

October 2008

Volume 32 Issue 10



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

Digital Photography at WCASC

A basic digital photography class will begin on Monday, October 13th at 9:00. The 8 week class is \$25 for WCASC members. Ray Doyle will also have open lab time in the computer room on Mondays from 10:30 to 12:00. The Photography Club meets on the 3rd Thursday of the month at 10:00. Please register for the class at the front desk or by calling the Center at 610-431-4242.

Juggling Class

Juggling is a great, fun way to exercise and a great stress reliever! Randy Lyons from Turks Head Jugglers will hold a demonstration class on Tuesday, October 7th at 2:00. A 4 week class will begin on Tuesday, October 21st at 2:00. Class size is limited, so please register at the front desk or by calling 610-431-4242. Join us for this easy to learn juggling class and get a fantastic cardio-vascular and pulmonary workout!

Upcoming Programs

- What is home care? What does it involve? Anna's Health Care Services will present a program at the Center on Wednesday, October 8th at 1:00 to answer these questions and more.
- Humana Educational Seminar will be held on Wednesday, October 15th at 1:00.
- The movie, *The Great Debaters*, starring Denzel Washington, will be shown on Wednesday, October 15th at 12:45.
- Herb Tindall will present a pictorial look at 1908 in a power point presentation on Monday, October 27th at 1:00 pm. Join us for this nostalgic walk down Memory Lane.
- Anne Vaughn, from Congressman Joe Sestak's office will be here on Monday, October 6 at 1:00 to present information on PACE, PACENET and other senior benefit programs.
- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, October 9th at 12:30. Stop by for assistance with state programs and other information.
- An Apprise counselor will be at the Center on October 6th and 20th to assist with Medicare counseling. Please call the Center for an appointment.
- A new Scrabble Club will meet on Tuesday, October 7th at 1:00. Please join us! Other days and times may also be available.

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. Areas of expertise include home healthcare, elder law, lifestyle transitions, financial services and more. Please join us for an informal panel discussion on Monday, October 20th at 1:00. Please call the Center at 610-431-4242 to register.

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 McMullan	<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 Rodriguez, 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.

Smorgasbord Breakfast!

Our Smorgasbord Breakfast will be held Wednesday, October 29th 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.

Credit Card Policy

WCASC has the capacity to accept Visa and Mastercard. You may use these credit cards for donations, computer classes, membership and monthly exercise coupons. We cannot accept them for breakfast or lunch payments.

There will be NO breakfast, lunch, or classes held at the Center on Thursday, October 16, 2008. State Representative Barbara McIlvaine Smith will be hosting her Senior Expo here from 9 am to 12 pm. Please stop by for an opportunity to learn more about resources in our community.

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 UW of Southeastern PA use the donor choice agency number 1971.

Thank you for your support!

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 12:30 to 3:30.

Photography Club

The Photo Club will meet on Thursday, September 18th at 10:00 am.

Art Appreciation Club

The Art Appreciation Club will meet not meet in October.

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. Other days and times may also be available.

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, October 2nd at 1:00. Various internet browsers will be the topic.

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, October 22nd. 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, October 2nd at 1:00 and will discuss a book of their choice. The November book will be *A Year of Wonder* by Geraldine Brook.

October 2008 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>JOIN US FOR OUR SMORGASBORD BREAKFAST ON WEDNESDAY, OCTOBER 29th FROM 7:30 TO 10:00. ALL YOU CAN EAT FOR JUST \$5.00!</p> <p>8:00 Breakfast 9:15 Silver Sneakers 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 1:00 Con. Joe Sestak's Representative 2:00 Basic Tai Chi</p>	<p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p> <p>8:00 Breakfast 9-12 Flu Shot Clinic 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion I 10:30 Computer Q & A/ Current Events 11:30 Yoga 12:45 Knitting Club 1:00 Computer Assistance/Scrabble Club 1:00 Spanish Class/Strength Training 1:00 Quilting 2:00 Juggling Demo</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 12:30 Pinochle/ Rummikub 12:45 Bingo</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 12:30 Pinochle/ Rummikub 12:45 Bingo 1:00 The Importance of Home Care</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Drawing Class 11:15 Ping Pong 12:30 Bridge 1:00 Strength Training/Chorus 1:00 Book Club 1:00 Computer Forum 1:45 Stretching Class</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 12:30 Bridge 1:00 Strength Training/Chorus 12:30 Sen. Dinniman Constituent Outreach 1:45 Stretching Class</p>	<p>8:00 Breakfast 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>8:00 Breakfast 9:00 Tai Chi 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Healthy Steps in Motion II 12:30 Rummikub/ Chess/Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing</p>
<p>8:00 Breakfast 9:15 Silver Sneakers 10:30 Arthritis Exercise Class/ Italian Class 11:15 Healthy Steps in Motion II/Bingo 12:30 Photo Open Lab 11:15 Bingo 11:30 Know Your Blood Sugar 12:30 Ping Pong/Bingo/Bridge 1:00 Fall Risk Screening 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 Computer Q & A/ Current Events 11:30 Yoga 12:45 Knitting Club 1:00 Computer Assistance/Scrabble Club 1:00 Spanish Class/ Strength Training</p>	<p>8:00 Breakfast 9:15 Silver Sneakers 10:00 German Club 10:30 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo 12:30 Pinochle/Rummikub 12:45 Bingo 1:00 Movie: The Great Debaters 1:00 Humana Educational Seminar</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</p>	<p>8:00 Breakfast 9:00 Tai Chi 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Healthy Steps in Motion II/Bingo 12:00 Birthday Party with Entertainment 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing</p>
<p>8:00 Breakfast 9:15 Silver Sneakers 10:30 Arthritis Exercise Class/ Italian Class 11:15 Healthy Steps in Motion II/ Bingo 12:30 Photo Open Lab 11:15 Healthy Steps in Motion II/ Bingo 1:00 Aging With Wisdom 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 Computer Q & A/ Current Events 11:30 Yoga 12:45 Knitting Club 1:00 Computer Assistance/Scrabble Club 1:00 Spanish Class/ Strength Training/Quilting 2:00 Juggling Class</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 12:30 Pinochle/ Rummikub 1:00 Why Didn't I know About Hospice Sooner?</p>	<p>WCASC CLOSED FOR SENIOR EXPO! 5:00 Spaghetti Dinner!</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 9:30 Understanding Today's Youth 10:30 Healthy Steps in Motion I/ Drawing 11:15 Ping Pong 12:30 Bridge 12:30 Functional Fitness Testing 1:00 Strength Training 1:00 Chorus 1:45 Stretching Class</p>	<p>8:00 Breakfast 9:00 Tai Chi 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Healthy Steps in Motion II/Bingo 12:00 Birthday Party with Entertainment 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing</p>
<p>8:00 Breakfast 9:15 Silver Sneakers 10:30 Arthritis Exercise Class/ Italian Class 11:15 Healthy Steps in Motion II/ Bingo 12:30 Rummikub /Ping Pong/Bridge 1:00 1908 Pictorial Essay Program 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 Computer Q & A/ Current Events 11:30 Yoga 12:45 Knitting Club 1:00 Computer Assistance/Scrabble Club 1:00 Spanish Class/ Strength Training</p>	<p>7:30 Board Meeting 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 12:45 Movie: The Great Debaters 1:00 Humana Educational Seminar</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</p>	<p>8:00 Breakfast 9:00 Tai Chi 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Healthy Steps in Motion II/Bingo 12:00 Birthday Party with Entertainment 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing</p>
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October 2008 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<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.</p> <p>6 Vegetable Soup Chicken Salad on Bun Whole Wheat Bun Tomato & Lettuce Tater Tots Diced Pears</p>	<p>7 Orange- Pineapple Juice Salisbury Steak Noodles & Gravy Green Beans Whole Grain Roll Fresh Banana</p>	<p>1 Tomato Soup Rotisserie Chicken Steamed Brown Rice Broccoli Cuts Wheat Roll Chocolate Cake</p>	<p>2 Tossed Salad w/Cucumber Lemon Pepper Pollock Stewed Tomatoes Macaroni & Cheese Rye Bread Vanilla Pudding</p>	<p>3 Orange Juice Hot Roast Beef Sandwich w/Gravy Cauliflower & Broccoli Mashed Potatoes Peas & Carrots Whole Wheat Bread Brownie</p>
<p>13 Tossed Salad Veal Parmesan Pasta w/ Tomato Sauce Green Bean Rye Bread Orange Sherbet</p>	<p>14 Clam Chowder Soup Seafood Salad Lettuce & Tomato Red Bliss Potato Salad Whole Wheat Bun Orange Cake</p>	<p>15 Hot Roast Beef Sandwich w/Mushroom Gravy Cauliflower & Broccoli Mashed Potatoes Carrots Whole Grain Bread Fresh Orange</p>	<p>16 WCASC CLOSED FOR SENIOR EXPO!</p>	<p>17 Tossed Salad w/Pepper Ring Cheese Lasagna w/ Meat Sauce Spinach Italian Bread Diced Peaches</p>
<p>20 Chicken Noodle Soup Crab Cake Macaroni & Cheese Stewed Tomatoes Wheat Roll Granny Smith Apple</p>	<p>21 Orange-Pineapple Juice BBQ Riblet Succotash Slice Carrots Jr. Hoagie Roll Vanilla Ice Cream</p>	<p>22 Italian Meatball Sandwich Shredded Mozzarella Cole Slaw Potato Wedges Jr. Hoagie Roll Fresh Banana</p>	<p>23 Grape Juice Tuna Salad Slice Hard Cooked Egg Lettuce & Tomato Pasta Salad Whole Wheat Bun Fresh Orange</p>	<p>24 BirthDay Party Cheeseburger on Bun Lettuce & Tomato Red Bliss Potato Salad Cupcakes & Ice Cream</p>
<p>27 Orange- Pineapple Juice Ham & Cheese Quiche Tater Tots Harvard Beets Whole Grain Roll Banana Pudding Graham Crackers</p>	<p>28 Hot Roast Turkey Sandwich Garlic Mashed Potatoes Glazed Carrots Wheat Bread Strawberry Shortcake Cranberry Sauce</p>	<p>29 Orange Juice BBQ Pork on Wheat Bun Peas & Carrots Butter Beans Fresh Apple</p>	<p>30 Tomato Soup Rotisserie Chicken Steamed Brown Rice Broccoli Cuts Wheat Roll Chocolate Cake</p>	<p>31 Happy Halloween! Rotisserie Style Chicken Ghostly Smashed Potatoes Zucchini & Tomatoes Dinner Roll Boo-tiful Halloween Cupcakes</p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

*The Board of Directors of
The West Chester Area Senior Center
Invites you to attend the*



*2008 Annual Auction &
Starlight Gala
November 1, 2008
6:00 - 11:00 pm*

Rob Henson, WCOJ Radio Host, Auctioneer

*Includes music, dinner, silent & live auction
at the West Chester Area Senior Center
530 E. Union Street West Chester, PA 19382*

*Honoring :
Dallas Matthews
John Ciccarone*

_____ I/ we will be attending the 2008 Annual Gala.

_____ I/ we will be unable to attend but would like to make a donation.

Total enclosed \$_____ (\$90.00 per person)

Make checks payable to WCASC - Gala and mail to WCASC, 530 E. Union
St. West Chester, PA 19382

Names of Attendees _____

R.S.V.P. by Oct. 20

Questions? Call 610-431-4242

2008 Gala Sponsors

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MacElree Harvey

SILVER SPONSOR

Bellingham Retirement Community
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West Chester University

BRONZE SPONSOR

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Wusinich, Brogan & Stanzione Law Firm
Yellow Daffodils Wig & Post Mastectomy Boutique

9/15/2008

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 **October 23rd 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.

Flu Shot Clinic

Senior HealthLink, an outreach service of Neighborhood Health Agencies, Inc. will offer flu shots on **Tuesday, October 7th 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

Fall Prevention and Solutions

Dr. Gregory Ellis will be providing free screening and solutions on **Monday, October 13th at 1:00pm**. This computerized test takes less than 60 seconds. If you are at a high risk for falling, Dr. Ellis provides a custom-fit ankle stabilizer that reduces falls 30-60% and is covered by Medicare B and other select insurance carriers.

Know Your Blood Sugar

Claire Surr, Diabetes Nurse Practitioner, will be to help with blood sugar checks on **Monday, October 13th from 11:30 to 1:30**.

Fish Oil and Omega 3's

Dr. Lauren Schofield and Dr. Denise Butler from Advanced Chiropractic Wellness Center will present a program on the benefits of fish oil in you diet and where to find it. Join us on **Tuesday, October 21st at 12:30**.

Hospice Care

Why didn't I know about hospice sooner? Neighborhood Health Agencies, Inc. will present this general information program on **Wednesday, October 22nd at 1:00**.

Diabetes Awareness Workshop

Adam Woodworth from Advanced Diabetic Solutions will present this program on **Wednesday, October 29th at 1:00**. Topics will include how to live with and control your diabetes, healthier food choices, and how to best monitor your diabetes. Free codeless talking glucose meters for those attending.

We have 12 different exercise classes that meet 21 times per week. There is an exercise class that meets your needs at the Center! There are also a variety of wellness programs each month. If you have any questions about the exercise classes or if there is a topic that you would like more information on, please see Rachel or Mary at the Center.

Senior Challenges: Understanding Today's Youth

Sinatra, Led Zeppelin, Dashboard Confessional, Benny Goodman
Are you a "modern Senior Citizen"?

Being a modern senior will enable you to learn about the fast stepping world of our youth today. Come discover some of the societal changes that make "us different from them."

Seniors, especially grandparents, provide a safely net for youth and are keepers of history, can act as mentors, and serve as role models. Are you ready to take on discussions concerning smoking, underage drinking, illegal and legal drugs and sexuality with an open mind and yet listen as well with your heart?

Is your role as a member of the senior community or as a grandparent confusing? Learn how the parenting issues facing today's parents are different. Learn how to use your unique influence to build relationships with youth, including your grandchildren.

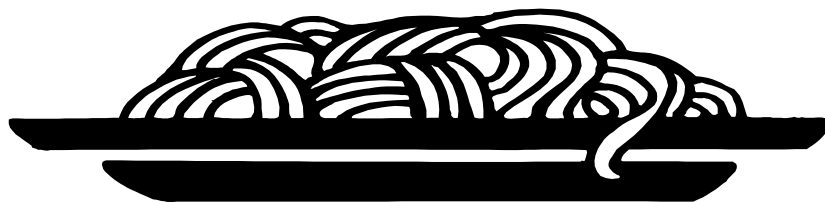
West Chester Area Communities That Care will present **Senior Challenges: Understanding Today's Youth** at the West Chester Area Senior Center on Thursdays, October 23 from 9:30 – 11:30 a.m., October 30, November 6, 13, 2008 from 10 – 11:30 a.m. Find out how to strengthen your relationship with all youth including your adult children and their children. Come and bring a friend. Call 610.431.4242 for more information. Learn how to build relationships with youth in your community in order to help them to make positive choices.



Join the WCASC for our
Spaghetti Dinner on
Thursday, October 16, 2008.
All you can eat for \$8!
Advance tickets are available
or pay at the door.

Seatings are available
at 5 pm, 6 pm, and 6:30 pm.
Take out is available!

West Chester Area Senior Center
530 E. Union Street
West Chester, PA 19382
(610) 431-4242



Join us for our October Birthday Party on October 24th. The O'Suches will entertain. Please make your reservations at least three days in advance.

1-Oct	10-Oct	18-Oct	26-Oct
Pat Pealer	Glenn Smith	Thomas Rodgers	Frances Leach
Frank Mills	Dorothy Milhous	Dorothy Brewer	John Turner
Betty Nolan	Hsiang Wei Tsao	Charlotte Kalbfleisch	Nathaniel Smith
Kathryn Anderson			Ann Marie Grandizio
Betty Anne Bowie	11-Oct	19-Oct	Chester Lakatos
Troy Willis	Ellen Connors	Margaret Giunta	Esther Henry
	Albert Newnham	Helga Blackmon	Mary Bleecker
2-Oct	Eleanor Wengiel	Joan Lappin	Ann Giunta
Judith Heringslake	Joseph Rizzo	Patricia Burns	Blondie Morrell
	Catherine Dougherty	Jean Jones	Karen Rothenbuhler
3-Oct	Yona Pellini		
Gino Maffei		20-Oct	27-Oct
Stephen Plummer	12-Oct	Mary Clementi	Margaret O'Rourke
Martha Walter	Virginia Lamond		Edward Bond
	Martha Coyle	21-Oct	Kathleen Bond
4-Oct		Nancy McCardell	Norman Ricker
Louise Hunter	13-Oct	Jack Fabe	Carolyn Teetsel
Rose Drumm	William Gotwals		Antoinette DiGiuseppe
Eileen Cornell	Evelyn Proctor		Josie Smith
		22-Oct	
5-Oct	14-Oct	Robert Stevenson	28-Oct
Nicholas Cicchini	Raymond Banghart	Ruth McCoach	Robert Price
Gilbert Cheney	Kenneth Emerson		Irene Moyer
Arline Davis		23-Oct	Diane Skuzinski
	15-Oct	Agnes Dougherty	
7-Oct	Patricia Banghart		29-Oct
Daniel Berliner	Ruth Anne Bryant	24-Oct	Pauline Johnson
Dolores Truitt		James Winfield	Thom Clapper
Herbert Tindall	16-Oct	James Finegan	Florence Kenworthy
	Sue Barber	Lorraine Hamel	Margaret Loughin
8-Oct	Richard Ludwig	Ann MacIntyre	
Jean DiCarlo	Barry Keiser	Joan Pennell	30-Oct
Norman Elliott			Margaret Semanko
	17-Oct	25-Oct	Christina Carroll
9-Oct	Richard DeGeiso	James Mobile	Ralph Hall
Beatrice Rucker	Norma Dunn	Peter Cavaliere	Jean Hillegass
Pearl Burger	William Jones	Daniel DeLia	
Richard Huffman	Judy Hinman	Virginia Ingram	
William Cosgrove			

**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*

Non-Profit
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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.

