



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

JULY HIGHLIGHTS

- ❖ Monday July 4th
Closed in Observance for July 4th
- ❖ Tuesday July 5th @ 12:45PM
Movie Day: Movie TBD
- ❖ Wednesday July 6th @ 12:45PM
Holcomb Behavioral: Gambling
- ❖ Wednesday July 8th 12:45M
Walgreens: OTC Stomach Meds
- ❖ Monday July 11th @ 12:45
ShopRite: What to Eat and When to Eat It
- ❖ Wednesday July 13th 12:45PM
Interim: Difference in Home Health & Home Care Agencies
- ❖ Wednesday July 13th @ 12:45PM
Tyler : Senator Dinniman's Office
- ❖ Friday July 15th @ 12:45PM
Movie Day: Blind Side
- ❖ Friday July 18th @ 12:45PM
DellaVecchia: End of Life Planning
- ❖ Wednesday July 20th @ 12:00PM
July Birthday Lunch
- ❖ Friday July 22nd @ 12:45PM
Willowtree: Hospice Vs. Palliative Care
- ❖ Monday July 25th @ 12:45PM
Tri County Chiropractic: Best Treatment for Arthritic Pain
- ❖ Wednesday July 27th @ 12:45PM
Clarifi: Basic Budgeting

July 2016 Newsletter

MOVIE DAY

Friday July 15th @ 12:45

The Blind Side



MANY THANKS!!

TO EVERYONE WHO MADE THE

THE 4TH ANNUAL

WCASC FASHION SHOW SUCH A SUCCESS!



christine's
UPSCALE RESALE
• Since 1994 •

BOOK CLUB

Wednesday, July 27th
@ 12:30



Lolita
By
Vladimir Nabokov

West Chester Area Senior Center
A 501 (c)(3) Non-Profit (610) 431-4242

530 East Union Street
Website wcseniors.org

West Chester, PA 19382
Monday-Friday 8:00 AM – 3:00 PM

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
Maureen Morgan	maureenm@wcseniors.org	Information & Assistance Coordinator

INSTRUCTORS

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

HEARING CLINICS

- Mr. Michael Piscotty, Audiologist is available on Monday July 5th & 19th. 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 July 6th & 20th from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.

SENIOR BENEFITS AND RESOURCES

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 \$1,287 if you live alone or \$1,736 in a two person household. Current participants pick up boxes at the WCASC on the 2nd Friday of every month.

Medicare- APPRISE Medicare counselors are available at WCASC, by appointment, every Wednesday from 10:00 AM to 1:00 PM. If you have questions about Medicare or need help understanding this complex topic, please feel free to make an appointment.

PA Property Tax/Rent Rebate- The program benefits eligible (based on a sliding scale of income) Pennsylvanians age 65 and older; widows and widowers age 50 and older and people with disabilities age 18 and older. The deadline to apply for Pennsylvania's Property Tax and Rent Rebate (PTRR) Program has been extended from June 30 to December 31, 2016.

The deadline to apply for Pennsylvania's Property Tax and Rent Rebate (PTRR) Program has been extended from June 30 to December 31, 2016. The PA department of Revenue will start to mail or deposit rebates on July 1, 2016.

Tyler Arkatin

Constituent Outreach Rep. for
State Sen. Andrew Dinnimin

2nd Wednesday of every month
11-12:30

Tyler will be able answer any
question you may have regarding
Commonwealth of PA programs
and services they offer.

The West Chester Area Senior Center provides information to participants to increase awareness and understanding of services and entitlements that will keep them safe and living independently in the community.

For an appointment call or Email:

Maureen Morgan

Information and Assistance Coordinator

610-431-4242 x108

maureenm@wcseniors.org



FARMER'S MARKET VOUCHERS



VOUCHERS ARE AVAILABLE @ THE WCASC TO INCOME-QUALIFIED PERSONS AGE 60 AND OVER FOR THE PURCHASE OF LOCAL PRODUCE AT AREA FARMERS MARKETS.

DISTRIBUTION TIMES ARE

TUESDAY, WEDNESDAY & THURSDAY
MONDAY AND FRIDAY

9:00 AM -2:00 PM
10:00 AM -12:00PM

*****PROOF OF INCOME MUST BE PRESENTED*****

1 person	\$21,978
2 people	\$29,637
3 people	\$37,296
4 people	\$44,955
5 people	\$52,614
6 people	\$60,273

COMING SOON!

BACK BY POPULAR DEMAND

DELAWARE THEATER COMPANY IS BRINGING BACK THEIR PLAYWRITING FOR SENIORS PROGRAM!



JOIN THEM FOR AN INFORMATIONAL SESSION
WEDNESDAY, SEPTEMBER 7, 2016
IN THE DINING ROOM @ 12PM



WANT TO DO MORE?

THE WEST CHESTER AREA SENIOR CENTER IS LOOKING FOR ENERGETIC AND COMMITTED INDIVIDUALS TO JOIN OUR VOLUNTEERING TEAM



VOLUNTEER OPPORTUNITIES INCLUDE

BOOKSTORE CLERKS
BREAKFAST & LUNCH COOKS/SERVERS
RECEPTION DESK CLERK
AND MORE...



SAVE THE DATE





SATURDAY, NOVEMBER 5, 2016

A NIGHT AT THE RACES


6:30 PM - 10:30 PM

West Chester Area Senior Center - 610-431-4242 - www.wcseniors.org

PROGRAMS -JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				8:00 Breakfast 9:00 Pinochle 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:45 Bingo/Pinochle/Crafts 1
4 Closed In Observance of 4th of July 	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 12:45 French 12:45 MOVIE DAY 5	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle 12:45 HOLCOMB: GAMBLING 6	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Tablet & Cell Phone Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 7	8:00 Breakfast 9:00 Pinochle 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:45 WALGREENS: OTC STOMACH MEDS 8
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45Rhythm of Life 12:45 SHOPRITE: WHAT TO EAT AND WHEN TO EAT IT 11	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 12:45 French 12	8:00 Breakfast9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:00 Tyler : Senator Dinniman’s Office 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bingo 12:45 Pinochle 12:45 INTERIM: HOME HEALTH VS. HOME CARE AGENCIES 13	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Computer Forum 14	8:00 Breakfast 9:00 Pinochle 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:45 MOVIE DAY: THE BLIND SIDE 15
8:00 Breakfast9:00 Pinochle 9:30 Silver Sneakers Cardio 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo/Rhythm of Life 12:45 DELLAVECCHIA: END OF LIFE PLANNING 18	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 12:45 French 19	8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 BIRTHDAY LUNCH 12:45 Pinochle 12:00 Lunch 12:30 Bingo  20	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 21	8:00 Breakfast 9:00 Pinochle 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 12:45 WILLOWTREE: HOSPICE VS PALLIATIVE CARE 22
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo/Rhythm of Life 12:45 TRI-COUNTY: TREATMENTS FOR ARTHRITIC PAIN 25	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 12:45 French 26	8:00 Breakfast9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Villanova Nursing Students 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:30 Book Club 12:45 Pinochle 12:30 Bingo 12:00 Lunch 12:45 BASIC BUDGETING 1:00 PARKINSON’S SUPPORT 27	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 28	8:00 Breakfast 9:00 Pinochle 9:30 Brain Aerobics 9:30 Meditation & Breathing 10:30 Arthritis Exercise Class 11:15 Silver Sneakers Classic 11:15 Bingo 12:00 Lunch 12:30 Bingo/Pinochle/Crafts 29

MENU – JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div>PLEASE REMEMBER TO SIGN UP FOR LUNCH <u>3 DAYS IN ADVANCE</u></div>			<div>1</div> <div>PIZZA BURGER W/ SAUCE AND CHEESE POTATO SALAD BEAN SALAD HOT DOG ROLL SEASONAL MELON</div>
<div>4</div> <div>Closed In Observance of 4th of July</div> <div></div>	<div>5</div> <div>HOT ROAST BEEF PARSLEY NOODLES BABY CARROTS PINEAPPLE TIDBITS & MANDARIN ORANGES</div>	<div>6</div> <div>ROAST TURKEY W/ SPINACH AND CREAM SAUCE WHIPPED POTATOES SWEET PEAS BANANA PUDDING</div>	<div>7</div> <div>CHEF SALAD (HAM, TURKEY, EGG, CHEESES) MIXED GREENS W/ TOMATO PICKLED BEETS FRESH SEASONAL FRUIT GELATIN</div>	<div>8</div> <div>BREADED FISH SANDWICH W/ CHEESE SCALLOPED POTATOES FRESH COLESLAW FRESH NAVEL ORANGE</div>
<div>11</div> <div>BBQ CHICKEN BREAST CHEESY NOODLES ITALIAN VEGETABLE MEDLEY FRESH SEASONAL FRUIT</div>	<div>12</div> <div>BAKED MEATLOAF W/ GRAVY WHIPPED POTATOES GREEN BEANS VANILLA ICE CREAM</div>	<div>13</div> <div>BAKED HAM SLICE W/ PINEAPPLE SAUCE SCALLOPED POTATOES COUNTRY MEADOW BLEND TAPIOCA PUDDING</div>	<div>14</div> <div>CHEESEBURGER FRESH BROCCOLI SALAD SLICED PEACHES</div>	<div>15</div> <div>BAKED CRAB CAKE BAKED POTATO W/ SOUR CREAM SWEET PEAS BROWNIE SQUARE</div>
<div>18</div> <div>MEATBALL HOAGIE SEASONED RED POTATOES ITALIAN BEANS FRESH SEASONAL FRUIT</div>	<div>19</div> <div>TURKEY BREAST & SWISS SANDWICH CHEESY CAULIFLOWER SOUP FRESH COLESLAW MIXED FRUIT SALAD</div>	<div>20</div> <div>BIRTHDAY LUNCH CHICKEN CACCIATORE W/ PASTA BROCCOLI FRESH SEASONAL FRUIT BIRTHDAY CAKE</div>	<div>21</div> <div>BAKED PIZZA CASSEROLE TOSS SALAD GARLIC STICK BREAD SHERBET</div>	<div>22</div> <div>BAKED CHICKEN BREAST W/ GRAVY BLENDED RICE PILAF CALIFORNIA MEDLEY SUNSET PINEAPPLE</div>
<div>25</div> <div>BBQ PULLED PORK SANDWICH BAKED BEANS FRESH CONFETTI COLESLAW SEASONAL MELON</div>	<div>26</div> <div>CARIBBEAN GRILLED CHICKEN SALAD MANDARIN ORANGES SALAD GARLIC BREAD STICK LIME FROSTED PEARS</div>	<div>27</div> <div>BAKE SALISBURY STEAK WHIPPED POTATOES SLICED CARROTS SHERBET</div>	<div>28</div> <div>TUNA SALAD SANDWICH CREAM OF TOMATO SOUP FRESH SEASONAL FRUIT SUGAR COOKIE</div>	<div>29</div> <div>SPAGHETTI & MEATBALLS SALAD ITALIAN BREAD APPLESAUCE</div>

**WE WILL CELEBRATE OUR JULY BIRTHDAY PARTY ON WEDNESDAY, JULY
20TH, 2016**



1-July

Mary Ann Popma

2-July

Barbara Fell

Jeanne Iannotta

Rita Haley

Catherine Watson

3-July

Robert Fromnic

4-July

Albert Mannocchi

5-July

Allison Royer

Jean Dalton

Alleace Kelliher

Richard Ruf

6-July

Marie Orrichio

8-July

Stephen Quigley

Brenda Malin

9-July

Elizabeth Barnes

Gwenn Knapp

Linda Phiel

10-July

Jean Cassidy

Margaret Goodman

Marlene Baker

Mary Alice Handy

Ruth Radbill

Eileen Nero

11-July

Virginia Scheffey

Gail Sokoloski

Nancy Lee Grant

12-July

John Jennings

Marguerite Wright

Eleanor Caligiuri

13-July

Mary Wade Myers

15-July

Alfreda Johnson

Jean Kerrigan

17-July

Norma Milner

Kathleen McAneny

18-July

Mariane Peppler

Everett Cassel

Elwood Sinson

20-July

Thomas Wilson

21-July

Robert Lambert

Rosemarie Kelly

22-July

Maureen Sturges

Loraine Whayland

23-July

Norma Castellucci

C. Richard Morton

Marion Morton

25-July

Joann McClellan

Marie Centanino

Audrey Herley

Margaret Bach

26-July

Helen Shumaker

Shirley Marshall

27-July

Joseph Vitale

Irene Huntoon

28-July

Ann Knopf

Lillian Rizzetto

Nancy Anderson

29-July

Earl Stoltzfus

Zabeda Aziz

Richard McLaughlin

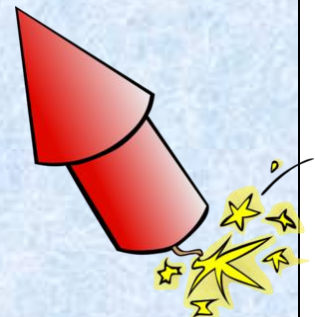
30-July

Jeff Kitchen

William Myers

31-July

Lillian Root



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

Art Appreciation

Art Appreciation will be postponed effective May 2016. Sessions will resume September 8, 2016

Art Club

Art Club meets every Thursday 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 at 9:30AM
Bible Study will be postponed till September.

Bingo -

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

Blood Pressure Checks -

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

Book Club Classic -

The book club meets on the 3rd Thursday of every month at 11:15AM.
Will be postponed till September.

Book Club Regular -

The book club meets on the 4th Wednesday of each month at 12:30 with Shaaron Daurio

Brain Aerobics -

Join us for a variety of games and brain exercises to help keep your mind fit on Fridays at 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 3rd Thursday at 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 (Elementary) -

Tuesdays @ 1PM with Cynthia Teer.

German Club -

The German club meets on Wednesdays at 10 AM.

Garden Club

Hardy Perennials -

The garden club lead by the Penn State Extension Master Gardeners meets 2nd Monday monthly at 12:45 PM 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 meets on the 1st Thursday of each month @ 10AM.

Instructors: Ray Doyle & Leon Parson **Will be postponed till September.**

Italian Social Club -

The Italian Social Club meets on Mondays at 10:30 AM

Will be postponed till August

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 be postponed effective May 2016. Sessions will resume September 15, 2016

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. 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.

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.

