



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

AARP Driver Safety Program

The 55 Alive Driver's Education Course will be held at the Center on Thursday and Friday December 9 and 10 from 8:30 to 12:30. The cost is \$12 for AARP members and \$14 for non-members. Both classes qualify you for insurance discounts. Please call the Center at 610-431-4242 to register. More classes will be held in January.

Apprise Enrollment Event

Take the opportunity to review your Medicare approved health and drug plan options. Sign up for a counseling session with an APPRISE volunteer who will assist you in making an informed decision. Volunteers will be here from 9 to 3 on Dec. 9th. Please call the Center to make an appointment at 610-431-4242. Please bring your Medicare and Insurance cards and a list of medication and dosages.

*THE STAFF OF WCASC WISHES YOU ALL A
VERY HAPPY, HEALTHY, AND PEACEFUL HOLIDAY SEASON!*



HOLIDAY PROGRAMS

- The Grateful Alive will be playing Holiday Music on Monday, Dec. 6 at 12:45.
- Our Holiday and Birthday Lunch will be held on Wednesday, December 15 at 12:00. The Cochranville Golden Ager Chorus will provide entertainment after lunch.
- *Christmas with the Kranks*, a family comedy, starring Tim Allen and Jamie Lee Curtis will be shown on Tuesday, December 14th at 12:45.

Proper Medicine Disposal

Learn how to clean out your medicine cabinet the safe way without harming the environment, animals, or you! The PA Resources Council will present this program on Monday, December 13 at 1:00.

PECO Presentation

Energy rates will go up on Jan. 1, 2011. A PECO expert will be at the center on Friday, December 10 at 1:00 to review these changes and give you information on how to save on your gas and electric bill.

Betsy Ross Program

Barbara Paisley will present the program, *Betsy Ross: Life Behind the Legend*, on Wednesday, December 8 at 1:00.

- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, December 9th at 12:30. Stop by for assistance with state programs and other information.

West Chester Area Senior Center

STAFF MEMBERS

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WCASC MEAL PROGRAM

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. Bring a friend and remember that all proceeds benefit the Center.

Lunch is served daily at noon for a \$1.50 suggested donation for those over 60 and \$4.55 for those under 60. Hot and cold lunches are available. Participants may order 2 meals a day. Please notify us by 12:00 if you need to cancel your cold lunch. You may pick up a complete menu at the Center or check it online @ wcseniors.org.

Cold lunch alternative is available Tuesday through Friday. You MUST reserve meal 4 days in advance. Eat at the Center or take home. Available for pick up in the café between 9 and 2.

Cold Lunch Alternatives (must be ordered 4 days in advance)

Week of Dec. 1

Wed. – Italian Chicken w/ Romaine
Thurs. - Chicken Salad on Wheat Roll
Fri. - Chef Salad Bun

Week of Dec. 7

Tues. - Turkey Breast on Pumpernickel
Wed. – Tossed Salad w/ Egg Salad
Thurs. – Antipasto Salad
Fri. – Chicken Salad

Week of Dec. 14

Tues – Ham & Swiss on Rye
Wed. - Seafood & Romaine Salad
Thurs. – Tossed Salad with Diced Beef
Fri. – Tuna Salad on Kaiser Roll

Week of Dec. 21

Tues. – Roast Beef & Swiss on Rye
Wed –Chicken Salad on MultiGrain Bun
Thurs. – Chicken Caesar on Romaine
Fri. – CLOSED

Week of Dec. 28

Tues. – Italian Chicken
Wed. – Ham Hoagie
Thurs. – Chef Salad

WCASC will be closed on Friday, December 24 and 31. We will close at 1:30 on Thursday, December 23 and 30.

APPRISE and Information and Referral

Ellen McCabe, WCASC Information and Referral Coordinator, can assist you with information on many senior benefits in the area, including housing options, food stamps, PACE and PACENET (Pennsylvania State prescription drug program), LIHEAP (energy assistance), Rent/ Property Rebate, and APPRISE health insurance counseling. For more information, please call Ellen at 610-431-4242.

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*

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 Thursdays at 12:45 in the exercise room. Please come and use our table! Other times available upon request.

Line Dancing

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

Wii and Wii Fit

The Wii is available to play most days. Stop by the dining room for fitness fun!

Low Impact Aerobics

This class is held on Tuesdays and Thursdays at 9:15. *Free to members. \$5.00 for non-members*

German Club

The German Club meets Wednesdays at 10 am.

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.

Brain Aerobics

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

Current Events

This discussion group meets on Tuesdays at 10:30.

Hardy Perennials

Our new garden club will meet the 2nd Monday of the month. Please join us on Monday, December 13 at 12:45.

Bridge

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

Photography Club

The Photo Club will resume in January.

Art Appreciation Club

Please call the Center at 610-431-4242 about when the next meeting will be.

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. No sewing experience needed!

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 and Charlie Eisenfelder will lead the discussions on Thursday, December 2 and 16 at 1:00.

WCASC Chorus

The Chorus meets 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.

Poetry Club


The Poetry Club meet on the 3rd Friday of the month at 1:00. Come and enjoy!

Chess

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

We have a large assortment of games in the café. Stop by or bring some friends and come play!

December 2010 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p>		<p>1 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Pinochle/ Rummikub</p>	<p>2 8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion 10:30 Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Chorus 1:00 Computer Forum</p>	<p>3 8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 12:45 Crafts/Bingo/Pinochle 1:00 Line Dancing</p>
<p>6 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 Ping Pong/Bingo/ Rummikub 12:45 Pencil Drawing Class 1:00 A Matter of Balance</p>	<p>7 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse/ Blue Cross 10:30 Healthy Steps in Motion/Current Events 11:30 Yoga 12:45 Knitting Club/Quilting Club 6:00 Bingo</p>	<p>8 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Pinochle/ Rummikub 1:00 Betsy Ross: Life Behind the Legend</p>	<p>9 8:00 Breakfast 8:30 55 Alive 9-3 APPRISE Enrollment Event 9:15 Low Impact Aerobics 9:30 Bible Study 10:30 Healthy Steps in Motion 10:30 Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong</p>	<p>10 8:00 Breakfast 8:30 55 Alive 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 1:00 PECO Presentation</p>
<p>13 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 Ping Pong/Bingo/ Rummikub 12:45 Pencil Drawing Class 12:45 Hardy Perennials Club 1:00 A Matter of Balance 1:00 Proper Medicine Disposal</p>	<p>14 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events 10:30 Healthy Steps in Motion 11:30 Yoga 12:45 Knitting Club 12:45 Movie: Christmas with the Kranks 6:00 Bingo</p>	<p>15 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 Holiday Lunch & Birthday Party! 12:30 Pinochle</p>	<p>16 8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Chorus/ Computer Forum</p>	<p>17 8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics/Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing/Poetry Club</p>
<p>20 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 Movie: 1:00 A Matter of Balance</p>	<p>21 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events 10:30 Healthy Steps in Motion 11:30 Yoga 12:45 Knitting Club/Quilting Club 6:00 Bingo</p>	<p>22 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 12:30 Pinochle/Rummikub</p>	<p>23 8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong Center will close @ 1:30.</p>	<p>24 WCASC CLOSED FOR HOLIDAY!</p>
<p>27 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers/ Bingo 12:00 Bridge 1:00 A Matter of Balance</p>	<p>28 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Healthy Steps 11:30 Yoga 12:45 Knitting Club</p>	<p>29 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 12:30 Pinochle/Rummikub</p>	<p>30 8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong Center will close @ 1:30.</p>	<p>31 WCASC CLOSED FOR HOLIDAY!</p>

December 2010 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p> <p>6</p> <p>Pasta & Meatballs Spinach Whole Grain Roll Apricot Halves Grated Cheese</p>	<p>Cold lunch alternative is available Tuesday through Friday. <u>You MUST reserve meal 3 days in advance. Eat at the Center or take home. Available for pick up between 9 and 2.</u></p> <p>7</p> <p>Chopped Romaine Roast Pork Hot Sliced Apples Carrots Parslied Buttered Noodles Rye Bread Orange Sherbet</p>	<p>1</p> <p>Apple Juice Italian Sausage w/ Pepper & Onions on Jr. Hoagie Roll Baked Potato w/ Sour Cream Corn German Chocolate Cake</p>	<p>2</p> <p>Minestrone Soup Tuna Salad w/Swiss Cheese On Bun Lettuce & Tomato Three Bean Salad Orange</p>	<p>3</p> <p>Mushroom Soup BBQ Chicken Leg Broccoli Brown Rice Wheat Dinner Roll Tropical Fruit</p>
<p>13</p> <p>Meatloaf sandwich w/Gravy Lima Beans Mashed Potatoes White Bread Pineapple Tidbits</p>	<p>14</p> <p>Orange Juice Chicken Cacciatore French Green Beans Rice Pilaf Wheat Bread Tropical Fruit</p>	<p>8</p> <p>Cream of Asparagus Soup Cheeseburger Tater Tots Lettuce & Tomato Pineapple Tidbits</p>	<p>9</p> <p>Tossed Salad Veal Parmesan w/ Cheese Pasta w/Tomato Sauce California Mixed Vegetables Wheat Roll Vanilla Ice Cream</p>	<p>10</p> <p>Tomato Soup Roast Beef Sandwich Peas & Carrots Whipped Potatoes Whole Wheat Bread Orange Cake</p>
<p>20</p> <p>BBQ Pulled Pork on Bun Cole Slaw Baked Beans Applesauce</p>	<p>21</p> <p>Chicken Noodle Soup Boneless Chicken w/Garlic Sauce Lettuce & Tomato Potato Wedges Hamburger Bun Tropical Fruit</p>	<p>15</p> <p><u>Holiday Luncheon</u> Apple Juice Chicken Cordon Blue Roasted Potatoes w/Rosemary &Garlic Peas & Pearl Onions Dinner Roll Holiday Cookies & Ice Cream</p>	<p>16</p> <p>Romaine Lettuce Spaghetti & Meat Sauce Green Beans Italian Bread Strawberry Shortcake</p>	<p>17</p> <p>Cranberry Juice Hot Turkey Sandwich Peas Whipped Potatoes Wheat Dinner Roll Rice Pudding</p>
<p>27</p> <p>Romaine Lettuce Pasta w/Meat Sauce Green Beans Italian Bread Sherbet</p>	<p>28</p> <p>Orange Juice Swedish Meatballs Noodles Spinach Whole Wheat Bread Vanilla Pudding</p>	<p>22</p> <p>Orange Juice Salisbury Steak Sandwich Spinach Mashed Potatoes Rye Bread Granola Bar</p>	<p>23</p> <p>Bean & Bacon Soup Chicken Salad w/ Cheese Tater Tots Lettuce & Tomato Wheat Bun Orange</p>	<p>24</p> <p>WCASC CLOSED FOR HOLIDAY!</p>
<p>27</p> <p>Romaine Lettuce Pasta w/Meat Sauce Green Beans Italian Bread Sherbet</p>	<p>28</p> <p>Orange Juice Swedish Meatballs Noodles Spinach Whole Wheat Bread Vanilla Pudding</p>	<p>29</p> <p>Bean & Bacon Soup Grilled Chicken Breast w/ Garlic Sauce Mixed Vegetables Brown Rice Whole Wheat Bread Banana</p>	<p>30</p> <p>Apple Juice Italian Sausage w/ Pepper & Onions Baked Potato w/ Sour Cream Corn German Chocolate Cake</p>	<p>31</p> <p>WCASC CLOSED FOR HOLIDAY!</p>

Join us for our December Birthday Party on Wednesday, December 15. The Cochranville Golden Ager Chorus will entertain. Please make your reservations at least three days in advance.

1-Dec

Patricia Rodgers
Ornella Gaspari
David Graham
Kenneth Fernandes
Kay Croll

2-Dec

Monroe Jones
John Herley

3-Dec

Ann Parsons
Virginia Dalton
Sarah Lowther

4-Dec

Marion Town
Thomas Donohoe

5-Dec

Louise Pino
Martha Biery
Lois Cahaley
Marlene Keenan
Joseph Wein

6-Dec

Mildred Pyle
Marian Walker
Ann Richardson

7-Dec

Gloria Mattia

8-Dec

Elaine Manno

9-Dec

Richard Knopf
Donald Stapleton
Elaine Adams
Michele Wright

10-Dec

Theresa Weber

11-Dec

Kathryn Stanzione
Helen VanDerLinden
Hsiang Ku

12-Dec

Rosanne Redditt

13-Dec

Jean Wendel
Robert Sparr

14-Dec

Irene Rickert

15-Dec

Miriam McDonough
Francis Minyone
Elaine Bradley
Hildegard Lechner

16-Dec

Stella Broskey
Anna May Clark
John Brautigam
Lisa Kitchen

17-Dec

J.B. Crowley
Barbara Lucas

18-Dec

Elaine Frison
Howard Bayne

20-Dec

Claire Surr
Daryl Kezell

21-Dec

Mentina Spaziani
Jeanne Macturk
Julia Ryan
Judith Bullotta

23-Dec

Barbara Seidel

24-Dec

Carol Dripps
Suzanne Kent

25-Dec

Virginia Hines
Marjorie Reid
Magaret Manning
Barbara Gauff
Marie Gregg
Holly Silverthorne
Robert McGurk

26-Dec

Avalon Wittig

27-Dec

Helen Mozzani

28-Dec

Shaaron Daurio

29-Dec

Carolyn Keslick
Charlena Newell
Dolores (Dolly) Feconda
Jean Morton

30-Dec

Caroline Thomas
William Johnston
Sally Wilson
Joseph Walton
Edna Hess
Helen Morrow
Mollie Richardson

31-Dec

Victoria Sentman

The 2010 Annual Auction and Starlight Gala was held on November 6, 2010. The event honored William Ronayne, Herb Balian and Neighborhood Health Agencies, Inc.

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THANK YOU TO OUR SPONSORS!!

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 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'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.

The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

