

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



JULY HIGHLIGHTS

- Monday, July 6 @ 12:45 "Mediterranean Grains" with Jena Wood, Nutritionist from Shop Rite
- WEDNESDAY, JULY 8 @ 12:45 "Crazy for Coconut" with Rabiya Bower, RD, LDN – Nutritionist from GIANT Food Stores
- MONDAY, JULY 13 @ 12:45 —
 "Strengthening Your Mind" with Susan
 Cacioppo from Heatherwood Retirement
 Community
- TUESDAY, JULY 14@ 12:45 "Know the 10 signs of Alzheimer's"
 Brad Trust to present an informational session about how to recognize the 10 signs of Alzheimer's disease.
- WEDNESDAY, JULY 15 @ 10-12
 "Veteran's Discount ID Program"
 This program provides a photo ID for veteran discounts at many businesses.
- FRIDAY, JULY 17@ 12:45 "Still Alice Movie & Snack time"
- MONDAY, JULY 20 @ 9-12 –
 Presentations by Villanova Nursing Students
- Monday . July 27 @ 12:45 "Health and Stress" Tri County Chiropractic- Find out how stress affects your health and what you can do to reduce stress at this very informational program.

OUR SECOND READING II – BOOKSTORE at Parkway Shopping Center – 929 S. High St., WC PA IS OFFERING A



AT 11:00 AM EVERY THURSDAY FOR AGES 3-6 YEAR OLDS!!

STOP BY FOR A FEW STORIES AND A FUN ACTIVITY!

MAKE THAT YOUR SUMMER ACTIVITY WITH YOUR GRANDKIDS! For more information please call us at 610-431-2117 or www.secondreading2@gmail.com



STAFF MEMBERS

Kathy Sullivan Em Anderson Jessica Tipton Mia Jones Ellen McCabe

Jim Mobile
Mary Jo Freeman
Nancy Magee

kathys@wcseniors.org ema@wcseniors.org jessicat@wcseniors.org miaj@wcseniors.org ellenm@wcseniors.org IQStudios@aol.com

kitchen@wcseniors.org

Executive Director Executive Assistant Health & Wellness O

Health & Wellness Coordinator & Fitness Instructor

Data Entry

Information & Assistance

Technology & Volunteer Coordinator

Meal Supervisor Office Assistant

INSTRUCTORS

A MEDICARE QUIZ-

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

<u>INFORMATION AND ASSISTANCE</u> — SENIOR BENEFITS AND RESOURCES

ELLEN MCCABEINFORMATION AND ASSISTANCE COORDINATOR 610-431-4242 ELLENM@WCSENIORS.ORG

- Did you know that enrollment in Medicare is not automatic when you turn 65 unless you are already collecting Social Security or Railroad Retirement benefits?
- Did you know that unless you are actively employed and have group health insurance at a large company you will probably face higher Part B and Part D premiums and a gap in medical coverage if you don't apply for Medicare during your Initial Enrollment Period?
- Do you know when your Initial Enrollment Period is?
- Do you know what Part B and Part D are?

If you answered "no" to any of these questions and you are approaching age 65, now is the time to get educated! Go to www.Medicare.gov, attend a Medicare 101 presentation or talk to a certified APPRISE counselor. To speak to a counselor or find out the Medicare 101 schedule, call the center for an appointment. 610-431-4242

FARMERS MARKET VOUCHERS Vouchers are available to income-qualified persons age 60 and over for the purchase of local produce at area farmers markets. Individual - \$21,775 Couple - \$29,471 Please bring ID and proof of income. Vouchers can be picked up Monday-Friday between 10am-2pm.

SNAP — If you are disabled, 60 or older, live alone and have a total monthly income of \$1946 or less you may qualify for the Supplemental Nutrition Assistance Program. A two person household must have income of less than \$2622 a month.

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.

RESOURCES IN THE COMMUNITY — Did you know that the Chester County Depart of Aging www.chesco.org maintains a list of community resources. ReferWeb is a search engine provided by the Department of Human Services that allows people to search for health and human services available to Chester County residents of any age. You can also access ReferWeb on this site http://www.referweb.net/chesco/

SENATOR DINNIMAN'S OUTREACH REPRESENTATIVE Tyler Arkatin is available on Wednesday July 8th at 12:30 for any senior questions or concerns.

SAVE THE DATE - JULY 15TH - 10AM-12PM VETERAN DISCOUNT ID PROGRAM

This program provides a photo ID for veteran discounts at many businesses.

The Chester County Recorder of Deeds in partnership with Vitas Hospice will provide these ID's free for Veterans of any age. Please bring your **original DD-214** discharge form to the senior center on July 15th and you will receive a photo identification card that will entitle you to special discounts.

UPCOMING NEWS

- MONDAY, JULY 6 @ 12:45 Mediterranean Grains Please join Jena Wood, Nutritionist to learn about the benefits of Mediterranean grains
- **WEDNESDAY, JULY 8 @ 12:45** *Crazy for Coconut*: Coconut is the new super food that's all over the news! Come learn about the pros and cons of this tropical fat, and how to use this fad food in a variety of new recipes. Samples will be provided!
- **FRIDAY, JULY 10TH 9AM 12 PM** *Food Box Day* 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. Contact Ellen McCabe to find out more about this program.
- MONDAY, JULY 13 @ 12:45 <u>Strengthening Your Mind</u> Heatherwood Retirement Community's, Susan Cacioppo, BSN, RN has been a nurse for over 30 years and has been exclusively in the seniors living industry for 23 years. Susan will discuss some proactive ways to promote good brain health for now and the future through easy to implement every day changes we can each make to enhance and improve memories and cognitive functioning for years to come.
- TUESDAY, JULY 14@ 12:45 Know the 10 signs of Alzheimer's Brad Trust will be presenting a very informational session about how to recognize the 10 signs of Alzheimer's disease.
- WEDNESDAY, JULY 15 @ 10:00 PM-12:00 PM Veteran's ID Program This program provides a photo ID for veteran discounts at many businesses. The Chester County Recorder of Deeds in partnership with Vitas Hospice will provide these ID's free for Veterans of any age. Please bring your original DD-214 discharge form to the senior center on July 15th and you will receive a photo identification card that will entitle you to special discounts.
- FRIDAY, JULY 17@ 12:45 Still Alice Movie & Snack time We will be showing a story about a linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's Disease.
- Monday, July 20 @ 9-12 Presentations by Villanova Nursing Students
- MONDAY, JULY 27 @12:45 Health and Stress Tri County Chiropractic- Find out how stress affects your health and what you can do to reduce stress at this very informational program.

HEARING CLINICS

Dr. Judith Curtin, Aud., will be at the Center on July 1st and 15th. 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.

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 igstudios@aol.com.
- Don't forget about the **WCASC COMPUTER FORUM** –every third Thursday at 1PM with Charles Eisenfelder.

PROGRAMS - JULY 2015

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:00 Breakfast 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 Classic 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00Ping Pong/ART 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 1:00 Chorus	CENTER CLOSED
8:00 Breakfast 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 Reminiscing 12:45 MEDITERRANEAN GRAINS	8:00 Breakfast 9:30Low Impact Aerobics 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 12:45 AARP GENERAL MEETING 2:00 French Club	8:00 Breakfast 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 Classic 12:45 CRAZY FOR COCONUT 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00Ping Pong/ART 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 1:00 Chorus	8:00 Breakfast 9:00 Tai Chi/ Pinochle 9-12 FOOD BOX DAY 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 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 STRENGTHENING YOUR MIND 12:45 Reminiscing	8:00 Breakfast 9:30Low Impact Aerobics 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 KNOW THE 10 SIGNS OF ALZHEIMER'S 12:45 Knitting 2:00 French Club	8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German/Nurse 10–12 VETERAN'S DISCOUNT ID PROGRAM 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:45 "BIRTHDAY LUNCH & ENTERTAINMENT 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 PHOTO CLUB / ART 10:00 Ping Pong 10:30 Healthy Steps in Motion 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 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 MOVIE & SNACKS 12:45 Bingo/Pinochle/Crafts
8:00 Breakfast 9:00 Pinochle 9-12 VILLANOVA STUDENTS PRESENTATIONS 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	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 12:45 Knitting Club 2:00 French Club	8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/SilverSneakers Classic 2:00 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 ART 10:30 Healthy Steps In Motion 11:30 Yoga 12:30 Bridge 12:45 Read the Classics Book Club 2:00 Pinochle / Computer Forum	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 27 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 HEALTH & STRESS 12:45 Bingo / Rhythm of Life/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 12:45 Knitting Club 2:00 French Club	8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class 11:15 Bingo/SilverSneakers Classic 2:00 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 ART 10:30 Healthy Steps in Motion 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 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts

MENU - J	JUL	Y2	01	5
----------	-----	-----------	----	---

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		PULLED PORK Wheat Bun Cole Slaw Baked Beans Mini Corn Muffin Strawberry Shortcake 1% Milk	Chicken Breast 2 Shredded Cheddar Salsa, Salsa, Peppers & Onions Mexican Corn Tortilla/ Peaches/Tossed Salad Milk/Ranch/Sour Cream	CENTER CLOSED
ROAST TURKEY 6 DINNER Gravy/Spinach/Stuffing Cranberry Sauce Scalloped Apples Milk	CHEESEBURGER Hamburger Patty American cheese Lettuce &Tomato Cole Slaw/Cantaloupe LS Vegetable Soup Milk	BAKED FISH Macaroni & Cheese Green Beans w. Tomatoes Roll/ Margarine Strawberries/ Whipped Topping Milk	BBQ CHICKEN BREAST Macaroni Salad Broccoli Pineapple Margarine/Milk	BEEF STROGANOFF 10 Buttered Noodles Peas / Carrots/Mushrooms Tossed Salad Strawberries Milk
ROASTED PORK LOIN Baked Sweet Potatoes Sauerkraut Whole Wheat Roll Honeydew Melon Cranberry Sauce	MEATLOAF WITH GRAVY Mashed Potatoes/ Green Beans Whole Wheat Bread Margarine/Spinach Salad Salad Dressing/ Vanilla Wafers Milk	CHICKEN CORDON BLEU Chicken Breast/Ham Collard Greens Mini Corn Muffin Steamed White Rice Peaches/Milk	PEPPER STEAK Marinated Steak Peppers Rice Tossed Salad Mandarin Oranges Milk	GRILLED LEMON CHICKEN BREAST Oven Browned Potatoes California Blend Vegetables Milk/ Margarine Pineapples
ROAST TURKEY 20 Sweet Potato Cauliflower w/ Red Pepper Tossed Salad Whole Wheat Bread Margarine/Milk/Berries	SALISBURY STEAK Mashed Potatoes Seasoned Spinach Whole Wheat Bread Apricots/Margarine/Milk	VEAL PARMESAN 22 Breaded Veal Patty Marinara Sauce Mozzarella Cheese Green Beans/Buttered Rotini Fresh Orange/Milk	OPEN FACED HOT ROAST BEEF Mashed Potatoes Peas & Onions Milk/Strawberries	HONEY CHICKEN Chicken Breast Rice Pilaf Broccoli/ Sliced apples Gingersnap Cookies Mixed Fruit Juice
TURKEY A LA KING Vegetables 27 Mushrooms Egg Noodles Whole Wheat Roll Margarine/Cantaloupe Tossed Salad Salad Dressing	BEEF STEW Beef Cubes Oven Browned Potatoes Carrots Breadstick Fresh Plum Milk	BAKED TILAPIA Caribbean Sauce Brown Rice Green Beans Tossed Salad Water Ice Milk	BEEF A RONI Elbow Macaroni Tossed Salad w/ Tomatoes Salad Dressing Cooked Spinach Orange/Milk	SOUTHWEST CHICKEN FAJITA Chicken Breast Shredded Cheddar Salsa/Peppers/Onions Tortilla/Peaches Tossed Salad Milk/Sour Cream

WE WILL CELEBRATE OUR JULY BIRTHDAY PARTY ON WEDNESDAY, JULY 15, 2015 WCASC - RHYTM OF LIFE SHOW

PLEASE MAKE YOUR RESERVATION 3 DAYS IN ADVANCE!

1-Jun.

MARY ANN POPMA

2-JUL

BARBARA FELL

RITA HALFY

JEANNE IANNOTTA

CATHERINE WATSON

3-JUL

ROBERT FROMNIC

4-Jul

ALBERT MANNOCCHI

5-JUL

JEAN M. DALTON

ALLEACE KELLIHER

ALLISON ROYER

RICHARD RUF

6-JUL

MARIE ORRICHIO

8-Jul

BRENDA MALIN STEPHEN QUIGLEY 9-Jul.

BETTY BARNES

HON. GWENN KNAPP

LINDA PHIEL

10-JUL

MARLENE BAKER

JEAN CASSIDY

MARGARET GOODMAN

MARY ALICE HANDY

EILEEN NERO

RUTH RADBILL

11-JUL

VIRGINIA SCHEFFEY

GAIL SOKOLOSKI

12-JUL

JOHN JENNINGS

MARGUERITE

WRIGHT

13-JUL

MARY WADE MYERS

15-JUL

DONALD CASNER

ALFREDA JOHNSON

JEAN KERRIGAN

17-JUL

KATHLEEN MCANENY

NORMA MILNER

18-JUL

EVERETT CASSEL

MARIANE PEPPI ER

ELWOOD SINSON

20-JUL

THOMAS WILSON

21-JUL

ROSEMARIE KELLY

ROBERT LAMBERT

22-JUL

MAUREEN STURGES

LORAINE WHAYLAND

23-Jul

NORMA CASTELLUCCI

25-JUL

MARGARET BACH

MARIE CENTANINO

AUDREY HERLEY

JOANN McCLELLAN

26-JUL

SHIRLEY MARSHALL

HELEN SHUMAKER

27 JUL

IRENE HUNTOON

JOSEPH VITALE, JR.

28-JUL

ANN KNOPF

LILLIAN RIZZETTO

29-JUL

EARL STOLTZFUS

30-JUL

JEFF KITCHEN

WILLIAM MYERS

31-JUL LILLIAN ROOT



COLD MEAL LUNCH OPTION

WEEK OF JULY 1

Wed. - June 1 - Tuna Salad Plate Thu. - June 3 - Roast Beef Sandwich

Fri. - July 4 -- CENTER CLOSED

WEEK OF JULY 6

Tue. - July 7 - Roast Turkey Sandwich

Wed. - July 8 - Marinated Grilled Chicken Sandwich

Thu. - July 9 - Egg Salad Platter

Fri. - July 10 - Chicken Caesar Salad

WEEK OF JULY 13

Tue. - July 14 - Roast Turkey Wrap

Wed. - July 15 - Tuna Pasta Plate

Thu. – July 16 – Chicken Salad Platter

Fri. - July 17 - Turkey Cobb Salad

WEEK OF JULY 20

Tue. - July 21 - Grilled Chicken Salad

Wed. – July 22 – Chicken Pasta Salad Thu. – July 23 – Cheese & Fruit Plate

Fri. - July 24 - Roast Beef Caesar Wrap

WEEK OF JULY 27

Tue. - July 28 - Italian Sub

Wed. - July 29 - Oriental Chicken Salad

Thu. - July 30 - Tuna Salad Plate

Fri. - July 31 - Roast Beef Sandwich

PROGRAMS & ACTIVITIES OFFERED AT THE WEST CHESTER AREA SENIOR CENTER

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.

<u>Bingo –</u>

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.

THE FOLLOWING PROGRAMS/GROUPS WILL NOT BE MEETING DURING THE SUMMER:

- ART APPRECIATION
- IPAD CLUB
- SUNSHINE CHORUS

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.

<u>Hardy Perennials –</u> <u>Garden Club -</u>

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.

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 June 18th 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



2015-2016 BOARD MEMBERS

Laura Aloisio - Vice PresidentC. Ronald GinnsWilliam McGrathAnn RichardsonStephen BrightbillChristine HasenTom MorettiArthur Sagnor, III. Esq.David Connor-Treasurer & VPMatthew Holliday-SecretaryPeter MorrisTroy Vogt -Past President

Barbara Gauff Nelly Jimenez-Arevalo Stephanie Phillips

Ann Giunta Nicole M. McFadden Mary Kay O'Rourke - President

2015-2016 ADVISORY COUNCIL

Alan F. ClarkJ. Craig FenimoreDallas MatthewsBetty StrodeJack DaltonDolores HagerstromRichard MerionGail Tanzola-SeymourDavid G. DorsettJ. Carol HansonMadge MillerThomas R. Wilson, Esq

Don Evons Boyd Mackleer Joseph R. Polito, Jr.

2015-2016 PLANNING COUNCIL

Dolores Bradley Mark Frison Merlace Hubickey Eleanor Suder

Lucy DiValerioEnrique GarciaMarie MorettiLoretta DurnellBarbara GauffLarue Morgan

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.