen Steller	Nancy Faggioli	28- September
11- September	21- September	Kathryn Stewart
Geneva Porter	William Coffey	Bill Higgins
Reese Davis	Vince Lukach	29- September
Eleanor Suder	Hope-Ann Hug	Josephine Mazzotta
	Christopher Turner	Evelyn Valentine
		Sally Wagner
		30- September
		Phyllis MCGinnis
		Irene Clapper
		Jane Clark



DAYLESFORD CROSSING CREATES AN ATTRACTIVE LIFESTYLE FOR SENIORS THAT HONORS THEIR DESIRES AND RECOGNIZES THEIR EVER-CHANGING NEEDS. WE CUSTOMIZE THE SERVICES WE OFFER; PROVIDING THE AMENITIES AND THE CARE THAT'S NEEDED, WHEN IT'S NEEDED. SAGE COMMUNITIES ARE "SENIOR LIVING, CUSTOM DESIGNED."

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.

Alzheimer's Support -

Meets the First Wednesday of every month @ 1PM

Bible Study Group -

Check the main calendar for dates and times

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 -

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.

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
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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.

