

March 2015

Volume 39 Issue 3

WEST CHESTER AREA
SENIOR CENTER

40
Est. 1975

Enriching the lives of our senior neighbors through
friendship, activities, education, and nourishment

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



WCASC Member Potluck Dinner

Join us for our March Potluck Social! The Planning Council is planning this event for Thursday, March 19 at 5 pm. Please RSVP and sign up at the Center for what you would like to bring. We are planning an international theme! Please see a Planning Council member for more information.

Parkinson's Disease

What is this disease? What are its symptoms? How does it impact your life? What steps can I take to help manage the progression?

What is the role of nutrition in Parkinson's Disease?

Please join Registered Dietician, Carole Sweeney for this educational program on Wednesday, March 11 at 12:45.

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

SAVE THE DATE: MAY 9, 2015!

“THE GREAT RACE” IS COMING AGAIN TO WCASC! JOIN US FOR OUR 6th ANNUAL 5K RACE/WALK AND 1 MILE WALK/RUN AND COMMUNITY FAIR TO BENEFIT THE CENTER. FAMILIES ARE ENCOURAGED TO PARTICIPATE AS WE HIGHLIGHT THE CENTER, OUR PARTICIPANTS, AND PROGRAMS TO THE COMMUNITY! WALK YOUR WAY TO THE GREAT RACE TRAINING PLANS WILL BE AVAILABLE AT THE CENTER.

MANY SPONSORSHIP OPPORTUNITIES ARE AVAILABLE! BECOME A FRIEND OF THE RACE FOR AS LITTLE AS \$100 OR HOST A TABLE AT THE COMMUNITY FAIR AND HAVE YOUR NAME ON THE TEE SHIRT FOR \$500 OR MORE. PLEASE CONTACT MARY KLINE AT 610-431-4242 FOR MORE INFORMATION.

West Chester Area Senior Center

STAFF MEMBERS

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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, March 11 at 10:00 will be "Exercise is Medicine." The presenter will be Daniel G. Drury. 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.
- Lindsay Smith from the Chester County Health Department will present Healthy Eating & You on Monday, March 25 at 12:45.
- West Chester University nursing students will present a program about Hydration and Activity on Monday, March 30 at 12:45.
- Paul Sell, from Rover transportation, will be at the center on Wednesday, March 18 from 9:30 to 11:30. Please stop by for information and/or bring your questions and concerns.
- March is Nutrition Month. Learn to create some healthy snacks with Health and Wellness Coordinator, Jessica Tipton, on Monday, March 16 at 12:45.

History of Math

How much do you think you know about the origins of Mathematics? Did you know that zero wasn't always around? Or that Europeans didn't start using the numbers that we use today until famous Fibonacci introduced them in the 1200s from India. Would you like to learn more interesting math facts plus play some math games? Come to the History of Math lecture series hosted by West Chester University and its History of Mathematics class. This fascinating program will be offered in April. Please check the April newsletter for days and times.

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.

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*

Informal French Club

This group meets on Tuesdays at 2:00. We are currently in need of an instructor.

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 March 25 at 12:30. The book discussed will be *A Walk Across The Sun* by Corban Addison

Read a Classic Book Club

The group will meet Thursday, March 19 at 12:45. The book discussed will be *The Good Earth* by Pearl Buck.

Bridge

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

Photography Club

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

Art Appreciation Club

Art Appreciation will meet March 12 at 10:00. The subject is Timeline of Modern Art—Impressionism to Surrealism 1870 to 1930.

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 March 19 1:00.

iPad Club

iPad Club will meet on March 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 March 9 at 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.

Current Events

This discussion group meets on Tuesdays at 10:30.

March 2015 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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	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 2:00 French Club	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 11:15 Silver Sneakers 12:45 Pinochle/Bingo	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 iPad Club/Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:30 Fall Prevention Program 1:00 Chorus	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
9	10	11	12	13
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 12:45 Rhythm of Life 12:45 Garden Club	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 1:00 AARP Meeting 2:00 French Club	8:00 Breakfast 9:00 Pinochle 9:15 Art from the Heart 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:00 MindMatters Lecture 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Sen. Dinniman's Outreach Representative 12:45 Pinochle/Bingo 12:45 Nutrition & Parkinson's Disease	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 12:30 Bridge 12:30 Fall Prevention Program 1:00 Chorus	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
16	17	18	19	20
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/ Rhythm of Life 12:45 Reminiscing 12:45 Healthy Snacks	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 2:00 French Club	8:00 Breakfast 9:00 Pinochle 9:15 Art from the Heart 9:30 Rover Information 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	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:30 Fall Prevention Program 12:45 Read the Classics Book Club 1:00 Chorus/ Computer Forum 5:00 Potluck Dinner	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
23	24	25	26	27
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 /Rhythm of Life 12:45 Reminiscing	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 2:00 French Club	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/ Book Club 12:45 Healthy Eating & You	8:00 Breakfast 9:30 Low Impact Aerobics/Bible Study 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:30 Fall Prevention Program 1:00 Chorus	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
30	31			
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/Rhythm of Life/ Reminiscing 12:45 Hydration & Activity	8:00 Breakfast 8:30 4 Hour 55 Alive Refresher Class 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 Club 2:00 French Club			

Rover Transportation Available

March 2015 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Tomato Soup Roasted Chicken Breast Corn Cobblet Pineapple Tidbits Wheat Bread</p>	<p>3</p> <p>Roast Turkey & Gravy Brussel Sprouts Brown Rice Whole Wheat Roll Applesauce Cranberry Sauce</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>Baked Tilapia Red Creole Sauce Green Beans Baked Potato Granola Bar</p>
<p>9</p> <p>Lentil Soup Honey Lemon Chicken White Rice Broccoli Fresh Apple Slices</p>	<p>10</p> <p>Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding Graham Crackers</p>	<p>11</p> <p>Mixed Fruit Juice Turkey Ala King Egg Noodles Mixed Vegetables Bread Stick Fresh Pear</p>	<p>12</p> <p>Tossed Salad with Tomato Beef a Roni Seasoned Italian Blend Wheat Breadstick Tapioca Pudding</p>	<p>13</p> <p>Cranberry Juice Crab Cakes Macaroni & Cheese Stewed Tomatoes Orange</p>
<p>16</p> <p>Orange Juice Chicken Cacciatore Green Beans Corn Muffin White Rice Pear Halves</p>	<p>17</p> <p><i>St. Patrick's Day</i> <i>Cream of Potato Soup</i> <i>Corned Beef & Swiss on Rye</i> <i>Cole Slaw & Russian Dressing</i> <i>Potato Salad</i> <i>Green Fruited Jello</i></p>	<p>18</p> <p><i>Birthday Party</i> <i>Roast Turkey & Gravy</i> <i>Stuffing & Carrots</i> <i>Whole Wheat Roll</i> <i>Fruit Cocktail</i> <i>Cranberry Sauce</i> <i>Cake & Ice Cream</i></p>	<p>19</p> <p>Cheeseburger Lettuce & Tomato Cole Slaw Peaches</p>	<p>20</p> <p>Tossed Salad with Tomato Tuna Noodle Casserole Graham Crackers Pound Cake, Blueberries, & Whipped Topping</p>
<p>23</p> <p>Minestrone Soup Italian Sausage, Peppers, & Onion Sandwich Oven Browned Potatoes Diced Pears</p>	<p>24</p> <p>Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges</p>	<p>25</p> <p>Tossed Salad Mushroom Barley Soup BBQ Chicken Sandwich Vegetarian Baked Beans Apple</p>	<p>26</p> <p>Orange Juice Meatloaf with Gravy Mashed Potatoes Green Beans Vanilla Wafers</p>	<p>27</p> <p>Chicken Cordon Bleu Honey Mustard Sauce Collard Greens Parslied Noodles Whole Wheat Roll Pineapple</p>
<p>30</p> <p>Fruit Juice Salisbury Steak Mashed Potatoes Spinach Whole wheat Roll Yogurt with Granola</p>	<p>31</p> <p>Tomato Soup Roasted Chicken Breast Corn Cobblet Pineapple Tidbits Wheat Bread</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>	<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 March Birthday Party on Wednesday, March 18. Bill Meyers will entertain after lunch with a magic show! Please make your reservations at least one week in advance.

3/1

Arlene Rengert
Bill Whitehead
Kathleen Szymanski
Terri Enright

3/2

Milan Trnka
Maurice Pennington
Jean McLaughlin
Maureen Longshore

3/3

Daniel Moran
Linda Peterson

3/4

Robert Lohr, II
Ewa Van Campen
Jane Malloy

3/5

Betty Ann Garnett
Judith Brooks
Virginia Curry
Sandra Keith

3/6

John Hellmann
C. Ralph Martin
Helen Jones
Ruth Lynch

3/7

Mark Frison
Ellinor Joseph
Victoria White

3/8

Meta Donohoe

3/9

Catherine Mercer
Rosalie Mchoul

3/10

David Schiller
Brooks Montgomery
Patricia Harootunian

3/11

John Finley
Dale Tyson

3/12

James Schustrich
Anthony Dirocco
Mary Dougherty

3/14

Rosetta Dooner

3/15

Juan Garcia
Carole Lowry

3/17

Patricia Kerper

3/18

Jozef Bobik

3/21

Elizabeth O'Neill
Gretchen Sohn
Barbara Coffey
Robert Spaziani

3/22

John Peppler

3/23

James Lees
Charles Wright
Eleahn Kahn
Jack Nachamkin

3/24

Essie Ray
Barbara Dickens

3/25

Lydia Worthington
Ruth Myers
Judy Jarrett

3/26

Rosalie Zubyk
Eileen Haggerty

3/29

Arnie Valle

3/30

Madge Miller
Frank Robinson

3/31

Irma Darcas
Frances Lees
Audrey Brady
Sarah (Sally) Little
Elwood (Aka Barney) Barnes
Barbara Patten

AARP Driver Safety Program

The 4 hour 55 Alive Driver's Refresher Class will be held at the Center on Tuesday, March 31 from 8:30 to 12:30. This class is for those that have already completed an 8 hour class within the last 3 years.

Please call the Center at 610-431-4242 to register. The cost is \$15 for AARP members and \$20 for non-members.

Hearing Clinics

Dr. Judith Curtin, AuD.,
will be at the Center March 5 & 19.
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 March 3

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

Week of March 17

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

Week of March 31

Tues. – Chicken Caesar Salad

Week of March 10

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

Week of March 24

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

WCASC Breakfast Program

Did you know that we offer breakfast Monday through Friday from 8:00 – 9:30? Three options are available. Choose from the full cooked to order breakfast for \$4.00, Healthy Option (fruit, yogurt, and breakfast bar) for \$2.00 or cereal and toast for \$1.00.

No reservations needed and open to the community!

The WCASC will be closed on Friday, April 3, 2015.

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.

