



# 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 & Assistance Services at WCASC

We are pleased to announce that Ellen McCabe, Information and Assistance Coordinator, has joined the staff at WCASC. Ellen will provide information on many senior benefits in the area, including housing options, PACE and PACENET, and APPRISE health insurance counseling. For more information, please call Ellen at 610-431-4242.

## Flu Shot Clinic

Senior HealthLink, an outreach service of Neighborhood Health Agencies, Inc. will offer flu shots on Tuesday, October 27<sup>th</sup> from 9am to 12pm. Flu shots are free to participants with Medicare B, if Medicare is your PRIMARY insurance and \$20 for all other insurance. Please call 610-431-4242 for an appointment. Walk ins are also welcome.

## Art Show

Art work of the WCASC Art Class will be on display at the Center from October 22 to November 4. You are invited to join us for a "Meet the Artists Reception" in the dining room on Thursday, October 22nd from 10:30 to 11:30. Please come and support our artists!

## Opera Presentation

Dr. Angelo DiAntonio will present the tragic love story, *Aida*, one of Verdi's greatest works on Wednesday, October 14th at 12:45. Come and enjoy this popular program!

## Upcoming Programs

- Dorothe Cialini will share her Character Dolls and Figurine Collection on Wednesday, October 7 at 1:00.
- Estate Planning 101, what you need to know about wills, power of attorney, and much more, will be presented on Monday, October 12th at 12:45.
- Independence Blue Cross will present upcoming changes for 2010 on Tuesday, October 13 at 10:00.
- Market Street Financial Group will present a program on how Medicare works on Wed. Oct. 14 at 1:00.
- *Duplicity*, with Julia Roberts and Clive Owen will be shown on Friday, October 16 at 12:45.
- The Greater West Chester Chamber of Commerce offers a PA Drug Card to help save money on prescription drugs. Come and learn more about this FREE program on Monday, October 19 @ 12:45.
- Personal Health Care will present a Fall Prevention Program on Wednesday, Oct. 28 at 1:00.

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## Spaghetti Dinner

Join us for a hot and delicious Spaghetti Dinner Thursday, October 15th. Seatings are at 5, 6, and 6:30pm. The cost is \$8.00 for adults and \$3.00 for children under ten. Please bring your own containers for take out. All ages are welcome. Advance tickets are available or pay at the door.

# 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
Ellen McCabe	<i>ellenm@wcseniors.org</i>	Information & Assistance
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, Art Dougherty, Ray Doyle, Pierina Disciullo, Doug Fairchild, Margaret Giunta, Lee Hickman, Betty Kane, Anthony Lorenzo, Mariane Peppler, Judith Rodriguez, Claire Surr, Gretchen Webb, Debbie Williams, and Glee Young.

## Smorgasbord Breakfast!

Our Smorgasbord breakfast will be held Wednesday, October 28th 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. This will be the last smorgasbord breakfast until March.

## 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.

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- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, October 8th at 12:30. Stop by for assistance with state programs and other information.
  - An Apprise counselor will be at the Center on Monday, October 12 and 26 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.

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*The 2009 Annual Auction and Starlight Gala will be held on November 7, 2009. The event will be honoring Amy Balian and Ray Doyle. For more information, please contact the Center at 610-431-4242.*

**The WCASC is planning a 5k run and/or 1 mile family fun walk as a fundraiser this spring. In order to make this a success, we need your HELP! If you are interested in helping to plan this event, obtain sponsors, or volunteer in ANY way, please contact Steve Quigley or Mary Kline at 610-431-4242.**

# MIND AND BODY

## Arthritis Foundation Exercise Class

This class is held Mondays, Wednesdays, and Fridays at 10:30 and will also be offered Mondays and Wednesdays at 12:45 beginning September 9th. *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 will resume on Tuesday, September 8th 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 in November.

## Art Appreciation Club

Art Appreciation Club will meet in November.

## 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, October 1st and 15th 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, October 8th at 1:00. Participants will share a favorite book and some information about the author. Suggestions for upcoming books will also be discussed.

## 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!**

# October 2009 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>JOIN US FOR OUR SMORGASBORD BREAKFAST ON WEDNESDAY, OCTOBER 28<sup>TH</sup> FROM 7:30 TO 10:00. ALL YOU CAN EAT FOR JUST \$5.00!</b></p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/Bingo 12:00 Bridge 12:45 Ping Pong/Bingo <b>12:45 Arthritis Exercise</b> 2:00 Basic Tai Chi</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 &amp; A 11:30 Yoga <b>12:30 Functional Fitness Testing</b> 12:45 Knitting Club 1:00 Computer Assistance/ Games/ Spanish</p>	<p><b>BINGO!</b> Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Pinochle/Rummikub <b>12:45 Arthritis Exercise</b> <b>1:00 Character Dolls &amp; Figurines Collection</b></p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion I 10:30 Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 1:00 Computer Forum</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 <b>12:30 Sen. Dinniman Constituent Outreach</b> <b>1:00 Book Club</b></p>	<p>8:00 Breakfast 8:30 <b>55 Alive</b> 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing</p>
<p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/Bingo 12:00 Bridge 12:45 Ping Pong/Bingo <b>12:45 Arthritis Exercise</b> 2:00 Basic Tai Chi</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 &amp; A 11:30 Yoga 12:45 Quilting Club/ Knitting Club 1:00 Computer Assistance/ Games/ Spanish</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 <b>12:45 Opera Presentation: Aida</b> <b>1:00 Education on Medicare</b></p>	<p>8:00 Breakfast 8:30 <b>55 Alive</b> 9:15 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion I/Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 1:00 Computer Forum <b>5:00 Spaghettti Dinner</b></p>	<p>8:00 Breakfast 8:30 <b>55 Alive</b> 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/<b>Movie</b> 1:00 Line Dancing</p>
<p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/Bingo 12:00 Bridge 12:45 Ping Pong/Bingo <b>12:45 Arthritis Exercise</b> 2:00 Basic Tai Chi</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q &amp; A 11:30 Yoga 12:45 Quilting Club/ Knitting Club 1:00 Computer Assistance/ Games/ Spanish</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 <b>12:45 Arthritis Exercise</b> <b>1:00 Fall Prevention Program</b></p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:30 Healthy Steps in Motion I 11:15 Ping Pong 11:30 Yoga 12:00 Bridge</p>	<p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo/SilverSneakers 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts 1:00 Line Dancing</p>
<p>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 <b>12:45 Arthritis Exercise</b> <b>12:45 Ask the Pharmacist</b> 2:00 Basic Tai Chi</p>	<p>8:00 Breakfast 9:12 <b>Flu Shot Clinic</b> 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q &amp; A 10:30 Healthy Steps in Motion I 11:30 Yoga 12:45 Quilting Club/Knitting Club 1:00 Computer Assistance/ Games/ Spanish</p>	<p><b>7:30 Smorgasbord Breakfast</b> 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/Pinochle <b>10:00 Tai Chi Demo</b> 10:30 Arthritis Exercise Class 11:15 SilverSneakers/ Bingo 12:30 Pinochle/Rummikub/Bingo <b>12:45 Arthritis Exercise</b> <b>1:00 Fall Prevention Program</b></p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:30 Healthy Steps in Motion I 11:15 Ping Pong 11:30 Yoga 12:00 Bridge</p>	<p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo/SilverSneakers 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts 1:00 Line Dancing</p>

# October 2009 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cold lunch alternative is available Tuesday through Friday. <b>You MUST reserve meal 3 days in advance.</b> Cold lunches are not available when there is a special luncheon.</p> <p>5</p> <p>Swedish Meatballs Cole Slaw Spinach Noodles Whole Wheat Bread Vanilla Pudding</p>	<p>Cold lunch entrée is on page 6. A complete menu is available at the Center and online at <a href="http://wcseniors.org">wcseniors.org</a>.</p> <p>6</p> <p>Bean &amp; Bacon Soup Grilled Chicken W/ Garlic Sauce Mixed Vegetables Brown Rice Whole Wheat Bread Banana</p>	<p>Senior Center membership is not required for individuals 60 and older to participate in the congregational 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.</p> <p>7</p> <p>Italian Sausage W/ Peppers &amp; Onions Whipped Potatoes Corn German Chocolate Cake</p>	<p>1</p> <p>Cranberry Juice Roast Turkey W/ Gravy Peas &amp; Carrots Stuffing Whole Grain Roll Diced Peaches Cranberry Sauce</p>	<p>2</p> <p>Romaine Lettuce Chicken Parmesan Pasta w/ Tomato Sauce Green Beans Italian Bread Carrot Cake</p>
<p>12</p> <p>Pasta &amp; Meatballs Spinach Whole Grain Roll Pineapple Tidbits Grated Cheese</p>	<p>13</p> <p>OJ Roast Pork Italian Green Beans Brown Rice Rye Bread Apple</p>	<p>14</p> <p>Cream of Asparagus Soup Cheeseburger on Bun Lettuce &amp; Tomato Tatar Tots Butterscotch Pudding</p>	<p>8</p> <p>Apple Juice BBQ Chicken Leg Broccoli Brown Rice Tropical Fruit Whole Wheat Bread</p>	<p>9</p> <p>Minestrone Soup Tuna Salad W/ Swiss Cheese on Kaiser Roll Potato Salad Tomato &amp; Lettuce Orange</p>
<p>19</p> <p>Meatloaf W/ Gravy Diced Beets Whipped Potatoes White Bread Pineapple Tidbits</p>	<p>20</p> <p>Tomato Soup Seafood Salad on Bun Three Bean Salad Kaiser Roll Lettuce &amp; Tomato Banana</p>	<p>21</p> <p>Minestrone Soup Oven Baked Chicken Green Beans Rice Pilaf Wheat Bread Tropical Fruit</p>	<p>15</p> <p>Tossed Salad Veal Parmesan Pasta w/ Tomato Sauce California Blend Vegetables Wheat Roll Vanilla Ice Cream</p>	<p>16</p> <p>Pineapple Juice Hot Roast Beef Sandwich Peas &amp; Carrots Mashed Potatoes Wheat Bread Orange Cake</p>
<p>26</p> <p>Chicken Noodle Soup Boneless Chicken W Garlic Sauce Lettuce &amp; Tomato Potato Wedges Kaiser Roll Tropical Fruit</p>	<p>27</p> <p>BBQ Riblet on Bun Cole Slaw Baked Beans Applesauce</p>	<p>28</p> <p>OJ Salisbury Steak Brown Rice Spinach Whole Grain Roll Banana</p>	<p>22</p> <p>Romaine Lettuce Spaghetti &amp; Meat Sauce Green Beans Italian Bread Diced Peaches</p>	<p>23</p> <p>Tossed Salad w/ Pepper Ring Hot Turkey Sandwich Mashed Potatoes Japanese Mixed Vegetables White Bread Chocolate Cookies</p>
			<p>29</p> <p>Bean &amp; Bacon Soup Chicken Salad W/ Cheese Lettuce &amp; Tomato Potato Salad Multi Grain Bun Orange</p>	<p>30</p> <p><b>Happy Halloween</b> Rotisserie Style Chicken Leg Ghostly Smashed Potatoes Zucchini Squash &amp; Tomatoes Dinner Roll Cupcakes</p>

## HEALTH AND WELLNESS NEWS

**Functional Fitness Testing** will be offered on Wednesday, October 6<sup>th</sup> 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.

### **Tai Chi Demonstration**

Tai Chi promotes balance and flexibility while lowering heart rate and blood pressure. Come and learn more about this ancient exercise with Anthony, our Tai Chi instructor, on Wednesday October 28<sup>th</sup> at 10:00.

### **Hearing Clinics**

Dr. Judith Curtin, Aud., will be at the Center on **October 7, 14, and 21**. Dr. Michael Piscotty will be here on **October 13 and 28**. 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.*

### **Know Your Blood Sugar**

Claire Surr, Diabetes Nurse Practitioner, will be here to help with blood sugar checks on **Monday, October 19 from 11:00 to 1:00**.

### **Ask the Pharmacists**

Pharmacy students will be at the center on Monday, October 26<sup>th</sup> at 12:45 to help answer your medication questions.

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

### **Week of October 5**

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

### **Week of October 19**

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

### **Week of October 12**

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

### **Week of October 26**

Tues. – Chicken Salad on Bun  
Wed. – Seafood & Romaine Salad  
Thurs – Tossed Salad w/ Diced Beef  
Fri. – Tuna Salad on Kaiser

**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.**

**Join us for our October Birthday Party on Wednesday, October 21.  
The Senior Center Band will entertain. Please make your reservations  
at least three days in advance.**

<b>1-Oct</b> Patricia Pealer Kathryn Anderson Troy Willis Jean Jensen	<b>9-Oct</b> Beatrice Rucker Pearl Burger William Cosgrove Regina Wellman Joan O'Connor	<b>17-Oct</b> Jean Pesilo Alice Watson Richard DeGeiso Norma Girard-Dunn William Jones Judy Hinman	<b>24-Oct</b> James Winfield Lorraine Hamel Ann MacIntyre Joan Pennell Harry Jamison
<b>2-Oct</b> Judith Heringslake	<b>10-Oct</b> Glenn Smith Dorothy Milhous Hsiang Wei Tsao	<b>18-Oct</b> Thomas Rodgers Dorothy Brewer Charlotte Kalbfleisch	<b>25-Oct</b> James Mobile Peter Cavaliere
<b>3-Oct</b> Gino Maffei Stephen Plummer Martha Walter	<b>11-Oct</b> Ellen Connors Albert Newnham Eleanor Wengiel Joseph Rizzo Catherine Dougherty	<b>19-Oct</b> Margaret Giunta Jennie DeMarco Helga Blackmon Joan Lappin Patricia Burns Emma Holtsberry Jean Ross	<b>26-Oct</b> Frances Leach John Turner Ann Marie Grandizio Chester Lakatos Esther Henry Blondie Morrell Karen Rothenbuhler
<b>4-Oct</b> Louise Hunter Rose Drumm Eileen Cornell	<b>12-Oct</b> Virginia Lamond Martha Coyle	<b>20-Oct</b> Mary Clementi Janet Robinson	<b>27-Oct</b> Margaret O'Rourke Norman Ricker Carolyn Teetsel
<b>5-Oct</b> Nicholas Cicchini Arline Davis	<b>13-Oct</b> William Gotwals Beverly Dean	<b>21-Oct</b> Jack Fabe	<b>29-Oct</b> Pauline Johnson Thom Clapper Florence Kenworthy Margaret Loughin
<b>6-Oct</b> Ellen Craney Shirley Cialini	<b>14-Oct</b> Kenneth Emerson Samuel Ross Susan Tiernan	<b>22-Oct</b> Robert Stevenson Ruth McCoach Mary Ann Gemmill	<b>30-Oct</b> Margaret Semanko Christina Carroll Jean Hillegass Marie Gaither
<b>7-Oct</b> Daniel Berliner Dolores Truitt Herbert Tindall Esther Taylor	<b>15-Oct</b> Ruth Anne Bryant	<b>23-Oct</b> Ronald Holtsberry	
<b>8-Oct</b> Jean DiCarlo Norman Elliott Lydu Trudeau	<b>16-Oct</b> Sue Barber Barry Keiser Rick Chatley Ellen McCabe		

**WEST CHESTER AREA SENIOR  
CENTER**

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West Chester, PA 19382

Phone (610) 431-4242  
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Check us out on the web!  
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*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 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.*

