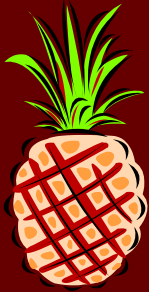


July 2011

Volume 35 Issue 7



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

WCASC Book Club

The Book Club began in April 2003 under the leadership of Dorothe Cialini.

Over 50 classics, new fiction, and autobiographies have been read and discussed. The Book Club is looking for new members and suggestions.

Please join us for the next meeting on Wednesday, July 13 at 1:00. Come ready to share thoughts of one of your favorite books and ideas for future selections. The club will meet on the 2nd Wednesday of each month at 1:00.

Hospice 101

Crossroads Hospice will provide this educational program on Wednesday, July 13 at 1:00. Hospice is a philosophy of care that treats the person rather than the disease and focuses on quality of life. Please join us to learn more.

*Neighborhood Health Agencies, Inc.
monthly Parkinson's Disease Support
Group will be held at the Center on
Wednesday, July 27 at 1:15.*

WCASC GREAT RACE

We would like to thank all of the volunteers, participants, sponsors, and the race committee who helped make our 2nd annual Great Race a huge success! The event was held on Saturday, May 21, 2011 and over 200 people walked and ran in the 1 mile or 5K race! It was a community event with grandparents walking with grandchildren, parents running with children, babies in strollers and seniors running! Next year's event is scheduled for Saturday, May 19, 2012. Mark your calendars and bring a friend! We would like to double our participation next year!

WCASC Members

Don't have a computer? You can use ours. It is not necessary to have your own computer to have an email account, write a letter, or explore the internet. Ours are available anytime a class is not in session. We have MS Office, Word, Excel, Skype, and games. Kay Croll can assist you on Tuesdays from 1—3. (No computer assistance on July 9, 26 or August 2,9.)

Computer Forum is held on the 1st and 3rd Thursdays of the month at 1:00. This is a great opportunity to interact with others and learn new skills.

Computer Q & A is every Tuesday at 10:30.

Computer classes will resume in September. Beginner, intermediate, and advanced classes are available. For more information, please call 610-431-4242.

West Chester Area Senior Center

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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.

The WCASC and The Hardy Perennials Garden Club would like to thank the West Chester Agway for donating supplies for our recent grass and pea planting projects and Waterloo Gardens for donating tomato and pepper plants and a variety of herbs. Please support them. Our raised beds are outside the café. Stop by and see what a wonderful job our gardeners have done.

- **Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, July 14 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, July 25 at 12:30 to assist with state services and provide information. Chris will come to the Center on the 4th Monday of every month.**
- ***True Grit* starring Jeff Bridges and Matt Damon will be shown on Tuesday, July 19 at 12:45.**

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 July 13 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.

HEALTHY STUFF SNACK!

We have a new meal option. The snack pack meal includes yogurt, fruit and breakfast bar. Snack packs will be stocked in the deli case each morning and can be enjoyed as a light breakfast or snack during the day. The cost of the snack pack is \$1.50 and will be available every day. No sign-up necessary and the meal will be offered on a first come, first served basis.

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.

Brain Aerobics

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

Book Club

Our Book Club is back and will meet on the 2nd Wednesday of the month at 1:00.

Bridge

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

Photography Club

The Photo Club will meet on July 21 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. 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, July 7 & 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 will meet on Monday, July 11 at 12:45 this month.

Current Events

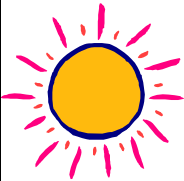
This discussion group meets on Tuesdays at 10:30.

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.

Have an idea for a new club? Please see Mary Kline or call her at 610-431-4242.

July 2011 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>WCASC CLOSED FOR FOURTH OF JULY!</p>	<p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p>			
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>
<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A 11:30 Yoga 12:45 Knitting Club 1:00 Computer Assistance 2:00 Zumba 6:00 Bingo</p>	<p>8:00 Breakfast 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo 12:30 Pinochle 12:45 Bingo/ Rummikub</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 11:00 Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Matter of Balance 1:00 Computer Forum 2:00 Zumba</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>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>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>
<p>8:00 Breakfast 10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong 11:15 Bingo 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 R.A.D. Class 12:45 Rhythm of Life</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A 11:30 Yoga 12:45 Knitting Club// Quilting 1:00 Computer Assistance 2:00 Zumba 6:00 Bingo</p>	<p>8:00 Breakfast 10:00 German Club 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo 12:30 Pinochle 12:45 Functional Fitness Testing 1:00 Book Club 1:00 Crossroads Hospice Program</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:30 Drawing 11:30 Yoga 12:00 Bridge 12:45 Ping Pong 1:00 Computer Forum/Matter of Balance 2:00 Zumba</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>18</p>	<p>19</p>	<p>20</p>	<p>21</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 R.A. D. Class 12:45 Rhythm of Life 12:45 Garden Club</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion/Current Events 11:30 Yoga 12:45 Knitting Club 12:45 Movie: True Grit 1:00 Computer Assistance 2:00 Zumba 6:00 Bingo</p>	<p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 Pinochle/Blood Pressures/German Club 10:30 Arthritis Exercise Class 11:15 SilverSneakers/ Bingo 12:00 Birthday Party & Entertainment 12:30 Pinochle/Rummikub/Bingo</p>	<p>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 Computer Forum/Matter of Balance 2:00 Zumba</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>25</p>	<p>26</p>	<p>27</p>	<p>28</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 R.A. D. Class 12:45 Rhythm of Life</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion/Current Events 11:30 Yoga 12:45 Knitting Club// Quilting 1:00 Computer Assistance 2:00 Zumba 6:00 Bingo</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 1:15 Parkinson's Support Group</p>	<p>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 Matter of Balance 2:00 Zumba</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>

July 2011 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>WCASC CLOSED FOR FOURTH OF JULY!</p>	 <p>Roast Beef Sandwich Mashed Potatoes Broccoli Rye Bread Brownie</p>	<p>Join us for our Smorgasbord Breakfast on July 27th 7:30 to 9:30!</p> <p>Apple Juice Knockwurst and Sauerkraut Baked Beans Hoagie roll Strawberry/Blueberry Shortcake</p>		<p>1</p> <p>Cream of Celery Soup Barbecued Chicken Harvard Beets Brown Rice Dinner Roll Mandarin Oranges</p>
<p>4</p> <p>Chicken Parmesan Tossed Salad French Dressing Spinach Pasta w/ extra sauce Multi-Grain Roll Butterscotch Pudding</p>	<p>5</p> <p>Roast Beef Sandwich Mashed Potatoes Broccoli Rye Bread Brownie</p>	<p>6</p> <p>Apple Juice Knockwurst and Sauerkraut Baked Beans Hoagie roll Strawberry/Blueberry Shortcake</p>	<p>7</p> <p>Salisbury Steak Winter Mix Sweet Potatoes Whole Wheat Bread Graham Cracker Vanilla Pudding</p>	<p>8</p> <p>Pasta w/ Meatballs Romaine Salad Italian Dressing Green Beans Italian Bread Orange</p>
<p>11</p> <p>Chicken Parmesan Tossed Salad French Dressing Spinach Pasta w/ extra sauce Multi-Grain Roll Butterscotch Pudding</p>	<p>12</p> <p>Minestrone Soup Chicken Salad Cole Slaw Three Bean Salad Hamburger Bun German Chocolate Cake</p>	<p>13</p> <p>Baked breaded Cod Green Beans Whipped Potatoes Whole Wheat bread Granola Bar Tartar Sauce</p>	<p>14</p> <p>Orange Juice Hot Meatloaf Mashed Potatoes Green Peas Whole Wheat Bread Applesauce</p>	<p>15</p> <p>Swedish Meatballs Egg Noodles Romaine Salad Broccoli Rye Bread Rice Pudding Caesar Dressing</p>
<p>18</p> <p>Bean and Bacon Soup Tuna Salad Lettuce and Tomato Cole Slaw Whole Wheat Hamburger Roll Oreo Cookie</p>	<p>19</p> <p>Pineapple Juice Sloppy Joe Tater tots Mixed vegetable Hamburger Roll Orange</p>	<p>BirthDay Party Roast Beef w/ Gravy Tossed Salad/Italian Dressing Italian dressing Sweet Potatoes Whole Wheat Bread Cake and Ice cream</p>	<p>21</p> <p>Orange Juice Ham Steak w/ Fruit Sauce Green Beans Corn Rye bread Granola Bar</p>	<p>22</p> <p>Grape Juice Veal Parmesan California Vegetables Pasta Rye bread Diced peaches</p>
<p>25</p> <p>Crab Cake Macaroni and Cheese Stewed Tomatoes Whole Wheat Dinner Roll Nectarine Tartar sauce</p>	<p>26</p> <p>Tomato Soup Cheeseburger Lettuce and Tomato Potato Salad Whole wheat Hamburger Roll Vanilla Pudding</p>	<p>27</p> <p>Pineapple Juice Roast Turkey Cranberry Sauce Green Beans Stuffing Whole Wheat Roll Fresh Plum</p>	<p>28</p> <p>Chili Con Carne Chopped Romaine French Dressing Peas and Carrots Steamed rice Corn Muffin Orange Cake</p>	<p>29</p> <p>Pineapple Juice Pulled Pork Sandwich Cole slaw Whole Wheat Hamburger Bun Swiss Cream Cookie</p>

Join us for our June Birthday Party on Wednesday, July 20. The Grateful Alive will entertain. Please make your reservations at least three days in advance.

1-Jul

Bonnie Austin
John Manning
Mary Ann Popma

2-Jul

Rita Haley
Jeanne Iannotta

3-Jul

Kay Bennett
Jean Martin

5-Jul

Jean Dalton
Alleace Kelliher
Shirley Porter

6-Jul

Adele Corcoran
Debby Kern
E. Lytle

7-Jul

Alli Ellis
Patricia Gilbert
William Lamond
Marie MacCaughern

8-Jul

Brenda Malin
William Patten
Stephen Quigley

9-Jul

Betty Barnes
Marilyn Lecher
Jane Lind
Jean Lyon
Linda Phiel
Robert Ross

10-Jul

Vincent Bonaiuto
Jean Cassidy
Margaret Goodman
Dorothy Neff
Theodore Sokoloski
Raymond Williams

11-Jul

Theodore Kircher
Alice Marshall
Virginia Scheffey
Gail Sokoloski

12-Jul

Kathleen McGinnis

13-Jul

Arthur Rich
Barbara Sarmiento
Anna Young

14-Jul

Lily Schneider
Nancy Wilz

15-Jul

Anne Berardi
Jean Oakes

16-Jul

Richard Lytle

17-Jul

Albert Clark
Shakeela Khan
Kathleen McAneny
Norma Milner
Margaret Scott
Theodora Turner

18-Jul

Sean Austin
Everett Cassel
Mariane Pepler
Emery Schaffer
Elwood Sinson
Ralph Watson

20-Jul

Virginia Cloud
Thomas Wilson

21-Jul

Robert Lambert
Catherine Watson
Hank Wilson

22-Jul

Nancy Bazil
Janis Clay
Paula Colman
Dorothy Ruhl
Lance Seidel
Maureen Sturges
Margaret Williams

23-Jul

Margaret Bothell
Anna DeVelin
Fran Schumacher

24-Jul

William Cuff

25-Jul

Marie Centanino
Audrey Herley
James Kilgallen
Connie Kramer
JoAnn McClellan
Jacqueline Odoms

26-Jul

Edward Bazil
Shirley Marshall
Helen Shumaker

27-Jul

John Edelman
Irene Huntoon
Joseph Vitale

28-Jul

Richard Brittingham
Ann Knopf
Lillian Rizzetto
Sylvia Shur
Janet Wickersham

29-Jul

Zabeda Aziz
Martin Brittingham, Jr.
Grace Miles
Frederick Ray
Earl Stoltzfus

30-Jul

Gay Gillespie
Gisela Hansen
Jeff Kitchen

31-Jul

George Harrington

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 July 7. 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.

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center on **July 6, 13, 20**. Mr. Michael Piscotty will be here on **July 5 and 29**. 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 July 27 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 July 1

Fri. – Tuna Salad on Wheat

Week of July 5

Wed. – Seafood & Romaine Salad

Thurs. – Cobb Salad

Fri. – Tuna Salad on Wheat

Week of July 12

Tues. – Chicken Salad

Wed. – Roast Beef & Swiss on Rye

Thurs. – Chicken Caesar Salad

Fri. – Egg Salad with Tossed Salad

Week of July 19

Tues – Tossed Salad with Ham & Cheese

Wed. – Italian Hoagie

Thurs. – Chef Salad

Fri. – Tuna Salad

Week of July 26

Tues. – Chicken Salad on Romaine

Wed. – Turkey Breast on Multi-grain

Thurs. – Chef Salad

Fri. – Ham Salad

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.

