

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

July 2024 NEWSLETTER

- The **VILLANOVA UNIVERSITY SENIOR NURSING STUDENTS** are back with us once again on *Mon. & Wed. mornings!* We appreciated the June group and will welcome another group for the month of July.
- PLEASE NOTE **WCASC WILL BE CLOSED ON THURSDAY & FRIDAY, JULY 4th & 5th**
- Join us for the **Summer Senior Sports Monday, July 15th through the 18th**. *Flamingo Golf, Corn Hole, Badminton, Bocce Ball, Paper Airplane Toss* and much more. Embrace the Olympic spirit and come take part in all the fun! See Lobby for clipboard sign up and details.
- A wonderful group from **CTDI** helped us do some wonderful sprucing up! We're incredibly fortunate to have such a supportive community, always ready to lend a hand to the WCASC! They worked hard throughout our facility cleaning, vacuuming, organizing, and more! **Thank you CTDI!** *Check out Pg. 7.*
- Interested in a **FREE COOKING COURSE?** The Chester County Food Bank is holding a course *Tuesdays from June 25th to September 3rd from 6:00pm-7:30pm and on Wednesdays from June 26th to September 4th from 6:00pm-7:30pm.* Located at 2 Fish Community Café: 500 E Market St, West Chester PA. **If anyone has questions about the Free Cooking Course, please contact Community Food Educator, Erika Mendez at emendez@chestercountyfoodbank.org or 610-873-6000, ext. 132.**
- Try out Chair or Mat **Yoga Tuesday, July 9th!** *Please sign up on clipboards in the lobby.*

West Chester Senior Center Updates

Reminders....

- We will be **CLOSED** **Thursday, July 4th & Friday, July 5th in honor of Independence Day.**
- Summer Senior Sports is *Monday, June 15th through the 18th.*
- **Brain Aerobics** will **NOT** be back until October 4th for summer break!
- **NEW:** Chair and Mat **YOGA on Tuesday, July 9th** Please sign up on clipboards in the lobby.
- **Book Club:** July read, *The Five Wishes of Mr. Murray* by Joe Siple.



Technology Assistance Available with Jim Mobile!



To schedule an appointment,
call 610-431-4242 x105 or email
assistant@wcseniors.org

Availability Monday, Tuesday, & Friday
12:00-3:00 PM

SAVE THE DATE FOR CASINO NIGHT! Saturday, November 2, 2024, 6:30 pm

Last year, WCASC's Casino Night, our fall fundraiser, was a success and a source of great fun.

*A guest even exclaimed,
"I wish we could do this every week!"*

This year, Casino Night is Sat., Nov 2, 2024, at 6:30 pm at WCASC! Proceeds support our programs and services.

We would love for you to attend and perhaps even sponsor, donate an auction item & spread the news!

The event features:

- Casino Games
- Dinner and Drinks
- Live Music with Bob Starnier
- Live and Silent Auction

We will share more information in weeks to come.



Contact Bernadette Walsh at
bernadettew@wcseniors.org or
610-431-4242, ext. 106 for more information.

West Chester Senior Center BOOKSTORES

Book Store 1/ Borough **Phone #: 610-692-6756**

32 N. Church St, West Chester, PA 19380
Monday - Friday 10 am -6pm
Saturday - Sunday 10 am-3pm




Book Store 2/ Parkway Center **Phone #: 610-431-2117**

929 S. High Street, West Chester, PA 19382
This store accepts 2 bags or boxes Tues-Sat
Tuesday – Friday 10:00am-4:00pm
Saturdays 10:00am-3:00pm

July Specials

- 50 % off Trade Fiction & Beach Reads & "Christmas in July" food collection for WCASC corner cabinet (nonperishables)

1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10-12- Villanova Nurses 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:30- Level One Fitness Class NOON- Lunch 12:00 – 3:00 - Tech & Assist	Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretch & Strengthening NOON - Lunch 12:00-3:00 - Tech & Assist	Continental Breakfast/ Socialization 9:30 - Level Three Fitness Class 10-12- Villanova Nurses 10:00-1:00 Corner Cabinet 10:00- German Klub 10:30 - Level Two Fitness Class 10:30 – Bingo 11:30 - Level One Fitness Class NOON – Lunch 12:45 - Knitting and Crocheting Club	<p style="text-align: center;">CLOSED Happy 4th of July!</p> 	<p style="text-align: center;">CLOSED</p>
8 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10-12- Villanova Nurses 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:00- Simple Steps to Boost your Immunity: Dave from Aetna 11:30- Level One Fitness Class NOON- Lunch 12:00 – 3:00 - Tech & Assist	9 Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretch & Strengthening 11:15- 12:00- Chair Yoga NOON – Lunch 12:15-1:00- Mat Yoga 12:00-3:00 - Tech & Assist	10 Continental Breakfast/ Socialization 9:30 - Level Three Fitness Class 10-12- Villanova Nurses 10:00-1:00 Corner Cabinet 10:00- German Klub 10:30 - Level Two Fitness Class 10:30 – Bingo 11:30 - Level One Fitness Class NOON – Lunch 12:45 - Knitting and Crocheting Club	11 Continental Breakfast/Socialization 9:30- Cardio Interval Fitness Class 9:30- Bible Study 10-12- Senator Comitta Outreach 10:30 - Level Two Fitness Class 11:00- Senior Living 101: Heidi from Oasis 11:30 - Level One Fitness Class NOON- Lunch 12:45- Mahjong	12 Continental Breakfast /Socialization 9:45-10:30- “Team” Word Games 10:30- Friday Fun Fitness 10:30 Jenga 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist
15 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10-12- Villanova Nurses 10:30 - Level Two Fitness Class 10:30 Bingo & Current Events 11:30- Level One Fitness Class NOON- Lunch 12:00 – 3:00 Tech & Assist	16 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:00- Kinetic PT: Shoulder Pain 11:00- Stretch and Strengthening 11:15- Book Club NOON- Lunch 12:00-3:00 Tech & Assist	17 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00 -1:00 - Corner Cabinet 10-12- Villanova Nurses 10-12- State Rep Pielli’s Office 10:00- German Klub 10:30 - Level Two Fitness Class 10:30- Bingo 11:30- Level One Fitness Class NOON- Birthday Lunch 12:45 - Knitting and Crocheting Club	18 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 – Level Two Fitness Class 11:00- Aging in Place Sharing/Support Group 11:30- Level One Fitness Class NOON- Lunch 12:45- Mahjong	19 Continental Breakfast / Socialization 9:45-10:30- “Team” Word Games 10:30- Friday Fun Fitness 10:30- Jenga 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist
<i>← Summer Senior Sports 15th-18th →</i>		<i>← Summer Senior Sports 15th – 18th →</i>		
22 Continental Breakfast /Socialization 9:30 - Level Three Fitness Class 10-12- Villanova Nurses 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:30 - Level One Fitness Class NOON- Lunch 12:00-3:00 Tech & Assist 12:30- Trivia w/ Jess WellSprings	23 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30-12:30 Hearing Clinic ENTACC 11:00- Stretching & Strengthening NOON- Lunch 12:00-3:00 Tech & Assist	24 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00-1:00 – Corner Cabinet 10-12- Villanova Nurses 10:00 German Klub 10:30 - Level Two Fitness Class 10:30- Bingo 11:30 - Level One Fitness Class NOON-Lunch 12:45 Knitting and Crocheting	25 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 9:30- Bible Study 10:30 – Level Two Fitness Class 11:30- Level One Fitness Class NOON- Lunch 12:45-Mahjong	26 Continental Breakfast /Socialization 9:45-10:30- “Team” Word Games 10:30- Friday Fun Fitness 10:30- Jenga 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist
29 Continental Breakfast /Socialization 9:30 - Level Three Fitness Class 10-12- Villanova Nurses 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:30 - Level One Fitness Class NOON- Lunch 12:00-3:00 Tech & Assist	30 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretching & Strengthening NOON- Lunch 12:00-3:00 Tech & Assist	31 Continental Breakfast/ Socialization 9:30 - Level Three Fitness Class 10:00-1:00 Corner Cabinet 10:00- German Klub 10:30 - Level Two Fitness Class 10:30 – Bingo 11:30 - Level One Fitness Class NOON – Lunch 12:45 - Knitting and Crocheting Club 1:00- Parkinsons Support	<p style="text-align: center;">**EVERYDAY 9-3**</p> <p style="text-align: center;">Puzzles & games Computer lab Reading café</p>	<p style="text-align: center;">JULY PROGRAMS & ACTIVITIES</p>

JULY LUNCH SCHEDULE

<u>MONDAY</u> 1	<u>TUESDAY</u> 2	<u>WEDNESDAY</u> 3	<u>THURSDAY</u> 4	<u>FRIDAY</u> 5
Sloppy Joe Tater Tots Mixed Vegetables	Chicken Sweet Potatoes Brussel Sprouts Banana Slices Stuffing	Chicken Cordon Bleu Roasted Potatoes Strawberries/Blueberries Dinner Roll	CLOSED Happy 4th of July! 	CLOSED
8 Chicken Marsala Mashed Potatoes Green Beans Watermelon Dinner Roll	9 Beef Stroganoff Mandarin Oranges Dinner Roll	10 Cheeseburger French Fries Cantaloupe	11 Roast Turkey Sweet Potato Broccoli Dinner Roll Oatmeal Cookie	12 Chef Salad Peaches Dinner Roll
15 Pasta & Meatballs Salad Garlic Bread Pineapple	16 Pork Chop Sauerkraut Mashed Potatoes Brussel Sprouts Applesauce Dinner Rol	17 Roast Beef Mashed Potatoes California Blend Vegetables Peaches 	18 Tuna Platter Salad Honeydew Chicken & Orzo Soup	19 Glazed Ham Sweet Potato Brussel Sprouts Wheat Bread Water Ice
22 Chicken Enchiladas Corn & Black Bean Salad	23 Chicken Stir Fry Broccoli Brown Rice Mandarin Oranges	24 Swedish Meatballs Baby Carrots Watermelon Dinner Roll	25 Chicken Alfredo Broccoli Cantaloupe Texas Toast	26 Pizza Soup Chocolate Chip Cookies
29 Sausage w/ Peppers & Onions 3 Bean Salad Watermelon	30 Chicken Salad Pineapple Whole Wheat Roll	31 Hot Dog Sauerkraut Baked Beans Fruit	*Milk served with lunch daily* Menus are always subject to change. **Please reserve 10 days in advance! **	

**JULY SPEAKER SERIES
DINING ROOM**

CLOSED THURSDAY, JULY 4TH AND FRIDAY, JULY 5TH

**MONDAY, JULY 8TH @ 11:00AM: SIMPLE STEPS TO BOOST
YOUR IMMUNITY WITH DAVE FROM AETNA**

**TUESDAY, JULY 9TH @ 11:15AM-12:00PM: CHAIR YOGA
@12:15AM-1:00PM: MAT YOGA**

**THURSDAY, JULY 11TH @ 11:00AM: SENIOR LIVING 101
WITH HEIDI FROM OASIS**

**MONDAY, JULY 15TH – THURSDAY, JULY 18TH: TIME TBD
SUMMER SENIOR GAMES**

**TUESDAY, JULY 16TH @ 10:00AM: KINETIC PT ON
SHOULDER PAIN**

**MONDAY, JULY 22ND @ 12:30PM: TRIVIA WITH JESS FROM
WELLSPRINGS**

**TUESDAY, JULY 23RD @ 10:30AM-12:30PM: ENTACC
HEARING CLINIC WITH ALEXIS**

**MONDAY AND WEDNESDAY MORNINGS
10AM-NOON: VILLANOVA NURSES**

IMPORTANT INFORMATION TO HELP YOU!



Governor Shapiro Extends Deadline to Apply for Property Tax/Rent Rebates to Dec. 31, 2024

Following Governor Shapiro's work to expand the PTRR program for the first time since 2006, roughly 445,000 rebate applications have already been filed this year — including nearly 80,000 first-time filers

The number of rebates received so far in 2024 represents a 29% increase from the same time period in 2023; rebates will be distributed starting on July 1

Harrisburg, PA — In order to ensure as many Pennsylvanians receive the relief they are entitled to, the deadline for older adults and Pennsylvanians with disabilities to apply for rebates on rent and property taxes paid in 2023 has been extended from **June 30 to December 31, 2024**, **Governor Josh Shapiro** announced today.

SENIORS FARMERS MARKET NUTRITION PROGRAM

To apply, you will need to complete the application and email it to mwebb@chesco.org or mail it to:
Chester County Department of Aging Services
 601 Westtown Rd Suite 320
 West Chester, PA 19380



Forms are available at our front desk or

<https://www.chesco.org/5537/Farmers-Market-Program>

We are happy to electronically submit your completed application on your behalf. All information on the form must be completed.

Once your application is received, the Chester County Department of Aging will send your checks to you through the U.S. Postal Service.

Each eligible recipient will receive five (5) \$10 checks, for a total of \$50 for this program year.

Please see the application for income guidelines.

If you have any questions, please contact Olivia at 610-431-4242 ext. 105 or assistant@wcseniors.org

Heatstroke

SIGNS & SYMPTOMS

- ❖ Anhidrosis (dry skin that does not sweat) OR excessive sweating
- ❖ Issues with balance
- ❖ Delirium
- ❖ Dizziness
- ❖ Hot, flushed skin or very pale skin
- ❖ Lung crackles-(*explain how that would manifest*)
- ❖ Nausea/Vomiting
- ❖ Weakness or fainting
- ❖ Seizures

WHAT TO DO

- ❖ Call 911
- ❖ Apply ice packs (neck, groin, armpits)-*why those areas*
- ❖ Salty fluids (sports drink)
- ❖ Get to shaded area
- ❖ Immerse in cool water
- ❖ DO NOT give medications
- ❖ Remove tight clothing

PREVENTION

- ❖ Avoid alcohol especially on a hot day
- ❖ Stay hydrated
- ❖ Know your meds!
- ❖ Wear light/loose clothing
- ❖ Stay in AC during heat waves
- ❖ Avoid strenuous physical activity in hot conditions
- ❖ Gradually let the body acclimate to higher temperatures

**Warning!
People >65yo
are at higher
risk!!**

One of our Villanova Nurses Fast Facts Presentations

WCASC HIGHLIGHTS



During July nursing students from **Villanova University M. Louise Fitzpatrick College of Nursing** will be at the WCASC on Mondays & Wednesdays from 10 am to 11:30 am. The students will interact with our seniors including delivering educational presentations, taking blood pressures and more. **We're so glad you are here!**



WCASC's long-time kitchen volunteers, Charles and his daughter, Lauren, are relocating along with Gail (Charles' wife and Lauren's mom). As a result, we took some time today to wish them the very best and to thank them for their extraordinary service. WCASC is privileged to benefit from such wonderful volunteers. **Charles, Gail, and Lauren thank you for being a part of our family!** We will keep in touch and hope you do as well!

Our seniors showcased clothes and accessories from **Christine's Upscale Resale**. With Christine and Nancy's help, seniors transformed their outfits with beautiful accessories - jackets, purses, earrings, bracelets, necklaces, rings, hats, glasses, a flag, and more! Thank you, **Christine and Nancy**, for giving us all some great ideas. And Lenny & Ray, you're the perfect gentlemen to escort our senior models down the runway!



Thank you, CTDI! A wonderful group from CTDI helped us do some wonderful sprucing up! WCASC is deeply grateful to the mighty CTDI Team for your **invaluable support and hard work**. We couldn't do it without you!

**WEST CHESTER AREA
SENIOR CENTER**

530 E Union St
West Chester, PA
19382

Phone (610) 431-4242

Check us out at:

www.wcseniors.org

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

*Non-Profit
Organization
US Postage Paid
Permit # 77
West Chester, PA*

United Way Member Agency



WEST CHESTER AREA SENIOR CENTER

2023-2024 BOARD MEMBERS

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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) 1800-732-0999. Registration does not imply endorsement.

