

February 2011

Volume 35 Issue 2



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

Tax Awareness Session

This half day session will include a presentation focusing on areas of the tax code that affects seniors, Q & A, and personalized tax advice. The Greater Philadelphia Urban Affairs Coalition will present the program on Wednesday, February 23 at 1:00. Please register by calling the Center at 610-431-4242.

Tax preparation will not be done as part of this program.

Aging and Cognition

Join us for an interactive seminar on the healthy aging process, discussing the normal changes that occur in memory, language and other cognitive domains as we age. The program, presented by the University of Pennsylvania Department of Neurology, will be held on February 18 at 12:45.

Exercise your brain and learn about this exciting area of research!
Originally scheduled for Jan. 12.

- Timothy Rayne, Esq. will present "What Every Driver Should Know Before Purchasing or Renewing Car Insurance" on Wednesday, Feb. 9 at 1:00.
- A Representative from PA Public Utility Commission will present a program concerning the PA Power Switch on Friday, Feb. 11 at 12:45. The program will explain about rate caps expiring and what you need to know if you are planning to change electric suppliers.
- Kay Croll, WCASC volunteer, will offer a free Win7 basic computer class for members on Feb. 9 and 16 at 1:00. Please register at the front desk or by calling 610-431-4242.
- *Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will be held at the Center on the Wednesday, Feb. 23 at 1:15.*

AARP Income Tax Assistance

AARP Tax Counselors will be at the Center offering tax assistance to seniors from Tuesday, February 1 to Friday, April 15. This service is free to low and moderate income seniors 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:

- Photo ID, Social Security Cards for self and dependents
- 2009 federal and state tax returns
- W 2 (if you have earned income) and social security SSA 1099 form
- Pension form 1099 R
- Interest 1099 INT and Dividend 1099 DIV forms
- stock and mutual fund share records (dates acquired and sold, original cost and selling price; for multiple transactions, provide a broker summary)
- If received during 2010, the amount of your Economic Recovery Payment, \$250 (or \$500, if married and filing jointly).
- any other income received in 2010
- record of estimated tax payments
- Totals for all items, if you are going to itemized deductions (there is insufficient time for the Counselors to total your medical, charity, etc. receipts)
- Real estate tax/rental receipts

West Chester Area Senior Center

STAFF MEMBERS

| | | |
|-------------------|------------------------------|--|
| Kathy Sullivan | <i>kathys@wcseniors.org</i> | Executive Director |
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| Jim Mobile | <i>IQStudios@aol.com</i> | Technology & Volunteer Coordinator |
| Doris Russell | | Asst. Bookkeeper |
| Betty Daniels | | Custodian |
| Rose Marie Klasky | | Office Assistant |

INSTRUCTORS

Isabelle Allgood-Neal, Pearl Burger, Dorothe Cialini, Kay Croll, Arthur Dougherty, Ray Doyle, Pierina Disciullo, Charlie Eisenfelder, Doug Fairchild, Denise Gincley, Margaret Giunta, Lee Hickman, Betty Kane, Anthony Lorenzo, Marianne Peppler, Claire Surr, Gretchen Webb, Debbie Williams, and Glee Young.

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 will be opened late, WSASC 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 or delayed openings. On KYW, listen for number 851.

A Matter of Balance: Managing Concerns About Falls

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. A Matter of Balance can help people improve their quality of life and remain independent.

You will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Classes will be held on Mondays for eight weeks, starting February 21. The classes will be 2 hours each, from 1:00 to 3:00 pm. A workbook will be provided, and refreshments will be served. The cost of the program is \$45 for members and \$65 for non-members. Space is limited and registration is required. Please register at the front desk or by calling 610-431-4242.

The "Rest" Of Yourself: New Relaxation Program

Join us in practicing focus and mindfulness and become relaxed and de-stressed. Wear comfortable clothing. This new class meets Mondays at 1:30.

MIND AND BODY

Zumba Has Arrived!

This 8 week class will begin on Feb. 8 and will be held on Tuesdays and Thursdays at 2:00. Pre-register at the front desk.

\$35 for members/ \$50 for non-members

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*

"Rest" Yourself Relaxation

This new relaxation session meets Mondays at 1:30.

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.

Bridge

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

Photography Club

The Photo Club will meet Thursday, Feb. 17 at 10:00.

Art Appreciation Club

The art of Caravaggio and his followers will be discussed on Thursday, Feb. 10 at 10:00.

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, February 3 and 17 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.

Chess

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

Hardy Perennials

Our new garden club will meet the 2nd Monday of the month. Please join us on Monday, February 14 at 12:45.

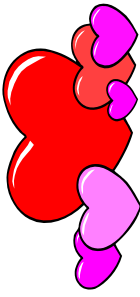
Brain Aerobics

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

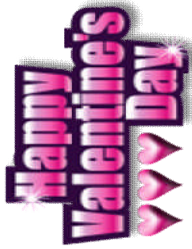
Current Events

This discussion group meets on Tuesdays at 10:30.

February 2011 Programs at the Senior Center

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| <p>BINGO!</p> <p>Every Tuesday Evening</p> <p>Cash Prizes</p> <p>Refreshments</p> <p>Doors open at 5pm</p> <p>Bingo begins at 6pm</p> | <p>1</p> <p>8:00 Breakfast</p> <p>9:15 Low Impact Aerobics</p> <p>10:00 Nurse / Planning Council</p> <p>10:30 Healthy Steps in Motion/Current Events/ Computer Q & A</p> <p>11:30 Yoga</p> <p>12:45 Knitting Club</p> <p>1:00 Computer Assistance</p> <p>6:00 Bingo</p> | <p>2</p> <p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:00 German Club/ Pinochle/Blood Pressures</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 SilverSneakers</p> <p>11:15 Bingo</p> <p>12:30 Pinochle/ Rummikub/Bingo</p> | <p>3</p> <p>8:00 Breakfast</p> <p>9:15 Low Impact Aerobics</p> <p>10:30 Healthy Steps in Motion</p> <p>10:30 Drawing</p> <p>11:30 Yoga</p> <p>12:00 Bridge</p> <p>12:40 Ping Pong</p> <p>1:00 Chorus</p> <p>1:00 Computer Forum</p> | <p>4</p> <p>8:00 Breakfast</p> <p>9:00 Tai Chi</p> <p>9:30 Brain Aerobics</p> <p>10:00 Pinochle</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 SilverSneakers/ Bingo</p> <p>12:45 Crafts/Bingo/Pinochle</p> <p>1:00 Line Dancing</p> |
| <p>7</p> <p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class/Italian Class/ Ping Pong</p> <p>11:15 SilverSneakers/ Bingo</p> <p>12:00 Bridge</p> <p>12:45 Bingo/ Rummikub</p> <p>1:00 Wellness Workshop</p> <p>1:30 Relaxation</p> | <p>8</p> <p>8:00 Breakfast</p> <p>9:15 Low Impact Aerobics</p> <p>10:00 Nurse</p> <p>10:30 Healthy Steps in Motion/Current Events/ Computer Q & A</p> <p>11:30 Yoga</p> <p>12:45 Knitting Club/Quilting Club</p> <p>1:00 Computer Assistance</p> <p>2:00 Zumba</p> <p>6:00 Bingo</p> | <p>9</p> <p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:00 German Club/ Pinochle/Blood Pressures</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 SilverSneakers</p> <p>11:15 Bingo</p> <p>12:30 Pinochle/ Rummikub/Bingo</p> <p>1:00 What Every Driver Should Know</p> | <p>10</p> <p>8:00 Breakfast</p> <p>9:15 Low Impact Aerobics</p> <p>9:30 Bible Study</p> <p>10:00 Art Appreciation</p> <p>10:30 Healthy Steps in Motion</p> <p>10:30 Drawing</p> <p>11:30 Yoga</p> <p>12:00 Bridge</p> <p>12:40 Ping Pong</p> <p>1:00 Chorus</p> | <p>11</p> <p>8:00 Breakfast</p> <p>9:00 Tai Chi</p> <p>9:30 Brain Aerobics</p> <p>10:00 Pinochle</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 SilverSneakers/ Bingo</p> <p>12:30 Rummikub/ Chess/ Pinochle</p> <p>12:45 Crafts and Bingo</p> <p>12:45 PA Power Switch Program</p> <p>1:00 Line Dancing</p> |
| <p>14</p> <p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong</p> <p>11:15 SilverSneakers/ Bingo</p> <p>12:00 Bridge</p> <p>12:45 Bingo/ Rummikub</p> <p>12:45 Garden Club</p> <p>1:00 Wellness Workshop</p> <p>1:30 Relaxation</p> | <p>15</p> <p>8:00 Breakfast</p> <p>9:15 Low Impact Aerobics</p> <p>10:00 Nurse</p> <p>10:30 Healthy Steps in Motion/ Current Events/ Computer Q & A</p> <p>11:30 Yoga</p> <p>12:45 Knitting Club</p> <p>1:00 Computer Assistance</p> <p>2:00 Zumba</p> <p>6:00 Bingo</p> | <p>16</p> <p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:00 German Club</p> <p>10:00 Pinochle</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 SilverSneakers/ Bingo</p> <p>12:00 Birthday Lunch & Copeland String Quartet!</p> <p>12:30 Pinochle</p> | <p>17</p> <p>8:00 Breakfast</p> <p>9:15 Low Impact Aerobics</p> <p>10:00 Photo Club</p> <p>10:30 Healthy Steps in Motion /Drawing</p> <p>11:30 Yoga</p> <p>12:00 Bridge</p> <p>12:40 Ping Pong</p> <p>1:00 Chorus/ Computer Forum</p> | <p>18</p> <p>8:00 Breakfast</p> <p>9:00 Tai Chi</p> <p>9:30 Brain Aerobics/Pinochle/ Functional Fitness Testing</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 SilverSneakers/ Bingo</p> <p>12:30 Rummikub/ Chess/ Pinochle</p> <p>12:45 Crafts and Bingo</p> <p>12:45 Cognition Seminar</p> <p>1:00 Line Dancing</p> |
| <p>21</p> <p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong</p> <p>11:15 SilverSneakers/ Bingo</p> <p>12:00 Bridge</p> <p>12:45 Bingo/ Rummikub</p> <p>1:00 A Matter of Balance</p> <p>1:30 Relaxation</p> | <p>22</p> <p>8:00 Breakfast</p> <p>9:15 Low Impact Aerobics</p> <p>10:00 Nurse</p> <p>10:30 Healthy Steps in Motion/Current Events/ Computer Q & A</p> <p>11:30 Yoga</p> <p>12:45 Knitting Club/Quilting Club</p> <p>1:00 Computer Assistance</p> <p>2:00 Zumba</p> <p>6:00 Bingo</p> | <p>23</p> <p>7:30 Smorgasbord Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:00 German Club</p> <p>10:00 Pinochle/Blood Pressures</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 SilverSneakers/ Bingo</p> <p>12:30 Pinochle/Rummikub/Bingo</p> <p>1:00 Tax Awareness Session</p> <p>1:00 Parkinson's Support Group</p> | <p>24</p> <p>8:00 Breakfast</p> <p>8:30 55 Alive</p> <p>9:15 Low Impact Aerobics</p> <p>10:30 Healthy Steps in Motion /Drawing</p> <p>11:30 Yoga</p> <p>12:00 Bridge</p> <p>12:40 Ping Pong</p> <p>1:00 Chorus</p> | <p>25</p> <p>8:00 Breakfast</p> <p>8:30 55 Alive</p> <p>9:00 Tai Chi</p> <p>9:30 Brain Aerobics/Pinochle</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 SilverSneakers/ Bingo</p> <p>12:30 Rummikub/ Chess/ Pinochle</p> <p>12:45 Crafts and Bingo</p> <p>1:00 Line Dancing</p> |
| <p>28</p> <p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise/Italian Class</p> <p>11:15 SilverSneakers/ Bingo</p> <p>12:00 Bridge</p> <p>12:45 Bingo/ Rummikub</p> <p>1:00 A Matter of Balance/ Wellness Workshop</p> <p>1:30 Relaxation</p> |  | | <p>JOIN US FOR OUR</p> <p>WCASC OPEN HOUSE</p> <p>MARCH 1, 2011.</p> | <p>PLEASE CONTACT</p> <p>THE CENTER FOR A</p> <p>COMPLETE</p> <p>SCHEDULE OF</p> <p>EVENTS.</p> |

February 2011 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| | 1 | 2 | 3 | 4 |
| | Cream of Celery Soup BBQ Chicken Harvard Beets Brown Rice Wheat Dinner Roll Mandarin Oranges | Italian Sausage w/ Pepper & Onions on Jr. Hoagie Roll Carrots Spinach Banana | Roast Beef Sandwich Broccoli Whipped Potatoes Rye Bread Orange | Tomato Soup Grilled Chicken Breast w/ Garlic Sauce Green Beans Rice Pilaf Dinner Roll Apple |
| 7 | 8 | 9 | 10 | 11 |
| Orange Juice Salisbury Steak Sandwich Mixed Vegetables Mashed Potatoes Whole Wheat Bread Chocolate Pudding | Tossed Salad Chicken Parmesan Spaghetti w/Sauce Spinach Multi Grain Roll Vanilla Pudding | Vegetable Soup Meatloaf sandwich Green Beans Rice Dinner Roll Mandarin Oranges | Cranberry Soup Roast Turkey w/Stuffing Peas & Carrots Dinner Roll Banana | Chicken Noodle Soup Cheeseburger Cole Slaw Lettuce & Tomato German Chocolate Cake |
| 14 | 15 | 16 | 17 | 18 |
| VALENTINE'S DAY Mesculin Salad Mix. Sweetheart Chicken Passion Potatoes Broccoli Florets Lover's Delight | Swedish Meatballs Noodles Broccoli Rye Bread Diced Pears | Tomato Soup Ham Steak w/Fruit Sauce Green Beans Corn Rye Bread Granola Bar | Bean & Bacon Soup Fish Sandwich on Bun Lettuce & Tomato Cole Slaw Oreo Cookies Tartar Sauce | Pineapple Juice Sloppy Joe on Bun Mixed Vegetables Tatar Tots Orange |
| 21 | 22 | 23 | 24 | 25 |
| Tossed Salad Hot Roast Beef Sandwich Mashed Potatoes Collard Greens Wheat Bread Pineapple Tidbits | Veal Parmesan w/ Cheese Pasta w/Tomato Sauce California Mixed Vegetables Rye Bread Diced Peaches | Minestrone Soup BBQ Riblet on Roll Cole Slaw Three Bean Salad German Chocolate Cake | Apple Juice Meatball Sandwich Pickled Beets Potato Salad | Cranberry Juice Roast Pork Whipped Potatoes Green Beans Wheat Bread Granola Bar |
| 28 |  | | <p>Cold lunch alternative is available Tuesday through Friday. You MUST reserve meal 3 days in advance. Eat at the Center or take home. Available for pick up between 9 and 2.</p> <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> | |

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

Join us for our February Birthday Party on Wednesday, February 16. We are honored to have the Copeland String Quartet from the Kennett Symphony entertain following lunch. Please make your reservations at least three days in advance.

1-Feb

Jacqueline Clompus
Chester Salisbury
Robert O'Connor
Joseph Pino

2-Feb

Elizabeth Menna
Doris Houpt
Thomas Fitzgerald
Tom Chambers

3-Feb

Shirley Jaceko
Betty Traines

4-Feb

Alan Clark
Robert Garrett
Dolores Bradley

5-Feb

Lillian Seaton
Arthur Dougherty
Shirley Johnson
Ellie Kelly

6-Feb

Russell Rickert
William O'Hara
Thomas Morton
Betsi Hyatt

7-Feb

Barbara Finegan
Gerald Halt
James Anderson

8-Feb

Phyllis Drap
James Johnson
Janet Evans
Barbara Coombe
Jane Carnwath

9-Feb

Pearl Hicks
Joseph Hamel
Dick Balduzzi
Barbara Cassel

10-Feb

Margaret Cutillo

11-Feb

Lindley Miles
Edith Belecanech
Lottie Folta

12-Feb

Eugene Martinez
Eugene Bankey
Muriel Clare
Martin Mrugal
Howard Wills

13-Feb

Jean Robertson
Lee Kolbach

14-Feb

Jean Leary
Ann Entress
Joseph Polito
Ken Leister
Gail Tanzola-Seymour
Annette Glaudel
Terry Newman

15-Feb

Virgina Lorgus
Hiroko Nakata
James Kane
Marianne Griffith

16-Feb

Virgina Thompson
Dorothe Cialini
Sophie Townsend
Nellie Riviezzo

17-Feb

Catherine Pennepacker
Mary Desenberg
Jayant Barkley
Madeline Hughes
Thomas Modrak
Florence Cunningham

18-Feb

Luigi Launi

19-Feb

Barbara Leone
Concetta Bannan

20-Feb

IB Steinmetz
Donald Luff
Carol Wildauer
Loretta DeStefano

21-Feb

Raymond Lechentre
Carolyn LeFevre
Geraldine Porter
Mavis Dobson

22-Feb

Arline Kaniefski
Frank Kwiatkowski

23-Feb

Rosario Messina
Rose Pavluk
James Hughes

24-Feb

Anne Cuff
Mary Lammey
Joyce Carey
Charles Kolbach
Helen Fisher

25-Feb

Gerard Williams
Robert Kane
Grant Wood
LeRoy Whiteman
Beverly Miles
Anthony Torriero

26-Feb

Marilyn Milstein
Dorothy Koehler
Patricia Johnson
Doris Coxé

27-Feb

Adeline Mobile
Theresa Camarota
Ethel Tyers
Milan Kovach
Kimberly Pierce

28-Feb

Gladys Felice
Grace Williams

ZUMBA

You asked for it and now we have it! Come and join the fitness craze that's fun and feels like dancing instead of working out. This low impact Zumba is designed for seniors. The 8 week session will be held on Tuesdays and Thursdays at 2:00 beginning Feb.8, and will cost \$35 for members and \$50 for non-members. Please register by calling 610-431-4242. Payment is due before first class.

Wellness Workshops

Dr. Don Rocklage from Klein Chiropractic Center will present a series of Wellness Workshops. Programs will begin at 1:00. Join us for any or all!

Feb. 7 – Exercise – A Strong Body is a Healthy Body

Feb. 14 – Nutrition – Fuel for a Healthy Body

Feb. 28 – Stretching – More Flexibility= Less Injuries

March 7 – Staying Busy – Staying Healthy – A Lifestyle Chat

Functional Fitness Testing

It is important to have adequate strength, flexibility, and endurance to accomplish everyday tasks. WCASC will be offering functional fitness testing to assess your level of fitness on **February 18 at 9:30**. Participants receive a personal profile form after the testing. Please stop by the front desk or call the Center at 610-431-4242 to make an appointment.

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center on **Feb. 2, 9, and 16**. Mr. Michael Piscotty will be here on **Feb. 1 and 23**. Please call the Center at 610-431-4242 to schedule an appointment with Dr. Curtin. When scheduling for Mr. Piscotty, call 610-213-1867. *There is a fee for some services.*

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. All you can eat Smorgasbord Breakfast will be Feb. 23 for \$5.00 from 7:30 to 10:00.

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.

Week of Feb. 1

Tues. – Ham & Cheese on Rye

Wed. - Seafood & Romaine Salad

Thurs. – Tossed Salad w/Egg Salad

Fri. - Tuna Salad

Week of Feb. 8

Tues. – Chicken Salad

Wed. – Corn Beef & Swiss on rye

Thurs. –Antipasto Salad

Fri. –Chicken Caesar Salad

Week of Feb. 15

Tues – Salad w/ Ham & Cheese

Wed. – Italian Hoagie

Thurs. – Tuna Salad on Rye

Fri. – Chef Salad

Week of Feb. 22

Tues. – Chicken Salad & Romaine

Wed. – Turkey on Multi-grain

Thurs. – Cobb Salad

Fri. – Ham Salad Sandwich

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
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West Chester, PA

United Way Member Agency



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Christine Zaccarelli

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.

