

May 2014

Volume 38 Issue 5



# Senior News & Views

WEST CHESTER AREA SENIOR CENTER

## 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 Potluck Dinner

Join us for our May Potluck Social! The Planning Council is planning this event for Thursday, May 29 at 5 pm. Please RSVP and sign up at the Center for what you would like to bring. If you have any questions, please see Ann Schorn or Marie Morretti.

### Culture Fair

We will be holding a Culture Fair on May 16 to celebrate our Center's diversity. If you would like to showcase your heritage with a display, please register with Mary Kline at the Center or call her at 610-431-4242. Your display could include food, clothing, pictures, history or something else to help others learn about your culture.

### SAVE THE DATE: MAY 10, 2014!

JOIN US FOR OUR 5TH ANNUAL 5K RUN/WALK AND 1 MILE WALK/RUN AND COMMUNITY FAIR TO BENEFIT THE CENTER. FAMILIES ARE INVITED TO PARTICIPATE AS WE HIGHLIGHT THE CENTER, OUR PARTICIPANTS, AND PROGRAMS TO THE COMMUNITY! WE ENCOURAGE YOU TO CHALLENGE YOURSELF AND WALK OR RUN THE 1 MILE OR 5K! LAST YEAR WE HAD OVER 75 PEOPLE AGE 60 AND OVER COMPETE! LET'S GET MORE THIS YEAR! MANY SPONSORSHIP OPPORTUNITIES ARE AVAILABLE! BECOME A FRIEND OF THE RACE FOR AS LITTLE AS \$100 OR HOST A TABLE AT THE COMMUNITY FAIR AND HAVE YOUR NAME ON THE TEE SHIRT FOR \$500 OR MORE. PLEASE CONTACT MARY KLINE AT 610-431-4242 FOR MORE INFORMATION.

### MIND AND BODY MAY MAKEOVER

May is Older Americans Month and we are challenging you to adopt new healthy habits to help maintain personal health in all dimensions of life. You will be given a variety of healthy habit options to practice in May. At the end of the challenge complete a multi-dimensional self-assessment to determine if you are "in balance."

Join us for a kick-off meeting on Friday, May 2 at 12:45 and a wrap-up meeting on Friday, June 6 at 12:45. Please see Mary or Niki if you are interested but cannot attend the meeting.

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### SeniorLaw Center Program

You may have some hard questions about life planning and end-of-life issues to answer. Who will be my executor? How can I be sure my doctor will follow my wishes? Who will take care of my disabled child? How can I be sure my assets will be protected if I sign a power of attorney? Anyone who would like to discuss planning documents should plan to attend this presentation on Wednesday, May 14 at 1:00.

# West Chester Area Senior Center

## STAFF MEMBERS

Kathy Sullivan  
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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 Teer, Debbie Williams, and Glee Young

## Upcoming Program

- ShopRite Nutrition program will not be held in May. Join us on May 7 with Registered Dietician Carol Sweeney. Carol will discuss Food as Medicine at 12:45. Can the foods you choose improve your health? Learn how certain foods can help lower your risk for disease. Please bring your questions!
- Sen. Dinniman's Constituent Outreach Representative will be at the Center on Wednesday, May 14 at 12:30. Stop by for assistance with state programs and for other information.
- The movie *Saving Mr. Banks* will be shown on Friday, May 23 at 12:30. It stars Tom Hanks and Emma Thompson.
- Dr. Judy Curtain will present "Hearing Loss and Memory" on Wednesday, May 28 at 12:45.
- Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will meet at the Center on Wednesday, May 28 at 1:15.

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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.***  
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## What to do about windows XP—Exploring the alternatives and possibilities

Are you still using XP? What are your options? Should you replace your Windows XP computer? Are you looking for Windows 7, 8 or 8.1? Are you considering a tower because you want a monitor? There are alternatives and you can use a monitor with your TV or laptop. Please join Kay Croll for a discussion of this and the possibilities. You will see Windows 7 and 8 in action. Please register at the front desk or by calling 610-431-4242 and plan to attend on Friday, May 16 at 9:30.

# 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 May 28 at 12:30 and discuss March by Geraldine Brooks. The June book is Wild by Cheryl Strayed.

## 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 May 15 at 10:00.

## Art Appreciation Club

Art Noveau will be the topic on Thursday, May 8 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, May 1 & 15 1:00.

## Android Technology Class

Learn the "in's & out's" of your communication device in a relaxed open forum on May 8 at 1:00.

## iPad Club

iPad Club will meet on Thursday, May 1 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, May 12 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.

# May 2014 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BINGO!</b> Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm		<b>CCDAS SENIOR                      GAMES &amp; PICNIC                      THURSDAY, MAY 22</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>Strength Training</b> 1:00 Chorus/Computer Forum	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 12:30 Walking 12:45 Crafts/Bingo/Pinochle
5 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	6 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	7 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 <b>Food as Medicine Program</b>	8 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>Strength Training</b> 1:00 <b>Android Technology Forum</b> 1:00 Chorus	9 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 12:30 Walking 12:45 Bingo/Pinochle
12 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 12:45 <b>Garden Club</b>	13 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 6:00 Bingo/ Zumba	14 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 12:45 Pinochle 12:45 <b>Senior Law Program</b>	15 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 Chorus/ Computer Forum	16 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 <b>Computer XP Class</b> 10-12 <b>Culture Fair</b> 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Walking 12:45 Bingo/Pinochle
19 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/ Silver Sneakers/ <b>Lunch at Bellingham</b> 12:00 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Walking/Reminiscing	20 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 6:00 Bingo/ Zumba	21 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 12:00 <b>Birthdays Lunch &amp; Entertainment</b> 12:30 Walking 12:45 Pinochle/Bingo /Book Club	22 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 1:00 Chorus	23 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 <b>Movie: Saving Mr. Banks</b> 12:45 Bingo/ Pinochle
26 <b>WCASC                      CLOSED</b>	27 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 6:00 Bingo/ Zumba	28 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 12:45 <b>Hearing Loss &amp; Memory Program</b>	29 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong 10:30 Healthy Steps in Motion/ Drawing 11:30 Yoga 12:00 Bridge 1:00 Chorus 5:00 – <b>Potluck Social</b>	23 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

# May 2014 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<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.</p> <p><b>5</b></p> <p>Chicken Marsala Vegetable Melody Brown Rice Graham Crackers Cantaloupe</p>	<p><b>7. Cold lunch menu on page</b> <b>7. Also available at the</b> <b>Center or online @</b> <a href="http://www.wcseniors.org">www.wcseniors.org</a>. <b>Please</b> <b>sign up for lunches at least</b> <b>5 days in advance.</b></p> <p><b>6</b></p> <p>Cream of Mushroom Soup Sloppy Joe Potato Wedges Bean Salad Pineapple Tidbits</p>	<p><b>JOIN US FOR THE GREAT RACE ON SATURDAY, MAY 10 AT 9:00!</b></p> <p><b>7</b></p> <p><i>Mother's Day Celebration</i> <i>Chicken Piccata</i> <i>Wild Rice</i> <i>Spring Mix with Cherry Tomatoes</i> <i>Biscuit</i> <i>Lemon Meringue Pie</i></p>	<p><b>1</b></p> <p>Orange Juice Home-Style Meatloaf &amp; Gravy Mashed Potatoes Green Beans Whole Wheat Roll Fresh Pear</p>	<p><b>2</b></p> <p>Vegetable Soup Chicken Breast Baked Sweet Potatoes California Blend Vegetables Corn Bread Pineapple Tidbits</p>
<p><b>12</b></p> <p>Veal Parmesan Tater Tots Green Beans Whole Wheat Bun Applesauce</p>	<p><b>13</b></p> <p>Vegetable Soup Open Faced Roast Beef Whole Wheat Bread Potato Salad Apricots</p>	<p><b>14</b></p> <p>Chicken Bruschetta Penne Pasta Broccoli Italian Bread Peaches with Crumb Topping</p>	<p><b>15</b></p> <p>Fruit Juice Turkey Ala King Mixed Vegetables Noodles Graham Crackers Fruit Cocktail</p>	<p><b>16</b></p> <p>Beef Stew Oven Roasted Potatoes Carrots Whole Wheat Roll Banana Pudding</p>
<p><b>19</b></p> <p>Cranberry Juice Baked Tilapia Macaroni &amp; Cheese California Blend Vegetables Whole Wheat Roll Orange</p>	<p><b>20</b></p> <p>Grape Juice Stuffed Shells Italian Blend Vegetables Tossed Salad Whole Wheat Breadstick Rice Pudding</p>	<p><b>21</b></p> <p>Orange Juice BBQ Chicken Green Beans Macaroni Salad Peaches</p>	<p><b>22</b></p> <p>Spaghetti &amp; Meatballs Italian Blend Vegetables Italian Bread Oatmeal Raisin Cookie Apple</p>	<p><b>23</b></p> <p>Roast Turkey Candied Yams Whole Wheat Roll Fruit Cocktail</p>
<p><b>26</b></p> <p><b>WCASC</b> <b>CLOSED</b></p>	<p><b>27</b></p> <p>Chicken Rice Soup Crab Cakes Stewed Tomatoes Macaroni &amp; Cheese Whole Wheat Bread Diced Pears</p>	<p><b>28</b></p> <p>Tossed Salad Italian Sausage Casserole Peppers &amp; Onions &amp; Rotini Pasta Marinated Tomato Salad Spinach Roll Vanilla Wafers</p>	<p><b>29</b></p> <p>Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges</p>	<p><b>30</b></p> <p>Corn Chowder Roast Pork Sauerkraut Mashed Sweet Potatoes Wheat Roll Jell-O</p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

**We will celebrate our May Birthday Party on Wednesday, May 21. The Newtons will entertain after lunch. Please make your reservations at least four days in advance.**

**1-May**

James Gregg

**2-May**

Carl Cranmer  
Elizabeth Carr

**3-May**

Shannon Royer  
M. Staarman

**4-May**

Betty (Doreen) Osmond

**5-May**

William Young  
Beatrice Conner  
Mary Rita Coffey  
Michael Dutcher  
Miriam Thomas  
Shirley Kramer

**6-May**

Elizabeth Ivey

**7-May**

Frances Alesiani  
Geraldine Boggs  
Margaret Iraca

**8-May**

Judith Wadsworth  
Celeste Selin  
Doris Wood

**9-May**

Gertrude Barnes  
Inger Zeller  
Marion Matthews

**10-May**

Ressola Mccollum  
Gail Sortino  
Amelia Tausinga

**12-May**

Elizabeth Strode

**13-May**

Barbara Weir  
Gilbert Fell

**14-May**

Ray Doyle  
Deng Yang  
Nancy Kay

**15-May**

Robert Lorgus  
Patricia Ross  
Thelma Mandelberg

**16-May**

Barbara Werner  
Jessie Engan  
Joan Brewer  
Jaqueline Woolfrey  
Norma Sandler

**17-May**

Loretta Durnell  
Jacklyn Ashby

**18-May**

Eleanor Dew  
Elizabeth Krausser

**19-May**

Chester Bishop

**19-May**

Larue Morgan

**20-May**

Peter Iannotta  
Julia Vitale  
Marie Tyson

**21-May**

Donald Lammey

**23-May**

Milton Stith

**24-May**

Joann Borie  
Roger Bove  
Sally Lane

**25-May**

Emilie Grunwell  
Maureen Harrity

**26-May**

Margaret Cloud

**28-May**

Cecilia Gomolka

**29-May**

Jean Harris  
Marie Denis  
Donel Manke

**30-May**

Robert Phillips  
Josephine Carulli

**31-May**

Michael Cotter

**CCDAS Annual Seniors Games Day and Picnic**

The CCDAS Annual Picnic will be held on Thursday, May 22, 2014 at Brandywine Picnic Park. A voluntary \$7.00 contribution will be accepted. Advance registration is required by April 30, 2014.

The Day will include: bocce, horseshoes, softball throw, bingo, Frisbee putting, football throw, darts, table tennis and hotshot basketball. *Rain date is May 29.*

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**Hearing Clinics**

Dr. Judith Curtin, AuD.,  
will be at the Center on **May 7 & 21.**  
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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**Lunch at Bellingham Retirement Community**

***Bellingham is inviting WCASC participants to lunch on Monday, May 19th. The Bellingham van will be leaving the Center at 11:15 and returning by 1:30. Please sign up at the front desk or by calling 610-431-4242. Registration is limited.***

**COLD MEAL OPTION**

**Week of May 1**

Thurs. – American Hoagie  
Fri. – Chicken Pasta Salad

**Week of May 6**

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

**Week of May 13**

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

**Week of May 20**

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

**Week of May 27**

Tues. – Turkey Club  
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*

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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.*

