

January 2012
Volume 36 Issue 1



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

New members and regular participants are invited to the Planning Council's New Member Social on Monday, January 23 at 11:00. Meet new people and learn about programs and events at the Center.

Bring a friend!

If you would like to stay for lunch, please register for lunch at least 3 days in advance.

WCASC Talent Show

Do you have a talent? Then we are looking for you! Members Ann Richardson and Toby Gelman are planning a WCASC Talent Show scheduled for January 25, 2012. Perform solo or with a group! Please sign up at the front desk by January 10. For more information or questions, please call Mary Kline at 610-431-4242.

A Matter of Balance: Managing Concerns About Falls

A Matter of Balance can help people improve their quality of life and remain independent. During the course, participants learn to view falls and fear of falling as controllable, set realistic goals for increasing activity, change their environment to reduce fall risk factors, and promote exercise to increase strength and balance. Classes involve group discussions, problem-solving, assertiveness training, exercise training, videotapes, and sharing practical solutions.

Classes will be held on Mondays for eight weeks, starting January 30. 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. For questions or more information please see Mary Kline. WCASC reserves the right to cancel if low enrollment.

Planning Ahead: End of Life Issues Workshop

There are many decisions to be made when a person reaches the end of life, and some of the most important concern the type of medical care and the extent of that care the person would like to receive. Planning ahead and discussing your feelings and decisions with your family and doctors is important, because you may be unable to make the decisions yourself at the moment of crisis. Please join us for an interactive workshop that will give you the information you need to make informed decisions and allow you the space and time to think about these issues. Guest speakers include a hospice nurse and attorney Bob Frame. The six week workshop will begin on Thursday, January 26 at 1:00. Please register at the front desk or by calling 610-431-4242.

EXERCISE CARDS

Exercise punch cards are available at the front desk. Cards are \$30 and good for 12 yoga, zumba, tai chi, or strength training classes that are normally \$3.00 each. Get your card punched at the front desk when you come for class. This convenience and benefit is for WCASC members only.

West Chester Area Senior Center

STAFF MEMBERS

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*****The WCASC will be closed on Monday, January 2 and Monday, January 16.*****

Upcoming Programs

- Chester County Department of Emergency Services will present “Everybody Ready” on Wednesday, January 11 at 12:45. The program will give an overview of emergencies that are likely to occur, how you can be ready, and offer regional resources in the area.
- A nursing student from Immaculata University will discuss medication safety on Tuesday, January 10 at 12:45. Join us and learn what you can do to avoid becoming a victim of a medication error.
- Join us for the movie The Help on Friday, January 20 at 12:45.
- Information about the American Red Cross, facts about the blood donation program, and volunteering will be presented on Monday, January 23 at 1:00.
- Jon Ewald, Sen. Dinniman’s Constituent Outreach Representative, will be at the Center on Thursday, January 12 at 12:30. Stop by for assistance with state programs and for other information. Jon comes on the 2nd Thursday of the month.
- Chris Mulhall, Outreach Specialist for Rep. Dan Truitt, will be at the Center on Monday, January 23 to assist you with state services. Chris comes on the 4th Monday of each month.
- Neighborhood Health Agencies, Inc. monthly Parkinson’s Disease Support Group will meet at the Center on Wednesday, January 25 at 1:15.
- Have your level of fitness assessed with a functional fitness test on Thursday, January 19 at 12:45. Please call the center at 610-431-4242 to make an appointment. Participants receive a personal profile form after the testing.

Winter Storm Advisory

The WCASC will be closed due to weather conditions in accordance with the West Chester area School District. If the schools are closed or opening late, WCASC will be closed, and there will be no Rover service. Please tune to 1520 WCHE or your local TV station for a list of school closings. On KYW, listen for number 851. There is also a link to the school district on our website.

MIND AND BODY

Strength Training

This new class will begin on Tuesday, January 10 at 12:45. and will be held every Tuesday. \$3 for members, \$5 for non-members

Rhythm of Life

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

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!

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.

Spanish Class

This class meets on Tuesdays at 1:00.

Book Club

Our Book Club will meet on January 25 at 12:45. The January book is *Invisible Wall* by Harry Bernstein.

Bridge

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

Photography Club

The Photo Club will meet on Thursday, January 19 at 10:00.

Art Appreciation Club

The work of Claude Monet will be highlighted on Thursday, January 12 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 assistance on Tuesday afternoons will return in February.

Computer Forum

Doug Fairchild and Charlie Eisenfelder will lead the discussions on Thursday, December 1 & 15 at 1:00.

WCASC Chorus

The Chorus meets on Thursdays at 1:00. 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.

Hardy Perennials

Our garden club will meet on Monday, January 9 at 12:45.

Current Events

This discussion group meets on Tuesdays at 10:30.


Bible Study

This non-denominational group meets on Thursdays at 9:30. The group will not meet when there is a 5th Thursday in the month.

Brain Aerobics

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

January 2012 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 WCASC CLOSED FOR THE NEW YEAR HOLIDAY	3 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 1:00 Spanish 2:00 Zumba 6:00 Bingo	4 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Pinochle 12:45 Bingo/ Rummikub 12:45 12 Healthy Habits: Month 1	5 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible study 10:30 Drawing/Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Chorus/ Computer Forum 2:00 Zumba	6 8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Crafts/Bingo/Pinochle
9 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/Garden Club	10 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/ Strength Training 12:45 Medication Safety Program 1:00 Spanish 2:00 Zumba 6:00 Bingo	11 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Pinochle 12:45 Bingo/ Rummikub 12:45 "Everybody Ready": Be Prepared	12 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation 10:30 Drawing/Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:30 Sen. Dinniman's Outreach Representative 12:40 Ping Pong 1:00 Chorus 2:00 Zumba	13 8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Crafts/Bingo/Pinochle
16 WCASC CLOSED FOR MARTIN LUTHER KING DAY	17 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/ Strength Training 1:00 Spanish Class 2:00 Zumba 6:00 Bingo	18 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Party with Prize Bingo 12:30 Pinochle	19 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Photo Club 10:30 Drawing/ Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:45 Ping Pong 1:00 Computer Forum/Chorus 2:00 Zumba	20 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/Bingo 12:45 Movie: The Help
23 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:00 Member Social 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 Rhythm of Life 1:00 Red Cross Program	24 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/ Strength Training 1:00 Spanish Class 2:00 Zumba 6:00 Bingo	25 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 Pinochle/ German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 SilverSneakers/ Bingo 12:30 Pinochle 12:45 Bingo 12:45 Book Club 12:45 WCASC Talent Show	26 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bobble Study 10:30 Drawing/ Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:45 Ping Pong 1:00 Chorus 1:00 Planning Ahead Workshop 2:00 Zumba	27 8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Crafts/Bingo/Pinochle
30 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:30 Rep. Truitt Outreach Representative 12:45 Bingo/ Rummikub 12:45 Rhythm of Life 1:00 Matter of Balance	31 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/ Strength Training 1:00 Spanish Class 2:00 Zumba 6:00 Bingo			BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm

January 2012 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 WCASC CLOSED FOR THE NEW YEAR HOLIDAY	3 Chunky Chicken Noodle Soup w/crackers Salisbury Steak w/Onion Gravy Mashed Potatoes Sautéed Zucchini Whole Wheat Bread Lemon Bars	4 Cream of Chicken Soup w/Crackers Roast Pork Mashed Potatoes Sauerkraut Dinner Roll Cake & Ice Cream	5 Butternut Squash Soup Roast Beef & Gravy Baked Potato Peas & Mushrooms Whole Wheat Bread Tapioca Pudding	6 Tossed Salad w/Dressing Baked Pollock Italian Flat Beans Penne Noodles Dinner Roll Banana
9 Chili Dog French Fries Wax Beans Orange	10 Stuffed Cabbage w/Tomato Sauce Baked Potato Carrots Whole Wheat Bread Fruited Gelatin	11 Vegetable Soup w/Crackers Philly Cheese Steak Green Beans Chocolate Chip Bar	12 Petite Spinach Salad w/Balsamic Vinaigrette Oven Fried Chicken Breast Collard Greens Egg Noodles Whole Wheat Bread Apple	13 Chicken Noodle Soup Crunchy Fish Sandwich BLT Pasta Salad Peas & Mushrooms Strawberry Glazed Angel Food Cake
16 WCASC CLOSED FOR MARTIN LUTHER KING DAY	17 Ham Macaroni & Cheese Pickled Beets Salad Stewed Tomatoes Dinner Roll Apple	18 Birthday Party Tossed Salad w/Dressing Roast Beef w/Gravy Parkerhouse Roll Baked Potato Broccoli Cake & Ice Cream	19 Chicken Marsala Couscous Lima Beans Balsamic Roasted Root Vegetables Croissant Orange	20 Manhattan Clam Chowder w/Crackers Tossed Salad w/ Dressing Honey Apple Roast Pork Rice Pilaf Asparagus Whole Wheat Roll Fruit Cocktail
23 Home-style Beef Stew Bakes Sweet Potato Seasoned Spinach Whole Wheat Dinner Roll Apple	24 Italian Wedding Soup w/Crackers Sloppy Joe Sandwich Italian Green Beans Tater Tots Butterscotch Pudding	25 Tossed Salad w/ Vinaigrette Garlic Chicken Pizza Broccoli Chocolate Chip Cookies	26 Chicken Gumbo w/Crackers French Dip Sandwich Coleslaw Butternut Squash Banana	27 Lemon Dill Pollock Cucumber Salad Brown Rice Broccoli & Cauliflower Dinner Roll Pineapple Upside Down Cupcake
30 Green Salad w/dressing Baked Chicken Herbed Brown Rice Sautéed Spinach Whole Wheat Roll Orange	31 Chunky Chicken Noodle Soup w/crackers Salisbury Steak w/Onion Gravy Mashed Potatoes Sautéed Zucchini Whole Wheat Bread Lemon Bars	Cold lunch menu on page 7. Also available at the Center or online @ www.wcseniors.org. Please sign up for lunches at least 3 days in advance.		

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 January Birthday Party on Wednesday, January 18. There will be Prize Bingo following lunch. Please make your reservations at least three days in advance.

1-Jan
Joseph Bennett
Patricia O'Neill
Gerald Wilk

2-Jan
Gary McCool

3-Jan
Rosemary Geldof
Marie Hall

4-Jan
Virginia Love
Mark Osmond

5-Jan
Anne Quigley

7-Jan
Mary Jean Davies
Kipp Stone

8-Jan
Caroline Malavolta
Dolores Rice

9-Jan
Agnes Grieco
Richard Lucas
Charles MacIntyre
Marie McCarthy
Arvind Misser
Susan Shenkin
Mary Glee Young

10-Jan
Robert Crow
Nancy Johnston
Bertha Jones

11-Jan
Kathleen Casella
Robert Feldbaumer
Linda Harrington

12-Jan
Ernest Irons

13-Jan
Ann Dibiase

14-Jan
Marco Alvisi
Dot Kolber
Ralph Osborne

15-Jan
Bruce Beadle

16-Jan
Dolores Mayernick
Doris Russell

17-Jan
Cecilia Amici
Bernice Sanders

18-Jan
Helen Bireley

19-Jan
Emily Broadbelt
Laurence Reynolds
Grace Samuel
Alma Steinmetz

20-Jan
Mary Farrell
Sarah Finnaren
Elizabeth Kane
Margaret Schlairet

21-Jan
Ellen Doyle
Phillip Nied

22-Jan
George Fenicle
Doris Testa

23-Jan
Marie Keesey
Cecile Margosian
Jean Milbourne
M. Paulette
Schaumann

24-Jan
Mary Belle Fabe
Margaret Reitman

25-Jan
John Grasso

26-Jan
Milton Helmuth
Jo Ann Langdon
Mary Beth Lavery

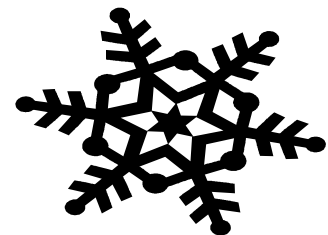
27-Jan
Judy Cosgrove
Bertha Creighton
Jeanette Merion
Frederick Pettit

28-Jan
Josephine Allen
William Devenney
Richard Merion
Mary Ann Patterson
Arthur Sweatman

29-Jan
Douglas Fairchild
Mary Frances Grubb
Harriet Phillips

30-Jan
Emily Jones
Stephanie Wright

31-Jan
Edith Grasso
Dixie Peters
George Rengert
Laura Tamakoshi
Esther Wood



Twelve Healthy Habits

Instead of regular New Year's resolutions, join us for our 12 Healthy Habits year-long challenge—we're challenging you to add a new healthy habit each month, and by the end of the year, the result will be a healthier you. On the 1st Wednesday of the month we'll have an educational program to introduce that month's healthy habit. Join us on Wednesday, January 4 at 12:45 for more information and to get started on your first healthy habit!

Strength Training

You asked for it and it is here! Beginning January 10 Niki Treat will teach a strength training class on Tuesdays at 12:45. The 45 minute class is \$3.00 for members and \$5.00 for non-members. Consider purchasing an exercise card at the front desk and get 2 FREE classes!

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center on **January 4, 11, and 18**. Mr. Michael Piscotty will be here on **January 3 and 25**. 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. 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 Monday 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 10 and 2.

Week of January 2

Tues. - Egg Salad & Turkey Bacon
Wed. - Grilled Chicken Salad Wrap
Thurs.. - Tuna Salad on Whole Wheat
Fri. - Turkey & Cheese on Wheat

Week of January 16

Mon. - BLT with Cheese on Wheat
Tues. - Chicken Salad on Whole Grain
Wed. - Turkey & Provolone on Wheat
Thurs. - Ham & Cheese Wrap
Fri. - Tuna Salad on Wheat Wheat

Week of January 30

Mon. - Ham & Cheese on Croissant
Tues. - Egg Salad & Turkey Bacon on Wheat

Week of January 9

Mon. - Southwest Turkey Salad
Tues. - Chicken Salad on Whole Wheat
Wed. - Tuna Salad on Wheat Bun
Thurs. - Liverwurst & onion Sandwich
Fri. - Turkey Ham & Cheese Hoagie

Week of January 23

Mon. - Ham & Cheese Hoagie
Tues. - Caesar Salad & Grilled Chicken
Wed. - Tuna Salad on Whole Wheat
Thurs. - Chicken Salad on Whole Grain
Fri. - Roast Beef & Swiss on Rye

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 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.

