



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

Using Skype

Skype provides a way to have a free video phone call over the internet anytime, anywhere!

Kay Croll will demonstrate Skype on Tuesday, April 13th at 1 pm and 2 pm. A discussion will follow each demonstration. Please register at the front desk or by calling the Center at 610-431-4242.

Spring Craft Fair

The WCASC Spring Craft Fair will be held April 14 and 15 from 9am to 2pm. Don't miss our beautiful hand crafted and hand knit items at reasonable prices. All proceeds help the Center!

Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will be held at the Center on Wednesday, April 28 at 1:15.

- Aging With Wisdom Panel will present a "General Overview of Alzheimer's" on Monday, April 12 at 1:00.
- Blue Cross will present Medicare Matters Educational Meeting on Tuesday, April 13 at 10:00.
- *Up in the Air* starring George Clooney will be shown on Tuesday, April 20th at 12:45.

Volunteer Appreciation Day

The WCASC will be honoring our wonderful volunteers on Wednesday, April 22nd. The festivities begin at 11:15. Please RSVP by April 14th. Entertainment will be provided by the West Chester Area Senior Center Chorus.

Estate Planning Documents Workshop

Christine Zaccarelli from Legal Aid will do a presentation on living wills, healthcare power of attorneys, and other important estate documents. The program will include a Q & A session. Join us on Wednesday, April 7, at 1:00.

Avoiding Construction Scams

The financial program scheduled this month with the Greater Philadelphia Urban Affairs Coalition will be how to pay for home repairs while avoiding predatory lenders and scams. Please join us on Thursday, April 8 at 1:00.

Tax Assistance

AARP volunteers will be at the Center offering tax assistance to seniors. This service is free to low and moderate income seniors with basic returns by appointment only. Please call the Center at 610-431-4242 to make an appointment.

West Chester Area Senior Center

STAFF MEMBERS

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, 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.

*******WCASC will be closed on Friday, April 2, 2010.*******

APPRISE and Information and Assistance

An APPRISE volunteer is available on Monday, April 12th and 26th by appointment to assist with Medicare counseling.

Ellen McCabe, WCASC Information and Assistance Coordinator, is also available by appointment on Tuesdays, Wednesdays, and Thursdays. Ellen can assist you with information on many senior benefits in the area, including housing options, food stamps, PACE and PACENET (Pennsylvania State prescription drug program), LIHEAP (energy assistance), and APPRISE health insurance counseling. For more information, please call Ellen at 610-431-4242.

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

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. Our updated Smorgasbord breakfast will be Wednesday, April 28 from 7:30 to 10:00. Same great price of \$5.00 for all you can eat! 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. Cold lunches are available for take-out and may be picked up between 9 am and 2 pm. 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 @ wcseniors.org.

SAVE THE DATE: MAY 22, 2010!

“THE GREAT RACE” IS COMING TO WCASC! JOIN US FOR OUR 1ST ANNUAL 5K RACE AND 1 MILE WALK TO BENEFIT THE CENTER. FAMILIES ARE ENCOURAGED TO PARTICIPATE AS WE HIGHLIGHT THE CENTER, OUR PARTICIPANTS, AND PROGRAMS TO THE COMMUNITY! SPONSORSHIP OPPORTUNITIES ARE AVAILABLE!

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.

Spanish Class

Spanish class meets on Thursdays at 9:00. Please note the day and time change.

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!

Bridge

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

Photography Club

The Photo Club will meet April 15 at 10:00.

Art Appreciation Club

Art Appreciation Club will meet April 8 at 10:00. Local artist Dane Tilghman will be presented.

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, March 4 and 18 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, April 8 at 1:00 pm. They will discuss *Highest Duty* by Chesley Sullenberger.

Chess

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

Current Events

This discussion group meets on Tuesdays at 10:30.

NEW MEMBERS ARE ALWAYS WELCOME!

April 2010 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p>		<p><i>Our volunteers are our shining stars! We will honor them on April 22nd with festivities, lunch and entertainment!</i></p>	<p>1</p> <p>8:00 Breakfast 8:30 55 Alive 9:15 Low Impact Aerobics 9:00 Spanish Class 10:30 Healthy Steps in Motion 10:30 Drawing 11:30 Yoga 12:00 Bridge 1:00 Computer Forum 1:00 Chorus</p>	<p>2</p> <p>WCASC CLOSED FOR HOLIDAY</p>
<p>5</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 2:00 Basic Tai Chi</p>	<p>6</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Blue Cross Program 10:00 Nurse 10:30 Healthy Steps in Motion 10:30 Current Events/Computer Q & A 11:30 Yoga 12:45 Quilting Club/ Knitting Club 12:45 Dimensions of Wellness 1:00 Computer Assistance</p>	<p>7</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 11:15 Bingo 12:30 Pinochle/ Rummikub 1:00 Legal Aid Program</p>	<p>8</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:00 Spanish Class 9:30 Bible Study 10:00 Art Appreciation 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:30 Sen. Dinniman Constituent Outreach Club 1:00 Avoid Predatory Lenders/ Chorus/Book Club</p>	<p>9</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</p>
<p>12</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 1:00 Aging with Wisdom Program 2:00 Basic Tai Chi</p>	<p>13</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q & A 10:30 Healthy Steps in Motion 11:30 Yoga 12:45 Knitting Club 1:00 Learn about Skype</p>	<p>14</p> <p>8:00 Breakfast 9:15 2 Craft Fair! 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 1:00 Stroke Awareness</p>	<p>15</p> <p>8:00 Breakfast 9:15 2 Craft Fair 9:00 Spanish Class 9:15 Low Impact Aerobics 10:00 Photography Club 10:30 Healthy Steps in Motion /Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge</p>	<p>16</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</p>
<p>19</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/ Bingo 12:00 Bridge 1:00 Depression vs. Dementia 2:00 Basic Tai Chi</p>	<p>20</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events 10:30 Healthy Steps in Motion 11:30 Yoga 12:45 Movie: Up In The Air 12:45 Quilting Club/ Knitting Club 1:00 Computer Assistance</p>	<p>21</p> <p>8:00 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 12:00 BirthDay Party & Entertainment 12:30 Pinochle/Rummikub</p>	<p>22</p> <p>8:00 Breakfast 9:00 Spanish Class 9:30 Bible Study 9:15 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion /Drawing 11:15 Volunteer Luncheon & Activities 11:30 Yoga 12:00 Bridge 1:00 Computer Forum</p>	<p>23</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</p>
<p>26</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 1:00 Online Cardiac Risk Assessment 2:00 Basic Tai Chi</p>	<p>27</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events 10:30 Healthy Steps in Motion 11:30 Yoga 12:45 Quilting Club/ Knitting Club 1:00 Computer Assistance</p>	<p>28</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 Fall Prevention</p>	<p>29</p> <p>8:00 Breakfast 9:00 Spanish Class 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion /Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge</p>	<p>30</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</p>

April 2010 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>5</p> <p>Orange-Pineapple Juice Grilled Chicken w/ Garlic Sauce Rice Pilaf Green Beans Wheat Grain Dinner Roll Apple</p>	<p>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 3.</p> <p>6</p> <p>Orange Juice Salisbury Steak Sweet Potatoes Winter Mixed Vegetables Graham Crackers Chocolate Pudding</p>		<p>1</p> <p>Italian Sausage w/ Peppers & Onions Carrots spinach Steak Roll Banana</p>	<p>2</p> <p>WCASC CLOSED FOR HOLIDAY</p>
<p>12</p> <p>Cranberry Juice Roast Turkey w/ Gravy Peas & Carrots Stuffing Whole Grain Roll Banana</p>	<p>13</p> <p>Orange Juice Hot Meatloaf Sandwich w/Gravy Mashed Potatoes Peas Whole Wheat Dinner Roll Applesauce</p>	<p>14</p> <p>Swedish Meatballs Noodles Broccoli Rye Bread Diced Pears</p>	<p>15</p> <p>Orange-Pineapple Juice Baked Ham w/Fruit Sauce Escalloped Potatoes Carrots Dinner Roll German Chocolate Cake</p>	<p>16</p> <p>Pineapple Juice Sloppy Joe Mixed Vegetables Hamburger Bun Orange</p>
<p>19</p> <p>Tomato Soup Ham Steak w/Fruit Sauce Green Beans Corn Rye Bread Granola Bar</p>	<p>20</p> <p>Veal Parmesan Pasta w/Tomato Sauce California Mixed Vegetables Rye Bread Diced Peaches</p>	<p>21</p> <p>BirthDay Party Tossed Salad Hot Beef Sandwich w/Gravy Mashed Potatoes/Collard greens Whole Wheat Bread Cupcakes & Ice Cream</p>	<p>22</p> <p>Chicken Noodle Soup Cheeseburger on Bun Lettuce & Tomato Cole Slaw Vanilla Pudding</p>	<p>23</p> <p>Apple Juice Meatball Sandwich Pickled Beets Potato Salad Steak Roll Orange</p>
<p>26</p> <p>Cranberry Juice Roast Pork w/Gravy Whipped Potatoes Green Beans Whole Wheat Bread Granola Bar</p>	<p>27</p> <p>Romaine Chili Con Carne Peas & Carrots Steamed Rice Banana Corn Muffin</p>	<p>28</p> <p>Tomato Soup Seafood Salad Lettuce & Tomato Cole Slaw Hamburger Bun Swiss Cream Cookies</p>	<p>29</p> <p>Cream of Celery Soup BBQ Chicken Harvard Beets Brown Rice Wheat Dinner Roll Mandarin Oranges</p>	<p>30</p> <p>Italian Sausage w/ Peppers & Onions Carrots Peas Steak Roll Banana</p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

Join us for our April Birthday Party on Wednesday, April 21. The O'Suches will entertain. Please make your reservations at least three days in advance.

1-Apr

Thomas Flood

2-Apr

Rose Valentino
Dorothea Pettit
Mary Cotter
Alice Williams
Nancy Hoffman

3-Apr

C. Beverly Dow
Anna Miller
Joann Ott

4-Apr

Kay Philipps

6-Apr

Donald Weir
Jane Anderman

7-Apr

Toyoko Kadyszewski
Agnes Nevin
Joan Travers
Wanda Cochran
Sue Bell
Ruth Mogilefsky

8-Apr

Marion Flinn
Joseph Finnaren
Rosemary Rooney
Karen Saltzburg

9-Apr

William Krausser

10-Apr

Maymie Coleman
Dorothy Lakatos
John French
Gail Fitzgerald
Jean Town

11-Apr

Virginia Stoltzfus
John Yannick

12-Apr

Julia Glass

13-Apr

Vernon Brewer
Ruth Snyder
Martha Weber

14-Apr

Richard Wirth
William Huebner
Sam Brown
Joe Harper

15-Apr

Eugene Finegan
Herman DeRoos

16-Apr

Ruth Grasso
Roy Nakata

17-Apr

Florence Chien

18-Apr

Doris Price-Cole
William Scheffey
Marie Moretti

19-Apr

Joseph Burns
Barbara Campbell

20-Apr

James Weeks
Gerald Porter
Caroline Koppenol
Jean Ruschok

21-Apr

Pauline Trnka
Carol Rice
Peter Buono
Howard Stroble
Joyce Brink

22-Apr

Robert Wilcox
Richard Toland
Elizabeth Sheaffer
Jayne Lytle

23-Apr

Robert Fromm
Diane Price
Joyce Piscioti

25-Apr

Ann Hemphill
Marilyn Martin

26-Apr

Pierina DiSciullo
Elizabeth Peters
Christine Zaccarelli

27-Apr

Roy Grove
Frances McKay
Robert McCann
Jean McBride

28-Apr

Anne Little
Paul Reitman
Esther Wolff
Karlene Brittingham
John Liebsch

29-Apr

James McGowan

30-Apr

Marian Stevenson
Ruth Weeks
Iva Wambold
Juergen Kaufmann

HEALTH AND WELLNESS PROGRAMS

Dimensions of Wellness

Wellness is not merely the absence of disease, it is the integration of the body, mind, and spirit, and the appreciation that everything you do, think, feel, and believe has an impact on your state of health. Come and learn about the different dimensions of wellness, how each can affect your health and what you can do to improve each one.

Tuesday, April 6 at 1:00

Stroke Awareness

Chester County Hospital will present an informal discussion with questions and answers on stroke awareness on **Wednesday, April 14 at 1:00.**

Heart Tracks Cardiac Risk Assessment

Donna Taylor, Cardiovascular Nurse Navigator from Chester County Hospital, will be here on **Monday, April 26th at 1:00** guide you through this online assessment tool. The presentation will be in the computer room.

Fall Prevention

Chester County Health Department will present a program on fall prevention on **Wednesday, April 28 at 1:00.**

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center on **April 7, 14, and 21.** Dr. Michael Piscotty will be here on **April 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.*

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

Week of April 1

Thurs. – Tossed Salad w/Egg Salad

Week of April 13

Tues – Salad w/ Ham & Cheese

Wed. – Turkey & Cheese on Pumpnickel

Thurs.- Tuna Salad

Fri. – Chef Salad

Week of April 27

Tues. – Seafood & Romaine Salad

Wed. - Ham & Swiss on Rye

Thurs. – Tossed Salad w/ Egg Salad

Fri. – Tuna Salad

Week of April 6

Tues. – Chicken Salad

Wed. – Corn Beef & Swiss on rye

Thurs. –Antipasto Salad

Fri. –Chicken Caesar Salad

Week of April 20

Tues. – Chicken Salad & Romaine

Wed. – Turkey on Multi - Grain

Thurs. – Chef Salad

Fri. – Ham Salad Sandwich

WEST CHESTER AREA SENIOR CENTER

530 East Union Street
West Chester, PA 19382

Phone (610) 431-4242
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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.

