



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

AARP Driver Safety Program

The 55 Alive Driver's Education Course will be held at the Center on Thursday and Friday January 7 and 8 from 8:30 to 12:30. The cost is \$12 for AARP members and \$14 for non-members. There will be a 4 hour course on Thursday, January 14th at 8:30 for those that have already completed the 8 hour course. Both classes qualify you for insurance discounts. Please call the Center at 610-431-4242 to register.

Telephone Reassurance Program

We are seeking volunteers to help plan and coordinate a program to provide a means of checking on seniors' well being on a regular basis. If you are interested in being involved in this program, please come to a planning meeting on Thursday, January 21 at 1:00. There will be more information coming soon if you would like to receive phone calls from our "telebuddy" volunteers.

SEPTA SENIOR ID CARD

Representatives from the Transportation Management Association of Chester County (TMACC) will be at the center on Wednesday, January 13th from 9:30—11:30. Stop by and sign up for your senior transit ID card. This card allows you a free or reduced fare when riding SEPTA.

OPERA PRESENTATION

Angelo DiAntonio will present the story and music of Carmen on Wednesday, January 13 at 12:45. It is a tragic love story with fantastic and memorable music.

- Aging With Wisdom Panel will present a program on being safe and staying healthy in your home on Monday, January 11 at 1:00.
- The Disney-Pixar hit movie *Up* will be shown on Tuesday, January 19 at 12:45. Join us for a pizza lunch beginning at 12:00. For reservations, please call the Center at 610-431-4242 at least 3 days in advance.
- Neighborhood Health Agencies, Inc. sponsors a monthly Parkinson's Disease Support Group held at the Center on the last Wednesday of the month at 1:15. Family, friends, and caregivers are encouraged to attend. Monthly meetings inform, encourage, and offer fellowship with others coping with the disease. Please join us on Wednesday, January 27th.



The 2010 Winter Olympics are coming to the WCASC!

Be a part of the Winter Olympics by participating in the WCASC Wii Winter Olympics! Stop by the dining room to learn more about how to play the winter events. Orientation sessions will be: Tuesday, Jan. 5 @ 12:30, Tuesday, Jan. 12 @ 12:30, Wednesday, Jan. 13 @ 12:30 or Friday, Jan. 22 @ 9:30.

The West Chester Area Senior Center will be closed on Friday, January 1st and Monday, January 18th.

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.

APPRISE and Information and Referral

An APPRISE volunteer is available on Monday January 11th and 25th by appointment to assist with Medicare counseling.

Ellen McCabe, WCASC Information and Referral 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, January 14 at 12:30. Stop by for assistance with state programs and other information.

We will celebrate Heart Month again this year and will partner with Chester County Hospital and host the Wear Red Dinner on Thursday, February 25th. More information will be coming soon.

SMORGASBORD BREAKFAST RETURNS IN JANUARY!

We are happy to be able to bring back the Smorgasbord Breakfast with an updated menu on Wednesday, January 27th from 7:30 to 10. The menu will include scrambled eggs, pancakes, bacon, sausage, home fries, and fruit. New additions are assorted yogurts, 'bread bar' - make your own toast, and cold cereals. Same great price of \$5.00 for all you can eat! Bring a friend and remember that all proceeds benefit the Center.



MIND AND BODY

Arthritis Foundation Exercise Class

This class is held Mondays, Wednesdays, and Fridays at 10:30 and Mondays and Wednesdays at 12:45. *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 January 21 at 10:00.

Art Appreciation Club

Art Appreciation Club will meet January 14 at 10:00. The topic will be Childe Hassam: American Impressionist.

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, January 7 and 21 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, January 14 at 1:00 and will discuss a book of the reader's choice. In February, Heart and Soul by Maeve Binchey will be discussed.

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.

January 2010 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>JOIN US FOR OUR SMORGASBORD BREAKFAST ON WEDNESDAY, JANUARY 27th FROM 7:30 TO 10:00. ALL YOU CAN EAT FOR JUST \$5.00!</p> <p>NEW ADDITIONS TO THE MENU!</p> <p>8:00 Breakfast 9-12 Photo Lab 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/Bingo 12:00 Bridge 12:45 Ping Pong/Bingo 12:45 Arthritis Exercise 2:00 Basic Tai Chi</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion I 10:30 Current Events/Computer Q & A 11:30 Yoga 12:45 Quilting Club/ Knitting Club 1:00 Computer Assistance/ Games/ Spanish</p>	<p>BINGO!</p> <p>Every Tuesday Evening Cash Prizes Refreshments</p> <p>Doors open at 5pm</p> <p>Bingo begins at 6pm</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Pinochle/ Rummikub 12:45 Arthritis Exercise</p>	<p>8:00 Breakfast 8:30 55 Alive 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 1:00 Line Dancing</p>	<p>WCASC CLOSED FOR HOLIDAY!</p>
<p>8:00 Breakfast 9-12 Photo Lab 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/Bingo 12:00 Bridge 12:45 Ping Pong/Bingo 12:45 Arthritis Exercise 2:00 Basic Tai Chi</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:00 Blue Cross Program 10:30 Current Events/Computer Q & A 10:30 Healthy Steps in Motion I 11:30 Yoga 12:45 Knitting Club 1:00 Computer Assistance/ Games/ Spanish</p>	<p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 9:30 SEPTA ID Card Sign ups 10:00 German Club 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers/ Bingo 12:30 Pinochle/Rummikub 12:45 Opera Program: Carmen 12:45 Arthritis Exercise</p>	<p>8:00 Breakfast 8:30 55 Alive 9:15 Low Impact Aerobics 10:00 Art Appreciation 10:30 Healthy Steps in Motion I/Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 12:30 Sen. Dinniman Constituent Outreach 1:00 Book Club 1:00 Tax Issues for the Elderly Workshop/ Chorus</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 1:00 Line Dancing</p>
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January 2010 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>4</p> <p><u>New Year Luncheon</u> Apple Juice Roast Pork & Sauerkraut Mashed Potatoes Dinner Roll Apple Pie w/Topping</p>	<p>5</p> <p>Italian Sausage w/ Peppers & Onions on a Steak Roll Spinach Carrots Banana</p>	<p>6</p> <p>Roast Beef Sandwich w/ Gravy Mashed Potatoes Broccoli Rye Bread Fresh Orange</p>	<p>7</p> <p>Orange-Pinapple Juice Grilled Chicken w/ Garlic Sauce Rice Pilaf Green Beans Whole Grain Dinner Roll Apple</p>	<p>1</p> <p>WCASC CLOSED FOR HOLIDAY!</p>
<p>11</p> <p>Pasta & Meatballs Chopped Romaine & French Dressing Carrots Italian Bread Fresh Orange</p>	<p>12</p> <p>Tossed salad w/ Italian Dressing Chicken Parmesan Spinach Kaiser Roll Vanilla Pudding</p>	<p>13</p> <p>Minestrone Soup w/ Saltines Chicken Salad Cole Slaw Three Bean Salad Hamburger Roll German Chocolate Cake</p>	<p>14</p> <p>Cranberry Juice Roast Turkey w/ Stuffing Peas & Carrots Whole Wheat Dinner Roll Banana</p>	<p>15</p> <p>Orange Juice Hot Meatloaf Sandwich Mashed Potatoes Japanese Mixed Vegetables Whole Wheat Roll Applesauce</p>
<p>18</p> <p>WCASC CLOSED FOR MARTIN LUTHER KING DAY</p>	<p>19</p> <p>PIZZA & A MOVIE!</p>	<p>20</p> <p><u>BirthDay Party</u> Tossed Salad Hot Beef Sandwich Mashed Potatoes Collard Greens Whole Wheat Bread Cupcakes & Ice Cream</p>	<p>21</p> <p>Tomato Soup & Saltines Ham Steak w/ Fruit Sauce Green Beans Corn Rye Bread Granola Bar</p>	<p>22</p> <p>Pineapple Juice Sloppy Joe Mixed Vegetables Hamburger Bun Orange</p>
<p>25</p> <p>Veal Parmesan Pasta w/ Tomato Sauce California Blend Vegetables Rye Bread Diced Peaches</p>	<p>26</p> <p>Vegetable Soup & Saltines Cheeseburger on Bun Lettuce & Tomato Cole Slaw Vanilla Pudding</p>	<p>27</p> <p>Tossed Salad w/ French Dressing Crab Cake Piergies Stewed Tomatoes Dinner Roll Orange</p>	<p>28</p> <p>Cranberry Juice Roast Pork Whipped Potatoes Green Beans Whole Wheat Bread Granola Bar</p>	<p>29</p> <p>Chopped Romaine & French Dressing Chili Con Carne Carrots Steamed Rice Corn Muffin Banana</p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

JOIN US TO CELEBRATE JANUARY BIRTHDAYS ON JANUARY 20TH!

1-Jan

Gerald Wilk
Margaret Cadden
Patricia Sullivan

2-Jan

Gary McCool

3-Jan

Marie Hall

4-Jan

Virginia Love
Jon Helman
Mark Osmond

5-Jan

Anne Quigley
Annie Martin

6-Jan

Daniel Mowery
Eddie Lewis

7-Jan

Mary Jean Davies
Kipp Stone
Diane Eadie

8-Jan

Caroline Malavolta
Dolores Rice

9-Jan

A. K. Misser
Mary Glee Young
Charles MacIntyre
Marie McCarthy
Joan Davis
Agnes Grieco
Richard Lucas

10-Jan

Bertha Jones

11-Jan

Linda Harrington
Robert Feldbaumer

12-Jan

Ernest Irons
Steven Evans

13-Jan

David Morgan
Rita Vitale

14-Jan

Ralph Osborne
Jean Welz
Richard Townsend
Marilyn Smith

15-Jan

W. Zoila Anderson
Margaret Coppotelli
Ilona Stafford
Bruce Beadle
Phillip Jackson

16-Jan

Doris Russell
Dolores Mayernick

17-Jan

Cecilia Amici
June McComas
Bernice Sanders

18-Jan

Jacquelyn Scott
Helen Bireley
Stephen Pavelik

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

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

Jo Ann Langdon
Marilyn Cornell
Mary Beth Lavery

27-Jan

Jeanette Merion
Frederick Pettit
Judy Cosgrove
Ronald Adams

28-Jan

Richard Merion
Josephine Allen
Janet Gasho
William Devenney
Arthur Sweatman

29-Jan

Mary Frances Grubb
Douglas Fairchild

30-Jan

Stephanie Wright
Emily Jones

31-Jan

Edith Grasso
Theresa Littrell
Laura Tamakoshi
Grace Roman
Esther Wood



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. We will be hosting four workshops over the next several months. They are:

January 14 – Tax issues for the elderly

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 **January 6, 13, and 20**. Dr. Michael Piscotty will be here on **January 12 and 27**. 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.*

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.

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. 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 January 5

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

Week of January 19

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

Week of January 12

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

Week of January 26

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

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.

