



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.

AARP Income Tax Assistance

AARP Tax Counselors will be at the Center offering tax assistance to seniors from Monday, February 2 to Friday, April 10. This service is free to low and moderate income tax payers and senior taxpayers with basic tax returns by appointment only. Please call the Center at 610-431-4242 to make an appointment. For your appointment, please bring all the appropriate information to do your tax returns, including the following:

- Photo ID, Social Security Cards for self and dependents
- 2013 federal and state tax returns
- W 2 (if you have earned income) and social security SSA 1099 form, Pension form 1099R
- Canceled or blank check for direct deposit of refunds
- Interest 1099 INT and Dividend 1099 DIV forms
- stock and mutual fund share records (dates acquired and sold, original cost and selling price; for multiple transactions, provide a broker summary)
- any other income received in 2014 & total of items for deductions
- record of estimated tax payments; real estate tax/ rental receipts

Garden Club

Derek Stoner, Seasonal Program Coordinator for Delaware Nature Society, will present "Native Plants for Nesting Birds" on Monday, February 9 at 12:45. We are so lucky to have Derek share this program with us. Everyone is welcome!

Art on Canvas: Live, Learn, Grow Workshop

Amy Hathaway will present a Painting Party. Create your own masterpiece to take home in 2 hours. Join us on Thursday, February 26 at 7:00 p. m. Cost is \$25.00 which includes supplies. Please R.S.V.P. by calling Coleen Gill at 610-383-6900 or email her at coleenlivelearngrow@gmail.com.

West Chester Area Senior Center

STAFF MEMBERS

Kathy Sullivan
Emoke Anderson
Mary Kline
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Executive Director
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, Debbie Williams, and Glee Young.

Upcoming Programs

- MindMatters lecture on Wednesday, February 11 at 10:00 will be “Shackleton’s Antarctic Adventure: The Greatest Survival Story of All Time.” The presenter will be Lou Thieblemont, professional speaker, amateur historian and former mayor of Camp Hill, PA. We are working with the PA Department of Aging and WITF, the PBS station in Harrisburg, to present these monthly lectures. Lectures are held in the computer room and participants have the opportunity to email questions during the program.
- Immaculata University Nutrition students will be here on Thursday February 5 and 12 from 9 until 12 with advice about Eating for Healthy Bones and Muscles. Please plan on stopping by for some valuable information.
- What can you do to help support healthy vision? What is the role of nutrition in maintaining vision? Please join Registered Dietician, Carole Sweeney for Nutrition and My Vision on Monday, February 16 at 12:45.
- More and more people want to stay in their homes after retirement but many people are not prepared. Brad Abel, from Edward Jones and David Jones and Emily McFadden, from Rethink Independence will host a Living in Retirement workshop on Wednesday, February 25 at 1:00.
- We are planning our 2nd Annual Culture Fair to be held in May. If you would like to be on the planning committee for the event, please join us for a meeting on Tuesday, February 17 at 10:00. More information will be coming soon about the event.
- The Hundred Foot Journey starring Helen Mirren as a famous chef who reluctantly mentors an Indian boy will be shown on Friday, February 20 at 12:45.

INFORMATION AND ASSISTANCE –SENIOR BENEFITS AND RESOURCES

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

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

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

Cadiovascular 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

There will be no French Class until further notice.

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 February 25 at 12:30. The book discussed will be Year of Wonders by Geraldine Brooks.

Current Events

This discussion group meets on Tuesdays at 10:30.

Read a Classic Book Club

The group will meet Thursday, Feb. 19 at 12:45. The book discussed will be A Tree Grows in Brooklyn.

Bridge

The bridge group meets on Mondays and Thursdays from 12:30 to 3:00.

Photography Club

The Photo Club will meet on February 19 at 10:00.

Art Appreciation Club

Art Appreciation will meet February 12 at 10:00. The subject is water colors by Van Gough, Picasso, Hopper, and Andrew Wyeth.

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 February 19 1:00.

iPad Club

IPad Club will meet on February 5 at 10:00.

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 February 9 at 12:45. The program will be "Native Plants for Nesting Birds."

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

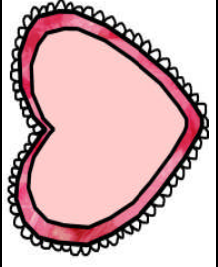
Come enjoy the company of friends while participating in upbeat conversations about past events on Mondays at 12:45.

Healthy Life Support Group

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

February 2015 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 Breakfast 9:00 Pinochle 9:30 Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:30 Bridge 12:45 Bingo/ Reminiscing 12:45 Rhythm of Life</p>	<p>3</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 12:30 Fall Prevention Program 12:45 Knitting 1:00 AARP General Meeting</p>	<p>4</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 11:15 Silver Sneakers 12:45 Pinochle/Bingo</p>	<p>5</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 iPad Club/Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:30 Fall Prevention Program 12:45 Healthier Life Support Group 1:00 Chorus</p>	<p>6</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>9</p> <p>8:00 Breakfast 9:00 Pinochle 9:30 Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:30 Bridge 12:45 Bingo/ Reminiscing 12:45 Rhythm of Life 12:45 Garden Club</p>	<p>10</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 12:30 Fall Prevention Program 12:45 Knitting</p>	<p>11</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Art from the Heart 9:30 Cardio Circuit 10:00 German Club/ Blood Pressures 10:00 MindMatters Lecture 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Sen. Dimmian's Outreach Representative 12:45 Pinochle/Bingo</p>	<p>12</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation/Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:30 Fall Prevention Program 12:45 Read the Classics Book Club 1:00 Chorus</p>	<p>13</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>16</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 12:30 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Reminiscing 12:45 Nutrition & My Vision</p>	<p>17</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 12:30 Fall Prevention Program 12:45 Knitting</p>	<p>18</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Art from the Heart 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Party & Entertainment 12:45 Pinochle</p>	<p>19</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:30 Fall Prevention Program 12:45 Healthier Life Support Group 1:00 Chorus/ Computer Forum</p>	<p>20</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 12:45 Movie: The 100 Foot Journey</p>
<p>23</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 12:30 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Reminiscing</p>	<p>24</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 12:30 Fall Prevention Program 12:45 Knitting Club</p>	<p>25</p> <p>8:00 Breakfast 9:00 Pinochle 9:15 Art from the Heart 9:30 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 Living in Retirement Workshop</p>	<p>26</p> <p>8:00 Breakfast 9:30 Low Impact Aerobics/Bible Study 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:30 Fall Prevention Program 1:00 Chorus</p>	<p>27</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>



February 2015 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Roast Turkey & Gravy Brussel Sprouts Brown Rice Whole Wheat Roll Applesauce Cranberry Sauce</p>	<p>3</p> <p>Tossed Salad with Tomato Tuna Noodle Casserole Graham Crackers Pound Cake, Blueberries,& Whipped Topping</p>	<p>4</p> <p>Veal Parmesan Potato Wedges Green Beans Whole Wheat Bun Orange</p>	<p>5</p> <p>Roast Beef Au Jus Wheat Kaiser Roll Mashed Potatoes Tropical Fruit</p>	<p>6</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 Crackers</p>	<p>10</p> <p>Mixed Fruit Juice Turkey Ala King Egg Noodles Mixed Vegetables Bread Stick Fresh Pear</p>	<p>11</p> <p><i>Valentine's Day Dinner</i> <i>Baked Meat Lasagna</i> <i>Green Bean Almondine</i> <i>Caesar Salad</i> <i>Garlic Bread</i> <i>Layered Tiramisu</i></p>	<p>12</p> <p>Tossed Salad with Tomato Beef a Roni Seasoned Italian Blend Wheat Breadstick Tapioca Pudding</p>	<p>13</p> <p>Orange Juice Chicken Cacciatore Green Beans Corn Muffin White Rice Pear Halves</p>
<p>16</p> <p>Tossed Salad Ziti & Meatballs Italian Bread Italian Blend Vegetables Oatmeal Cookie</p>	<p>17</p> <p>Roast Turkey & Gravy Stuffing Carrots Whole Wheat Roll Fruit Cocktail Cranberry Sauce</p>	<p>18</p> <p><i>Birthday Party</i> <i>Vegetable Soup</i> <i>Cheeseburger</i> <i>Lettuce & Tomato</i> <i>Cole Slaw</i> <i>Peaches</i> <i>Cake & Ice Cream</i></p>	<p>19</p> <p>Cranberry Juice Crab Cakes Macaroni & Cheese Stewed Tomatoes Orange</p>	<p>20</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>24</p> <p>Tossed Salad Mushroom Barley Soup BBQ Chicken Sandwich Vegetarian Baked Beans Apple</p>	<p>25</p> <p>Orange Juice Meatloaf with Gravy Mashed Potatoes Green Beans Vanilla Wafers</p>	<p>26</p> <p>Chicken Cordon Bleu Honey Mustard Sauce Collard Greens Parslied Noodles Whole Wheat Roll Pineapple</p>	<p>27</p> <p>Fruit Juice Salisbury Steak Mashed Potatoes Spinach Whole wheat Roll Yogurt with Granola</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>Cold lunch menu on page 7. Also available at the Center or online @ www.wcseniors.org. Please sign up for lunches at least 5 days in advance.</p>			

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

**We will celebrate our February Birthday Party on
Wednesday, February 18. Ed Podziomek will entertain after
lunch. Please make your reservations at least one week in
advance.**

1-Feb

Joseph Pino
Robert O'Connor
Chester Salisbury
Gladys Felice

2-Feb

Marie Demarco
Charles Keslick

3-Feb

Noreen Crowley

4-Feb

Robert Garrett
Gwendolyn Crump
Dolores Bradley
Peter Kyper

5-Feb

Lillian Seaton
Arthur Dougherty
Shirley Johnson

6-Feb

Thomas Morton
William O'Hara
Russell Rickert
Donald Evons
Betsi Hyatt

7-Feb

Barbara Finegan
James Anderson

8-Feb

James Johnson
Jane Joyce
Charles Huss

9-Feb

Joseph Hamel

10-Feb

Margaret Cutillo
Robert Clark
Beverly Reese
Charlotte Kruesi

11-Feb

Grace Kinkade

14-Feb

Joseph Polito
Gail Tanzola-Seymour
Annette Glaudel
Dick Hammett

15-Feb

Virginia Lorgus
Marianne Griffith
Gisela Guent

16-Feb

Dorothe Cialini
Virginia Thompson

17-Feb

Paul Congdon

18-Feb

Luigi Launi

19-Feb

Anita Hall

20-Feb

Ib Steinmetz
Carol Wildauer
Elizabeth Barlow
Helen Rhodes
Gertie Ellis
Mildred Tate

21-Feb

Raymond Lechentre

22-Feb

Stephanie Varis
Joseph Kahn

23-Feb

Rose Pavluk

24-Feb

Annemarie Cuff
Clinton Weiser
Rick Krug

25-Feb

Mary Bell

27-Feb

Theresa Camarota
Beverly Kurt
Frank Fields

28-Feb

Anita Weeks
Mark Adams
Yvette Jarecki

Laundromat Library Book Drive

WCASC has partnered with The Laundromat Library League which is a group of organizations that are making children's books available to homes in which there are few or none. Small "libraries" or boxes of books are placed in area Laundromats inviting children to borrow and read the books. We will be having a book drive in February. Please bring in gently used children's books for other children to enjoy. Board books for toddlers, Spanish books, and chapter books for older children are especially needed.

Hearing Clinics

Dr. Judith Curtin, AuD.,
will be at the Center February 5 & 12.
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 February 3

Tues. – Chef's Salad
Wed.. – Turkey Ham & Swiss on Rye
Thurs. - Grilled Chicken Sandwich
Fri. – Cheese & Fruit Plate

Week of February 10

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

Week of February 17

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

Week of February 24

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

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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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Creative Expressions: Art from the Heart – This 5 week class will begin Wednesday, February 11 at 9:15. Immaculata student intern, Felicia McKannon will encourage you to draw on your memories to produce unique art projects.

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

Non-Profit
Organization
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West Chester, PA

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.

