

August 2009

Volume 33 Issue 8



WEST CHESTER AREA SENIOR CENTER

Senior News & Views

West Chester Area Senior Center

530 East Union Street (610) 431-4242 FAX: (610) 429-9296

WWW.WCSENIORS.ORG

Monday-Friday 8:00 to 3:00

Opera Presentation

We are very pleased that Angelo DiAntonio will return for an opera program on Wednesday, August 12th at 12:45. Puccini's TOSCA will be presented.

August Movies

Pillow Talk with Rock Hudson and Doris Day will be shown on Wednesday, August 5th at 12:45. *Frost/Nixon* will be shown on Tuesday, July 18th at 12:45. This movie is rated R.

Computer Courses

Computer courses for all levels will begin in September. The cost for a four week session (1 hour per week) is \$50 for members and \$70 for non-members. Classes are held in our computer lab with one computer per student. Private instruction is also available. Through a generous donation from AUM Physical Therapy, we now offer scholarships to those in need. Please call the Center at 610-431-4242 for more information.

WCASC PLANNING COUNCIL

West Chester Area Senior Center's newly elected Planning Council members are: Ellinor Joseph, Virginia Love, Gino Maffei, and Norma Milner. We thank our out-going members: Sally Austin, Eleanor Dew, Steve Plummer, and John Strommer for their help and dedication. This is a very exciting time for our Center as we continue to grow and work to fulfill our mission to enrich the lives of our senior neighbors through friendship, education, activities, and nourishment. We encourage everyone to get involved.

Upcoming Programs

- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, August 13th at 12:30. Stop by for assistance with state programs and other information.
- An Apprise counselor will be at the Center on Monday, August 10th to assist with Medicare counseling. Please call for an appointment.
- Independence Blue Cross will present Medicare Matters on Thursday, August at 10:00.
- Richard Wiedl from Legacy Wealth Management will return to WCASC for a financial program on Wednesday, August 5th at 1:00.

Free Computer Activities

Computer Forum is held on the 1st and 3rd Thursdays at 1:00 for those that want to broaden their computer knowledge. Computer Assistance is available on most Tuesdays from 1 – 2:30 in the computer room. Participants can bring their laptop to the computer room on Fridays at 10:30 for Laptop Questions and Answers. These are volunteer run activities, so there may be changes. Please call the Center for last minute schedule changes. Jim Mobile leads Computer Q & A on Tuesdays at 10:30.

Various topics are covered and your questions are answered.

West Chester Area Senior Center

STAFF MEMBERS

Jeanne Edwards	<i>jeannee@wcseniors.org</i>	Executive Director
Mary Kline	<i>maryk@wcseniors.org</i>	Program Coordinator
Philip Picone	<i>philip@wcseniors.org</i>	Meal Supervisor
Doris Russell		Asst. Bookkeeper
Mia Jones	<i>miaj@wcseniors.org</i>	Data Entry
Mary Ann McMullan	<i>maryannm@wcseniors.org</i>	Executive Assistant
Lee Grunwell	<i>leeg@wcseniors.org</i>	Bookkeeper
Rachel Sierk	<i>rachels@wcseniors.org</i>	Health & Wellness Coordinator
Betty Daniels		Custodian
Rose Marie Klasky		Office Assistant
Marian London		Kitchen Assistant
Jim Mobile	<i>IQStudios@aol.com</i>	Technology & Volunteer Coordinator

INSTRUCTORS

Pearl Burger, Dorothe Cialini, Kay Croll, Art Dougherty, Ray Doyle, Pierina Disciullo, Doug Fairchild, Margaret Giunta, Lee Hickman, Ziran Huang, Betty Kane, Anthony Lorenzo, Mariane Pepler, Pat Ross, Judith Rodriguez, Claire Surr, Pam Walsh, Gretchen Webb, Debbie Williams, and Glee Young.

Smorgasbord Breakfast!

Our Smorgasbord breakfast will be held Wednesday, August 26th from 7:30 am to 10 am. All you can eat for a suggested donation of \$5.00. The menu includes scrambled eggs, pancakes, bacon, sausage, home fries, toast, fresh fruit and coffee or tea.

Mouthwatering Meals

The WCASC serves breakfast 5 Days A Week from 8:00 to 9:30! Breakfast is cooked to order for a suggested donation of \$3.50. Lunch is served daily at noon for a \$1.50 suggested donation for those over 60 and \$4.55 for those under 60. Please call your lunch reservations in at least 3 days in advance.

United Way Contributions

Do you or someone you know contribute to the United Way Campaign?

If so, don't forget to designate

West Chester Area Senior Center

to receive that contribution.

Just fill in our name on the contribution form, or for the UW of Southeastern PA use the donor choice agency number 1971.

Thank you for your support!

Reminder

Please be sure to sign in when you enter the building and/or attend a class. Our funding is directly related to the number of people we serve. We also ask that you PRINT your name.

If you volunteer at the Center, please document your hours at the front desk. Your hours are directly related to our funding.

Greater West Chester Chamber Discount Drug Program

The Greater West Chester Chamber of Commerce has supplied the Center with the Pennsylvania Drug Discount Card. The card can save money on prescription drugs and can be used alone or as a supplement for most insurance plans. You may pick up a card at the front desk and for more information, go to the Chamber website www.gwcc.org.

MIND AND BODY

Arthritis Foundation Exercise Class

This class is held Mondays, Wednesdays, and Fridays at 10:30. *Free to members.*

Tai Chi

Tai Chi is held on Fridays at 9:00 am. \$3 for members, \$5 for non-members

Basic Tai Chi

This basic class is held on Mondays at 2:00. \$3 for members, \$5 for non-members

Healthy Steps in Motion

These classes, on Tuesdays and Thursdays at 10:30, focus on flexibility, strength, balance, and fall prevention. *Free to members.*

Yoga

Yoga is held on Tuesdays and Thursdays at 11:30 am. \$3 for members, \$5 for non-members

Silver Sneakers

Classes are Mondays and Wednesdays and Fridays at 11:15. *Free to members and Silver Sneakers participants.*

Silver Sneakers Cardio Circuit

Cardiovascular exercise is the highlight of this class offered on Mondays and Wednesdays at 9:15. *Free to members and Silver Sneakers participants.*

Ping-Pong Club

Meets Mondays at 12:30 & Thursdays at 11:15. Please come and use our table! Other times are also available.

Line Dancing

Line Dancing is held on Fridays at 1:00 pm. \$3 for members, \$5 for non-members

Wii

The Wii is available to play most days. Stop by the dining room and bowl a few games!

Low Impact Aerobics

This class is held on Tuesdays and Thursdays at 9:15. *Free to members.*

German Club

The German Club meets Wednesdays at 10 am.

Spanish Class

Spanish class will be taking the summer off and will return in September.

Italian Class

A conversational Italian Class meets Mondays at 10:30.

Bible Study

This non-denominational group meets on the 2nd and 4th Thursday at 9:30 and is led by Jim Shackleton from Great Valley Presbyterian Church.

Current Events

This discussion group meets on Tuesdays at 10:30.

Brain Aerobics

Join us for a variety of games and brain exercises to help keep your mind fit on Fridays at 9:30!

Bridge

The bridge group meets on Mondays and Thursdays from 12:00 to 3:00.

Photography Club

The Photo Club will meet August 20th at 10:00.

Art Appreciation Club

The Art Appreciation Club will again in September.

Pinochle

Pinochle players meet on Wednesdays and Fridays at 10 & 12:30. Instruction is available.

Rummikub

Come to the café on Mondays, Wednesdays, and Fridays at 12:30 and join the fun of rummikub.

Knitting and Crocheting Club

The “knitwits” meet Tuesdays at 12:45. The group is currently making lap robes and baby caps.

Quilting

The quilters meet the 2nd and 4th Tuesdays of the month at 12:45.

Craft Club

Crafters meet Fridays at 12:45. No experience needed! Please come and bring your ideas!

Computer Assistance

Computer help is available in the computer room on Tuesdays from 1:00 to 2:30.

Computer Forum

Doug Fairchild will lead the discussion on Thursday, July 2 and 16 at 1:00.

WCASC Chorus

The Chorus practices on Thursdays at 1:00. New members are welcome. Please call Jim Mobile at the Center for more information.

Nurse

Mary Jo Baldino from Neighborhood Health Agencies, Inc. comes to the Center for free blood pressure screenings and weights on Tuesdays at 10:00.

WCASC Book Club

The Book Club will meet again in September.

Chess


The Chess Club meets on Fridays at 12:30. Instruction will be available.

Game Club

Do you like playing games but haven't had a chance lately? Join us on Tuesdays at 1:00. Participants are invited to bring their favorite game!

**NEW PARTICIPANTS ARE WELCOME TO
JOIN ALL CLASSES AND CLUBS!**

August 2009 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Rummikub /Ping Pong/Bingo 2:00 Basic Tai Chi	4 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion I 10:30 Current Events/Computer Q & A 11:30 Yoga 12:45 Knitting Club/ Quilting 1:00 Game Club	5 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Pinochle/ Rummikub 12:45 Movie: Pillow Talk 1:00 Financial Program	6 8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion I 10:30 Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 1:00 Computer Forum	7 8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing
10 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers 11:15 Bingo 12:00 Bridge 12:45 Rummikub /Ping Pong/Bingo 2:00 Basic Tai Chi	11 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion I 10:30 Current Events/Computer Q & A 11:30 Yoga 12:45 Knitting Club/ Quilting 1:00 Computer Assistance/ Game Club	12 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Pinochle/ Rummikub 12:45 Opera Presentation	13 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Blue Cross: Medicare Matters 10:30 Healthy Steps in Motion I/Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 12:30 Sen. Dinniman Constituent Outreach	14 8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing
17 8:00 Breakfast 9:00 Know Your Blood Sugar 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo 2:00 Basic Tai Chi	18 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q & A 10:30 Healthy Steps in Motion I 11:30 Yoga 12:45 Knitting Club 12:45 Movie: Frost/Nixon 1:00 Computer Assistance/ Game Club	19 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers/ Bingo 12:00 Birthday Party with Entertainment 12:30 Pinochle/Rummikub	20 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion I/Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 1:00 Computer Forum	21 8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing
24 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo 1:00 Heart Healthy Fitness 2:00 Basic Tai Chi	25 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q & A 10:30 Healthy Steps in Motion I 11:30 Yoga 12:45 Knitting Club/Quilting 1:00 Computer Assistance/ Game Club	26 7:30 Smorgasbord Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers/ Bingo 12:30 Pinochle/Rummikub 12:45 Bingo	27 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:30 Healthy Steps in Motion I 10:30 Drawing Class 11:15 Ping Pong 11:30 Yoga 12:00 Bridge	28 8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo/SilverSneakers 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts 1:00 Line Dancing
31 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo 2:00 Basic Tai Chi			BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm	

**JOIN US FOR OUR
SMORGASBORD BREAKFAST
ON WEDNESDAY, AUGUST
26th FROM 7:30 TO 10:00. ALL
YOU CAN EAT FOR JUST
\$5.00!**

August 2009 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Salad w/Cucumber Baked Fish Macaroni & Cheese Stewed Tomatoes Rye Bread Vanilla Ice Cream	4 Apple Juice Rotisserie Chicken Brown Rice Broccoli Cuts Wheat Roll Chocolate Cake	5 Orange-Pineapple Juice Hot Roast Beef Sandwich Carrots Mashed Potatoes White Bread Orange	6 Orange- Pineapple Juice Salisbury Steak Green Beans Egg Noodles Whole Grain Roll Banana	7 L/S Ham Steak w/ Fruit Sauce Candied Sweet Potatoes Zucchini & Tomatoes Multi Grain Bun Chocolate Pudding
12 Minestrone Soup Roast Beef & Swiss Cheese on Wheat Kaiser Roll Cole Slaw Potato Wedges Orange	11 Cranberry Juice Grilled Chicken w/ Mushrooms, Peppers, & Onions Brown Rice French Green Beans Wheat Roll Apricot Halves	12 Potato Soup Tuna Salad Cole Slaw Three Bean Salad Wheat Bun Vanilla Ice Cream	13 Pineapple Juice Seafood Salad on Bun Red Bliss Potato Salad Lettuce & Tomato German Chocolate Cake	14 Orange Juice BBQ Pork on Wheat Bun Peas & Carrots Butter Beans Strawberry Shortcake
17 Tossed Salad w/ Pepper Ring Cheese Lasagna w/ Meat Sauce Spinach Italian Bread Diced Peaches	18 Vegetable Soup w/ Crackers Chicken Salad on Wheat Bun Tomato & Lettuce Tater Tots Diced Peas	19 AUGUST B-DAY PARTY Hot Turkey Sandwich Mashed Potatoes Carrots White Bread Cake & Ice Cream Cranberry Sauce	20 Orange Juice Seafood Salad on Bun Pasta Salad Lettuce & Tomato Apple	21 Italian Meatball Sandwich w/ Shredded Mozzarella Cheese Cole Slaw Potato Wedges Jr. Hoagie Roll Banana
24 Cream of Asparagus Cheeseburger on Bun Lettuce & Tomato Red Bliss Potato Pineapple Tidbits	25 Orange-Pineapple Juice Ham & Cheese Quiche Harvard Beets Whole Grain Roll Banana Pudding w/Graham Crackers	26 Tossed Salad Veal Parmesan Pasta w/ Tomato Sauce Green Beans Rye Bread Orange Sherbet	27 Grape Juice Oven Baked Chicken Green Beans w/ Almonds Rice Pilaf Wheat Bread Tropical Fruit	28 Cranberry Juice Hot Roast Beef Sandwich Peas & Carrots Mashed Potatoes White Bread Brownie
31 Hot Roast Beef Sandwich w/ Mushroom Gravy Cauliflower & Broccoli Mashed Potatoes Rye Bread Vanilla Pudding	Cold lunch alternative is available Tuesday through Friday. <u>You MUST reserve meal 3 days in advance. Cold lunches are not available when there is a special luncheon.</u>			
Cold lunch entrée is on page 6. A complete menu is available at the Center and online at wceseniors.org.				
Senior Center membership is not required for individuals 60 and older to participate in the congregate meal program. All Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost to you for the meal but you must contact the Senior Center to reserve your meal two days in advance of meal service. A voluntary confidential contribution is appreciated toward the cost of the meal but is not required.				

Join us for our August Birthday Party on August 19th. Burton Young will entertain. Please make your reservations at least three days in advance.

1-Aug William McCune Dottie Lauletta	9-Aug Peg Huebner Betty Smith Viola Benson	Jessica Raymond	24-Aug Bonnie Henriques Michael Mocella Weldon Tyson Rose Cassidy
2-Aug Ralph Erdman	10-Aug Mary Kline Jessie Jacot William Butler Catherine Rennix	16-Aug Edward Philipps Edna Falcone Mary Donia Helga Knox	25-Aug David Scott Marilyn Lambert Clair Wood
3-Aug Philomena Skrajewski Arlene Berliner Betty Facciolli Judy Perego-Williams Lawrence Snyder Jeanne Meissner	11-Aug Maria Ricci Kathleen Lauber J. Craig Fenimore Martin Pesilo	17-Aug Albert Filano	26-Aug Ruth Jameson Helena French Connie Patten Joseph Ranaudo
4-Aug Jean Brown Gail Toland	12-Aug Henry Skillman Roland Houpt Mary Hayes Joanna Naegely Jody Skillman Edmond Travis Mary Hankins Norma Miller	18-Aug Margaret Timbers Harry McCool Diana Stull	27-Aug Dallas Matthews Milton Rothstein
5-Aug Elizabeth Hoch	13-Aug Scott Cornell	19-Aug Janet Bayne James Roegner	28-Aug Carol Nied Kathryn Lenahan
6-Aug Grace Ovelman Marjorie Boerlin Boyd Mackleer Sally Anne Austin Wayne Hoch	14-Aug Rita Ranieri Mary Ellen Minyone Myra Scholl Pearl Lynn Jim Williams Elaine Chambers	20-Aug Stephen Fedor Muriel Storrs Patricia Lorback Charles Yarnall Eleanor Broadbelt Edward Ott	31-Aug Freda Carter Richard Wilking Jim McBride Francis Sullivan
7-Aug Marion Daly Mary (Jo) Kircher James Black Edward Moskal Iberia Ardao	15-Aug John Regan Valentina Hosking	21-Aug Edward Wengiel Mary Kay McCann	
8-Aug Ann Malone Donald Ciotti		22-Aug Edward Harootunian	
		23-Aug Margaret Marion Frank Falcone Charles Wilkinson Kay Davis	

HEALTH AND WELLNESS NEWS

Know Your Blood Sugar

Claire Surr, Diabetes Nurse Practitioner, will be here to help with blood sugar checks on **Monday, August 17 from 9:00 to 11:00.**

Heart-Healthy Fitness

One of the major risk factors for cardiovascular disease is physical inactivity.

This program from Chester County Hospital will cover various types of heart-healthy activities that are safe for individuals 65 and over.

Program includes a mini lecture and demonstrations. Join us on **Monday, August 24 at 1 pm.**

Hearing Clinics

Dr. Judith Curtin, Aud., will be at the Center on **August 5 and 19.** Dr. Michael Piscotty will be here on **August 26.** Please call the Center at 610-431-4242 to schedule an appointment. When scheduling for Dr. Piscotty, please ask for Doris. *There is a fee for some services.*

Cold Lunch Alternatives (must be ordered 3 days in advance)

Week of August 3

Tues. – Turkey Breast on Pumpernickel
Wed. - Antipasto Salad

Thurs. –Tossed Salad w/ Egg Salad
Fri. – Chicken Salad

Week of August 17

Tues – Ham & Cheese on Rye
Wed. – Roast Beef & Swiss on Rye
Thurs. – Chicken Caesar Salad

Fri. – Egg Salad on Pumpernickel

Week of August 10

Tues. – Ham Hoagie
Wed. – Chicken Breast &
Romaine Salad
Thurs. – Chef Salad
Fri. – Waldorf Chicken Salad

Week of August 24

Tues. – Chicken Salad on Bun
Wed. – Seafood & Romaine Salad
Thurs – Tossed Salad w/ Diced
Beef
Fri. – Tuna Salad on Rye

Cold lunches are not available on Mondays. You may pick up a complete menu at the Center or check it online @ wcseniors.org. Please specify hot or cold lunch when making your lunch reservations and remember to make them 3 days in advance. Participants may order 2 meals a day. The hot meal is to be eaten at the Center and the cold lunch may be taken home.

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

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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 Planning Council, group donations, individual gifts and memorials, wills and bequests. All contributions are tax deductible to the extent allowed by law. 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. The Center serves the following Townships: East and West Goshen, Westtown, Thornbury, East Bradford, Willistown, Birmingham and the Borough of West Chester.

