



## 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



### Community Conversations about Mental Health

Good mental health has a positive effect on our physical health and is essential to our emotional well being. Chester County Mental Health/Intellectual and Developmental Disabilities will present this 2 part session on March 11 and 18 at 1:00. Join the conversation and learn more. The more we know, the more we can help others who may be struggling.

### AARP Driver Safety Program

The 8 hour 55 Alive Driver's Course will be held at the Center on Thursday, March 27 and Friday, March 28 at 8:30 a.m. A 4 hour refresher class, for those that have already completed an 8 hour class will be held Tuesday, March 11 at 8:30.

Please call the Center at 610-431-4242 to register. The cost is \$15 for AARP members and \$20 for non-members.

### Get Ready For the 5th Annual Great Race!

Our very popular 5k/1mile walk or run will be held on May 10. We have a variety of activities to help you prepare for this fun and important fundraiser for the Center.

- Walk Your Way to the Great Race 5 k (3.1 miles) training plans will be available at the Center beginning March 17.
- Health and Wellness Coordinator, Niki Treat, will offer a strength training class on Tuesdays and Thursdays at 12:45 beginning on the first day of spring, March 20. All fitness levels are welcome.
- Remember that our Walking Club meets at the front desk every day at 12:30.

### AARP Income Tax Assistance

AARP Tax Counselors will be at the Center offering tax assistance to seniors until 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
- Totals for all items, if you are going to itemized deductions (there is insufficient time for the Counselors to total your medical, charity, etc. receipts)
- Real estate tax/rental receipts
- Canceled or blank check for direct deposit of refunds

### 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
Mary Kline	<i>maryk@wcseniors.org</i>	Program Coordinator
Lorri Sarosy	<i>lorris@wcseniors.org</i>	Resource Development Director & Business Manager
Mia Jones	<i>miaj@wcseniors.org</i>	Data Entry
Ellen McCabe	<i>ellenm@wcseniors.org</i>	Information & Assistance
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 Peppler, Cynthia Tear, Debbie Williams, and Glee Young

## Upcoming Program

- ShopRite Nutritionist, Natalie Zaparzynski, will discuss the health benefits of dark chocolate on Monday, March 3 at 12:45.
- Tee it up Golf will be here on Tuesday, March 4 at 12:45 with an indoor bocce court! Please join us for some friendly competition.
- Action Potential will present a program about how to get up from the floor and the correct way to get out of a chair on Wednesday, March 5 at 1:00.
- Join us every Thursday in March at 12:45 for “How to Stay Safe at Home.” The program will cover safety, medications, and the use of resources to maintain a quality lifestyle at home.
- Sen. Dinniman’s Constituent Outreach Representative will be at the Center on Wednesday, March 12 at 12:30. Stop by for assistance with state programs and for other information.
- Giant Nutritionist, Courtney Schoepe, will be here on March 12 at 12:45 to present “All About Sodium.”
- The movie The Butler will be shown on Friday, March 14 at 12:45.
- Nova Care will hold an exercise class on Friday, March 21 at 12:45 focusing on core strength and exercises for low back pain.
- Neighborhood Health Agencies, Inc. monthly Parkinson’s Disease Support Group will meet at the Center on Wednesday, March 26 at 1:15.
- 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 March 26 @ 12:45 PM to discuss different ways to keep your immune system strong and functioning properly!
- What do sand dollars and violets have to do with Easter? Come and learn about these and other Easter legends with Larue Morgan on Wednesday, April 2 at 12:45.

# 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 March 26 at 12:30 and discuss *Crazy for the Storm* by Norman Ollestad.

## 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 March 20 at 10:00.

## Art Appreciation Club

Expressionism will be the topic on Thursday, March 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!

## 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

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

## Android Technology Class

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

## iPad Club

iPad Club will meet on Thursday, March 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, March 10 at 12:45.

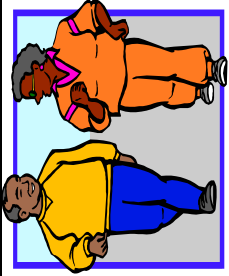
## Bible Study

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.

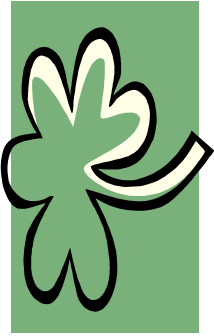
## Reminiscing

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

# March 2014 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 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/ <b>Nutrition Program</b> 12:45 Reminiscing 1:00 <b>Matter of Balance</b>	<b>4</b> 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse/ <b>Planning Council</b> 10:30 Current Events/ Computer Q &A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club /Walking/ <b>Indoor Bocce</b> 1:00 French Class 6:00 Bingo/ Zumba	<b>5</b> 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 1:00 <b>Getting Up From the Floor Safety Program</b>	<b>6</b> 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong/ <b>Ipad Club</b> 10:30 Drawing/HSIM 11:30 Yoga 12:00 Bridge 12:45 <b>Stay Safe at Home Program</b> 1:00 Chorus/Computer Forum	<b>7</b> 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 12:30 Walking 12:45 Crafts/Bingo/Pinochle
<b>10</b> 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/Reminiscing 12:45 Rhythm of Life/Garden Club 1:00 <b>Matter of Balance</b>	<b>11</b> 8:00 Breakfast 8:30 <b>55 Alive</b> 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 <b>A Conversation About Mental Health</b> 1:00 French Class 6:00 Bingo/ Zumba	<b>12</b> 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 <b>All About Sodium Program</b> 12:30 Sen. Dinniman's Outreach Representative 12:45 Pinochle/Bingo/ Rummikub	<b>13</b> 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 <b>Stay Safe at Home Program</b> 1:00 <b>Android Technology Forum</b> 1:00 Chorus	<b>14</b> 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 12:30 Walking 12:45 Crafts/Bingo/Pinochle 12:45 <b>Movie: The Butler</b>
<b>17</b> 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/ Reminiscing 1:00 <b>Matter of Balance</b>	<b>18</b> 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 <b>A Conversation About Mental Health</b> 1:00 French Class 6:00 Bingo/ Zumba	<b>19</b> 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 <b>Birthday Lunch &amp; Entertainment</b> 12:45 Pinochle	<b>20</b> 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 <b>Stay Safe at Home Program/Strength Training</b> 1:00 Chorus/ Computer Forum	<b>21</b> 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers 12:30 Rummikub/ Chess/ Pinochle 12:30 Walking 12:45 Bingo/ <b>Core Strength Exercise</b>
<b>24</b> 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/Reminiscing 1:00 <b>Matter of Balance</b>	<b>25</b> 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/ <b>Strength Training</b> 1:00 French Class 6:00 Bingo/ Zumba	<b>26</b> 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/Book Club 12:45 <b>Immune System Program</b>	<b>27</b> 8:00 Breakfast 8:30 <b>55 Alive</b> 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 12:45 <b>Stay Safe at Home Program/ Strength Training</b> 1:00 Chorus	<b>28</b> 8:00 Breakfast 8:30 <b>55 Alive</b> 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 12:30 Walking
<b>31</b> 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/ Reminiscing	<p style="text-align: center;"><b>GET READY FOR THE GREAT RACE! NEW STRENGTH TRAINING CLASS BEGINS MARCH 20!</b></p> 		<p style="text-align: center;"><b>BINGO!</b>                      Every Tuesday Evening                      Cash Prizes                      Refreshments                      Doors open at 5pm                      Bingo begins at 6pm</p>	

# March 2014 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Corn Chowder Roast Pork Sauerkraut Parslied Potatoes Wheat Roll Vanilla Wafers	<b>4</b> Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Fresh Pear	<b>5</b> Vegetable Soup Chicken Breast Baked Sweet Potatoes California Blend Vegetables Corn Bread Pineapple Tidbits	<b>6</b> Chicken Marsala Vegetable Medley Brown Rice Cantaloupe Strawberry Shortcake	<b>7</b> Cranberry Juice Baked Tilapia California Blend Vegetables Wheat Roll Fresh Orange
<b>10</b> Roast Turkey & Gravy Scalloped Potatoes Harvard Beets Roll Fresh Orange	<b>11</b> Salisbury Steak & Gravy Mashed Potatoes Spinach Italian Bread Fresh Grapes	<b>12</b> Cranberry Juice Chicken Patty Sandwich Tater Tots Lettuce & Tomato Green Beans Mandarin Oranges	<b>13</b> Vegetable Soup Open Faced Roast Beef Whole Wheat Bread Potato Salad Apricots	<b>14</b> Chicken Rice Soup Crab Cakes Stewed Tomatoes Macaroni & Cheese Whole Wheat Bread Diced Pears
<b>17</b> <i>St Patrick's Day</i> Apple Juice Shepperd's Pie Whole Wheat Roll Green Jello	<b>18</b> Fruit Juice Turkey Ala King Mixed Vegetables Noodles Graham Crackers	<b>19</b> <i>Birthday Party</i> Cranberry Juice Baked Tilapia Macaroni & Cheese California Blend Vegetables Whole Wheat Roll Cupcakes & Ice Cream	<b>20</b> Orange Juice BBQ Chicken Green Beans Macaroni Salad Peaches	<b>21</b> Grape Juice Stuffed Shells Italian Blend Vegetables Tossed Salad Whole Wheat Breadstick Rice Pudding
<b>24</b> Spaghetti & Meatballs Italian Blend Vegetables Italian Bread Oatmeal Raisin Cookie Apple	<b>25</b> Roast Turkey Mixed Vegetables Whole Wheat Roll Fruit Cocktail	<b>26</b> Cheeseburger Potato Coins Corn Cobbet & Cole Slaw Lettuce & Tomato Grapes	<b>27</b> Tossed Salad Italian Sausage Casserole Peppers & Onions & Rotini Pasta Marinated Tomato Salad Spinach Roll Jello	<b>28</b> Chicken Rice Soup Crab Cakes Stewed Tomatoes Macaroni & Cheese Whole Wheat Bread Diced Pears
<b>31</b> 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.	<b>7. Also available at the Center or online @ <a href="http://www.wcseniors.org">www.wcseniors.org</a>. Please sign up for lunches at least 5 days in advance.</b>	<b>7. Also available at the Center or online @ <a href="http://www.wcseniors.org">www.wcseniors.org</a>. Please sign up for lunches at least 5 days in advance.</b>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

**We will celebrate our March Birthday Party on Wednesday, March 19. Liz Gordon will entertain after lunch. Please make your reservations at least four days in advance.**

**1-Mar**

Arlene Rengert  
 Bill Whitehead  
 Kathleen Szymanski  
 Terri Enright

**2-Mar**

Milan Trnka  
 Maurice Pennington

**3-Mar**

Leonard Ferry  
 Martha Davis  
 Linda Peterson  
 Edward Orendorff

**4-Mar**

Ewa Van Campen  
 Robert Lohr

**5-Mar**

Betty Ann Garnett  
 Virginia Curry  
 Judith Brooks

**6-Mar**

William McComas  
 John Hellmann  
 Helen Jones  
 C. Ralph Martin  
 Charleen Burke  
 Ruth Lynch

**7-Mar**

Carmine Orrichio  
 Mark Frison  
 Ellinor Joseph

**8-Mar**

Frank Brown  
 Meta Donohoe

**9-Mar**

Rosalie Mchoul  
 Catherine Mercer

**10-Mar**

David Schiller  
 Phyllis Ronollo Brooks  
 Montgomery Patricia Harootunian

**11-Mar**

John Finley  
 Linda Dean

**12-Mar**

James Schustrich  
 Anthony Dirocco  
 Mary Dougherty

**14-Mar**

Rosetta Dooner

**15-Mar**

Carole Lowry  
 Juan Garcia

**16-Mar**

Marion Nagurny

**17-Mar**

Patricia Kerper

**18-Mar**

Jozef Bobik

**19-Mar**

Joan Malin

**21-Mar**

Elizabeth O'Neill  
 Barbara Coffey  
 Gretchen Sohn  
 Robert Spaziani

**22-Mar**

John Pepler  
 Beverly Livingston  
 Hedy Ziemba

**23-Mar**

Charles Wright  
 James Lees  
 Jack Nachamkin  
 Eleahn Kahn

**24-Mar**

Mary Swanick  
 Barbara Dickens  
 Essie Ray

**25-Mar**

Ruth Myers

**26-Mar**

Rosalie Zubyk  
 Eileen Haggerty

**27-Mar**

Alice (Peggy) Crosby

**28-Mar**

Regina Dawson

**29-Mar**

Maria Lewis

**30-Mar**

Madge Miller

**31-Mar**

Elwood (Aka Barney) Barnes  
 Barbara Patten  
 Irma Darcas  
 Sarah (Sally) Little  
 Audrey Brady  
 Frances Lees



## FRUIT SALE!

This year we are partnering with West Chester Rotary for their Annual Fruit Sale. The sale runs until 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](http://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](http://www.wcseniors.org) or on our Facebook page. We look forward to a very successful fruit sale!

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## Hearing Clinics

Dr. Judith Curtin, AuD.,  
will be at the Center on **March 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.*



## Technology Department Programs

- 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.

## COLD MEAL OPTION

### Week of March 3

Tues. – American Hoagie  
Wed. – Chicken Pasta Salad  
Thurs. – Chicken Caesar Salad  
Fri. – Egg Salad Platter

### Week of March 17

Tues. – Turkey Wrap  
Wed. – Turkey Ham & Swiss on Wheat  
Thurs. – Italian Hoagie  
Fri. – Cottage Cheese & Fruit

### Week of March 10

Tues. – Turkey Ham & Swiss on Rye  
Wed. – Oriental Chicken Salad  
Thurs. – Chef's Salad  
Fri. – Tuna Macaroni Salad

### Week of March 24

Tues. – Grilled Cheese  
Wed. – Chicken Salad  
Thurs. – Turkey Club  
Fri. – Tuna Salad Plate

**WEST CHESTER AREA SENIOR  
CENTER**

530 East Union Street  
West Chester, PA 19382

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Check us out on the web!  
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*enriching the lives of our senior  
neighbors through friendship,  
education, activities, and nourishment*

Non-Profit  
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West Chester, PA

United Way Member Agency



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Francis Alesiani, Dolores Bradley, Arthur Dougherty, Loretta Durnell, Enrique Garcia, Barbara Gauff, Milt Helmuth, Judy Hinman, Richard McLaughlin, Marie Moretti, Eleanor Suder, and Kathy Szymanski.

**BOARD MEMBERS 2013- 2014**

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Stephanie Phillips  
Ann Richardson  
Arthur Sagnor, Esq.

Troy Vogt  
Christine Zaccarelli, Esq.

**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.*

