

March 2010

Volume 34 Issue 3



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

Battle of the Sopranos

Dr. Angelo DiAntonio will present Maria Callas vs. Renata Tebaldi. The group will make comparisons of these two great voices and the audience will decide the winner! Join us on Wednesday, March 31 at 12:45.

Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will be held at the Center on Wednesday, March 31 at 1:15.

AARP Driver Safety Program

The 55 Alive Driver's Education Course will be held at the Center on Thursday and Friday, March 25 and 26 from 8:30 to 12:30. The cost is \$12 for AARP members and \$14 for non-members. There will be a 4 hour course on Thursday, April 1 at 8:30 for those that have already completed the 8 hour course. Both classes qualify you for insurance discounts. Please call the Center at 610-431-4242 to register.

- Aging With Wisdom Panel will present a "General Overview of Alzheimer's" on Monday, March 8 at 1:00.
- Blue Cross informational meeting will be held on Tuesday, March 9 at 10:00.

It's Time To Remember

Local author of It's Time to Remember, Sophia McNellis, will be at the Center on Wednesday, March 10 at 1:00 to talk about her book of memories, journeys, and dreams. She will also present 2 workshops on Wednesday, March 17 and 24 at 1:00 to help others start their memory collections for their families. Sophia believes that the time is now to share your wisdom and experience with the future generation. Please register for the workshops at the front desk or by calling 610-431-4242.

U.S. Census 2010

A representative from the Census Bureau will be at the Center at various times from March 15th until April 15th to answer questions about the census and to assist with filling out the form. Please call the Center for the dates and times.

Tax Assistance

AARP volunteers will be at the Center offering tax assistance to seniors. This service is free to low and moderate income seniors with basic returns by appointment only. Please call the Center at 610-431-4242 to make an appointment.

As part of our Wellness for Life Challenge, we are offering a variety of wellness programs this month. Everyone is invited to attend!

- Fox Rehabilitation will present a program on Proper Posture and Body Mechanics on Monday, March 15 at 1:00.
- Michelle Schwartz, Registered Dietician, will present a nutrition program on Tuesday, March 16th at 1:00.
- Health and Wellness Coordinator, Rachel Sierk, will discuss the different types of exercise and the benefits of incorporating a variety in your routine. Join us on Tuesday, March 23rd at 12:45.

There is more information about our Wellness for Life Challenge on page 7. You do not have to be part of the challenge to attend the programs.

West Chester Area Senior Center

STAFF MEMBERS

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
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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, Arthur 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.

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 will be opened late, WSASC 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 or delayed openings.

APPRISE and Information and Assistance

An APPRISE volunteer is available on Monday, March 8th and 22nd by appointment to assist with Medicare counseling.

Ellen McCabe, WCASC Information and Assistance Coordinator, is also available by appointment on Tuesdays, Wednesdays, and Thursdays. Ellen can assist you with information on many senior benefits in the area, including housing options, food stamps, PACE and PACENET (Pennsylvania State prescription drug program), LIHEAP (energy assistance), and APPRISE health insurance counseling. For more information, please call Ellen at 610-431-4242.

Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, March 11 at 12:30. Stop by for assistance with state programs and other information.

FINANCIAL EDUCATION FOR SENIORS

WCASC is working with the Greater Philadelphia Urban Affairs Coalition to alert and educate seniors about financial fraud as well as provide financial training and counseling on a variety of topics. Programs begin at 1:00. Upcoming topics are:

March 11 – Identity Theft

April 8 – How to pay for repair of your home while avoiding predatory lenders.

SAVE THE DATE: MAY 22, 2010!

“THE GREAT RACE” IS COMING TO WCASC! JOIN US FOR OUR 1ST ANNUAL 5K RACE AND 1 MILE WALK TO BENEFIT THE CENTER. FAMILIES ARE ENCOURAGED TO PARTICIPATE AS WE HIGHLIGHT THE CENTER, OUR PARTICIPANTS, AND PROGRAMS TO THE COMMUNITY!

MIND AND BODY

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

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! Robo—pong is also available. No partner needed to hone your skills! Stop in for more information!

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 meets on Tuesdays 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.

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 March 18 at 10:00.

Art Appreciation Club

Art Appreciation Club will meet March 11th at 10:00. George Bellows: American realist artist will be presented.

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, March 4 and 18 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, March 11 1:00 and will discuss Guernsey Literary & Potato Peel Pie.

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!


Current Events

This discussion group meets on Tuesdays at 10:30.

March 2010 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00 Breakfast 9-12 Photo Lab 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo 2:00 Basic Tai Chi</p>	<p>2</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 12:45 Knitting Club 1:00 Computer Assistance/ Games/ Spanish</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 11:15 SilverSneakers 11:15 Bingo 12:30 Pinochle/ Rummikub</p>	<p>4</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion I 10:30 Drawing 11:30 Yoga 12:00 Bridge 1:00 Computer Forum 1:00 Chorus</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 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 12:45 Wellness Challenge Kick-Off! 1:00 Line Dancing</p>
<p>8</p> <p>8:00 Breakfast 9-12 Photo Lab 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo 1:00 Aging with Wisdom Program 2:00 Basic Tai Chi</p>	<p>9</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Blue Cross Program 10:00 Nurse 10:30 Healthy Steps in Motion I 10:30 Current Events/Computer Q & A 11:30 Yoga 12:45 Quilting Club/ Knitting Club 1:00 Computer Assistance/ Games/ Spanish</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 11:15 SilverSneakers 11:15 Bingo 12:30 Pinochle/ Rummikub 1:00 Time to Remember Author: Sophie Mc Nellis</p>	<p>11</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation 10:30 Healthy Steps in Motion I/Drawing 11:30 Yoga 12:00 Bridge 12:30 Sen. Dinniman Constituent Outreach 1:00 Identity Theft Workshop/ Chorus/Book Club</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 SilverSneakers / Bingo 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing</p>
<p>15</p> <p>8:00 Breakfast 9-12 Photo Lab 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo 1:00 Proper Posture & Body Mechanics 2:00 Basic Tai Chi</p>	<p>16</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q & A 10:30 Healthy Steps in Motion I 11:30 Yoga 12:45 Knitting Club 1:00 Computer Assistance/ Games/ Spanish 1:00 Nutrition Program</p>	<p>17</p> <p>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/Rummikub 1:00 Time to Remember Workshop</p>	<p>18</p> <p>7:30 Board Meeting 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Photography Club 10:30 Healthy Steps in Motion I/Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge</p>	<p>19</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 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing</p>
<p>22</p> <p>8:00 Breakfast 9-12 Photo Lab 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/ Bingo 12:00 Birthday Party with Entertainment 12:00 Bridge 2:00 Basic Tai Chi</p>	<p>23</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events 10:30 Healthy Steps in Motion I 11:30 Yoga 12:45 Different Types of Exercise Program 12:45 Quilting Club/ Knitting Club 1:00 Computer Assistance/ Games/ Spanish</p>	<p>24</p> <p>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 12:30 Pinochle/Rummikub 1:00 Time to Remember Workshop</p>	<p>25</p> <p>8:00 Breakfast 8:30 55 Alive 9:30 Bible Study 9:15 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion I/Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 1:00 Computer Forum</p>	<p>26</p> <p>8:00 Breakfast 8:30 55 Alive 9:00 Tai Chi 9:30 Brain Aerobics 10:00 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 9-12 Photo Lab 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo 2:00 Basic Tai Chi</p>	<p>30</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events 10:30 Healthy Steps in Motion I 11:30 Yoga 12:45 Quilting Club/ Knitting Club 1:00 Computer Assistance/ Games/ Spanish</p>	<p>31</p> <p>7:30 Smorgasbord 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 12:30 Pinochle/Rummikub 12:45 Battle of the Sopranos</p>	<p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p>	<p>EXERCISE YOUR BRAIN WITH GAME CLUB, BOOK CLUB, BRAIN AEROBICS AND OTHER PROGRAMS!</p>

March 2010 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Romaine Chili Con Carne Peas & Carrots Steamed Rice Banana Corn Muffin	2 Roast Beef Sandwich w/Gravy Broccoli Mashed Potatoes Whole Wheat Bread Orange	3 Cream of Celery Soup BBQ Chicken Harvard Beets Brown Rice Wheat Dinner Roll Mandarin Oranges	4 Italian Sausage w/ Peppers & Onions Carrots Peas Steak Roll Banana	5 Tomato Soup Seafood Salad Lettuce & Tomato Cole Slaw Hamburger Bun Swiss Cream Cookies
8 Orange-Pineapple Juice Grilled Chicken w/ Garlic Sauce Baked Potato Green Beans Wheat Grain Dinner Roll Apple	9 Orange Juice Salisbury Steak Sweet Potatoes Winter Mixed Vegetables Graham Crackers Chocolate Pudding	10 Chopped Romaine Pasta & Meatballs Carrots Italian Bread Orange	11 Romaine Lettuce Chicken Parmesan Green Beans Kaiser Roll Vanilla Pudding	12 Tomato Soup Tuna Salad Lettuce & Tomato Cole Slaw Whole Wheat Bun Oreo Cookie
15 Cranberry Juice Roast Turkey w/ Gravy Peas & Carrots Stuffing Whole Grain Roll Banana	16 Orange Juice Hot Meatloaf Sandwich w/Gravy Mashed Potatoes Japanese Mixed Vegetables Whole Wheat Dinner Roll Applesauce	17 <u>St. Patrick's Day Luncheon</u> Pineapple Juice Corned Beef & Cabbage Whole Parslied Potatoes Dinner Roll & Margarine Irish Cupcakes	18 Pineapple Juice Sloppy Joe Mixed Vegetables Hamburger Bun Orange	19 Romaine Lettuce Cheese Lasagna w/ Tomato Sauce Peas & Carrots Italian Bread Orange
22 <u>Birthdya Party</u> Grilled Chicken w/ BBQ Sauce Carrots Rice Pilaf Dinner Roll Cupcakes & Ice Cream	23 Tossed Salad Hot Beef Sandwich w/Gravy Mashed Potatoes Collard Greens Whole Wheat Bread Pineapple Tidbits	24 Veal Parmesan Pasta w/Tomato Sauce California Mixed Vegetables Rye Bread Diced Peaches	25 Chicken Noodle Soup Cheeseburger on Bun Lettuce & Tomato Cole Slaw Vanilla Pudding	26 Tossed Salad Crab Cake Pierogies Stewed Tomatoes Dinner Roll Orange
29 Cranberry Juice Roast Pork w/Gravy Whipped Potatoes Green Beans Whole Wheat Bread Granola Bar	30 Romaine Chili Con Carne Peas & Carrots Steamed Rice Banana Corn Muffin	31 Cream of Celery Soup BBQ Chicken Harvard Beets Brown Rice Wheat Dinner Roll Mandarin Oranges		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.



Join us for our March Birthday Party on Monday, March 22. Ed Podziomek will entertain. Please make your reservations at least three days in advance.

1-Mar

Angelina Gomez

2-Mar

Milan Trnka

3-Mar

Daniel Moran

Martha Davis

Dorothea McNeill

Sara Schmid

Linda Peterson

Edward Orendorff

4-Mar

Doris Coulston

Peggy Leister

Robert Lohr

Marie Morrill

Margaret Morrison

5-Mar

Ruth Fromm

Betty Ann Garnett

Judith Brooks

6-Mar

John Sebastian

William McComas

John Hellmann

Anne Gordon

C. Ralph Martin

Helen Jones

7-Mar

Mark Frison

Ellinor Joseph

Carmine Orrichio

8-Mar

Bessie Brittingham

Elizabeth Twaddell

Meta Donohoe

10-Mar

David Schiller

Helen Delphais

11-Mar

Carmella Cinquina

Diane Ippoldo

12-Mar

James Schustrich

William Ray

Thomas Dougherty

Mary Dougherty

14-Mar

Joyce Knopf

Mena DiGiorgio

Lois Hurst

Rosetta Dooner

15-Mar

Jeanne Tomlinson

Glenn Miller

Maryjo Bergen

Surriya Khan

16-Mar

Darryl Biery

Marion Nagurny

17-Mar

Claire Fasko

18-Mar

Jozef Bobik

19-Mar

Joan Malin

Eiko King

21-Mar

Ruth Wimble

David Patten

Phyllis Wax

Elizabeth O'Neill

Barbara Coffey

22-Mar

John Pepler

Beverly Livingston

Alice Griffin

23-Mar

James Lees

24-Mar

Essie Ray

Barbara Dickens

Marion Rieker

Betty Daniels

25-Mar

Jack Kline

Ruth Myers

Lillian Myers

26-Mar

Rosalie Zubyk

Donald Mattia

28-Mar

Marian London

Regina Dawson

29-Mar

Maria Lewis

30-Mar

Norma Henzie

Madge Miller

31-Mar

Irma Darcas

Frances Lees

Sally Little

WELLNESS FOR LIFE CHALLENGE

This is a comprehensive wellness program designed to help you get healthier, be more able to do things you want to do, and just feel better in general. Whether you're already in good shape and want to stay that way, or feel overwhelmed by all the things you need to do to be healthy, this program is for you. We'll work on physical activity (not just exercise), nutrition, hydration, knowledge of health indicators, and much more. And we'll be challenging you to make the small changes necessary in your daily life to stay healthy and remain independent.

Join us for a kick-off meeting on Friday, March 5 at 12:45.

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center on **March 3, 10, 17 and 31**. Dr. Michael Piscotty will be here on **March 9 and 24**. 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.*

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. **Our updated Smorgasbord breakfast will be Wednesday, March 31 from 7:30 to 10:00.** Same great price of \$5.00 for all you can eat!

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. Cold lunches are not available on Mondays. You may pick up a complete menu at the Center or check it online @ wcseniors.org. 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. Cold lunches are available for take - out and may be picked up between 9 am and 2 pm. **Please notify us by 12:00 if you need to cancel your cold lunch.**

Cold Lunch Alternatives (must be ordered 3 days in advance)

Week of March 2

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

Week of March 16

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

Week of March 30

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

Week of March 9

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

Week of March 23

Tues. – Chicken Salad & Romaine
Wed. – Turkey 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 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.

