

March 2009

Volume 33 Issue 3



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

Legends of Saints

LaRue Morgan will present the legends of Saints Patrick, David and Joseph on Wednesday, March 4th at 1:00. Please join us for this interesting program.

Estate Planning

Ronald Jones of Fidelity Estate Planning will present this program on Monday, March 16th at 1:00. Come and learn what you need to know in estate planning fundamentals.

March Movie

Join us for *The Secret Life of Bees* on Tuesday, March 31st at 12:45. It is the story of a young girl who finds love and acceptance from a trio of independent sisters in South Carolina in 1964.

Home Fire Safety

Eddie Davis from American Home Fire Safety will present facts on fire safety in your home on Wednesday, March 25th at 1:00.

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.

AARP Driver Safety Program

The 55 Alive Driver's Education Course will be held at the Center on Thursday and Friday April 16th and 17th from 8:30 to 12:30. The cost is \$12 for AARP members and \$14 for non-members. Please call the Center at 610-431-4242 to register. The May class is scheduled for May 14 and 15.

Aging With Wisdom

Aging With Wisdom is a group of professionals dedicated to increasing the quality of life for seniors by providing them and their adult children with information, resources, and ideas that they can use to remain as independent and comfortable as possible. Panelists will be at the Center on Monday, March 9th at 1:00 to discuss what you need to know if you are making plans to move. Please join us for this very informative program.

West Chester Area Senior Center is pleased to announce a new alternative noon meal program. Beginning April 1, 2009 an alternative cold lunch will be available for those seniors who do not wish to participate in the hot lunch program. The alternative cold meals will be available Tuesday through Friday after April 1. Participants must sign up for the meal two business days in advance. Meals will be prepackaged and will meet the 1/3 RDA guidelines. More information will be coming soon.

West Chester Area Senior Center

Dear Friends,

It has been my privilege and pleasure to work at the Senior Center for the past 22 years. I have enjoyed getting to know all of you. I want to thank you for the wonderful Retirement Party on Jan. 30. I was delighted to see each one of you. Thank you to our chorus for writing & singing a special song just for me. I will remember it always. Thank you also to the Senior Center Band.

I deeply appreciate the cards, letters and personal messages I have received. I am putting everything in a special book and will treasure your well-wishes for years to come.

I will truly miss all of you and the personal & professional relationships I have developed over the years. Thank you for giving me the opportunity to serve at the Senior Center.

Amy Balian

Retired Executive Director

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.

Tired of the Post Office delivering your newsletter late? You can opt to pick up your newsletter at the Center or read it online at www.wcseniors.org by the last week of the month. Please contact Mary Ann McMullan at 610-431-4242 or e-mail her at maryannm@wcseniors.org. to be taken off the newsletter mailing list.

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, March 12th at 12:30. Stop by for assistance with state programs and other information.
- An Apprise counselor will be at the Center on Monday March 9th and 23rd to assist with Medicare counseling. Please call for an appointment.

If you are renewing your membership or are becoming a new member, please remember to fill out both sides of the membership form.

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, WCASC 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

These classes follow guidelines from the Department of Aging and 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

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 and Friday 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

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 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.

Drama Club

This new group will meet on Thursdays at 1:30. Help us get this new club going!

Bridge

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

Photography Club

The Photo Club will meet March 19th at 10:00.

Art Appreciation Club

The Art Appreciation Club will meet March 12 at 10:00. Pulp Culture: The Art of the Pulp Magazines will be the topic.

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.

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 Fairchild will lead the discussion on Thursday, Feb. 5th and 19th 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, March 25th. 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, March 5th at 1:00 to discuss *My Name is Asher Lev* by Chaim Potok.

Chess

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

March 2009 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class/ Italian Class</p> <p>11:15 SilverSneakers</p> <p>11:15 Bingo</p> <p>12:30 Ping Pong/Bridge</p> <p>12:45 Bingo</p> <p>2:00 Basic Tai Chi</p>	<p>8:00 Breakfast</p> <p>9:15 Low Impact Aerobics</p> <p>10:00 Planning Council</p> <p>10:00 Nurse</p> <p>10:30 Healthy Steps in Motion I</p> <p>10:30 Current Events</p> <p>11:30 Yoga</p> <p>12:45 Knitting Club</p> <p>1:00 Computer Assistance/ Scrabble</p> <p>1:00 Spanish Class/ Strength Training</p>	<p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:00 German Club/ Pinochle</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>12:45 Bingo</p> <p>1:00 Legends of Saints Program</p>	<p>8:00 Breakfast</p> <p>8:30 55 Alive</p> <p>9:15 Low Impact Aerobics</p> <p>10:30 Healthy Steps in Motion I/Drawing Class</p> <p>11:15 Ping Pong</p> <p>11:30 Yoga</p> <p>12:00 Bridge</p> <p>1:00 Strength Training / Book Club</p> <p>1:00 Computer Forum/Chorus</p> <p>1:30 Drama Club</p>	<p>8:00 Breakfast</p> <p>8:30 55 Alive</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>
<p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class/ Italian Class</p> <p>11:15 SilverSneakers</p> <p>11:15 Bingo</p> <p>12:30 Rummikub /Ping Pong/Bingo</p> <p>12:30 Bridge</p> <p>1:00 Aging with Wisdom Panel</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 & A</p> <p>11:30 Yoga</p> <p>12:45 Knitting Club/Quilting</p> <p>1:00 Computer Assistance/ Scrabble</p> <p>1:00 Spanish Class/ Strength Training</p>	<p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:00 German Club/ Pinochle</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>12:45 Bingo</p> <p>1:00 Wellness Program</p>	<p>8:00 Breakfast</p> <p>9:15 Low Impact Aerobics</p> <p>9:30 Bible Study</p> <p>10:00 Art Appreciation</p> <p>10:30 Healthy Steps in Motion I/Drawing Class</p> <p>11:15 Ping Pong</p> <p>11:30 Yoga</p> <p>12:00 Bridge</p> <p>12:30 Sen. Dinniman Constituent Outreach</p> <p>1:00 Strength Training/ Chorus</p> <p>1:30 Drama Club</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</p> <p>11:15 Bingo</p> <p>12:30 Rummikub/ Chess/Pinochle</p> <p>12:45 Crafts and Bingo</p> <p>1:00 Line Dancing</p>
<p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class</p> <p>10:30 Italian Class</p> <p>11:15 Bingo</p> <p>11:15 SilverSneakers</p> <p>12:30 Ping Pong/Bingo/Bridge</p> <p>1:00 Estate Planning Program</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 & A</p> <p>11:30 Yoga</p> <p>12:45 Knitting Club</p> <p>1:00 Computer Assistance/Scrabble</p> <p>1:00 Spanish Class/ Strength Training</p>	<p>7:30 Board Meeting</p> <p>8:00 Breakfast</p> <p>9:11 Blood Pressures</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:00 German Club</p> <p>10:00 Pinochle</p> <p>10:30 Arthritis Exercise Class</p> <p>11:15 SilverSneakers/ Bingo</p> <p>12:30 Pinochle/Rummikub</p> <p>12:30 Functional Fitness Testing</p>	<p>8:00 Breakfast</p> <p>9:15 Low Impact Aerobics</p> <p>10:00 Photo Club</p> <p>10:30 Healthy Steps in Motion I/Drawing Class</p> <p>11:15 Ping Pong</p> <p>11:30 Yoga</p> <p>12:00 Bridge</p> <p>1:00 Strength Training/ Chorus</p> <p>1:00 Computer Forum</p> <p>1:30 Drama Club</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 Bingo</p> <p>11:15 SilverSneakers</p> <p>12:30 Rummikub/ Chess/ Pinochle</p> <p>12:45 Crafts and Bingo</p> <p>1:00 Line Dancing</p>
<p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class</p> <p>10:30 Italian Class</p> <p>11:15 Bingo</p> <p>11:15 SilverSneakers</p> <p>12:30 Ping Pong/Bingo/Bridge</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 /Current Events/Computer Q & A</p> <p>11:30 Yoga</p> <p>12:45 Knitting Club</p> <p>12:45 Movie: The Secret Life of Bees</p> <p>1:00 Computer Assistance/Scrabble</p> <p>1:00 Spanish Class/ Strength Training</p>	<p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:00 German Club/ Pinochle</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>1:00 Home Fire Safety</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</p> <p>10:30 Drawing Class</p> <p>11:15 Ping Pong</p> <p>11:30 Yoga</p> <p>12:00 Bridge</p> <p>1:00 Strength Training/ Chorus</p> <p>1:30 Drama Club</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 Bingo/SilverSneakers</p> <p>12:30 Rummikub/ Chess/ Pinochle</p> <p>12:45 Crafts</p> <p>1:00 Line Dancing</p>
<p>8:00 Breakfast</p> <p>9:15 Silver Sneakers Cardio Circuit</p> <p>10:30 Arthritis Exercise Class</p> <p>10:30 Italian Class</p> <p>11:15 Bingo</p> <p>11:15 SilverSneakers</p> <p>12:30 Ping Pong/Bingo/Bridge</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 /Current Events/Computer Q & A</p> <p>11:30 Yoga</p> <p>12:45 Knitting Club</p> <p>12:45 Movie: The Secret Life of Bees</p> <p>1:00 Computer Assistance/Scrabble</p> <p>1:00 Spanish Class/ Strength Training</p>	<p>BINGO!</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>		

March 2009 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Tomato Soup Meatloaf w/ Gravy Candied Sweet Potatoes Peas & Carrots Rye Bread Granola Bar</p>	<p>3</p> <p>Chopped Romaine Stuffed Pepper Half Corn Italian Bread Apricot Halves</p>	<p>4</p> <p>Cranberry Juice Broiled Chicken w/ Garlic Sauce AuGratin Potatoes Lettuce & Tomato Wheat Bun Tropical Fruit</p>	<p>5</p> <p>Tossed Salad Sloppy Joe Sandwich on Bun Potato Wedges California Blend Vegetables Chocolate Pudding</p>	<p>6</p> <p>New England Clam Chowder Lemon Pepper Pollock Pierogies Stewed Tomatoes Rye Bread Tangerine</p>
<p>9</p> <p>Orange Juice Swedish Meatballs Buttered Noodles Spinach Whole Grain Roll Chocolate Cake</p>	<p>10</p> <p>Chicken Parmesan Pasta w/ Tomato Sauce Winter Mixed Vegetables Italian Bread Pineapple Tidbits</p>	<p>11</p> <p>Tossed Salad Veal Parmesan Pasta w/ Tomato Sauce California Blend Vegetables Rye Bread Vanilla Ice Cream</p>	<p>12</p> <p>Minestrone Soup Cheese Steak Potato Wedges Broccoli Jr. Hoagie Roll Pear</p>	<p>13</p> <p>Potato Soup Tuna Salad Three Bean Salad Cole Slaw Pasta Salad Whole Wheat Bun Banana</p>
<p>16</p> <p>Grape Juice Roast Pork w/Gravy Peas & Carrots Mashed Potatoes Wheat Bread Applesauce</p>	<p>17</p> <p><u>Saint Patrick's Day</u> Pineapple Juice Corned Beef & Cabbage Parsley Boiled Potatoes Dinner Roll Irish Cupcakes</p>	<p>18</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>Cream of Celery Soup BBQ Riblet Succotash Slice Carrots Jr. Hoagie Roll Orange Cake</p>	<p>20</p> <p>Crab Cake Macaroni & Cheese Stewed Tomatoes Wheat Bread Apple</p>
<p>23</p> <p>Vegetable Soup Ham & Cheese Quiche String Beans Steamed Rice Rye Bread Tropical Fruit</p>	<p>24</p> <p>Chicken Rice Soup Salisbury Steak Noodles & Gravy Broccoli Whole Grain Roll Tangerine</p>	<p>25</p> <p>Romaine Lettuce Italian Sausage w/ Pepper, Onions, & Tomato Sauce Corn Jr. Hoagie Roll Diced Peaches</p>	<p>26</p> <p>Tossed Salad w/ Pepper Ring Hot Turkey Sandwich Mashed Potatoes Carrots White Bread Chocolate Cookies</p>	<p>27</p> <p>New England Clam Chowder Lemon Pepper Pollock Pierogies Stewed Tomatoes Rye Bread Tangerine</p>
<p>30</p> <p>Cranberry Juice Grilled Chicken w/ Mushrooms, Peppers, & Onions Rice Pilaf French Green Beans Wheat Roll Apple</p>	<p>31</p> <p>Cheeseburger on Bun Lettuce & Tomato Cole Slaw Orange</p>	<p><u>Do you feel lucky?</u> Get your Tri Bet Ya Raffle tickets at the front desk! Drawings are held every Wednesday at 12:30!</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.



Join us for our March Birthday Party on March 23rd. Ed Podziomek will entertain. Please make your reservations at least three days in advance.

2-Mar

Milan Trnka

3-Mar

Martha Davis
Dorothea McNeill
Barbara Lentz
Sara Schmid
Linda Peterson
John Harron

4-Mar

Peggy Leister
Robert Lohr
Margaret Morrill
Josephine Mrugal

5-Mar

Ruth Fromm
Betty Ann Garnett
Judith Brooks

6-Mar

John Sebastian
William McComas
John Hellmann
Anne Gordon
Charleen Burke
Ralph Martin
Helen Jones

7-Mar

Mark Frison
Ellinor Joseph
Carmine Orrichio

8-Mar

Bessie Brittingham
Elizabeth Twaddell
Meta Donohoe

9-Mar

Verna Cheney
Barbara Colby

10-Mar

David Schiller
Helen Delphais

11-Mar

Carmella Cinquina
Kathleen Manning
Diane Ippoldo

12-Mar

James Schustrich
Arthur DiGiuseppe
William Ray

14-Mar

Joyce Knopf
Mena DiGiorgio
Lois Hurst
Kenneth Stingel
Rosetta Dooner

15-Mar

Jeanne Tomlinson
Glen Miller
Maryjo Bergen

16-Mar

Joan Polka
Darryl Biery
Marion Nagurny

17-Mar

Claire Fasko

18-Mar

Jay Layer
Mutsuko Keller

19-Mar

Joan Malin
Robert Zampitella
Eiko King

21-Mar

Ruth Wimble
David Patten
Phyllis Wax
Elizabeth O'Neill
Barbara Coffey

22-Mar

John Pepler
Beverly Livingston
Alice Griffin

23-Mar

James Lees
Roy Coppotelli
Jane Deegan

24-Mar

Essie Ray
Barbara Dickens
Marion Rieker
Ruth (Betty) Daniels
Regina Valenza

25-Mar

Lydia Worthington
Jack Kline
Ed Eppley
Ruth Myers

26-Mar

Rosalie Zubyk
Frederick Smith

27-Mar

Catherine Maley
William Wimble
Alice Crosby
Robert Dripps
Janice Martin

28-Mar

Marian London
Edward Bitner
Regina Dawson

29-Mar

Maria Lewis

30-Mar

Norma Henzie
Madge Miller
Joseph Drumm

31-Mar

Irma Darcas
Frances Lees
Sarah (Sally) Little

EXERCISE PROGRAM CHANGES

Beginning Monday, March 2nd, we will offer **SilverSneakers Cardio Circuit** on Monday and Wednesday at 9:15. Cardiovascular exercise is the highlight of this class. It also features upper body strength workouts alternating with non-impact aerobic activity.

SilverSneakers Muscular Strength and Range of Movement will be on Monday, Wednesday, and Friday at 11:15. This class offers something for everyone and can help improve overall strength, flexibility and balance. The instructor will guide you through exercises with resistance tools at your own pace. This class was previously held on Monday and Wednesday at 9:15.

HEALTH AND WELLNESS NEWS

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 **March 18th 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. **If you completed the test over 3 months ago, please make an appointment to be re-evaluated. It is important to track your progress.**

Trigger Point Therapy: A Home Stress Reduction System

Jason Nardone from Nardone Chiropractic Center will show an effective method for reducing physical stress by educating you about what Trigger Points are, how to locate them on a person, and how to relieve them easily and quickly. Learn the relationship between stress, trigger points and their effects on health. **Wednesday, March 11 at 1:00**

Health Screening

Strafford Registry, a Home Care Agency, will provide free blood pressure, pulse ox (measures the oxygen in your blood), and heart rate screens on Wednesday, March 18 from 9:00 to 11:00. Please stop in.

Hearing Clinics

Dr. Judith Curtin, Aud., will be at the Center on **Wednesday, March 4, 11, and 18 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**.

**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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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.

