

# WEST CHESTER AREA SENIOR CENTER

# 40

Est. 1975

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



## NOVEMBER 2015 Newsletter

### NOVEMBER HIGHLIGHTS

- ❖ Nov. 3, 10, 17 @ 1PM  
GRANDFRIENDS CLUB
- ❖ Monday, Nov. 2 @ 12:45PM  
THE SWEET & SAVORY OF SWEET POTATOES
- ❖ Tuesday, Nov. 3 @ 12:45PM  
HEALTHY HEART/COMMON HEART  
WITH LINDA C. VILBERT, D.O. -  
EXTON FAMILY MEDICINE
- ❖ Wednesday, Nov. 4 @ 12:45  
STROKES AND HOW TO PREVENT THEM -  
PRESENTATION BY CHESTER COUNTY  
HOSPITAL, SPONSORED BY ST. MARTHA  
VILLA
- ❖ Friday, Nov. 6 @ 12:45PM  
TRI-COUNTY CHIROPRACTIC:  
NECK & SHOULDER STRENGTH
- ❖ Tuesday, Nov. 10 - 12:45PM  
DIABETES DISCUSSION
- ❖ Thursday, Nov. 12 10AM -12:00PM  
VETERAN'S EXPO
- ❖ Thursday, Nov. 12 @ 12:45PM  
90+ BIRTHDAY LUNCH WITH SENATOR  
ANDY DINNIMAN
- ❖ Monday, Nov. 16 @ 12:45  
MEMORY ENHANCING FOODS
- ❖ Wednesday, Nov. 18 @ 12:45  
NOVEMBER BIRTHDAY LUNCH WITH  
PLAYWRITING PERFORMANCE
- ❖ Friday, Nov. 20 - 12:45PM  
WALGREENS MICRO/MACRO  
COMPLICATIONS OF DIABETES
- ❖ Monday, Nov. 23 - 12:45PM  
JOE MOLONEY: OSTEOPOROSIS &  
OSTEOPENIA

### A NIGHT AT THE RACES

TO BENEFIT WEST CHESTER AREA SENIOR CENTER  
**SATURDAY, NOV. 7, 6:30-10:30PM**

**\$50 SENIOR CENTER MEMBERS**  
**\$60 NON-SENIOR CENTER MEMBERS**  
**FOOD & BAR INCLUDED~ CASUAL AFFAIR**

### SENATOR ANDY DINNIMAN 90+ BIRTHDAY LUNCH

**THURSDAY NOVEMBER 12, 12:00 NOON**  
**JOIN THE SENATOR AND THE WCASC AS WE CELEBRATE**  
**OUR MEMBERS WHO ARE 90+ YEARS YOUNG!**



### Holiday Craft Bazaar

NOVEMBER 19, 20 & 23 ~ 10 AM - 2 PM  
WHITE ELEPHANT DONATION ITEM DROP OFF- TUESDAY, NOV. 2  
9 AM - 12 PM

REGULAR BAZAAR DONATION ITEM DROP OFF-  
THURSDAY, NOV. 5 - 12PM - 2 PM  
DONATIONS FOR BAKED GOODS WILL BE ACCEPTED ON WED, NOV. 18.

**THE 32TH ANNUAL COMMUNITY THANKSGIVING DINNER** - will be served at the West Chester Area Senior Center, 530 E. Union Street, West Chester, PA from noon to 3:00 PM on Thanksgiving Day, November 26, 2015. This 3 hour event includes a program, munchies and a home cooked Thanksgiving Feast with a homemade dessert buffet. All food is donated and is cooked and served home style by volunteers. For any additional information or to volunteer call 610-399-1248. For reservations, call the Center at 610-431-4242. If you are in need, are without family, are seeking friendship, or just want to be friends to others - PLEASE COME.



## **STAFF MEMBERS**

Kathy Sullivan	<a href="mailto:kathys@wcseniors.org">kathys@wcseniors.org</a>	Executive Director
Em Anderson	<a href="mailto:ema@wcseniors.org">ema@wcseniors.org</a>	Executive Assistant
Jessica Tipton	<a href="mailto:jessicat@wcseniors.org">jessicat@wcseniors.org</a>	Health & Wellness Coordinator & Fitness Instructor
Mia Jones	<a href="mailto:miaj@wcseniors.org">miaj@wcseniors.org</a>	Data Entry & Lunch Supervisor
Jim Mobile	<a href="mailto:IQStudios@aol.com">IQStudios@aol.com</a>	Technology & Volunteer Coordinator
Mary Jo Freeman	<a href="mailto:kitchen@wcseniors.org">kitchen@wcseniors.org</a>	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.

## **HEARING CLINICS**

- Mr. Michael Piscotty, Audiologist is available on Monday November, 9<sup>th</sup> and 23<sup>rd</sup>. Please call Mr. Piscotty at 610-213-1867 or our Senior Center @610-431-4242 to schedule appointments.
- Dr. Judith Curtin, Aud., will be at the Center on Nov. 18 & Nov 25 from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.

## **SENIOR BENEFITS AND RESOURCES**

### **MEDICARE ANNUAL ELECTION PERIOD - OCTOBER 15 - DECEMBER 7**

Help with Medicare is here! The Annual Election Period is October 15 – December 7, 2015. Are you unhappy with your current Medicare coverage? Have you reviewed your Medicare coverage every year? Medicare drug and health plans change annually. Premiums change; fees, copays, coinsurance and deductibles change; drug formularies change. You should review your coverage every year to see if you can obtain better coverage and save money. Any change you make to your Medicare coverage during this time will become effective January 1, 2016.

The **Annual Election Period** is the time each year you can do the following:

- Switch your Medicare Part D prescription drug plan or join a Medicare Part D prescription drug plan
- Switch to another Medicare Advantage HMO or PPO
- Switch from a Medicare Advantage Plan back to Original Medicare with or without a Medicare Supplement/Medigap Plan and prescription drug plan
- Review your current coverage and compare your Medicare approved health and drug options

Call and make an appointment with the APPRISE Medicare counselors who can help make a change and guide you in evaluating your options. These counselors are trained and certified by the Commonwealth of Pennsylvania to assist you with free, confidential and independent assessments of health care options under Medicare.

- **Counselors are available by appointment:** Thursday, November 19<sup>th</sup> and Wednesday, December 2<sup>nd</sup>

Please call the center to make an appointment – 610-431-4242

**PROPERTY TAX AND RENT REBATE** - the Property Tax and Rent Rebate program is still 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. The program has been extended to December 31<sup>st</sup>.



### **WEST CHESTER LIONS CLUB PANCAKE BREAKFAST WITH SANTA**

will be held at the West Chester Area  
Senior Center, Saturday Dec. 5, 2015  
7:30 AM -11 AM.

Funds benefit the  
WCASC &

West Chester Lions Charities.

Such a great Family Affair! Eye  
Screening available for children!

Cost: \$6/Adult; \$3.5 for children 4+.

## **NOVEMBER CHOICE MENU**

### **WEEK OF NOVEMBER 1**

Tues. Nov 3 – Roast Turkey Sandwich  
Wed. Nov 4 – Egg Salad Platter  
Thu. Nov 5 – Marinated Grilled Chicken Sandwich  
Fri. Nov 6 – Roast Turkey Wrap

### **WEEK OF NOVEMBER 8**

Tues. Nov 10 – Tuna Pasta Plate  
Wed. Nov 11 – Veteran's Day - Closed  
Thu. Nov 12 – Chicken Caesar Salad  
Fri. Nov 13 – Turkey Cobb Salad

### **WEEK OF NOVEMBER 15**

Tues. Nov 17 – Grilled Chicken Sandwich  
Wed. Nov 18 – Chicken Pasta Platter  
Thu. Nov 19 – Cheese & Fruit Plate  
Fri. Nov 20 – Roast Beef Caesar Wrap

### **WEEK OF NOVEMBER 22**

Tues. Nov 24 – Italian Sub  
Wed. Nov 25 – Oriental Chicken Salad  
Thu. Nov 26 – Thanksgiving Holiday - Closed  
Fri. Nov 27 – Thanksgiving Holiday - Closed

**Nov. 19, 20 & 23**  
**Holiday Craft Bazaar**  
**10AM -2PM**



## OTHER UPCOMING PROGRAMS

- ❖ MONDAY, NOV. 2 – 12:45 PM ShopRite Nutritionist: The Sweet & Savory of Sweet Potatoes
- ❖ WEDNESDAY NOV. 4, – 10:30 Delaware Theater Company's playwriting workshop-together with our seniors-will culminate in a performance for the November 18<sup>th</sup> Birthday Party entertainment. Join the fun...it's not too late!
- ❖ MONDAY, NOV. 9 - 12:45 AARP (Note change of day this month!)
- ❖ TUESDAY, NOV. 10 – 12:45 PM Giant Nutritionist: All About Diabetes
- ❖ TUESDAY, NOV. 10 & 17– 1:00 PM Grandfriends: Drumming
- ❖ FRIDAY, NOV. 13 - 12:45 WCU Nursing Program: Root Veggies
- ❖ MONDAY, NOV. 16 – 12:45 PM Immaculata Nursing Program: Memory Enhancing Foods
- ❖ TUESDAY, NOV. 17 – 10-10:30 AM RiteAid Aging Program
- ❖ WEDNESDAY, NOV. 18 - 11-1PM Rover
- ❖ FRIDAY, NOV. 20 - 10 AM– Benefits of whole fruits and Veggies -Immaculata University Nurse
- ❖ TUESDAY, NOV. 24 – 12:30 Food that Effect Dry Mouth



**WE ARE SO THANKFUL  
TO ALL OUR CURRENT NIGHT  
AT THE RACES SPONSORS!**

(Confirmed Sponsor list as of October 14, 2015!)

PLEASE CHECK OUR WEBSITE FOR WEEKLY UPDATES

## SILVER RACE SPONSORS:



## BRONZE RACE SPONSORS:



ERNE & CLAUDIA INMON

PEG HUEBNER



IN MEMORY of  
NOREEN CROWLEY



PATRICIA C. & RICHARD E.  
SCHRAMM



MRS. BETTY STRODE



DONALD & DIANNE TURNER



## SPECIAL SPONSORS:

Specialty Drink Sponsor

Wine & Coffee Sponsor

Event Decorations

ERNE & CLAUDIA INMON





ANN & LEN GIUNTA



## EVENT PATRONS:

Arianna's Gourmet Café  
Coast to Coast Auto  
Mr. & Mrs. Jack Dalton  
Della Vecchia, Reilly, Smith &  
Boyd Funeral Home  
Mr. & Mrs. William Devenney  
Nancy Ellis, Agent State Farm Insurance  
District Attorney Tom Hogan  
Edward Jones  
Craig & Cynthia Fenimore  
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Fulton Bank  
Giant Food-Bradford Plaza  
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KarMar Realty Group, Inc.  
Market Street Print & Copy  
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Tom Moretti  
Lamb MacErlane, PC  
Adam & Kelly Loew  
Penn Liberty Bank  
Phase I Electric, Inc.  
Michael Piscotty, Audiologist  
Premier Orthopaedics & Sports Medicine  
Sheller Oil Company, Inc.  
Stephen & Anne Quigley  
Arlene & George Rengert  
with thanks from the Laundromat Library League  
Dr. & Mrs. Russell K. Rickert  
John & Sharon Rothwell  
Schorn Construction  
Stan Ab, LP  
The Donohue Funeral Home, Inc.  
Victory Brewing Company

# PROGRAMS - NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 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/Reminiscing <b>12:45 SWEET &amp; SAVORY OF SWEET POTATOES</b>	<b>3</b> 8:00 Breakfast <b>9-12 BAZAAR WHITE ELEPHANT DROP-OFF</b> 9:30Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:15 Planning Council 11:30 Yoga 12:45 Knitting <b>12:45 HEALTHY HEART &amp; COMMON HEART 1 - 3 MATTER OF BALANCE</b> <b>1:00 GRANDFRIENDS</b>	<b>4</b> 8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/Blood Pressure 10:30 Arthritis Exercise Class/ <b>PLAYWRITING</b> 11:15 Bingo/Silver Sneakers Classic 12:45 Pinochle <b>12:45 STROKES</b>	<b>5</b> 8:00 Breakfast 9:30 Low Impact Aerobics <b>10:00 ART/ IPAD CLUB</b> 10:30 Healthy Steps in Motion 11:15 Tai Chi <b>12-2 BAZAAR DROP-OFF</b> 12:30 Bridge	<b>6</b> 8:00 Breakfast 9:00 Pinochle 9:30 Brain Aerobics <b>9:30 MEDITATION &amp; BREATHING</b> 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts <b>12:45 NECK &amp; SHOULDER STRENGTH</b>
<b>9</b> 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 <b>12:45 GARDEN CLUB/ 12:45 AARP MEETING</b>	<b>10</b> 8:00 Breakfast 9:30Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:15 Planning Council 11:30 Yoga 12:45 Knitting <b>12:45 GIANT NUTRITIONIST - DIABETES 1 - 3 MATTER OF BALANCE</b> <b>1:00 GRANDFRIENDS: DRUMMING</b>	<b>11</b> <b>VETERAN'S DAY CLOSED</b> 	<b>12</b> 8:00 Breakfast 9:30 Low Impact Aerobics <b>9:30 BIBLE STUDY</b> <b>10:00 ART &amp; ART APPRECIATION</b> <b>10 - 12 VETERAN'S EXPO?</b> 10:30 Healthy Steps in Motion 11:15 Tai Chi <b>12:00 90+ BIRTHDAY LUNCH W/SEN. ANDY DINNIMAN</b> 12:30 Bridge <b>1:00 CHORUS</b>	<b>13</b> 8:00 Breakfast 9:00 Pinochle <b>9-12 FOOD BOX DAY</b> <b>9:30 MEDITATION &amp; BREATHING</b> 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic/Bingo 12:45 Bingo/Pinochle/Crafts <b>12:45 ROOT VEGGIES</b>
<b>16</b> 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/Reminiscing <b>12:45 MEMORY ENHANCING FOODS</b>	<b>17</b> 8:00 Breakfast 9:30Low Impact Aerobics 10:00 Nurse <b>10 - 10:30 AGING PROGRAM</b> 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 10:45 Spanish Class 11:15 Planning Council 11:30 Yoga 12:45 Knitting <b>1 - 3 MATTER OF BALANCE</b> <b>1:00 GRANDFRIENDS-DRUMMING</b>	<b>18</b> 8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit <b>9-12 BAZAAR BAKED GOODS DROP-OFF</b> 10:00 German/Nurse 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic <b>12:00 BIRTHDAY LUNCH W/PLAYWRITING PERFORMANCE</b> 12:45 Pinochle	<b>19</b> 8:00 Breakfast 9:30 Low Impact Aerobics <b>10:00 PHOTO CLUB /ART</b> <b>10 - 2 HOLIDAY BAZAAR</b> 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:30 Bridge	<b>20</b> 8:00 Breakfast 9:00 Pinochle <b>9:30 MEDITATION &amp; BREATHING</b> 9:30 Brain Aerobics <b>10 - 2 HOLIDAY BAZAAR</b> <b>10 IMMACULATA NURSES PROGRAM</b> 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:45 Bingo/Pinochle/Crafts <b>12:45 ALL ABOUT DIABETES</b>
<b>23</b> 8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit <b>10 - 2 HOLIDAY BAZAAR</b> 10:30 Arthritis Exercise Class/Italian Class 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:45 Bingo/Rhythm of Life/Reminiscing <b>12:45 OSTEOPOROSIS/OSTEOPENIA</b>	<b>24</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 FOODS THAT EFFECT DRY MOUTH</b> 12:45 Knitting Club	<b>25</b> 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	<b>26</b> <b>THANKSGIVING HOLIDAY CLOSED</b> 	<b>27</b> <b>THANKSGIVING HOLIDAY CLOSED</b>
<b>30</b> 8:00 Breakfast 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	<div> <b>HOLIDAY CRAFT BAZAAR</b>  <b>NOVEMBER 19, 20 &amp; 23 - 10 AM - 2 PM</b>  <b>COME JOIN THE FUN AT OUR 2015 BAZAAR</b>  <b>SEE PROGRAM CALENDAR ABOVE FOR ITEM DROP OFF DATES</b> </div>			

# MENU – NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHEESEBURGER</b> <sup>2</sup> HAMBURGER PATTY AMERICAN CHEESE LETTUCE/TOMATO WHOLE WHEAT BUN COLESLAW/CANTALOUPE VEGETABLE SOUP MILK	<b>BAKED FISH</b> <sup>3</sup> BAKED FISH MACARONI & CHEESE GREEN BEANS W/TOMATO PINEAPPLES ROLL/MILK	<b>BBQ CHICKEN BREAST</b> <sup>4</sup> CHICKEN BREAST BBQ SAUCE MACARONI SALAD BROCCOLI FRESH PEAR WHOLE WHEAT BREAD/MILK	<b>BEEF STROGANOFF</b> <sup>5</sup> BEEF W/CREAM SAUCE & MUSHROOMS BUTTERED NOODLES PEAS & CARROTS MANDARIN ORANGES TOSSED SALAD & DRESSING ROLL/MILK	<b>ROASTED PORK LOIN</b> <sup>6</sup> PORK LOIN BAKED SWEET POTATO SAUERKRAUT CRANBERRY SAUCE APRICOTS WHOLE WHEAT ROLL/MILK
<b>MEATLOAF &amp; GRAVY</b> <sup>9</sup> GROUND BEEF & TURKEY MASHED POTATOES/GRAVY GREEN BEANS SPINACH SALAD/DRESSING VANILLA WAFERS WHOLE WHEAT BREAD/MILK	<b>CHICKEN CORDON BLEU CASSEROLE</b> <sup>10</sup> CHICKEN BREAST T.HAM/SWISS CHEESE HONEY MUSTARD SAUCE COLLARD GREENS MINI CORN MUFFIN/RICE PILAF PEACHES/MILK	<b>VETERAN'S DAY</b> <sup>11</sup> <b>CLOSED</b> 	<b>PEPPER STEAK</b> <sup>12</sup> MARINATED STEAK W/PEPPERS RICE TOSSED SALAD W/TOMATOES ORIENTAL DRESSING MANDARIN ORANGES MILK	<b>GRILLED LEMON CHICKEN BREAST</b> <sup>13</sup> CHICKEN BREAST W/LEMON SAUCE OVEN BROWNED POTATOES CALIFORNIA BLEND VEGETABLES PINEAPPLES WHOLE WHEAT ROLL/MILK
<b>VEAL PARMESAN</b> <sup>15</sup> BREADED VEAL PATTY MARINARA SAUCE MOZZARELLA CHEESE GREEN BEANS ROTINI W/SAUCE FRESH ORANGE MILK	<b>SALISBURY STEAK</b> <sup>17</sup> SALISBURY STEAK MASHED POTATOES/GRAVY SEASONED SPINACH WHOLE WHEAT BREAD APRICOTS MILK	<b>THANKSGIVING THEME</b> <sup>18</sup> ROAST TURKEY STUFFING & GRAVY ROASTED POTATOES CRANBERRY SAUCE GLAZED CARROTS SALAD W/DRESSING SWEET POTATO PIE W/ WHIPPED CREAM/MILK	<b>OPEN FACED HOT ROAST BEEF</b> <sup>19</sup> ROAST BEEF W/GRAVY WHOLE WHEAT BREAD MASHED POTATOES PEAS & ONIONS APRICOTS MILK	<b>TURKEY A LA KING</b> <sup>20</sup> ROASTED TURKEY/CREAM SAUCE MIXED CAPRI VEGETABLES MUSHROOMS/EGG NOODLES CANTALOUPE/TOSSED SALAD WHOLE WHEAT ROLL/MILK
<b>BEEF STEW</b> <sup>23</sup> BEEF CUBES/GRAVY OVEN BROWNED POTATOES CARROTS PEACHES BREAD STICKS MILK	<b>BAKED TILAPIA</b> <sup>24</sup> TILAPIA/CARIBBEAN SAUCE BROWN RICE GREEN BEANS/TOSSED SALAD W/TOMATOES SALAD DRESSING/WATER ICE MILK	<b>BEEF A RONI</b> <sup>25</sup> GROUND BEEF/ELBOW MACARONI/TOMATO SAUCE TOSSED SALAD W/TOMATOES COOKED SPINACH ORANGE SECTIONS MILK	<b>THANKSGIVING HOLIDAY</b> <sup>26</sup> <b>CLOSED</b> 	<b>THANKSGIVING HOLIDAY</b> <sup>27</sup> <b>CLOSED</b>
<b>ROAST TURKEY DINNER</b> <sup>30</sup> ROAST TURKEY WITH GRAVY BROCCOLI SALAD STUFFING CRANBERRY SAUCE SCALLOPED APPLES MILK	<div> Please remember to sign up for your hot or cold lunch order  <u>3 days in advance!</u> </div>			

# NOVEMBER BIRTHDAY PARTY ~ WEDNESDAY, NOVEMBER 18, 2015

## MANY THANKS TO OUR SPONSOR "RELATIVE CARE"

PERFORMANCE BY THE PLAYWRITING WORKSHOP GROUP SPONSORED BY  
THE DELAWARE THEATRE COMPANY



**1-Nov**  
Fu Chen

**3-Nov**  
Betty Otto  
Karin Bergesen  
Carol Gunsaulus  
Sharon Paquet  
Alice M. Thomas

**4-Nov**  
Camille Crisanti  
Rita DeSimone  
William Doyle  
Edmund Holcroft  
Abbie Pennington

**5-Nov**  
Roger Braun  
Arthur Castellucci  
Paul Gullo  
Elsi Lekich  
Cicely Peters  
Ray Tauber

**6-Nov**  
Amy Balian  
Janet Prince-Soto  
John Williams

**7-Nov**  
Betty Appleby  
Betty Brown  
Peggy Gentile  
Robert Stauffer  
Merle Taylor

**8-Nov**  
Suzanne McIntyre

**9-Nov**  
Joseph Thomas Fisher  
Charles McCardell, Jr.  
Virginia Gillespie

**10-Nov**  
Jeanne Hillenbrand  
Jane Kalbitzer  
George Morton

**11-Nov**  
Frank Cantatore  
Diane Lynn

**12-Nov**  
Frankie Brickey  
Amrith D'Souza  
Carmellina McDonald

**13-Nov**  
William Ballantyne  
Sue Chen  
Elwood Gotshall  
Eileen P. Kane  
Jean Podgorski

**14-Nov**  
Linda Clay

**15-Nov**  
Gerard (Gerry) Cunningham  
Adolphus D'Souza  
Barbara Williams

**16-Nov**  
Barbara Bower

**17-Nov**  
Roger Clark, Jr.  
Martha Devenney  
Sue Greenberg  
Georgia Haynie  
Jay Heimlich  
Jack Lauber

**18-Nov**  
Joseph Boodin  
Margaret Bradley  
John Stambolian

**19-Nov**  
Catherine Morley

**20-Nov**  
Betty Jean Corry  
Lucy Divalerio  
Raymond Jackson  
Bobbie Munson  
Witi Okpaku  
Nancy Rodgers

**21-Nov**  
Robert Phiel  
William (Bill) Richards

**22-Nov**  
Richard Coyle  
Marjorie Fromnic  
Lynwood Gallimore  
Franklin Pratt

**23-Nov**  
Doris Dengler

**24-Nov**  
Carolyn Klaverkamp  
Doris Jean Neilson  
Jesse Pennypacker, Jr.

**25-Nov**  
Mari Killian  
Conrad Murphy III  
Christopher Palmer  
Diann Shaw

**26-Nov**  
Sajni Gidwani  
Thomas Kadyszewski

**27-Nov**  
Mr. Austin Bowles  
Mrs. Marie J. Davis  
Mr. C. Thomas Glass  
Richard Haynie  
Evelyn Rimel

**28-Nov**  
Thomas Dougherty

**29-Nov**  
Gloria Castorani  
Thomas Darlington  
Jean (Genevieve) Dine  
Lee Hickman

**30-Nov**  
Ruth Chenet  
Wayne Grunwell



Relative Care, a non-medical home care agency in PA, can help you manage this challenging situation by providing a variety of family home care services in Chester County and Berks County,

With our *thoughtful, highly skilled* and professional team of senior home care providers in PA, older adults and those suffering from chronic illness and disabilities living in private homes, retirement communities and medical facilities *can receive the personal care services they need*, in a comfortable, familiar setting.

**JOIN SENATOR ANDY DINNIMAN AND THE WCASC FOR LUNCH AS WE HONOR ALL OF OUR 90+ YEARS YOUNG MEMBERS!**

**THURSDAY NOVEMBER 12, 12:00 NOON**

**PLEASE MAKE YOUR RESERVATIONS 3 DAYS IN ADVANCE!**

**Margaret (Bonnie)**  
Henriques  
Margaret Marion  
Maria Ricci  
Robert Lorgus  
Ornella Gaspari  
Francis J. Disanti  
Igina DiLallo  
Rita DeSimone  
Emily Beck  
Adele Cooke  
Madge Miller  
Frank Robinson  
Celeste Selin  
Gladys Felice  
Rose Cassidy

**Grace Ovelman**  
Irene Rickert  
Mentina Spaziani  
Marian Walker  
John Peppler  
Jozef Bobik  
Walter Munson  
Jeanne Hillenbrand  
Richard Ruf  
Kathryn Stewart  
Jessie Jacot  
Helen Rhodes  
William Jones, Jr.  
Margaret Cutillo  
Chester Salisbury  
Lillian Root

**Ann Parsons**  
Anne O'Brien  
Joseph Valentino  
Rose Valentino  
Julia Ryan  
Ruth Snyder  
Sue Barber  
Virginia Gillespie  
Alfreda Johnson  
Freda Carter  
Raymond Lechentre  
Jean Brown  
Cecilia Amici  
David Schiller  
Helen Bird  
Marjorie Reid

**Roger Clark, Jr.**  
Frank Cantatore  
Elwood (aka Barney) Barnes  
Peggy Gentile  
Eleanor Dew  
Stella Broskey  
Wanda Lowry  
John Hellmann, Jr.  
Martha Weber  
Ann Knopf  
Rosetta Dooner  
Joseph Resko  
Dorothy Milhous  
Eugene Gomolka  
Ruth Myers



## **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 every 2<sup>nd</sup> and 4<sup>th</sup> Thursdays @ 9:30AM

### **Bingo -**

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

### **Blood Pressure Checks -**

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

### **Book Club Classic -**

Will resume in January 2016.

### **Book Club Regular -**

4<sup>th</sup> Wednesday of each month @ 12:30 PM. Shaaron 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.

**Chorus-** The Sunshine Chorus meets every Thursday at 1 PM.

### **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. 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) -**

*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 -**

IPad Club will be back in November 5<sup>th</sup>, 2015 @ 10AM.

### **Italian Social Club -**

The Italian Social Club 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.

### **Meditation& Breathing-**

Learn how meditation affects us physically, mentally, emotionally, and spiritually on Fridays 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 Nov. 19 at 10:00.

### **Pinochle -**

Pinochle players meet on Wednesdays and Fridays. Instruction is available.

### **Reminiscing**

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

### **SilverSneakers Cardio Circuit**

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

### **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 for Arthritis-**

Based on Sun style Tai Chi and it has a healing component improving mobility and balance. The class is offered on Thursdays at 11:15 AM.

### **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.

### **NOVEMBER HOLIDAY CLOSINGS**

VETERANS DAY -  
WED., NOV. 11

THANKSGIVING -  
THU, NOV. 26 &  
FRI, NOV. 27

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](http://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 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.*

