

August 2011

Volume 35 Issue 8



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

Quilting Club Open House

Join our volunteer quilters on Tuesday, August 23rd at 1:00. Those new to quilting can come and have their questions answered. Those with experience are invited to share ideas and socialize. All are welcome to come and see some beautiful quilts displayed. The quilting club meets on the 2nd and 4th Tuesdays of the month at 12:45.

Veterans Benefits Program

Karen Madrigal, women veterans program manager from the Coatesville VAMC, will be presenting on healthcare services available for geriatric Veterans through the VA healthcare system. Information about how to apply for healthcare benefits will also be provided. Join us on Wednesday, August 24 at 1:00.

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 August 16 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. We also encourage everyone that has had the test previously to have another one and we will provide an indication of progress.

Remember, no matter what your age or physical condition, it always possible to improve your level of fitness by increasing your activity.

Upcoming Programs

- Chester County Health Department will present a program on Lyme Disease on Monday, August 8 at 12:45.
- Dr. Tawde, from Gateway Internal Medicine of West Chester, will discuss the importance of antioxidants and their role in nutrition. Join us on Tuesday, August 9 at 12:45.
- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, August 11 at 12:30. Stop by for assistance with state programs and other information. Jon is available at the Center on the 2nd Thursday of each month.
- Chris Mulhall, Outreach Specialist for Rep. Dan Truitt, will be at the Center on Monday, August 22 at 12:30 to assist with state services and provide information. Chris will come to the Center on the 4th Monday of every month.
- A local high school student volunteer will be available in the computer room every Wednesday this month from 10:30 -12:00 to help you with computer and cell phone questions.

WCASC PLANNING COUNCIL

West Chester Area Senior Center's newly elected Planning Council members are: Milt Helmuth, Judy Hinman, and Kathy Szymanski. Planning Council members help evaluate programs, assist with fundraisers, and are "goodwill" ambassadors of the Center.

We also thank all of our outgoing members, Loretta Durnell, John Herley, and Gino Maffei for all their hard work.

West Chester Area Senior Center

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*******WCASC will be closed on Monday, September 5, 2011 for Labor Day.*******

WEST CHESTER AREA SENIOR CENTER "FAST FACTS"

- 36th year of community service
- \$.82 of every \$1 donated is spent directly on services to our seniors
- 25,000 meals served per year
- 365 volunteers and 24,000 hours of volunteer service—an almost 1/2 million dollar value!
- 4000+ programs are offered to our 3,450 + seniors
- 1,030 hours of exercise classes per year for all levels
- 725 hours of Health and Wellness programs per year
- 510 free tax forms filed through our AARP VITA Program partnership
- 2 "Second Reading" Bookstores—99% volunteer operated

.....and some funding facts....

- 12% of our annual revenues are from Government sources
- 10% of our annual revenues currently from Grants and Foundations
- 3% of our annual revenues come from United Way support
- Annual special events include our Great Race 5k and 1 mile Run/Walk held in May and our Gala scheduled for Saturday, November 5, 2011

We Need Your Help!

Help us save money while going green! The Center would like to reduce the amount of paper and postage used monthly by sending the newsletter. The newsletter is available online before you would receive it at home or you may opt to pick up your newsletter at the Center. If you would like to be removed from the newsletter mailing list, please contact Deanna Wozniak at 610-431-4242 or e mail her at deannaw@wcseniors.org. Please let her know if you will be picking your newsletter up at the Center or reading it online. By taking these small steps, this could be a considerable savings to the Center. Thank you all in advance for considering this option.

MIND AND BODY

Rhythm of Life

Music and fun to get you moving! Join us for our popular 'drumming' class on Mondays at 12:45. Stimulate your 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

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

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.

Book Club

Our Book Club is back and will meet on the 4th Wednesday of the month at 12:45. The August selection is *House Rules* by Jodi Picoult. The September book is *Sarah's Key* by Tatiana deRosnay. Please join us.

Bridge

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

Photography Club

The Photo Club will meet on August 18 at 10:00.

Art Appreciation Club

Art Appreciation will resume in September.

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. Learn more on August 23rd at 1:00.

Craft Club

Crafters meet Fridays at 12:45. No experience needed! Please come and bring your ideas!

Computer Assistance

Computer help will resume in September on Tuesday afternoons.

Computer Forum

Doug Fairchild and Charlie Eisenfelder will lead the discussions on Thursday, August 4 & 18 at 1:00.

WCASC Chorus

The Chorus meets on Thursdays at 1:00 and will resume in September. New members are welcome.

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 will meet on Monday, July 11 at 12:45 this month.

Current Events

This discussion group meets on Tuesdays 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!

August 2011 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong 11:15 Bingo/Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 Rhythm of Life</p>	<p>2</p> <p>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 2:00 Zumba 6:00 Bingo</p>	<p>3</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 10:30 Computer and Cell Phone Assistance 11:15 Bingo/ Silver Sneakers 12:30 Pinochle 12:45 Bingo/ Rummikub</p>	<p>4</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Drawing/Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Matter of Balance 1:00 Computer Forum 2:00 Zumba</p>	<p>5</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</p>
<p>8</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 Lyme Disease Program 12:45 Rhythm of Life 12:45 Garden Club</p>	<p>9</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A/ Healthy Steps in Motion 11:30 Yoga 12:45 Knitting Club/Quilting 12:45 Importance of Antioxidants 2:00 Zumba 6:00 Bingo</p>	<p>10</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 10:30 Computer and Cell Phone Assistance 11:15 Bingo/ Silver Sneakers 12:30 Pinochle 12:45 Bingo/ Rummikub</p>	<p>11</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 11:00 Drawing 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Matter of Balance 2:00 Zumba</p>	<p>12</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing</p>
<p>15</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 Rhythm of Life</p>	<p>16</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A/ Healthy Steps in Motion 11:30 Yoga 12:45 Knitting Club 12:45 Functional Fitness Testing 2:00 Zumba 6:00 Bingo</p>	<p>17</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Pinochle 10:30 Computer and Cell Phone Assistance 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Party & Prize Bingo 12:30 Pinochle</p>	<p>18</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Drawing/ Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:45 Ping Pong 1:00 Computer Forum/Matter of Balance 2:00 Zumba</p>	<p>19</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics/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>22</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 Bingo/ Rummikub 12:45 Rhythm of Life</p>	<p>23</p> <p>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 Open House 2:00 Zumba 6:00 Bingo</p>	<p>24</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 Pinochle/Blood Pressures/German Club 10:30 Arthritis Exercise Class 10:30 Computer and Cell Phone Assistance 11:15 SilverSneakers/ Bingo 12:30 Pinochle/Rummikub/Bingo 1:00 VA Benefits Program 1:00 Book Club</p>	<p>25</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Matter of Balance 2:00 Zumba</p>	<p>26</p> <p>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</p>
<p>29</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 Bingo/ Rummikub 12:45 Rhythm of Life</p>	<p>30</p> <p>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 2:00 Zumba 6:00 Bingo</p>	<p>31</p> <p>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</p>	<p>Join us for our Smorgasbord Breakfast on August 31st 7:30 to 9:30!</p>	<p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p>

August 2011 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bean and Bacon Soup Tuna on Bun Lettuce & Tomato Cole Slaw Oreo Cookies	2 Cream of Celery Soup BBQ Chicken Harvard Beets Brown Rice Dinner Roll Mandarin Oranges	3 Italian Sausage w/Peppers & Onions Carrots Spinach Steak Roll Banana	4 Hot Roast Beef Sandwich Mashed Potatoes Broccoli Rye Bread Brownie	5 OJ Grilled Chicken Carrots Rice Pilaf Whole Wheat Dinner Roll Peach
8 Salisbury Steak Whipped Sweet Potatoes Winter Mix Veggie Whole Wheat Bread Graham Crackers Vanilla Pudding	9 Spaghetti w/ Meatballs Romaine Salad Green Beans Wheat Dinner Roll Orange	10 Tossed Salad Chicken Parmesan Spaghetti w/Sauce Spinach Multi Grain Roll Butterscotch Pudding	11 Minestrone Soup Chicken Salad on Bun Three Bean Salad Cole Slaw German Chocolate	12 Roast Turkey w/ Gravy Peas & Carrots Stuffing Cranberry Sauce Whole Wheat Bread Plums
15 OJ Meatloaf Green Beans Mashed Potatoes Whole Wheat Bread Applesauce	16 Romaine Salad Swedish Meatballs Noodles Broccoli Rye Bread Rice Pudding	17 <u>BirthDay Party</u> Hamburger Hot Dog Cole Slaw Corn Cobb Ice Cream & Cupcakes	18 Pineapple Juice Sloppy Joe on Bun Mix Vegetables Tatar Tots Orange	19 Orange Juice Ham Steak w/Fruit Sauce Green Beans Corn Granola Bar
22 Roast Beef w/Gravy Tossed Salad Sweet Potatoes Whole Wheat Bread Jello	23 Grape Juice Veal Parmesan w/ Cheese Pasta California Mixed Vegetables Rye Bread Diced Peaches	24 Crab Cake Macaroni & Cheese Stewed Tomatoes Whole Wheat Dinner Roll Nectarine	25 Tomato Soup Cheeseburger on Bun Lettuce & Tomato Potato Salad Vanilla Pudding	26 Breaded Baked Cod Green Beans Mashed Potatoes Whole Wheat Bread Granola Bar
29 Chopped Romaine Chili Con Carne Peas & Carrots Rice Corn Muffin Orange Cake	30 Pineapple Juice Seafood Salad on Bun Lettuce & Tomato Cole Slaw Swiss Cream Cookies	31 Cream Of Celery Soup BBQ Chicken Harvard Beets Brown Rice Dinner Roll Mandarin Oranges	Our Healthy Stuff Snack is available in the café. It includes yogurt, fruit, and breakfast bar for \$1.50. 	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.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

Join us for our August Birthday Party on Wednesday, August 17. Omni Home Care will sponsor Prize Bingo. Please make your reservations at least three days in advance.

1-Aug

David Brink
Dorothy Lauletta
Henry Skillman

2-Aug

Rhoda Belack
Harvey Raab

3-Aug

Arlene Berliner
Bruce Collmann
Jeanne Meissner
Judy Perego-Williams
Philomena Skrajewski
Lawrence Snyder

4-Aug

Jean Brown
Carolyn Fagan
Martha [Shirley] Pinckney
Lorri Sarosy
Gail Toland

5-Aug

Jo Bewley

6-Aug

Sally Anne Austin
Catherine Fugedy
Wayne Hoch
Boyd Mackleer
Grace Ovelman

7-Aug

Iberia Ardao
Marion Daly

8-Aug

Donald Ciotti
Ann Malone

9-Aug

Peg Huebner
Rose Marie Klasky
Betty Smith

10-Aug

Jessie Jacot
Mary Kline

11-Aug

J. Craig Fenimore
Kathleen Lauber
Maria Ricci

12-Aug

Mary Hayes
Roland Houpt
John Kovacs
Joanna Naegely
Jody Skillman

13-Aug

Scott Cornell

14-Aug

Elaine Chambers
Pearl Lynn
Mary Ellen Minyone
Myra Scholl
Jim Williams

15-Aug

Conception (Connie) Henriquez
Valentina Hosking
Jessica Raymond
John Regan

16-Aug

Anne Dawes
Mary Donia
Edna Falcone
Helga Knox
Edward Philipps

17-Aug

Albert Filano

18-Aug

Harry McCool
Margaret Timbers

19-Aug

Janet Bayne

20-Aug

Eleanor Broadbelt
Hilda Cooper
Stephen Fedor
Toby Gelman
Patricia Lorback
Muriel Storrs
Bob Swavely
Ed Van Naerssen

21-Aug

Vera Dec
Mary Kay McCann
Maj Parmer
Edward Wengiel

22-Aug

David Grahn
Edward Harootunian

23-Aug

Kay Davis
Frank Falcone
Margaret Marion
Charles Wilkinson

24-Aug

Rose Cassidy
Bonnie Henriques
Dale Mazyck
Weldon Tyson

25-Aug

Marilyn Lambert
Edwin Oninus

26-Aug

Helena French
Marco Parra
Connie Patten
Joseph Ranaudo
Kathleen Szymanowski

27-Aug

Dolly Hemphill
Dallas Matthews

28-Aug

John Holback
Carol Nied

29-Aug

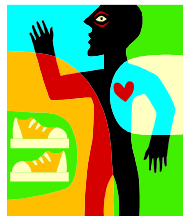
Beverly Hunter

30-Aug

Mary Barley

31-Aug

Freda Carter
Caroline Helmuth
Joseph Holzman
Jim McBride
Dorothy Wein



Congratulations to everyone who participated in our Biggest Mover Challenge! Over 45 participants committed to doing at least 150 minutes of moderate - intensity activity a week. Research shows that you are more likely to avoid age-related diseases and remain independent longer than those who do not exercise. Drop in any of our exercises classes and see what is right for you!

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center on **August 3, 10, 17, and 31**. Mr. Michael Piscotty will be here on **August 2 and 24**. 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 August 31 for \$5.00 from 7:30 to 9:30.

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.

Week of August 1

Tues. – Ham & Swiss on Rye
Wed. – Seafood & Romaine Salad
Thurs. – Egg Salad
Fri. – Tuna Salad

Week of August 15

Tues – Tossed Salad with Ham & Cheese
Wed. – Italian Hoagie
Thurs. – Tuna Salad
Fri. – Chef Salad

Week of August 29

Tues – Ham & Cheese on Rye
Wed. – Seafood & Romaine Salad

Week of August 8

Tues. – Chicken Salad on Whole Wheat
Wed. – Corned Beef & Swiss on Rye
Thurs. – Antipasto Salad
Fri. – Chicken Caesar Salad

Week of August 22

Tues. – Chicken Salad on Romaine
Wed. – Turkey Breast 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
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.

