

September 2009

Volume 33 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

WII FIT AT WCASC

The Wii Fit has over 40 activities and exercises including yoga, strength training and balance activities and will be available for participants to use at the Center. Please come to an orientation session on Tuesday, September 8th at 11:30, Friday, September 11 at 9:30, or Thursday, September 17th at 11:30. Come and be a part of this fun fitness activity!

Digital Photography at WCASC

A basic digital photography class will begin on Monday, September 14th 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 for anyone to discuss photography and/or editing of pictures. Please register for the class by calling the Center at 610-431-4242. Photography Club will meet Sept. 17 at 10:00.

NATIONAL SENIOR CENTER MONTH AND ACTIVE AGING WEEK
WCASC, with the National Council of Aging, will celebrate National Senior Center Month in September. This year's theme is: Senior Centers Make A Connection. We will also be celebrating Active Aging Week, September 21 — 25 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. Join us for a FREE lunch on Thursday, September 3rd and/ or Tuesday, September 29th and we encourage you to bring a friend! Lunch reservations need to be made at least three business days in advance by calling the Center at 610-431-4242.

Upcoming Programs

- American Red Cross will be at the Center on Friday, September 11th at 1:00 to present information about their Lifeline Service.
- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, September 10th at 12:30. Stop by for assistance with state programs and other information.
- An Apprise counselor will be at the Center on Monday, September 14 and 28 to assist with Medicare counseling. Please call for an appointment.
- Independence Blue Cross will present Medicare Matters on Thursday, September 24 at 10:00.
- Pam Cloud, from Keller Williams will present Buying and Selling Real Estate in a New Economy on Monday, September 21 at 1:00.
- Mary Jo Baldino, RN, from Neighborhood Health Agencies, Inc will present a Flu Update information session on Monday, September 14th at 1:00. Mary Jo will give updated information on swine flu and the upcoming flu season.
- *Alegria: Cirque Du Soleil* will be shown on Tuesday, September 15 at 12:45.

WCASC Book Club will meet again on Thursday, September 10 at 1:00. Please come and share a favorite book of yours. New members and ideas for books are welcome!

West Chester Area Senior Center

STAFF MEMBERS

Jeanne Edwards	<i>jeannee@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
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

Isabelle Allgood-Neal, Pearl Burger, Dorothe Cialini, Kay Croll, Art 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.

Smorgasbord Breakfast!

Our Smorgasbord breakfast will be held Wednesday, September 30th 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.

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 3 days in advance.

CCDAS 30th Annual Senior Picnic

The Annual Senior Picnic will be held Thursday, September 17, 2009 at Brandywine Picnic Park from 10 am to 1:30pm. 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 2nd.

Picnic Raindate: September 24

WCASC SPAGHETTI DINNER COMING ON THURSDAY, OCTOBER 15. MORE INFORMATION SOON!

Active Aging Decathlon: The Ultimate Challenge in Active Aging

We're challenging you to complete our Active Aging Decathlon during Active Aging Week, September 21 to 25. It will consist of 10 events designed to work different parts of your body and mind. Types of events will include balance, stretching, strength-training, cardio, brain activities and fun! See Rachel for all your Active Aging Decathlon information and a score card.

MIND AND BODY

Arthritis Foundation Exercise Class

This class is held Mondays, Wednesdays, and Fridays at 10:30 and will also be offered Mondays and Wednesdays at 12:45 beginning September 9th. *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! Other times are also 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.*

German Club

The German Club meets Wednesdays at 10 am.

Spanish Class

Spanish class will resume on Tuesday, September 8th at 1:00.

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.

Bridge

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

Photography Club

The Photo Club will meet September 17th at 10:00.

Art Appreciation Club

Political Cartoons of the Civil War will be the topic on Thursday, September 11th 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.

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, September 3rd and 17th 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, September 10th at 1:00. Participants will share a favorite book.

Chess

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

Game Club

Do you like playing games but haven't had a chance lately? Join us on Tuesdays at 1:00. Participants are invited to bring their favorite game!

Brain Aerobics

Join us for a variety of games and brain exercises to help keep your mind fit on Fridays at 9:30!

NEW PARTICIPANTS ARE WELCOME!

September 2009 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday																			
<p>JOIN US FOR OUR SMORGASBORD BREAKFAST ON WEDNESDAY, SEPTEMBER 30TH FROM 7:30 TO 10:00. ALL YOU CAN EAT FOR JUST \$5.00!</p> <p>WCASC CLOSED FOR LABOR DAY</p> <p>8:00 Breakfast 9:00 Photography Class 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 10:30 Photo Open Lab 11:15 Silver Sneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo 12:45 Arthritis Exercise 1:00 Flu Update Presentation 2:00 Basic Tai Chi</p>	<p>1</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse/Planning Council 10:30 Healthy Steps in Motion I 10:30 Current Events/Computer Q & A 11:30 Yoga 12:45 Knitting Club/ Quilting 1:00 Game Club</p>	<p>2</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 11:15 Bingo 12:30 Pinochle/ Rummikub</p>	<p>3</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion I 10:30 Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 1:00 Computer Forum</p>	<p>4</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 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>7</p> <p>8:00 Breakfast 9:00 Photography Class 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 10:30 Photo Open Lab 11:15 Silver Sneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo 12:45 Arthritis Exercise 1:00 Flu Update Presentation 2:00 Basic Tai Chi</p>	<p>8</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion I 10:30 Current Events/Computer Q & A 11:30 Yoga / Wii Fit Orientation 12:45 Knitting Club/ Quilting 1:00 Computer Assistance/ Game Club</p>	<p>9</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 11:15 Bingo 12:30 Pinochle/ Rummikub 12:30 Functional fitness testing 12:45 Arthritis Exercise</p>	<p>10</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Blue Cross: Medicare Matters 10:30 Healthy Steps in Motion I/Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 12:30 Sen. 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September 2009 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cold lunch alternative is available Tuesday through Friday. You MUST reserve meal 3 days in advance. Cold lunches are not available when there is a special luncheon.</p> <p>7</p> <p>WCASC CLOSED FOR LABOR DAY</p>	<p>1</p> <p>Apple Juice Rotisserie Chicken Brown Rice Broccoli Cuts Wheat Roll Chocolate Cake</p> <p>8</p> <p>Orange-Pineapple Juice Grilled Chicken w/ Mushrooms, Peppers, & Onions Brown Rice French Green Beans Wheat Roll Apricot Halves</p>	<p>2</p> <p>Hot Roast Beef Sandwich Cauliflower & Broccoli Mashed Potatoes Whole Grain Bread Orange</p> <p>9</p> <p>Potato Soup Tuna Salad Cole Slaw Three Bean Salad Wheat Bun Vanilla Ice Cream</p>	<p>3</p> <p>Orange- Pineapple Juice Salisbury Steak Green Beans Egg Noodles Whole Grain Roll Banana</p> <p>10</p> <p>Pineapple Juice Seafood Salad on Bun Red Bliss Potato Salad Lettuce & Tomato German Chocolate Cake</p>	<p>4</p> <p>Romaine Lettuce L/S Ham Steak w/ Fruit Sauce Candied Sweet Potatoes Zucchini & Tomatoes Multi Grain Bun Chocolate Pudding</p>
<p>14</p> <p>Grape Juice Oven Baked Chicken Green Beans w/ Almonds Rice Pilaf Wheat Bread Tropical Fruit</p>	<p>15</p> <p>Vegetable Soup w/ Crackers Chicken Salad on Wheat Bun Tomato & Lettuce Tater Tots Diced Pears</p>	<p>16</p> <p>Orange Juice Hot Turkey Sandwich Mashed Potatoes Carrots White Bread Cranberry Sauce</p>	<p>17</p> <p>Orange Juice Seafood Salad on Bun Pasta Salad Lettuce & Tomato Apple</p>	<p>18</p> <p>Italian Meatball Sandwich w/ Shredded Mozzarella Cheese Cole Slaw Potato Wedges Jr. Hoagie Roll Banana</p>
<p>21</p> <p>Cream of Asparagus Cheeseburger on Bun Lettuce & Tomato Red Bliss Potato Pineapple Tidbits</p>	<p>22</p> <p>Orange-Pineapple Juice Ham & Cheese Quiche Harvard Beets Whole Grain Roll Banana Pudding w/Graham Crackers</p>	<p>23</p> <p>Tossed Salad Veal Parmesan Pasta w/ Tomato Sauce Green Beans Rye Bread Orange Sherbet</p>	<p>24</p> <p>Orange Juice BBQ Pork on Wheat Bun Peas & Carrots Butter Beans Strawberry Shortcake</p>	<p>25</p> <p>Cranberry Juice Hot Roast Beef Sandwich Peas & Carrots Mashed Potatoes White Bread Brownie</p>
<p>28</p> <p>Salad w/Cucumber Baked Fish Macaroni & Cheese Stewed Tomatoes Rye Bread Vanilla Ice Cream</p>	<p>29</p> <p>Apple Juice Rotisserie Chicken Brown Rice Broccoli Cuts Wheat Roll Chocolate Cake</p>	<p>30</p> <p>Vegetable Soup w/ Crackers Chicken Salad on Wheat Bun Tomato & Lettuce Tater Tots Diced Pears</p>	<p>Cold lunch entrée is on page 6. A complete menu is available at the Center and online at weseeniors.org.</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>

Join us for our September Birthday Party on September 16. The O'Suches will entertain. Please make your reservations at least three days in advance.

1-Sep

Margaret Demyan
William Lester

3-Sep

Ella Priori

4-Sep

Wayne Shirey
Francis DiSanti
George Colby

5-Sep

Joan Kustra
Sally Beard

6-Sep

Barbara Holcroft
Mary Hayes

7-Sep

Barbara Fedor
Leonard Traines
Inez Wilczek
Shirley Lukach
Carmen Miro

8-Sep

Richard Rydesky

9-Sep

Joseph Valentino
Linda Gordon
Dorothy Miller

10-Sep

Joseph Ranieri
Ike Sheaffer

11-Sep

Geneva Porter
Joseph Gardner
Rachael Sierk

12-Sep

Paula Gowen
Maria Catanach
Geraldine McDowell

13-Sep

William Eadie
Virginia Schawacker

14-Sep

Joan Pusey

15-Sep

Richard Patterson
Barbara Santucci

16-Sep

Daniel Camburn
Loretta Brown
Isabel Sloane
John Dunn
Mary Ann Watson
Dolores Gincley

17-Sep

E. Louise McMinimee
Frank Stanzione
Frank Rocap

18-Sep

Clare Lynch
Joan Brown

19-Sep

Mary Ellen Morrissey
Johanna Sinson
Lester Whiteman
Elizabeth "Betsy" Clothier
Daniel Cornwell

20-Sep

Marian Fell
Dolores Powers

21-Sep

William Coffey
Jeanne Overton
Vince Lukach
Hope-ann Hug

22-Sep

Anne O'Brien
Catherine Klimek
Harold Bortner
Edith Mowery
Elizabeth Camburn
Mary Wilk
Joseph Donia
Margaret Niemeyer

23-Sep

Dora Hall
Julia Winchester
Geraldine Connor

24-Sep

Louise McAnulla
William Gale
Alfred Glaudel
Deborah Newman

25-Sep

Lucille Taggart
Ernest Town
Walter Kalbfleisch
Miriam Boland
Judith Willis

26-Sep

Richard Welsh
Angela (Jean) Schultz
Nicholas (Pat) Feconda
Jane Jones
Nancy Ann Berg
Yea Hwa Tsao
David Reese

27-Sep

Helen Bird
M. Josephine Launi
William Mitcham
Bette Grugan

28-Sep

Mary Ellen Dillon
Harriet Lathroum

29-Sep

Mia Jones
Mary Naber
Josephine Mazzotta

30-Sep

Phyllis McGinnis
Elsie Peirson
Irene Clapper
Henry Gritz

ACTIVE AGING WEEK – SEPTEMBER 21-25

Active Aging Week is spearheaded by the International Council on Active Aging. The goal is to introduce healthy lifestyles and exercises to as many older adults as possible. All WCASC exercise classes will be FREE this week and we will offer other programs during the week.

- Monday, September 21 @ 12:45 – Laughter Yoga
- Tuesday, September 22 @ 12:45 – Your Spine: The Big Picture
- Wednesday, September 23 @ 12:45 – Stress Management
- Thursday, September 24 @ 12:45 – Share Your Secret for Healthy Aging

Make sure you participate in our Active Aging Decathlon during Active Aging Week! Please see Rachel for more information.

Functional Fitness Testing will be offered on Wednesday, September 9th at 12:30. It consists of a few short tests to assess your fitness level. Participants receive a personal profile form after the testing. Please call the Center at 610-431-4242 to make an appointment.

Hearing Clinics

Dr. Judith Curtin, Aud., will be at the Center on **September 2, 9, 16 and 30**. Dr. Michael Piscotty will be here on **September 23**. 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 September 1

Tues. – Turkey Breast on Pumpernickel

Wed. - Antipasto Salad

Thurs. –Tossed Salad w/ Egg Salad

Fri. – Chicken Salad

Week of September 14

Tues – Ham & Cheese on Rye

Wed. – Roast Beef & Swiss on Rye

Thurs. – Chicken Caesar Salad

Fri. – Egg Salad on Pumpernickel

Week of September 28

Tues. – Turkey Breast on Pumpernickel

Wed. – Tossed Salad

Week of September 7

Tues. – No Cold Lunch

Wed. – Chicken Breast &
Romaine Salad

Thurs. – Chef Salad

Fri. – Waldorf Chicken Salad

Week of September 21

Tues. – Chicken Salad on Bun

Wed. – Seafood & Romaine Salad

Thurs – Tossed Salad w/ Diced
Beef

Fri. – Tuna Salad on Rye

Please specify hot or cold lunch when making your lunch reservations and remember to make them 3 days in advance. Participants may order 2 meals a day. The hot meal is to be eaten at the Center and the cold lunch may be taken home

**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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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.

