

July 2014

Volume 38 Issue 7



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



CapTel Relay Service

Do you miss out on what is said during a phone call? You no longer need to. PA Captioned Telephone Relay Service (CapTel) will hold a presentation on Wednesday, July 9 at 12:45.

Join us and find out if a captioned telephone is right for you.

The Farmer's Market Produce Vouchers will be distributed to eligible seniors on Tuesday through Friday from 10:00 to 2:00 while supplies last. 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.

Memorial Service

Please join us as we honor the memory of members, friends, and family who have passed away during the last year. The "Hour of Respect" will be held on Monday, July 14 at 1:15 and will give our membership and families a chance to support and comfort each other.

No other activities will be scheduled for that time.

Upcoming Programs

- ShopRite Nutrition Program will be Monday, July 7 at 12:45. Natalie will be presenting "Rethink Your Drink." Learn what drink choices are healthier and learn ways to flavor your water.
- Sen. Dinniman's Constituent Outreach Representative will be at the Center on Wednesday, July 9 at 12:30. Stop by for assistance with state programs and for other information.
- Diabetes Support Group will meet on Thursday, July 10 at 1:00. New members are welcome.
- Registered Dietician, Carol Sweeney will host Lunch & Learn on Tuesday, July 15 at 12:00. Water and Hydration will be the topic. Please make your lunch reservations at least 4 days in advance.
- Neighborhood Health Agencies, Inc. monthly Parkinson's Support Group will meet at the Center on Wednesday, July 30 at 1:15.
- Come and meet the Tesla Electric Sedan! Volunteer John Groves will explain about how this electric car works and we can see it up close and personal! Join us Wednesday, August 6 at 12:45.
- Join us for the movie *Frozen* on Tuesday, July 22 at 12:45.

West Chester Area Senior Center

STAFF MEMBERS

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Financial Workshop

Brad Abel from Edward Jones will present Navigating Your Next Adventure: Managing Your Money in Retirement on Monday, July 7 at 1:00. Please join us this informative programs.

Information and Assistance

Ellen McCabe, WCASC Information and Assistance Coordinator, is available by appointment on Tuesdays, Wednesdays, and Thursdays. Ellen can assist you with information on many senior benefits both Federal, State and local including (APPRISE) Medicare/Medicaid counseling and help, PACE and PACENET (PA State prescription drug program), lower income programs eligibility and applications or recertification, Department of Aging Programs, County Assistance Programs including SNAP, Social Security, Housing options, PA Property Tax and Rent Rebate to name a few.

If you need assistance or for more information, please call Ellen at the Center at 610-431-4242.

This year we were the recipients of a very generous grant award from the Genuardi Family Foundation. Grant money from Genuardi Family Foundation is used for our meals, nutrition and supplemental food programs. We are grateful to the foundation for their generosity.

There is so much coming up in the next few months! Look out for Accessory Exchange, Pot Luck Social, Senior Center Month, Pasta Night, WCASC Talent Show, Fall Prevention Expo, and so much more!

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

Zumba will return on Tuesdays at 6pm in September.

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

French class will resume in September.

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 not meet in July. The August book is The Forgotten Garden by Kate Morton.

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 July 17 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, July 17 at 1:00.

iPad Club

iPad Club will meet on Thursday, July 3 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 August 11 at 12:45 for their annual "tomato tasting!" Deb Parry from Brandywine ACE Pet and Farm store on Pocopson Road will once again share a variety of tomatoes to try!

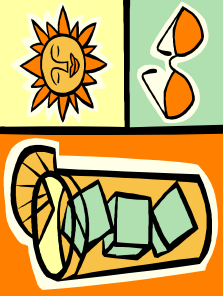
Bible Study

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. The group will meet again in September.

Reminiscing

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

July 2014 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
 <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/ Reminiscing 12:45 Rhythm of Life/Nutrition Program 1:00 Managing Income in Retirement</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</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</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong/ Ipad Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge</p>	<p>WCASC CLOSED</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 1:15 Memorial Service</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</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 Captioned Telephone Program</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 1:00 Diabetes Support Group</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>8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 1:15 Memorial Service</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: H2O & Hydration 12:45 Knitting Club</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 & Entertainment 12:45 Pinochle</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 1:00 Computer Forum</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>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</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 12:45 Movie: Frozen</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</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge</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>
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July 2014 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cold lunch menu on page 7. Also available at the Center or online @ www.wseniors.org. Please sign up for lunches at least 5 days in advance.</p> <p>7</p> <p>Tomato Soup Roasted Chicken Quarter Potato Wedges Whole Wheat Roll Pineapple</p>	<p>1</p> <p>Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Vanilla Wafers</p> <p>8</p> <p>Roast Turkey & Gravy Brown Rice Brussel Sprouts Whole Wheat Dinner Roll Applesauce</p>	<p>2</p> <p>Chicken Cordon Bleu Honey Mustard Sauce Collard Greens Parslied Noodles Whole Wheat Roll Pineapple</p> <p>9</p> <p>Tossed Salad with Tomato Tuna Noodle Casserole Graham Crackers Pound Cake, Strawberries, & Whipped Topping</p>	<p>3</p> <p><i>July 4th Celebration!</i> <i>Hamburger & Hot Dog & all the Fixins</i> <i>Cucumber Salad</i> <i>Baked Beans</i> <i>Jello Cake & Whipped Topping</i></p> <p>10</p> <p>Veal Parmesan Tater Tots Green Beans Whole Wheat Bun Orange</p>	<p>4</p> <p>WCASC CLOSED</p> <p>11</p> <p>Lentil Soup Roast Beef Au Jus Potato Salad Wheat Kaiser Roll Fruit Cocktail</p>
<p>14</p> <p>Lemon Chicken Pasta Salad Broccoli Fresh Apple Slices</p>	<p>15</p> <p>Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding</p>	<p>16</p> <p><i>BirthDay Party</i> <i>Mixed Fruit Juice</i> <i>Turkey Ala King</i> <i>Egg Noodles</i> <i>Mixed Vegetables</i> <i>Bread Stick</i> <i>Cake & Ice Cream</i></p>	<p>17</p> <p>Cranberry Juice Baked Tilapia & Red Creole Sauce Baked Potato Green Beans Graham Crackers Granola Bar</p>	<p>18</p> <p>Tossed Salad with Tomato Beef a Roni Seasoned Italian Blend Wheat Breadstick Tapioca Pudding</p>
<p>21</p> <p>Orange Juice Southwest Chicken Seasoned Corn Corn Muffin Peaches</p>	<p>22</p> <p>Tossed Salad Meatball Sub Provolone Cheese Fresh Apple Slices</p>	<p>23</p> <p>Roast Turkey & Gravy Carrots Stuffing Cranberry Sauce Whole Wheat Roll Mandarin Oranges</p>	<p>24</p> <p>Vegetable Soup Cheeseburger Lettuce & Tomato Cole Slaw Grapes</p>	<p>25</p> <p>Cranberry Juice Crab Cakes Green Beans Macaroni & Cheese Diced Pears</p>
<p>28</p> <p>Grape Juice Roast Pork Sauerkraut Baked Sweet Potato Wheat Roll Applesauce</p>	<p>29</p> <p>Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges</p>	<p>30</p> <p>Mushroom Barley Soup Turkey Burger Vegetarian Baked Beans Whole Wheat Roll Melon</p>	<p>31</p> <p>Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Vanilla Wafers</p>	<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>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

We will celebrate our July Birthday Party on Wednesday, July 16. "Timeless Tunes" Dan and Jan Karney will entertain after lunch. Please make your reservations at least one week in advance.

1-Jul

Mary Ann Popma

2-Jul

Jeanne Iannotta
Rita Haley
Hank Wilson
Catherine Watson
Enos Phenneger

3-Jul

Robert Fromnic

5-Jul

Shirley Porter
Jean Dalton
Alleace Kelliher
Richard Ruf

6-Jul

Ann Lytle
Marie Orrichio
Debby Kern
Robert Walter

7-Jul

Marie Maccaughern
Charles Dimarco
Alli Ellis
Darlene Walter

8-Jul

Stephen Quigley
William Patten
Brenda Malin

9-Jul

Betty Barnes
Robert Ross
Gwenn Knapp
Linda Phiel
Jane Lind
Carmen Greenidge

10-Jul

Jean Cassidy
Theodore Sokoloski
Raymond Williams
Margaret Goodman
Marlene Baker
Mary Alice Handy
Ruth Radbill

11-Jul

Virginia Scheffey
Theodore (Ted) Kircher
Gail Sokoloski

12-Jul

John Jennings
Marguerite Wright

13-Jul

Mary Wade Myers

14-Jul

Brian Buckley
Dick Herring

15-Jul

Alfreda Johnson
Jean Kerrigan
Donald Casner

16-Jul

Richard Lytle
Rosalina Vito

17-Jul

Norma Milner
Phoebe Deroos
Kathleen Mcaneny

18-Jul

Mariane Peppler
Everett Cassel
Ralph Watson
Elwood Sinson

19-Jul

Chia Wu

20-Jul

Thomas Wilson

20-Jul

Virginia Cloud
Janis Clay
Maureen Sturges

23-Jul

Dolores Glatts
Fran Schumacher

25-Jul

Martin Forbes
Joann McClellan
Marie Centanino
Audrey Herley

26-Jul

Helen Shumaker
Shirley Marshall

27-Jul

Joseph Vitale
Irene Huntoon

28-Jul

Ann Knopf
Richard Brittingham
Lillian Rizzetto
Janet Wickersham
Nicole Mcfadden
Nancy Anderson

29-Jul

Earl Stoltzfus
Zabeda Aziz
Rocchina Paglia
Richard McLaughlin

30-Jul

Carlo Seiscio



Keeping the mind and body active are key elements to successful aging. We offer many exercise programs but want to remind you to flex your brain too! Think about becoming involved in our Reminiscing Group on Mondays at 12:45 or our Current Events discussion group on Tuesdays at 10:30. Remember – your brain never loses the ability to grow!

Hearing Clinics

Dr. Judith Curtin, AuD.,
will be at the Center on **July 2 & 16.**
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 July 1

Tues. – American Hoagie
Wed. - Egg Salad Platter
Thurs. – Turkey Wrap

Week of July 7

Tues. – Tuna Macaroni Salad
Wed. – Turkey Ham & Swiss on Rye
Thurs. – Chef’s Salad
Fri. – Grilled Chicken Sandwich

Week of July 14

Tues. – Chicken Past Salad
Wed. – Turkey Ham & Cheese on Wheat
Thurs. – Cheese & Fruit Plate
Fri. –Italian Hoagie

Week of July 21

Tues. – Oriental Chicken Salad
Wed.- Tuna Salad Plate
Thurs. – Turkey Club Sandwich
Fri. – Chicken Salad

Week of July 29

Tues. – Corned Beef Special
Wed. - American Hoagie
Thurs. – Egg Salad Platter

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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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.

