

WEST CHESTER AREA SENIOR CENTER

40

Est. 1975



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

MAY HIGHLIGHTS

- **MAY 1-MAY29 – 8:30-5:00**
Senior ART SHOW
- **MAY 4TH @ 12:45 PM -**
Shop Rite Nutritionist -
"Protein Snacks" Program
- **MAY 5TH – 12:45 PM**
Mother's Day Activity
- **MAY 6TH @ 12:45 PM-**
"Is this Housing Option For
You?" – Program by Home of
the Sparrow.
- **MAY 7, 12, 14 & 19TH & 26TH
@ 12:45 PM –**
GrandFriends Club
- **MAY 9TH @ 9AM–**
THE GREAT RACE
- **MAY 11TH @ 7PM –**
Estate Planning
- **MAY 13TH @ 12:45 PM**
GIANT Nutritionist
"Anti-inflammatory Foods"
- **MAY 15TH @ – 10-NOON**
CULTURE FAIR
- **MAY 18TH @ 12:45 –** "Food
Safety" with Carol Sweeney
- **MAY 21ST –(RAIN DAY - MAY 28TH)**
SENIOR GAMES DAY
- **MAY 27 @ 12:45**
IDENTITY THEFT PROTECTION
PROGRAM
- **MAY 29TH - @ 7:45 – 9:30**
Bike to Work Day with Mayor
Carolyn Comitta

MAY 2015



THE 6TH ANNUAL GREAT RACE

A family fun 5k run/walk or 1 mile run/walk on Saturday, May 9, 2015,
with proceeds benefitting the West Chester Area Senior Center!

REGISTER ONLINE:
WCSENIORS.ORG

EVENT SCHEDULE:
♦ 7:30 AM: REGISTRATION
♦ 9:00 AM: 5K RUN/WALK
STARTS
♦ 9:05 AM: 1 MILE FUN RUN/
WALK TIME
♦ 10:30 END OF 5K/AWARDS
CEREMONY
♦ 8-11 AM: COMMUNITY FAIR

SATURDAY MAY 9, 2015

9:00 a.m. at the West Chester Area Senior Center
530 East Union Street, West Chester, PA 19382

Entry Fee:

- ♦ Pre-register by 4/27/15:
\$20.00 for adults and \$10.00 for children under 10
- ♦ Register after 4/27/15:
\$25.00 for adults and \$15.00 for children
- ♦ Family rate of \$50.00 for pre-registered family of 4



2ND ANNUAL INTERNATIONAL CULTURE FAIR

Please join us on Friday, May 15th from 10:00AM to Noon for the
2nd annual International Culture Fair. The event will be held from
10AM to noon in our dining room and Cafe.

The fair includes displays, native dress, food and entertainment
from more than nine different countries. Our program partners -
Volunteer English Program and Chester County Family Academy -
will join us for the day with displays and entertainment. Ten
Thousand Villages from Exton will display handmade items from
their shop and a video showing native crafts people.

There is no charge for the fair and no items will be sold.



West Chester Area Senior Center • 530 East Union Street • West Chester, PA 19382

A 501 (c)(3) Non-Profit

(610) 431-4242

• Website wcseiors.org

Monday-Friday 8:00 AM – 3:00 PM

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 & Fitness Instructor
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 Peppler, Debbie Williams, and Glee Young.

INFORMATION AND ASSISTANCE – SENIOR BENEFITS AND RESOURCES

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.

PACE/PACE NET- Do you need help with Prescription drug coverage? This program does not look at assets, only annual income. To qualify for this PA program your income limits cannot exceed

- Pace – Single \$14,500 Married \$17,700
- Pacenet – Single \$23,500 Married \$31,500

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

SENATOR DINNIMAN'S OUTREACH REPRESENTATIVE - Tyler Arkatin is available on Wednesday – 13th at 12:30 PM for any senior questions or concerns

ELLEN MCCABE - INFORMATION AND ASSISTANCE COORDINATOR
610-431-4242/EXT. 108 - 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 jqstudios@aol.com.

UPCOMING PROGRAMS

- **MAY 1 – MAY 29 - 8:30-5:00 PM** – Chester County Senior Center Collaborative ART SHOW will be held at the Government Services Center as part of the “Older American Month” celebration. The GSC building is at 601 Westtown Road, West Chester, PA
- **MAY 4TH @ 12:45 PM** - "Protein Snacks for the Great Race"
Join Jena, dietitian from ShopRite, in learning about and tasting healthy protein-filled snacks to fuel you before and after the Great Race, Saturday, May 9th!
- **MAY 5TH @ 12:45 PM** Chester County Family Academy will be joining us for a fun- “Mother’s Day” Activity.
- **MAY 6TH @ 12:45 PM** - “Is this Housing Option For You?” – Shared housing Options? This program will be presented by Home of the Sparrow.
- **MAY 7, 12, 14 & 19TH & 26TH @ 12:45 PM** -GrandFriends Club – Join us for fund Game Days at the Senior Center
- **MAY 9TH @ 9AM**–6th ANNUAL GREAT RACE
- **MAY 11TH @ 7PM** –Live Learn Grow – Baby Boomer Program about Estate Planning.
- **MAY 13TH @ 12:45 PM** -Giant Nutritionist will be talking about “Anti-inflammatory Foods”.
- **MAY 15TH @ – 10 –NOON** -CULTURE FAIR. Don’t Miss our 2nd Annual Culture Fair.
- **MAY 18TH @ 12:45** – “FOOD SAFETY” – Food Nourishes our Bodies but only if it is safe to eat. Join us for a review of the importance of food safety and how to keep your Food Healthy, nutritious and safe! Carol Sweeney, MA, RD, LDN will be presenting this program. Don’t Miss it!
- **MAY 21ST** –(RAIN DAY - MAY 28TH) - SENIOR GAMES DAY
- **MAY 25TH** -HAPPY MEMORIAL DAY - Our SENIOR CENTER WILL BE CLOSED
- **MAY 27TH @ 12:45**– What is Identity Theft? Facts and Figures about Identity Theft! What are the signs if you are a victim of Identity Theft? **IDENTITY THEFT PROTECTION BY BARRY HEASLEY** from Harvard Risk Management Consultants.
- **MAY 29TH - @ 8:30** - Bike to Work Day with Mayor Carolyn Comitta . West Chester Mayor will bike to work today! She’ll arrive at our Senior Center and you’re invited to enjoy refreshments with her and the children outside next door at 8:30 AM.

HEARING CLINICS






Dr. Judith Curtin, Aud.,
will be at the Center on May 13th.
Please call the Center at 610-431-4242
to schedule an appointment.

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






MAY 13, 2015 @ 10:00 – 11:15 - MIND MATTERS PROGRAM

The Great War and the 21st Century lecture discusses how the First World War shaped the 20th century and how its influence pertains to our lives in the 21st century. Evaluating 2012 and 1912 , Dr. Strikwerda compares the events of these two eras and offers an analysis of the ways in which our world has been shaped by the past.

PROGRAMS - MAY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>CULTURE FAIR ON MAY 15TH AT 10AM</p>	 <p>Food Safety – May 18</p>	 <p>May 9, 2015 @ 9 AM</p>	 <p>Memorial Day –May 25</p>	<p>8:00 Breakfast 1 8:30 ART SHOW @ GOV. SERVICE CENTER 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo</p>
<p>8:00 Breakfast 4 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:45 Bingo/ Rhythm of Life 12:45 “PROTEIN SNACKS” PROGRAM 12:45 Reminiscing</p>	<p>8:00 Breakfast 5 9:30Low Impact Aerobics 10:00 Planning Council/Nurse 10:30 Current Events/Computer Q&A 10:30 Heathy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 12:45 MOTHER’S DAY ACTIVITY 2:00 French Club</p>	<p>8:00 Breakfast 6 9:00 Pinochle 9:00 – 11:00 NEIGHBORS IN ACTION PROGRAM 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 PM - “IS THIS HOUSING OPTION FOR YOU?” PROGRAM 12:45 Pinochle</p>	<p>8:00 Breakfast 7 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 IPAD CLUB/Ping Pong/ART 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:45 GRAND FRIENDS CLUB 1:00 Chorus</p>	<p>8:00 Breakfast 8 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 ----- GREAT RACE SAT. MAY 9 @ 9 AM</p>
<p>8:00 Breakfast 11 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:45 Bingo/ Rhythm of Life 12:45 GARDEN CLUB 12:45 Reminiscing 7:00 PM – ESTATE PLANNING</p>	<p>8:00 Breakfast 12 9:30Low Impact Aerobics 10:00 Planning Council/Nurse 10:30 Current Events/Computer Q&A 10:30 Heathy Steps in Motion 10:45 Spanish Class 11:30 Yoga 12:45 Knitting 12:45 GRANDFRIENDS CLUB 2:00 French Club</p>	<p>8:00 Breakfast 13 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German/MIND MATTERS/Nurse 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 “ANTI – INFLAMMATORY FOODS” -PRESENTATION 12:45 Pinochle 1:30 ELDER JUSTICE DAY @ WESTMINSTER PRESBYTERIAN CHURCH</p>	<p>8:00 Breakfast 14 9:30 Low Impact Aerobics 10:00 ART APPRECIATION 10:00 Ping Pong /ART 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:45 Read the Classics Book Club 12:45 GRANDFRIENDS CLUB 1:00 Chorus/ Computer Forum</p>	<p>8:00 Breakfast 15 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:00 CULTURE FAIR 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts</p>
<p>8:00 Breakfast 18 9:00 Pinochle 9:30 SilverSneakers 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 12:45 FOOD SAFETY PROGRAM WITH CAROL SWEENEY</p>	<p>8:00 Breakfast 19 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 12:45 Knitting Club 12:45 GRANDFRIENDS CLUB 2:00 French Club</p>	<p>8:00 Breakfast 20 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/SilverSneakers Classic 12:00 BIRTHDAY PARTY & ENTERTAINMENT 2:00 Pinochle</p>	<p>8:00 Breakfast 21 9:30 Low Impact Aerobics 10:00 PHOTO CLUB /ART CLASS 10:30 Healthy Steps In Motion 11:30 Yoga 12:30 Bridge 12:45 Read the Classics Book Club 2:00 Pinochle / Computer Forum SENIOR GAMES DAY</p>	<p>8:00 Breakfast 22 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</p>
<p>SENIOR CENTER CLOSED 25</p> 	<p>8:00 Breakfast 26 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 12:45 Knitting Club 12:45 GRANDFRIENDS CLUB</p>	<p>8:00 Breakfast 27 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Pinochle/ Bingo/Book Club 12:45 IDENTITY THEFT PROTECTION 1:15 PARKINSON’S SUPPORT GROUP</p>	<p>8:00 Breakfast 28 9:30 Low Impact Aerobics/Bible Study/ART 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 1:00 Chorus SENIOR GAMES DAY –RAIN DAY</p>	<p>8:30 RIDE YOUR BIKE TO WORK WITH MAYOR CAROLYN COMITTA 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</p>

MENU – MAY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Memorial Day –May 25</p>	 <p>Food Safety – May 18</p>	 <p>CULTURE FAIR- MAY 15</p>	 <p>GREAT RACE 2015 WEST CHESTER AREA SENIOR CENTER MAY 9 @ 9 AM</p>	<p>FISH PATTY SANDWICH 1</p> <p>Fish Patty WW. Hamburger Bun Lettuce/Tomato Cole Slaw/Tartar sauce Pound cake w/Blueberries Whipped Topping/Milk</p>
<p>VEAL PARMESAN 4</p> <p>Veal Patty Marinara Sauce / Rotini Pasta Green Beans WW Bun Mozzarella Cheese Milk/ Fresh Orange</p>	<p>ROAST BEEF AU JUS 5</p> <p>Roast Beef & Au Jus Wheat Kaiser Roll Mashed Potatoes Tropical Fruit Milk Horseradish Sauce</p>	<p>CHICKEN PICCATA 6</p> <p>Chicken Piccatta Wild Rice Five Blend Vegetable Spring Mix / Milk Raspberry Vinaigrette Biscuit w./ Margarine Lemon Meringue Pie</p>	<p>BEEF STEW 7</p> <p>Beef Cubes Gravy/Potatoes Carrots/Margarine Whole Wheat Roll Red Jello Graham Crackers & Milk</p>	<p>TURKEY A LA KING 8</p> <p>Roasted Turkey Mixed Vegetables Cream Sauce/ Egg Noodles Wheat Bread Stick Margarine/Milk Mixed Fruit Juice</p>
<p>BAKED TILAPIA 11</p> <p>Tilapia Red Creole Sauce Baked Potato/Sour Cream Wheatsworth Crackers Margarine Milk</p>	<p>BEEF A RONI 12</p> <p>Ground Beef & Veggies Elbow Macaroni Marinara Sauce Tossed Salad w/ Tomatoes Tapioca Pudding Wheat Breadstick/OJ</p>	<p>CHEESEBURGER 13</p> <p>Ground Beef Burger American Cheese Shredded Lettuce & Tomato Cole Slaw/Whole Wheat Bun Milk /Peach Halves Vegetable Soup</p>	<p>SALISBURY STEAK 14</p> <p>Salisbury Steak / Brown Gravy Mashed Potatoes/Spinach WW Roll/Margarine Yogurt w. Granola Mixed Fruit Juice / Milk</p>	<p>ROAST TURKEY DINNER 15</p> <p>Carrots& Stuffing WW Roll/ Margarine Milk Cranberry Sauce & Grapes</p>
<p>ZITI & MEATBALLS 18</p> <p>Marinara Sauce Italian Bread/Italian Dressing Tossed Salad w/Tomato Italian Blend Vegetables Oatmeal Cookies & Milk</p>	<p>CRAB CAKES 19</p> <p>Crab Cakes&Cocktail sauce Macaroni & Cheese Stewed Tomatoes Whole Wheat Roll Margarine/Fresh Orange Cranberry Juice/Milk</p>	<p>Italian Sausage w/Pepper Sandwich 20</p> <p>Minestrone Soup 4” Club Roll Wedge Fries Margarine/Milk & Diced Pear</p>	<p>BEEF STROGANOFF 21</p> <p>Beef Cubes & Gravy Sour Cream/ Brown Rice Whole Wheat Bread Margarine Carrots/Milk Oranges</p>	<p>BBQ CHICKEN SANDWICH 22</p> <p>WW Hamburger Bun Vegetarian Baked Beans Tossed Salad/Italian Dressing WW Crackers/Milk Melon Chunks/Mushroom Soup</p>
<p>HAPPY MEMORIAL DAY 25</p> 	<p>MEATLOAF W. GRAVY 26</p> <p>Roast Beef & Gravy Mashed Potatoes& Green Beans WW Roll/Margarine Vanilla Wafers/Milk Orange Juice</p>	<p>CHICKEN CACCIATORE 27</p> <p>Chicken Breast Green Beans/ White Rice Corn Muffin/Margarine Orange Juice Milk & Pear Halves</p>	<p>CHICKEN CHEESE STEAK 28</p> <p>Chicken Steak/ Am. Cheese Corn Cobbett/4” Club Roll Margarine/Wheat Crackers Mandarin Oranges Tomato Soup</p>	<p>ROAST TURKEY 29</p> <p>Carrots & Stuffing WW Roll/ Margarine/Peas Milk/Grape Juice Applesauce Masked Sweet Potatoes</p>

We will celebrate our April Birthday Party on Wednesday, May 20, 2015

Joan Sullivan & Mary Aldworth

will be entertaining us! It will be a piano & violin performance.

Please make your reservation 3 days in advance!

1-May

James Gregg

2-May

Carl Cranmer

Bettye Phillips-Carr

Elizabeth Carr

3-May

M. Staarman

4-May

Betty (Doreen) Osmond

5-May

William Young

Beatrice Conner

Mary Rita Coffey

Michael Dutcher

Miriam Thomas

6-May

Elizabeth Ivey

Barry Snyder

7-May

Geraldine Boggs

Margaret Iraca

8-May

Judith Wadsworth

Celeste Selin

Doris Wood

9-May

Gertrude Barnes

Inger Zeller

Marion Matthews

10-May

Ressola McCollum

Gail Sortino

Amelia Tausinga

12-May

Elizabeth Strode

13-May

Barbara Weir

Gilbert Fell

Fell Household (Gil)

14-May

Ray Doyle

Deng Yang

Nancy Kay

15-May

Robert Lorgus

Patricia Ross

Thelma Mandelberg

16-May

Barbara Werner

Jessie Engan

Joan Brewer

Jane Gillem

Jaqueline Woolfrey

Norma Sandler

17-May

Loretta Durnell

Jacklyn Ashby

18-May

Eleanor Dew

Elizabeth Krausser

19-May

Larue Morgan

20-May

Peter Iannotta

Julia Vitale

Marie Tyson

21-May

Donald Lammey

24-May

Franklin Marshall

Joann Borie

Roger Bove

Sally Lane

25-May

Emilie Grunwell

Maureen Harrity

26-May

Margaret Cloud

28-May

Cecilia Gomolka

Rita Delaney

29-May

Jean Harris

Marie Denis

Donel Manke

30-May

Robert Phillips

Josephine Carulli

31-May

Michael Cotter

COLD MEAL LUNCH OPTION

WEEK OF MAY 1

Fri – May 1 – Turkey Ham & Swiss On Rye

WEEK OF MAY 5

Tue. – May 5 – Chef's Salad

Wed. – May 6 – Grilled Chicken Sandwich

Thu. – May 7 – Chicken Pasta Salad

Fri. – May 8 – Cheese & Fruit Plate

WEEK OF MAY 12

Tue. – May 12 – Turkey Ham & Cheese on WW

Wed. – May 13 – Turkey Club Sandwich

Thu. – May 14 – Oriental Chicken Salad

Fri. – May 15 – Tuna Salad Plate

WEEK OF MAY 19

Tue. – May 19 – Italian hoagie

Wed. – May 20 – Chicken Salad

Thu. – May 21 – Corned Beef Special

Fri. – May 22 – American Hoagie

WEEK OF MAY 26

Tue. – May 26 – Egg Salad Platter

Wed. – May 27 – Turkey Wrap

Thu. – May 28 – Chicken Caesar Salad

Fri. – May 29 – Tuna Macaroni Salad

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

Art Appreciation Club –

meets 2nd 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 2nd and 4th 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 –

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

Book Club Regular –

4th 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.

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 2nd 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 May 21 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.

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!
www.wcseniors.org

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

Non-Profit

Organization

US Postage Paid

Permit # 77

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.

