

February 2014
Volume 38 Issue 1



WEST CHESTER AREA SENIOR CENTER

Senior News & Views

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 Member Valentine's Day Social

The Planning Council is planning this event for Friday, February 14 from 2 to 4. Please RSVP and sign up at the Center for an appetizer or dessert item.

If you have any questions, please see Ann Schorn, Marie Morretti, or a Planning Council member.

Seated Abdominal Program

Last month's program was very popular! We hope you have continued with what you learned.

Come back on Tuesday, February 25 at 12:45 and work together. Niki will answer your questions and check your form. New participants are also welcome to learn various seated abdominal exercises.

WCASC OLYMPICS

As the world celebrates the 2014 Olympics in Sochi, we will also celebrate! Our torch relay will begin on February 3 and make its way through all the classes. Opening Ceremonies will be Friday, February 7 at lunch and Closing Ceremonies will be Friday, February 21 when overall winners will be announced. Many scheduled events will be held throughout the weeks. Enter as many activities as you want and pick the country you want to represent. Register for events at the front desk or by calling 610-431-4242.

- Feb. 11—Curling Demonstration @ 1:00
- Feb. 13—Potato Bowling
- Feb. 14—Brain Aerobic Triathlon
- Feb. 17—Cotton Ball Switch
- Feb. 18—Miniature Golf
- Feb. 20—Ping Pong Precision Pitch
- More events may be added, so a complete schedule will be available during Opening Ceremonies! All events will begin at 12:45.

Technology Department Programs

- Windows 8— Learn how to adjust to your new Windows environment in a 4 week, 1 hour class beginning Wednesday, February 19 at 10:30. The class is \$50 for WCASC members. Please register with Jim Mobile at 610-431-4242.
- Tuesday Mac/iPad assistance with Ray Doyle 9:15 to 10:30
- Tuesday Computer Q & A session from 10:30 to 12:00
- Second & Fourth Wednesdays 12:30 to 2—help with tablets, cell phones, general computer assistance with John Groves
- First Thursday at 10:00—iPad Club with Ray Doyle
- First & Third Thursdays at 1:00—Computer Forum with Doug Fairchild & Charlie Eisenfelter
- Second Thursday at 1:00—Android devices with Doug Fairchild
- Fridays 9 to 1—Microsoft Office Applications with Michael Tobin by appointment. Please call Jim Mobile at 610-431-4242 to schedule.

Winter Storm Advisory

The WCASC will be closed due to weather conditions in accordance with the West Chester Area School District. If the schools are closed or opening late, WCASC will be closed, and there will be no Rover service. Please tune to 1520 WCHE or your local TV station for a list of school closings. On KYW, listen for number 851. There is also a link to the school district on our website.

West Chester Area Senior Center

STAFF MEMBERS

| | | |
|----------------|-----------------------------|--|
| Kathy Sullivan | <i>kathys@wcseniors.org</i> | Executive Director |
| Emoke Anderson | <i>ema@wcseniors.org</i> | Executive Assistant |
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| Lorri Sarosy | <i>lorris@wcseniors.org</i> | Resource Development Director & Business Manager |
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| Niki Treat | <i>nikit@wcseniors.org</i> | Health & Wellness Coordinator |
| Jim Mobile | <i>IQStudios@aol.com</i> | Technology & Volunteer Coordinator |
| Joe Harvey | <i>joeh@wcseniors.org</i> | Meal Supervisor |
| Betty Daniels | | Custodian |
| Nancy Magee | | Office Assistant |

INSTRUCTORS

Pearl Burger, Kay Croll, Barbara DeHaven, Arthur Dougherty, Ray Doyle, Pierina Disciullo, Charlie Eisenfelder, Doug Fairchild, Mark Frison, Enrique Garcia, Wendy Keslick, Anthony Lorenzo, Mariane Pepler, Cynthia Tear, Debbie Williams, and Glee Young

Upcoming Programs

- ShopRite Nutritionist, Natalie Zaparynski, will discuss the health benefits of dark chocolate on Monday, February 3 at 12:45.
- The immune system is the body's defense against infectious organisms and other invaders. Our bodies typically do a good job of keeping us healthy and keeping infections out, however, sometimes the system fails and you may get sick. Therefore, keeping a strong immune system is important. Join Chamberlain Chiropractic on February 5th @ 12:45 PM to discuss different ways to keep your immune system strong and functioning properly!
- Sen. Dinniman's Constituent Outreach Representative will be at the Center on Wednesday, February 12 at 12:30. Stop by for assistance with state programs and for other information.
- The Diabetes Support Group will meet February 13 meeting and discuss the impact of diabetes on our hearts and cardiovascular systems.
- Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will meet at the Center on Wednesday, February 26 at 1:15.

AARP Income Tax Assistance

AARP Tax Counselors will be at the Center offering tax assistance to seniors from Monday, February 3 to Friday, April 11. This service is free to low and moderate income tax payers and senior taxpayers with basic tax returns by appointment only. Please call the Center at 610-431-4242 to make an appointment. For your appointment, please bring all the appropriate information to do your tax returns, including the following:

- Photo ID, Social Security Cards for self and dependents
- 2013 federal and state tax returns
- W 2 (if you have earned income) and social security SSA 1099 form, Pension form 1099R
- Canceled or blank check for direct deposit of refunds
- Interest 1099 INT and Dividend 1099 DIV forms
- stock and mutual fund share records (dates acquired and sold, original cost and selling price; for multiple transactions, provide a broker summary)
- any other income received in 2013 & total of items for deductions
- record of estimated tax payments; real estate tax/ rental receipts

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

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

Tai Chi

Tai Chi is held on Fridays at 9:00 am. *\$3 for members, \$5 for non-members*

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 January 22 at 12:30 and discuss Orphan Train by Christina Baker Kline.

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 February 20 at 10:00.

Art Appreciation Club

Expressionism will be the topic on Thursday, February 13 at 10:00.

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!

Computer Assistance

Please see page 1 for days and times.

Computer Forum

Doug Fairchild and Charlie Eisenfelder will lead the discussion on Thursday, February 6 & 20 at 1:00.

Android Technology Class

Learn the "in's & out's" of your communication device in a relaxed open forum on February 13 at 1:00.

iPad Club

iPad Club will meet on Thursday, February 6 at 10:00. iPad help is also available on Tuesdays from 9 to 10.

WCASC Chorus

The Sunshine Chorus meets on Thursdays at 1:00. 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, February 13 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.

Have an idea for a new club or program? Please see Mary Kline.

February 2014 Programs at the Senior Center

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| <p>3</p> <p>8:00 Breakfast 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/Garden Club 1:00 Matter of Balance</p> | <p>4</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 /Walking 1:00 French Class 6:00 Bingo/ Zumba</p> | <p>5</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 11:15 Bingo/ Silver Sneakers 12:45 Pinochle/Bingo/ Rummikub</p> | <p>6</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 12:45 Eat Smart, Live Strong 1:00 Chorus/Computer Forum</p> | <p>7</p> <p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 12:00 Olympic Opening Ceremonies 12:30 Walking 12:45 Crafts/Bingo/Pinochle</p> |
| <p>10</p> <p>8:00 Breakfast 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/Garden Club 1:00 Matter of Balance</p> | <p>11</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 /Walking 1:00 French Class/ Curling Demonstration 6:00 Bingo/ Zumba</p> | <p>12</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 11:15 Bingo/ Silver Sneakers 12:30 Sen. Dinniman's Outreach Representative 12:45 Pinochle/Bingo/ Rummikub 1:00 Alzheimer's Association Program</p> | <p>13</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Ping Pong/Art Appreciation 10:30 Drawing/HSIM 11:30 Yoga 12:00 Bridge 12:45 Potato Bowling Olympic Challenge 1:00 Android Technology Forum 1:00 Chorus</p> | <p>14</p> <p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 11:15 Bingo 12:30 Walking 12:45 Crafts/Bingo/Pinochle 12:45 Brain Aerobic Triathlon 2:00 Valentine's Day Social</p> |
| <p>17</p> <p>8:00 Breakfast 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 12:45 Cotton Ball Switch Olympic Challenge 1:00 Matter of Balance</p> | <p>18</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 /Miniature Golf 1:00 French Class 6:00 Bingo/ Zumba</p> | <p>19</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Lunch & Entertainment 12:45 Pinochle</p> | <p>20</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong/Photo Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:45 Ping Pong Precision Pitch Olympic Challenge 1:00 Chorus/ Computer Forum</p> | <p>21</p> <p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers 12:00 Olympic Closing Ceremonies 12:30 Rummikub/ Chess/ Pinochle 12:30 Walking 12:45 Bingo</p> |
| <p>24</p> <p>8:00 Breakfast 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 1:00 Matter of Balance</p> | <p>25</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/Seated Abs Program 1:00 French Class 6:00 Bingo/ Zumba</p> | <p>26</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 11:15 Bingo/ Silver Sneakers 12:30 Walking 12:45 Pinochle/Bingo/ Rummikub</p> | <p>27</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 1:00 Chorus</p> | <p>28</p> <p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 11:15 Bingo 12:30 Walking</p> |
| |  | | | <p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p> |

February 2014 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 3 Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Fresh Pear | 4 Vegetable Soup Chicken Breast Baked Sweet Potatoes California Blend Vegetables Corn Bread Pineapple Tidbits | 5 Chicken Marsala Vegetable Medley Brown Rice Cantaloupe Strawberry Shortcake | 6 Cream of Mushroom Soup Bean Salad Sloppy Joe Potato Wedges Wheat Bun Pineapple Tidbits | 7 Roast Turkey & Gravy Scalloped Potatoes Harvard Beets Roll Fresh Orange |
| 10 Salisbury Steak & Gravy Mashed Potatoes Spinach Italian Bread Fresh Grapes | 11 Cranberry Juice Chicken Patty Sandwich Tater Tots Lettuce & Tomato Green Beans Mandarin Oranges | 12 <i>Valentine's Day Lunch</i> Cranberry Juice Stuffed Chicken Breast Rice Pilaf Peas Biscuit Cherry Cobbler | 13 Chicken Bruschetta Tomatoes & Red Onion Penne Pasta Broccoli Italian Bread Peaches with Crumb Topping | 14 Fruit Juice Turkey Ala King Mixed Vegetables Noodles Graham Crackers |
| 17 Tarragon Chicken Oven Roasted Potatoes Carrots Whole Wheat Roll Banana Pudding | 18 Cranberry Juice Baked Tilapia Macaroni & Cheese California Blend Vegetables Fresh Orange | 19 <i>BirthDay Party</i> Grape Juice Tossed Salad Stuffed Shells Italian Blend Vegetables Whole Wheat Breadstick Cupcakes & Ice Cream | 20 Orange Juice BBQ Chicken Green Beans Macaroni Salad Peaches | 21 Spaghetti & Meatballs Italian Blend Vegetables Italian Bread Oatmeal Raisin Cookie Apple |
| 24 Cranberry Juice Roast Turkey Candied Yams Whole Wheat Roll Fruit Cocktail | 25 Cheeseburger Potato Coins Corn Cobbet & Cole Slaw Lettuce & Tomato Grapes | 26 Cranberry Juice Chicken Rice Soup Crab Cakes Macaroni & Cheese Stewed Tomatoes Diced Pears | 27 Tossed Salad Italian Sausage Casserole Peppers & Onions & Rotini Pasta Marinated Tomato Salad Spinach Roll Jello | 28 Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges |
| 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. |  | | | 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. |

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

We will celebrate our February Birthday Party on Wednesday, February 19. Carol Lea and Bill's Country Band will entertain after lunch. Please make your reservations at least four days in advance.



1-Feb
Joseph Pino
Robert O'Connor
Chester Salisbury

2-Feb
Tom Chambers
Marie Demarco

3-Feb
John Duffy
Noreen Crowley

4-Feb
Robert Garrett
Gwendolyn Crump
Dolores Bradley

5-Feb
Lillian Seaton
Arthur Dougherty
Shirley Johnson

6-Feb
Thomas Morton
William O'Hara
Donald Evons
Betsi Hyatt

7-Feb
Barbara Finegan
James Anderson

8-Feb
James Johnson
Jane Joyce
Charles Huss

9-Feb
Joseph Hamel

10-Feb
Margaret Cutillo
Robert Clark
Beverly Reese
Charlotte Kruesi

12-Feb
Howard Wills

14-Feb
Joseph Polito
Gail Tanzola-Seymour
Annette Glaudel
Dick Hammett

15-Feb
Virginia Lorgus
Marianne Griffith
Gisela Guenst

16-Feb
Dorothe Cialini
Virginia Thompson

17-Feb
Paul Congdon

18-Feb
Luigi Launi

19-Feb
Anita Hall

20-Feb
Ib Steinmetz
Elizabeth Barlow
Loretta Destefano

21-Feb
Geraldine Porter
Raymond Lechentre

22-Feb
Arline Kaniefski
Rosario Messina
Rose Pavluk

24-Feb
Annemarie Cuff
Rick Krug
Nanette Iannelli

25-Feb
Mary Bell

27-Feb
Theresa Camarota
Beverly Kurt
Ethel Tyers
Frank Fields

28-Feb
Mark Adams

29-Feb
Gladys Felice



FRUIT SALE!

This year we are partnering with West Chester Rotary for their Annual Fruit Sale. The sale runs from January 23 – March 15, 2014. We will be selling full and half cases of oranges and full and half cases of grapefruits. Fruit orders need to be submitted by March 15 and fruit will be delivered on March 22, 2014. Information and order forms are available from Mary Kline, Lorri Sarosy, Barb Gauff, Ann Richardson, or Ann Schorn at the center or online at www.westchesterrotary.us. We will appreciate everyone's help and support as the senior center is West Chester Rotary Club's only partner for this event and the proceeds will greatly benefit our center. More information is available on our website at www.wcseniors.org or on our Facebook page. We look forward to a very successful fruit sale!

Know the 10 Signs: Early Detection Matters

Are you worried about memory changes? The Delaware Valley Alzheimer's Association Chapter will present this program on Wednesday, February 12 at 1:00. You will also learn some risk factors of Alzheimer's, how a healthy lifestyle and brain health are related, and why early detection is important.

Hearing Clinics

Dr. Judith Curtin, AuD.,
will be at the Center on **February 5 & 19**.
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.

COLD MEAL OPTION

Week of February 3

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

Week of February 17

Tues. – Cottage Cheese & Fruit
Wed. – Italian Hoagie
Thurs. – Grilled Chicken Sandwich
Fri. – Tuna Salad Plate

Week of February 10

Tues. – Chef's Salad
Wed. – Oriental Chicken Salad
Thurs. – Turkey Wrap
Fri. – Turkey Ham & Swiss on Whole Wheat

Week of February 24

Tues. – Turkey Club Sandwich
Wed.- Chicken Salad
Thurs. – Corned Beef Special
Fri. – American Hoagie

**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
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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.

