

August 2014
Volume 38 Issue 8



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



Super Foods

Registered Dietician, Carol Sweeney will present Super Foods on Wednesday, August 13 at 12:45. What are the top 10 nutrient rich super foods you should know and why you should be eating them. Learn how the different properties of these foods work together to provide better nutrition and

WCASC Talent Show!

Coming back by popular demand, the Talent Show will return on September 17. Ann Richardson and Toby Gelman will again coordinate the show. Gather your friends and plan a skit or routine or perform solo. There is plenty of time to practice your skill! Sign up at the front desk or by calling the Center at 610-431-4242 by September 9. An informational meeting for the "acts" will be held on Tuesday, September 9 at 12:45. Sign up soon!

Tomato Tasting

Deb Parry from Brandywine ACE Pet and Farm will be at the Hardy Perennial Garden Club meeting holding the 4th Annual Tomato Tasting Party. Join the yummy fun on Monday, August 11 at 12:45. All are invited to taste the tomatoes grown by the "Tomato Man", Deb's husband.

Upcoming Programs

- ShopRite Nutrition Program will be Monday, August 4 at 12:45. Natalie will discuss how to pick better bread.
- 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.
- Sen. Dinniman's Constituent Outreach Representative will be at the Center on Wednesday, August 13 at 12:30. Stop by for assistance with state programs and for other information.
- Tobia Disciullo will entertain after lunch on Monday, August 18. Tobia is Pierina's son and a talented guitar player!
- The movie Gravity starring Sandra Bullock and George Clooney will be shown on Friday, August 22 at 12:45.
- Neighborhood Health Agencies, Inc. monthly Parkinson's Support Group will meet at the Center on Wednesday, August 27 at 1:15.

Join Annette Smith on Monday, August 25 at 12:45 and make jelly! Participants will be able to take one jar home and also make some for our bazaar. Class size is limited, so you must sign up at the front desk or by calling 610-431-4242. Annette will hold other classes in September and October.

West Chester Area Senior Center

STAFF MEMBERS

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*****The WCASC will be closed on Monday, September 1 for Labor Day.*****

Accessory Exchange

Thinking about your fall wardrobe? No need to shop, let's swap! We will be having an accessory exchange on Friday, August 15. Bring in up to 3 accessories in good condition and swap for that number. Items will be accepted between 9:30 and 11:30 that morning. Shopping will be from 12:45—1:45. Please be advised that there will be no exceptions to the time frame. Donations will be accepted prior to the event. Men's accessories are also included but must be swapped for men's items. The committee will have final say on items accepted.

AARP Driver Safety Program

A 4 hour refresher class for those that have already completed an 8 hour class will be held Tuesday, August 19 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.

WCASC Planning Council

Congratulations to our newly elected Planning Council members: Mark Frison, Larue Morgan, and Lucy DiValerio.

A huge thank you to outgoing members: Kathy Szymanski, Judy Hinman, and Milt Helmuth.

We have a kitchen "wish list" if you are interested in donating some much needed items. We need teaspoons, new dish towels and clothes, pot holders. and hot water carafes. A full list is available at the front desk. For more information, please check with the meal supervisor or a kitchen volunteer.

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 Thursdays at 10:00. Other times are also available. Please check at the front desk.

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

The August book is *The Forgotten Garden* by Kate Morton and will be discussed on August 27 at 12:30. Please bring suggestions for other books to the meeting.

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 August 21 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, August 21 at 1:00.

iPad Club

iPad Club will meet on Thursday, August 7 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!

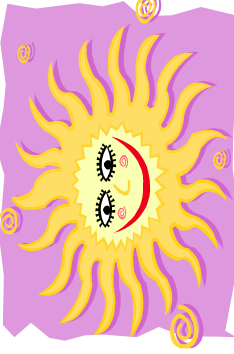
Bible Study

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

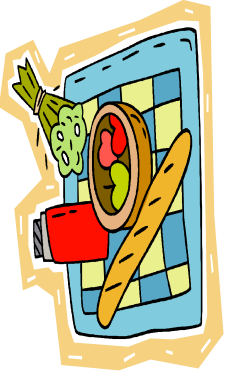
Come enjoy the company of friends while participating in upbeat conversations about past events on Mondays at 12:45.

August 2014 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>4</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/ Reminiscing 12:45 Rhythm of Life/Nutrition Program</p>	<p>5</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>6</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/ESL Class 11:15 Bingo/ Silver Sneakers 12:45 Pinochle/Bingo 12:45 Meet the Tesla!</p>	<p>7</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>1</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>11</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 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Walking/Reminiscing 12:45 Garden Club Tomato Tasting</p>	<p>12</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</p>	<p>13</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class/ESL Class 11:15 Bingo/ Silver Sneakers 12:30 Sen. Diminiman's Outreach Representative 12:45 Pinochle 12:45 Nutrition Program: Super Foods</p>	<p>14</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>15</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 12:45 Accessory Exchange</p>
<p>18</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 After Lunch Entertainment 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Walking/Reminiscing</p>	<p>19</p> <p>8:00 Breakfast 8:30 4 Hour 55 Alive 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</p>	<p>20</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/ESL Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Lunch & Entertainment 12:30 Walking 12:45 Pinochle/Bingo</p>	<p>21</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>22</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 12:45 Movie: Gravity</p>
<p>25</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 12:45 Annette Smith's Cooking Class</p>	<p>26</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</p>	<p>27</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/ESL Class 11:15 Bingo/ Silver Sneakers 12:30 Walking 12:45 Pinochle/Bingo /Book Club 1:15 Parkinson's Support Group</p>	<p>28</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>29</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>

Rover Transportation Available

August 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>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>4</p> <p>Fruit Juice Salisbury Steak Mashed Potatoes Spinach Whole wheat Roll Yogurt with Geanola</p>	<p>5</p> <p>Tomato Soup Roasted Chicken Quarter Potato Wedges Whole Wheat Roll Pineapple</p>	<p>6</p> <p>Grape Juice Roast Turkey & Gravy Brown Rice Brussel Sprouts Whole Wheat Dinner Roll Applesauce</p>	<p>7</p> <p>Tossed Salad with Tomato Tuna Noodle Casserole Graham Crackers Pound Cake, Strawberries, & Whipped Topping</p>	<p>8</p> <p>Veal Parmesan Tater Tots Green Beans Whole Wheat Bun Orange</p>
<p>11</p> <p>Lentil Soup Roast Beef Au Jus Potato Salad Wheat Kaiser Roll Fruit Cocktail</p>	<p>12</p> <p>Lemon Chicken Pasta Salad Broccoli Fresh Apple Slices</p>	<p>13</p> <p>Mixed Fruit Juice Turkey Ala King Egg Noodles Mixed Vegetables Bread Stick Melon</p>	<p>14</p> <p>Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding</p>	<p>15</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>19</p> <p>Orange Juice Southwest Chicken Seasoned Corn Corn Muffin Peaches</p>	<p>20</p> <p><i>Birthday Party</i> <i>Tossed Salad</i> <i>Meatball Sub</i> <i>Provolone Cheese</i> <i>Cake & Ice Cream</i></p>	<p>21</p> <p>Roast Turkey & Gravy Carrots Stuffing Cranberry Sauce Whole Wheat Roll Mandarin Oranges</p>	<p>22</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>26</p> <p>Grape Juice Roast Pork Sauerkraut Baked Sweet Potato Wheat Roll Applesauce</p>	<p>27</p> <p>Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges</p>	<p>28</p> <p>Mushroom Barley Soup Turkey Burger Vegetarian Baked Beans Whole Wheat Roll Melon</p>	<p>29</p> <p>Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Vanilla Wafers</p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

We will celebrate our August Birthday Party on Wednesday, August 20. The Grateful Alive will entertain after lunch. Please make your reservations at least one week in advance.

1-Aug

Henry Skillman
David Brink

2-Aug

Dale McCarter
Rhoda Belack
Daniel Sinclair

3-Aug

Arlene Berliner
Judy Perego-Williams
Lawrence Snyder
Jeanne Meissner
Mary Broomell
Rosemarie Gross

4-Aug

Jean Brown
Gail Toland
Carolyn Fagan
Doris Herman

5-Aug

Jo Bewley

6-Aug

Grace Ovelman
Boyd Mackleer
Wayne Hoch

7-Aug

Marion Daly
Eleanor Sinclair

8-Aug

Donald Ciotti
Jean Magee

9-Aug

Peg Huebner
Rose Marie Klasky

10-Aug

Jessie Jacot
Janet Schramm

11-Aug

Maria Ricci
Kathleen Lauber
J. Craig Fenimore

12-Aug

Mary Hayes
Joanna Naegely
Jody Skillman
John Kovacs

13-Aug

Scott Cornell

14-Aug

Mary Ellen Minyone
Pearl Lynn
Jim Williams
Elaine Chambers

15-Aug

Jessica Raymond

16-Aug

Edward Philipps
Edna Falcone
Helga Knox

17-Aug

Albert Filano
Patricia (Patti) Whitehead

18-Aug

Harry Mccool
Diana Stull

19-Aug

Janet Bayne

20-Aug

Stephen Fedor
Muriel Storrs
Marie Bortner
Patricia Lorback
Eleanor Broadbelt
Toby Gelman

21-Aug

Edward Wengiel
Mary Kay Mccann
Sue Yockey
Harriet Bernstein

22-Aug

Edward Harootunian

23-Aug

Margaret Marion
Frank Falcone
Charles Wilkinson
Kay Davis

24-Aug

Margaret (Bonnie) Henriques
Weldon Tyson
Rose Cassidy
Dale Mazzyck

25-Aug

Marilyn Lambert
Judy Mackleer

27-Aug

Dallas Matthews
Dolly Hemphill

28-Aug

Carol Nied

29-Aug

Robert Enright
Helen Grannetino

30-Aug

Mary Barley

31-Aug

Freda Carter
Geraldine Young
Jim McBride
Caroline Helmuth
Stanley Lowry

*Drum roll, please.....Sound the horns.....
Dust off your hats.....Mark your calendars.....*

**A Night at the Races
To benefit the West Chester Area Senior Center**

SATURDAY, NOVEMBER 1, 2014

6:30 PM - 10:30 PM

At The Senior Center

Casual Affair

\$60/Non- Senior Center Members

\$50 – Senior Center Members

Hearing Clinics

Dr. Judith Curtin, AuD.,
will not be at the Center in August
Please call the Center at 610-431-4242 to
schedule with Dr. Curtin for September.

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 August 1

Fri. – Turkey Wrap

Week of August 4

Tues. –Chicken Caesar Salad

Wed. – Tuna Macaroni Salad

Thurs. – Turkey Ham & Swiss on Rye

Fri. – Chef’s Salad

Week of August 11

Tues. – Grilled Chicken Salad

Wed. – Chicken Pasta Salad

Thurs. – Turkey Ham & Cheese on Whole Wheat

Fri. –Cheese & Fruit Plate

Week of August 18

Tues. – Italian Hoagie

Wed.- Oriental Chicken Salad

Thurs. – Tuna Salad Plate

Fri. – Turkey Club

Week of August 25

Tues. – Chicken Salad

Wed. - Corned Beef Special

Thurs. – American Hoagie

Fri. – 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.

