

July 2009

Volume 33 Issue 7



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. Mia will also assist you with applications for Rover, Rainbow Cab, and the Septa Trans Pass.

Farmer's Market produce vouchers have arrived and you can pick yours up from Mia if you are eligible.

Volunteers Needed

Are you interested in giving back to your community while enriching the lives of your senior neighbors?

Breakfast and lunch servers and cooks and bookstore volunteers are just some of the opportunities available. New volunteer ideas are always welcome!

For more information, please contact Jim Mobile at 610-431-4242 or email him at IQStudios@aol.

Senior Center Bookstores

Please come and celebrate the Second Anniversary of the Second Reading Bookstore II in the Parkway Shopping Center. Join us on Wednesday, July 22 from 5:30—7 pm for refreshments, special guests and more. The original Second Reading Bookstore is on Church Street and has been open for over 20 years! The bookstores are run by volunteers and contribute significantly to the operation of the Center. Volunteers are needed at both locations. Please contact Jim Mobile at the Center you are interested in volunteering your time at either location. Also, help support our stores by donating books or stop by to purchase books you've been wanting to read!

Upcoming Programs

- Aging With Wisdom Panel will present a program on understanding available services and resources for seniors on Monday, July 6 at 1:00.
- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, July 9th at 12:30. Stop by for assistance with state programs and other information.
- An Apprise counselor will be at the Center on Monday, July 13th to assist with Medicare counseling. Please call for an appointment.
- Independence Blue Cross will present Medicare Matters on Thursday, July 16 at 10:00.
- Richard Wiedl from Legacy Wealth Management will return to WCASC for a series of financial programs. Bonds 101: What You Need to Know will be the topic on Wednesday, July 8 at 1:00 and Basics of Long Term Care will be discussed on July 22 at 1:00.

July Movies

Gran Torino with Clint Eastwood will be shown on Thursday, July 9 at 12:45. Please note that this movie is rated R. To celebrate summer, *Mr. Hobbs Takes a Vacation* with Jimmy Stewart and Maureen O'Hara will be shown on Wednesday, July 29 at 12:45.

West Chester Area Senior Center

STAFF MEMBERS

Jeanne Edwards	<i>jeannee@wcseniors.org</i>	Executive Director
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
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, Dorothe Cialini, Kay Croll, Art Dougherty, Ray Doyle, Pierina Disciullo, Doug Fairchild, Margaret Giunta, Lee Hickman, Ziran Huang, Betty Kane, Anthony Lorenzo, Mariane Pepler, Pat Ross, Judith Rodriguez, Claire Surr, Pam Walsh, Gretchen Webb, Debbie Williams, and Glee Young.

Smorgasbord Breakfast!

Our Smorgasbord breakfast will be held Wednesday, July 29th from 7:30 am to 10 am. All you can eat for a suggested donation of \$5.00. The menu includes scrambled eggs, pancakes, bacon, sausage, home fries, toast, fresh fruit and coffee or tea.

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 3 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.

Reminder

Please be sure to sign in when you enter the building and/or attend a class. Our funding is directly related to the number of people we serve. We also ask that you PRINT your name.

If you volunteer at the Center, please document your hours at the front desk. Your hours are directly related to our funding.

Fitness For A Cause Fundraiser

We would like to thank everyone who participated in our May fitness fundraiser by exercising their way towards better health while helping the Center! We are very pleased to announce that over \$1000.00 was raised for our Health and Wellness programs. We average over 90 exercise classes and activities a month with over 900 people participating in the programs!

Thank you to all who participated and donated!

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! Other times are also available.

Line Dancing

Line Dancing is held on Fridays at 1:00 pm. \$3 for members, \$5 for non-members

Wii

The Wii is available to play most days. Stop by the dining room and bowl a few games!

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 will be taking the summer off and will return in September.

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.

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 July 16th at 10:00.

Art Appreciation Club

The Art Appreciation Club will again in September.

Pinochle

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

Rummikub

Come to the café on 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, July 2 and 16 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, July 22nd. Please call Doris 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 again in September.

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.

Mahjong

This new club meets Mondays at 12:45. Experienced players and beginners are welcome!

July 2009 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>JOIN US FOR OUR SMORGASBORD BREAKFAST ON WEDNESDAY, JULY 29th FROM 7:30 TO 10:00. ALL YOU CAN EAT FOR JUST \$5.00!</p> <p>8:00 Breakfast 9-11 Know Your Blood Sugar 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Rummikub /Ping Pong/Bingo/Mahjong 1:00 Aging with Wisdom: Available Services for Seniors 2:00 Basic Tai Chi</p>	<p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</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 Knitting Club/ Quilting 1:00 Computer Assistance/ Game Club</p>	<p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:30 Bingo 12:30 Pinochle/ Rummikub 12:45 Bingo 1:00 Bonds 101:What You Need to Know</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:30 Healthy Steps in Motion I/Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 12:30 Sen. Dinniman Constituent Outreach 12:45 Movie: Gran Torino</p>	<p>CLOSED FOR JULY FOURTH HOLIDAY!</p>
<p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class 10:30 Italian Class 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo/Mahjong 2:00 Basic Tai Chi</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q & A 11:30 Yoga 12:45 Knitting Club 1:00 Computer Assistance/ Game Club</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 12:30 Pinochle/Rummikub 12:00 Birthday Party with Entertainment 12:30 Pinochle/Rummikub</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Photo Club 10:00 Blue Cross: Medicare Matters 10:30 Healthy Steps in Motion I/Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 1:00 Computer Forum</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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July 2009 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cold lunch alternative is available Tuesday through Friday. You MUST reserve meal 3 days in advance. Cold lunches are not available when there is a special luncheon.</p> <p>6</p> <p>Salad w/Cucumber Baked Fish Macaroni & Cheese Stewed Tomatoes Rye Bread Vanilla Ice Cream</p>	<p>Cold lunch entrée is on page 6. A complete menu is available at the Center and online at wcseniors.org.</p> <p>7</p> <p>Apple Juice Rotisserie Chicken Brown Rice Broccoli Cuts Wheat Roll Chocolate Cake</p>	<p>1</p> <p>Orange-Pineapple Juice Hot Roast Beef Sandwich Carrots Mashed Potatoes White Bread Brownie</p> <p>8</p> <p>Vegetable Soup w/ Crackers Chicken Salad on Wheat Bun Tomato & Lettuce Tater Tots Diced Pears</p>	<p>2</p> <p>Apple Juice Knockwurst w/ Sauerkraut Baked Beans Jr. Hoagie Roll Italian Water Ice</p> <p>9</p> <p>Orange- Pineapple Juice Salisbury Steak Green Beans Egg Noodles Whole Grain Roll Banana</p>	<p>3</p> <p>CLOSED FOR JULY FOURTH HOLIDAY!</p> <p>10</p> <p>L/S Ham Steak w/ Fruit Sauce Candied Sweet Potatoes Zucchini & Tomatoes Multi Grain Bun Chocolate Pudding</p>
<p>13</p> <p>Minestrone Soup Roast Beef & Swiss Cheese on Wheat Kaiser Roll Cole Slaw Potato Wedges Orange</p>	<p>14</p> <p>Cranberry Juice Grilled Chicken w/ Mushrooms, Peppers, & Onions Rice Pilaf French Green Beans Wheat Roll Apricot Halves</p>	<p>15</p> <p>BirthDay Party Hot Turkey Sandwich w/ Cranberry Sauce Mashed Potatoes Carrots White Bread Cupcakes & Ice cream</p>	<p>16</p> <p>Pineapple Juice Seafood Salad on Bun Red Bliss Potato Salad Lettuce & Tomato German Chocolate Cake</p>	<p>17</p> <p>Minestrone Soup Roast Beef & Swiss Cheese on Wheat Kaiser Roll Cole Slaw Potato Wedges Orange</p>
<p>20</p> <p>Grape Juice Oven Baked Chicken Green Beans w/ Almonds Rice Pilaf Wheat Bread Tropical Fruit</p>	<p>21</p> <p>Tossed Salad w/ Pepper Ring Cheese Lasagna w/ Meat Sauce Spinach Italian Bread Diced Peaches</p>	<p>22</p> <p>Hot Roast Beef Sandwich w/ Mushroom Gravy Cauliflower & Broccoli Mashed Potatoes Whole Grain Bread Orange</p>	<p>23</p> <p>Potato Soup Tuna Salad Cole Slaw Three Bean Salad Wheat Bun Vanilla Ice Cream</p>	<p>24</p> <p>Italian Meatball Sandwich w/ Shredded Mozzarella Cheese Cole Slaw Potato Wedges Jr. Hoagie Roll Banana</p>
<p>27</p> <p>Orange Juice Seafood Salad on Bun Pasta Salad Lettuce & Tomato Apple</p>	<p>28</p> <p>Cream of Asparagus Cheeseburger on Bun Lettuce & Tomato Red Bliss Potato Pineapple Tidbits</p>	<p>29</p> <p>Orange-Pineapple Juice Ham & Cheese Quiche Harvard Beets Whole Grain Roll Banana Pudding w/Graham Crackers</p>	<p>30</p> <p>Tossed Salad Veal Parmesan Pasta w/ Tomato Sauce California Blend Vegetables Rye Bread Orange Sherbet</p>	<p>31</p> <p>Orange Juice BBQ Pork on Wheat Bun Peas & Carrots Butter Beans Strawberry Shortcake</p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

Join us for our July Birthday Party on July 15th. The Senior Center Band will entertain. Please make your reservations at least three days in advance.

1-Jul	Jeanne Popyack	18-Jul	26-Jul
John Manning	Raymond Williams	Mariane Pepler	Elizabeth Fitzgerald
Bonnie Austin		Sean Austin	Edward Bazil
Mary Ann Popma		Margaret Scarfo	
		Ralph Watson	
2-Jul	11-Jul	Joseph Ericson	
Jeanne Iannotta	Virginia Scheffey	Elwood Sinson	27-Jul
Rita Haley	Theodore (Ted) Kircher		John Edelman
	Gail Sokoloski	20-Jul	Joseph Vitale
3-Jul	Alice Marshall	Margaret Ankers	Irene Huntoon
Kay Bennett	Peter Ruschok	Thomas Wilson	
Jean Martin		Virginia Cloud	
	12-Jul	Cynthia Clark	
5-Jul	Arlene Hewitt		
Shirley Porter	Thelma "Pat" Darby	21-Jul	28-Jul
		Robert Lambert	Ann Knopf
6-Jul	13-Jul	Rose Rizzo	Sylvia Shur
Adele Corcoran	Anna Young		Richard Brittingham
Lorna Sandmann	Barbara Sarmento	22-Jul	Lillian Rizzetto
Marie Orrichio	Mary Wade Myers	Janis Clay	
		Nancy Bazil	29-Jul
7-Jul	14-Jul	Lance Seidel	Martin Brittingham, Jr.
Marie MacCaughern	Lily Schneider	Maureen Sturges	Richard Boerlin
William Lamond	Nancy Wilz	William Itzstein	Frederick Ray
Patricia Gilbert	Brian Buckley	Kathleen Itzstein	Earl Stoltzfus
Benjamin Johnson			Raymond Scheivert
	15-Jul	23-Jul	Anthony Tuno
8-Jul	Jean Oakes	Norma Castellucci	
Steve Quigley	Anne Berardi		30-Jul
		24-Jul	Gay Gillespie
9-Jul	16-Jul	Eleanor Mozzani	Jeff Kitchen
Betty Barnes	Edward Martin	William Cuff	William Myers
John Hillegass	Richard Lytle	Marie Eccles	Gisela Hansen
Robert Ross			
Linda Phiel	17-Jul	25-Jul	31-Jul
Marilyn Lecher	Theodora Turner	Connie Kramer	Wendy Johnson
	Margaret Scott	JoAnn McClellan	Kathleen Finegan
10-Jul	Norma Milner	Marie Centanino	Warren Reid
Shirley Dunn	Miguel Santiago	Donald Surr	George Harrington
Jean Cassidy	Albert Clark	Audrey Herley	
Theodore Sokoloski	Phoebe DeRoos	Jacqueline Odoms	

HEALTH AND WELLNESS NEWS

Know Your Blood Sugar

Claire Surr, Diabetes Nurse Practitioner, will be to help with blood sugar checks on **Monday, July 6th from 9:00 to 11:00.**

Foot Health

Local podiatrist, Dr. Chad Freedman, will be at the center on **Monday, July 27th at 1:00** to present a program on General Foot Health Care.

Hearing Clinics

Dr. Judith Curtin, Aud., will be at the Center on **Wednesday, July 1, 8, 15, and 29** for hearing clinics, hearing aide cleanings, and consultations. Please make an appointment by calling the Center at 610-431-4242. *There is a \$10 fee for hearing screenings.*

July Exercise Classes

Rachel will be out the week of July 6th and July 20th. Some classes may have to be cancelled and she will inform you of the revised schedule or please call the Center at 610-431-4242.

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

Week of July 1

Tues. – Ham & Swiss on Rye
Wed. - Seafood & Romaine Salad
Thurs. –Salad with Diced Beef
Fri. – **CLOSED**

Week of July 13

Tues – Chicken Breast & Romaine

Wed. – Ham Hoagie
Thurs. – Chef Salad

Fri. – Waldorf Chicken Salad on Wheat Bread

Week of July 6

Tues. – Chicken Salad on Bun
Wed. – Roast Beef & Swiss on Rye
Thurs. – Chicken Caesar Salad
Fri. – Egg Salad on Pumpernickel

Week of July 27

Tues. – Turkey Breast on Pumpernickel
Wed. – Tossed Salad topped with Egg Salad
Thurs. – Antipasto Salad
Fri. – Chicken Salad

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. The hot meal is to be eaten at the Center and the cold lunch may be taken home.

WEST CHESTER AREA SENIOR CENTER

530 East Union Street
West Chester, PA 19382

Phone (610) 431-4242
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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 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.

