



# Happy NEW Year

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

## JANUARY HIGHLIGHTS

JANUARY 2020  
NEWSLETTER

- ❖ WEDNESDAY JANUARY 1<sup>ST</sup>  
*CLOSED- HAPPY NEW YEAR!!!!*
- ❖ TUESDAY JANUARY 7<sup>TH</sup> @ 10:30AM  
*SHOPRITE- DIABETES AWARENESS 1/4*
- ❖ WEDNESDAY JANUARY 7<sup>TH</sup> @ 12:30PM  
*SKILLED CARE W/ ADVENTURA @ PEMBROKE*
- ❖ FRIDAY JANUARY 10<sup>TH</sup> @ 12:30PM  
*BENEFITS OF MASSAGE*
- ❖ MONDAY JANUARY 13<sup>TH</sup> @ 12:45AM  
*GARDEN CLUB*
- ❖ TUESDAY JANUARY 14<sup>TH</sup> @ 10:30AM  
*SHOPRITE- DIABETES AWARENESS 2/4*
- ❖ WEDNESDAY JANUARY 15<sup>TH</sup> @ 12:00PM  
*BIRTHDAY LUNCH & WEATHER THE WEATHER DISTRIBUTION*
- ❖ FRIDAY JANUARY 17<sup>TH</sup> @ 12:30PM  
*DODGING FINANCIAL PREDATORS W/ CLARIFI*
- ❖ MONDAY JANUARY 20<sup>TH</sup>  
*MLK DAY OF SERVICE (NO AM/PM PROGRAMMING)*
- ❖ TUESDAY JANUARY 21<sup>ST</sup> @ 10:30AM  
*SHOPRITE- DIABETES AWARENESS 3/4*
- ❖ WEDNESDAY JANUARY 22<sup>ND</sup> @ 12:30PM  
*WHAT WE DO AT CRIME VICTIMS OF CHESTER COUNTY*
- ❖ FRIDAY JANUARY 24<sup>TH</sup> @ 12:30PM  
*VOLUNTEERING TO MAKE A DIFFERENCE W/ COMPASSIONATE HOSPICE*
- ❖ MONDAY JANUARY 27<sup>TH</sup> @ 10:00AM  
*911 CALLS W/ AMY FROM COUNTY SERVICES*
- ❖ TUESDAY JANUARY 28<sup>TH</sup> @ 10:30AM  
*SHOPRITE- DIABETES AWARENESS 4/4*
- ❖ FRIDAY JANUARY 31<sup>ST</sup> @ 12:30PM  
*KEEPING SAFE & ACTIVE IN COLD WEATHER W/ RITE AID*

**BALANCE CLASS W/ KYOKO**

**JANUARY 14<sup>TH</sup> & 28<sup>TH</sup>  
@ 10:45AM**

### **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](http://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.

### **STAYED TUNED FOR SPECIAL MLK DAY OF SERVICE PLANS!!**

**Breakfast & Lunch will be served. Then we'll have volunteer service opportunities; NO PROGRAMS**

**Mon., January 20th**

### **AARP Income Tax Assistance**

AARP Counselors will be at the center offering tax preparation services again this year, likely beginning in February. This service is free, and is available to low and moderate income tax payers with basic returns by appointment only.

PLEASE STAY TUNED FOR MORE INFO!

## **STAFF MEMBERS**

Kathy Sullivan [kathys@wcseniors.org](mailto:kathys@wcseniors.org) Executive Director  
Dan Wilson [danw@wcseniors.org](mailto:danw@wcseniors.org) Executive Assistant  
Jessica Tipton [jessicat@wcseniors.org](mailto:jessicat@wcseniors.org) Health & Wellness Coordinator & Fitness Instructor  
Mia Jones [miaj@wcseniors.org](mailto:miaj@wcseniors.org) Kitchen/Meal Supervisor  
Jim Mobile [jimm@wcseniors.org](mailto:jimm@wcseniors.org) Technology & Volunteer Coordinator  
Ellen Donohoe [ellend@wcseniors.org](mailto:ellend@wcseniors.org) Director of Development  
Nanciann Woodward [nanciannw@wcseniors.org](mailto:nanciannw@wcseniors.org) Information & Assistance Coordinator /APPRISE

## **INSTRUCTORS**

Pearl Burger, Ray Doyle, Larue Morgan, Pierina Disciullo, Charlie Eisenfelder, Mark Frison, 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, JANUARY 8<sup>TH</sup> & 22<sup>ND</sup> FROM 10AM-12PM. 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.

## **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](mailto:danw@wcseniors.org) or 610-431-4242 ext. 105**



# Many Thanks to our 2020 Weather the Weather Supporters!!!



**“Giant” Tom Darlington**



**Second Reading II**

**Transcend Facility Management Company**



**Venerable**

**WCASC Members & Board**



**THANKS FOR THE MEMORIES 2019!**

# PROGRAMS –JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <b>Winter Storm Advisory</b>                      The WCASC will be closed due to weather conditions in accordance with the <i>West Chester Area School District</i> @ <a href="http://www.home.wcasd.net">www.home.wcasd.net</a>. 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.                 </div>		<div> <b>CLOSED</b>                      Happy New Year to our members, volunteers, &amp; staff!                 </div>		
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 <b>10:30 SHOPRITE</b> 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 <b>12:30 ADVENTURA AT PEMBROKE</b> 12:45 Pinochle 1:30 Yoga	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 1:00 Grand Friends	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 <b>12:30 BENEFITS OF MASSAGE</b> 12:30 Bingo/Pinochle/Crafts
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 <b>12:45 GARDEN CLUB</b> 1:00 Grand Friends	8:00 Breakfast 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 10:00 Nurse 10:15 Spanish Class <b>10:30 SHOPRITE</b> 10:30 Healthy Steps in Motion 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&A <b>10:45 BALANCE CLASS</b> 12:00 Lunch 12:30 Mahjong 12:45 Knitting	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 <b>12:00 BIRTHDAY LUNCH &amp; WEATHER THE WEATHER DISTRIBUTION!</b> 12:30 Bingo 12:45 Pinochle 1:30 Yoga	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 1:00 Grand Friends	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 <b>12:30 CLARIFI</b> 12:30 Bingo/Pinochle/Crafts
<b>20</b> <b>Breakfast &amp; Lunch will be served. Then we'll have volunteer service opportunities; NO PROGRAMS</b> <b>MLK DAY OF SERVICE</b>	8:00 Continental Breakfast 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 10:15 Spanish Class 10:30 Healthy Steps in Motion <b>10:30 SHOPRITE</b> 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&A 12:00 Lunch	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 <b>12:30 CVCC</b> 12:45 Pinochle 1:30 Yoga	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 Quilting 1:00 Grand Friends	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 <b>12:30 COMPASSIONATE HOSPICE</b> 12:30 Bingo/Pinochle/Crafts
8:00 Continental Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Italian Class 10:30 Arthritis Exercise Class <b>10:00 COUNTY SERVICES</b> 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 Continental Breakfast 9:30 Low Impact Aerobics 9:30-10 Beginning Spanish 10:15 Spanish Class 10:30 Healthy Steps in Motion <b>10:30 SHOPRITE</b> 10-11:30 Int. Spanish 10:30 Current Events/Computer Q&A <b>10:45 BALANCE CLASS</b> 12:00 Lunch	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 12:45 Pinochle 1:30 Yoga	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 1:00 Grand Friends	8:00 Breakfast 8:00 Poker 9:00 Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 10:30 Music Appreciation 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch <b>12:30 RITEAID</b> 12:30 Bingo/Pinochle/Crafts



# MENU –JANUARY 2020

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>		1 <b>CLOSED</b> Happy New Year to our members, volunteers, & staff!	2 CHILI BROWN RICE GREEN BEANS MINI CORN MUFFIN FRUITED JELLO	3 CHEESESTEAK SWEET POTATO FRIES PEAR HALVES CHICKEN ORZO SOUP
6 STUFFED PEPPER CAESAR SALAD CHOC MOUSSE	7 TURKEY BLT SLICED TOMATOES COLE SLAW HOT SPICED APPLES NAVY BEAN/HAM SOUP	8 OVEN FRIED CHICKEN MACARONI & CHEESE STEWED TOMATOES CORN MUFFIN W APPLE PIE	9 HAM & CHEESE MELT GREEN BEANS PINEAPPLE TOMATO SOUP	10 TUNA NOODLE CASSEROLE CALIFORNIA BLEND VEG OATMEAL COOKIES
13 SALISBURY STEAK MASHED POTATOES PEAS & CARROTS SUGAR COOKIE	14 BREADED FISH FILLET MACARONI & CHEESE STEWED TOMATOES BRUSSEL SPROUTS CHERRY CRISP	15 BIRTHDAY LUNCH ROTISSERIE CHICKEN STUFFING WINTER BLEND VEG BANANA PUDDING	16 SPAGHETTI W/ MEATBALLS SPINACH SALAD BLUEBERRY BLOSSOM	17 SWEET N SOUR CHICKEN BROWN RICE VEGETABLE EGG ROLL ORIENTAL VEG MIX MANDARIN ORANGES
20 CHICKEN SANDWICH MARINATED CUCUMBERS SLICED APRICOTS LS CREAM OF BROCCOLI	21 CHICKEN MARSALA ROASTED POTATOES ITALIAN MIX VEG TAPIOCA PUDDING	22 MEATLOAF MASHED POTATOES BRUSSEL SPROUTS RICE RAISIN PUDDING	23 CHICKEN CACCIATORE SPAGHETTI TUSCAN BLEND VEG APRICOTS	24 BAKED PORK CHOP BAKED POTATO SAUERKRAUT CINNAMON APPLESAUCE
27 LASAGNA BAKE MARINARA SAUCE GREEN BEANS TROPICAL FRUIT	28 BAKED HAM RED ROASTED POTATOES BRUSSEL SPROUTS CINN APPLESAUCE	29 CHEESEBURGER STEAK FRIES COLE SLAW MANDARIN ORANGES	28 CHICKEN PARM SPAGHETTI CAULIFLOWER ROMAINE/ONION SALAD PINEAPPLE	28 ROAST TURKEY SWEET POTATOES BROCCOLI MIXED FRUIT

# JANUARY BIRTHDAY PARTY

## WEDNESDAY, JANUARY 15, 2020

<b>1-January</b>	<b>14- January</b>	<b>22- January</b>
<b>Margaret Dobek</b>	<b>Marilyn Smith</b>	<b>Theresa Tatman</b>
<b>John Voge</b>	<b>16- January</b>	<b>Sabeeta Mahadeo</b>
<b>Gerald Wilk</b>	<b>Tom Clark</b>	<b>Charles Young</b>
<b>3- January</b>	<b>Carolyn Birkhoff</b>	<b>Brigitte Leiling-Fritz</b>
<b>Martha Smith</b>	<b>Betty Devine-Bruce</b>	<b>23- January</b>
<b>Janet Hoffritz</b>	<b>Ann Moses</b>	<b>M. Paulette Schaumann</b>
<b>Bridget Hegarty</b>	<b>17- January</b>	<b>Barbara Morris</b>
<b>4- January</b>	<b>Ronald Pernsly</b>	<b>24- January</b>
<b>Mark Osmond</b>	<b>Nancy Wilson</b>	<b>Mary Parkinson</b>
<b>Maria Guzman</b>	<b>Nancy Milani</b>	<b>Mary Belle Fabe</b>
<b>5- January</b>	<b>Cindy Allen</b>	<b>Margaret Reitman</b>
<b>Daniel Kucera</b>	<b>Bernice Sanders</b>	<b>Cynthia Oursler</b>
<b>Anne Quigley</b>	<b>18- January</b>	<b>26- January</b>
<b>6- January</b>	<b>William Ronayne</b>	<b>Monica Drewniany</b>
<b>Nancy Holmes</b>	<b>Margaret Williams</b>	<b>Lois Ruth</b>
<b>Joseph Nero</b>	<b>19- January</b>	<b>Eva Moebs</b>
<b>7- January</b>	<b>Pamela O'Neil</b>	<b>Carol Myambo</b>
<b>Sue Degenhardt</b>	<b>Olga Soto</b>	<b>27-January</b>
<b>Sophia Varis</b>	<b>Nelson Aspen</b>	<b>Robert Johnson</b>
<b>Kipp Stone</b>	<b>Laurence Reynolds</b>	<b>Myrtle Butcher</b>
<b>Dolores (Lori) Tygielski</b>	<b>Alma Steinmetz</b>	<b>Judy Cosgrove</b>
<b>8-January</b>	<b>20-January</b>	<b>Jeanette Merion</b>
<b>Mary Jane Gallagher</b>	<b>Virginia Vonderheide</b>	<b>Bertha Creighton</b>
<b>9-January</b>	<b>Sarah Finnaren</b>	<b>28-January</b>
<b>Ruth Stuart</b>	<b>Patricia Towne</b>	<b>William Devenney</b>
<b>Richard Lucas</b>	<b>21-January</b>	<b>Richard Merion</b>
<b>Marie Mccarthy</b>	<b>Robert Burnett</b>	<b>Kathryn Vanwinkle</b>
<b>11-January</b>	<b>Phillip Nied</b>	<b>Elizabeth Lehmann</b>
<b>Patricia Brown</b>	<b>Ellen Doyle</b>	<b>Arthur Sweatman</b>
<b>Kathleen Casella</b>	<b>Deborah Bledsoe</b>	<b>29-January</b>
<b>12-January</b>		<b>Robert Trott</b>
<b>Judy Kyper</b>		<b>Nancy Fasnacht</b>
<b>Elizabeth Zemenszky</b>		<b>Harriet Phillips</b>
<b>13-January</b>		<b>Douglas Fairchild</b>
<b>John Sortino</b>		<b>30-January</b>
<b>John Melia</b>		<b>Emmett Brown</b>
<b>Harriett Lelli</b>		<b>31-January</b>
		<b>George Rengert</b>
		<b>Dixie Peters</b>

## **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 -**

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 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 12:30 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 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)

***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**



**2019-2020 BOARD MEMBERS**

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**2019- 2020 ADVISORY COUNCIL**

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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.*

