



## 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

### Red Dress Gathering Dinner

Join us as we celebrate Heart Month. WCASC will partner with Chester County Hospital and host the Red Dress Gathering Dinner on Thursday, February 25th from 5 pm to 7 pm. Tickets are \$15.00 at the door and reservations must be made by February 15 by calling 610-738-2300. Meet hospital cardiologists and blood pressure screenings will be provided by Neighborhood Health Agencies, Inc.

### Estate Planning Documents Workshop

Christine Zaccarelli from Legal Aid will do a presentation on living wills, healthcare power of attorneys, and other important estate documents. The program will include a Q & A session. Join us on Wednesday, February 10 at 1:00.

*Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will be held at the Center on the Wednesday, Feb. 24 at 1:15.*

- Aging With Wisdom Panel will present a program on resources to help you remain in your home on Monday, February 8 at 1:00.
- The hit movie *Julia & Julia* starring Meryl Streep will be shown on Wednesday, February 24th at 12:45. It is the story of Julia Child's start in cooking intertwined with blogger Julia Powell's 2002 challenge to cook all the recipes in Child's first book.
- Blue Cross informational meeting will be held on Tuesday, February 9 at 10:00.

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Kay Croll will offer a free Using Word Processing More Effectively class Oct. 19 & 26 at 10:00. Please register at the front desk by calling 610-431-4242. Indicate if you will be using a WCASC computer or will be bringing a laptop.

### 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:

- 2008 federal and state tax returns
- W 2 (if you have earned income) and social security SSA 1099 form
- Pension form 1099R
- Interest 1099 INT and Dividend 1099 DIV forms
- record of estimated tax payments
- photo ID and social security card for self and dependents
- if received during 2009, the amount of your Economic Recovery Payment, \$250 (or \$500 if married and filing jointly)
- Totals of all items, if you are going to itemize deductions (there is insufficient time for the Counselors to total your receipts)
- Real estate tax/rental receipts
- Stock and mutual fund share records (dates acquired and sold, original cost and selling price)

# West Chester Area Senior Center

## STAFF MEMBERS

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 Peppler, Judith Rodriquez, 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.*

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## APPRISE and Information and Assistance

An APPRISE volunteer is available on Monday February 8th and 22nd by appointment to assist with Medicare counseling.

Ellen McCabe, WCASC Information and Assistance Coordinator, is also available by appointment on Tuesdays, Wednesdays, and Thursdays. Ellen 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), and APPRISE health insurance counseling. For more information, please call Ellen at 610-431-4242.

Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, February 11th at 12:30. Stop by for assistance with state programs and other information.

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## The 2010 Winter Olympics are coming to the WCASC!

Be a part of the Winter Olympics by participating in the WCASC Wii Winter Olympics! Events will include skiing, figure skating, bowling, Wii Fit games and much more. The games will be held from Feb. 15 to the 26. Please call the Center or stop by for a complete schedule. An orientation session will be held on Wednesday, February 3rd at 12:30. Stop by the dining room anytime time to practice!

## SAVE THE DATE: MAY 22, 2010!

**“THE GREAT RACE” IS COMING TO WCASC! JOIN US FOR OUR 1ST ANNUAL 5K RACE AND 1 MILE WALK TO BENEFIT THE CENTER. FAMILIES ARE ENCOURAGED TO PARTICIPATE AS WE HIGHLIGHT THE CENTER, OUR PARTICIPANTS, AND PROGRAMS TO THE COMMUNITY!**

# 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! 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 February 18 at 10:00.

## Art Appreciation Club

Art Appreciation Club will meet February 11th at 10:00. George Bellows: American realist artist will be presented.

## 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, February 4 and 18 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 Thursday, February 11 at 1:00 and will discuss Heart and Soul by Maeve Binchey Guernsey Literary & Potato Peel Pie has been selected for March.

## 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.

# February 2010 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00 Breakfast</p> <p><b>9-12 Photo Lab</b></p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class/ Italian</p> <p>11:15 SilverSneakers/ Bingo</p> <p>12:00 Bridge</p> <p>12:45 Ping Pong/Bingo</p> <p>2:00 Basic Tai Chi</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 I</p> <p>10:30 Current Events/Computer Q &amp; A</p> <p>11:30 Yoga</p> <p>12:45 Quilting Club/ Knitting Club</p> <p>1:00 Computer Assistance/ Games/ Spanish</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</p>	<p>8:00 Breakfast</p> <p>9:15 Low Impact Aerobics</p> <p>9:30 Bible Study</p> <p>10:30 Healthy Steps in Motion I/Drawing</p> <p>11:30 Yoga</p> <p>12:00 Bridge</p> <p>1:00 Computer Forum/ Chorus</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>1:00 Line Dancing</p>
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<p><b>JOIN US FOR OUR SMORGASBORD BREAKFAST ON WEDNESDAY, FEBRUARY 24<sup>th</sup> FROM 7:30 TO 10:00. ALL YOU CAN EAT FOR JUST \$5.00!</b></p> <p><b>NEW ADDITIONS TO THE MENU!</b></p>	<p><b>Wi! WINTER OLYMPICS FEBRUARY 15<sup>TH</sup> TO THE 26<sup>TH</sup>!</b></p>		<p><b>BINGO!</b></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><b>EXERCISE YOUR BRAIN WITH GAME CLUB, BOOK CLUB, BRAIN AEROBICS AND OTHER PROGRAMS!</b></p>

# February 2010 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Italian Sausage w/ Peppers & Onions Carrots Peas Steak Roll Banana	<b>2</b> Roast Beef Sandwich w/Gravy Broccoli Mashed Potatoes Whole Wheat Bread Orange	<b>3</b> Orange-Pineapple Juice Grilled Chicken w/ Garlic Sauce Baked Potato Green Beans Wheat Grain Dinner Roll Apple	<b>4</b> Orange Juice Salisbury Steak Sweet Potatoes Winter Mixed Vegetables Graham Crackers Chocolate Pudding	<b>5</b> Chopped Romaine Pasta & Meatballs Carrots Italian Bread Orange
<b>8</b> Romaine Lettuce Chicken Parmesan Green Beans Kaiser Roll Vanilla Pudding	<b>9</b> Tossed Salad Crab Cake Pierogies Stewed Tomatoes Dinner Roll Orange	<b>10</b> Cranberry Juice Roast Turkey w/ Gravy Peas & Carrots Stuffing Whole Grain Roll Banana	<b>11</b> <u><b>VALENTINE'S DAY LUNCHEON</b></u> Spring Mixed w/Raspberry Ving. Chicken Breast w/Pineapple Sauce Potatoes w/Rosemary Broccoli w/Carrot Confetti Dinner Roll Ambrosia	<b>12</b> Orange Juice Hot Meatloaf Sandwich w/Gravy Mashed Potatoes Japanese Mixed Vegetables Whole Wheat Dinner Roll Applesauce
<b>15</b> Swedish Meatballs Noodles Broccoli Rye Bread Diced Peaches	<b>16</b> Tossed Salad Hot Beef Sandwich w/Gravy Mashed Potatoes Collard Greens Whole Wheat Bread Pineapple Tidbits	<b>17</b> <u><b>Birthdays Party</b></u> Tuna Salad Lettuce & Tomato Cole Slaw Whole Wheat Bun Cupcakes & Ice Cream	<b>18</b> Pineapple Juice Sloppy Joe Mixed Vegetables Hamburger Bun Orange	<b>19</b> Grape Juice Crab Cake Macaroni & Cheese Stewed Tomatoes Wheat Bread Orange
<b>22</b> Veal Parmesan Pasta w/ Tomato Sauce California Blend Vegetables Rye Bread Diced Peaches	<b>23</b> Vegetable Soup Cheeseburger on Bun Lettuce & Tomato Cole Slaw Vanilla Pudding	<b>24</b> Minestrone Soup Chicken Salad Cole Slaw Three Bean Salad Hamburger Bun German Chocolate Cake	<b>25</b> Cranberry Juice Roast Pork w/Gravy Whipped Potatoes Green Beans Whole Wheat Bread Granola Bar	<b>26</b> Apple Juice Macaroni & Cheese Peas & Carrots Stewed Tomatoes Orange Italian Bread
	<p><b>Cold lunch alternative is available Tuesday through Friday. <u>You MUST</u> reserve meal 3 days in advance. Cold lunches are not available when there is a special luncheon.</b></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>				



**Join us for our February Birthday Party on February 17. Burton Young will entertain following lunch. Please make your reservations at least three days in advance.**

**1-Feb**

Jacqueline Clompus  
Joseph Pino  
Robert O'Connor

**2-Feb**

Elizabeth Menna  
Doris Houpt  
Thomas Fitzgerald  
Tom Chambers

**3-Feb**

Shirley Jacecko  
Betty Traines

**4-Feb**

Alan Clark  
Robert Garrett  
Dolores Bradley

**5-Feb**

Lillian Seaton  
Arthur Dougherty  
Shirley Johnson  
Ellie Kelly

**6-Feb**

Thomas Morton  
William O'Hara  
Russell Rickert  
Betsi Hyatt

**7-Feb**

Barbara Finegan  
Gerald Halt  
James Anderson

**8-Feb**

Phyllis Drap  
James Johnson  
Janet Evans  
Barbara Coombe  
Jane Carnwath

**9-Feb**

Joseph Hamel  
Dick Balduzzi  
Barbara Cassel

**10-Feb**

Margaret Cutillo

**11-Feb**

Lindley Myles  
Edith Belecanech  
Lottie Folta

**12-Feb**

Eugene Bankey  
Muriel Clare  
Martin Mrugal  
Howard Wills

**13-Feb**

Jean Robertson  
Lee Kolbach

**14-Feb**

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

**15-Feb**

Virginia Lorgus  
James Kane  
Marianne Griffith  
Hiroko Nakata

**16-Feb**

Dorothe Cialini  
Virginia Thompson  
Sophie Townsend  
Nellie Riviezzo

**17-Feb**

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

**18-Feb**

Luigi Launi

**19-Feb**

Barbara Leone  
Concetta Bannan

**20-Feb**

IB Steinmetz  
Carol Wildauer  
Loretta DeStefano

**21-Feb**

Mavis Dobson  
Geraldine Porter  
Raymond Lechentre  
Carolyn LeFevre

**22-Feb**

Frank Kwiatkowski  
Nina Eppley  
Arline Kaniefski

**23-Feb**

Rosario Messina  
Rose Pavluk  
James Hughes

**24-Feb**

Mary Lammey  
Anne Cuff  
Joyce Carey  
Charles Kolbach  
Helen Fisher

**25-Feb**

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

**26-Feb**

Doris Coxe  
Patricia Johnson  
Dorothy Koehler

**27-Feb**

Adeline Mobile  
Theresa Camarota  
Kimberly Pierce  
Michael McGuire

**28-Feb**

Grace Williams



## **FINANCIAL EDUCATION FOR SENIORS**

WCASC will be working with the Greater Philadelphia Urban Affairs Coalition to alert and educate seniors about financial fraud as well as provide financial training and counseling on a variety of topics. Upcoming topics are:

**February 11** – How to protect yourself from financial fraud and scams (per FBI advisories)

**March 11** – Identity Theft

**April 8** – How to pay for repair of your home while avoiding predatory lenders.

WCASC will also be hosting a Financial Advancement Network (FAN) Club. The FAN Club will meet six times and include training on a financial topic and peer-group support discussions. More details will be coming soon.

### **Hearing Clinics**

Dr. Judith Curtin, AuD., will be at the Center on **February 3, 10, and 17**. Dr. Michael Piscotty will be here on **February 9 and 24**. 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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### **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. **Our updated Smorgasbord breakfast will be Wednesday, February 24th from 7:30 to 10:00.** Same great price of \$5.00 for all you can eat! 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. Cold lunches are not available on Mondays. You may pick up a complete menu at the Center or check it online @ [wcseniors.org](http://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. Cold lunches are available for take - out and may be picked up between 9 am and 2 pm. **Please notify us by 12:00 if you need to cancel your cold lunch.**

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

##### **Week of February 2**

Tues. – Ham & Cheese on Rye  
Wed. - Seafood & Romaine Salad  
Thurs. – Tossed Salad w/Egg Salad  
Fri. - Tuna Salad

##### **Week of February 16**

Tues – Salad w/ Ham & Cheese  
Wed. – Italian Hoagie  
Thurs. – Tuna Salad  
Fri. – Chef Salad

##### **Week of February 9**

Tues. – Chicken Salad  
Wed. – Corn Beef & Swiss on rye  
Thurs. –Antipasto Salad  
Fri. –Chicken Caesar Salad

##### **Week of February 23**

Tues. – Chicken Salad & Romaine  
Wed. – Turkey on Multi-grain  
Thurs. – Chef 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](http://www.wcseniors.org)

*enriching the lives of our senior neighbors through friendship, education, activities, and nourishment*

Non-Profit  
Organization  
US Postage Paid  
Permit # 77  
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.*

