



HAPPY NEW YEAR



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

January 2016 Newsletter

JANUARY HIGHLIGHTS

- ❖ Jan. 4 @ 12:45PM
SHOP RITE: CITRUS FRUITS
- ❖ Jan. 7 @ 1:00PM
ART APPRECIATION W/ GRANDFRIENDS
- ❖ Jan. 13 @ 12:45PM
BALANCE & FALL PREVENTION
- ❖ Jan. 15 @ 12:30PM
WALGREENS: BONE AND SKIN HEALTH
- ❖ Jan. 20 @ 12:00PM
JANUARY BIRTHDAY LUNCH &
WEATHER THE WEATHER FOOD BOX
DISTRIBUTION
- ❖ Jan. 25 @ 12:45PM
TRI COUNTY CHIROPRACTIC: HOW TO
MAINTAIN A HEALTHY LOWER BACK
- ❖ Jan. 27 @ 12:45PM
PARKINSON'S GROUP: OCCUPATIONAL
THERAPY
- ❖ Jan. 27 @ 12:45PM
GIANT NUTRITIONIST: IMMUNE
BOOSTERS FOR WINTER BLUES
- ❖ Jan. 28 @ 12:45PM
IMMACULATA: CALCIUM ENRICHED
FOODS
- ❖ Jan. 29 @ 12:45PM
INTERIM: BONE DENSITY & TAKING
CARE OF YOUR BONES

WINTER STORM ADVISORY

THE WCASC WILL BE CLOSED DUE TO WEATHER CONDITIONS IN ACCORDANCE WITH THE WEST CHESTER AREA SCHOOL DISTRICT. IF THE SCHOOLS ARE CLOSED OR OPENING LATE THE WCASC WILL BE CLOSED AND THERE WILL BE NO ROVER SERVICE. PLEASE TUNE TO 1520 WCHE OR YOUR LOCAL TV STATION FOR A LIST OF SCHOOL CLOSINGS. ON KYW, LISTEN FOR NUMBER 851. THERE IS ALSO A LINK TO THE SCHOOL DISTRICT ON OUR WEBSITE

WEATHER THE WEATHER FOOD DRIVE



THE WEST CHESTER AREA SENIOR CENTER
IS COLLECTING ITEMS FOR THE
2016 EMERGENCY SNOW SACKS
TO PROVIDE FOOD AND SNACKS FOR
HOMEBOUND SENIORS!

**DISTRIBUTION WILL BEGIN ON
WEDNESDAY, JANUARY 20, 2016**

SOUP CANS * GRANOLA BARS * TRAIL MIX * DRIED FRUIT
RAISINS * FRUIT CUPS * CRACKERS * TUNA

MEALS UPDATE EFFECTIVE JANUARY 4TH

- ~MEALS WILL BE PROVIDED BY THE NUTRITION GROUP~
- ~THE COST OF A CONGREGATE MEAL WILL BE \$4.89 FOR THOSE UNDER 60~
- ~COLD LUNCHES WILL NO LONGER BE AVAILABLE~
- ~3 DAYS NOTICE IS STILL REQUIRED FOR LUNCH~

STAFF MEMBERS

| | | |
|-----------------|--|--|
| Kathy Sullivan | kathys@wcseniors.org | Executive Director |
| Dan Wilson | danw@wcseniors.org | Executive Assistant |
| Jessica Tipton | jessicat@wcseniors.org | Health & Wellness Coordinator & Fitness Instructor |
| Mia Jones | miaj@wcseniors.org | Data Entry & Lunch Supervisor |
| Jim Mobile | IQStudios@aol.com | Technology & Volunteer Coordinator |
| Mary Jo Freeman | kitchen@wcseniors.org | Meal Supervisor |

INSTRUCTORS

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

HEARING CLINICS

- Mr. Michael Piscotty, Audiologist is available on Monday Jan. 11th and 25th. 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 Jan. 7th & Jan. 21st from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.

SENIOR BENEFITS AND RESOURCES

Heating Assistance/LIHEAP – the Pennsylvania Low-Income Home Energy Assistance Program helps people pay their heating bills. An individual with an income under \$17,655 or a couple under \$23,895 might qualify for help with their heating bills. Energy Grants are intended to assist in paying heating bills. Crisis Grants are for broken heating equipment, lack of fuel or termination of service.

Energy Grants: November 2, 2015-April 1, 2016

Crisis Grants: November 2, 2015 and reviewed case by case

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 \$1,276 if you live alone or \$1,726 in a two person household.

Medicare-You can switch from your Medicare Advantage plan to Original Medicare during the Medicare Advantage Disenrollment Period (MADP). You can only make this coverage change if you have a Medicare Advantage plan. The MADP occurs every year from January 1 to February 14. If you have a Medicare Advantage plan you will be able to switch to Original Medicare with or without a stand-alone prescription drug plan and you can select a Medigap if you are eligible. Changes made during this period will become effective the first of the following month. For example, if you switched from a Medicare Advantage plan to Original Medicare and a stand-alone prescription drug plan in February, your new coverage would begin March 1.

Please contact the Senior Center for more information about any of these current programs. 610-431-4242

Classic Book Club

**Thursday January 21st @
11:15**

This Month's Book Is...

Their Eyes Were
Watching God

By: Zora Neale Hurston



**OUR SENIOR CENTER
THANKS THE 2015 BAZAAR COMMITTEE
FOR THE DEDICATION AND TIME THEY GAVE TO THIS EVENT!!
UNDER THE LEADERSHIP OF
PEARL BURGER**

**DOLORES BRADLEY
PEARL BURGER
LUCY DIVALERIO
LORETTA DURNELL
ADELE GERVASONI
VERONICA GLENDHILL
MERLACE HUBICKEY
MADGE MILLER
LARUE MORGAN
ANN RICHARDSON
CAROL RICHARDSON
ANN SCHORN
ELEANOR SUDER
KATHY SZYMANSKI**

MANY THANKS!!!!!!

AARP Income Tax Assistance

AARP Tax Counselors will be at the Center offering tax assistance to seniors from Monday, February 2 to Friday, April 10. This service is free to low and moderate income tax payers and senior taxpayers with basic tax returns by appointment only. Please call the Center at 610-431-4242 to make an appointment. For your appointment, please bring all the appropriate information to do your tax returns, including the following:

- Photo ID, Social Security Cards for self and dependents
 - 2014 federal and state tax returns
- W 2 (if you have earned income) and social security SSA 1099 form, Pension form 1099R
 - Canceled or blank check for direct deposit of refunds
 - Interest 1099 INT and Dividend 1099 DIV forms
- Stock and mutual fund share records (dates acquired and sold, original cost and selling price; for multiple transactions, provide a broker summary)
 - Any other income received in 2015 & total of items for deductions
 - Record of estimated tax payments; real estate tax/ rental receipt

SPECIAL THANKS TO OUR WEATHER THE WEATHER SPONSORS



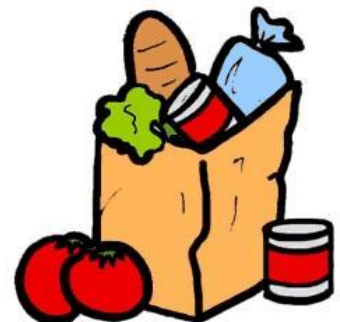
DROP OFF LOCATIONS THROUGH JANUARY 18th



GIANT- Bradford Square

DAVE'S AUTOMOTIVE REPAIR


SECOND READING II
(In the Parkway Shopping Center on
High Street)



PROGRAMS -JANUARY 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| | | | | 1 CLOSED HAPPY 2016!!!! |
| 4 8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class/ 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:30 Bridge 12:00 Lunch 12:45 Bingo/ Rhythm of Life | 5 8:00 Breakfast 9:30Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Lunch 12:45 Knitting | 6 8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German/Nurse 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:00 Lunch 12:45 Pinochle | 7 8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 IPAD 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 ART APPRECIATION W/ GRANDFRIENDS | 8 8:00 Breakfast 9:00 Pinochle 9:30 Meditation & Breathing 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic/Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts |
| 11 8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Bingo/Rhythm of Life | 12 8:00 Breakfast 9:30Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q&A 10:30 Healthy Steps in Motion 11:15 Planning Council 11:30 Yoga 12:00 Lunch 12:45 Knitting | 13 8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German/Nurse 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers Classic 12:00 Lunch 12:45 BALANCE & FALL PREVENTION 12:45 Pinochle | 14 8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 ART APPRECIATION 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge | 15 8:00 Breakfast 9:00 Pinochle 9:30 Meditation & Breathing 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts 12:45 WALGREENS: BONE & SKIN HEALTH |
| 18 CLOSED In Observance of Martin Luther King, Jr. Day | 19 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q &A 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Lunch 12:45 Knitting Club | 20 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 12:00 JANUARY BIRTHDAY LUNCH 12:00 WEATHER THE WEATHER DISTRIBUTION 2:00 Pinochle | 21 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 PHOTO CLUB 10:30 Healthy Steps in Motion 11:15 Tai Chi 11:15 CLASSIC BOOK CLUB 12:00 Lunch 1:00 COMPUTER FORUM 1:00 READING W/ GRANDFRIENDS | 22 8:00 Breakfast 9:00 Pinochle 9:30 Meditation & Breathing 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts |
| 25 8:00 Breakfast 9:00 Pinochle 9:30 SilverSneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Social Club 11:15 Bingo/ Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Bingo /Rhythm of Life 12:45 TRI COUNTY: HOW TO MAINTAIN A HEALTHY BACK | 26 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:15 Spanish Class 10:30 Current Events/Computer Q &A 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Lunch 12:45 Knitting Club | 27 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 12:00 Lunch 12:45 GIANT NUTRITIONIST: IMMUNE BOOSTERS 1:00 PARKINSON'S GROUP- OCCUPATIONAL THERAPY 2:00 Pinochle | 28 8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:45 IMMACULATA- CALCIUM ENRICHED FOODS | 29 8:00 Breakfast 9:00 Pinochle 9:30 Meditation & Breathing 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 INTERIM HEALTHCARE- BONE DENSITY 12:45 Bingo/Pinochle/Crafts |

MENU – JANUARY 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| <p style="color: red; font-weight: bold;">PLEASE REGISTER 3 DAYS AHEAD</p> |  | | | <p style="text-align: right;">1</p> <p style="text-align: center; color: red; font-weight: bold;">CLOSED</p> <p style="text-align: center; color: red; font-weight: bold;">HAPPY 2016!!!!</p> |
| <p style="text-align: right;">4</p> <p style="text-align: center;">BAKED ITALIAN MEATLOAF W/ SAUCE GARLIC POTATOES YELLOW BEANS WHOLE WHEAT BREAD ICE CREAM</p> | <p style="text-align: right;">5</p> <p style="text-align: center;">CHICKEN & GRAVY BABY CARROTS FRESH PEPPER SLAW BUTTERMILK BISCUIT SLICED PEACHES</p> | <p style="text-align: right;">6</p> <p style="text-align: center;">ROAST PORK WHIPPED POTATOES SAUERKRAUT DINNER ROLL HOLIDAY PUDDING</p> | <p style="text-align: right;">7</p> <p style="text-align: center;">CHILI CON CARNE TOSS SALAD W/ TOMATO CARROT, RED CABBAGE & DRESSING CORN BREAD SQUARE CINNAMON APPLESAUCE</p> | <p style="text-align: right;">8</p> <p style="text-align: center;">ROAST BEEF W/ GRAVY REDSKIN POTATOES ITALIAN VEGETABLE MEDLEY WHOLE WHEAT BREAD FRESH SEASONAL FRUIT</p> |
| <p style="text-align: right;">11</p> <p style="text-align: center;">BAKED SWISS STEAK W/ MUSHROOM GRAVY O'BRIEN POTATOES BUTTER BEANS WHOLE WHEAT BREAD MIXED FRUIT SALAD</p> | <p style="text-align: right;">12</p> <p style="text-align: center;">PENNE PASTA W/ MEATBALLS PASTA & MARINARA TOSS SALAD W/ TOMATO CARROTS, RED CABBAGE & DRESS ITALIAN BREAD WARM APPLE SLICES</p> | <p style="text-align: right;">13</p> <p style="text-align: center;">TUNA SALAD SANDWICH LETTUCE TOMATO CHEESY CAULIFLOWER SOUP W/ CRACKERS WHOLE WHEAT BREAD SLICED PEARS</p> | <p style="text-align: right;">14</p> <p style="text-align: center;">SLOPPY JOE SANDWICH HOMEMADE VEGETABLE SOUP W/ CRACKERS 3 BEAN SALAD SANDWICH ROLL SLICED PEACHES</p> | <p style="text-align: right;">15</p> <p style="text-align: center;">BAKED CHICKEN SUPREME BROWN RICE BROCCOLI WHOLE WHEAT BREAD LIME FROSTED PEARS</p> |
| <p style="text-align: right;">18</p> <p style="text-align: center; color: red; font-weight: bold;">CLOSED</p> <p style="text-align: center; color: red; font-weight: bold;">In Observance of Martin Luther King, Jr. Day</p> | <p style="text-align: right;">19</p> <p style="text-align: center;">BAKED BEEF & CHEESE LASAGNA TOSS SALAD W/ TOMATO CARROTS, CABBAGE & DRESS FRUIT JUICE ITALIAN BREAD COOKIE</p> | <p style="text-align: right;">20</p> <p style="text-align: center;">ROAST TURKEY W/ GRAVY HOMEMADE STUFFING MEADOW BLEND VEGETABLES WHOLE WHEAT BREAD FRESH SEASONAL FRUIT</p> | <p style="text-align: right;">21</p> <p style="text-align: center;">BAKED CHICKEN BREAST W/ GRAVY SCALLOPED POTATOES GREEN BEANS WHOLE WHEAT BREAD TROPICAL FRUIT</p> | <p style="text-align: right;">22</p> <p style="text-align: center;">BAKED SALISBURY STEAK W/ GRAVY BAKED POTATO W/ SOUR CREAM SWEET PEAS & ONIONS WHOLE WHEAT BREAD FRESH SEASONAL FRUIT</p> |
| <p style="text-align: right;">25</p> <p style="text-align: center;">BAKED STUFFED PEPPER CASSEROLE WHIPPED POTATOES MIXED BEAN MEDLEY WHOLE WHEAT BREAD SHERBET</p> | <p style="text-align: right;">26</p> <p style="text-align: center;">CHICKEN POT PIE CHICKEN, NOODLES SWEET PEAS & CARROTS FRESH COLESLAW OATMEAL COOKIE</p> | <p style="text-align: right;">27</p> <p style="text-align: center;">POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES MULTI GRAIN BREAD PINEAPPLE & MANDARIN ORANGES</p> | <p style="text-align: right;">28</p> <p style="text-align: center;">CHEESEBURGER LETTUCE TOMATO CREAMY POTATO SOUP W/ CRACKERS WHEAT SANDWICH ROLL SLICED PEACHES</p> | <p style="text-align: right;">29</p> <p style="text-align: center;">BAKED BBQ CHICKEN BREAST RANCH NOODLES GREEN BEANS WHOLE WHEAT BREAD FRESH SEASONAL FRUIT</p> |

JANUARY BIRTHDAY PARTY ~ WEDNESDAY, JANUARY 20, 2016

&

WEATHER THE WEATHER FOOD DISTRIBUTION

1-Jan

Gerald Wilk

John Voge

3-Jan

Martha Smith

4-Jan

Mark Osmond

5-Jan

Anne Quigley

6-Jan

Joseph Nero

7-Jan

Kipp Stone

Dolores (Lori) Tygielski

Joan Ballantyne

9-Jan

Arvind Misser

Mary Glee Young

Marie McCarthy

Richard Lucas

11-Jan

Kathleen Casella

Patricia Brown

12-Jan

Judy Kyper

Elizabeth Zemenszky

13-Jan

John Sortino

Harriett Lelli

14-Jan

Marilyn Smith

16-Jan

Ann Moses

Tom Clark

Carolyn Birkhoff

17-Jan

Bernice Sanders

Nancy Milani

Nancy Wilson

18-Jan

William Ronayne

Margaret Williams

19-Jan

Alma Steinmetz

Laurence Reynolds

20-Jan

Sarah Finnaren

Patricia Towne

Virginia Vonderheide

21-Jan

Ellen Doyle

Phillip Nied

Robert Burnett

Deborah Bledsoe

22-Jan

Charles Young

Theresa Tatman

23-Jan

M. Paulette Schaumann

Barbara Morris

24-Jan

Margaret Reitman

Mary Belle Fabe

26-Jan

Carol Myambo

Lois Ruth

Milton Helmuth

27-Jan

Jeanette Merion

Judy Cosgrove

Robert Johnson

Bertha Creighton

28-Jan

Richard Merion

William Devenney

Arthur Sweatman

Elizabeth Lehmann

29-Jan

Douglas Fairchild

Nancy Fasnacht

Harriet Phillips

30-Jan

Emmett Brown

31-Jan

George Rengert

Dixie Peters

SPECIAL THANKS TO OUR WEATHER THE WEATHER SPONSORS



WINTER STORM ADVISORY

THE WCASC WILL BE CLOSED DUE TO WEATHER CONDITIONS IN ACCORDANCE WITH THE WEST CHESTER AREA SCHOOL DISTRICT. IF THE SCHOOLS ARE CLOSED OR OPENING LATE THE WCASC WILL BE CLOSED AND THERE WILL BE NO ROVER SERVICE. PLEASE TUNE TO 1520 WCHE OR YOUR LOCAL TV STATION FOR A LIST OF SCHOOL CLOSINGS. ON KYW, LISTEN FOR NUMBER 851. THERE IS ALSO A LINK TO THE SCHOOL DISTRICT ON OUR WEBSITE

PROGRAMS & ACTIVITIES OFFERED
AT THE WEST CHESTER AREA SENIOR CENTER

Art Appreciation

This class will be held on Jan. 14th at 10AM.

Arthritis Foundation Exercise Class -

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

Bible Study Group -

This non-denominational group meets every 2nd and 4th 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 -

Thursday January 21st 11:15AM.

Book Club Regular -

Will resume in January 2016 w/ Shaaron Daurio

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 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 -

IPad Club will be back in Jan. 7th, 2016 @ 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 Jan. 21st @ 10:00AM.

Pinochle -

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

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 10:15. Brooks Montgomery 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.

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.

