

November 2009

Volume 33 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

Holiday Bazaar

The WCASC Holiday Bazaar will be held November 12, 13, and 16 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.



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. 5th and 19th 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.

Free Community Thanksgiving Day Dinner

Be a part of the West Chester Area family on Thanksgiving Day by attending the 26th Annual Festival of Thanksgiving at the West Chester Area Senior Center. All ethnic groups, economic groups, and age groups, as well as singles, couples, families, and families who want to be families to others 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.

Dear Friends,

On behalf of the West Chester Area Senior Center we want to wish you Happy Thanksgiving. While we are living in a difficult economic period of uncertainty, it helps to look forward to moments of sharing a meal with a friend or loved one, enjoying the beautiful fall foliage and maybe rooting for your favorite team to win. We want to take a moment to appreciate those around us. We are thankful for all our volunteers and supporters who make it possible to offer nutritious meals and have a warm atmosphere of friendship at the Center. We are thankful for our dedicated instructors and numerous organizations and agencies that enable us to offer a range of events and opportunities for our seniors to learn and be engaged in various activities. We wish each of you a wonderful fall season and especially extend to each of you, your family and friends a very Happy Thanksgiving.

*Sincerely,
Jeanne Edwards
Executive Director*

The Center will be closed on Nov. 3 for Election Day, Nov. 11 for Veteran's Day, and Nov. 26 and 27 for Thanksgiving.

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
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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
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 Pepler, Judith Rodriguez, Claire Surr, Gretchen Webb, Debbie Williams, 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 3 days in advance. The alternative cold lunch is available Tuesday through Friday and may be taken home.

- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, November 12th at 12:30. Stop by for assistance with state programs and other information.
- An Apprise counselor will be at the Center on Monday, November 9 and 23 to assist with Medicare counseling. Please call for an appointment.
- APPRISE enrollment events at the Center are scheduled for Nov. 5 & 19. If you are unhappy with your current Medicare coverage or prescription plan, please make an appointment to meet with an APPRISE counselor for a confidential assessment.

Great Gift Ideas!

We can help you with your Holiday Shopping!

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.

United Way Contributions

Do you or someone you know contribute to the United Way Campaign?

If so, don't forget to designate

West Chester Area Senior Center

to receive that contribution.

Just fill in our name on the contribution form, or for the United Way of Southeastern PA use the donor choice agency number 1971. For the United Way of Delaware, the code is #1846.

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! 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 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.

Current Events

This discussion group meets on Tuesdays at 10:30.

Bridge

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

Photography Club

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

Art Appreciation Club

Art Appreciation Club will meet November 12 at 10:00. The topic will be Still Life Paintings.

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, November 5 and 19 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, November 12th at 1:00. *The Shack* by William Young will be discussed. December book is *The People of the Book* by Geraldine Brooks.

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!

Brain Aerobics

Join us for a variety of games and brain exercises to help keep your mind fit on Fridays at 9:30!

NEW PARTICIPANTS ARE WELCOME!

November 2009 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Romaine Lettuce/Italian Dressing Chicken Parmesan Pasta w/ Tomato Sauce Green Beans Italian Bread Carrot Cake	WCASC CLOSED FOR ELECTION DAY	Orange Juice Grilled Chicken W/ Garlic Sauce Mixed Vegetables Brown Rice Whole Wheat Bread Banana	Italian Sausage W/ Peppers & Onions Whipped Potatoes Corn German Chocolate Cake	Apple Juice BBQ Chicken Leg Broccoli Brown Rice Tropical Fruit Whole Wheat Bread
9	10	11	12	13
Minestrone Soup Tuna Salad W/ Swiss Cheese on Kaiser Roll Potato Salad Tomato & Lettuce Orange	Pasta & Meatballs Spinach Whole Grain Roll Pineapple Tidbits Grated Cheese	WCASC CLOSED FOR VETERAN'S DAY	Cream of Asparagus Soup Cheeseburger on Bun Lettuce & Tomato Tater Tots Butterscotch Pudding	Tossed Salad Veal Parmesan Pasta w/ Tomato Sauce California Blend Vegetables Wheat Roll Vanilla Ice Cream
16	17	18	19	20
Pineapple Juice Hot Roast Beef Sandwich Peas & Carrots Mashed Potatoes Wheat Bread Orange Cake	Meatloaf W/ Gravy Diced Beets Whipped Potatoes White Bread Pineapple Tidbits	Minestrone Soup Oven Baked Chicken Green Beans Rice Pilaf Wheat Bread Tropical Fruit	<u>Thanksgiving Lunch</u> Turkey & Stuffing Sweet Potatoes Mixed Vegetables Dinner Roll Pumpkin Pie & Topping	Romaine Lettuce Spaghetti & Meat Sauce Green Beans Italian Bread Diced Peaches
23	24	25	26	23
Cranberry Juice Hot Turkey Sandwich Mashed Potatoes Peas Wheat Bread Orange Cake	Chicken Noodle Soup Boneless Chicken W Garlic Sauce Lettuce & Tomato Potato Wedges Kaiser Roll Tropical Fruit	BBQ Riblet on Bun Cole Slaw Baked Beans Applesauce	WCASC CLOSED FOR THE THANKSGIVING HOLIDAY	WCASC CLOSED FOR THE THANKSGIVING HOLIDAY
30				
Cranberry Juice Roast Turkey Stuffing Peas & Carrots Whole Grain Roll Cranberry Sauce		<small>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.</small>	WCASC CLOSED FOR THE THANKSGIVING HOLIDAY	Cold lunch alternative is available Tuesday through Friday. <u>You MUST reserve meal 3 days in advance. Cold lunches are not available when there is a special luncheon.</u>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

Join us for our November Birthday Party on Wednesday, November 18.

Walter Brun will entertain. Please make your reservations at least three days in advance.

1-Nov Phyllis Ruggiero Mary Jane Pennoyer Rae McCarter Earl Reese Ursula Fachin	9-Nov Robert Hosking Charles McCardell George Knox Virginia Gillespie Nachiappan Visvanathan	18-Nov Mary Lou Artwohl Joseph Boodin 19-Nov Jean Keiser	25-Nov Carol Grigson Ellen McGee B. Jo Nosakhene Donald Vachon
2-Nov Ana Rodriguez Ann Hanft	10-Nov Jeanne Hillenbrand Jane Kalbitzer Gloria Mascitelli	20-Nov Mary Agnes Kealey George Robinson Howard Bazar Betty Jean Corry Betsy Collier James Smith	26-Nov Mary Ann Fell Thomas Kadyszewski Charles Loughin
3-Nov Jane Krick James Gasho Betty Otto Karin Bergesen Edith Jeter	12-Nov Jay Hess Gerard Bannan	21-Nov Betty Walker Shirley Shoffner Robert Phiel Walter Stull Barbara Pfister	27-Nov C. Thomas Glass Carol Chantlee Duncan John Naber Evelyn Rimel Grace Smith Bessie Lamperez
4-Nov Corrine Edelman Edmund Holcroft	13-Nov Martin Clompus Eileen Kane Elwood Gotshall Robert Ippoldo		28-Nov Elizabeth Buckley
5-Nov Arthur Castellucci Maureen Pielli Ray Tauber Roger Braun Edward Tiernan	14-Nov Darlene Conover Lee Gemmill 15-Nov Robert Allison Barbara Williams Shirley McCool	22-Nov Gloria Power Richard Coyle Donna McCrum Lynwood Gallimore Franklin Pratt	29-Nov Jean Dine Gwen Robinson Gloria Castorani Shirley Stith Joe Sicoli Lee Hickman Charles McGuckin
6-Nov Amy Balian Janet Marcone Diantha Stevens Lenora Tuno	16-Nov Barbara Bower Pearl Griffin Dennis Haggerty Harold Gray 17-Nov Jack Lauber Loretta Gandy-Curtis Martha Devenney	23-Nov Jean Prior William Griffin Rosemary Dazio 24-Nov Dorothy Pyle Jesse Pennypacker	30-Nov Wayne Grunwell William Wilson David Fell Margaret Morton Marie Liebsch

HEALTH AND WELLNESS NEWS

Functional Fitness Testing will be offered on Wednesday, November 4th and Thursday, November 19th at 12:30. It consists of a few short tests to assess your fitness level. Participants receive a personal profile form after the testing. Please call the Center at 610-431-4242 to make an appointment.

Arthritis and The Hand

The Chester County Hospital Center for Physical Rehabilitation and Sports will present Arthritis and the Hand on **Monday, November 16 at 1:00.**

Hearing Clinics

Dr. Judith Curtin, Aud., will be at the Center on **November 4, and 18.** Dr. Michael Piscotty will be here on **November 10 and 25.** 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.*

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

Week of November 3

Tues. – Turkey on Pumpernickel
Wed. - Antipasto Salad
Thurs. – Tossed Salad w/Egg Salad
Fri. - Chicken Salad

Week of November 17

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

Week of November 10

Tues. – Chicken w/ Romaine
Wed. – Ham Hoagie
Thurs. – Chef Salad
Fri.. – Waldorf Chicken Salad

Week of November 24

Tues. – Chicken Salad on Bun
Wed. – Seafood & Romaine 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
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.

