



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

Pencil Drawing Class

A new Pencil Drawing Class will begin on Monday, November 8th at 12:45. Students in this six week class will learn about gesture, line, value, volume, and perspective. Enrollees should plan to attend all classes. Please call the Center at 610-431-4242 to register and for information about the supplies needed. Registration is limited.

Apprise Enrollment Events

Take the opportunity to review your Medicare approved health and drug plan options. Sign up for a counseling session with an APPRISE volunteer who will assist you in making an informed decision. Volunteers will be here on Nov. 4th and 18th from 9 to 3 and on Dec. 2nd. Please call the Center to make an appointment at 610-431-4242. Please bring your Medicare and Insurance cards and a list of medication and dosages.

Understand Your Options

Remember the Annual Election Period for Medicare is Nov. 15 -Dec 31. Harry Rickards, Medicare Specialist from Market Street Financial Group, will present an overview of Medicare and the many options that are available. This will include understanding Original Medicare, Medicare Supplement Plans, Medicare Advantage Plans and Medicare Prescription Drug Plans. If you are new to Medicare and need to understand how Medicare works or have been on Medicare and have questions about your plan, bring your questions on and listen to this very informative presentation.

Wednesday November 10, 2010 12:45 PM

Senior Crime Prevention University

Every year, across Pennsylvania senior citizens fall victim to many kinds of consumer fraud, especially home improvement, telemarketing, foreign lottery, sweepstakes scams and identity theft

With that in mind, Attorney General Tom Corbett expanded efforts to educate more seniors how to better protect themselves against fraud through his Senior Crime Prevention University program. Dave Shallcross, Community Liaison for the Office of Attorney General will share latest tricks criminals are using to commit fraud and scams in our communities.

Please plan to attend the Senior Crime Prevention community outreach seminar on Wednesday, November 24th held at the West Chester Senior Center at 1:00 pm. If you have any questions, you may call Amber at The Crime Victims' Center of Chester County, Inc. at 610-692-1926.

Please register by calling the Center at 610-431-4242.

Honoring All Veterans

State Representative Barbara McIlvaine Smith will host a Veterans Recognition Ceremony at the Center on Friday, November 12, 2010 at 9:30. Light refreshments will be served.

Please RSVP by calling the Representatives office at 610-696-4990.

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
Doris Russell		Asst. Bookkeeper
Mia Jones	<i>miaj@wcseniors.org</i>	Data Entry
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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
Carlton Brown		Kitchen Assistant
Jim Mobile	<i>IQStudios@aol.com</i>	Technology & Volunteer Coordinator

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.

Smorgasbord Breakfast!

Our Smorgasbord breakfast will be held Wednesday, November 24th from 7:30 am to 10 am. All you can eat for a suggested donation of \$5.00. The updated menu includes scrambled eggs, pancakes, bacon, sausage, home fries, fresh fruit, assorted cereals, coffee, tea, juice, and a 'bread bar'. Our smorgasbord is open to the public and proceeds benefit the Center. Join us and bring a friend!

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.

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. You may pick up a complete menu at the Center or check it online @ www.wcseniors.org.

Cold lunch alternative is available Tuesday through Friday. You MUST reserve meals 3 days in advance.

Holiday Bazaar

The WCASC Holiday Bazaar will be held November 18, 19, and 22 from 9 am to 2 pm. Don't miss our delicious baked goods, crafts, hand knit items, white elephant, books, and more! If you are interested in donating baked goods or assisting with the Bazaar, please call Mary Kline at 610-431-4242.

- Blue Cross will present Medicare Matters Educational Meeting on Tuesday, November 9 at 10:00.
- A 4 hour 55 Alive refresher course will be held on Tuesday, Nov. 16 at 8:30. You must provide proof to the instructor that you have taken the class before. Please call the Center to register.

WCASC GARDEN CLUB

"Hardy Perennials" will hold an inaugural meeting on Monday, November 8 at 12:45 with refreshments and a make it and take it craft. The monthly meeting will promote love of gardening and include education and hands on sessions. WCASC has recently had 3 raised flower beds donated as an Eagle Scout project that will become a Hardy Perennials project!

No green thumbs or experience needed!

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

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 Thursdays at 12:45 in the exercise room. Please come and use our table! Other times available upon request.

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 at 12:45. Please join us on Monday, November 8 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 Thursday, November 18 at 10:00.

Art Appreciation Club

The Art Appreciation Club will meet Tuesday, November 9 at 10:00. Caravaggio and his followers will be presented. Please note date change.

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, November 4 and 18 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 and weights 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!

November 2010 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo/ Rummikub	2 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Planning Council 10:00 Nurse 10:30 Healthy Steps in Motion/Current Events 11:30 Yoga 12:45 Knitting Club 1:00 AARP Meeting 6:00 Bingo	3 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	4 8:00 Breakfast 9-3 APPRISE Enrollment Event 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	5 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
8 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo/ Rummikub 12:45 Pencil Drawing Class 12:45 Hardy Perennials Club	9 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Art Appreciation 10:00 Nurse/ Blue Cross 10:30 Healthy Steps in Motion/Current Events 11:30 Yoga 12:45 Knitting Club/Quilting Club 6:00 Bingo	10 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 Medicare Presentation	11 WCASC CLOSED FOR VETERANS DAY	12 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
15 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo/ Rummikub 12:45 Pencil Drawing Class 1:00 A Matter of Balance	16 8:00 Breakfast 8:30 55 Alive 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events 10:30 Healthy Steps in Motion 11:30 Yoga 12:45 Knitting Club 6:00 Bingo	17 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 Thanksgiving & Birthday Lunch and Sing – A – Long! 12:30 Pinochle	18 8:00 Breakfast 9:15 Low Impact Aerobics 9-3 APPRISE Enrollment Event 10:00 Photography Club 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Chorus/ Computer Forum HOLIDAY BAZAAR!	19 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 HOLIDAY BAZAAR!
22 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Pencil Drawing Class 1:00 A Matter of Balance HOLIDAY BAZAAR!	23 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events 10:30 Healthy Steps in Motion 11:30 Yoga 12:45 Knitting Club/Quilting Club 6:00 Bingo	24 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 Senior Crime Prevention Program	25 WCASC CLOSED FOR THE THANKSGIVING HOLIDAY	26 WCASC CLOSED FOR THE THANKSGIVING HOLIDAY
29 8:00 Breakfast 9-11 Vision Screening 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Pencil Drawing Class 1:00 A Matter of Balance	30 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Healthy Steps 11:30 Yoga 12:45 Knitting Club 6:00 Bingo	JOIN THE HARDY PERENNIALS CLUB ON MONDAY, NOVEMBER 8 AT 12:45! 	WCASC CLOSED FOR THE THANKSGIVING HOLIDAY	BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm

November 2010 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bean & Bacon Soup Grilled Chicken Breast w/ Garlic Sauce Mixed Vegetables Brown Rice Whole Wheat Bread Cantaloupe	2 Apple Juice Italian Sausage w/ Pepper & Onions Baked Potato w/ Sour Cream Corn German Chocolate Cake	3 Mushroom Soup BBQ Chicken Leg Broccoli Scalloped Potatoes Wheat Dinner Roll Tropical Fruit	4 Minestrone Soup Tuna Salad w/Swiss Cheese On Bun Lettuce & Tomato Three Bean Salad Orange	5 Pasta & Meatballs Spinach Whole Grain Roll Apricot Halves Grated Cheese
8 Chopped Romaine Roast Pork Hot Sliced Apples Carrots Parsliled Buttered Noodles Rye Bread Orange Sherbet	9 Cream of Asparagus Soup Cheeseburger Tater Tots Lettuce & Tomato Pineapple Tidbits	10 Tossed Salad Veal Parmesan w/ Cheese Pasta w/Tomato Sauce California Mixed Vegetables Wheat Roll Vanilla Ice Cream	11 WCASC CLOSED FOR VETERANS DAY	12 Cranberry Juice Hot Turkey Sandwich Peas Whipped Sweet Potatoes Wheat Dinner Roll Rice Pudding
15 Meatloaf sandwich w/Gravy Lima Beans Mashed Potatoes White Bread Pineapple Tidbits	16 Vegetable Soup Seafood Salad Lettuce & Tomato Cole Slaw Kaiser Roll Apple	17 <u>Thanksgiving & Birthday Luncheon</u> Turkey w/Cornbread Stuffing Candied Sweet Potatoes Broccoli, Carrots & Cauliflower Roll & Margarine Pumpkin Pie w./Whipped Topping	18 Romaine Lettuce Spaghetti & Meat Sauce Green Beans Italian Bread Strawberry Shortcake	19 Orange Juice Chicken Cacciatore French Green Beans Rice Pilaf Wheat Bread Tropical Fruit
22 BBQ Pulled Pork on Bun Cole Slaw Baked Beans Applesauce	23 Chicken Noodle Soup Boneless Chicken w/Garlic Sauce Lettuce & Tomato Potato Wedges Hamburger Bun Tropical Fruit	24 Orange Juice Salisbury Steak Sandwich Spinach Mashed Potatoes Rye Bread Granola Bar	25 WCASC CLOSED FOR THE THANKSGIVING HOLIDAY	26 WCASC CLOSED FOR THE THANKSGIVING HOLIDAY
29 Bean & Bacon Soup Chicken Salad w/ Cheese Tater Tots Lettuce & Tomato Wheat Bun Orange	30 Orange Juice Swedish Meatballs Noodles Spinach Whole Wheat Bread Vanilla Pudding	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 August Birthday Party on Wednesday, November 17.
We will have a Sing-A-Long with Joan Sullivan following lunch. Please
make your reservations at least three days in advance.**

1-Nov

Phyllis Ruggiero
Ursula Fachin

2-Nov

Ann Hanft
Barbara Yearsley

3-Nov

Betty Otto
Karin Bergesen
Sharon Paquet

4-Nov

Corrine Edelman
Edmund Holcroft

5-Nov

Ray Tauber
Roger Braun
Edward Tiernan
Bonnie Behrenhauser

6-Nov

Amy Balian
Janet Marcone
Diantha Stevens

7-Nov

Peggy Gentile
Betty Brown
Elizabeth Peterson

8-Nov

Suzanne McIntyre

9-Nov

Robert Hosking
Charles McCardell
George Knox
Virginia Gillespie
Nachiappan Visvanathan

10-Nov

Jeanne Hillenbrand
Jane Kalbitzer
Gloria Mascitelli
Frank Woestemeyer

12-Nov

Jay Hess
Gerard Bannan

13-Nov

Martin Clompus
Eileen Kane
Elwood Gotshall

15-Nov

Barbara Williams
Shirley McCool

16-Nov

Barbara Bower
Dennis Haggerty
Harold Gray
Amna Hatmi

17-Nov

Jack Lauber
Martha Devenney
Loretta Curtis

18-Nov

Mary Lou Artwohl
Elizabeth Rich
Joseph Boodin
Margaret Bradley

20-Nov

George Robinson
Howard Bazar
Betty Jean Corry
James Smith

21-Nov

Betty Walker
Shirley Shoffner
Robert Phiel
Walter Stull
Barbara Pfister

22-Nov

Richard Coyle
Donna McCrum
Franklin Pratt

23-Nov

Jean Prior
William Griffin
Rosemary Dazio

24-Nov

Dorothy Pyle
Jesse Pennypacker

25-Nov

Carol Grigson
Conrad Muhly
Ellen McGee
Donald Vachon

26-Nov

Thomas Kadyszewski
Charles Loughin

27-Nov

C. Thomas Glass
Carol Chantlee Duncan
John Naber
Evelyn Rimel
Grace Smith

29-Nov

Jean Dine
Gloria Castorani
Joseph Sicoli
Lee Hickman
Charles McGuckin

30-Nov

Wayne Grunwell
William Wilson
Margaret Morton

A Matter of Balance: Managing Concerns About Falls

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. A Matter of Balance can help people improve their quality of life and remain independent.

You will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Classes will be held on Mondays for eight weeks, starting November 15. The classes will be 2 hours each, from 1:00 to 3:00 pm. A workbook will be provided, and refreshments will be served. The cost of the program is \$45 for members and \$65 for non-members. Space is limited and registration is required. Please register at the front desk or by calling 610-431-4242.

Vision Screening

Montgomery County Association for the Blind will be at the Center on **Monday, November 29 from 9 -11** for vision screenings. They will test for distance and near vision acuity along with educational material on eye diseases and conditions. Please call the Center at 610-431-4242 for an appointment.

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center mornings of **November 3, 10, and 17** for consultations, screenings or for hearing aid cleanings. Please call the Center at 610-431-4242 to schedule an appointment.

There is a fee for some services.

Michael Piscotty, Audiologist will be here on **November 9 and 24**. When scheduling for Mr. Piscotty, please ask for Doris.

There is a fee for some services.

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

Week of Nov. 2

Tues. – Italian Chicken w/ Romaine
Wed. - Ham Hoagie
Thurs. – Chef Salad
Fri. - Chicken Salad on Wheat Bun

Week of Nov. 16

Tues – Ham & Swiss on Rye
Wed. - Seafood & Romaine Salad
Thurs. – Tossed Salad with Diced Beef
Fri. – Tuna Salad on Kaiser Roll

Week of Nov. 30

Tues. – Ham Hoagie

Week of Nov. 9

Tues. - Turkey Breast on Pumpernickel
Wed. – Egg Salad on Tossed Salad
Thurs. - CLOSED
Fri. – Chicken Salad

Week of Nov. 23

Tues. – Roast Beef & Swiss on Rye
Wed –Chicken Salad on MultiGrain Bun
Thurs. – CLOSED
Fri. – CLOSED

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 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.

