



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

## November 2019 Newsletter

### NOVEMBER HIGHLIGHTS

- ❖ Friday November 8<sup>th</sup> @ 12:30PM  
*Team Trivia w/ Brandywine Concierge*
- ❖ Monday November 11<sup>th</sup> @  
*CLOSED IN OBSERVANCE OF THANKSGIVING*
- ❖ Wednesday November 13<sup>th</sup> @ 12:00PM  
*Birthday Lunch w/ Chris Holt performing*
- ❖ Friday November 15<sup>th</sup> @ 12:30PM  
*Arthritis Management w/ Rite Aid*
- ❖ Monday November 18<sup>th</sup> @ 12:30PM  
*Aging in Place w/ SarahCare*
- ❖ Wednesday November 20<sup>th</sup> @ 12:30PM  
*DE Theatre Final Performance*
- ❖ Friday November 22<sup>nd</sup> @ 12:30PM  
*Team Trivia w/ Brandywine Concierge*
- ❖ Tuesday November 26<sup>th</sup> @ 10:00AM  
*WCDAS Presentation with Barb Myers*

### 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 @**

### DELAWARE THEATRE FINAL PERFORMANCE WEDNESDAY, NOVEMBER 20<sup>TH</sup> IMMEDIATELY FOLLOWING LUNCH



### "SOUNDS OF SINATRA"

16 YEARS OLD VINCENT  
ROMANO WILL BE IN THE HOUSE

NOVEMBER 27<sup>TH</sup> @ 12:15

TO SING SOME OF SINATRA'S  
GREATEST HITS

## 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, November 6<sup>th</sup> & 20<sup>th</sup> from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.
- Dr. Shuler, Audiologist is available by appointment only every 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Monday. Please call Dr. Schuler at 302-416-2209 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.

### 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, 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

## 2019 NIGHT AT THE RACES

### PLATINUM SPONSOR



### GOLD SPONSOR



### SILVER SPONSORS

ANONYMOUS

Leonard & Ann  
Giunta



### BRONZE SPONSORS



### SPECIAL SPONSORS

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#### Saddle Sponsor



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Chester County Check Cashing

#### Specialty Beverage Sponsor

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Sawbeam of Malvern  
Fina & Clara Solera  
Selena Construction  
Scott Hooda  
Kathy Sullivan  
Gail Tansela-Seymour & Scott Seymour  
Shiller Oil Co.

## MANY THANKS TO ALL OUR 2019 NIGHT AT THE RACES SPONSORS!

### RESTAURANT & FOOD SPONSORS



### BEVERAGE SPONSORS



### AUCTION SPONSORS

ACAC	ELLEN DONOHOE	Macy's
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ANDARIO	EAST BRADFORD NAIL & DAY SPA	Mt. CUBA
ANN GIUNTA	FIT TO THE CORE PERSONAL TRAINING	NATALIE & DENNY HOWELL
ARDEN THEATRE	GINA HARRISON	NATIONAL CONSTITUTION CENTER
BILL PANCOAST	GREG ZELLER CUSTOM PHOTOGRAPHY	PAT MCGUIRE
BOB TRIMBLE OF LA LUMIERE SELECTIONS	GUINTA'S FURNITURE	PEOPLE'S LIGHT AND THEATRE
BOYLES FLOOR & WINDOW DESIGN	HUDSON AUSTIN	PETER AND KATHE MORRIS
BRANDYWINE GALLERY	KAREN DELANEY	PHILADELPHIA PHILLIES
BRANDYWINE RIVER MUSEUM	KIT ANSTEY	SOVANA BISTRO
CALLISTA SALON & SPA	JANE CHALFANT/KIRO BOUTIQUE	STONEWALL
CAROL HOOD	JEAN YODER	STRODES MILL ART GALLERY AND FRAMER
CHAADSFORD WINERY	JEFF LEPPERT	STYX
CHANTICLEER	JEN WIERMAN	THE YMCA OF GREATER BRANDYWINE
CHESTER COUNTY HISTORICAL SOCIETY	JESSICA TIPTON	TYLER ARBORETUM
CHRIS HASEN	JOE HARTMAN	UPTOWN ENTERTAINMENT
CLEO ELKINGTON	JOHN HANNIFIN	WATCHFULEYE PHOTOGRAPHY
CIGARCRAG.COM	JULIE ELICKER	WEST CHESTER COUNTY CLUB
DAN WILSON	KAPLANS FINE JEWELRY	WHITE MANOR COUNTRY CLUB
DELAWARE ART MUSEUM	LASKO PRODUCTS	WINTERTHUR
DELAWARE MUSEUM OF NATURAL HISTORY	LONGWOOD GARDENS	ZEN YOGA

## Special thanks to this year's MC Brian Taff of 6 ABC Action News!



# PROGRAMS –NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px; background-color: #e0f0e0;"> <p>INTERESTED IN LEARNING MAHJONG OR SHARPENING YOUR CURRENT SKILLS? JOIN OUR MAHJONG GROUP EVERY TUESDAY @ 12:30PM</p> <p style="color: red; font-weight: bold;">ALL ARE WELCOME!!!</p> </div>				<p>8:00 Breakfast <span style="float: right;"><b>1</b></span>            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>
<p>8:00 Breakfast 9:00 Pinochle <span style="float: right;"><b>4</b></span>            9:30 Silver Sneakers Cardio            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  <b>1:00 GRAND FRIENDS</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>5</b></span>            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&amp;A            12:00 Lunch 12:30 Mahjong            12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast 9:00 Pinochle <span style="float: right;"><b>6</b></span>            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  <b>1:00 ALZHEIMER'S SUPPORT</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>7</b></span>            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            12:45 Quilting  <b>1:00 GRAND FRIENDS</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>8</b></span>            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  <b>12:30 TEAM TRIVIA</b></p>
<div style="border: 1px solid black; padding: 10px; background-color: #ffcc99; font-size: 2em; color: red; font-weight: bold;">             CLOSED           </div>	<p>8:00 Breakfast <span style="float: right;"><b>11</b></span>            9:30 Low Impact Aerobics <span style="float: right;"><b>12</b></span>            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&amp;A            12:00 Lunch 12:30 Mahjong            12:45 Knitting 12:45 French            1:00 AARP</p>	<p>8:00 Breakfast 9:00 Silver Sneakers <span style="float: right;"><b>13</b></span>            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  <b>12:00 BIRTHDAY LUNCH W/ CHRIS HOLT</b>            12:45 Pinochle</p>	<p>8:00 Breakfast <span style="float: right;"><b>14</b></span>            9:30 Low Impact Aerobics <span style="float: right;"><b>14</b></span>            9:30 Bible Study            10:00 Art Appreciation            10:15 Healthy Steps in Motion            11:15 Tai Chi            12:00 Lunch            12:30 Bridge            12:45 Quilting  <b>1:00 GRAND FRIENDS</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>15</b></span>            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  <b>12:30 RITEAID</b>            12:30 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 9:00 Pinochle <span style="float: right;"><b>18</b></span>            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  <b>12:30 SARAH CARE</b>  <b>1:00 GRAND FRIENDS SHOPRITE</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>19</b></span>            9:30 Low Impact Aerobics <span style="float: right;"><b>19</b></span>            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&amp;A  <b>10:45-11:30 Balance Class</b>            12:00 Lunch 12:30 Mahjong            12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast <span style="float: right;"><b>20</b></span>            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  <b>12:00 HOLIDAY LUNCH</b>  <b>12:30 DE THEATRE PERFORMANCE</b>            12:45 Pinochle</p>	<p>8:00 Breakfast <span style="float: right;"><b>21</b></span>            9:30 Low Impact Aerobics <span style="float: right;"><b>21</b></span>            10:15 Healthy Steps in Motion            10:30 Music Appreciation            11:15 Tai Chi            12:00 Lunch            12:30 Bridge            12:45 Quilting  <b>1:00 GRAND FRIENDS</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>22</b></span>            8:00 Poker            9:00 Pinochle 9:15 Qi Gong            9:30 Brain Aerobics            10:30 Music Appreciation            10:30 Arthritis Exercise Class            11:15 Silver Sneakers Classic            11:15 Bingo 12:00 Lunch            12:30 Bingo/Pinochle/Crafts  <b>12:30 YOU BE THE JUDGE</b></p>
<p>8:00 Breakfast 9:00 Pinochle <span style="float: right;"><b>25</b></span>            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  <b>1:00 GRAND FRIENDS</b></p>	<p>8:00 Breakfast <span style="float: right;"><b>26</b></span>            9:30 Low Impact Aerobics <span style="float: right;"><b>26</b></span>            9:30-10 Beginning Spanish 10:00 Nurse  <b>10:00 CCDAS BARBRA MYERS</b>            10:15 Spanish Class            10:30 Healthy Steps in Motion            10-11:30 Int. Spanish            10:30 Current Events/Computer Q&amp;A            12:00 Lunch 12:30 Mahjong            12:45 Knitting 12:45 French</p>	<p>8:00 Breakfast <span style="float: right;"><b>27</b></span>            9:00 Silver Sneakers 9:00 Pinochle <span style="float: right;"><b>27</b></span>            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</p>	<div style="border: 1px solid black; padding: 10px; background-color: #ffcc99; font-size: 3em; color: red; font-weight: bold;">             CLOSED           </div>	

# MENU – NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>If you've signed up and cannot be here, please call us at 610.431.4242 to let us know!</b></p>				<p style="text-align: right;">4</p> <p>MEATLOAF WITH GRAVY MASHED POTATOES BRUSSEL SPROUTS RICE RAISIN PUDDING</p>
<p style="text-align: right;">4</p> <p>BAKED PORK CHOP BAKED POTATO MINI CORN MUFFIN CINNAMON APPLESAUCE</p>	<p style="text-align: right;">5</p> <p>CHEESEBURGER STEAK FRIES COLE SLAW MANDARIN ORANGES</p>	<p style="text-align: right;">6</p> <p>STUFFED PEPPER CAESAR SALAD CHOC MOUSSE</p>	<p style="text-align: right;">7</p> <p>CHEESESTEAK SWEET POTATO FRIES PEAR HALVES CHIX ORZO SOUP</p>	<p style="text-align: right;">8</p> <p>TUNA NOODLE CASSEROLE CALIFORNIA BLEND VEG OATMEAL COOKIES</p>
<p style="text-align: right;">11</p> <div style="background-color: #ff9933; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: 1.2em;">CLOSED</div>	<p style="text-align: right;">12</p> <p>TURKEY BLT COLE SLAW HOT SPICED APPLES NAVY BEAN W/ HAM SOUP</p>	<p style="text-align: right;">13</p> <p style="color: red; font-weight: bold;">BIRTHDAY LUNCH</p> <p>CHICKEN PARM CAULIFLOWER ROMAINE &amp; ONION SALAD PINEAPPLE</p>	<p style="text-align: right;">14</p> <p>HOT HAM &amp; CHEESE GREEN BEANS PINEAPPLE TOMATO SOUP</p>	<p style="text-align: right;">15</p> <p>SPAGHETTI W/ MEATBALLS SPINACH SALAD BLUEBERRY BLOSSOM</p>
<p style="text-align: right;">18</p> <p>SWEET N SOUR CHICKEN BROWN RICE VEGETABLE EGG ROLL ORIENTAL VEG MIX W/ EDAMAME MANDARIN ORANGES</p>	<p style="text-align: right;">19</p> <p>CHICKEN MARSALA ROASTED POTATOES ITALIAN MIX VEG TAPIOCA PUDDING</p>	<p style="text-align: right;">20</p> <p style="color: orange; font-weight: bold;">THANKSGIVING CELEBRATION</p> <p>ROAST TURKEY CRANBERRY SAUCE CANDIED YAMS GREEN BEAN SWEET POTATO PIE</p>	<p style="text-align: right;">21</p> <p>SALISBURY STEAK MASHED POTATOES PEAS &amp; CARROTS SUGAR COOKIE</p>	<p style="text-align: right;">22</p> <p>ROTISSERIE CHICKEN STUFFING WINTER BLEND VEG BANANA PUDDING</p>
<p style="text-align: right;">25</p> <p>LASAGNA BAKE MARINARA SAUCE GREEN BEANS TROPICAL FRUIT</p>	<p style="text-align: right;">26</p> <p>BAKED HAM RED ROASTED POTATOES BRUSSELL SPROUTS CINN APPLESAUCE</p>	<p style="text-align: right;">27</p> <p>GRILLED CHICKEN ROASTED RED PEPPERS PROVOLONE CHEESE MARNATED CUCUMBERS SLICED APRICOTS CREAM OF BROCCOLI</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p> <div style="background-color: #ff9933; color: white; padding: 10px; text-align: center; font-weight: bold; font-size: 1.5em;">CLOSED</div>

# NOVEMBER BIRTHDAY PARTY

## WEDNESDAY, NOVEMBER 13, 2019

1-NOVEMBER	11- NOVEMBER	21- NOVEMBER
FU CHEN	DIANE LYNN	ROBERT PHIEL
2- NOVEMBER	TINA RUTAN	BARBARA PFISTER
BARBARA TILLMAN	12- NOVEMBER	WILLIAM RICHARDS
3- NOVEMBER	FRANKIE BRICKEY	MICHAEL RUDSILL
BETTY OTTO	CARMELLINA MCDONALD	22- NOVEMBER
KARIN BERGESEN	AMRITH D'SOUZA	RICHARD COYLE
CAROL GUNSAULLUS	13- NOVEMBER	LYNWOOD GALLIMORE
SHARON PAQUET	EILEEN KANE	FRANKLIN PRATT
ALICE THOMAS	ELWOOD GOTSHALL	MARJORIE FROMNIC
WILLIAM YEAGER	JOAN STANLEY-LENTZ	23-NOVEMBER
MAUREEN MCGOVERN	JEAN PODGORSKI	ROSEMARY DAZIO
4- NOVEMBER	SUE CHEN	DORIS DENGLER
EDMUND HOLCROFT	14- NOVEMBER	ERNA KAPOURELOS
ABBIE PENNINGTON	LINDA CLAY	CAROL WHITE
CAMILLE CRISANTI	CAROLYN FENDT	24- NOVEMBER
WILLIAM DOYLE	15- NOVEMBER	JESSE PENNYPACKER
RITA DESIMONE	BARBARA WILLIAMS	CAROLYN KLAVERKAMP
GARY MUESSIG	ROSEMARIE RUBINO	DORIS NEILSON
LOUISE NICASTRO	ADOLPHUS D'SOUZA	25- NOVEMBER
5- NOVEMBER	HERBERT HOFFRITZ	MARI KILLIAN
ARTHUR CASTELLUCCI	16-NOVEMBER	B. JO NOSAKHENE
RAY TAUBER	BARBARA BOWER	CHRISTOPHER PALMER
ROGER BRAUN	PATRICIA MORRISON	DIANN SHAW
ELSI LEKICH	17- NOVEMBER	CONRAD MURPHY
CICELY PETERS	JACK LAUBER	JOE HEID
PAUL GULLO	MARTHA DEVENNEY	26- NOVEMBER
SHAGUFTA (SHUGGI) AHMAD	SUE GREENBERG	THOMAS KADYSZEWSKI
SUSAN HARRIS	ROGER CLARK	SAJNI GIDWANI
6- NOVEMBER	MARTHA CARLE	JANE RICHARDS
AMY BALIAN	18- NOVEMBER	ROBERT OWENS
JANET PRINCE-SOTO	JOSEPH BOODIN	27- NOVEMBER
JOHN WILLIAMS	MARGARET BRADLEY	MARIE DAVIS
JOAQUIN VEGA-DIAZ	JOHN STAMBOOLIAN	C. THOMAS GLASS
7- NOVEMBER	JOSEPH DIXON	EVELYN RIMEL
PEGGY GENTILE	DIANE CAMPBELL	BESSIE LAMPEREZ
ROBERT STAUFFER	19- NOVEMBER	AUSTIN BOWLES
BETTY APPLEBY	JEAN KEISER	28- NOVEMBER
MERLE TAYLOR	CATHERINE MORLEY	THOMAS DOUGHERTY
8- NOVEMBER	LYNN WILDRICK	IDA MONTELEONE
SUZANNE MCINTYRE	JOSEPH GODLEWSKI	JOYCE KEATING-STEINERT
SANDRA McLAUGHLIN	JEAN GALLAGHER	29- NOVEMBER
9- NOVEMBER	NANCY RODGERS	JEAN DINE
JOSEPH FISHER	20- NOVEMBER	GLORIA CASTORANI
VIRGINIA GILLESPIE	BETTY JEAN CORRY	LEE HICKMAN
BOODNEE PERSAUD	JAMES SMITH	THOMAS DARLINGTON
10- NOVEMBER	RAYMOND JACKSON	RICHARD WRIGHT
JEANNE HILLENBRAND	WITI OKPAKU	JOHN ABERNETHY
JANE KALBITZER	BOBBIE MUNSON	30- NOVEMBER
GEORGE MORTON	LINDA SHALLACK	RUTH CHENET

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

### **Art Appreciation**

Art Appreciation is the 2<sup>nd</sup> 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 4<sup>th</sup> 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 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.

### **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 -**

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.

### **Quilting-**

This NEW program will meet Thursdays @ 12:45pm

### **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](http://www.wcseniors.org)

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neighbors through friendship,  
education, activities, and nourishment*

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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.*

