

December 2009

Volume 33 Issue 12



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

### Windows 7

Adam Weinstein of West Chester Computer Doctors will present a program on Microsoft Windows 7 on Thursday, December 10 at 1:00. This is your opportunity to find out more about this new operating system.

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*The Center will be closed on December 24, 25, 31 and January 1 for the Christmas and New Year's holidays.*

### 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 on December 3rd from 9 to 3. 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!***



### Computer Classes

The Center provides computer classes for all levels at various dates and times. 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. The next session will begin on January 27th. Please call the Center for more information and to register.

Our Computer Forum is held the 1st and 3rd Thursdays of each month at 1:00. Beginner through advanced topics are discussed, so bring your questions. No registration is required for this free session.

### You don't have a computer?

11 computers are available for use by members during center hours when there are no classes. They have internet access and Microsoft Office version 2003 or 2007 installed.

Come to a question and answer session for an orientation. After that, you are free to use it when there are no scheduled activities.

### Free Question Answer Sessions:

***Group Discussions - Tuesday 10:30 -12:00***

***Laptop Users***

***Tuesday 1 – 2:30***

***Individual Q&A***

***Friday 10:30 -12***

# West Chester Area Senior Center

## STAFF MEMBERS

Jeanne Edwards	<i>jeanne@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
Ellen McCabe	<i>ellenm@wcseniors.org</i>	Information & Assistance
Lorri Sarosy	<i>lorris@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

Isabelle Allgood-Neal, Pearl Burger, Dorothe Cialini, Kay Croll, Arthur Dougherty, Ray Doyle, Pierina Disciullo, Doug Fairchild, Margaret Giunta, Lee Hickman, Betty Kane, Anthony Lorenzo, Mariane Pepler, Judith Rodriguez, Claire Surr, Gretchen Webb, Debbie Williams, and Glee Young.

## 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. The alternative cold lunch is available Tuesday through Friday and may be taken home.

\*\*\*\*\*

- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, December 10th at 12:30. Stop by for assistance with state programs and other information.

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## AARP Driver Safety Program

The 55 Alive Driver's Education Course will be held at the Center on Thursday and Friday December 10 and 11 from 8:30 to 12:30. The cost is \$12 for AARP members and \$14 for non-members. There will be a 4 hour course on Tuesday, December 15th at 8:30 for those that have already completed the 8 hour course. Both classes qualify you for insurance discounts. Please call the Center at 610-431-4242 to register. More classes will be held in January.

## 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 United Way of Southeastern PA use the donor choice agency number 1971. For the United Way of Delaware, the code is #1846.

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## Great Gift Ideas!

We can help you with your Holiday Shopping!

WCASC membership, computer class gift certificates, or breakfast coupons make wonderful and useful gifts from children to parents. WAWA Hoagie coupons make great stocking stuffers for the grandchildren! Please call the Center at 610-431-4242 for more information.

# MIND AND BODY

## Arthritis Foundation Exercise Class

This class is held Mondays, Wednesdays, and Fridays at 10:30 and Mondays and Wednesdays at 12:45. *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! Robo—pong is also available. No partner needed to hone your skills! Stop in for more information!

## 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.*

## German Club

The German Club meets Wednesdays at 10 am.

## Spanish Class

Spanish class meets on Tuesdays at 1:00.

## 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!

## Bridge

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

## Photography Club

The Photo Club will meet in January.

## Art Appreciation Club

Art Appreciation Club will meet December 10 at 10:00. The topic will be The Art of Christmas from 1300 to present.

## 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, December 3 and 17 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 on Friday, December 11 at 1:00. *The People of the Book* by Geraldine Brooks will be discussed. January book is reader's choice.

## 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!

## Current Events

This discussion group meets on Tuesdays at 10:30.

# December 2009 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>8:00 Breakfast  <b>9:00 Digital Photography Class</b>            9:15 Silver Sneakers Cardio Circuit            10:30 Arthritis Exercise Class/ Italian            11:15 SilverSneakers/ Bingo            12:00 Bridge            12:45 Ping Pong/Bingo            12:45 Arthritis Exercise  <b>12:45 Fall Prevention &amp; Safety Program</b>            2:00 Basic Tai Chi</p>	<p>8:00 Breakfast            9:15 Low Impact Aerobics  <b>10:00 Nurse/Planning Council</b>            10:30 Healthy Steps in Motion I            10:30 Current Events/Computer Q &amp; A            11:30 Yoga            12:45 Knitting Club            1:00 Computer Assistance/ Games/ Spanish</p> <p>8:00 Breakfast            9:15 Low Impact Aerobics  <b>10:00 Blue Cross Program</b>            10:00 Nurse            10:30 Healthy Steps in Motion I            10:30 Current Events/Computer Q &amp; A            11:30 Yoga            12:45 Quilting Club/ Knitting Club            1:00 Computer Assistance/ Games/ Spanish</p>	<p>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  <b>12:45 Movie: Miracle on 34<sup>th</sup> Street</b>            12:45 Arthritis Exercise</p> <p>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  <b>12:45 Movie: Miracle on 34<sup>th</sup> Street</b>            12:45 Arthritis Exercise</p>	<p>8:00 Breakfast  <b>9-3 APPRISE Enrollment Event</b>            9:15 Low Impact Aerobics            10:30 Healthy Steps in Motion I/Drawing            11:15 Ping Pong            11:30 Yoga            12:00 Bridge            1:00 Computer Forum</p> <p>8:00 Breakfast  <b>8:30 55 Alive</b>            9:15 Low Impact Aerobics            9:30 Bible Study  <b>10:00 Art Appreciation</b>            10:30 Healthy Steps in Motion I/Drawing            11:30 Yoga            12:00 Bridge  <b>12:30 Sen. Dinniman Constituent Outreach</b>  <b>1:00 Windows 7 Program</b></p>	<p>8:00 Breakfast            9:00 Tai Chi            9:30 Brain Aerobics            10:00 Pinochle            10:30 Arthritis Exercise Class            11:15 Bingo/ Silver Sneakers            12:30 Rummikub/ Chess/ Pinochle            12:45 Crafts and Bingo            1:00 Line Dancing</p> <p>8:00 Breakfast  <b>8:30 55 Alive</b>            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  <b>1:00 Book Club</b></p>
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# December 2009 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>7                      Apple Juice                      BBQ Chicken Leg                      Broccoli                      Brown Rice                      Tropical Fruit                      Whole Wheat Bread</p>	<p>1                      Romaine Lettuce                      Chicken Parmesan                      Pasta w/ Tomato Sauce                      Green Beans                      Italian Bread                      Carrot Cake</p> <p>8                      Minestrone Soup                      Tuna Salad w/ Swiss Cheese on Kaiser Roll                      Potato Salad                      Tomato &amp; Lettuce                      Orange</p>	<p>2                      Swedish Meatballs                      Noodles                      Spinach                      Cole Slaw                      Whole Wheat Roll                      Vanilla Pudding</p> <p>9                      Pasta &amp; Meatballs                      Spinach                      Whole Grain Roll                      Pineapple Tidbits                      Grated Cheese</p>	<p>3                      Orange                      Grilled Chicken w/ Garlic Sauce                      Brown Rice                      Mixed Vegetables                      Wheat Bread                      Banana</p> <p>10                      Orange Juice                      Roast Pork                      Italian Green Beans                      Brown Rice                      Rye Bread                      Apple</p>	<p>4                      Italian Sausage w/ Peppers &amp; Onions                      Whipped Potatoes                      Corn                      Garman Chocolate Cake</p>
<p>14                      Tossed Salad                      Veal Parmesan                      Pasta w/ Tomato Sauce                      California Blend Vegetables                      Wheat Roll                      Vanilla Ice Cream</p>	<p>15                      Pineapple Juice                      Roast Beef Sandwich                      Peas &amp; Carrots                      Mashed Potatoes                      Whole Wheat Bread                      Orange Cake</p>	<p>16  <u>BirthDay Party</u>                      Oven Baked Chicken                      Carrots                      Rice Pilaf                      Wheat Bread                      Cupcakes &amp; Ice Cream</p>	<p>17                      Orange Juice                      Chicken Cacciatore                      French Green Beans                      Rice Pilaf                      Wheat Bread                      Apple</p>	<p>18                      Tomato Soup                      Seafood Salad on Bun                      Baby Carrots                      Lettuce &amp; Tomato                      Banana</p>
<p>21                      Romaine Lettuce                      Spaghetti &amp; Meat Sauce                      Green Beans                      Italian Bread                      Diced Peaches</p>	<p>22                      Apple Juice                      Chicken Cordon Blue                      Roasted Potatoes w/ Rosemary &amp; Garlic                      Peas &amp; Pearl Onions                      Dinner Roll                      Holiday Cookie &amp; Ice Cream</p>	<p>23                      Chicken Noodle Soup                      Boneless Broiled Chicken w/ Garlic Sauce                      Lettuce &amp; Tomato                      Potato Wedges                      Kaiser Roll                      Tropical Fruit</p>	<p>24                      WCASC                      CLOSED                      FOR                      HOLIDAY!</p>	<p>25                      WCASC                      CLOSED                      FOR                      HOLIDAY!</p>
<p>28                      Bean &amp; Bacon Soup                      Chicken Salad w/ American Cheese                      Tomato &amp; Lettuce                      Potato Salad                      Mandarin Oranges</p>	<p>29                      Cranberry Juice                      Roast Turkey w/ Gravy                      Peas &amp; Onions                      Stuffing                      Whole Grain Roll                      Diced Peaches                      Cranberry Sauce</p>	<p>30                      Romaine Lettuce                      Chicken Parmesan                      Pasta w/ Sauce                      Green Beans                      Italian Bread                      Carrot Cake</p>	<p>31                      WCASC                      CLOSED                      FOR                      HOLIDAY!</p>	<p>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></p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.



**Join us for our December Birthday Party on Wednesday, December 16.  
The Phoenixville Senior Center Chorus will entertain. Please make  
your reservations at least three days in advance.**

**1-Dec**

Patricia Rodgers  
Ornella Gaspari  
Kenneth Fernandes  
Kay Croll  
Dorothy Teter

**2-Dec**

Monroe Jones  
John Herley

**3-Dec**

Ann Parsons  
John Jacecko  
Sarah Lowthert

**4-Dec**

Mary Metzger  
Marion Town  
Thomas Donohoe

**5-Dec**

Louise Pino  
Martha Biery  
Lois Cahaley  
Marlene Keenan

**6-Dec**

Mildred Pyle  
Marian Walker  
Ann Richardson

**7-Dec**

Gloria Mattia  
William Teter  
John McKay  
Margaret Lisicky

**8-Dec**

Elaine Manno  
James Kildea  
Marion Black

**9-Dec**

Richard Knopf  
Thomas Morrissey  
Joseph Carroll  
Donald Stapleton  
Elaine Adams

**10-Dec**

Marian Travis  
Ann Patterson  
Theresa Weber

**11-Dec**

Kathryn Stanzione  
Helen VanDerLinden

**12-Dec**

Bess Snyder  
Rosanne Redditt

**13-Dec**

Jean Wendel

**14-Dec**

Irene Rickert  
Calvin Rimel

**15-Dec**

Miriam McDonough  
Francis Minyone  
Elaine Bradley

**16-Dec**

Stella Broskey  
John Brautigam  
Diane Mocella  
Lisa Kitchen  
Roberta Pyle

**17-Dec**

Rosalie Pisarz  
J.B. Crowley  
Barbara Lucas

**18-Dec**

Elaine Frison  
Howard Bayne

**19-Dec**

Dorothy Maffei

**20-Dec**

Claire Surr  
Daryl Kezell

**21-Dec**

Mentina Spaziani  
Jeanne Macturk  
Julia Ryan

**22-Dec**

Byron Stahl

**23-Dec**

Barbara Seidel

**24-Dec**

Carol Dripps  
Suzanne Kent

**25-Dec**

Virginia Hines  
Marjorie Reid  
Magaret Manning  
Barbara Gauff  
Marie Gregg

**26-Dec**

Avalon Wittig  
Dorothy Plummer

**27-Dec**

Helen Mozzani  
Betty Clift

**28-Dec**

Sharon Daurio

**29-Dec**

Carolyn Keslick  
Charlena Newell  
Dolores (Dolly) Feconda  
Jean Morton

**30-Dec**

Caroline Thomas  
Joseph Strode  
Sally Wilson  
Joseph Walton  
Edna Hess  
Helen Morrow

**31-Dec**

Victoria Sentman  
John Reith  
Ray Teetsel

## HEALTH AND WELLNESS NEWS

### Incorporating Exercise in Your Everyday Life

There is always time to exercise! Come and learn how to find the find ways to exercise while you go about your everyday routine. Join us on **Tuesday, December 15<sup>th</sup> at 12:45.**

### Hearing Clinics

Dr. Judith Curtin, Aud., will be at the Center on **December 2, 9 and 16.** Dr. Michael Piscotty will be here on **December 8<sup>th</sup> and 23rd.** 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.*

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### Holiday Happenings

**Miracle on 34th Street — 12/9 @ 12:45**

**Phoenixville Senior Center Chorus—12/12 @ 12:45**

**WSASC Chorus—12/17 @ 12:45**

**Grateful Alive Christmas Show—12/22 @ 12:45**

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

#### Week of December 1

Tues. – Turkey on Pumpernickel

Wed. - Antipasto Salad

Thurs. – Tossed Salad w/Egg Salad

Fri. - Chicken Salad

#### Week of December 8

Tues. – Ham Hoagie

Wed. – Chicken & Romaine

Thurs. –Chef Salad

Fri. – Waldorf Chicken Salad

#### Week of December 15

Tues – Ham & Cheese on Rye

Wed. – Roast Beef & Swiss on Rye

Thurs. – Chicken Caesar Salad

Fri. – Egg Salad on Pumpernickel

#### Week of December 22

Tues. – Chicken Salad on Bun

Wed. – Seafood & Romaine Salad

#### Week of December 29

Tues – Turkey on Pumpernickel

Wed. – Antipasto Salad

**Cold lunches are not available on Mondays. You may pick up a complete menu at the Center or check it online @ [wseniors.org](http://wseniors.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. Cold lunches are available for take - out and may picked up between 9 am and 2 pm. Please notify us by 12:00 if you need to cancel your cold lunch.**

**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*

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West Chester, PA

United Way Member Agency



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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.*

