



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

## DECEMBER HIGHLIGHTS

- ❖ Friday December 2<sup>nd</sup>  
Wear Your Ugly Sweater
- ❖ Monday December 5<sup>th</sup> @ 1:00PM  
Grateful Alive Performance
- ❖ Tuesday December 6<sup>th</sup> @ 10:00AM  
Vitamin D & Heart Health
- ❖ Wednesday December 7<sup>th</sup> @ 12:45PM  
"Sing-a-long"
- ❖ Friday December 9<sup>th</sup> @ 12:45PM
- ❖ Cathy Vaul: Alcohol and Drug Addiction  
Monday December 12<sup>th</sup> @ 12:45PM  
Garden Club
- ❖ Friday December 16<sup>th</sup> @ 12:45PM  
Joe DellaVecchia: End of Life Planning
- ❖ Friday December 16<sup>th</sup>  
Dress to Celebrate Your Holiday
- ❖ Wednesday December 28<sup>th</sup>  
NO PARKINSON'S GROUP

## December 2016 Newsletter

### WEST CHESTER LIONS CLUB PANCAKE BREAKFAST WITH SANTA

Will be held at the West Chester Area Senior Center,  
Saturday Dec. 3, 2016

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+.



### HOLIDAY SCHEDULE



FRIDAY, DEC. 23<sup>RD</sup> - CLOSED

MONDAY, DEC. 26<sup>TH</sup> - CLOSED

FRIDAY, DEC. 30<sup>TH</sup> - CLOSING @ 1 PM (LUNCH  
WILL BE SERVED)

MONDAY, JAN. 2<sup>ND</sup> - CLOSED

TUESDAY, JAN. 3<sup>RD</sup> - BACK TO USUAL SCHEDULE

### BREAKFAST SCHEDULE

USUAL BREAKFAST SERVICE THROUGH  
WEDNESDAY, DECEMBER 21<sup>ST</sup> THEN  
CONTINENTAL ONLY FROM THURSDAY,  
DECEMBER 22<sup>ND</sup> — FRIDAY, DECEMBER 30<sup>TH</sup>.  
REGULAR BREAKFAST STARTS AGAIN ON  
TUESDAY, JANUARY 3, 2017

## WEATHER THE WEATHER FOOD DRIVE



THE WEST CHESTER AREA SENIOR CENTER  
IS COLLECTING ITEMS FOR THE  
**2017 EMERGENCY FOOD BOXES**  
TO PROVIDE FOOD AND SNACKS FOR  
HOMEBOUND SENIORS!  
**DISTRIBUTION WILL BEGIN ON  
WEDNESDAY, JANUARY 18, 2017**

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

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

530 East Union Street  
Website [wcseniors.org](http://wcseniors.org)

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

## STAFF MEMBERS

Kathy Sullivan	<a href="mailto:kathys@wcseniors.org">kathys@wcseniors.org</a>	Executive Director
Dan Wilson	<a href="mailto:danw@wcseniors.org">danw@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>	Breakfast Supervisor
Maureen Morgan	<a href="mailto:maureenm@wcseniors.org">maureenm@wcseniors.org</a>	Information & Assistance Coordinator

## INSTRUCTORS

Pearl Burger, Kay Croll, Barb Dehaven, Ray Doyle, Pierina Disciullo, Charlie Eisenfelder, Mark Frison, Enrique Garcia, Wendy Keslick, Leon Parson, Mariane Pepler, Cynthia Teer, Debbie Williams, Glee Young.

## HEARING CLINICS

- Mr. Michael Piscotty, Audiologist is available on Monday December 12<sup>th</sup> & 19<sup>th</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 Wednesday December 7<sup>th</sup> & 21<sup>st</sup> from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.

## SENIOR BENEFITS AND RESOURCES

**Senior Food Box Program**- December's distribution for qualified participants will occur on Friday, December 9<sup>th</sup>. Please stay tuned for information regarding new program guidelines and participation eligibility.

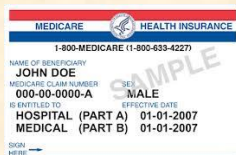
**Tyler Arkatin Constituent Outreach**- Rep. for State Sen. Andrew Dinniman 2<sup>nd</sup> Wednesday of every month 11-12:30.

**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.

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](mailto:maureenm@wcseniors.org)



## 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**



## MANY THANKS TO ALL OUR NIGHT AT THE RACES SPONSORS!

The 2016 "Night at the Races" totals are in, and they're staggering! With the support of all of our amazing sponsors, donors and friends the West Chester Area Senior Center was able to raise **\$75,000** dollars this year!!!!!! We can't begin to THANK the 2016 Night at the Races Committee members, the WCASC Board of Directors and our group of rock star volunteers and staff enough. If it wasn't for all the time and energy they devoted to this event this year would not have been the MOST SUCCESSFUL fundraising event the center has ever had.

### PLATINUM SPONSORS:



### T3 CONSTRUCTION, LLC

### SILVER SPONSORS:



### BRONZE SPONSORS:

Mark, Rob & Claire Alesiani



Health Partners Plans

Peg Huebner



Ernie & Claudia Inmon



Eli & Jeanne Kahn



Patricia Loew



Rudman Family



Mr. & Mrs. Richard Schramm

Mrs. Betty Strode



Donald & Dianne Turner



Nathan Trotter



### SPECIAL SPONSORS:

Specialty Drink Sponsor  
Ernie & Claudia Inmon

Wine & Coffee Sponsor



Photo Booth Sponsor

Lenny Rogers Photography

Saddle Sponsor  
Adam & Kelly Loew



"Fodder" Snack Sponsor



Event Decorations  
Ann & Len Giunta



### EVENT PATRONS:

ABC Hearing Net  
Brian Hoskins Ford  
Coast to Coast Auto Inc.  
Colliton Elder Law Assocs, PC  
Jack & Trudy Dalton  
Della Vecchia, Reilly, Smith & Boyd Funeral Home  
DS Pipe & Steel Supply, LLC  
Mr. & Mrs. William Devenney  
Nancy Ellis, Agent State Farm Insurance  
Craig & Cynthia Fenimore  
Fulton Bank  
Gawthrop Greenwood  
Haydon Bolts Inc.  
District Attorney Tom Hogan  
The Hickman  
Judge Mobile Wash  
Jim & Dee MacFadden  
MacLaren Kitchen & Bath  
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Gail Tanzola-Seymour & Scott Seymour  
Rover Community Transportation  
Schorn Construction Company, Inc.  
Sheller Oil Co.  
Victory Brewing Company  
WCASC Board of Directors  
Wusinich & Brogan

### BEVERAGE SPONSORS





ERNIE & CLAUDIA  
INMON



### RESTAURANT & FOOD SPONSORS



# PROGRAMS -DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>HOLIDAY PARTY &amp; COOKIE EXCHANGE</b>  WEDNESDAY, DECEMBER 7 <sup>TH</sup> @ 12:30 IN THE DINING ROOM  BRING YOUR FAVORITE DESSERT TO SHARE		8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Tablet & Cells Phone 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Chorus 1:00 Grand Friends	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  <b>Wear Your Ugly Sweaters</b>
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Rhythm of Life 1:00 Grand Friends	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse <b>10:00 VITAMIN D &amp; HEART HEALTH</b> 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 Latin Dance 1:00 AARP	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 11:15 Silver Sneakers Classic 12:00 Lunch 12:30 Bingo <b>12:30 HOLIDAY PARTY &amp; COOKIE EXCHANGE</b> 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Club 10:00 Art Appreciation 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Chorus	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 <b>12:45 CATHY VAUL: ALCOHOL &amp; ADDICTION</b>
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:45 Rhythm of Life <b>12:45 GARDEN CLUB</b> 1:00 Grand Friends	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 11:15 Planning Council 11:30 Yoga 12:00 Lunch 12:45 Knitting 12:45 French 12:45 Latin Dance	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 <b>12:00 BIRTHDAY LUNCH</b> 12:30 Bingo 12:45 Pinochle	8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Photo Club 10:30 Healthy Steps in Motion 11:15 Tai Chi <b>11:15 NO BOOK CLUB CLASSIC THIS MONTH</b> 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Computer Forum 1:00 Chorus	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 <b>12:45 DELLAVECCHIA: END OF LIFE PLANNING</b> <b>Dress to Celebrate Your Holiday</b>
8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio 10:30 Arthritis Exercise Class 10:30 Italian Club 11:15 Bingo/Silver Sneakers Classic 12:00 Lunch 12:30 Bridge 12:30 Bingo/Rhythm of Life <b>12:45 SHOPRITE</b> 1:00 Grand Friends	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	8:00 Continental Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 12:45 Pinochle 12:30 Bingo	8:00 Continental Breakfast 9:30 Low Impact Aerobics 10:00 Art Club 10:00 Photo Club 10:30 Healthy Steps in Motion 11:15 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Computer Forum 1:00 Chorus	
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# MENU – DECEMBER 2016

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

*Please remember to sign up for your  
lunch  
3 days in advance!*

1

CHEF SALAD  
NOODLE SOUP W/  
CRACKERS  
WHEAT BREAD  
PEACHES

2

CREAMY PARMESAN  
GARLIC CHICKEN  
W/PENNE PASTA  
ITALIAN VEGETABLE  
MEDLEY  
CINNAMON  
APPLESAUCE

5

MEATLOAF W/ GRAVY  
WHIPPED POTATOES  
WHOLE WHEAT BREAD  
BANANA PUDDING FLUFF

6

BBQ CHICKEN BREAST  
BAKED POTATO W/ S.  
CREAM  
. COUNTRY VEGETABLE  
BLEND  
SUGAR COOKIE

7

BAKED SALISBURY  
STEAK  
W/ MUSHROOM GRAVY  
PARSLEY POTATOES  
BRUSSEL SPROUTS  
GELATIN W/ TOPPING

8

TURKEY & SWISS  
SANDWICH  
CHEESY BROCCOLI SOUP  
FRESH SEASONAL FRUIT

9

BREADED LEMON PEPPER  
POLLOCK  
REDSKIN POTATOES  
GARDEN SALAD  
SLICED PEACHES  
W/ OATMEAL TOPPING

12

BAKED CHICKEN BREAST  
W/ GRAVY  
WHIPPED POTATOES  
SWEET PEAS & ONIONS  
CHOCOLATE PUDDING

13

BAKED VEGETABLE  
LASAGNA  
W/ PARMESAN CREAM  
SAUCE  
MIXED GREENS  
PEACH CRISP  
POTATOES

14

**BIRTHDAY LUNCH**  
BAKED HAM SLICE  
SCALLOPED POTATOES  
MIXED BEAN MEDLEY  
"CARROT CAKE"

15

BBQ PULLED PORK  
SOUTHWEST RICE &  
BLACK BEANS  
FRESH COLESLAW  
CORN DROP BISCUIT  
FRESH SEASONAL FRUIT

16

CHILI MAC W/  
CHEDDAR CHEESE  
MIXED GREENS  
APPLESAUCE

19

HOT ROAST BEEF  
SANDWICH  
W/ GRAVY  
WHIPPED POTATOES  
SWEET PEAS & CARROTS  
SUGAR COOKIE

20

PENNE PASTA W/  
MEATBALLS  
PASTA W/ SAUCE  
MIXED GREENS  
CABBAGE  
SLICED PEACHES

21

ROAST TURKEY & GRAVY  
HOMEMADE STUFFING  
BABY CARROTS  
CINNAMON APPLESauce

22

CHEESEBURGER  
OVEN BROWN POTATOES  
FRESH COLESLAW  
FRESH SEASONAL FRUIT

23



26



27

SWEET SAUSAGE  
W/ PEPPERS & ONIONS  
REDSKIN POTATOES  
GREEN BEANS  
CHOCOLATE ICE CREAM

28

BAKED LASAGNA  
W/ MARINARA SAUCE  
MIXED GREENS  
CROUTONS  
WARM APPLESauce

29

SLOPPY JOE SANDWICH  
BAKED POTATO SOUP  
PINEAPPLE TIDBITS

30

SHEPHERD'S PIE  
W/ GRAVY  
PEAS & CARROTS  
FRESH COLESLAW  
LIME FROSTED SLICED  
PEARS



## DECEMBER BIRTHDAY PARTY ~WEDNESDAY, DECEMBER 14, 2016

**ENTERTAINMENT WILL BE PROVIDED BY THE STUDENTS FROM THE CCFA**

**LUNCH SPONSORED BY THE ALESIANI FAMILY IN MEMORY OF FRAN**

### **1-December**

Anna May Clark

Vivian Carlow

Ornella Gaspari

Kay Croll

Patricia Lisowski

Leona Poet

### **2-December**

John Herley

### **3-December**

Alice Peters

### **4-December**

Thomas Donohoe

### **5-December**

Louise Pino

Adele Cooke

James Tate

James Kelly

Teresa Krol

### **6-December**

Marian Walker

Ann Richardson

### **11-December**

Kathryn Stanzione

Helen Linden

Hsiang Ku

13-December

Ronald Sagnella

Lucy Marchiafava

Gerald Abbott

Pam Paulsell

### **14-December**

Irene Rickert

Irene Sewell

### **15-December**

Francis Minyone

Hildegard Lechner

### **17-December**

Deb Randall

Barbara Lucas

Margaret Harris

### **18-December**

Elaine Frison

Marie Halligan

### **19-December**

Kenneth Bailey

### **20-December**

Claire Surr

Daryl Kezell

Brehm & Bowman Household

Thomas Amodei

Joanne Fritz

### **21-December**

Mentina Spaziani

Julia Ryan

Judith Bullotta

Thomas Deane

Charles McGovern

### **22-December**

Randy Taylor

Diana Price

### **23-December**

Mary Streets

### **25-December**

Virginia Hines

Marjorie Reid

Barbara Gauff

Marie Gregg

Robert McGurk

### **27-December**

Helen Mozzani

Frank Giacomucci

### **28-December**

Shaaron Daurio

Margaret Key

### **29-December**

Dolores Feconda

### **30-December**

Caroline Thomas

Mollie Richardson

Eileen Fields

Harry Carter

### **31-December**

Kathryn Bauernschmidt

Kay Schmidt



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

### **Art Appreciation**

Art Appreciation meets the second Tuesday of the month at 10AM

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

### **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 3<sup>rd</sup> Thursday of every month at 11:15AM.

**NO DECEMBER MEETING**

### **Book Club Regular -**

The book club meets on the 4<sup>th</sup> Wednesday of each month at 12:30 with Shaaron Daurio **NO DECEMBER MEETING**

### **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.

**\* Please see December Holiday schedule on Pg. 1 for any closed/early closing updates**

### **Computer Q & A -**

Computer Q & A is 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 @ 12:45 PM 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 2<sup>nd</sup> 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 the first Thursday of the month at 10 AM

### **Italian Club -**

The Italian 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!

### **Latin Dance-**

Latin Dance taught by Barb Dehaven takes place every Tuesday at 12:45

### **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 meets the 3<sup>rd</sup> Thursday of the month @ 10AM

### **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 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](http://www.wcseniors.org)

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

Non-Profit  
Organization  
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West Chester, PA

United Way Member Agency



### **2016-2017 BOARD MEMBERS**

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### **2015- 2016 ADVISORY COUNCIL**

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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.*

