

# WEST CHESTER AREA SENIOR CENTER

# 40

Est. 1975



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

## APRIL 2015



## APRIL HIGHLIGHTS

- **APRIL 1<sup>ST</sup> @ 12:45PM** - Creativity Corner
- **APRIL 6<sup>TH</sup> @ 12:45 PM** - Shop Rite Nutritionist - "Grains & Fiber" Program
- **APRIL 10, 15, 17 & 20** - History of Math Program
- **APRIL 14 @ 9:30 - 11AM** Spa Day
- **APRIL 16 @ 10:30 AM** - Focus Group Discussion
- **APRIL 21<sup>ST</sup> @ 11:45 AM** Volunteer Appreciation Day
- **APRIL 22<sup>ND</sup> @ 12:45 PM** - Tri County Chiropractor - "How to retain your Youth through flexibility"
- **APRIL 22<sup>ND</sup> @ 6 PM** - Art on Canvas
- **APRIL 27<sup>TH</sup> @ 12:45** - History of the Hagley Museum
- **APRIL 28<sup>TH</sup> @ 12:45** - Nova Care Presentation about Neck and Shoulder
- **APRIL 29<sup>TH</sup> @ 12:30 PM** Parkinson's Walk
- **APRIL 30<sup>TH</sup> - @ 8 AM** - West Chester Area Senior Center - 40<sup>th</sup> Anniversary Breakfast. Register early!
- **MAY 9<sup>TH</sup> @ 9 AM** - 6<sup>th</sup> Annual Great Race

## GUESS WHO TURNS 40 THIS YEAR?!?



Join us as we celebrate 40 years of Community Service!  
We invite you to our  
**40th BIRTHDAY BREAKFAST**  
Thursday, April 30th, 2015 @ 8 AM at the Center!

REGISTRATION FORMS AVAILABLE AT THE SENIOR CENTER  
PLEASE RSVP - NO LATER THAN APRIL 20, 2015- SPACE IS LIMITED

### ANNUAL CAMPAIGN...

#### Please help us MAKE A DIFFERENCE

Having begun our community service in 1975, *we celebrate our 40<sup>th</sup> Anniversary in 2015.* Please join us in supporting the growing need for our vital programs and services to over 3,000 people each year. **We are currently working to raise \$150,000 by June 30, 2015 and we need your help to reach goal please!** To date, our generous donors have already pledged almost \$45,000. To learn more about our 501(c)3 nonprofit Senior Center or to make a gift, please visit us or our website at [www.wcseniors.org](http://www.wcseniors.org).

### Annual Volunteer Appreciation Lunch - Tuesday, April 21<sup>st</sup>

Join Us to **THANK OUR MANY VOLUNTEERS** who help us daily year-round both at the Center and in our two "Second Reading" Book Stores. Join us for lunch by registering 3 days ahead and meet the people who help make it all happen here!

## **STAFF MEMBERS**

Kathy Sullivan  
Em Anderson  
Lorri Sarosy  
Jessica Tipton  
Mia Jones  
Ellen McCabe  
Jim Mobile  
Mary Jo Freeman  
Nancy Magee

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

## **INSTRUCTORS**

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

## **INFORMATION AND ASSISTANCE – SENIOR BENEFITS AND RESOURCES**

**AARP TAX PREPARATION** – Appointments are available until April 10<sup>th</sup> for 2014 income tax preparations. An appointment is necessary and availability is limited. Please call the **main desk** at the senior center to inquire about an appointment

**PROPERTY TAX AND RENT REBATE** – the Property Tax and Rent Rebate program is open for rent and property tax paid during 2014. Rent rebates must have a landlord's certificate completed and Tax rebates must have the tax receipt stamped acknowledging it is paid. This is for calendar year 2014. Forms are available if you do not have one.

**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.

**SENATOR DINNIMAN'S OUTREACH REPRESENTATIVE** – Tyler Arkatin is available on Wednesday – April 8<sup>th</sup> at 12:30 PM for any senior questions or concerns.

### **MEDICARE-**

**Extra Help** is available from the federal government for lowering your prescription drug costs and premiums.

**Single individual** – monthly income of less than \$1,459 and assets less than \$13,640

**Married couple** – monthly income less than \$1,966 and assets less than \$27,250

**Medicare Savings Program** is a state program that can help with your Medicare Part B premium

**Single individual** – monthly income of less than \$1,345 and assets less than \$7,280

**Married couple** – monthly income of less than \$1,813 and assets less than \$10,930

**ELLEN MCCABE - INFORMATION AND ASSISTANCE COORDINATOR**  
**610-431-4242/EXT. 108 - [ELLENM@WCSENIORS.ORG](mailto: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 please contact Jim Mobile at 610-431-4242 or via email at [iqstudios@aol.com](mailto:iqstudios@aol.com).

## UPCOMING PROGRAMS

- **Wed. -April 1<sup>st</sup> @ 12:45** – **Creativity Corner/Healthy Snack Activity**  
Come and put your personal stamp on our Great Race Display! We will have healthy snacks for all. The event is coordinated by Felicia and Jessica.
- **Mon.-April 6<sup>th</sup> @ 12:45**-Please welcome our new Nutritionist from ShopRite-Jenna Wood. She will be speaking on **"Healthy Grains and Fibers"**.
- **April 2<sup>nd</sup> /7<sup>th</sup> /9<sup>th</sup> @12:30-1:30 PM** completion of the **Fall Prevention Series**.
- **April 10<sup>th</sup> / 15<sup>th</sup> / 17<sup>th</sup> & 20<sup>th</sup>** – Come and learn **The Origins of Math** presented by the History of Mathematics department of West Chester University.
- **Tue. -April 14<sup>th</sup> @ 9:30** – Please come and welcome spring with a Spa Day!
- **Thu. - April 16<sup>th</sup> @ 10:30** – **Focus Group Discussion** – Let's talk about our community and the impact the W.C. Senior Center has in our daily lives. Also, **Book Club Classic** will be discussing **To Kill a Mockingbird – by Harper Lee** on the same day.
- **Tue.- April 21<sup>st</sup> @ 12 Noon** – **VOLUNTEER APPRECIATION LUNCHEON** – Invitations will be distributed during April. Please save the date.
- **Wed. - April 22<sup>nd</sup> @ 12:45** – **"How to Retain Your Youth through Flexibility"** Program presented by Jessica Kennedy from Tri-County Chiropractic.
- **Wed. -April 22 @ 6PM** – **Art on Canvas** -Live, Learn, Grow Program. Amy Hathaway-Artist presents Window View. Grab a friend and join us for a truly delightful experience. Cost is \$25- includes all supplies & Pizza.
- **Mon. - April 27<sup>th</sup> @ 12:45** – **History of Hagley Museum** presented by Angela Williamson.
- **Tue. - April 28<sup>th</sup> @ 12:45** –Nova Care will be presenting exercises for **Neck & Shoulder**.

## HEARING CLINICS

Dr. Judith Curtin, Aud.,  
will be at the Center on  
April 10<sup>th</sup> & April 24<sup>th</sup>.  
Please call the Center at 610-431-4242

Mr. Michael Piscotty, Audiologist is  
available on Tuesdays & Fridays.  
Please call Mr. Piscotty at 610-213-  
1867 to schedule appointments.

## **APRIL IS PARKINSON'S DISEASE AWARENESS MONTH**

**April 29<sup>th</sup> @ 12:30 PM – PARKINSON'S WALK** here at the Senior Center. There will be a quilt on display which comprises quilt panels created by 600 people from all around the world and it is an initiative of the Parkinson's Disease Foundation. Block #17 of the quilt includes a panel created by the West Chester Parkinson's Support Group in West Chester, PA. The quilt aims to raise awareness of the impact that the disease has on people living with Parkinson's along with their care partners and friends and on the continued urgency to find a cure.

## **6<sup>TH</sup> ANNUAL GREAT RACE – SATURDAY, MAY 9; STARTS 9 AM**

Join us for our fun and family-friendly 5K Run/Walk or 1 Mile Run/Walk. Cash prizes, age group awards, Community Fair, children's crafts, food and fun! Age groups from 12 & Under to 80 & Older. Sponsorships still available too.



Register at [www.wcseniors.org](http://www.wcseniors.org) or by stopping by our Senior Center Monday to Friday, 8 AM-3 PM.

**REMEMBER WCASC WILL BE CLOSED**  
**ON APRIL 3, 2015 FOR GOOD FRIDAY!**  
**WE WISH YOU A GREAT EASTER!!!**

Please see Jessica regarding the  
**Great Race Training** all levels  
welcome! Starts in April!



# PROGRAMS - APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>VOLUNTEER APPRECIATION LUNCHEON</b> <b>will be held on</b> <b>April 21<sup>st</sup> at 11:45 AM!</b> <b>Please come and Celebrate with us</b> <b>as we</b> <b>THANK OUR VOLUNTEERS</b> <b>for all they do each and every day!</b> <b>PLEASE REGISTER EARLY!</b>		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 Silver Sneakers/Bingo 12:45 Pinochle/Bingo <b>12:45 CREATIVITY CORNER</b>	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 <b>12:30 FALL PREVENTION PROGRAM</b> 1:00 Chorus	<b>GOOD FRIDAY! – THE WCASC IS CLOSED!</b> 
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:45 Bingo/Reminiscing 12:45 Rhythm of Life <b>12:45 SHOPRITE NUTRITIONIST PROGRAM</b>	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga <b>12:30 FALL PREVENTION PROGRAM</b> 12:45 Knitting <b>1:00 AARP MEETING</b> 2:00 French Club	8:00 Breakfast 9:00 Pinochle <b>9:15 ART FROM THE HEART</b> 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures <b>10:00 MIND MATTERS LECTURE</b> 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers <b>12:30 SEN. DINNIMAN'S OUTREACH REPRESENTATIVE</b> 12:45 Pinochle/Bingo	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study <b>10:00 Art Appreciation/Ping Pong</b> 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge <b>12:30 FALL PREVENTION PROGRAM –LAST SESSION</b> 1:00 Chorus	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics <b>9:30 HISTORY OF MATH</b> 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:45 Bingo/ Rhythm of Life <b>12:45 GARDEN CLUB</b> 12:45 Reminiscing	8:00 Breakfast 9:30 Low Impact Aerobics <b>9:30 SPA DAY</b> 10:00 Planning Council/Nurse 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 2:00 French Club	8:00 Breakfast 9:00 Pinochle <b>9:15 ART FROM THE HEART</b> 9:30 Silver Sneakers Cardio Circuit 10:00 German Club <b>10:15 HISTORY OF MATH</b> 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic <b>12:00 BIRTHDAY PARTY &amp; ENTERTAINMENT</b> 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics <b>10:00 PHOTO CLUB</b> 10:30 Healthy Steps in Motion <b>10:30 FOCUS GROUP DISCUSSION</b> 11:30 Yoga 12:30 Bridge 12:45 Read the Classics Book Club 1:00 Chorus/ Computer Forum	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics <b>9:30 HISTORY OF MATH</b> 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit <b>10:15 HISTORY OF MATH</b> 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/ Silver Sneakers Classic 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 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga <b>11:45 VOLUNTEER APPRECIATION LUNCHEON</b> 12:45 Knitting Club 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/ Silver Sneakers 12:45 Pinochle/ Bingo/ <b>12:30 BOOK CLUB REGULAR</b> <b>12:45 TRI COUNTY CHIROPRACTOR PROGRAM</b> <b>6:00 PM - ART ON CANVAS</b>	8:00 Breakfast 9:30 Low Impact Aerobics/ Bible Study 10:30 Healthy Steps in Motion <b>11:00 HISTORY OF MATH PROGRAM</b> 11:30 Yoga 12:30 Bridge 1:00 Chorus	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo/ Silver Sneakers Classic 12:30 Bridge 12:45 Bingo/Rhythm of Life/ Reminiscing <b>12:45 HISTORY OF HAGLEY MUSEUM</b>	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A/Healthy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club 2:00 French Club <b>12:45 NOVA CARE PROGRAM</b>	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 12:45 Pinochle/ Bingo/ <b>Book Club</b> <b>12:30 PARKINSON'S WALK</b>	<b>8:00 40<sup>TH</sup> ANNIVERSARY BREAKFAST</b> <u>See details to the right -&gt;</u> <b>NO REGULAR BREAKFAST TODAY</b> 9:30 Low Impact Aerobics/Bible Study 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 1:00 Chorus	Please note that we are going to celebrate our <b>40<sup>TH</sup> ANNIVERSARY ON THURSDAY, APRIL 30<sup>TH</sup>.</b> This celebration breakfast is open for our community and will be \$20/person. There will be no traditional \$4 breakfast served on that day! We expect about 150 people. Please make your reservations early. Thank you.

# MENU – APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>EASTER MENU 1</b> Baked Ham w/ Pineapple glaze Rosemary Roasted Potatoes Green Beans Almandine Dinner Roll / Margarine Strawberry Shortcake	<b>VEAL PARMESAN 2</b> Veal Patty Marinara sauce Rotini pasta Green Beans Whole Wheat Bun Mozzarella Cheese & Milk	<div>3</div> <div>CLOSED FOR GOOD FRIDAY</div>
<b>ROAST BEEF AU JUS 6</b> Roast Beef & Au Jus Wheat Kaiser Roll Mashed Potatoes Tropical Fruit Milk Horseradish Sauce	<b>HONEY LEMON CHICKEN 7</b> Chicken Breast Honey Lemon Sauce Brown Rice Pilaf Broccoli/Margarine Milk/Saltines Fresh Apple Slices & Lentil Soup	<b>BEEF STEW 8</b> Beef Cubes Gravy/Potatoes Carrots/Margarine Whole Wheat Roll Vanilla Pudding Graham Crackers & Milk	<b>TURKEY A LA KING 9</b> Roasted Turkey Mixed Vegetables Cream Sauce/ Egg Noodles Wheat Bread Stick Margarine/Milk Mixed Fruit Juice	<b>BAKED TILAPIA 10</b> Tilapia Red Creole Sauce Baked Potato/Sour Cream Wheatsworth Crackers Margarine Milk
<b>BEEF A RONI 13</b> Ground Beef & Elbow Macaroni Marinara Sauce Tossed Salad w/ Tomatoes Tapioca Pudding Wheat Breadstick/OJ	<b>ROAST TURKEY DINNER 14</b> Roast Turkey & Gravy Carrots/Stuffing Whole Wheat Roll Margarine Milk	<b>CHICKEN CACCIATORE BIRTHDAY LUNCH 15</b> Chicken Breast Green Beans/ White Rice Corn Muffin/Margarine Orange Juice Milk & Pear Halves	<b>CHEESEBURGER 16</b> Ground Beef Burger American Cheese Shredded Lettuce & Tomato Cole Slaw/Whole Wheat Bun Milk Peach Halves& Vegetable Soup	<b>ZITI &amp; MEATBALLS 17</b> Meatballs/Ziti Marinara Sauce Italian Bread/Italian Dressing Tossed Salad w/Tomato Italian Blend Vegetables Oatmeal Cookies & Milk
<b>CRAB CAKES 20</b> Crab Cakes Macaroni & Cheese Stewed Tomatoes Whole Wheat Roll Margarine/Fresh Orange Cranberrv Juice/Milk	<b>Italian Sausage w/Pepper Sandwich 21</b> Sausage, Peppers & Onions Tomato Sauce 4" Club Roll Wedge Fries Margarine/Milk & Diced Pear	<b>BEEF STROGANOFF 22</b> Beef Cubes & Gravy Sour Cream/ Brown Rice Whole Wheat Bread Margarine Carrots/Milk Mandarin Oranges	<b>BBQ CHICKEN SANDWICH 23</b> Chicken Breast & BBQ sauce WW Hamburger Bun Vegetarian Baked Beans Tossed Salad/Italian Dressing WW Crackers/Milk Melon Chunks/Mushroom Soup	<b>MEATLOAF W. GRAVY 24</b> Roast Beef & Gravy Mashed Potatoes& Green Beans WW Roll/Margarine Vanilla Wafers/Milk Orange Juice
<b>CHICKEN CORDON BLEU 27</b> Chicken Breast& Collard Greens Ham & Swiss Cheese Honey Mustard Sauce Margarine/ Parslied Noodles Milk/Pineapple Chunk	<b>SALISBURY STEAK 28</b> Salisbury Steak / Brown Gravy Mashed Potatoes/Spinach WW Roll/Margarine Yogurt w. Granola Mixed Fruit Juice / Milk	<b>CHICKEN CHEESE STEAK 29</b> Chicken Steak/ Am. Cheese Corn Cobbett/4" Club Roll Margarine/Wheat Crackers Milk/Oranges/Tomato Soup	<b>ROAST TURKEY DINNER 30</b> Roast Turkey & Gravy Carrots& Stuffing WW Roll/ Margarine Milk Applesauce	<div>Volunteer Appreciation Luncheon to be held on April 21<sup>st</sup> at 12 PM! Please come and Celebrate with us as we <b>THANK OUR VOLUNTEERS</b> for all they do each and every day! <b>PLEASE REGISTER EARLY!</b></div>

We will celebrate our April Birthday Party on Wednesday April, 15.

## The Grateful Alive Band

will be entertaining us!

Please make your reservation 3 days in advance!

### *1-Apr*

William Drinkhouse  
Alison Bond  
Bhagwan Gidwani

### *2-Apr*

Rose Valentino  
Kathleen Keslick

### *3-Apr*

C. Beverly Dow  
Joann Ott  
Anna Miller

### *4-Apr*

Kay Philipps

### *5-Apr*

Robert Lavin  
Theresa Halt

### *6-Apr*

Donald Weir  
Jane Anderman  
Tan Wang

### *7-Apr*

Toyoko Kadyaszewski  
Joan Travers  
Wanda Cochran  
Roy Almquist  
Grace Mountz

### *8-Apr*

Marion Flinn  
Joseph Finnaren  
Rosemary Rooney  
Karen Saltzburg

### *9-Apr*

Michael Gunsaulus  
Carol Neff  
Nancy Klabunda

### *10-Apr*

Dorothy Lakatos  
Jean Town  
Yvonne Webster

### *11-Apr*

Virginia Stoltzfus  
Catherine Kovacs

### *12-Apr*

Julia Glass  
Susan Crum  
Jane Palestini  
Christine Spaziani

### *13-Apr*

Vernon Brewer  
Ruth Snyder  
Martha Weber

### *14-Apr*

Joe Harper  
Bill Yockey  
William Petrelli

### *15-Apr*

Eugene Finegan

### *16-Apr*

Marilyn Krauss  
Haldis Renothi  
Louise Benotti

### *17-Apr*

Lena Cavaliere  
Florence Chien

### *18-Apr*

William Scheffey  
Larry Werner  
Marie Moretti  
N. Shannon Almquist  
E. Jensen

### *19-Apr*

Dora Powell

### *20-Apr*

Caroline Koppenol  
Mary Hodges

### *21-Apr*

Pauline Trnka  
Joyce Brink

### *22-Apr*

Richard Toland

### *23-Apr*

Kathryn Benham  
Jacqueline Dine

### *24-Apr*

Rod Merrill

### *25-Apr*

Ann Hemphill  
Marilyn Martin  
Maria Chapis

### *26-Apr*

Christine Zaccarelli

### *27-Apr*

James Brady  
Frances Mckay  
Robert Mccann  
Jean McBride

### *28-Apr*

Nancy Moore  
Paul Reitman  
Esther Wolff  
Karlene Brittingham  
Carol Cowper  
Richard Webster

### *29-Apr*

Bill Broomell  
Pat Bove  
John Odike

### *30-Apr*

Marian Stevenson  
Kathy Weiss

## COLD MEAL LUNCH OPTION

### WEEK OF APR. 1

Wed. - Apr. 1 - Tuna Macaroni Salad  
Thu - Apr. 2 - Turkey Ham & Swiss On Rye

### WEEK OF APR. 6

Tue. - Apr. 7 - Grilled Chicken Salad  
Wed. - Apr. 8 - Chicken Pasta Salad  
Thu. - Apr. 9 - Turkey Ham & Cheese on W.W.  
Fri. - Apr. 10 - Cheese & Fruit Plate

### WEEK OF APR. 13

Tue. - Apr. 14 - Italian Hoagie  
Wed. - Apr. 15 - Chicken Pasta Salad  
Thu. - Apr. 16 - Tuna Salad Plate  
Fri. - Apr. 17 - Turkey Club Sandwich

### WEEK OF APR. 20

Tue. - Apr. 21 - Chicken Salad  
Wed. - Apr. 22 - Corned Beef Special  
Thu. - Apr. 23 - American Hoagie  
Fri. - Apr. 24 - Egg Salad Platter

### WEEK OF APR. 27

Tue. - Apr. 28 - Turkey Wrap  
Wed. - Apr. 29 - Chicken Caesar Salad  
Thu. - Apr. 30 - Tuna Macaroni Salad

## **PROGRAMS & ACTIVITIES OFFERED** **AT THE WEST CHESTER AREA SENIOR CENTER**

### **Art Appreciation Club –**

meets 2<sup>nd</sup> Thursday of each Month @ 10:00 AM. Ray Doyle is the instructor for this Class.

### **Arthritis Foundation**

#### **Exercise Class -**

This class is held Mondays, Wednesdays, and Fridays at 10:30.

### **Bible Study Group -**

This non-denominational group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday @ 9:30. Jim Shackleton from Great Valley Presbyterian Church is the contact person for this group.

### **Bingo –**

Mondays, Wednesdays and Fridays starting @ 11:15 & 12:30

### **Blood Pressure Checks -**

Wednesdays @ 9:30 -11:30 with Maryam Sewell.

### **Book Club Classic –**

3<sup>rd</sup> Thursday of each month @ 12:45 -2:15. Please talk to Larue Morgan if you have questions regarding this program.

### **Book Club Regular –**

4<sup>th</sup> Wednesday of each month @ 12:30 PM. Sharon Daurio is the group leader for this program.

### **Brain Aerobics –**

Join us for a variety of games and brain exercises to help keep your mind fit on Fridays @ 9:30 AM.

### **Bridge –**

The Bridge group meets on Mondays and Thursdays from 12:30 -3PM.

Please join the group.

### **Bucket Drumming –**

#### **“Rhythm of Life”**

The Bucket Buddies meet every Monday at 12:45! For questions please contact Jim Mobile.

### **Cardio Circuit-SilverSneakers**

Cardiovascular Exercise is the highlight of this Class offered on Mondays and Wednesdays at 9:30 AM with Jessica Tipton.

### **Chorus-**

The Sunshine Chorus group meets every Thursday at 1PM! Jim Mobile is the instructor for this group.

### **Computer Forum -**

Please join the Computer Forum every third Thursday @ 1PM. Charlie Eisenfelter is the instructor for this program.

### **Computer Q & A -**

Every Tuesday at 10:30 with Jim Mobile.

### **Craft Club -**

Crafters meet Fridays at 12:45 PM. No Experience needed. Please join and bring your ideas! Pearl Burger is the group leader for this program.

### **Current Events -**

This group meets on Tuesdays at 10:30 Am

### **Drawing Club -**

This group meets on Thursdays at 10:30 AM. Feel free to join the group.

### **French Club (Informal) -**

This group meets on Tuesdays at 1PM. *We are currently in need of an instructor.*

### **German Club -**

The German club meets on Wednesdays at 10 AM.

### **Hardy Perennials –**

#### **Garden Club -**

The garden club meets 2<sup>nd</sup> Monday monthly at 12:45 PM. Peg Huebner is the program leader for this activity. Join the group, it's always fun!

### **Healthy Steps in Motion -**

These classes, on Tuesdays and Thursdays at 10:30, focus on flexibility, strength, balance, and fall prevention.

### **Ipad Club –**

This club meets the first Thursday of each month at 10AM. Ray Doyle is the instructor for this group.

### **Italian Class -**

A conversational Italian class meets on Mondays at 10:30 AM

### **Knitting and Crocheting Club -**

The “knitwits” meet Tuesdays at 12:45. Come and share ideas, learn something new, or just have fun!

### **Low Impact Aerobics -**

This class is held on Tuesdays and Thursdays at 9:30.

### **Nurse -**

Neighborhood Health Agencies, Inc. comes to the Center for free blood pressure screenings on Tuesdays at 10:00.

### **Parkinson's Support**

**Group-** Last Wednesday of each month at 1:15 PM. This program is coordinated by Neighborhood Health Agencies.

### **Photography Club -**

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

### **Ping-Pong -**

Pick up a paddle on Thursdays at 10:00. Other times are also available. Please check at the front desk.

### **Pinochle -**

Pinochle players meet on Wednesdays and Fridays at 9 & 12:30. Instruction is available.

### **Reminiscing**

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

### **SilverSneakers Classic -**

This class is offered on Mondays and Wednesdays and Fridays at 11:15. Jessica Tipton is the instructor for this class.

### **Spanish Class -**

This class meets on Tuesdays at 10:45. Enrique Garcia is the instructor for this class.

### **Tai Chi -**

Please call the Center about the status of the tai chi class.

### **Technology Assistance-**

Please contact Jim Mobile at 610-431-4242 to schedule an appointment with him if you need help with computers, tablets or cell phones.

### **Yoga -**

Yoga is held on Tuesdays and Thursdays at 11:30 AM.



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

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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 serves the following Townships: East and West Goshen, Westtown, Thornbury, East Bradford, Willistown, Birmingham and the Borough of West Chester.*

*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.*

