



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

February Movie

In honor of President's Day, this month's movie will be *Mr. Smith Goes To Washington* starring Jimmy Stewart. The movie will begin at 12:45 on Wednesday, February 18th. Join us for a pizza lunch before the movie beginning at 12:00. Please call to reserve your lunch 3 days in advance.

Opera Presentation

We are very pleased that Angelo DiAntonio will return for an opera presentation on Wednesday, February 4th at 12:45. Join us for this very enjoyable program on *Madame Butterfly*.

WCASC Photo Club

The WCASC Photography Club will have some of their work on display at the West Goshen Municipal Building until the end of March. The Photography Club meets the 3rd Thursday of the month at 10:00.

Sudoku Lite

Sudoku Lite is a shorter version of the popular Sudoku. Angelo DiAntonio will introduce you to this fun version on Wednesday, February 25th at 12:45.

Income Tax Assistance

AARP volunteers will be at the Center offering tax assistance to seniors. This service is free to low and moderate income seniors with basic returns by appointment only. Please call the Center at 610-431-4242 to make an appointment. **PLEASE BRING THE FOLLOWING FORMS TO YOUR APPOINTMENT:**

- 2007 federal and state tax returns
 - 2008 blank forms
 - Social Security 1099 form
 - Pension form W-29
 - 1099 INT (interest from banks, etc.) and 1099 DIV (dividend from investments)
 - record of estimated tax payments
 - photo ID and social security card
 - Also, you must know the amount of the recovery rebate (stimulus) check you received.
- *****

Drama Club

A new Drama Club is forming! No theater experience is necessary! The group will begin with reading and discussing monologues and one-act plays. The first meeting will be Thursday, February 5th at 1:30 pm. Your input is invited and needed! Please join us and bring your enthusiasm.

Financial Programs

Richard Wiedl from Legacy Wealth Management will return to WCASC for a series of financial programs. Annuities will be discussed on Feb 11th and steps that can be taken to provide piece of mind while the markets are down will be the topic on Feb. 25th. Programs will begin at 1:00.

West Chester Area Senior Center

STAFF MEMBERS

Amy H. Balian	<i>amyb@wcseniors.org</i>	Executive Director
Mary Kline	<i>maryk@wcseniors.org</i>	Program Coordinator
Philip Picone	<i>philp@wcseniors.org</i>	Meal Supervisor
Doris Russell	<i>doristr@wcseniors.org</i>	Asst. Bookkeeper
Mia Jones	<i>miaj@wcseniors.org</i>	Information and Assistance Coordinator
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, Kerry Blackburn, Dorothe Cialini, Kay Croll, Art Dougherty, Ray Doyle, Pierina Disciullo, Barbara Fedor, Betty Kane, Anthony Lorenzo, Mariane Pepler, Pat Ross, Judith Rodriquez, J.J. Schustrich, Claire Surr, Pam Walsh, Gretchen Webb, and Bill 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 two days in advance.

Tired of the Post Office delivering your newsletter late? If you would like to pick up your newsletter at the Center or read it online by the last week of the month, please contact Mary Ann McMullan at 610-431-4242 or e-mail her at *maryannm@wcseniors.org*. You will then be taken off of the newsletter mailing list and may pick up your newsletter at the front desk. Newsletters will only be distributed to those who have chosen this option.

- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, February 12th at 12:30. Stop by for assistance with state programs and other information.
- An Apprise counselor will be at the Center on Monday February 9th and 23rd to assist with Medicare counseling. Please call for an appointment.

If you are renewing your membership or are becoming a new member, please remember to fill out both sides of the membership form.

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, WCASC 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.



WANT TO HELP?!

The WCASC membership fee is \$30 per individual and \$50 a year per household. All ages can contribute to the WCASC by filling out the application form available at the front desk. Many classes are discounted for members. So please join today! Thank you for helping us achieve our mission.

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 I and II

These classes follow guidelines from the Department of Aging and focus on flexibility, strength, balance, and fall prevention. Basic (I) is T & TH at 10:30 and Advanced (II) is on M,W, & F at 11:15. *Free to members.*

Yoga

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

Strength and CORE Training

This 45 minute strength training class is held at 1:00 on Tuesdays and Thursdays. \$2 charge for members

Silver Sneakers

Classes are 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

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 classes meets on Tuesdays at 1:00. New members are encouraged to attend.

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.

Drama Club

This new group will meet on Thursdays at 1:30. Help us get this new club going!

Chess

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

Bridge

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

Photography Club

The Photo Club will meet February 19th at 10:00.

Art Appreciation Club

The Art Appreciation Club will meet February 12 at 10:00. Cezanne will be discussed.

Pinochle

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

Rummikub

Come to the lounge on Wednesdays and Fridays at 12:30 and join the fun of rummikub. It is fun and easy to learn!

Scrabble Club

Join us on Tuesdays at 1:00. Bring your game if possible.

Knitting and Crocheting Club

The "knitwits" meet Tuesdays at 12:45. The group is currently making lap robes for Pocopson Home residents and baby hats for the Chester County Hospital nursery.

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 Farichild will lead the discussion on Thursday, Feb. 5th and 19th 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.

Audiologist

Mike Piscotty will be at the Center on Wednesday, February 25th. Please call the Center to schedule your appointment. *There is a fee for some services.*


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 Thursday, February 5th at 1:00 to discuss *Loving Frank* by Nancy Horan. March book selection is *My Name is Asher Lev* by Chaim Potok.

February 2009 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 Breakfast 9:15 Silver Sneakers 10:30 Arthritis Exercise Class/ Italian Class 11:15 Healthy Steps in Motion II 11:15 Bingo 12:30 Ping Pong/Bridge 12:45 Bingo 2:00 Basic Tai Chi</p>	<p>3</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Planning Council 10:00 Nurse 10:30 Healthy Steps in Motion I 10:30 Current Events 11:30 Yoga 12:45 Knitting Club 1:00 Computer Assistance/ Scrabble 1:00 Spanish Class/ Strength Training</p>	<p>4</p> <p>8:00 Breakfast 9:15 Silver Sneakers 10:00 German Club/ Pinochle 10:30 Arthritis Exercise Class 11:15 Healthy Steps in Motion II 11:15 Bingo 12:30 Pinochle/ Rummikub 12:45 Bingo 12:45 Madame Butterfly Program</p>	<p>5</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:30 Healthy Steps in Motion I/Drawing Class 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 1:00 Strength Training / Book Club 1:00 Computer Forum</p>	<p>6</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Healthy Steps in Motion II 11:15 Bingo 12:30 Rummikub/ Chess/Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing</p>
<p>9</p> <p>8:00 Breakfast 9:15 Silver Sneakers 10:30 Arthritis Exercise Class/ Italian Class 11:15 Healthy Steps in Motion II 11:15 Bingo 12:30 Rummikub /Ping Pong/Bingo 12:30 Bridge 2:00 Basic Tai Chi</p>	<p>10</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion I 10:30 Current Events 11:30 Yoga 12:45 Knitting Club/Quilting 1:00 Computer Assistance/ Scrabble 1:00 Spanish Class/ Strength Training</p>	<p>11</p> <p>8:00 Breakfast 9:15 Silver Sneakers 10:00 German Club/ Pinochle 10:30 Arthritis Exercise Class 11:15 Healthy Steps in Motion II 11:15 Bingo 12:30 Pinochle/ Rummikub 12:45 Bingo 1:00 Financial Program</p>	<p>12</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation 10:30 Healthy Steps in Motion I/Drawing Class 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 12:30 Sen. Dinniman Constituent Outreach 1:00 Strength Training 1:30 Drama Club</p>	<p>13</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Healthy Steps in Motion II 11:15 Bingo 12:30 Rummikub/ Chess/Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing</p>
<p>16</p> <p>8:00 Breakfast 9:15 Silver Sneakers 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo 11:15 Healthy Steps in Motion II 12:30 Ping Pong/Bingo/Bridge 2:00 Basic Tai Chi</p>	<p>17</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion I 10:30 Current Events 11:30 Yoga 12:30 Heart Health Program 12:45 Knitting Club 1:00 Computer Assistance/Scrabble 1:00 Spanish Class/ Strength Training</p>	<p>18</p> <p>7:30 Board Meeting 8:00 Breakfast 9:15 Silver Sneakers 10:00 German Club 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Healthy Steps in Motion II/ Bingo 12:30 Pinochle/Rummikub 12:45 Movie: Mr. Smith Goes to Washington</p>	<p>19</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion I/Drawing Class 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 12:45 Lower Body Strength Program 1:00 Strength Training 1:00 Computer Forum 1:30 Drama Club</p>	<p>20</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo 11:15 Healthy Steps in Motion II 12:00 Birthday Party with Entertainment 12:30 Rummikub/ Chess/ Pinochle/Crafts 1:00 Line Dancing</p>
<p>23</p> <p>8:00 Breakfast 9:15 Silver Sneakers 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 Bingo 11:15 Healthy Steps in Motion II 12:30 Ping Pong/Bingo/Bridge 2:00 Basic Tai Chi</p>	<p>24</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion I 10:30 Current Events 11:30 Yoga 12:30 Functional Fitness Testing 12:45 Knitting Club/Quilting 1:00 Computer Assistance/Scrabble 1:00 Spanish Class/ Strength Training</p>	<p>25</p> <p>8:00 Breakfast 9:15 Silver Sneakers 10:00 German Club/ Pinochle 10:30 Arthritis Exercise Class 11:15 Healthy Steps in Motion II 11:15 Bingo 12:30 Pinochle/Rummikub 12:45 Sudoku Lite 1:00 Financial Program</p>	<p>26</p> <p>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 1:00 Strength Training 1:30 Drama Club</p>	<p>27</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo/Healthy Steps in Motion II 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts 1:00 Line Dancing</p>
<p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p>				
				
<p>WEAR RED NIGHT DINNER WITH CHESTER COUNTY HOSPITAL AT WCASC Feb. 12th at 5:00 \$12 PER PERSON RSVP BY FEB. 3 TICKETS AVAILABLE AT WCASC</p>				

February 2009 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 New England Clam Chowder Lemon Pepper Pollock Pierogies Stewed Tomatoes Rye Bread Tangerine	3 Salad Sloppy Joe Sandwich on Bun Potato Wedges California Blend Vegetables Chocolate Pudding	4 Cranberry Juice Broiled Chicken w/ Garlic Sauce AuGratin Potatoes Lettuce & Tomato Wheat Bun Tropical Fruit	5 Orange Juice Swedish Meatballs Buttered Noodles Spinach Whole Grain Roll Chocolate Cake	6 Chicken Parmesan Pasta w/ Tomato Sauce Winter Mixed Vegetables Italian Bread Pineapple Tidbits
9 Tossed Salad Veal Parmesan Pasta w/ Tomato Sauce California Blend Vegetables Rye Bread Vanilla Ice Cream	10 Minestrone Soup Cheese Steak Potato Wedges Broccoli Jr. Hoagie Roll Pear	11 Cranberry Juice Grilled Chicken w/ Mushrooms, Peppers, & Onions Rice Pilaf French Green Beans Wheat Roll Apple	12 <u>Valentine Dinner</u> Spring Mix Salad Sweetheart Chicken Passion Potatoes Broccoli Florets w/Carrot Confetti Dinner Roll & Margarine Chocolate Pudding	13 Grape Juice Roast Pork w/Gravy Peas & Carrots Mashed Potatoes Wheat Bread Applesauce
16 Chicken Noodle Soup Cheeseburger on Bun Lettuce & Tomato Tater Tots Orange	17 Baked Chicken Leg Baked Potato w/ Sour Cream Japanese Mixed Vegetables Wheat Dinner Roll Vanilla Pudding Graham Crackers	18 <p style="text-align: center;">Pizza & Movie</p>	19 Orange-Pineapple Juice Hot Roast Beef Sandwich Carrots Mashed Potatoes Peas & Carrots White Bread Brownie	20 <u>February B-Day Party</u> Vegetable Soup Ham & Cheese Quiche String Beans Steamed Rice Rye Bread Cake & Ice Cream
23 Chicken Rice Soup Salisbury Steak Noodles & Gravy Broccoli Whole Grain Roll Tangerine	24 Romaine Lettuce Italian Sausage w/ Pepper, Onions, & Tomato Sauce Corn Jr. Hoagie Roll Diced Peaches	25 Crab Cake Macaroni & Cheese Stewed Tomatoes Wheat Roll Apple	26 Tossed Salad w/ Pepper Ring Hot Turkey Sandwich Mashed Potatoes Carrots White Bread Chocolate Cookies	27 Potato Soup Tuna Salad Three Bean Salad Cole Slaw Pasta Salad Whole Wheat Bun Banana
	<p style="text-align: center;"><u>Do you feel lucky?</u> Get your Tri Bet Ya Raffle tickets at the front desk! Drawings are held every Wednesday at 12:30!</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.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.



Join us for our February Birthday Party on February 20th. Young at Heart with Joan Sullivan and friends will entertain. Please make your reservations at least three days in advance.

Feb. 1

Jacqueline Clompus
Fred Wildauer
Joseph Pino
Robert O'Connor

Feb. 2

Samuel Schwartz
Elizabeth Menna
Doris Houpt
Thomas Fitzgerald
Francis McCool
Tom Chambers
Alice Ernst

Feb. 3

Shirley Jacecko
Donald Kasper
Howard Johns
Betty Traines

Feb. 4

Alan Clark
Robert Garrett
Dolores Bradley

Feb. 5

Lillian Seaton
Arthur Dougherty
Shirley Johnson

Feb. 6

Thomas Morton
William O'Hara
Russell Rickert

Feb. 7

Barbara Finegan
Gerald Halt
James Anderson

Feb. 8

Phyllis Drap
James Johnson
Janet Evans
Barbara Coombe
Jane Carnwath

Feb. 9

Joseph Hamel
Dick Balduzzi

Feb. 10

Margaret Cutillo

Feb. 11

Elena Spina
William Pinckney
Thomas Tracy
Lindley Myles
Edith Belecanech

Feb. 12

Eugene Bankey
Muriel Clare
Martin Mrugal

Feb. 13

Jean Robertson
Lee Kolbach

Feb. 14

Joseph Polito
Ken Leister
Gail Tanzola-Seymour
Jean Leary
Susan Feaster
Annette Glaudel
Terry Newman

Feb. 15

Virginia Lorgus
James Kane

Feb. 16

Dorothe Cialini
Virginia Thompson
Sophie Townsend
Nellie Riviezzo

Feb. 17

Catherine Pennepacker
Florence Cunningham
Samuel Galt
Bernice Tripp
Madeleine Hughes
Mary Desenberg

Feb. 18

Luigi Launi

Feb. 19

Barbara Leone
Concetta Bannan

Feb. 20

IB Steinmetz
Carol Wildauer
Loretta DeStefano

Feb. 21

Mavis Dobson
Louise Jones
Geraldine Porter
Raymond Lechentre
Mary Kesler
Carolyn Polito
Carolyn LeFevre
Ruth Sarbaugh

Feb. 22

Frank Kwiatkowski
Nina Eppley

Feb. 23

Martin Brittingham
Rose Pavluk
James Hughes

Feb. 24

Mary Lammey
Anne Cuff
Joyce Carey
Clinton Weiser
Charles Kolbach

Feb. 25

Gerard Williams
Robert Kane
LeRoy Whiteman
Grant Wood
Beverly Myles

Feb. 26

Doris Coxe
Patricia Johnson
Dorothy Koehler

Feb. 27

Adeline Mobile
Theresa Camarota
Michael McGuire
Beverly Kurt

Feb. 29

Gladys Felice

HEALTH AND WELLNESS NEWS

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 24th at 12:30**. 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. **If you completed the test over 3 months ago, please make an appointment to be re-evaluated. It is important to track your progress.**

Heart Health

Dr. Lauren Schofield and Dr. Denise Butler from Advanced Chiropractic Wellness Center will present this program on **Tuesday, February 17th at 12:30**.

Lower Body Strength

Dr. Kevin Gyurina will present this program on Thursday, **February 19th at 12:45**. Learn the importance of lower body strength to help prevent falls, improve balance and build confidence.

Hearing Clinics

Dr. Judith Curtin, Aud., will be at the Center on **Wednesday, February 4, 11, and 18 from 9 am to 11 am** for hearing clinics and consultations. Please make an appointment by calling the Center at 610-431-4242. *There is a \$10 fee for hearing screenings.*

Brain Aerobics

Keeping both mind and body active are key elements to successful aging. Rachel Sierk and Mary Kline will guide the group through a variety of games and brain exercises to keep your brain mentally fit. Join us **Fridays at 9:30**.

Wii at WCASC

Come and be a part of the latest craze! The Wii enables you to play simulation games like baseball, tennis, golf and bowling and is available for your use most days. It takes just a few minutes to learn!



Join us as we celebrate Heart Month and Valentine's Day! WCASC will partner with Chester County Hospital and host the Wear Red Night Dinner on Thursday, February 12th. Tickets are \$12.00 and reservations must be made by February 3, 2009. Meet hospital cardiologists and blood pressure screenings will be provided by Neighborhood Health Agencies, Inc.

Tickets available at WCASC. CCH Senior Supper Club members may sign up by calling 610-431-2300.

**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, 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.

