

November 2008

Volume 32 Issue 11



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

### Wii at WCASC

Come and be a part of the latest craze! The Wii enables you to play simulation games like baseball, tennis, golf and bowling. Orientation sessions will be Monday, November 10th at 10:00, Wednesday, November 12th at 12:45, and Friday, November 14th at 9:30. The Wii will then be available to play most days. Come and practice for the upcoming bowling tournament to be held in January!

### 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. 13th and 20th from 9 to 3. 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.

### WALL OF RECOGNITION

Scottish poet Alexander Smith once said, "Love is but the discovery of ourselves in others, and the delight in the recognition."

Here at the Center, our passion is found in the discovery of others, and so the Board of Directors recently made a decision to "delight in the recognition" in a way that will be permanent and lasting.

In the main lobby of the Center, directly across from the advertising screen, a new, permanent Wall of Recognition will soon be displayed. This Wall of Recognition will, initially, list those donors who contributed to our recent Capital Campaign. Nine categories of givers will be shown, along with the newly launched list of members of the President's Club. The President's Club consists of individuals or couples who contribute at least \$2,000 annually to the Center for any program, project or campaign.

At some point in the future, the Wall of Recognition will expand to include annual donors who contribute to the on-going operating needs of the organization. Capital campaign member's names will remain, designated by a special symbol, perhaps the familiar pineapple.

We are extremely grateful to everyone who supports the Center financially, physically, and emotionally, and our new Wall of Recognition is one small attempt to show our appreciation for that support.

### Free Community Thanksgiving Day Dinner

Be a part of the West Chester Area family on Thanksgiving Day by attending the 25th Annual Festival of Thanksgiving at the West Chester Area Senior Center. All ethnic groups, economic groups, and age groups, as well as singles, couples, and families are invited.

The festival includes appetizers, dinner, and a program during which you are invited to share your talent, and takes place on Thanksgiving Day from 12:00 to 3:00. If transportation is needed, it will be provided.

Please call Herb Balian at 610-399-1339 to reserve your space.

# West Chester Area Senior Center

## STAFF MEMBERS

Amy H. Balian	<i>amyb@wcseniors.org</i>	Executive Director
Mary Kline	<i>maryk@wcseniors.org</i>	Program Coordinator
Philip Picone	<i>philp@wcseniors.org</i>	Meal Supervisor
Doris Russell	<i>doristr@wcseniors.org</i>	Asst. Bookkeeper
Mia Jones	<i>miaj@wcseniors.org</i>	Data Entry
Mary Ann McMullen	<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, Kerry Blackburn, Dorothe Cialini, Art Dougherty, Ray Doyle, Pierina Disciullo, Barbara Fedor, Betty Kane, Anthony Lorenzo, Mariane Pepler, Pat Ross, Judith Rodriquez, J.J. Schustrich, Claire Surr, Pam Walsh, Gretchen Webb, and Bill and Glee Young.

## 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.

\*\*\*\*\*  
*WCASC will be closed on Tuesday, November 4, Tuesday, November 11, Thursday, November 27 and Friday, November 28.*  
\*\*\*\*\*

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 McMullen 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.**

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

## Holiday Bazaar

The WCASC Holiday Bazaar will be held Nov. 19, 20, and 21 from 9am to 2pm. 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.

## Great Gift Ideas!

We can help you with your Holiday Shopping! Exercise coupons, WCASC membership, computer class gift certificates, or breakfast coupons make wonderful and useful gifts from children to parents. WAWA Hoagie coupons make great stocking stuffers for the grandchildren! Please call the Center at 610-431-4242 for more information.

# 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 I and II

These classes follow guidelines from the Department of Aging and focus on flexibility, strength, balance, and fall prevention. Basic (I) is T & TH at 10:30 and Advanced (II) is on M,W, & F at 11:15. *Free to members.*

## Yoga

Yoga is held on Tuesdays 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 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.*

## Stretching Class

Dr. Lauren Schofield offers this free class on Thursdays at 1:45.

## 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.

## Chess

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

## 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 20th at 10:00 am.

## Art Appreciation Club

The Art Appreciation Club will meet Thursday, November 20th at 10:00. Great artists of the Italian Renaissance will be discussed.

## 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. It is fun and easy to learn!

## Scrabble Club

This new group will meet on Tuesdays at 1:00 beginning Oct. 7. Bring your game if possible.

## 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.

## 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 Farichild will lead the discussion on Thursday, Nov. 6th & 20th at 1:00. The topic this month will be Office Programs and spreadsheets.

## 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, November 26th. 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, November 6th at 1:00 and will discuss *A Year of Wonder* by Geraldine Brook. The selection for December is *Back When We Were Grownups* by Anne Tyler.

# November 2008 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>8:00 Breakfast  <b>9:00 Digital Photo Class</b>            9:15 Silver Sneakers  <b>10:00 Planning Council</b>  <b>10:30 Photo Open Lab</b>            10:30 Arthritis Exercise Class/ Italian Class            11:15 Healthy Steps in Motion II/Bingo            12:30 Rummikub /Ping Pong            12:30 Bridge            12:45 Bingo  <b>2:00 Basic Tai Chi</b></p>	<p><b>4</b></p> <p><b>WCASC            CLOSED FOR            ELECTION DAY</b></p>	<p><b>5</b></p> <p>8:00 Breakfast            9:15 Silver Sneakers            10:00 German Club/ Pinochle            10:30 Arthritis Exercise Class            11:15 Healthy Steps in Motion II            11:15 Bingo            12:30 Pinochle/ Rummikub            12:45 Bingo  <b>12:45 Movie: Young at Heart</b></p>	<p><b>6</b></p> <p>8:00 Breakfast  <b>8:30 55 Alive</b>            9:15 Low Impact Aerobics            10:30 Healthy Steps in Motion I/Drawing Class            11:15 Ping Pong            12:00 Bridge  <b>1:00 Strength Training/Chorus</b>  <b>1:00 Book Club</b>  <b>1:00 Computer Forum</b>  <b>1:45 Stretching Class</b></p>	<p><b>7</b></p> <p>8:00 Breakfast  <b>8:30 55 Alive</b>            9:00 Tai Chi            10:00 Pinochle            10:30 Arthritis Exercise Class            11:15 Healthy Steps in Motion II/ Bingo            12:30 Rummikub/ Chess/Pinochle            12:45 Crafts and Bingo            1:00 Line Dancing</p>
<p><b>10</b></p> <p>8:00 Breakfast  <b>9:00 Digital Photo Class</b>            9:15 Silver Sneakers  <b>10:00 Learn the Wii Game</b>            10:30 Arthritis Exercise Class/ Italian Class  <b>10:30 Photo Open Lab</b>            11:15 Healthy Steps in Motion II/Bingo            12:30 Rummikub /Ping Pong/Bingo            12:30 Bridge  <b>2:00 Basic Tai Chi</b></p>	<p><b>11</b></p> <p><b>WCASC            CLOSED FOR            VETERAN'S DAY</b></p>	<p><b>12</b></p> <p>8:00 Breakfast            9:15 Silver Sneakers            10:00 German Club/ Pinochle            10:30 Arthritis Exercise Class            11:15 Healthy Steps in Motion II            11:15 Bingo            12:30 Pinochle/ Rummikub            12:45 Bingo/<b>Learn the Wii Game</b>  <b>1:00 Can you trust your intuition?</b></p>	<p><b>13</b></p> <p>8:00 Breakfast            9:15 Low Impact Aerobics            9:30 Bible Study            10:30 Healthy Steps in Motion I/Drawing Class            11:15 Ping Pong            12:00 Bridge  <b>12:30 Sen. Dinniman Constituent Outreach</b>            1:00 Strength Training/Chorus  <b>1:45 Stretching Class</b></p>	<p><b>14</b></p> <p>8:00 Breakfast            9:00 Tai Chi  <b>9:30 Learn the Wii Game</b>            10:00 Pinochle            10:30 Arthritis Exercise Class            11:15 Healthy Steps in Motion II            11:15 Bingo            12:30 Rummikub/ Chess/Pinochle            12:45 Crafts and Bingo            1:00 Line Dancing</p>
<p><b>17</b></p> <p>8:00 Breakfast  <b>9:00 Digital Photo Class</b>            9:15 Silver Sneakers            10:30 Arthritis Exercise Class/ Italian Class  <b>10:30 Photo Open Lab</b>            11:15 Bingo  <b>11:30 Know Your Blood Sugar</b>            12:30 Ping Pong/Bingo/Bridge  <b>12:30 CVS Generic Advantage Program</b>  <b>1:00 Origins of Christmas Customs</b>            2:00 Basic Tai Chi</p>	<p><b>18</b></p> <p>8:00 Breakfast  <b>9:00 Memory Screenings</b>            9:15 Low Impact Aerobics            10:00 Nurse            10:30 Healthy Steps in Motion I            10:30 Computer Q &amp; A/ Current Events            11:30 Yoga  <b>12:30 Effects of Aspartame/Knitting Club</b>            1:00 Computer Assistance/Scrabble/ Quilts for Life            1:00 Spanish Class/ Strength Training  <b>2:00 Juggling Class</b></p>	<p><b>19</b></p> <p><b>7:30 Board Meeting</b>            8:00 Breakfast            9:15 Silver Sneakers            10:00 German Club            10:00 Pinochle            10:30 Arthritis Exercise Class            11:15 Bingo            12:30 Pinochle/Rummikub  <b>HOLIDAY BAZAAR!</b></p>	<p><b>20</b></p> <p>8:00 Breakfast            9:15 Low Impact Aerobics            9:30 Bible Study            10:30 Healthy Steps in Motion I/ Drawing            12:00 Bridge  <b>1:00 Strength Training</b>  <b>1:00 Chorus /Computer Forum</b>  <b>1:45 Stretching Class</b>  <b>HOLIDAY BAZAAR!</b></p>	<p><b>21</b></p> <p>8:00 Breakfast            9:00 Tai Chi            10:00 Pinochle            10:30 Arthritis Exercise Class            11:15 Bingo            12:30 Rummikub/ Chess/ Pinochle            12:45 Crafts            1:00 Line Dancing  <b>HOLIDAY BAZAAR!</b></p>
<p><b>24</b></p> <p>8:00 Breakfast  <b>9:00 Digital Photo Class</b>            9:15 Silver Sneakers            10:30 Arthritis Exercise Class/ Italian Class            11:15 Healthy Steps in Motion II            11:15 Bingo  <b>12:00 Birthday Party with The Lukens Band!</b>            12:30 Ping Pong/Bingo/Bridge            2:00 Basic Tai Chi</p>	<p><b>25</b></p> <p>8:00 Breakfast            9:15 Low Impact Aerobics            10:00 Nurse            10:30 Healthy Steps in Motion I            10:30 Computer Q &amp; A/ Current Events            11:30 Yoga            12:45 Knitting Club            1:00 Computer Assistance/Scrabble            1:00 Spanish Class/ Strength Training/Quilting  <b>2:00 Juggling Class</b></p>	<p><b>26</b></p> <p>8:00 Breakfast            9:15 Silver Sneakers            10:00 German Club            10:00 Pinochle            10:30 Arthritis Exercise Class            11:15 Healthy Steps in Motion II            11:15 Bingo            12:30 Pinochle/ Rummikub  <b>1:00 Why Didn't I know About Hospice Sooner?</b></p>	<p><b>27</b></p> <p><b>WCASC            CLOSED</b>  <b>COMMUNITY            THANKSGIVING DINNER            12 TO 3!</b>  <b>HOLIDAY BAZAAR!</b></p>	<p><b>28</b></p> <p><b>WCASC            CLOSED FOR THE            THANKSGIVING            HOLIDAY</b>  <b>HOLIDAY BAZAAR!</b></p>
<p><b>APPRISE Counseling and            Enrollment Events            November 13 and 20            9:30 to 3:00</b>  <b>Please call 610-431-4242 for an            appointment.</b></p>	<p><b>BINGO!</b>  <b>Every Tuesday Evening            Cash Prizes            Refreshments            Doors open at 5pm            Bingo begins at 6pm</b></p>	<p><b>HOLIDAY BAZAAR            NOVEMBER 19, 20, 21            9 AM TO 2 PM!</b></p> 		

# November 2008 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Tomato Soup Rotisserie Chicken Steamed Brown Rice Wheat Roll Chocolate Cake	<b>WCASC CLOSED FOR ELECTION DAY</b>	Orange Juice Hot Roast Beef Sandwich w/Mushroom Gravy Mashed Potatoes Cauliflower & Broccoli Whole Wheat Bread Brownie	Vegetable Soup Chicken Salad on Bun Whole Wheat Bun Tomato & Lettuce Tater Tots Diced Pears	Orange-Pineapple Juice Salisbury Steak Noodles & Gravy Cut Broccoli Whole Grain Roll Fresh Banana
10	11	12	13	14
Romaine Lettuce L/S Ham Steak w/ Fruit Sauce Candied Sweet Potatoes Zucchini & Tomatoes Multigrain Bun Chocolate Pudding	<b>WCASC CLOSED FOR VETERAN'S DAY</b>	Orange-Pineapple Juice Grilled Chicken w/ Peppers, Onions, & Mushrooms Parsley Brown Rice California Blend Vegetables Whole Grain Roll Apricot Halves	Tossed Salad Veal Parmesan Pasta w/ Sauce Green Beans Rye Bread Orange Sherbet	Pineapple Juice Seafood Salad Lettuce & Tomato Red Bliss Potato Salad Whole Wheat Bun German Chocolate Cake
17	18	19	20	21
Hot Roast Beef Sandwich w/Mushroom Gravy Mashed Potatoes Cauliflower & Broccoli Whole Grain Bread Orange	Mushroom Soup Oven Baked Chicken Green Beans w/Almonds Rice Pilaf Wheat Bread Tropical Fruit	<u><b>Thanksgiving Luncheon</b></u> Roast Turkey w/Cornbread Stuffing Candied Sweet Potatoes Cranberry Sauce Broccoli, Carrots, Cauliflower Roll & Butter Pumpkin Pie with Topping	Tossed Salad w/Pepper Ring Cheese Lasagna w/Meat Sauce Spinach Italian Bread Diced Peaches	Crab Cake Macaroni & Cheese Stewed Tomatoes Wheat Roll Granny Smith Apple Tartar Sauce
24	25	26	27	28
<u><b>November B-Day Party</b></u> Italian Meatball Sandwich Shredded Mozzarella Cole Slaw Potato Wedges Jr. Hoagie Roll Cake & Ice Cream	Orange-Pineapple Juice BBQ Riblet Succotash Slice Carrots Jr. Hoagie Roll Vanilla Ice Cream	Bean Soup Tuna Salad Three Bean Salad Cole Slaw Whole Wheat Bun Orange	<b>WCASC CLOSED COMMUNITY THANKSGIVING DINNER 12 TO 3!</b>	<b>WCASC CLOSED FOR THE THANKSGIVING HOLIDAY</b>
	<u><b>Do you feel lucky?</b></u> <b>Get your Tri Bet Ya Raffle tickets at the front desk! Drawings are held every Wednesday at 12:30!</b>			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 November Birthday Party on November 24th. The Lukens Band will entertain. Please make your reservations at least three days in advance.**

**1-Nov**

Faye Rossiter  
Phyllis Ruggiero  
Mary Jane Pennoyer  
Rae McCarter  
Joan Pellini  
Earl Reese  
Ursula Fachin

**2-Nov**

Ana Rodriguez  
Ann Hanft

**3-Nov**

Jane Krick  
James Gasho  
Betty Otto  
Donald Mason  
Karin Bergesen  
Edith Jeter

**4-Nov**

Roselind Eisenstadt  
Edna Spann  
Corrine Edelman  
Edmund Holcroft

**5-Nov**

Arthur Castellucci  
Eleanore Kawczak  
Maureen Pielli  
Ray Tauber  
Roger Braun

**6-Nov**

Amy Balian  
Thomas Butts  
Janet Marcone  
Gerald Murphy

**7-Nov**

Betty Brown  
Elizabeth Peterson  
Elizabeth Downey  
Richard Bergesen

**9-Nov**

Robert Hosking  
Edward Powers  
Charles McCardell  
George Knox  
Nachiappan Visvanathan

**10-Nov**

Jeanne Hillenbrand  
James Miles  
Jane Kalbitzer  
George Morton  
Gloria Mascitelli

**11-Nov**

Kathleen Warren  
Nancy Phillips

**12-Nov**

George Gowen  
Jay Hess  
Gerard Bannan

**13-Nov**

Martin Clompus  
Mary Frances Glasco  
Eileen Kane  
Elwood Gotshall  
Robert Ippoldo

**14-Nov**

Lee Gemmill

**15-Nov**

Robert Allison  
Barbara Williams  
Shirley McCool

**16-Nov**

Barbara Bower  
Pearl Griffin  
Dennis Haggerty

**17-Nov**

Jack Lauber  
Loretta Gandy-Curtis  
Richard DeStefano

**18-Nov**

Mary Lou Artwohl  
Elizabeth Rich  
Joseph Boodin

**19-Nov**

Jean Keiser

**20-Nov**

Mary Agnes Kealey  
Howard Bazar  
Betty Jean Corry

**21-Nov**

Betty Walker  
Jean Friebe  
Shirley Shoffner  
Robert Phiel  
Walter Stull

**22-Nov**

Richard Coyle  
Lillian Kerber  
Donna McCrum  
Lynwood Gallimore

**23-Nov**

Jean Prior  
William Griffin  
Rosemary Dazio

**24-Nov**

Dorothy Pyle  
Jesse Pennypacker  
Dave Bond

**25-Nov**

Carol Grigson  
Ellen McGee  
B. Jo Nosakhene

**26-Nov**

Mary Ann Fell  
Thomas Kadyszewski  
Charles Loughin

**27-Nov**

C. Thomas Glass  
Carol Chantlee Duncan  
John Naber  
Evelyn Rimel  
Grace Smith  
Carolyn Thomas-Kamara  
Bessie Lamperez

**28-Nov**

Elizabeth Buckley

**29-Nov**

Gwen Robinson  
Shirley Stith

**30-Nov**

Wayne Grunwell  
William Wilson  
David Fell  
Margaret Morton  
Carol Schaffer

## **NOVEMBER PROGRAMS**

### **Movie Mania**

November's movie, Young at Heart, will be shown on **Wednesday, November 5<sup>th</sup> at 12:45**. Join us for this entertaining movie about a group of seniors as they prepare for a concert with songs by the likes of Coldplay, Sonic Youth, and James Brown. The WCASC Sunshine Chorus meets Thursdays at 1:00. New members are welcome!

### **Intuition Program**

Can you always trust your intuition? Ralph Verno will present this interesting program with examples that defy your "gut" reaction on **Wednesday, November 12<sup>th</sup> at 12:45**.

### **Christmas Origins and Legends**

LaRue Morgan will explain the origins of Christmas customs on **Monday, November 17<sup>th</sup> at 1:00**. She will return on **Monday, December 1<sup>st</sup> at 1:00** with a presentation on the legends of Christmas.

### **CVS Generic Advantage Program**

CVS Pharmacists will be here on **Monday, November 17<sup>th</sup> at 12:30** to discuss the myths about generic drugs and provide you with the facts.

### **Know Your Blood Sugar**

Claire Surr, Diabetes Nurse Practitioner, will assist with blood sugar checks on **Monday, November 17<sup>th</sup> from 11:30 to 1:30**.

### **Memory Screening**

Fran Pluchino from Geriatric Consultation and Services will do memory screenings at the Center on **Tuesday, November 18<sup>th</sup> from 9 am to 11 am** as part of the Alzheimer's Foundation of America National Memory Screening Day. Each screening takes about 15 minutes. Please make an appointment by calling the Center at 610-431-4242.

### **Effects of Aspartame**

Dr. Lauren Schofield and Dr. Denise Butler from Advanced Chiropractic Wellness Center will present a program on the harmful effects of aspartame and other chemical additives on **Tuesday, November 18<sup>th</sup> at 12:30**.

### **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 **November 10<sup>th</sup> 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.

### **Hearing Clinics**

Dr. Judith Curtin, Aud will be at the Center on **Wednesday, November 5<sup>th</sup>, 12<sup>th</sup>, and 19<sup>th</sup> 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.*

**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](http://www.wcseniors.org)

*enriching the lives of our senior neighbors through friendship, education, activities, and nourishment*

Non-Profit  
Organization  
US Postage Paid  
Permit # 77  
West Chester, PA

United Way Member Agency



**2008 - 2009 ADVISORY COUNCIL**

Alan F. Clark, Ray Cornell, Jack Dalton, David G. Dorsett, Don Evons, Dr. Albert E. Filano, William Gotwals, Dolores Hagerstrom, J. Carol Hanson, Walter Kauffman, Boyd Mackleer, Dallas Matthews, Richard Merion, Madge Miller, Stephanie Phillips, Joseph R. Polito, Jr., Esq., Stephen Quigley, Betty Strode, Thomas R. Wilson, Esq., Stanford Zukin

**2008 - 2009 PLANNING COUNCIL**

Sally Austin, Maryann Colavita, Eleanor Dew, Loretta Durnell, Roger Grigson, Ted Kircher, Joyce Knopf, Dot Miller, Norma Morgan, Steve Plummer, John Strommer, and Don Weir

**BOARD MEMBERS 2008- 2009**

Bruce Beadle

Stacey Benseler, Esq.

Steve Evans

J. Craig Fenimore

Ann Guinta

Jim Gregg

Bill Johnston

Ted Kircher

James Lees

Robert Lohr, Esq.

Michael McGuire, MD

Judith Ray

William Ronayne

Sharon Rothwell

Shannon Royer

Carol Schaffer

Milt Stith

Terry Weber

William Wilson, Esq.

**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.*

