



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

DECEMBER HIGHLIGHTS

- ❖ **Monday December 2nd**
Thank You Cube Smart for Decorating our Center!
- ❖ **Tuesday December 3rd @ 1:00PM**
AARP Christmas Party
- ❖ **Friday December 6th @ 1:00-3PM**
Holiday Palooza w/ Grand Friends
- ❖ **Friday December 6th @ 1:00-2PM**
Delaware Children's Charities
- ❖ **Monday December 9th @ 12:30PM**
Garden Club
- ❖ **Wednesday December 11th @ 12:00PM**
Birthday Lunch
- ❖ **Friday December 13th @ 12:30PM**
Brandywine Concierge
- ❖ **Wednesday December 18th @ 12:00PM**
Holiday Lunch w/ Grateful Alive & Chorus
- ❖ **Friday December 20th @ 12:30PM**
You Be The Judge w/ Arbour Terrace
- ❖ **Wednesday December 25th**
CLOSED IN OBSERVANCE OF CHRISTMAS

SEE INSIDE CALANDER FOR HOLIDAY SCHEDULE

December 2019 Newsletter

Winter Storm Advisory

The WCASC will be closed due to weather conditions in accordance with the *West Chester Area School District* @ www.home.wcasd.net. If the schools are closed or opening late the WCASC will be closed and there will be no Rover Service. Please tune to your local TV station for a list of school closings. There is also a link to the school district on our website.

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 has teamed 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



West Chester Lions Club
Pancake Breakfast with
Santa

FREE
PHOTOS
WITH
SANTA



Date: 12/14/2019
Time: 7:30-11:00AM

For tickets or questions call Tracey Melia at 610-594-7021.



Free
eye exams
for
Preschoolers

Tickets: Adults- \$6.00 Children 5-12- \$3.00
Children 4 and under- FREE

Benefits the West Chester Lions Club Charity Fund
& The West Chester Area Senior Center.

West Chester Area Senior Center
530 E. Union Street
West Chester, PA 19380

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, Christine Hanning, Judy Basler, Sheldon Feinberg, Mary Jo Baldino, Michelle Henning, Michelle Fort

HEARING CLINICS

- Dr. Judith Curtin, Aud., will be at the Center on Wednesday, December 4th & 18th 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 2nd, 3rd & 4th 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 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.

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WEATHER THE WEATHER FOOD DRIVE

THE WEST CHESTER AREA SENIOR CENTER
IS COLLECTING ITEMS FOR THE
2020 EMERGENCY FOOD BOXES
TO PROVIDE FOOD AND SNACKS FOR
HOMEBOUND SENIORS!

COLLECTION ENDS: JANUARY 8, 2020

SUGGESTED ITEMS TO DONATE INCLUDES

- * SOUP CANS
- * TUNA
- * GRANOLA BARS
- * CRACKERS
- * DRIED FRUIT
- * TRAIL MIX
- * FRUIT CUPS
- * CEREAL
- * PEANUT BUTTER
- * CANNED VEGETABLES
- * AND MUCH MORE...



DISTRIBUTION WILL BEGIN ON
WEDNESDAY, JANUARY 15, 2020

HAPPY HOLIDAYS

West Chester Area Senior Center 530 East Union Street West Chester, PA 19382 - A non-profit organization
Tel (610) 431-4242 www.wcseniors.org

**Many thanks to our current
Weather the Weather supporters!!!**



"Giant" Tom Darlington



Venerable

WCASC Members & Board




**STAYED TUNED
FOR SPECIAL
NEW 2020 MLK
DAY PLANS!!**

Mon., January 20th

**CONGRATS TO OUR 2019
DELAWARE THEATRE PLAY
WRITERS AND MANY THANKS TO
THE DELAWARE THEATRE CREW
FOR ANOTHER SUCCESSFUL
YEAR!**



PROGRAMS –DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Breakfast 9:00 Pinochle 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 1:00 GRAND FRIENDS	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 1:00 AARP HOLIDAY PARTY	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 2:30 Rep. Comitta Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 12:45 Book Club 1:30 Yoga 1:00 PARKINSON'S HOLIDAY PRY 1:00 ALZHEIMER'S SUPPORT	8:00 Breakfast 9:30 Low Impact Aerobics 10:15 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 12:45 Quilting	8:00 Breakfast 8:00 Poker 9:00 Pinochle 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 1:00-3PM HOLIDAY PALOOZA
8:00 Breakfast 9:00 Pinochle 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 12:45 GARDEN CLUB	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	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 2:30 Sen. Dinniman Outreach 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:45 Pinochle 1:30 Yoga 12:00 BIRTHDAY LUNCH	8:00 Breakfast 9:30 Low Impact Aerobics 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	8:00 Breakfast 8:00 Poker 9:00 Pinochle 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 BRANDYWINE CONCIERGE
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8:00 Continental 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	8:00 Continental Breakfast 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 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 WE WILL CLOSE @ 1:30	<div> <div>CLOSED</div> <div>Happy Holidays to our members, volunteers, & staff!</div> </div>		
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MENU –DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHEESEBURGER STEAK FRIES COLE SLAW MANDARIN ORANGES	3 BAKED PORK CHOP BAKED POTATO SAUERKRAUT MINI CORN MUFFIN CINNAMON APPLESAUCE	4 CHICKEN PARM WW SPAGHETTI CAULIFLOWER ROMAINE & ONION SALAD PINEAPPLE	5 STUFFED PEPPER CAESAR SALAD ITALIAN BREAD CHOC MOUSSE	6 CHEESESTEAK SAUTÉED ONIONS SWEET POTATO FRIES PEAR HALVES CHIC ORZO SOUP
9 CHILI BROWN RICE GREEN BEANS MINI CORN MUFFIN FRUITED JELLO	10 TURKEY BLT ROAST TURKEY COLE SLAW HOT SPICED APPLES NAVY BEAN HAM SOUP	11 BIRTHDAY LUNCH MEATLOAF WITH GRAVY MASHED POTATOES BRUSSEL SPROUTS RICE RAISIN PUDDING	12 HOT HAM & CHEESE GREEN BEANS PINEAPPLE TOMATO SOUP	13 TUNA NOODLE CASSEROLE CALIFORNIA BLEND VEG OATMEAL COOKIES
16 SALISBURY STEAK MASHED POTATOES PEAS & CARROTS SUGAR COOKIE	17 BREADED FISH FILLET MACARONI & CHEESE STEWED TOMATOES BRUSSEL SPROUTS CHERRY CRISP	18 HOLIDAY CELEBRATION CRANBERRY GLAZED HAM SCALLOPED POTATOES GREEN BEAN BLEND DINNER ROLL CARROT CAKE CREAM CHEESE ICING	19 SPAGHETTI W/ MEATBALLS SPINACH SALAD BLUEBERRY BLOSSOM	20 SWEET N SOUR CHICKEN BROWN RICE VEGETABLE EGG ROLL ORIENTAL VEG MIX MANDARIN ORANGES
23 SWEET N SOUR CHICKEN BROWN RICE VEGETABLE EGG ROLL ORIENTAL VEG MIX W/ EDAMAME MANDARIN ORANGES	24 CHICKEN MARSALA ROASTED POTATOES ITALIAN MIX VEG TAPIOCA PUDDING	25	26	27
		CLOSED Happy Holidays to our members, volunteers, & staff!		
30 LASAGNA BAKE MARINARA SAUCE GREEN BEANS TROPICAL FRUIT	31 BAKED HAM RED ROASTED POTATOES BRUSSEL SPROUTS CINN APPLESAUCE	If you've signed up and cannot be here, please call us at 610.431.4242 to let us know!		

DECEMBER BIRTHDAY PARTY

WEDNESDAY, DECEMBER 11, 2019

1-December

Vivian Carlow

Kay Croll

Patricia Lisowski

Leona Poet

2- December

Monroe Jones

John Herley

3- December

Alice Peters

4- December

Thomas Donohoe

5- December

Louise Pino

Adele Cooke

James Tate

James Kelly

Teresa Krol

6- December

Marian Walker

Ann Richardson

7- December

Carol Richardson

Wanda Woods

Marge Waltz

9- December

Barbara Register

10- December

Cynthia Welsh

11- December

Kathryn Stanzione

Helen Linden

Hsiang Ku

Victoria Schroeder

Wayne Forbes

Catherin Shaw

12- December

Celeste Verdone

13-December

Ronald Sagnella

Lucy Marchiafava

Gerald Abbott

Pam Paulsell

Jean Schuh

14- December

Irene Sewell

Gail Nashak

15- December

Francis Minyone

Hildegard Lechner

16- December

John Brautigam

17- December

Deb Randall

Barbara Lucas

Connie Ford

18- December

Elaine Frison

Barbara DeHaven

Marie Halligan

Christina Brett

Judith Benner

19- December

Kenneth Bailey

20- December

Claire Surr

Daryl Kezell

Thomas Amodei

Joanne Fritz

21- December

Judith Bullotta

Thomas Deane

Charles McGovern

22-December

Randy Taylor

Diana Price

23- December

Mary Streets

Theresa Whinery

25- December

Virginia Hines

Marjorie Reid

Barbara Gauff

Marie Gregg

Robert McGurk

Soworro Braganza

Daisy Lara

26- December

Stanley Chmielecki

27- December

Helen Mozzani

Jumei Wang

Frank Giacomucci

Charles Welsh

28- December

Shaaron Daurio

Margaret Key

29- December

Dolores Feconda

30- December

Caroline Thomas

Mollie Richardson

Eileen Fields

Harry Carter

Vicki Kelly

Nancy Fernandes

31- December

Kathryn Bauernschmidt

Kay Schmidt

Robert Boom

Cecelia Betson

Our thanks to the Alesiani family for their continued support, kindness, and for our holiday cake & goodies on Wed., Dec. 18th!!

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 -

See the calendar for which Wednesday book club will be meeting 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 12:30 PM. No Experience needed. Pearl Burger is the group leader for this program.

Current Events -

This group meets on Tuesdays at 10:30 AM.

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.

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 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



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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.

