

September 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



Medication Management

Medication plays an important role in helping us manage our health. People on medication need to take charge by safely taking prescription and non-prescription medications. Join Mary Jo Baldino from Neighborhood Health Agencies, Inc. on Monday, September 15 at 12:45 and learn the do's and don'ts of medication management.

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!

Living a Healthy Life Workshop

Put life back into your life. This workshop begins September 23 and will run for 6 weeks. Each class will be from 2:00 to 4:30. Set your own goals and make a step-by-step plan to improve your health and life. Space is limited. Register by calling 610-431-4242.

Upcoming Programs

- Sen. Dinniman's Constituent Outreach Representative will be at the Center on Wednesday, September 10 at 12:30. Stop by for assistance with state programs and for other information.
- Lunch & Learn topic for Tuesday, September 16 at 12:00 will be Heart Disease. Join Registered Dietician Carol Sweeney and learn what NOT to eat for a healthy heart and what to incorporate into your diet. Please sign up for lunch 3 days ahead or bring your own!
- The PA Senior Medicare Patrol will present a program on How to Stop Medicare Fraud on Monday, September 22 at 1:00. Learn tips on how to protect your personal information, how to detect fraud, and how to report it.
- The movie Heaven is for Real will be shown on Friday, September 19 at 12:45. The movie is about a small town father who must find the courage and conviction to share his son's extraordinary, life-changing experience with the world.
- Neighborhood Health Agencies, Inc. monthly Parkinson's Support Group will meet at the Center on Wednesday, September 24 at 1:15.

We will be celebrating Senior Center Month in September and Active Aging Week September 22—26. The theme is "Let the Adventure Begin." How do you think we can maintain well being and thrive as we age? How are you exploring life's many possibilities?

Stop by and let us know from Sept. 2 to 19. Your answers will be displayed in the dining room.

West Chester Area Senior Center

STAFF MEMBERS

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

Flu Shot Clinic

ShopRite Pharmacy of West Chester will have a table set up to provide flu shots on September 24th from 9am to 12pm.

\$0 copay for anyone with Medicare and most customers with traditional third party insurance.
(Please have your insurance card on hand)

Uninsured patients can receive the vaccine for \$24.99. (cash or check)

Healthy Lifestyle Club

Staying healthy and feeling your best is important at any age, and doesn't change as we age. Join us for our new Healthy Lifestyle Club. The goal is to support one another in taking action and making lifestyle changes. The group will meet on the 4th Thursday each month at 12:45 beginning September 25. Bring your tips on motivating yourself to the first meeting.

LIVE, LEARN, GROW: New Baby Boomer Specials

Starting in September programs geared towards Baby Boomers will be available at all the Chester County Senior Centers. Topics may include: Healthy Cooking, Financial, Technology, DIY Home Improvement, Astrology, Cinema, Retirement, and much more. Programs will be held in the evenings or Saturdays.

If you are interested in being a part of this new adventure and would like to receive our Newsletter please contact Coleen Gill at 610-383-6900, sign up at the front desk, or email at coleenlivelearnrow@gmail.com.

Join Annette Smith on Monday, September 29 at 12:45 and make pickles! 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.

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*

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: New Day!

Conversation French will be held on Wednesdays at 1:00 beginning September 10.

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 Book Club will meet on September 24 at 12:30. Please call the Center for the title of the book.

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 September 18 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. Come and share ideas, learn something new, or just have fun!

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 about Picture Gallery and Movie Maker on Thursday, September 18 at 1:00. Learn how to add character to your photos and videos.

iPad Club

iPad Club will meet on Thursday, September 4 at 10:00. iPad and Apple help is also available on Tuesdays from 9 to 10.

WCASC Chorus

The Sunshine Chorus returns on September 25 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 September 8 at 12:45. Join them for an "Apple Extravaganza!"


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.

September 2014 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 WCASC CLOSED FOR LABOR DAY	2 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	3 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 1:00 French Class	4 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	5 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/Crafts
8 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/ 12:45 Garden Club: Apple Extrazaganza!	9 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 6:00 Bingo	10 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. Diminian's Outreach Representative 12:45 Pinochle/Bingo 1:00 French Class	11 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	12 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/Crafts
15 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 Medication Management	16 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 12:45 Knitting Club	17 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 12:45 Birthday Party & Talent Show 12:45 Pinochle 1:00 French Class	18 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 Computer Forum	19 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/Crafts 12:45 Movie: Heaven is for Real
22 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 1:00 Medicare Fraud Presentation	23 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 2:00 Living a Healthy Life Workshop 6:00 Bingo	24 8:00 Breakfast 9:00 Pinochle 9-12 - Flu Shot Clinic 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Book Club 12:45 Pinochle/Bingo 1:00 French Class	25 8:00 Breakfast 9:30 - 12:00 Fall Prevention Expo 9:30 Bible Study 10:00 Ping Pong 12:00 Bridge 12:45 Healthy Lifestyle Club	26 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/Crafts
29 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	30 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 2:00 Living a Healthy Life Workshop			

September 2014 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 WCASC CLOSED FOR LABOR DAY	2 Fruit Juice Salisbury Steak Mashed Potatoes Spinach Whole wheat Roll Yogurt with Granola	3 Tomato Soup Roasted Chicken Quarter Potato Wedges Whole Wheat Roll Pineapple	4 Grape Juice Roast Turkey & Gravy Brown Rice Brussel Sprouts Whole Wheat Dinner Roll Applesauce	5 Tossed Salad with Tomato Tuna Noodle Casserole Graham Crackers Pound Cake, Strawberries, & Whipped Topping
8 Chickentl Parmesan Tater Tots Green Beans Whole Wheat Bun Orange	9 Lentil Soup Roast Beef Au Jus Potato Salad Wheat Kaiser Roll Fruit Cocktail	10 Lemon Chicken Pasta Salad Broccoli Fresh Apple Slices	11 Mixed Fruit Juice Turkey Ala King Egg Noodles Mixed Vegetables Bread Stick Melon	12 Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding
15 Cranberry Juice Baked Tilapia & Red Creole Sauce Baked Potato Green Beans Graham Crackers Granola Bar	16 Tossed Salad with Tomato Beef a Roni Seasoned Italian Blend Wheat Breadstick Tapioca Pudding	17 <i>Birthday Party</i> <i>Orange Juice</i> <i>Southwest Chicken</i> <i>Seasoned Corn</i> <i>Corn Muffin</i> <i>Cake & Ice Cream</i>	18 Tossed Salad Meatball Sub Provolone Cheese Fresh Apple Slices	19 Roast Turkey & Gravy Carrots Stuffing Cranberry Sauce Whole Wheat Roll Mandarin Oranges
22 Vegetable Soup Cheeseburger Lettuce & Tomato Cole Slaw Grapes	23 Cranberry Juice Crab Cakes Green Beans Macaroni & Cheese Diced Pears	24 Grape Juice Roast Pork Sauerkraut Baked Sweet Potato Wheat Roll Applesauce	25 Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges	26 Mushroom Barley Soup Turkey Burger Vegetarian Baked Beans Whole Wheat Roll Melon
29 Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Vanilla Wafers	30 Chicken Cordon Bleu Honey Mustard Sauce Collard Greens Parslied Noodles Whole Wheat Roll Pineapple		7. Also available at the Center or online @ www.wcseniors.org. Please sign up for lunches at least 5 days in advance.	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 September Birthday Party on Wednesday,
September 17. We will have our WCASC Talent Show after lunch!
Please make your reservations at least one week in advance.**

4-Sep

Francis Disanti
James Curry

5-Sep

Patricia Marshall

6-Sep

Barbara Holcroft

7-Sep

Barbara Fedor
Inez Wilczek
Shirley Lukach
Ronald Marshall
Dan Chambers
Bernice Barnes

9-Sep

Joseph Valentino
Dorothy Miller
Phyllis Cobb
Judith Deane

10-Sep

Lois Hammett

11-Sep

Geneva Porter
Eleanor Suder

12-Sep

Geraldine Mcdowell
Charles Mighton
Sue Prince

13-Sep

Mary Champion
Virginia Schawacker
Charles Mercer
Barbara Phenneger

14-Sep

Richard Deangelis

15-Sep

Barbara Santucci
Paul Stull

16-Sep

Daniel Camburn
Isabel Sloane
Dolores Gincley

17-Sep

Frank Rocap

18-Sep

William White

19-Sep

Johanna Sinson
Elizabeth "Betsy" Clothier

21-Sep

William Coffey
Vince Lukach
Hope-Ann Hug

22-Sep

Anne O'Brien
Harold Bortner
Robert Wilcox
Mary Wilk

23-Sep

Geraldine Connor

24-Sep

William Gale

25-Sep

Lucille Taggart
Miriam Boland
Judith Willis
Diane Celfo
Cynthia Teer

26-Sep

Jane Jones

27-Sep

Helen Bird
M. Josephine Launi
Theresa Kasper
Judy Forbes
Kay Bainbridge
Mary Lou Voge

28-Sep

Agnes Day
Michael Tobin
Kathryn Stewart

29-Sep

Josephine Mazzotta

30-Sep

Phyllis Mcginnis
Irene Clapper
Henry Gritz
Jane Clark

PREVENTING FALLS - "ONE STEP AT A TIME"

Falls remain the leading cause of injury for older Americans

and often threaten seniors' safety and independence. Meet with injury prevention experts at this FREE EXPO to learn how to prevent falls. Blood Pressure, Hearing, Vision, Foot and Fall Risk Assessment Screenings will be offered. Information on Emergency Services in the county and a DRUG TAKE BACK event will also be available.

For a Fall Risk Screening appointment call 610-431-4242.

**September 25
9:30 am – 12 Noon**

This is a free program and sponsored by Neighborhood Health Senior HealthLink and West Chester Area senior Center.

Hearing Clinics

Dr. Judith Curtin, AuD.,
will be at the Center September **3 & 17**.
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 September 1

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

Week of September 8

Tues. – Chef's Salad
Wed. – Grilled Chicken Sandwich
Thurs. – Chicken Past Salad
Fri. – Turkey Ham & Cheese on Whole Wheat

Week of September 15

Tues. – Cheese & Fruit Plate
Wed. – Italian Hoagie
Thurs. – Oriental Chicken Salad
Fri. – Tuna Salad Plate

Week of September 22

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

Week of September 29

Tues. – Egg Salad Platter

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WE WOULD LIKE TO THANK BARNARD ORCHARD IN KENNETT SQUARE FOR DONATING APPLES AND PEACHES FOR OUR "APPLE EXTRAVAGANA" GARDEN CLUB MEETING THIS MONTH. THEY ARE LOCATED AT 1079 WAWASET ROAD.

**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.

