

September 2010

Volume 34 Issue 9



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

Preserving Family History: The Possibilities

Come and explore the many different ways we can share our past with our present. Barbara Paisley will show ways that she was able to preserve her own family history on Tuesday, September 21 at 1:00.

Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will be held at the Center on Wednesday, Sep. 29 at 1:15.

Poetry Club

A new poetry club will meet the 3rd Friday of the month at 1:00 beginning September 17. Participants will bring in poems to share according to the theme selected. "Oldies but Goodies" is the September theme. Bring in an old favorite! The goal of the poetry club is to share thoughts, ideas, and poems, but have fun and enjoy yourselves also! Thanks to Anne Marie Cuff for coordinating the group.

NATIONAL SENIOR CENTER MONTH AND ACTIVE AGING WEEK

WCASC, with the National Council on Aging, will celebrate National Senior Center Month in September. This year's theme is: Senior Centers: Your Place to Connect. We will also be celebrating Active Aging Week, September 20 —24 with a variety of special events!

We are one of the best kept secrets in the community for delicious home-cooked breakfasts, socialization, health and wellness programs, and many other services. When you join us for breakfast any Monday in September, receive a 2 for 1 coupon for your next breakfast and bring a friend!

There will also be a Wii Bowling Tournament this month. Please come to a kick-off meeting on Wed., September 15 at 12:45 or call Rachel at 610-431-4242 for more information.

September Programs

- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, September 9th at 12:30. Stop by for assistance with state programs and other information.
- Main Line Health Services will present a seminar on Hip and Knee Pain on Monday, September 13 at 1:00.
- Blue Cross will present Medicare Matters Educational Meeting on Tuesday, September 14 at 10:00.
- Exton Senior Living is inviting participants for lunch and a tour on Friday, September 17th. Pick up will be at the center at 11:00 and return to the center at 1:30. Please call the center at 610-431-4242 to reserve your spot by September 14th.
- The romantic comedy *It's Complicated* starring Meryl Streep and Alec Baldwin will be shown on Tuesday, September 28th at 12:45. This movie is rated R. *You've Got Mail* starring Tom Hanks and Meg Ryan will be shown on Wednesday, September 8 at 12:45.
- Home Instead Senior Care will present "The Ins and Outs of Home Health" on Monday, September 27 at 1:00.
- Main Line Health Services will provide an informational table on women's health issues at the center on Wednesday, September 29 from 9—11 for National Women's Health and Fitness Day.

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
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
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 Peppler, Claire Surr, Gretchen Webb, Debbie Williams, and Glee Young.

We are always looking for new ideas for clubs, programs, and events. Some participants have expressed an interest in a French conversation club and a cribbage group. We are also looking for a volunteer Spanish instructor. If you have any interest in these groups or would like to coordinate a club, please contact Mary Kline @ 610-431-4242 or see a Planning Council member. We need your ideas, feedback, and suggestions.

Smorgasbord Breakfast!

Our Smorgasbord breakfast will be held Wednesday, September 29th 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 will be closed on Monday, September 6, 2010.******

CCDAS Annual Seniors Picnic

The Annual Senior Picnic will be held Thursday, September 23, 2010 at Brandywine Picnic Park beginning at 9 am. Voluntary contributions will be accepted. Advanced registration is required. Transportation is available through Rover and reservations should be made by 11:00 am on September 7th.

Picnic Raindate: September 30

The next 55 Alive class will be held September 23& 24 from 8:30 -12:30. A 4 hour class for those that have taken the course previously will be held on Tuesday, October 5 at 8:30. Please call the Center for more information and to register.

The West Chester Area Senior Center encourages donors to work with their legal counsel to include a bequest donation as part of their estate planning. A bequest in which our Senior Center is named enables the Center to receive a percentage, a dollar amount, or the remainder of the donor's estate. Bequests enable donors to reduce their estate taxes while supporting our Center and our community. Please contact Kathy Sullivan, WCASC Executive Director, 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

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! Robo—pong is also available. No partner needed to hone your skills! Stop in for more information!

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.

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.

Bridge

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

Photography Club

The Photo Club will meet on Thursday, September 16 at 10:00.

Art Appreciation Club

The Art Appreciation Club will meet Thursday, September 9 at 10:00. The birth and development of photography will be explored.

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 and Charlie Eisenfelder will lead the discussions on Thursday, September 2 and 16 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. Bring a favorite “oldie but goodie” poem to share.

Chess

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

Walking Club

A new walking club meets at West Goshen Park on Mondays and Fridays at 2:00. A group also meets at the center on Tuesdays and Thursdays at 10:00.

September 2010 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SENIOR CENTERS: YOUR PLACE TO CONNECT! SEPTEMBER IS NATIONAL SENIOR CENTER MONTH.</p>	<p>CCDAS Senior Picnic and Games Day at Brandywine Park on September 23!</p>	<p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 SilverSneakers 12:30 Pinochle/ Rummikub</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Walking Club 10:30 Healthy Steps in Motion 10:30 Drawing 11:30 Yoga/ Ping Pong 12:00 Bridge 1:00 Computer Forum/ Chorus</p>	<p>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 2:00 Walking @ West Goshen Park</p>
<p>WCASC CLOSED FOR LABOR DAY</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse/ Walking Club 10:00 Planning Council 10:30 Healthy Steps in Motion 10:30 Current Events 11:30 Yoga 12:45 Knitting Club 1:30 AARP Meeting 6:00 Bingo</p>	<p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 SilverSneakers 12:30 Pinochle/ Rummikub 12:45 Movie: You've Got Mail</p>	<p>8:00 Breakfast 9:00 Art Appreciation 9:15 Low Impact Aerobics 9:30 Bible Study 10:30 Healthy Steps in Motion 10:30 Drawing 11:30 Yoga/ Ping Pong 12:00 Bridge 12:30 Sen. Dinniman Constituent Outreach 1:00 Chorus</p>	<p>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 2:00 Walking @ West Goshen Park</p>
<p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 Photoshop Elements Lab 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/ Bingo/ Rummikub 1:00 Hip & Knee Pain Seminar 2:00 Basic Tai Chi 2:00 Walking @ West Goshen Park</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse/ Walking Club 10:00 - 12 BP's & Hydration Screening 10:30 Current Events 10:30 Healthy Steps in Motion 11:30 Yoga 12:45 Knitting Club 1:00 Preserving Family History 6:00 Bingo</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 12:00 Birthday Party with Entertainment 12:30 Pinochle 12:45 Wii Bowling Tournament Meeting</p>	<p>7:30 Board Meeting 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Walking Club/Photo Club 10:30 Healthy Steps in Motion /Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 1:00 Computer Forum/ Chorus</p>	<p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 11:00 Exton Senior Living Trip 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing/Poetry Club 2:00 Walking @ West Goshen Park</p>
<p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 Photoshop Elements Lab 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers/ Bingo 12:00 Bridge 1:00 Put Your Hands in the Air 2:00 Basic Tai Chi 2:00 Walking @ West Goshen Park</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse/ Walking Club 10:30 Current Events/ Healthy Steps 11:30 Yoga 12:45 Movie: It's Complicated 12:45 Knitting Club 6:00 Bingo</p>	<p>7:30 Smorgasbord Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 SilverSneakers/ Bingo 12:30 Pinochle/Rummikub 1:00 Back Exercises</p>	<p>8:00 Breakfast 8:30 55 Alive 9:00 Tai Chi 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Pinochle 10:30 Walking Club 10:30 Healthy Steps in Motion I/ Drawing 11:30 Yoga/ Ping Pong 12:00 Bridge 1:00 Chorus CCDAS Picnic & Games Day!</p>	<p>8:00 Breakfast 8:30 55 Alive 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 12:30 Sundae and Sing -A -Long 12:345 Rummikub/ Chess/ Pinochle/Crafts 1:00 Line Dancing 2:00 Walking @ West Goshen Park</p>
<p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 Photoshop Elements Lab 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers/ Bingo 12:00 Bridge 1:00 Ins & Outs of Home Health Care 2:00 Basic Tai Chi 2:00 Walking @ West Goshen Park</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse/ Walking Club 10:30 Current Events/ Healthy Steps 11:30 Yoga 12:45 Movie: It's Complicated 12:45 Knitting Club 6:00 Bingo</p>	<p>7:30 Smorgasbord Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 SilverSneakers/ Bingo 12:30 Pinochle/Rummikub National Women's Health & Fitness Day!</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Walking Club 10:30 Healthy Steps in Motion I/ Drawing 11:30 Yoga/ Ping Pong 12:00 Bridge 1:00 Chorus</p>	<p>Active Aging Week: Sept. 20 to 24 National Women's Health & Fitness Day - Sept. 29</p>

September 2010 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm	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.	1 Swedish Meatballs Noodles Spinach Whole Wheat Bread Vanilla Pudding	2 Apple Juice Italian Sausage w/ Pepper & Onions Baked Potato w/ Sour Cream Corn German Chocolate Cake	3 Pineapple Juice Grilled Chicken Breast w/ Garlic Sauce Mixed Vegetables Brown Rice Whole Wheat Bread Cantaloupe
6 WCASC CLOSED FOR LABOR DAY	7 Orange Juice BBQ Chicken Broccoli Brown Rice Wheat Dinner Roll Tropical Fruit	8 Chopped Romaine Pasta & Meatballs Broccoli Italian Bread Orange	9 Orange Juice BBQ Pulled Pork on Jr. Hoagie Cucumber Salad Macaroni Salad Applesauce	10 Pineapple Juice BBQ Sliced Beef on a Bun Potato Salad Three Bean Salad Watermelon
13 Tossed Salad Veal Parmesan w/ Cheese Pasta w/Tomato Sauce California Mixed Vegetables Wheat Roll Vanilla Ice Cream	14 Meatloaf sandwich w/Gravy Zucchini & Tomatoes AuGratin Potatoes White Bread Pineapple Tidbits	15 BirthDay Party Pineapple Juice Roast Beef Sandwich w/Gravy Mashed Potatoes Peas & Carrots White Bread Cupcakes & Ice Cream	16 Orange Juice Chicken Cacciatore French Green Beans Rice Pilaf Wheat Bread Tropical Fruit	17 Cranberry Juice Seafood Salad Lettuce & Tomato Pickle Beets Kaiser Roll Honey Dew
20 Romaine Lettuce Spaghetti & Meat Sauce California Mixed Vegetables Italian Bread Strawberry Shortcake	21 Cranberry Juice Hot Turkey Sandwich Broccoli Whipped Sweet Potatoes Wheat Dinner Roll Rice Pudding	22 BBQ Ribbet on Jr. Hoagie Roll Cole Slaw Baked Beans Applesauce	23 Boneless Chicken w/Pineapple Glaze Lettuce & Tomato Potato Wedges Kaiser Roll Tropical Fruit	24 Orange Juice Salisbury Steak Sandwich Spinach Mashed Potatoes Rye Bread Fig Bar
27 Tomato Soup Chicken Salad Sandwich Potato Salad Lettuce & Tomato Multi Grain Bun Orange	28 Cranberry Juice Roast Turkey Peas & Carrots Stuffing Whole Grain Bread Diced Peaches	29 Tossed Salad Veal Parmesan w/ Cheese Pasta w/Tomato Sauce Green Beans Italian Bread Brownies	30 Swedish Meatballs Noodles Spinach Whole Wheat Bread Vanilla Pudding	Cold lunch alternative is available Tuesday through Friday. You MUST reserve meal 3 days in advance. Eat at the Center or take home. Available for pick up between 9 and 2.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.



**Join us for our September Birthday Party on Wednesday,
September 15. Cindy McGrath will entertain. Please make your
reservations at least three days in advance.**

1-Sep
Margaret Demyan

3-Sep
Ella Priori

4-Sep
Francis DiSanti

5-Sep
Joan Kustra
Patricia Marshall

6-Sep
Barbara Holcroft

7-Sep
Barbara Fedor
Inez Wilczek
Shirley Lukach

9-Sep
Joseph Valentino
Linda Gordon
Dorothy Miller

10-Sep
Joseph Ranieri

11-Sep
Geneva Porter
Rachael Sierk
Eleanor Suder

12-Sep
Maria Catanach
Geraldine McDowell

13-Sep
Charles Mercer

15-Sep
Marjorie Youmans

Barbara Santucci
Paul Stull

16-Sep
Daniel Camburn
Loretta Brown
Isabel Sloane
Dolores Gincley

17-Sep
Frank Stanzione
Frank Rocap

19-Sep
Sandra Fischler
Johanna Sinson
Phillip Picone
Elizabeth "Betsy" Clothier

20-Sep
William Colman

21-Sep
Vince Lukach
Hope-ann Hug

22-Sep
Anne O'Brien
Catherine Klimek
Harold Bortner
Robert Wilcox
Elizabeth Camburn
Mary Wilk
Joseph Donia
Margaret Niemeyer
Roger Fachin
Emma O'Brien

23-Sep
Dora Hall
Julia Winchester
Geraldine Connor

24-Sep
William Gale
Alfred Glaudel
Lawrence Geldof

25-Sep
Lucille Taggart
Ernest Town
Walter Kalbfleisch
Miriam Boland
Judith Willis

26-Sep
Richard Welsh
Nicholas (Pat) Feconda
Jane Jones
Nancy Ann Berg
Yea Hwa Tsao
David Reese

27-Sep
Helen Bird
M. Josephine Launi
William Mitcham
Bette Grugan
Kay Bainbridge

28-Sep
Mary Ellen Dillon

29-Sep
Mia Jones
Mary Naber
Josephine Mazzotta

30-Sep
Phyllis McGinnis
Elsie Peirson
Irene Clapper
Henry Gritz
Patricia Gedney

HEALTH AND WELLNESS PROGRAMS

Put Your Hands In The Air

John Gose, Director of Rehabilitation Services at Chester County Hospital will present this interactive program that will highlight how important personal care of your posture and arms are to the use of your hands. Join us on **Monday, September 20 at 12:45.**

Hydration Screening

Mary Jo Baldino from Neighborhood Health Agencies will offer hydration screenings on **Tuesday, September 21 from 10 -12.**

Back Exercises

Vrinda Hatti M.P.T, O.T.R. from AUM Physical Therapy will discuss back exercises that can be done in a chair on **Wednesday, September 22 at 1:00.**

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center mornings of **September 1, 8, 15, and 29** 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 **September 7 and 22.** 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 Sept. 1

Wed. – Roast Beef & Swiss on Rye
Thurs. – Chicken Caesar Salad
Fri. – Ham Salad on Pumpnickel

Week of Sept. 7

Wed. - Ham Hoagie
Thurs. – Chef Salad
Fri. – Chicken Salad

Week of Sept. 14

Tues –Turkey Breast on Pumpnickel
Wed. - Egg Salad on Tossed Salad
Thurs. – Antipasto Salad
Fri. – Chicken Salad

Week of Sept. 21

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

Week of Sept. 28

Tues. – Chicken Salad on Multi Grain Bun
Wed. - Roast Beef & Swiss on Rye
Thurs. - Chicken Caesar Salad

WCASC MEAL PROGRAM

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. **Please notify us by 12:00 if you need to cancel your cold lunch.** You may pick up a complete menu at the Center or check it online @ wsceniors.org.

Cold lunch alternative is available Tuesday through Friday. You MUST reserve meal 3 days in advance. Eat at the Center or take home. Available for pick up in the café between 9 and 2.

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 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.

