



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

Volunteer Appreciation Day

The WCASC will be honoring our wonderful volunteers on Tuesday, April 12. The festivities begin at 11:15. Please RSVP by April 5th.

Our Center and bookstore volunteers light up the lives of many. Please take a moment to thank one!

Learn to Skype

Skype provides a way to have a free video call (phone w/ picture) over the internet.

Talk to your friends and family around the world for free! Join us for a Skype demonstration at the Center on Monday, April 18 at 12:45.

Webcams will be available for use at the Center.

R.A.D. For Seniors—Resisting Aggression Defensively

This 10 week, 15 hour course addresses the unique issues that are faced by seniors, including scams and criminal ploys. It combines risk reduction measures with physical skills and is tailored for the needs and abilities of seniors. Certified R.A.D. instructor Lt. Jon Brill will begin the class on Monday, April 18 at 12:45. Class size is limited. Register at the front desk or by calling 610-431-4242. There is a \$35 fee for class materials. Please see Mary Kline if the fee is a hardship.

“Lafayette’s Gold—The Lost Brandywine Treasure”

Local author Gene Pisasale will speak about the role that Marquis de Lafayette played in the Revolutionary War, including his participation in the Battle of the Brandywine that occurred on September 11, 1777. He is the author of a historical novel titled Lafayette's Gold - The Lost Brandywine Treasure. Books will be available for purchase and signing.

A Matter of Balance: Managing Concerns About Falls

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. A Matter of Balance can help people improve their quality of life and remain independent. Classes will be held on Wednesdays for eight weeks, starting April 13. The classes will be 2 hours each, from 1:00 to 3:00 pm. A workbook will be provided, and refreshments will be served. The cost of the program is \$45 for members and \$65 for non-members. Space is limited and registration is required. Please register at the front desk or by calling 610-431-4242. WCASC reserves the right to cancel if low enrollment.

Wills and Power of Attorney

Bob Frame, Esq. will present a program on the importance of wills, power of attorney (financial and health care), living wills and advanced directives. Please be sure to join us for this informative presentation on Monday, April 11 at 1:00.

West Chester Area Senior Center

STAFF MEMBERS

Kathy Sullivan
Deanna Wozniak
Mary Kline
Philip Picone
Lorri Sarosy
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Executive Director
Executive Assistant
Program Coordinator
Meal Supervisor
Resource Development Director & Business Manager
Data Entry
Information & Assistance
Health & Wellness Coordinator
Technology & Volunteer Coordinator
Asst. Bookkeeper
Custodian
Office Assistant

INSTRUCTORS

Isabelle Allgood-Neal, Pearl Burger, Dorothe Cialini, Kay Croll, Barbara DeHaven, Arthur Dougherty, Ray Doyle, Pierina Disciullo, Charlie Eisenfelder, Doug Fairchild, Mark Frison, Margaret Giunta, Lee Hickman, Betty Kane, Anthony Lorenzo, Marianne Peppler, Gretchen Webb, Debbie Williams, and Glee Young.

*******WCASC will be closed on Friday, April 22, 2010.*******

Upcoming Programs

- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, April 14th at 12:30. Stop by for assistance with state programs and other information.
- Representatives from Rover Community Transportation will be at the Center on Wednesday, April 6 at 12:00 to answer questions and offer assistance.
- The movie *Secretariat* will be shown on Tuesday, April 19 at 12:45. This movie about the 1973 Triple Crown Winner stars Diane Lane and John Malkovich.

Spring Craft Fair

The WCASC Spring Craft Fair will be held April 14 and 15 from 9 am to 2 pm. Don't miss our beautiful hand-crafted and hand-knitted items at reasonable prices.

Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will be held at the Center on Wednesday, April 27 at 1:15. Join us for a Parkinson's Walk for a Cure around the Center.

Regular physical activity can improve your mood, combat chronic diseases, strengthen your heart and lungs, help you sleep better, increase your stamina, and just make you feel better. World Physical Activity Day celebrates the benefits of regular physical activity and encourages everyone to get up and get moving. Join us on World Physical Activity Day, April 6, for 15 minutes of Anti- Aging Activities at 11:45!

SAVE THE DATE: MAY 21, 2011!

"THE GREAT RACE" IS COMING AGAIN TO WCASC! JOIN US FOR OUR 2nd ANNUAL 5K RACE/ WALK AND 1 MILE WALK/RUN AND COMMUNITY FAIR TO BENEFIT THE CENTER. FAMILIES ARE ENCOURAGED TO PARTICIPATE AS WE HIGHLIGHT THE CENTER, OUR PARTICIPANTS, AND PROGRAMS TO THE COMMUNITY! MANY SPONSORSHIP OPPORTUNITIES ARE AVAILABLE! BECOME A FRIEND OF THE RACE FOR AS LITTLE AS \$100 OR HOST A TABLE AT THE COMMUNITY FAIR AND HAVE YOUR NAME ON THE TEE SHIRT FOR \$500 OR MORE. PLEASE CONTACT MARY KLINE AT 610-431-4242 FOR MORE INFORMATION.

MIND AND BODY

Zumba

This Latin inspired dance class is held Tuesdays and Thursdays at 2:00. *\$3 for members, \$5 for non-members*

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*

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*

SilverSneakers

Classes are Mondays and Wednesdays and Fridays at 11:15. *Free to members and Silver Sneakers participants.*

SilverSneakers Cardio Circuit

Cadiovascular 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

Experienced players meet Thursdays at 12:30 in the dining room. Beginners meet on Mondays at 10:30 in the dining room. Other times 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. \$5.00 for non-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!

Bridge

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

Photography Club

The Photo Club will meet on April 21 at 10:00.

Art Appreciation Club

Edouard Manet, considered by many as the father of modern painting in Europe will be the focus on Thursday, April 14 at 10:00.

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. No sewing experience needed!

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, April 7 and 21 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 on Tuesdays at 10:00.

Chess

The Chess Club meets on Fridays at 12:30.

Hardy Perennials

Our garden club meets the 2nd Monday of the month. Please join us on Monday, April 11 at 12:45.


Current Events

This discussion group meets on Tuesdays at 10:30.

We are hoping to restart the Book Club. Please contact Mary Kline at 610-431-4242 if you are interested in joining or have any ideas or suggestions.

**EXERCISE CARDS NOW AVAILABLE.
12 CLASSES FOR \$30.**

April 2011 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm	WCASC VOLUNTEERS LIGHT UP THE LIVES OF MANY! WE THANK THEM ALL!		Join us for our Spring Craft Fair on April 14 and 15 from 9 – 2.	
4 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong 11:15 SilverSneakers 11:30 Bingo 12:00 Bridge 12:45 Bingo/ Rummikub	5 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion/Current Events/ Computer Q & A 11:30 Yoga 12:45 Knitting Club 1:00 Computer Assistance 2:00 Zumba 6:00 Bingo	6 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 SilverSneakers/Bingo 11:45 15 Minute Anti- Aging Activity for World Physical Activity Day! 12:00 Rover Representative 12:30 Pinochle/ Rummikub/Bingo	7 8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion 10:30 Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Computer Forum 1:00 Chorus	1 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
11 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 Garden Club 1:00 Power of Attorney/Wills Program	12 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion/ Current Events/ Computer Q & A 11:15 Volunteer Appreciation Festivities! 11:30 Yoga 12:45 Knitting Club /Quilting Club 1:00 Computer Assistance/FAN Club 2:00 Zumba 6:00 Bingo	13 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 1:00 Matter of Balance 1:00 Battle of the Brandywine	14 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Chorus	15 8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics/Pinochle/ 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing
18 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Ping Pong 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 Skype Demo 1:00 R.A.D. Class	19 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion/Current Events/ Computer Q & A 11:30 Yoga 12:45 Knitting Club/Movie: Secretariat 1:00 Computer Assistance 2:00 Zumba 6:00 Bingo	20 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 Lunch &Entertainment 12:30 Pinochle/Rummikub/Bingo 1:00 Matter of Balance	21 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Chorus 1:00 Computer Forum	22 WCASC CLOSED
25 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise/Italian Class 11:15 SilverSneakers 11:15 Bingo 12:00 Bridge 12:45 Bingo/ Rummikub	26 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion/Current Events/ Computer Q & A 11:30 Yoga 12:45 Knitting Club/ Quilting Club 1:00 Computer Assistance/FAN Club 2:00 Zumba 6:00 Bingo	27 7:30 Smorgasbord Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 Pinochle/Blood Pressures/German Club 10:30 Arthritis Exercise Class 11:15 SilverSneakers/ Bingo 12:30 Pinochle/Rummikub/Bingo 1:00 Parkinson's Support Group 1:00 Matter of Balance	28 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Chorus	29 8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics/Pinochle/ 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing

April 2011 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cold lunch alternative is available Tuesday through Friday. You <u>MUST</u> <u>reserve meal 3 days in advance.</u></p> <p>1</p> <p>Romaine Salad Broccoli Quiche Tater Tots Whole Grain Roll Caesar Dressing Apple</p>		<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</p> <p>Orange Juice Salisbury Steak Sandwich Mixed Vegetables Mashed Potatoes Whole Wheat Bread Chocolate Pudding Graham Crackers</p>		
<p>4</p> <p>Hot Roast Beef Sandwich Mashed Potatoes Broccoli Rye Bread Orange</p>	<p>5</p> <p>Tomato Soup Grilled Chicken Breast w/ Garlic Sauce Green Beans Rice Pilaf Dinner Roll Apple</p>		<p>7</p> <p>Spaghetti w/ Meatballs Romaine Salad Carrots Wheat Dinner Roll Orange</p>	<p>8</p> <p>Cranberry, Juice Tuna on Bun Lettuce & Tomato Cole Slaw Oreo Cookies</p>
<p>11</p> <p>Tossed Salad Chicken Parmesan Spaghetti w/Sauce Spinach Multi Grain Roll Vanilla Pudding</p>	<p>12</p> <p>Vegetable Soup Meatloaf sandwich Green Beans Rice Dinner Roll Mandarin Oranges</p>	<p>13</p> <p>Roast Turkey w/ Gravy Peas & Carrots Stuffing Cranberry Sauce Whole Wheat Bread Banana</p>	<p>14</p> <p>Swedish Meatballs Noodles Broccoli Rye Bread Diced Pears</p>	<p>15</p> <p>Apple Juice Fish Sandwich on Bun Lettuce & Tomato Cole Slaw Oreo Cookies</p>
<p>18</p> <p>Minestrone Soup Ham Steak w/Fruit Sauce Broccoli Roasted Potatoes Dinner Roll German Chocolate Cake</p>	<p>19</p> <p>Veal Parmesan w/ Cheese Pasta w/Tomato Sauce California Mixed Vegetables Rye Bread Diced Peaches</p>	<p>20</p> <p>Birthdays Party Apple Juice Roast Pork Loin Mashed Potatoes Green Beans/Dinner Roll Cupcakes & Ice Cream</p>	<p>21</p> <p>Pineapple Juice Sloppy Joe on Bun Mixed Vegetables Tatar Tots</p>	<p>22</p> <p>WCASC CLOSED</p>
<p>25</p> <p>Apple Juice Meatball Sandwich Pickled Beets Potato Salad Steak Roll Orange</p>	<p>26</p> <p>Cranberry Juice Roast Pork Whipped Potatoes Green Beans Whole Wheat Bread Granola Bar</p>	<p>27</p> <p>Chopped Romaine Chili Con Carne Carrots Rice Corn Muffin Banana</p>	<p>28</p> <p>Apple Juice Fish Sandwich on Bun Lettuce & Tomato Cole Slaw Swiss Cream Cookie Tartar Sauce</p>	<p>29</p> <p>Cream of Celery Soup BBQ Chicken Harvard Beets Brown Rice Wheat Dinner Roll Mandarin Oranges</p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

Join us for our April Birthday Party on Wednesday, April 20. Bill & Carol Lea's Country Band will entertain. Please make your reservations at least three days in advance.

2-Apr

Dorothea Pettit
Rose Valentino
Alice Williams

3-Apr

C. Beverly Dow
Anna Miller
Joann Ott

4-Apr

Kay Philipps

6-Apr

Jane Anderman
Tan Wang
Donald Weir
Barbara Woodin
J Charles Ziemba

7-Apr

Roy Almquist
Sue Bell
Wanda Cochran
Toyoko Kadyszewski
Agnes Nevin
Joan Travers

8-Apr

Joseph Finnaren
Marion Flinn
Rosemary Rooney
Karen Saltzburg

9-Apr

Mary Coyle
William Krausser

10-Apr

Maymie Coleman
John French
Dorothy Lakatos
Jean Town

11-Apr

Virginia Stoltzfus

12-Apr

Julia Glass
Eleanor Howe

13-Apr

Vernon Brewer
Ruth Snyder
Martha Weber

14-Apr

William Huebner
Richard Wirth
Sam Brown

15-Apr

Eugene Finegan

16-Apr

Roy Nakata
Marie Swavely

17-Apr

Lena Cavaliere
Florence Chien

18-Apr

N. Shannon Almquist
Marie Moretti
Doris Price-Cole
William Scheffey

19-Apr

Barbara Campbell

20-Apr

Caroline Koppenol
Gerald Porter

21-Apr

Joyce Brink
Howard Stroble
Pauline Trnka

22-Apr

Jayne Lytle

25-Apr

Ann Hemphill
Marilyn Martin

26-Apr

Pierina DiSciullo
Christine Zaccarelli

27-Apr

Jean McBride
Robert McCann
Frances McKay

28-Apr

Karlene Brittingham
Paul Reitman
Esther Wolff

29-Apr

James McGowan

30-Apr

Juergen Kaufmann
Marian Stevenson
Iva Wambold
Kathy Weiss

EXERCISE CARDS NOW AVAILABLE!

Pay \$30, and get an exercise card good for 12 Yoga, Zumba, Tai Chi, or Line Dancing classes (normally \$3 each). When you come to a class, get your card punched at the front desk. This convenience and benefit is for WCASC members only.

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 **April 14 at 12:45**. 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.

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center on **April 6, 13, and 20**. Mr. Michael Piscotty will be here on **April 5 and 27**. Please call the Center at 610-431-4242 to schedule an appointment with Dr. Curtin. When scheduling for Mr. Piscotty, call 610-213-1867. *There is a fee for some services.*

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. All you can eat Smorgasbord Breakfast will be April 27 for \$5.00 from 7:30 to 10:00.

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 @ wcseniors.org.

Cold lunch alternative is available Tuesday through Friday. You MUST reserve meal 4 days in advance. Eat at the Center or take home. Available for pick up in the café between 9 and 2.

Friday, April 1

Fri. - Tuna Salad

Week of April 5

Tues. – Ham & Cheese on Rye
Wed. – Seafood & Romaine Salad
Thurs. -Tossed Salad w/Egg Salad
Fri. – Tuna Salad on Roll

Week of April 12

Tues – Chicken Salad & Romaine
Wed. – Corn Beef & Swiss on Rye
Thurs. – Antipasto Salad
Fri. – Chicken Caesar Salad

Week of April 19

Tues. –Salad w/ Ham & Cheese
Wed. – Italian Hoagie
Thurs. – Tuna Salad on Rye
Fri. – Chef Salad

Week of April 26

Tues. – Chicken Salad on Wheat
Wed. - Turkey on Multi-grain
Thurs. – Cobb Salad
Fri. – Ham Salad Sandwich

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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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 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.

