

West Chester Area Senior Center

530 East Union Street (610) 431-4242 FAX: (610) 429-9296
WWW.WCSENIORS.ORG
Monday-Friday 8:00 to 3:00



WCASC FASHION SHOW

Christine's Consignment Boutique will host a fashion show following the birthday lunch on Wednesday, June 18 at 12:45. Models will be WCASC members and clothes and accessories will be available for purchase. Join us for this entertaining event and let your inner fashionista come out!

THE GREAT RACE: A HUGE SUCCESS!

WCASC thanks all of our participants, sponsors, and volunteers who helped make this fun event a success. We had a record number of participants and sponsors this year. The day highlighted the inspirational fitness level of so many center members!

June Nutrition and Wellness Programs

- ShopRite Nutrition program will be Monday, June 2 at 12:45. Skinnier Summer Cookouts will be the topic.
- Action Potential will discuss Dehydration on Wednesday, June 4 at 12:45.
- Nova Care will present Shoulder and Abdominal Care on Friday, June 6 at 12:45.
- Learn to turn your medicine cabinet into a health cabinet with Chamberlain Chiropractic on Wednesday, June 11 at 12:45.
- Diabetes Support Group will meet on Thursday, June 12 at 1:00. New members are always welcome.
- Registered Dietician, Carol Sweeney will host Lunch & Learn on Tuesday, June 17 at 12:00. Learn how to understand food labels while enjoying lunch. Please make lunch reservations at least 4 days in advance.
- Join us on Monday, June 23 at 12:45 for Home Safe Home with Bryn Mawr Rehab. The program will provide information on how to reduce the risk of falls and how to identify risks.
- Chester County Hospital will present Are You at Risk for Diabetes on Wednesday, June 25 at 12:45.
- Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will meet at the Center on Wednesday, June 24 at 1:15.

Financial Workshops

Brad Abel from Edward Jones will host two financial seminars. Retirement: Making Your Money Last will be the topic on Monday, June 30 at 1:00. Navigating Your Next Adventure: Managing Your Money in Retirement will be the workshop on Monday, July 7 at 1:00. Please join us these informative programs.

The Farmer's Market Produce Vouchers will be distributed to eligible seniors on Tuesday through Friday from 10:00 to 2:00. To qualify you must be over 60 and have an annual income of \$21,590 for an individual and \$29,101 for a 2 person household. Please contact Ellen McCabe at 610-431-4242 for more information.

West Chester Area Senior Center

STAFF MEMBERS

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DUE TO THE ESCALATING FOOD COSTS ASSOCIATED WITH OUR BREAKFAST PROGRAM, WE MUST INCREASE THE PRICE OF BREAKFAST TO A \$4.00 DONATION. PLEASE UNDERSTAND THAT THIS IS THE FIRST INCREASE SINCE MAY 2008. THE "LIGHT" OPTION OF YOGURT, FRUIT, AND BREAKFAST BAR WILL STILL BE AVAILABLE FOR \$1.50.

Upcoming Programs

- There are many parts to a computer that work together to make it work. Learn about the "insides" of a computer with computer room volunteer John Groves on Thursday, June 12 at 1:00.
- Holcomb Behavioral Health Systems will host a fun and educational bingo on Monday, June 23 at 12:45. The bingo game will include a brief discussion about problem gambling and prevention.
- The movie Philomena will be shown on Thursday, June 26 at 12:45. Judi Dench stars as Philomena, a woman who along with a grumpy reporter journeys to America to find the child she put up for adoption many years ago.
- Sen. Dinniman's Constituent Outreach Representative will be at the Center on Wednesday, June 11 at 12:30. Stop by for assistance with state programs and for other information.

BINGO AND ZUMBA WILL RETURN TO OUR TUESDAY SCHEDULE IN SEPTEMBER! ZUMBA PARTICIPANTS, PLEASE CHECK OUR 9:15 AEROBICS CLASS ON TUESDAYS AND THURSDAYS.

MIND AND BODY

Brain Aerobics

Join us for a variety of games and brain exercises to help keep your mind fit on Fridays at 9:30!

SilverSneakers

Classes are Mondays and Wednesdays and Fridays at 11:15. *Free to members and Silver Sneakers participants.*

SilverSneakers Cardio Circuit

Cardiovascular exercise is the highlight of this class offered on Mondays and Wednesdays at 9:15. *Free to members and Silver Sneakers participants.*

Tai Chi

Please call the Center about the status of the tai chi class.

Rhythm of Life

Music and fun to get you moving! Join us for our popular 'drumming' class on Mondays at 12:45.

Arthritis Foundation Exercise Class

This class is held Mondays, Wednesdays, and Fridays at 10:30. *Free to members.*

Healthy Steps in Motion

These classes, on Tuesdays and Thursdays at 10:30, focus on flexibility, strength, balance, and fall prevention. *Free to members.*

Yoga

Yoga is held on Tuesdays and Thursdays at 11:30 am. \$3 for members, \$5 for non-members

Zumba

This Latin inspired dance class is held Tuesdays at 6pm. \$3 for members, \$5 for non-members

Ping Pong

Pick up a paddle on Wednesdays at 12:45 or Thursdays at 10:00.

Low Impact Aerobics

This class is held on Tuesdays and Thursdays at 9:15. *Free to members. \$5.00 for non-members*

Beginner French

This new conversational French class is Tuesdays at 1:00.

German Club

The German Club meets Wednesdays at 10 am.

Italian Class

A conversational Italian Class meets Mondays at 10:30.

Spanish Class

This class meets on Tuesdays at 10:45.

Book Club

Our Book Club will meet on June 25 at 12:30 and discuss Wild by Cheryl Strayed. The club will not meet in July.

Current Events

This discussion group meets on Tuesdays at 10:30.

Bridge

The bridge group meets on Mondays and Thursdays from 12:00 to 3:00.

Photography Club

The Photo Club will meet June 19 at 10:00.

Art Appreciation Club

Art Appreciation will return on September 11. The Garden in Art will be the topic.

Pinochle

Pinochle players meet on Wednesdays and Fridays at 9 & 12:30. Instruction is available.

Knitting and Crocheting Club

The "knitwits" meet Tuesdays at 12:45. The group is currently making lap robes and baby caps.

Craft Club

Crafters meet Fridays at 12:45. No experience needed! Please come and bring your ideas!

Technology Assistance

Volunteer John Groves will assist with tablets, cell phones, etc, on the 2nd and 4th Wednesdays from 12:30 to 2:00.

Computer Forum

Charlie Eisenfelder will lead the discussion on Thursday, June 19 at 1:00.

iPad Club

iPad Club will meet on Thursday, June 5 at 10:00. iPad help is also available on Tuesdays from 9 to 10.

WCASC Chorus

The Sunshine Chorus will meet again in September. Please contact Jim Mobile for information.

Nurse

Neighborhood Health Agencies, Inc. comes to the Center for free blood pressure screenings on Tuesdays at 10:00.

Hardy Perennials Garden Club

Hardy Perennials will meet on Monday, June 9 at 12:45.

Bible Study

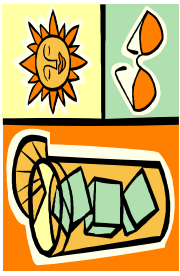
This non-denominational group meets on the 2nd and 4th Thursday at 9:30 and is led by Jim Shackleton from Great Valley Presbyterian Church.

Reminiscing


Come enjoy the company of friends while participating in upbeat conversations about past events on Mondays at 12:45.

Washers, bocce, ring toss, and other games are always available to play! Check at the front desk.

June 2014 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 Reminiscing 12:45 Rhythm of Life/Nutrition Program</p>	<p>3</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 1:00 French Class</p>	<p>4</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class/ELS Class 11:15 Bingo/ Silver Sneakers 12:45 Pinochle/Bingo 12:45 Dehydration Program</p>	<p>5</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong/ Ipad Club 10:30 Drawing/HSIM 11:30 Yoga 12:00 Bridge</p>	<p>6</p> <p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Shoulder & Abdominal Care 12:45 Crafts/Bingo/Pinochle</p>
<p>9</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 Reminiscing/Garden Club 12:45 Rhythm of Life</p>	<p>10</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 1:00 French Class</p>	<p>11</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class/ELS Class 11:15 Bingo/ Silver Sneakers 12:30 Sen. Dinniman's Outreach Representative 12:45 Pinochle/Bingo 12:45 Make Your Medicine Cabinet a Health Cabinet</p>	<p>12</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Ping Pong 10:30 Drawing/HSIM 11:30 Yoga 12:00 Bridge 1:00 The Insides of a Computer 1:00 Diabetes Support Group</p>	<p>13</p> <p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Walking 12:45 Bingo/Pinochle</p>
<p>16</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:00 Bridge 12:45 Gambling Program Bingo 12:45 Rhythm of Life/ Reminiscing</p>	<p>17</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A/HSIM 10:45 Spanish Class 11:30 Yoga 12:00 Lunch & Learn: Food Labels 12:45 Knitting Club 1:00 French Class</p>	<p>18</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class/ELS Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Lunch & Fashion Show! 12:45 Pinochle</p>	<p>19</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong/Photo Club 10:30 Healthy Steps in Motion/Drawing 11:30 Yoga 12:00 Bridge 1:00 Computer Forum</p>	<p>20</p> <p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Walking 12:45 Bingo/Pinochle</p>
<p>23</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Walking/Reminiscing/Stay Safe in Your Home</p>	<p>24</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club 1:00 French Class</p>	<p>25</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class/ELS Class 11:15 Bingo/ Silver Sneakers 12:30 Walking 12:45 Pinochle/Bingo /Book Club 12:45 Are you at Risk For Diabetes?</p>	<p>26</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Ping Pong 10:30 Healthy Steps in Motion/ Drawing 11:30 Yoga 12:00 Bridge 12:45 Movie: Philomena</p>	<p>27</p> <p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Bingo/ Pinochle</p>
<p>30</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Walking 12:45 Rhythm of Life/ Reminiscing 1:00 Financial Workshop</p>				

June 2014 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Fresh Pear</p>	<p>3</p> <p>Vegetable Soup Chicken Breast Baked Sweet Potatoes California Blend Vegetables Corn Bread Pineapple Tidbits</p>	<p>4</p> <p>Chicken Marsala Vegetable Melody Brown Rice Graham Crackers Cantaloupe</p>	<p>5</p> <p>Cream of Mushroom Soup Sloppy Joe Potato Wedges Bean Salad Pineapple Tidbits</p>	<p>6</p> <p>Roast Turkey & Gravy Scalloped Potatoes Harvard Beets Roll Fresh Orange</p>
<p>9</p> <p>Salisbury Steak & Gravy Mashed Potatoes Spinach Italian Bread Fresh Grapes</p>	<p>10</p> <p>Veal Parmesan Tater Tots Green Beans Whole Wheat Bun Applesauce</p>	<p>11</p> <p><i>Father's Day Celebration</i> <i>Steak Tips sautéed with</i> <i>Mushrooms and Onions</i> <i>Baked Potato</i> <i>Brussel Sprouts with</i> <i>Bacon & Onion</i> <i>Dinner Roll</i> <i>Peach Cobbler</i></p>	<p>12</p> <p>Vegetable Soup Open Faced Roast Beef Potato Salad Whole Wheat Bread Apricots</p>	<p>13</p> <p>Fruit Juice Turkey Ala King Mixed Vegetables Noodles Graham Crackers Fruit Cocktail</p>
<p>16</p> <p>Beef Stew Oven Roasted Potatoes Carrots Whole Wheat Roll Banana Pudding</p>	<p>17</p> <p>Cranberry Juice Baked Tilapia Macaroni & Cheese California Blend Vegetables Whole Wheat Roll Orange</p>	<p>18</p> <p>Grape Juice Stuffed Shells Italian Blend Vegetables Tossed Salad Whole Wheat Breadstick Rice Pudding</p>	<p>19</p> <p>Orange Juice BBQ Chicken Green Beans Macaroni Salad Peaches</p>	<p>20</p> <p>Spaghetti & Meatballs Italian Blend Vegetables Italian Bread Oatmeal Raisin Cookie Apple</p>
<p>23</p> <p>Roast Turkey Candied Yams Whole Wheat Roll Fruit Cocktail</p>	<p>24</p> <p>Tomato Soup Cheeseburger Cole Slaw Corn Cobbett Grapes</p>	<p>25</p> <p>Chicken Rice Soup Crab Cakes Stewed Tomatoes Macaroni & Cheese Whole Wheat Bread Diced Pears</p>	<p>26</p> <p>Tossed Salad Italian Sausage Casserole Peppers & Onions & Rotini Pasta Marinated Tomato Salad Spinach Roll Vanilla Wafers</p>	<p>27</p> <p>Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges</p>
<p>30</p> <p>Corn Chowder Roast Pork Sauerkraut Mashed Sweet Potatoes Wheat Roll Jell-O</p>		<p>Cold lunch menu on page 7. Also available at the Center or online @ www.wcseniors.org. Please sign up for lunches at least 5 days in advance.</p>		

Senior Center membership is not required for individuals 60 and older to participate in the congregate meal program. All Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost to you for the meal but you must contact the Senior Center to reserve your meal two days in advance of meal service. A voluntary confidential contribution is appreciated toward the cost of the meal but is not required.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

**We will celebrate our June Birthday Party on Wednesday, June 18.
Join us for our 2nd Annual Fashion Show after lunch! Please make your
reservations at least one week in advance.**

1-Jun

Siney Johnson
Hildegard Weiser
Elizabeth Glah

3-Jun

Elizabeth Mitchell

4-Jun

Dawn Flewellen
Robin Lloyd

5-Jun

Erwin Zeller
Anthony Bullotta
Carol Money

6-Jun

Emily Beck
Bruce Thomas
Peter Hebble

7-Jun

Stanley Petersen

9-Jun

Stella John

11-Jun

Clair Brooks

12-Jun

C. Broadbelt
Karen Goffreda
Frances Dawson
Charles Popelak

13-Jun

Antoinette Moran
Antoinette Schorn

14-Jun

Nancy Lavin
Mary Albarell
Barbara Pennington

15-Jun

Robert Mccarter

16-Jun

Kusum A. Misser
Gary Wickersham

17-Jun

Donald Lundberg
Don Kirkpatrick
Joseph Resko
Harry Chen

18-Jun

A. Caroline Dow
Michael Kirschling
Michael Benesta

19-Jun

Marge Gotshall
Geoffrey Ruth
Alfred Miller
Janey Lucine
Jan Karney

20-Jun

Neil Bell

21-Jun

Kay Ricker
Anna Mary Burnett

22-Jun

Eugene Gomolka
Adele Donahue

23-Jun

Leon Parson
Dawn Bailey

24-Jun

Kurt Fehrle
Theresa Fehrle
John Keslick
Catherine Stauffer

25-Jun

Mary Scaperotto

26-Jun

Norma Morgan
Bernita Saar

27-Jun

Gertrude Kelly

28-Jun

Margaret Gale
Ann Messina

29-Jun

Marion Gleason
Carol Ann Thomas
Ruth Chambers
Anita Faust

30-Jun

William Johnston
Claire Kennedy
William Evans
John Crisanti

On Saturday, May 10 we held our 5th Annual Great Race. Our participation has increased every year, especially among Center participants. This year 70 people age 60 and older ran or walked a 5k or 1 mile! Be very proud of yourselves!

In the past year WCASC offered over 850 exercise classes attended by over 11,300 people. No wonder so many could participate in the race. Being physically active keeps you strong and fit allowing you to maintain your health and independence. Studies show that people with arthritis, heart disease, high blood pressure, balance problems, and diabetes benefit from regular exercise.

If you haven't started a regular exercise routine, please check out our variety of programs. There is something for you! If you have any questions, please contact our Health and Wellness Coordinator, Niki Treat.

Hearing Clinics

Dr. Judith Curtin, AuD.,
will be at the Center on **June 4 & 18.**
Please call the Center at 610-431-4242 to
schedule with Dr. Curtin.

Mr. Micheal Piscotty, Audiologist
is available on Tuesdays & Fridays.
When scheduling for Mr. Piscotty,
call 610-213-1867.

There is a fee for some services.

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COLD MEAL OPTION

Week of June 2

Tues. – Chicken Past Salad
Wed. - Egg Salad Platter
Thurs. – Chicken Caesar Salad
Fri. – Turkey Ham & Swiss on Rye

Week of June 16

Tues. – Turkey Ham & Swiss on Whole Wheat
Wed. – Cottage Cheese & Fruit
Thurs. – Italian Hoagie
Fri. – Grilled Chicken Sandwich

Week of June 9

Tues. – Tuna Macaroni Salad
Wed. – Chef's Salad
Thurs. – Oriental Chicken Salad
Fri. – Turkey Wrap

Week of June 23

Tues. – Tuna Salad Plate
Wed.- Turkey Club
Thurs. – Chicken Salad
Fri. – Corned Beef Special

**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*

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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'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. The Center serves the following Townships: East and West Goshen, Westtown, Thornbury, East Bradford, Willistown, Birmingham and the Borough of West Chester.

The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

