

January 2015
Volume 39 Issue 1



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



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 University College of Health Sciences Faculty and Students will present an 8 week Fall Prevention program on Tuesdays and Thursdays beginning February 3. Each hour long session will begin at 12:30. This evidence-based, injury prevention program will improve cardiovascular health, balance, fitness, nutrition, and home safety. Please sign up at the front desk or by calling 610-431-4242. For more information, please see Mary Kline.

NEW YEAR, NEW YOU CHALLENGE!

Stick to those New Year's resolutions this year and join our challenge. Participants will be encouraged to set goals and together we will work to fulfill the Center's team goal, as well as yours. Points will be awarded weekly for all exercise classes, nutrition and wellness programs attended, and outside activities. Join us for our kick-off meeting on Wednesday, January 7 at 12:45. Please see Mary or Jessica if you are interested but cannot attend.

Toward Scientific Understanding of "Senior Moments"

Changes in memory and other everyday cognitive functions are some of the most distressing aspects of "normal" aging. Karen Mitchell, Ph.D. from WCU will discuss what cognitive neuroscientists are learning about the processes underlying everyday cognitive acts, the brain mechanisms involved, and how these change with normal aging. She will also briefly discuss current progress on possible interventions to attenuate normal age-related cognitive decline. Please join us on Wednesday, January 14 at 12:45.

Live, Learn, Grow Workshop

Tis the Season for Identity Theft!
Holiday shopping is over and you've flashed your credit cards all over town so come find out how to know if you have been a victim of ID Theft and how to prevent it from happening to you!
Presented by Barry Heasley from Harvard Risk Management.
Consultants. Join us on Thursday, January 8 at 7:00 pm.

To RSVP for this FREE Program Call Coleen at 610-383-6900 or email at coleenlivelearnrow@gmail.com

West Chester Area Senior Center

STAFF MEMBERS

Kathy Sullivan
Emoke Anderson
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Executive Assistant
Program Coordinator
Resource Development Director & Business Manager
Health & Wellness Coordinator
Data Entry
Information & Assistance
Technology & Volunteer Coordinator
Office Assistant
Meal Supervisor

INSTRUCTORS

Pearl Burger, Kay Croll, Ray Doyle, Pierina Disciullo, Charlie Eisenfelder, Mark Frison, Enrique Garcia, Wendy Keslick, , Mariane Pepler, Cynthia Teer, Debbie Williams, and Glee Young.

INFORMATION AND ASSISTANCE –SENIOR BENEFITS AND RE-SOURCES

HEATING ASSISTANCE/LIHEAP – the Pennsylvania Low-Income Home Energy Assistance Program helps people pay their heating bills. An individual with an income under \$17,505 or a couple under \$23,595 might qualify for help with their heating bills. Energy Grants are intended to assist in paying heating bills. Crisis Grants are for broken heating equipment, lack of fuel or termination of service

Energy Grants: November 3, 2014-April 3, 2015

Crisis Grants: November 3, 2014 and reviewed case by case

SENIOR FOOD BOX PROGRAM- You may be eligible for a free 40lb box of food each month. To qualify you must be 60 or older and have a monthly income of less than \$1,265 if you live alone or \$1,705 in a two person household.

MEDICARE- You can switch from your Medicare Advantage plan to Original Medicare during **the Medicare Advantage Disenrollment Period (MADP)**. You can only make this coverage change if you have a Medicare Advantage plan. The MADP occurs every year from **January 1 to February 14**. If you have a Medicare Advantage plan you will be able to switch to Original Medicare with or without a stand-alone prescription drug plan. Changes made during this period will become effective the first of the following month. For example, if you switched from a Medicare Advantage plan to Original Medicare and a stand-alone prescription drug plan in February, your new coverage would begin March 1

Please contact Ellen McCabe for more information about any of these current programs.

610-431-4242 ellenm@wcseniors.org

TECHNOLOGY DEPARTMENT

The center provides instructional assistance on ALL communication devices (cell phone, tablet, iPad, Kindle, laptop, Apple computers, etc...) in group AND one-on-one sessions Monday through Friday. To schedule a session or to inquire about our services, please contact Jim Mobile at 610-431-4242 OR via e-mail at IQStudios@aol.com

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Immaculata University nutrition students will be at the Center on January 29 and February 5 and 12 with a variety of nutrition information. Stop by the dining room from 9 to 12 to visit with them and get some valuable information. There will be a different topic each week.

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 Classic

Classes are Mondays and Wednesdays and Fridays at 11:15. *Free to members and Silver Sneakers participants.*

Cardio Circuit

Cardiovascular exercise is the highlight of this class offered on Mondays and Wednesdays at 9:30. *Free to members.*

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 9:30. *Free to members. \$5.00 for non-members*

Beginner French

Conversation French is held on Tuesdays at 1:00. Please note the change.

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 January 28 at 12:30. The book discussed will be How it All Began by Penelope Lively.

Current Events

This discussion group meets on Tuesdays at 10:30.

Monthly Movie

Jersey Boys will be shown on Tuesday, January 27 at 12:45.

Bridge

The bridge group meets on Mondays and Thursdays from 12:00 to 3:00.

Photography Club

The Photo Club will meet January 15 at 10:00.

Art Appreciation Club

Art Appreciation will meet January 8 at 10:00. The subject is Art in Victorian England.

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!

Computer Forum

Computer Forum will meet January 22 at 1:00. Charlie Eisenfelter will talk about the free program, Photo Editor.

iPad Club

iPad Club will meet not meet in January.

Technology Assistance

Please contact Jim Mobile at 610-431-4242 to schedule an appointment for computer, tablet, or cell phone assistance.

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 January 12 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.

Healthy Life Support Group

This new club meets on the 2nd and 4th Thursday of each month at 12:45.

January 2015 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00 Breakfast 9:00 Pinochle 9:30 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 Nutrition: Food Journals</p>	 <p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 1:00 French Class</p>	<p>8:00 Breakfast 9:00 Pinochle 9:30 Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Sen. Dinniman's Outreach Representative 12:45 Pinochle/Bingo</p>	<p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 12:45 Bingo/Pinochle/Craft</p> <p>WCASC CLOSED</p>	<p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 12:45 Bingo/Pinochle/Craft</p> <p>WCASC CLOSED</p>
<p>8:00 Breakfast 9:00 Pinochle 9:30 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</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Planning Council/Nurse 10:30 Current Events/ Computer Q & A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club 12:45 Core Exercise Program 1:00 French Class</p>	<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Sen. Dinniman's Outreach Representative 12:45 Pinochle 12:45 Healthy Cognitive Aging</p>	<p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 12:45 Bingo/Pinochle/Crafts</p>	<p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 12:45 Bingo/Pinochle/Crafts</p>
<p>WCASC CLOSED</p>	<p>8:00 Breakfast 9:30 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 Nutrition 12:45 Knitting Club 1:00 French Class</p>	<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Party & Prize Bingo</p>	<p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 12:45 Bingo/Pinochle/Crafts</p>	<p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 9:00 Pinochle 9:30 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 12:45 Healthy Eating & You</p>	<p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Movie: Jersey Boys 1:00 French Class</p>	<p>8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Book Club 1:15 Parkinson's Support Group</p>	<p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 12:45 Bingo/Pinochle/Crafts</p>	<p>8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 12:45 Bingo/Pinochle/Crafts</p>

Rover Transportation Available

January 2015 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>5</p> <p>Tossed Salad with Tomato Tuna Noodle Casserole Graham Crackers Pound Cake, Blueberries,& Whipped Topping</p>	<p>6</p> <p>Veal Parmesan Potato Wedges Green Beans Whole Wheat Bun Orange</p>	<p>7</p> <p><i>New Year's Dinner</i> <i>Glazed Ham with Apricot Mustard Glaze</i> <i>Wild Rice</i> <i>Spinach</i> <i>Spring Mix</i> <i>Black Forest Trifle</i></p>	<p>8</p> <p>Lentil Soup Honey Lemon Chicken White Rice Broccoli Fresh Apple Slices</p>	<p>9</p> <p>Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding Graham</p>
<p>12</p> <p>Mixed Fruit Juice Turkey Ala King Egg Noodles Mixed Vegetables Bread Stick Pear</p>	<p>13</p> <p>Cranberry Juice Baked Tilapia& Red Creole Sauce Baked Potato Green Beans Graham Crackers Granola Bar</p>	<p>14</p> <p>Tossed Salad with Tomato Beef a Roni Seasoned Italian Blend Wheat Breadstick Tapioca Pudding</p>	<p>15</p> <p>Roast Turkey & Gravy Stuffing Carrots Whole Wheat Roll Fruit Cocktail Cranberry Sauce</p>	<p>16</p> <p>Vegetable Soup Cheeseburger Lettuce & Tomato Cole Slaw Grapes</p>
<p>19</p> <p>WCASC CLOSED</p>	<p>20</p> <p>Orange Juice Chicken Cacciatore Green Beans Corn Muffin White Rice Pear Halves</p>	<p>21</p> <p><i>Birthday Party</i> <i>Orange Juice</i> <i>Meatloaf with Gravy</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Cake & Ice Cream</i></p>	<p>22</p> <p>Minestrone Soup Italian Sausage, Peppers, & Onion Sandwich Oven Browned Potatoes Diced Pears</p>	<p>23</p> <p>Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges</p>
<p>26</p> <p>Tossed Salad Mushroom Barley Soup BBQ Chicken Sandwich Vegetarian Baked Beans Apple</p>	<p>27</p> <p>Fruit Juice Salisbury Steak Mashed Potatoes Spinach Whole wheat Roll Yogurt with Granola</p>	<p>28</p> <p>Chicken Cordon Bleu Honey Mustard Sauce Collard Greens Parslied Noodles Whole Wheat Roll Pineapple</p>	<p>29</p> <p>Tossed Salad Ziti & Meatballs Italian Bread Italian Blend Vegetables Oatmeal Cookie</p>	<p>30</p> <p>Tomato Soup Roasted Chicken Breast Corn Cobblet Pineapple Tidbits</p>
<p>2</p> <p>WCASC CLOSED</p>	<p>1</p> <p>WCASC CLOSED</p>	<p>1</p> <p>WCASC CLOSED</p>	<p>1</p> <p>WCASC CLOSED</p>	<p>2</p> <p>WCASC CLOSED</p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

We will celebrate our January Birthday Party on Wednesday, January 21. We will have Prize Bingo after lunch! Please make your reservations at least one week in advance.

1-Jan

Gerald Wilk
John Voge
David Ward

3-Jan

Joanmarie Gebel
Martha Smith

4-Jan

Mark Osmond

5-Jan

Anne Quigley

6-Jan

Virginia Dickerson-
Wilson

7-Jan

Kipp Stone
Dolores (Lori) Tygielski
Norma Gibbons

9-Jan

Arvind Misser
Mary Glee Young
Marie Mccarthy
Richard Lucas

10-Jan

Robert Crow
Nancy Johnston

11-Jan

Kathleen Casella
Patricia Brown

12-Jan

Ernest Irons
Judy Kyper
Elizabeth Zemenschky

13-Jan

John Sortino
Harriett Lelli

14-Jan

Marilyn Smith

16-Jan

Ann Moses
Tom Clark

17-Jan

Cecilia Amici
Bernice Sanders
Nancy Milani

18-Jan

William Ronayne
Margaret Williams

19-Jan

Alma Steinmetz
Laurence Reynolds
Emily Broadbelt

20-Jan

Sarah Finnaren
Patricia Towne
Virginia Vonderheide

21-Jan

Ellen Doyle
Phillip Nied
Robert Burnett

22-Jan

Charles Young
Theresa Tatman

23-Jan

M. Paulette Schaumann
Wanda Lowry

Barbara Morris

24-Jan

Margaret Reitman
Mary Belle Fabe

26-Jan

Carol Myambo
Lois Ruth
Milton Helmuth

27-Jan

Jeanette Merion
Judy Cosgrove
Robert Johnson
Bertha Creighton

28-Jan

Richard Merion
William Devenney
Arthur Sweatman
Elizabeth Lehmann

29-Jan

Douglas Fairchild
Nancy Fasnacht
Harriet Phillips

30-Jan

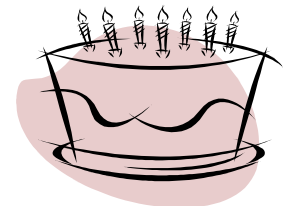
Stephanie Wright

30-Jan

Emmett Brown

31-Jan

George Rengert
Dixie Peters



Health and Wellness Programs

- **Keeping a food journal increases awareness of what, how much, and why you are eating. Natalie Zaparzynski, ShopRite Nutritionist, will discuss Food Journaling on Monday, January 5 at 12:45.**
- **Alzheimer’s Disease: What steps can you take to keep your brain healthy? What is the role of nutrition in Alzheimer’s Disease? Registered Dietician Carol Sweeney will present this “Lunch and Learn” on Tuesday, January 20 at 12:00. Please sign up for lunch ahead of time or bring your own.**
- **Lindsay Smith from the Chester County Health Department will present Healthy Eating & You on Monday, January 26 at 12:45.**
- **Nova Care will hold an exercise class focusing on core strength and exercises for low back pain on Tuesday, January 13 at 12:45. Come and learn what you can do at home.**

Hearing Clinics

Dr. Judith Curtin, AuD.,
will be at the Center January 7 & 14.
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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COLD MEAL OPTION

Week of January 6

Tues. – Chef’s Salad
Wed.. – Grilled Chicken Salad
Thurs. - Chicken Pasta Salad
Fri. – Turkey Ham & Cheese on Whole Wheat

Week of January 20

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

Week of January 13

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

Week of January 26

Tues. – Egg Salad Platter
Wed.- Turkey Wrap
Thurs. – Chicken Caesar Salad
Fri. – Tuna Macaroni Salad

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.

