

March 2011

Volume 35 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

### Il Trovatore

Italian instructor, Pierina Disciullo, will show the opera *Il Trovatore* on Monday, March 21 at 10:30. The program will break for lunch at 11:45 and continue at 12:30. Please call the center at 610-431-4242 to sign-up and reserve your lunch by March 16th. Pierina will also lead a short discussion and provide an explanation about the opera.

### SNAP: Supplemental Nutrition Assistance Program

SNAP (formerly the food stamp program) can help you pay for groceries every week. Attend our FREE screening event and find out if you might be eligible to receive SNAP benefits. Representatives will be at the Center on Wednesday, March 23rd from 9 to 12. If you have any questions about this event, please contact Ellen McCabe at 610-431-4242.

### SAVE THE DATE: MAY 21, 2011!

“THE GREAT RACE” IS COMING AGAIN TO WCASC! JOIN US FOR OUR 2nd ANNUAL 5K RACE/WALK AND 1 MILE WALK/RUN AND COMMUNITY FAIR TO BENEFIT THE CENTER. FAMILIES ARE ENCOURAGED TO PARTICIPATE AS WE HIGHLIGHT THE CENTER, OUR PARTICIPANTS, AND PROGRAMS TO THE COMMUNITY! MANY SPONSORSHIP OPPORTUNITIES ARE AVAILABLE! BECOME A FRIEND OF THE RACE FOR AS LITTLE AS \$100 OR HOST A TABLE AT THE COMMUNITY FAIR AND HAVE YOUR NAME ON THE TEE SHIRT FOR \$500 OR MORE. PLEASE CONTACT MARY KLINE AT 610-431-4242 FOR MORE INFORMATION.

### 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.

### APPRISE and Information and Assistance

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.

### Medicare Fraud

The PA Senior Medicare Patrol is working to educate Medicare beneficiaries throughout the state about Medicare fraud. Come to an educational presentation about what fraud can look like, how to detect it, how to protect yourself, and how to report it. The program will be held on Friday, March 18 at 1:00.

### March Movies

*Darby O’Gill and the Little People* from 1959, starring Sean Connery will be shown on Wednesday, March 9 at 12:45.

*Toy Story 3* will be shown on Monday, March 28 at 12:45. Bring your tissues for this installment of this entertaining story!

# West Chester Area Senior Center

## STAFF MEMBERS

Kathy Sullivan  
Deanna Wozniak  
Mary Kline  
Philip Picone  
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Mia Jones  
Ellen McCabe  
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Executive Director  
Executive Assistant  
Program Coordinator  
Meal Supervisor  
Resource Development Director & Business Manager  
Data Entry  
Information & Assistance  
Health & Wellness Coordinator  
Technology & Volunteer Coordinator  
Asst. Bookkeeper  
Custodian  
Office Assistant

## INSTRUCTORS

Isabelle Allgood-Neal, Pearl Burger, Dorothe Cialini, Kay Croll, Arthur Dougherty, Ray Doyle, Pierina Disciullo, Charlie Eisenfelder, Doug Fairchild, Mark Frison, Margaret Giunta, Lee Hickman, Betty Kane, Anthony Lorenzo, Marianne Pepler, Gretchen Webb, Debbie Williams, and Glee Young.

**Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, March 10th at 12:30. Stop by for assistance with state programs and other information.**

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## 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 popular Smorgasbord breakfast will be Wednesday, March 30 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. Hot and cold lunches are available. 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.** You may pick up a complete menu at the Center or check it online @ [www.wcseniors.org](http://www.wcseniors.org).

*Tired of the Post Office delivering your newsletter late? If you would like to pick up your newsletter at the Center or read it online by the last week of the month, please contact Deanna Wozniak at 610-431-4242 or e-mail her at [deannaw@wcseniors.org](mailto:deannaw@wcseniors.org). You will then be taken off of the newsletter mailing list and may pick up your newsletter at the front desk. Newsletters will only be distributed to those who have chosen this option.*

## Financial Guidance for Seniors

WCASC is partnering with the Urban Affairs Coalition to offer a Financial Advancement Network (FAN Club). FAN Club is a bi-monthly meeting of individuals who are committed to changing their money management habits into ones that allow them to be in control of their financial situations. Meetings will be held March 15 & 29, April 12 & 26, and May 10 & 24. A graduation will be held on June 7. All meetings will begin at 1:00 and participants should plan on attending all the sessions. Please register at the front desk or by calling 610-431-4242.

# MIND AND BODY

## Zumba Has Arrived!

This 8 week class began on Feb. 8 and will be held on Tuesdays and Thursdays at 2:00. Pre-register at the front desk. Next session begins April 5.

*\$35 for members/ \$50 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.

## 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 on March 17 at 10:00.

## Art Appreciation Club

Japanese Woodblock prints will be presented on March 10 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. 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, March 3 and 17 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. I

## Hardy Perennials

Our new garden club will meet the 2nd Monday of the month. Please join us on Monday, March 14 at 12:45.

## Current Events

This discussion group meets on Tuesdays at 10:30.

*Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will be held at the Center on Wednesday, March 30 at 1:15.*

# March 2011 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>BINGO!</b>  <b>Every Tuesday Evening</b>  <b>Cash Prizes</b>  <b>Refreshments</b>  <b>Doors open at 5pm</b>  <b>Bingo begins at 6pm</b></p>	<p>1                      8:00 Breakfast                      9:15 Low Impact Aerobics                      10:00 Nurse                      10:30 Healthy Steps in Motion/Current Events/ Computer Q &amp; A                      11:30 Yoga                      12:45 Knitting Club                      1:00 Computer Assistance  <b>6:00 Bingo</b></p>	<p>2                      8:00 Breakfast                      9:15 Silver Sneakers Cardio Circuit                      10:00 German Club/ Pinochle/Blood Pressures                      10:30 Arthritis Exercise Class                      11:15 SilverSneakers                      12:30 Pinochle/ Rummikub/Bingo</p>	<p>3                      8:00 Breakfast                      9:15 Low Impact Aerobics                      10:30 Healthy Steps in Motion                      10:30 Drawing                      11:30 Yoga                      12:00 Bridge                      12:40 Ping Pong                      1:00 Chorus                      1:00 Computer Forum</p>	<p>4                      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>7                      8:00 Breakfast                      9:15 Silver Sneakers Cardio Circuit                      10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong                      11:15 SilverSneakers/ Bingo                      12:00 Bridge                      12:45 Bingo/ Rummikub  <b>1:00 Wellness Workshop</b>  <b>1:00 Matter of Balance</b></p>	<p>8                      8:00 Breakfast                      9:15 Low Impact Aerobics                      10:00 Nurse                      10:30 Healthy Steps in Motion/Current Events/ Computer Q &amp; A                      11:30 Yoga                      12:45 Knitting Club/Quilting Club                      1:00 Computer Assistance  <b>2:00 Zumba</b>  <b>6:00 Bingo</b></p>	<p>9                      8:00 Breakfast                      9:15 Silver Sneakers Cardio Circuit                      10:00 German Club/ Pinochle/Blood Pressures                      10:30 Arthritis Exercise Class                      11:15 SilverSneakers/Bingo                      12:30 Pinochle/ Rummikub/Bingo  <b>12:30 Functional Fitness Tests</b>  <b>12:45 Movie: Darby O'Gill &amp; the Little People</b></p>	<p>10                      8:00 Breakfast                      9:15 Low Impact Aerobics                      9:30 Bible Study                      10:00 Art Appreciation                      10:30 Healthy Steps in Motion                      10:30 Drawing                      11:30 Yoga                      12:00 Bridge                      12:40 Ping Pong                      1:00 Chorus</p>	<p>11                      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>14                      8:00 Breakfast                      9:15 Silver Sneakers Cardio Circuit                      10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong                      11:15 SilverSneakers/ Bingo                      12:00 Bridge                      12:45 Bingo/ Rummikub  <b>12:45 Garden Club</b>  <b>1:00 Matter of Balance</b></p>	<p>15                      8:00 Breakfast                      9:15 Low Impact Aerobics                      10:00 Nurse                      10:30 Healthy Steps in Motion/ Current Events/ Computer Q &amp; A                      11:30 Yoga                      12:45 Knitting Club                      1:00 Computer Assistance/<b>FAN Club</b>  <b>2:00 Zumba</b>  <b>6:00 Bingo</b></p>	<p>16                      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  <b>12:00 Birthday Lunch &amp; Entertainment</b>                      12:30 Pinochle</p>	<p>17                      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 Chorus/ Computer Forum</p>	<p>18                      8:00 Breakfast                      9:00 Tai Chi                      9:30 Brain Aerobics/Pinochle/ <b>Functional Fitness Testing</b>                      10:30 Arthritis Exercise Class                      11:15 SilverSneakers / Bingo                      12:30 Rummikub/ Chess/ Pinochle                      12:45 Crafts and Bingo  <b>1:00 Medicare Fraud Program</b>                      1:00 Line Dancing</p>
<p>21                      8:00 Breakfast                      9:15 Silver Sneakers Cardio Circuit                      10:30 Arthritis Exercise Class/ Ping Pong  <b>10:30 Opera: Il Trovatore</b>                      11:15 SilverSneakers/ Bingo                      12:00 Bridge                      12:45 Bingo/ Rummikub  <b>1:00 Matter of Balance</b></p>	<p>22                      8:00 Breakfast                      9:15 Low Impact Aerobics                      10:00 Nurse                      10:30 Healthy Steps in Motion/Current Events/ Computer Q &amp; A                      11:30 Yoga                      12:45 Knitting Club/Quilting Club                      1:00 Computer Assistance  <b>2:00 Zumba</b>  <b>6:00 Bingo</b></p>	<p>23                      8:00 Breakfast  <b>9:12 SNAP Sign-ups</b>                      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/Bingo</p>	<p>24                      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 Chorus</p>	<p>25                      8:00 Breakfast  <b>8:30 55 Alive</b>                      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>28                      8:00 Breakfast                      9:15 Silver Sneakers Cardio Circuit                      10:30 Arthritis Exercise/Italian Class                      11:15 SilverSneakers/ Bingo                      12:00 Bridge                      12:45 Bingo/ Rummikub  <b>12:45 Movie: Toy Story 3</b>  <b>1:00 Matter of Balance</b></p>	<p>29                      8:00 Breakfast                      9:15 Low Impact Aerobics                      10:00 Nurse                      10:30 Healthy Steps in Motion/Current Events/ Computer Q &amp; A                      11:30 Yoga                      12:45 Knitting Club                      1:00 Computer Assistance/<b>FAN Club</b>  <b>2:00 Zumba</b>  <b>6:00 Bingo</b></p>	<p>30  <b>7:30 Smorgasbord Breakfast</b>                      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/Bingo  <b>1:00 Parkinson's Support Group</b></p>	<p>31                      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 Chorus</p>	<p><b>WCASC OPEN HOUSE</b>  <b>MARCH 1, 2011!</b>  <b>Schedule of Events</b>  <b>available at the center.</b>  <b>8 am to 8 pm</b></p>

# March 2011 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Cold lunch alternative is available Tuesday through Friday. You MUST reserve meal 3 days in advance.</b></p> <p>7                      Tomato Soup                      Grilled Chicken Breast w/ Garlic Sauce                      Green Beans                      Rice Pilaf                      Dinner Roll                      Apple</p>	<p>1                      Tomato Soup                      Seafood Salad on Bun                      Lettuce &amp; Tomato                      Cole Slaw                      Swiss Cream Cookies</p> <p>8                      Orange Juice                      Salisbury Steak Sandwich                      Mixed Vegetables                      Mashed Potatoes                      Whole Wheat Bread                      Chocolate Pudding                      Graham Crackers</p>	<p>2                      Cream of Celery Soup                      BBQ Chicken                      Harvard Beets                      Brown Rice                      Wheat Dinner Roll                      Mandarin Oranges</p> <p>9                      Apple Juice                      Fish Sandwich on Bun                      Lettuce &amp; Tomato                      Cole Slaw                      Oreo Cookies                      Tartar Sauce</p>	<p>3                      Italian Sausage w/ Pepper &amp; Onions on Jr. Hoagie Roll                      Carrots                      Banana</p> <p>10                      Vegetable Soup                      Meatloaf sandwich                      Green Beans                      Rice                      Dinner Roll                      Mandarin Oranges</p>	<p>4                      Hot Roast Beef Sandwich                      Mashed Potatoes                      Broccoli                      Rye Bread                      Orange</p> <p>11                      Cranberry, Juice                      Tuna Sandwich                      Lettuce &amp; Tomato                      Cole Slaw                      Oreo Cookies</p>
<p>14                      Chicken Noodle Soup                      Cheeseburger                      Cole Slaw                      Lettuce &amp; Tomato                      German Chocolate Cake</p>	<p>15                      Romaine Salad                      Broccoli Quiche                      Tater Tots                      Whole Grain Roll                      Caesar Dressing                      Apple</p>	<p>16                      Swedish Meatballs                      Noodles                      Broccoli                      Rye Bread                      Diced Pears</p>	<p>17                      Pineapple Juice                      Roast Pork Loin                      Steamed Cabbage                      Whole Potatoes                      Dinner Roll                      Irish Cupcakes</p>	<p>18                      Apple Juice                      Fish Sandwich on Bun                      Lettuce &amp; Tomato                      Cole Slaw                      Oreo Cookies</p>
<p>21                      Pineapple Juice                      Sloppy Joe on Bun                      Mixed Vegetables                      Tatar Tots                      Orange</p>	<p>22                      Tossed Salad                      Hot Beef Sandwich                      Mashed Potatoes                      Collard Greens                      Whole Wheat Bread                      Pineapple Tidbits</p>	<p>23                      Veal Parmesan w/ Cheese                      Pasta w/Tomato Sauce                      California Mixed Vegetables                      Rye Bread                      Diced Peaches</p>	<p>24                      Minestrone Soup                      BBQ Riblet on steak roll                      Cole Slaw                      Three Bean Salad                      German Chocolate Cake</p>	<p>25                      Tomato Soup                      Seafood Salad on Bun                      Lettuce &amp; Tomato                      Cole Slaw                      Swiss Cream Cookie</p>
<p>28                      Cranberry Juice                      Roast Pork                      Whipped Potatoes                      Green Beans                      Whole Wheat Bread                      Granola Bar</p>	<p>29                      Chopped Romaine                      Chili Con Carne                      Carrots                      Rice                      Corn Muffin                      Banana</p>	<p>30                      Tomato Soup                      Seafood Salad on Bun                      Lettuce &amp; Tomato                      Cole Slaw                      Swiss Cream Cookie</p>	<p>31                      Cream of Celery Soup                      BBQ Chicken                      Harvard Beets                      Brown Rice                      Wheat Dinner Roll                      Mandarin Oranges</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>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

**Join us for our March Birthday Party on Wednesday, March 16. Jim McClory will be coming with his traveling memorabilia show! Please make your reservations at least three days in advance.**

**1-Mar**

Kathleen Szymanski  
Angelina Gomez  
Arlene Rengert

**2-Mar**

Milan Trnka

**3-Mar**

Edward Orendorff  
Linda Peterson  
Daniel Moran  
Martha Davis  
Dorothea McNeill  
Sara Schmid

**4-Mar**

Peggy Leister  
Marie Margaret Morrill  
Doris Coulston

**5-Mar**

Judith Brooks  
Betty Ann Garnett

**6-Mar**

Charleen Burke  
C. Ralph Martin  
William McComas  
John Hellmann  
Anne Gordon  
James Liney  
Helen Jones

**7-Mar**

Ellinor Joseph  
Mark Frison  
Carmine Orrichio

**8-Mar**

Meta Donohoe  
Bessie Brittingham

**9-Mar**

Catherine Mercer  
Rosalie McHoul

**10-Mar**

Linda Fisher  
David Schiller  
Helen Delphais

**11-Mar**

Rosaline Bangura  
Diane Ippoldo  
Bill Austin

**12-Mar**

Thomas Dougherty  
Mary Dougherty  
William Ray  
James Schustrich

**14-Mar**

Rosetta Dooner

**15-Mar**

Surriya Khan  
Maryjo Bergen  
Josephine Bonaiuto

**16-Mar**

Darryl Biery  
Marion Nagurny

**17-Mar**

Claire Fasko

**18-Mar**

Jozef Bobik

**19-Mar**

Joan Malin

**21-Mar**

Elizabeth O'Neill  
David Patten

**22-Mar**

Beverly Livingston  
Hedy Ziembra

**23-Mar**

Jack Nachamkin  
James Lees

**24-Mar**

Ruth (Betty) Daniels  
Essie Ray  
Barbara Dickens  
Marion Rieker

**25-Mar**

Lillian Myers  
Jack Kline  
Lydia Worthington

**26-Mar**

Donald Mattia  
Rosalie Zubyk

**27-Mar**

Robert Dripps  
Catherine Maley  
Alice Crosby

**28-Mar**

Marian London  
Regina Dawson

**29-Mar**

Jane Fenicle  
Maria Lewis

**30-Mar**

Madge Miller  
Norma Henzie

**31-Mar**

Frances Lees  
Sarah (Sally) Little  
Irma Darcas

## **MARCH : NATIONAL NUTRITION MONTH**

The theme this year is "Eat Right with Color." COLOR can be explained as Colors of the Rainbow from fruits and vegetables to include a minimum of 5 servings of fruits and vegetables a day. Please stop by the Center for more nutrition news and tips and remember to make smart choices from every food group.

### **Wellness Workshops**

Dr. Don Rocklage from Klein Chiropractic Center will present Staying Busy – Staying Healthy – A Lifestyle Chat on March 7 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 **March 9 at 12:30**. 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.

### **Hearing Clinics**

Dr. Judith Curtin, AuD., will be at the Center on **March 2, 9, and 16 and 23**. Mr. Michael Piscotty will be here on **March 1 and 23**. 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.*

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### **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 March 30 for \$5.00 from 7:30 to 10:00.

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](http://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 March 1**

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

#### **Week of March 15**

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

#### **Week of March 29**

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

#### **Week of March 8**

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

#### **Week of March 22**

Tues. – Chicken Salad & Romaine  
Wed. – Turkey on Multi-grain  
Thurs. – Cobb 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](http://www.wcseniors.org)

*enriching the lives of our senior  
neighbors through friendship,  
education, activities, and nourishment*

Non-Profit  
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West Chester, PA

United Way Member Agency



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**2010 - 2011 PLANNING COUNCIL**

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**BOARD MEMBERS 2010- 2011**

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Ann Giunta, President	Judith Ray	Don Weir
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John Herley	Shannon Royer	Christine Zaccarelli, Esq.
James Lees	James Smith	
Robert Lohr, Esq.	Milt Stith	

**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.*

