

January 2009  
Volume 33 Issue 1



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

### Information and Assistance

Information and Assistance Coordinator, Mia Jones, will be available Monday through Friday from 10 am to 2 pm to assist you with information about benefit programs and services provided by the Department of Aging Services.

### Computer Forum

On January 4th, the discussion of the office series will continue. LSOs or local shared objects will be the topic on January 18th. The Computer Forum meets on the 1st and 3rd Thursdays of the month at 1:00.

### Quilting Club

The quilters meet on the 2nd and 4th Tuesdays of the month at 12:45. Beginners and experienced quilters are welcome. Basic instruction is available. The group will work on small individual projects and a group senior center project.

### Financial Program

Richard Wiedl from Legacy Wealth Management will return to WCASC for a series of financial programs. Taxes will be discussed on Wednesday, January 21st at 1:00.

### WCASC EXECUTIVE DIRECTOR TO RETIRE

Amy Balian, the Executive Director of the Center for many years, is about to enjoy retirement! Please join us as we wish Amy well at a special retirement luncheon at the Center on Friday, January 30th. Please call to make your lunch reservations by Monday, January 26th. Festivities will begin at 11:00 with lunch at 12:00.

In conjunction with our Celebration of Amy Balian's Retirement, we are asking you to participate in a special gift for her.

We are creating a 'Congrats on Your Retirement' Audio CD for Amy. You are asked to record a short greeting (about 1 minute or less) that will be put onto a CD as a gift.

Call 1-800-606-0697 when prompted enter the code 70299, then record your greeting. Your message, along with all other members, family, friends will be added to the CD. Calls will be taken until **January 20, 2009**.

Please begin your recording with the following:

Hi Amy, this is (state your FIRST & LAST name) - then your special message

If you have questions about this, please call Jim Mobile at 610-431-4242.

Join us as we celebrate Heart Month and Valentine's Day! WCASC will partner with Chester County Hospital and host the Red Night Out Dinner on Thursday, February 12th. Tickets are \$12.00 and reservations must be made by February 3, 2009. Call the Center at 610-431-4242 for more information. CCH Senior Supper Club members may sign up by calling 610-431-2300.

# West Chester Area Senior Center

## STAFF MEMBERS

Amy H. Balian	<a href="mailto:amyb@wcseniors.org">amyb@wcseniors.org</a>	Executive Director
Mary Kline	<a href="mailto:maryk@wcseniors.org">maryk@wcseniors.org</a>	Program Coordinator
Philip Picone	<a href="mailto:philp@wcseniors.org">philp@wcseniors.org</a>	Meal Supervisor
Doris Russell	<a href="mailto:doristr@wcseniors.org">doristr@wcseniors.org</a>	Asst. Bookkeeper
Mia Jones	<a href="mailto:miaj@wcseniors.org">miaj@wcseniors.org</a>	Information and Assistance Coordinator
Mary Ann McMullan	<a href="mailto:maryannm@wcseniors.org">maryannm@wcseniors.org</a>	Executive Assistant
Lee Grunwell	<a href="mailto:leeg@wcseniors.org">leeg@wcseniors.org</a>	Bookkeeper
Rachel Sierk	<a href="mailto:rachels@wcseniors.org">rachels@wcseniors.org</a>	Health & Wellness Coordinator
Betty Daniels		Custodian
Rose Marie Klasky		Office Assistant
Marian London		Kitchen Assistant
Jim Mobile	<a href="mailto:IQStudios@aol.com">IQStudios@aol.com</a>	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.

\*\*\*\*\*  
*WCASC will be closed on Thursday and Friday, January 1st and 2nd. We will also be closed on Monday, January 19th for the Martin Luther King, Jr. Holiday.*  
\*\*\*\*\*

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](mailto: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, January 8th at 12:30. Stop by for assistance with state programs and other information.

## 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.*



## 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 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.*

## Stretching Class

Dr. Lauren Schofield offers this free class on Thursdays at 1:45.

## 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.

## 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 January 15th at 10:00.

## Art Appreciation Club

The Art Appreciation Club will meet January 8th at 10:00. Dutch Masters 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, Jan. 8th and 22nd 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, January 28th. 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, January 8th at 1:00 to discuss *Three Cups of Tea* by Greg Mortenson and David Oliver Relin. February's book is *Loving Frank* by Nancy Horan. Please join us!



# January 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><b>Happy New Year!</b>                      Apple Juice                      Pork &amp; Sauerkraut                      Mashed Potatoes                      Dinner Roll                      Apple Pie w/ Whipped Topping</p>	<p>5</p> <p>Cranberry Juice                      Boneless Chicken w/ Garlic Sauce                      AuGratin Potatoes                      Lettuce &amp; Tomato                      Wheat Hamburger Bun                      Tropical Fruit</p>	<p><b>Do you feel lucky?                      Get your Tri Bet Ya                      Raffle tickets at the front                      desk! Drawings are held                      every Wednesday at                      12:30!</b></p> <p>6</p> <p>Orange Juice                      Swedish Meatballs                      Buttered Noodles                      Spinach                      Whole Grain Roll                      Chocolate Cake</p>	<p>1</p> <p>WCASC                      CLOSED                      FOR                      HOLIDAY!</p> <p>7</p> <p>Potato Soup w/ Crackers                      Tuna Salad                      Three Bean Salad                      Cole Slaw                      Whole Wheat Bun                      Banana</p>	<p>2</p> <p>WCASC                      CLOSED                      FOR                      HOLIDAY!</p> <p>8</p> <p>Tossed Salad w/ Dressing                      Veal Parmesan                      Spaghetti w/ Sauce                      California Blend Vegetables                      Rye Bread                      Vanilla Ice Cream</p>
<p>12</p> <p>Minestrone Soup w/ Crackers                      Cheese Steak                      Potato Wedges                      Broccoli                      Jr. Hoagie Roll                      Fresh Pear                      Ketchup/ Mayonnaise</p>	<p>13</p> <p>Cranberry Juice                      Grilled Chicken w/ Mushrooms,                      Peppers, &amp; Onions                      Rice Pilaf                      French Green Beans                      Wheat Roll                      Fresh Apple</p>	<p>14</p> <p>Grape Juice                      Roast Pork w/ Gravy                      Peas &amp; Carrots                      Whipped Potatoes                      Whole Wheat Bread                      Applesauce</p>	<p>15</p> <p>Chicken Noodle Soup w/ Crackers                      Cheeseburger                      Lettuce &amp; Tomato                      Tater Tots                      Hamburger Bun                      Fresh Orange                      Mayonnaise &amp; Ketchup</p>	<p>16</p> <p>Baked Chicken Leg                      Baked Potato w/ Sour Cream                      Japanese Mixed Vegetables                      Wheat Dinner Roll                      Vanilla Pudding                      Graham Crackers</p>
<p>19</p> <p>WCASC                      CLOSED FOR                      MARTIN LUTHER KING,                      JR HOLIDAY</p>	<p>20</p> <p>Orange Pineapple Juice                      Hot Roast Beef Sandwich                      Mashed Potatoes                      Carrots                      White Bread                      Brownie</p>	<p>21</p> <p>Crab Cake                      Macaroni &amp; Cheese                      Stewed Tomatoes                      Whole Wheat Bread                      Golden Delicious Apple                      Tartar Sauce</p>	<p>22</p> <p>Chicken Rice Soup                      Salisbury Steak                      Noodles &amp; Gravy                      Cut Broccoli                      Whole Grain Roll                      Tangerine</p>	<p>23</p> <p>Romaine Lettuce w/ Dressing                      Italian Sausage w/ Peppers, Onions                      and Tomato Sauce                      Corn                      Spinach                      Jr. Hoagie Roll                      Diced Peaches</p>
<p>26</p> <p>Vegetable Soup w/ Crackers                      Ham &amp; Cheese Quiche                      String Beans                      Steamed Rice                      Rye Bread                      Tropical Fruit</p>	<p>27</p> <p>Tossed Salad w/ Pepper Ring                      French Dressing                      Hot Turkey Sandwich                      Mashed Potatoes                      Carrots                      White Bread                      Chocolate cookies</p>	<p>28</p> <p><b>Birthdays Party</b>                      Chicken Parmesan                      Past w/ Sauce                      Winter Mixed Vegetables                      Italian Bread                      Cake &amp; Ice Cream</p>	<p>29</p> <p>Tomato Soup w/ Crackers                      Meatloaf w/ Gravy                      Candied Sweet Potatoes                      Peas &amp; Carrots                      Rye Bread                      Granola Bar</p>	<p>30</p> <p>Chopped Romaine w/ Italian                      Dressing                      Stuffed Pepper Half                      Whole Kernel Corn                      Italian Bread                      Apricot Halves</p>

MENUS SUBJECT TO CHANGE WITHOUT NOTICE.



**Join us for our January Birthday Party on January 28th. Guitar with Gloria will entertain. Please make your reservations at least three days in advance.**

**1-Jan**

Gerald Wilk  
Huong Truong  
Georgia Pappas  
Margaret Cadden  
Patricia Sullivan

**2-Jan**

Margaret Rogowski

**3-Jan**

Marie Hall

**4-Jan**

Virginia Love  
Jon Helman  
Mark Osmond

**5-Jan**

Anne Quigley  
David Davies  
Annie Martin

**6-Jan**

Daniel Mowery  
Eddie Lewis  
Maryjane Hahn

**7-Jan**

Mary Jean Davies  
Kipp Stone  
Virginia Brehmer

**8-Jan**

Caroline Malavolta  
Dolores Rice

**9-Jan**

A. K. Misser  
Mary Glee Young  
Charles MacIntyre  
Marie McCarthy  
Joan Davis

**10-Jan**

Bertha Jones

**12-Jan**

Ernest Irons  
Steven Evans

**13-Jan**

David Morgan

**14-Jan**

Ralph Osborne  
Richard Townsend  
Lucy Moran  
Marilyn Smith

**15-Jan**

Winifred Anderson  
Mahlon Rossiter  
Margaret Coppotelli  
Ilona Stafford  
Bruce Beadle

**16-Jan**

Doris Russell  
Sylvia Hines  
Dolores Mayernick

**17-Jan**

Cecilia Amici  
Anthony Puglisi  
June McComas  
Bernice Sanders

**18-Jan**

Jacquelyn Scott  
Helen Bireley  
William Ronayne

**19-Jan**

Alma Steinmetz  
Laurence Reynolds  
Grace Samuel  
Emily Broadbelt  
Lewis Hall

**20-Jan**

Mary Frances Thomas  
Elizabeth Kane  
Sarah Finnaren  
Virginia Vonder Heide  
Ellen Doyle  
Mary Farrell  
Margaret Schlairet  
Joseph Kelly

**21-Jan**

Phillip Nied  
Scott Schaffer

**22-Jan**

Doris Testa

**23-Jan**

Jean Milbourne  
Marie Keesey  
M. Paulette Schaumann  
Cecile Margosian

**24-Jan**

Margaret Reitman  
Mary Belle Fabe

**25-Jan**

John Grasso

**26-Jan**

JoAnn Langdon  
Marilyn Cornell  
Lois Ruth  
Mary Beth Lavery

**27-Jan**

Jeanette Merion  
Frederick Pettit  
Loretta Richards  
Anna Fischer  
Judy Cosgrove

**28-Jan**

Richard Merion  
Josephine Allen  
Janet Gasho  
William Devenney  
Arthur Sweatman  
Barbara Bochey  
Doris McGillan

**29-Jan**

Mary Frances Grubb

**30-Jan**

Arnold Schneider  
Stephanie Wright  
Emily Jones

**31-Jan**

Edith Grasso  
Theresa Littrell  
Laura Tamakoshi  
Grace Roman

## **HEALTH AND WELLNESS NEWS**

**ARE YOU MAKING SOME NEW YEAR'S GOALS? LET US HELP! CHECK OUT THE GREAT VARIETY OF EXERCISE CLASSES OFFERED HERE AT THE CENTER. A REGULAR EXERCISE PARTICIPANT RECENTLY SAID, "EXERCISE IS BETTER THAN ANY MEDICATION YOU CAN TAKE." A RECENT SURVEY SHOWED THAT 100% OF SENIORS PARTICIPATING IN AN EXERCISE PROGRAM AT THE CENTER FELT THAT THEIR OVERALL FITNESS LEVEL HAD IMPROVED. WE HAVE A CLASS TO MEET YOUR NEEDS!**

### **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 **January 21<sup>st</sup> 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.

### **Diabetes Wellness Education**

Diabetes may seem overwhelming, but once you incorporate various wellness elements and integrate them into your everyday lifestyle, you can build on them to lead a health and happy life. Chester County Hospital will present this program on **Monday, January 12<sup>th</sup> at 1:00**.

### **A New Year, A New You**

Dr. Lauren Schofield and Dr. Denise Butler from Advanced Chiropractic Wellness Center will present this program on **Tuesday, January 13<sup>th</sup> at 12:30**.

### **Postural Screen**

Michael and Violet Batejan from West Chester Physical Therapy will present a program on posture on **Wednesday, January 14<sup>th</sup> at 12:45**.

### **Hearing Clinics**

Dr. Judith Curtin, Aud., will be at the Center on **Wednesday, January 7, 14, and 21 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**.

**An informational meeting for the Wii Bowling League will be held on Thursday, January 8th at 10:30. For more information, please contact Jim Mobile at 610-431-4242.**

**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 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.*

