



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

JANUARY HIGHLIGHTS

- ❖ Monday January 2nd
CLOSED
- ❖ Tuesday January 3rd @ 1PM
AARP
- ❖ Friday January 6th @ 12:45PM
Bryn Mawr Rehab: Little Changes for Better Health
- ❖ Monday January 9th @ 12:45PM
Garden Club
- ❖ Wednesday January 11th @ 12:45PM
CVIM Dental Program
- ❖ Thursday January 12th 9:30-10:30AM
Medicare Fraud Prevention
- ❖ Friday January 13th @ 12:45PM
Tri-County Chiropractic
- ❖ Monday January 16th
CLOSED
- ❖ Wednesday January 18th @ 12:45PM
Pneumonia Shot Q&A
- ❖ Wednesday January 18th @ 12:45PM
Pneumonia Shot Q&A
- ❖ Monday January 23th @ 12:45PM
RiteAid w/ Grand Friends Tricks When You're Sick
- ❖ Wednesday January 25th @ 10:00AM
RiteAid Pneumonia Shots

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

January 2017 Newsletter

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:

- Social Security Cards will be required for Everyone on the Tax Return
- Photo or other Gov't authorized ID is required for the Primary Taxpayer
- Prior Year's (2015) Federal and State Tax Returns are required (even if AARP prepared it)
- 2016 Social Security Earnings Statement (SSA-1099)
- W2 wages (if any) and W2G Gambling Income (PA Lottery is NOW taxable)
- 1099-R Retirement/ Pension Income
- 1099-Int Interest earned from bank accounts
- 1099-B and 1099-Div Investment and Official 2016 Brokerage Reports
- 1099-Misc Earnings from Contract or Self Employment
- Any other income received in 2016 and Total of Items for Deductions
- Record of Estimated tax payments paid throughout the year (if any)
- If you had Health Coverage Other than Medicare, your 1095 Proof of Health Coverage for 2016 is required

STAY TUNED FOR MORE INFORMATION

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	IOStudios@aol.com	Technology & Volunteer Coordinator
Mary Jo Freeman	kitchen@wcseniors.org	Breakfast Supervisor
Maureen Morgan	maureenm@wcseniors.org	Information & Assistance Coordinator
Ellen Donohoe	ellend@wcseniors.org	Development Director

INSTRUCTORS

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

HEARING CLINICS

- Mr. Michael Piscotty, Audiologist is available on Monday January 23rd. 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 January 11th & 25th from 10AM-12 PM. Please call the Center at 610-431-4242 to schedule an appointment.

SENIOR BENEFITS AND RESOURCES

Senior Food Box Program- Beginning January 1, 2017 qualified seniors 60 years or older may register for the Chester County Food Bank Senior Food Box Program at the West Chester Area Senior Center.

Qualifications include the following:

1. You must be 60 years or older
2. Must be a resident of Chester County
3. You must have a total household income of the following or less:

Family Size	Annual Income	Monthly Income	Weekly Income
1	\$17,800	\$1,485	\$343
2	\$24,030	\$2003	\$462

Please bring Photo proof of identity (PA. I.D, Driver's license, V.A. I.D. etc.) Proof of residency.

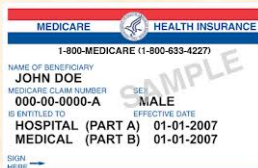
If you are already in the program, you do not need to sign up at this time.

All new applicants will start receiving the Senior Food Box
February 10, 2017

Tyler Arkatin Constituent Outreach- Rep. for State Sen. Andrew Dinniman 2nd 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.

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



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!
COLLECTION WILL END FRIDAY, JANUARY 13, 2017
DISTRIBUTION WILL BEGIN ON
WEDNESDAY, JANUARY 18, 2017

SOUP CANS * GRANOLA BARS * TRAIL MIX * CANNED VEGETABLES
RAISINS * PEANUT BUTTER * CRACKERS * TUNA

NEW SENIOR FOOD BOX PROGRAM

Beginning January 1, 2017 qualified seniors 60 years or older may register for the Chester County Food Bank Senior Food Box Program at the West Chester Area Senior Center

<u>Family Size</u>	<u>Annual Income</u>	<u>Monthly Income</u>	<u>Weekly Income</u>
1	\$17,800	\$1,485	\$343
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Please bring Photo proof of identity (PA. I.D, Driver's license, V.A. I.D. etc.).
Proof of residency






If you are already in the program, you do not need to sign up at this time.

All new applicants will start receiving the Senior Food Box
February 10, 2017, and the second Friday of the month thereafter.




Income is self-declared

PROGRAMS – JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <div style="text-align: center;">  </div>	3 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 Latin Dance	4 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 12:45 Pinochle	5 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	6 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
9 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 12:45 GARDEN CLUB 1:00 Grand Friends	10 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	11 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 12:30 CVIM DENTAL PRESENTATION 12:45 Pinochle	12 8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 9:30 MEDICARE FRAUD PREVENTION 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	13 8:00 Breakfast 9:00 Pinochle 9:00 Food Box 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 TRI-COUNTY CHIROPRACTIC
16 <div style="text-align: center;">  </div>	17 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 Latin Dance	18 8:00 Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 PNEUMONIA SHOT Q & A 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers Classic 12:00 BIRTHDAY LUNCH 12:30 Bingo 12:45 Pinochle <div style="text-align: right;"></div>	19 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 11:15 Book Club Classic 12:00 Lunch 12:30 Bridge 1:00 Grand Friends 1:00 Computer Forum 1:00 Chorus	20 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 12:30 MOVIE DAY
23 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 12:45 RITEAID 1:00 Grand Friends	24 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	25 8:00 Continental Breakfast 9:00 Pinochle 9:30 Blood Pressure 9:30 Silver Sneakers Cardio Circuit 10:00 German 10:00 PNEUMONIA SHOTS 10:30 Arthritis Exercise 11:15 Bingo/Silver Sneakers Classic 12:30 Bingo 12:30 Book Club Regular 12:45 Pinochle	26 8:00 Continental Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art 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	27 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 12:30 GAME DAY
30 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 12:45 SHOPRITE 1:00 Grand Friends	31 8:00 Continental 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	<div style="border: 2px solid blue; padding: 10px; display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>CLASSIC BOOK CLUB</p> <p>ANIMAL FARM BY GEORGE ORWELL</p> </div> <div style="text-align: center;">  <p>BOOK CLUB</p> <p>A SPOOL OF BLUE THREAD BY ANNE TAYLOR</p> </div> </div>		

MENU – JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="font-size: 24px; margin: 0;">2</p> <p style="font-size: 24px; color: red; margin: 10px 0 0 0;">CLOSED</p>	<p style="text-align: right; font-size: 24px; margin: 0;">3</p> <p style="margin: 5px 0 0 0;">BREAKFAST FOR LUNCH EGG OMELET BREAKFAST SAUSAGE BREAKFAST POTATOES WHITE BREAD W/ JELLY FRESH NAVEL ORANGE</p>	<p style="text-align: right; font-size: 24px; margin: 0;">4</p> <p style="margin: 5px 0 0 0;">ROAST PORK LOIN WHIPPED POTATOES SAUERKRAUT PUDDING DESSERT</p>	<p style="text-align: right; font-size: 24px; margin: 0;">5</p> <p style="margin: 5px 0 0 0;">STUFFED STEAK BRACIOLE W/ GRAVY WHIPPED POTATOES SLICED CARROTS LIME GELATIN W/ TOPPING</p>	<p style="text-align: right; font-size: 24px; margin: 0;">6</p> <p style="margin: 5px 0 0 0;">BREADED FISH SANDWICH W/ CHEESE CHEESY BACON & CHIVE POTATOES GREEN BEANS PINEAPPLE & ORANGES</p>
<p style="text-align: center; font-size: 24px; margin: 0;">9</p> <p style="margin: 5px 0 0 0;">PEPPER STEAK W/ PEPPERS ONIONS & GRAVY PARSLEY POTATOES BABY CARROTS APPLESAUCE</p>	<p style="text-align: right; font-size: 24px; margin: 0;">10</p> <p style="margin: 5px 0 0 0;">BREADED CHICKEN FILLET SANDWICH VEGETABLE SOUP PINEAPPLE TIDBITS & MANDARIN ORANGES</p>	<p style="text-align: right; font-size: 24px; margin: 0;">11</p> <p style="margin: 5px 0 0 0;">OVEN ROASTED HOT BEEF W/ GRAVY BAKED POTATO W/ SOUR CREAM SWEET & SOUR COLESLAW GELATIN W/ TOPPING</p>	<p style="text-align: right; font-size: 24px; margin: 0;">12</p> <p style="margin: 5px 0 0 0;">POTATO CRUSTED FISH MACARONI & CHEESE STEWED TOMATOES FRESH SEASONAL FRUIT</p>	<p style="text-align: right; font-size: 24px; margin: 0;">13</p> <p style="margin: 5px 0 0 0;">HOT DOG WHIPPED POTATOES SAUERKRAUT CHOCOLATE BROWNIE</p>
<p style="font-size: 24px; margin: 0;">16</p> <p style="font-size: 24px; color: red; margin: 10px 0 0 0;">CLOSED</p>	<p style="text-align: right; font-size: 24px; margin: 0;">17</p> <p style="margin: 5px 0 0 0;">CHEF SALAD MIXED GREENS NOODLE SOUP PEACHES</p>	<p style="text-align: right; font-size: 24px; margin: 0;">18</p> <p style="margin: 5px 0 0 0;">BIRTHDAY LUNCH STUFFED PEPPER CUP W/ TOMATO SAUCE WHIPPED POTATOES YELLOW BEANS DICED PEARS</p>	<p style="text-align: right; font-size: 24px; margin: 0;">19</p> <p style="margin: 5px 0 0 0;">ITALIAN MEATBALL HOAGIE W/ SAUCE & CHEESE SEASONED NEW POTATOES MIXED BEAN MEDLEY TAPIOCA PUDDING</p>	<p style="text-align: right; font-size: 24px; margin: 0;">20</p> <p style="margin: 5px 0 0 0;">CREAMY PARMESAN GARLIC CHICKEN W/ CREAM SAUCE PENNE PASTA VEGETABLE MEDLEY APPLESAUCE</p>
<p style="text-align: center; font-size: 24px; margin: 0;">23</p> <p style="margin: 5px 0 0 0;">BAKED HAM SLICE W/ SAUCE ORANGE KISSED MASHED SWEET POTATOES BRUSSEL SPROUTS VANILLA ICE CREAM</p>	<p style="text-align: right; font-size: 24px; margin: 0;">24</p> <p style="margin: 5px 0 0 0;">BBQ CHICKEN RED POTATOES COUNTRY VEGETABLE BLEND SUGAR COOKIE</p>	<p style="text-align: right; font-size: 24px; margin: 0;">25</p> <p style="margin: 5px 0 0 0;">CHILI MAC W/ CHEDDAR CHEESE TOPPING MIXED GREENS APPLESAUCE</p>	<p style="text-align: right; font-size: 24px; margin: 0;">26</p> <p style="margin: 5px 0 0 0;">TURKEY & SWISS SANDWICH CHEESY BROCCOLI SOUP FRESH SEASONAL FRUIT</p>	<p style="text-align: right; font-size: 24px; margin: 0;">27</p> <p style="margin: 5px 0 0 0;">BREADED LEMON PEPPER POLLOCK PARSLEY POTATOES GARDEN SALAD SLICED PEACHES W/ OATMEAL TOPPING</p>
<p style="text-align: center; font-size: 24px; margin: 0;">30</p> <p style="margin: 5px 0 0 0;">MEATLOAF W/ GRAVY WHIPPED POTATOES ITALIAN BEANS BANANA PUDDING FLUFF</p>	<p style="text-align: right; font-size: 24px; margin: 0;">31</p> <p style="margin: 5px 0 0 0;">BAKED VEGETABLE LASAGNA MIXED GREENS GARLIC BREAD STICK SLICED APPLES W/ OATMEAL TOPPING</p>			

JANUARY BIRTHDAY PARTY ~WEDNESDAY, JANUARY 18, 2017

WEATHER THE WEATHER FOOD BOX DISTRIBUTION
SPONSORED BY MARKET STREET WEALTH MANAGEMENT, VOYA FINANCIAL & GREATER WEST CHESTER SUNRISE ROTARY

1-January

Gerald Wilk
John Voge

3-January

Martha Smith
4-January
Mark Osmond

5-January

Anne Quigley

6-January

Nancy Holmes
Joseph Nero

7-January

Kipp Stone
Dolores (Lori) Tygielski

9-January

Arvind Misser
Mary Glee Young
Marie Mccarthy
Richard Lucas

11-January

Kathleen Casella
Patricia Brown

12-January

Judy Kyper
Elizabeth Zemenszky

13-January

John Sortino
Harriett Lelli
John Melia

14-January

Joan Greco
Marilyn Smith

16-January

Ann Moses
Tom Clark
Carolyn Birkhoff

17-January

Bernice Sanders
Nancy Milani
Nancy Wilson

18-January

William Ronayne
Margaret Williams

19-January

Alma Steinmetz
Laurence Reynolds

20-January

Sarah Finnaren
Patricia Towne
Virginia Vonderheide

21-January

Ellen Doyle
Phillip Nied
Robert Burnett
Deborah Bledsoe

22-January

Charles Young
Theresa Tatman
Brigitte Leiling-Fritz

23-January

M. Paulette Schaumann
Barbara Morris

24-January

Margaret Reitman
Mary Belle Fabe
Cynthia Oursler

25-January

Louise Brooks

26-Jan

Carol Myambo
Lois Ruth
Milton Helmuth

27-January

Jeanette Merion
Judy Cosgrove
Robert Johnson
Bertha Creighton

28-January

Richard Merion
William Devenney
Arthur Sweatman
Elizabeth Lehmann

29-January

Douglas Fairchild
Nancy Fasnacht
Harriet Phillips

30-January

Emmett Brown

31-January

George Rengert
Dixie Peters

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 2nd and 4th 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 3rd Thursday of every month at 11:15AM.

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 -

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 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 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 3rd 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

*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



2016-2017 BOARD MEMBERS

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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.

