



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

SEPTA SENIOR ID CARD

Representatives from the Transportation Management Association of Chester County (TMACC) will be at the center on Wednesday, January 25 from 11:30—1:00. Stop by and sign up for your senior transit ID card. This card allows you a free or reduced fare when riding SEPTA. You must bring an original proof of age document.

Rigoletto: The Movie

WCASC Italian instructor, Pierina Disciullo, will show the opera Rigoletto on Tuesday, January 18th at 10:00. The program will break for lunch at 11:45 and continue at 12:30. Please call the center at 610-431-4242 to sign—up and reserve your lunch by January 12th. Pierina will also lead a short discussion and provide an explanation about the opera.

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 Wednesday, January 12th at 12:45.

Exercise your brain and learn about this exciting area of research!

Medicare Fraud

The PA Senior Medicare Patrol is working to educate Medicare beneficiaries throughout the state about Medicare fraud. Come to an educational presentation about what fraud can look like, how to detect it, how to protect yourself, and how to report it. The program will be held on Wednesday, January 26 at 1:00.

Upcoming Programs

- Jim Mobile will present a ping pong overview for beginners on Friday, January 21 at 12:45. The ping pong table will also be available to beginners on Mondays at 10:30.
- Ken Schreffler of LPL Financial will present Retirement Income Solutions on Monday, January 24 at 1:00.
- ComFor Care Senior Services will present a program on home safety and fall prevention on Monday, January 31 at 1:00.
- *Letters to Juliet* will be shown on Thursday, January 27 at 12:45. This romantic comedy about love lost and found is set in Verona, Italy.
- Neighborhood Health Agencies, Inc.'s monthly Parkinson's Disease Support Group will be held at the Center on Wednesday, January 26 at 1:15.

TUESDAY EVENING YOGA

Yoga instructor, Deb Williams, will offer Yoga For Stronger Bones on Tuesday evenings at 6:00 beginning January 18. The cost of the introductory 8 week program will be \$80 and you can register at the front desk or by calling the center at 610-431-4242. Please register by January 11. WCASC reserves the right to cancel the class if there is insufficient enrollment.

West Chester Area Senior Center

STAFF MEMBERS

Kathy Sullivan	<i>kathys@wcseniors.org</i>	Executive Director
Mary Kline	<i>maryk@wcseniors.org</i>	Program Coordinator
Philip Picone	<i>philip@wcseniors.org</i>	Meal Supervisor
Lorri Sarosy	<i>lorris@wcseniors.org</i>	Resource Development Director & Business Manager
Mia Jones	<i>miaj@wcseniors.org</i>	Data Entry
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Rachel Sierk	<i>rachels@wcseniors.org</i>	Health & Wellness Coordinator
Jim Mobile	<i>IQStudios@aol.com</i>	Technology & Volunteer Coordinator
Doris Russell		Asst. Bookkeeper
Betty Daniels		Custodian
Rose Marie Klasky		Office Assistant
Carlton Brown		Kitchen Assistant

INSTRUCTORS

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

WCASC will be closed on Monday, January 17, 2011.

Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, January 13th at 12:30. Stop by for assistance with state programs and other information.

AARP Driver Safety Program

The 4 hour 55 Alive Driver's Refresher Course will be held at the Center on Thursday, January 27 from 8:30 to 12:30. This class is for those that have completed an 8 hour class in the past. The cost is \$12 for AARP members and \$14 for non-members. There will be an 8 hour course on Thursday and Friday, February 17 and 18 at 8:30. Both classes qualify you for insurance discounts. Please call the Center at 610-431-4242 to register.

New members and regular participants are invited for an orientation session and lunch on January 11. Meet new people and learn about all the classes from the instructors or other members and other events at the Center. Bring a friend! Please register for lunch at least 3 days in advance.

TAX Workshop

Greater Philadelphia Urban Affairs Coalition will present a 2 hour tax educational and informational workshop on Wednesday, Feb. 23. More information coming soon.

AARP Tax counselors will assist with tax preparation at the center beginning in February.

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.

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*

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*

SilverSneakers

Classes are Mondays and Wednesdays and Fridays at 11:15. *Free to members and Silver Sneakers participants.*

SilverSneakers 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

Experienced players meet Thursdays at 12:45 in the exercise room. Beginners meet on Mondays at 10:30 in the dining room. Other times available!

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*

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.

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.

Hardy Perennials

Our new garden club will meet the 2nd Monday of the month. Please join us on Monday, January 10 at 12:45.

Bridge

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

Photography Club

The Photo Club will meet on January 20 at 10:00..

Art Appreciation Club

Henri de Toulouse-Lautrec will be presented on January 13 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, January 6 and 20 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 on Tuesdays at 10:00.

Poetry Club

The Poetry Club meet on the 3rd Friday of the month at 1:00. Come and enjoy!

Chess


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

We have a large assortment of games in the café. Stop by or bring some friends and come play!

January 2011 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Bingo/ Rummikub 1:00 A Matter of Balance</p>	<p>4</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion/Current Events 11:30 Yoga 12:45 Knitting Club/Quilting Club 6:00 Bingo</p>	<p>5</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Pinochle/ Rummikub</p>	<p>6</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion 10:30 Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Chorus 1:00 Computer Forum</p>	<p>7</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 12:45 Crafts/Bingo/Pinochle 1:00 Line Dancing</p>
<p>10</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Bingo/ Rummikub 1:00 A Matter of Balance</p>	<p>11</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion/Current Events 11:30 Yoga 12:00 New Member Social 12:45 Knitting Club/Quilting Club 6:00 Bingo</p>	<p>12</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Pinochle/ Rummikub 12:45 Cognition Seminar</p>	<p>13</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation 10:30 Healthy Steps in Motion 10:30 Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong</p>	<p>14</p> <p>8:00 Breakfast 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 12:45 Wellness for Life Kick-off 1:00 Line Dancing</p>
<p>17</p> <p>WCASC CLOSED FOR MARTIN LUTHER KING DAY</p>	<p>18</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:00 Opera: Rigoletto (movie) 10:30 Current Events 10:30 Healthy Steps in Motion 11:30 Yoga 12:45 Knitting Club 6:00 Bingo 6:00 Yoga for Stronger Bones</p>	<p>19</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 12:00 Birthday Lunch & Prize Bingo! 12:30 Pinochle</p>	<p>20</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Chorus/ Computer Forum</p>	<p>21</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics/Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing/Poetry Club</p>
<p>24</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Bingo/ Rummikub 1:00 Retirement Income Solutions</p>	<p>25</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events 10:30 Healthy Steps in Motion 11:30 Yoga 11:30 SEPTA Pass Sign-up 12:45 Knitting Club/Quilting Club 6:00 Bingo 6:00 Yoga for Stronger Bones</p>	<p>26</p> <p>7:30 Smorgasbord 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 1:00 Medicare Fraud Program 1:00 Parkinson's Support Group</p>	<p>27</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 12:45 Movie: Letters to Juliet</p>	<p>28</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics/Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing</p>
<p>31</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise/Italian Class/ Ping Pong 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Bingo/ Rummikub 1:00 Fall Prevention/Home Safety</p>	<p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p>			

January 2011 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cream of Celery Soup BBQ Chicken Leg Harvard Beets Brown Rice Wheat Dinner Roll Mandarin Oranges	4 Italian Sausage w/ Pepper & Onions on Jr. Hoagie Roll Carrots Spinach Banana	5 <u>New Year's Lunch</u> Pork & Sauerkraut Mashed Potatoes Dinner Roll Apple Juice Apple Pie with Whipped Topping	6 Tomato Soup Grilled Chicken Breast w/ Garlic Sauce Green Beans Rice Pilaf Dinner Roll Apple	7 Orange Juice Salisbury Steak Sandwich Mixed Vegetables Mashed Potatoes Whole Wheat Bread Chocolate Pudding
10 Chopped Romaine Pasta & Meatballs Carrots Whole Grain Roll Orange	11 Vegetable Soup Meatloaf sandwich Green Beans Rice Dinner Roll Mandarin Oranges	12 Chicken Noodle Soup Cheeseburger Cole Slaw Lettuce & Tomato German Chocolate Cake	13 Cranberry Soup Roast Turkey w/ Stuffing Peas & Carrots Dinner Roll Banana	14 Tossed Salad Chicken Parmesan Spaghetti w/ Sauce Spinach Multi Grain Roll Vanilla Pudding
17 Swedish Meatballs Noodles Broccoli Rye Bread Diced Pears	18 Bean & Bacon Soup Fish Sandwich on Bun Lettuce & Tomato Cole Slaw Oreo Cookies Tartar Sauce	19 Tomato Soup Ham Steak w/ Fruit Sauce Green Beans Corn Rye Bread Granola Bar	20 Pineapple Juice Sloppy Joe on Bun Mixed Vegetables Tatar Tots Orange	21 Tossed Salad Hot Roast Beef Sandwich Mashed Potatoes Collard Greens Wheat Bread Pineapple Tidbits
24 Veal Parmesan w/ Cheese Pasta w/ Tomato Sauce California Mixed Vegetables Rye Bread Diced Peaches	25 Minestrone Soup BBQ Riblet on Roll Cole Slaw Three Bean Salad German Chocolate Cake	26 Apple Juice Meatball Sandwich Pickled Beets Potato Salad	27 Cranberry Juice Roast Pork Whipped Potatoes Green Beans Wheat Bread Granola Bar	28 Chopped Romaine Chili Con Carne Carrots Rice Corn Muffin Banana
31 Tomato Soup Seafood Salad on Bun Lettuce & Tomato Cole Slaw Swiss Cream Cookie			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.	

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 January Birthday Party on Wednesday, January 19. We will have Prize Bingo sponsored by Chestnut Knoll At Home Services. Please make your reservations at least three days in advance.

1-Jan

Gerald Wilk

2-Jan

Gary McCool

3-Jan

Marie Hall
Rosemary Geldof

4-Jan

Virginia Love
Mark Osmond
Marco Alvisi

5-Jan

Anne Quigley

6-Jan

Daniel Mowery

7-Jan

Mary Jean Davies
Kipp Stone

8-Jan

Caroline Malavolta
Dolores Rice

9-Jan

A.K. Miser
Mary Glee Young
Susan Shenkin
Charles MacIntyre
Marie McCarthy
Agnes Grieco
Richard Lucas

10-Jan

Bertha Jones

11-Jan

Linda Harrington
Robert Feldbaumer

12-Jan

Ernest Irons

13-Jan

David Morgan

14-Jan

Ralph Osborne

15-Jan

W. Zoila Anderson
Beatrice Flynn
Bruce Beadle

16-Jan

Doris Russell
Dolores Mayernick

17-Jan

Cecilia Amici
Bernice Sanders

18-Jan

Helen Birely

19-Jan

Alma Steinmetz
Laurence Reynolds
Grace Samuel
Emily Broadbelt

20-Jan

Elizabeth Kane
Sarah Finnaren
Mary Farrell
Margaret Schlairet

21-Jan

Ellen Doyle
Phillip Nied

22-Jan

George Fenicle
Doris Testa

23-Jan

Jean Milbourne
Marie Keesey
M. Paulette Schaumann
Cecile Margosian

24-Jan

Margaret Reitman
Mary Belle Fabe
John Grasso

26-Jan

Jo Ann Langdon
Milton Helmuth
Mary Beth Lavery

27-Jan

Jeanette Merion
Frederick Pettit
Judy Cosgrove
Bertha Creighton

28-Jan

Richard Merion
Josephine Allen
William Devenney
Arthur Sweatman

29-Jan

Mary Frances Grubb
Douglas Fairchild

30-Jan

Stephanie Wright
Emily Jones

31-Jan

Edith Grasso
Laura Tamakoshi
George Rengert
Esther Wood

Wellness for Life Challenge

Do you make New Year's Resolutions every year, hoping to get healthier or feel better? Do you keep them? It's not your fault – New Year's Resolutions are very difficult to keep. Setting goals for yourself works much better. Come learn how to set realistic goals and reach them as part of the Wellness for Life Challenge. This is a comprehensive wellness program designed to help you get healthier, be more able to do the things you want to do, and just feel better in general. We'll work together on creating goals that will work for you and figuring out how to reach those goals. And we'll be challenging you to make the small changes necessary in your daily lives to stay healthy and remain independent.

Come join us for a kick-off meeting and to learn more about the challenge on **Friday, January 14 at 12:45 pm**

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center on **Jan. 5, 12, and 19**. Mr. Michael Piscotty will be here on **Jan. 4 and 26**. 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.*

Wii Bowling League

Wii Bowling can be done sitting or standing and more experience is necessary. We have experienced bowlers ready to show you everything you need to know. You and your opponent can pick your own times. Sign up at the front desk and join the fun!

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 Jan. 26 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 Jan. 3

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

Week of Jan. 17

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

Week of Jan. 10

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

Week of Jan. 24

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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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 Board of Directors, Advisory Council, 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.

The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

