



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

OCTOBER HIGHLIGHTS

- ❖ Thursday October 3rd
Berkshire Hathaway Day of Service
- ❖ Friday October 4th @ 12:30PM
Name that Tune w/ Brandywine Concierge
- ❖ Wednesday October 9th @ 12:30PM
Becoming Stroke Savvy w/ Bryn Mawr Rehab
- ❖ Friday October 11th @ 12:30PM
You be the Judge w/ Arbour Terrace
- ❖ Monday October 14th @ 12:45PM
Monarch Butterflies: Garden Club
- ❖ Wednesday October 16th @ 12:00PM
Birthday Lunch
- ❖ Friday October 18th 12:30PM
Getting your home ready to sell w/ Chris Holt
- ❖ Wednesday October 23rd @ 9:35-11:45AM
Veterans Expo
- ❖ Thursday October 24th @ 10:00AM
Music Appreciation (Country Western) w/ Ray Doyle
- ❖ Friday October 25th @ 11:00AM
Trivia! Join our 3 County Commissioners for Chester County Trivia followed by Cornhole with them!
- ❖ Friday October 25th @ 12:45PM
Avoiding Abuse w/ The Senior Law Center
- ❖ Monday October 28th @ 12:30PM
Joe Name It w/ Senior Helpers
- ❖ Thursday October 31st
DRESS FOR HALLOWEEN

EXERCISE CLASS ANNOUNCEMENT

Silver Sneakers Classic & Circuit
Arthritis Exercise
Low-Impact Aerobics
Healthy Steps in Motion

These classes will be video only Tuesday, Oct. 1 -Friday, Oct. 18

Normal Classes will resume Monday Oct. 21st

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 or 610-431-4242 ext. 105

ATTENTION BOOK LOVERS

HAVE YOU EVER WANTED TO SHARE YOUR FEELINGS ABOUT A BOOK YOU LOVED! OR PERHAPS YOU ARE LOOKING FOR YOUR NEXT GOOD READ. IF SO CONSIDER JOINING OUR SENIOR CENTER BOOK CLUB. WE MEET FOURTH WEDNESDAY OF THE MONTH AT 12:45. IN THE BOARDROOM

OUR BOOK FOR OCTOBER 30TH IS:
"BEFORE WE WERE YOURS"



PLEASE JOIN US EVEN IF YOU HAVEN'T READ THE BOOK. WE ARE OPEN TO SUGGESTIONS FOR FUTURE SELECTIONS

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

HEARING CLINICS

- Dr. Judith Curtin, Aud., will be at the Center on Wednesday, October 2nd & 16th 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 SPONSOR:



GOLD SPONSORS:



SILVER SPONSORS:



BRONZE SPONSORS:



BRUCE & ELLEN
DONOHOE



HAZLEY BUILDERS

CLAUDIA INMON

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MR. & MRS.
RICHARD E. SCHRAMM

MRS. BETTY STRODE



SPECIAL SPONSORS:

Garland Sponsor

Peg Huebner

Pony Express Sponsor

Chester County Check Cashing

Roasters Corner



Specialty Beverage Sponsor

Diana Liberi

Winners Circle



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

(Confirmed Sponsor list as of September 27, 2019!)

PLEASE CHECK OUR WEBSITE FOR
DAILY UPDATES

EVENT PATRONS:

Arthur Hall Insurance

Leslie K. Bair

Choice Benefits, Inc.

Countryside Consulting, Inc.

Della Vecchia, Riley Smith & Boyd Funeral Home

DS Pipe & Steel Supply, LLC

District Attorney Tom Hogan

Gawthrop Greenwood, PC

The Hickman

Haydon Bolts

Judge Mobile Wash

MacLaren Kitchen and Bath

Pancoast & Clifford, Inc.

Provident Bank

Steve & Anne Quigley

Sarah Care of Malvern

Gail Tanzola-Seymour & Scott Seymour

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 –OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>INTERESTED IN LEARNING MAHJONG OR SHARPENING YOUR CURRENT SKILLS? JOIN OUR MAHJONG GROUP EVERY TUESDAY @ 12:30PM</p> <p>ALL ARE WELCOME!!!</p>	<p>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</p> <p>1</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 11-1 Rep. Committa Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 1:00 ALZHEIMER'S SUPPORT</p> <p>2</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 1:00 GRAND FRIENDS</p> <p>BERKSHIRE HATHAWAY DAY OF SERVICE</p> <p>3</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 12:30 NAME THAT TUNE</p> <p>4</p>
	<p>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 10:45-11:30 Balance Class 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French</p> <p>8</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 10-11 Flu Shots 10:30 Arthritis Exercise 11-1 2:30 Sen. Dinniman Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 12:30 BRYN MAWR REHAB</p> <p>9</p>	<p>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</p> <p>10</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 12:30 ARBOR TERRACE</p> <p>11</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 12:45 Knitting 12:45 French</p> <p>15</p>	<p>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 12:30 Bingo 12:00 BIRTHDAY LUNCH 12:45 Pinochle</p> <p>16</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 1:00 GRAND FRIENDS</p> <p>17</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 CHRIS HOLT 12:30 Bingo/Pinochle/Crafts</p> <p>18</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 10:45-11:30 Balance Class 12:00 Lunch 12:30 Mahjong 12:45 Knitting 12:45 French</p> <p>22</p>	<p>8:00 Breakfast 9:00 Silver Sneakers 9:00 Pinochle 9:30 Blood Pressure 9:30-11:45 VETERANS EXPO 9:45 Stretching 10:00 German 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle</p> <p>23</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:30 Music Appreciation 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 GRAND FRIENDS</p> <p>24</p>	<p>8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:15 Qi Gong 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:00 TRIVIA 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:30 SENIOR LAW CENTER</p> <p>25</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 12:45 Knitting 12:45 French</p> <p>29</p>	<p>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 12:45 PARKINSON'S SUPPORT</p> <p>30</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 10:30 Music Appreciation 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 GRAND FRIENDS</p> <p>31</p>	
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MENU –OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 PENNE W/ MEATBALLS SPINACH SALAD BREADSTICK PEAR HALVES	2 BAKED POLLOCK PINEAPPLE SALSA ROASTED RED POTATOES CALIFORNIA BLEND VEG OATMEAL COOKIE	3 ROAST TURKEY YAMS BRUSSEL SPROUTS HOT SPICED APPLES	4 STUFFED PEPPER GARBANZO BEAN SALAD CHOC MOUSSE
7 BEEF STROGANOFF ROMAINE & ONION SALAD PARSLIED NOODLES FRUITED JELLO	8 ITALIAN SAUSAGE PEPPERS & ONIONS GREEN BEANS & TOMATOES PARSLIED NOODLES HONEYDEW CHUNKS	9 GLAZED TURKEY HAM RED ROASTED POTATOES BRUSSEL SPROUTS APPLESAUCE	10 PEPPER STEAK W/ ONIONS & PEPPERS BROWN RICE SEASONED SNAP PEAS & SHREDDED CARROTS VANILLA ICE CREAM	11 CHICKEN CACIATORE WW SPAGHETTI MARINARA SAUCE TUSCAN BLEND VEG SLICED APRICOTS
14 MEATBALL FLORENTINE ITALIAN GREEN BEANS GARDEN SALAD TIRAMISU DESSERT	15 SWEET N SOUR CHICKEN ORIENTAL FRIED RICE ORIENTAL MIXED VEG MANDARIN ORANGES	BIRTHDAY LUNCH 16 CHICKEN MARSALA OVEN ROASTED POTATOES GREEN BEANS SPINACH SALAD TAPIOCA PUDDING	17 SALISBURY STEAK MASHED POTATOES CARROTS SUGAR COOKIE	18 CHICKEN PARM WG SPAGHETTI CAULIFLOWER ROMAINE SALAD STRAWBERRIES
21 CHEESEBURGER STEAK FRIES COLE SLAW PINEAPPLES	22 ROTISSERIE CHICKEN ALFREDO NOODLES WINTER BLEND VEG BUTTERSCOTCH PUDDING	23 BREADED FISH PASTA SALAD BRUSSEL SPROUTS CANTALOUPE CHUNKS	24 MEATLOAF MASHED POTATOES GREEN BEANS W/ TOMATOES RICE RAISIN PUDDING	25 PORK LOIN BAKED SWEET POTATO BROCCOLI FLORETS MINI CORN MUFFIN APPLESAUCE
28 CHICKEN STUFFED W/ BROCCOLI & SWISS MIXED VEG WHITE & WILD RICE CITRUS SALAD	29 PULLED BBQ TURKEY CORN COBETTE BROCCOLI SUGAR COOKIE	30 PENNE W/ MEATBALLS SPINACH SALAD BREADSTICK	31 ROAST BEEF MASHED POTATOES SPINACH PEACHES & CREAM	If you've signed up and cannot be here, please call us at 610.431.4242 to let us know!

OCTOBER BIRTHDAY PARTY

WEDNESDAY, OCTOBER 16, 2019

1-OCTOBER	12- OCTOBER	23- OCTOBER
KATHRYN ANDERSON	VIRGINIA LAMOND	CAROL GUISEPPE
TROY WILLIS	MARTHA COYLE	RONALD HOLTSBERRY
ASA MCCOLLUM	NANCY MAGEE	SUSAN GRIFFITH
2- OCTOBER	LILY WEISBERG	SANDRA VONDELING
JUDITH HERINGS�AKE	ELEANOR ZIEGLER	ROSE CAVALIERI
MERLACE HUBICKEY	13 OCTOBER	24- OCTOBER
MATILDA OLEYKOWSKI	HISAKO JENNINGS	LORRAINE HAMEL
ED EDLEMAN	DORCAS WEIST	25- OCTOBER
RUTHANN HUTCHINSON	14- OCTOBER	GEORGE FIEO
3- OCTOBER	KENNETH EMERSON	BETTY KROPP
STAN JOHNSON	VINCENT HERR	RICHARD SCULLY
STEPHEN PLUMMER	ARTHUR DIARCANGELO	ANGELA HARIS
RUTH EDGAR	MARY ANN WALLACE	26- OCTOBER
MARJORIE MORGAN	15- OCTOBER	LESLIE BAIR
4- OCTOBER	CONSTANCE MOUSER	ANN MARIE GRANDIZIO
EILEEN CORNELL	17- OCTOBER	MARY BLEECKER
DORIS LOFTUS	WILLIAM JONES	KAREN ROTHENBUHLER
JOHN DOYLE	DAN KARNEY	VINCENT MARCHIAFAVA
PATRICIA BOZARTH	SCOTT BOND	ANITA ROUTZAHN
5- OCTOBER	18- OCTOBER	27- OCTOBER
JOAN BARRACLOUGH	THOMAS RODGERS	KATHLEEN BOND
BETTY MIDDLETON	DOROTHY BREWER	NORMAN RICKER
CATHERINE CARROLL	EDWARD SEITER	MARIE STULL
6- OCTOBER	ANNE DZAMBA	HERBERT JAHNLE
CAROL GAUFF	GAIL FELLOWS	JEFFERY BROWN
LOIS FILLIPPO	19-OCT	GEORGE TENAGLIA
7- OCTOBER	JOAN LAPPIN	28- OCTOBER
MARY SHAW	EMMA HOLTSBERRY	IRENE MOYER
8-OCTOBER	GLORIA BURGER	DIANE SKUZINSKI
LYDU TRUDEAU	20-OCT	VICTORIA SMITH
BERNARD KLAVERKAMP	MARY CLEMENTI	CLARENCE EVANS
9- OCTOBER	JOSEPH PERRICONE	29- OCTOBER
BEATRICE RUCKER	DIANA LIBERI	PAULINE JOHNSON
WILLIAM COSGROVE	JUDY EILL	THOM CLAPPER
JOAN O'CONNOR	21- OCTOBER	ADELE GERVASONI
JEAN KIRKALDIE	JACK FABE	FLORENCE JACKSON
HELEN GREER	DANA HAWA	WILLIAM WRIGHT
10- OCTOBER	EDITH TEMPLETON	CATHERINE PALMQUIST
GLENN SMITH	22- OCTOBER	MARK REGISTER
MAUREEN MASON	ROBERT STEVENSON	30- OCTOBER
11- OCTOBER	JOHN CIANCI	ESTHER RECH
ELEANOR WENGIEL		31- OCTOBER
CATHERINE DOUGHERTY		CATHERINE SMITH
IGINA DILALLO		JOYCE NOLAN
		JENNIFER SEAVER

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
Organization
US Postage Paid
Permit # 77
West Chester, PA

United Way Member Agency



2018-2019 BOARD MEMBERS

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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.

