



# 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

## Genealogy Workshop

Dr. Dolores Fisdishun will take you through the process of digging into the past to find more information about your parents, grandparents and others. She will teach you about some free basic Internet and community resources that you can use. You will leave with handouts and ideas about where you might want to search first. Please join us on Thursday, May 28th at 1:00.

## Chinese Class: History and Language

Ziran Huang will begin this 6 week class on Monday, May 11 at 1:00. Students will acquire the general knowledge of Chinese history and language along with learning to speak and write a few simple Chinese characters and sentences. Please call the Center at 610-431-4242 to register.

*Dear Friends,*

*As of March 23rd, I started my new position as the Executive Director of the Senior Center. I was most fortunate to have had the opportunity of having one week shadowing Amy Balian and tapping into her extensive knowledge and 22 years' experience here.*

*To every member, participant and volunteer and all Center friends, let me just say that I am proud to represent this fine organization with services and programs to persons sixty years and over to the community at large, the West Chester area and Chester County. Everyone has made me feel very welcome. I am glad to have the opportunity to be a part of the team of dedicated individuals working with our Board of Directors, Advisory and Planning Councils and supporters to encourage others to come see our beautiful site, enjoy our breakfasts and lunches and participate in any of our 50 classes. Please feel free to stop in and say hello. I am proud and honored to be your new Executive Director. I look forward to serving the Senior Center in the years ahead.*

*Jeanne Edwards MSSA, LSW*

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Listen to Jeanne on WCHE /1520 on Cynthia Ericson's show "This Week in Service" on Thursday, May 28th at 4 pm.

## Smorgasbord Breakfast!

Our Smorgasbord breakfast will be held Wednesday, May 27th from 7:30 am to 10 am. All you can eat for a suggested donation of \$5.00. The menu includes scrambled eggs, pancakes, bacon, sausage, home fries, toast, fresh fruit and coffee or tea.

## Fitness For A Cause Fundraiser

Exercise your way towards better health while helping support the Center. We are encouraging all of our exercise participants to join the Exercise-A-Thon to be held the entire month of May. This unique fundraiser requires participants to collect pledges for the number of exercise classes they attend during the month. Get your family members, neighbors, and friends to sponsor you! See Mary Kline or Rachel Sierk to sign up! Let's try for 100% participation!

# West Chester Area Senior Center

## STAFF MEMBERS

Jeanne Edwards	<i>jeannee@wcseniors.org</i>	Executive Director
Mary Kline	<i>maryk@wcseniors.org</i>	Program Coordinator
Philip Picone	<i>philip@wcseniors.org</i>	Meal Supervisor
Doris Russell	<i>dorisr@wcseniors.org</i>	Asst. Bookkeeper
Mia Jones	<i>miaj@wcseniors.org</i>	Data Entry
Mary Ann McMullan	<i>maryannm@wcseniors.org</i>	Executive Assistant
Lee Grunwell	<i>leeg@wcseniors.org</i>	Bookkeeper
Rachel Sierk	<i>rachels@wcseniors.org</i>	Health & Wellness Coordinator
Betty Daniels		Custodian
Rose Marie Klasky		Office Assistant
Marian London		Kitchen Assistant
Jim Mobile	<i>IQStudios@aol.com</i>	Technology & Volunteer Coordinator

## INSTRUCTORS

Pearl Burger, Kerry Blackburn, Dorothe Cialini, Kay Croll, Art Dougherty, Ray Doyle, Pierina Disciullo, Doug Fairchild, Margaret Giunta, Lee Hickman, Ziran Huang, Betty Kane, Arline Keith, Anthony Lorenzo, Mariane Pepler, Pat Ross, Judith Rodriquez, Claire Surr, Pam Walsh, Gretchen Webb, Debbie Williams, and Glee Young.

**\*\*\*\*\*WCASC will be closed on Tuesday, May 19 for Election Day and Monday, May 25 for Memorial Day.\*\*\*\*\***

## Mouthwatering Meals

The WCASC serves breakfast 5 Days A Week from 8:00 to 9:30! Breakfast is cooked to order for a suggested donation of \$3.50. Lunch is served daily at noon for a \$1.50 suggested donation for those over 60 and \$4.55 for those under 60. Please call your lunch reservations in at least 3 days in advance.

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*If you are renewing your membership or are becoming a new member, please remember to fill out both sides of the membership form.*

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 Mary Ann McMullan at 610-431-4242 or e-mail her at *maryannm@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.

## Upcoming Programs

- Aging With Wisdom Panel will provide information on how to be safe in your home and what services are available on Monday, May 4th at 1:00.
- The movie *Marley & Me*, starring Owen Wilson and Jennifer Aniston, will be shown on Wednesday, May 20th at 12:45. Scenes from this movie were shot in West Chester!
- The Kiwanis Club will hold a Spaghetti Dinner at the Center on Saturday, May 2nd.
- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, May 14th at 12:30. Stop by for assistance with state programs and other information.
- An Apprise counselor will be at the Center on Monday May 4 and 11 to assist with Medicare counseling. Please call for an appointment.

# 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

## Strength and CORE Training

This 45 minute strength training class is held at 1:00 on Tuesdays and Thursdays. \$2 charge for members

## Silver Sneakers

Classes are Mondays and Wednesdays and Fridays at 11:15. *Free to members and Silver Sneakers participants.*

## Silver Sneakers Cardio Circuit

Cardiovascular exercise is the highlight of this class offered on Mondays and Wednesdays at 9:15. *Free to members and Silver Sneakers participants.*

## Ping-Pong Club

Meets Mondays at 12:30 & Thursdays at 11:15. Please come and use our table! Other times are also available.

## Line Dancing

Line Dancing is held on Fridays at 1:00 pm. \$3 for members, \$5 for non-members

## 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. New members are encouraged to attend.

## Italian Class

A conversational Italian Class meets Mondays at 10:30.

## Bible Study

This non-denominational group meets on the 2nd and 4th Thursday at 9:30 and is led by Jim Shackleton from Great Valley Presbyterian Church.

## Current Events

This discussion group meets on Tuesdays at 10:30.

## Drama Club

This new group will meet on Thursdays at 12:30.

## Bridge

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

## Photography Club

The Photo Club will meet May 21st at 10:00.

## Art Appreciation Club

The Art Appreciation Club will meet May 14th at 10:00. The art of Peter Paul Rubens will be the topic.

## Pinochle

Pinochle players meet on Wednesdays and Fridays at 10 & 12:30. Instruction is available.

## Rummikub

Come to the lounge on 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 for Pocopson Home residents and baby hats for the Chester County Hospital nursery.

## 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, May 7 and 21 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.

## Audiologist

Mike Piscotty will be at the Center on Wednesday, May 27th. Please call the Center to schedule your appointment. *There is a fee for some services.*

## 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 meets the 2nd Thursday of the month at 1:00. This month they will discuss *Confessions of a Shopaholic* by Sophie Kinsella on May 14th. New members are welcome!

## Chess

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

# May 2009 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>BINGO!</b></p> <p>Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p>		<p><b>JOIN US FOR OUR SMORGASBORD BREAKFAST ON WEDNESDAY, MAY 27th FROM 7:30 TO 10:00. ALL YOU CAN EAT FOR JUST \$5.00!</b></p>		
<p><b>4</b></p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit <b>10:00 Basic Drawing</b> 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers 11:15 Bingo 12:30 Rummikub /Ping Pong/Bingo 12:00 Bridge <b>1:00 Aging with Wisdom Panel</b> 2:00 Basic Tai Chi</p>	<p><b>5</b></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 &amp; A 11:30 Yoga 12:45 Knitting Club 1:00 Computer Assistance 1:00 Spanish Class/ Strength Training</p>	<p><b>6</b></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 11:15 Bingo 12:30 Pinochle/ Rummikub 12:45 Bingo</p>	<p><b>7</b></p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion I/Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 12:30 Drama Club 1:00 Strength Training/ Chorus/ Computer Forum</p>	<p><b>8</b></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><b>11</b></p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit <b>10:00 Drawing Class</b> 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo 11:15 SilverSneakers 12:00 Bridge 12:30 Ping Pong/Bingo/Bridge <b>1:00 Chinese Class</b> 2:00 Basic Tai Chi</p>	<p><b>12</b></p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/Computer Q &amp; A 10:30 Healthy Steps in Motion I 11:30 Yoga 12:45 Knitting Club/Quilting <b>12:45 Colon Cancer Program</b> 1:00 Computer Assistance 1:00 Spanish Class 1:00 Strength Training</p>	<p><b>13</b></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 <b>12:45 Alternative Ways to Manage Pain</b></p>	<p><b>14</b></p> <p>8:00 Breakfast <b>8:30 55 Alive</b> 9:15 Low Impact Aerobics 9:30 Bible Study <b>10:00 Art Appreciation</b> 10:30 Healthy Steps in Motion I/Drawing Class 11:30 Yoga 12:00 Bridge <b>12:30 Sen. Dinniman Constituent Outreach</b> 12:30 Drama Club 1:00 Strength Training/ Chorus/ <b>Book Club</b></p>	<p><b>15</b></p> <p>8:00 Breakfast <b>8:30 55 Alive</b> 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><b>18</b></p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit <b>10:00 Drawing Class</b> 10:30 Arthritis Exercise Class/ Italian Class 11:15 SilverSneakers/ Bingo <b>12:00 Birthday Party with Entertainment</b> 12:00 Bridge 12:30 Ping Pong <b>1:00 Chinese Class</b> 2:00 Basic Tai Chi</p>	<p><b>19</b></p> <p><b>WCASC CLOSED FOR ELECTION DAY</b></p>	<p><b>20</b></p> <p>8:00 Breakfast <b>8:30 55 Alive</b> 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers/ Bingo 12:30 Pinochle/Rummikub 12:45 Bingo <b>12:45 Movie: Marley &amp; Me</b></p>	<p><b>21</b></p> <p>8:00 Breakfast 9:15 Low Impact Aerobics <b>10:00 Photo Club</b> 10:30 Healthy Steps in Motion I/ Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 12:30 Drama Club 1:00 Strength Training/ Chorus/ Computer Forum</p>	<p><b>22</b></p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo/SilverSneakers 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts 1:00 Line Dancing</p>
<p><b>25</b></p> <p><b>WCASC CLOSED FOR MEMORIAL DAY</b></p>	<p><b>26</b></p> <p>8:00 Breakfast <b>9-12 Stroke Screening</b> 9:15 Low Impact Aerobics 10:30 Healthy Steps /Current Events/Computer Q &amp; A 11:30 Yoga 12:45 Knitting Club/Quilting 1:00 Computer Assistance 1:00 Spanish Class/ Strength Training</p>	<p><b>27</b></p> <p>7:30 Smorgasbord Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Pinochle/Rummikub 12:45 Bingo</p>	<p><b>28</b></p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:30 Healthy Steps in Motion I/ Drawing Class 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 12:30 Drama Club 1:00 Strength Training/ Chorus <b>1:00 Genealogy Workshop</b></p>	<p><b>29</b></p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo/SilverSneakers 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts 1:00 Line Dancing</p>

# May 2009 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Cold lunch alternative is available Tuesday through Friday. You MUST reserve meal 3 days in advance. Cold lunches are not available when there is a special luncheon.</b></p> <p><b>4</b></p> <p>Tossed Salad Sloppy Joe Sandwich on Bun Potato Wedges California Blend Vegetables Chocolate Pudding</p>	<p><b>5</b></p> <p>Manhattan Clam Chowder Fillet of Fish Pierogies Stewed Tomatoes Rye Bread Tangerine</p>	<p><b>Cold lunch entrée is on page 6. A complete menu is available at the Center and online at <a href="http://wsceniors.org">wsceniors.org</a>.</b></p> <p><b>6</b></p> <p><u>Senior Day</u> Romaine Salad Chicken Breast w/ Orange Glaze Blended Wild &amp; White Rice Green Beans Dinner Roll Strawberry Shortcake</p>	<p><b>7</b></p> <p>Minestrone Soup Cheese Steak Potato Wedges Broccoli Jr. Hoagie Roll Pear</p>	<p><b>1</b></p> <p>Cranberry Juice Broiled Chicken w/ Garlic Sauce AuGratin Potatoes Lettuce &amp; Tomato Wheat Bun Tropical Fruit</p>
<p><b>11</b></p> <p>Potato Soup Tuna Salad Three Bean Salad Cole Slaw Pasta Salad Whole Wheat Bun Banana</p>	<p><b>12</b></p> <p>Cranberry Juice Grilled Chicken w/ Mushrooms, Peppers, &amp; Onions Rice Pilaf French Green Beans Wheat Roll Apple</p>	<p><b>13</b></p> <p>Grape Juice Roast Pork w/Gravy Peas &amp; Carrots Mashed Potatoes Wheat Bread German Chocolate Cake</p>	<p><b>14</b></p> <p>Chicken Noodle Soup Cheeseburger on Bun Lettuce &amp; Tomato Tater Tots Orange</p>	<p><b>15</b></p> <p>Baked Chicken Leg Baked Potato w/ Sour Cream Japanese Mixed Vegetables Wheat Dinner Roll Vanilla Pudding Graham Crackers</p>
<p><b>18</b></p> <p><u>Birthday Party</u> BBQ Riblet Baked Beans Cole Slaw Jr. Hoagie Roll Cupcakes &amp; Ice Cream</p>	<p><b>19</b></p> <p><b>WCASC CLOSED FOR ELECTION DAY</b></p>	<p><b>20</b></p> <p>Crab Cake Macaroni &amp; Cheese Stewed Tomatoes Wheat Bread Apple</p>	<p><b>21</b></p> <p>Chicken Rice Soup Salisbury Steak Noodles &amp; Gravy Broccoli Whole Grain Roll Tangerine</p>	<p><b>22</b></p> <p>Romaine Lettuce Italian Sausage w/ Pepper, Onions, &amp; Tomato Sauce Carrots Jr. Hoagie Roll Diced Peaches</p>
<p><b>25</b></p> <p><b>WCASC CLOSED FOR MEMORIAL DAY</b></p>	<p><b>26</b></p> <p>Vegetable Soup Ham &amp; Cheese Quiche String Beans Steamed Rice Rye Bread Tropical Fruit</p>	<p><b>27</b></p> <p>Tossed Salad w/ Pepper Ring Hot Turkey Sandwich Mashed Potatoes Japanese Mixed Vegetables White Bread Chocolate Cookies</p>	<p><b>28</b></p> <p>Chicken Parmesan Pasta w/ Tomato Sauce Winter Mixed Vegetables Italian Bread Pineapple Tidbits</p>	<p><b>29</b></p> <p>Tomato Soup Meatloaf W/ Gravy Candied Sweet Potatoes Peas &amp; Carrots Rye Bread Granola Bar</p>

## **HEALTH AND WELLNESS NEWS**

### **Colon Cancer**

The Chester County Health Department will present a program on colon cancer. Join us for this informative presentation on **Tuesday, May 12<sup>th</sup> at 12:45 pm.**

### **Pain Management**

Melissa Schneider from LaSalle University will present a program on alternative ways to manage pain on **Wednesday, May 13<sup>th</sup> at 12:45.**

### **Stroke Screening**

Chester County Hospital and Neighborhood Health Agencies will provide a stroke screening on **Tuesday, May 26<sup>th</sup> from 9 to 12.**

### **Hearing Clinics**

Dr. Judith Curtin, Aud., will be at the Center on **Wednesday, May 6, 13, and 20 from 9 am to 11 am** for hearing clinics, hearing aide cleanings, and consultations. Please make an appointment by calling the Center at 610-431-4242. *There is a \$10 fee for hearing screenings.*

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

### **Week of May 1**

Fri – Tuna Salad on Wheat Kaiser Roll

### **Week of May 4**

Tues – Chicken Salad on Wheat Bun  
Wed. – Roast Beef & Swiss on Rye  
Thurs. – Chicken Caesar Salad  
Fri. – Egg Salad on Pumpernickel

### **Week of May 11**

Tues – Tossed Salad with Ham & Cheese  
Wed. – Italian Hoagie  
  
Thurs. – Chef Salad with Ham, Turkey & Cheese  
  
Fri. – Tuna Salad on Rye Bread

### **Week of May 18**

Tues. – **Center Closed**  
Wed. – Turkey Breast on Multi-Grain Bread  
Thurs. – Chef Salad with Ham, Turkey & Cheese  
Fri. – Ham Salad Sandwich

### **Week of May 25**

Tues – Ham & Swiss on Rye  
Wed – Seafood & Romaine Salad  
Thurs – Cob Salad with Ham, Egg, & Bacon  
Fri – Tuna Salad on Wheat Kaiser Roll

**Cold lunches are not available on Mondays. You may pick up a complete menu at the Center or check it online @ [wcseniors.org](http://wcseniors.org). Please specify hot or cold lunch when making your lunch reservations.**

**Join us for our May Birthday Party on May 18<sup>th</sup>. Jerry Goldman will entertain. Please make your reservations at least three days in advance.**

**1-May**

James Gregg  
Marianne Polito  
Barbara Pavelik

**2-May**

Millie DiBussolo  
Louis Scarfo  
Carl Cranmer

**3-May**

William Rice  
Ann Beury  
M. Staarman  
Kathleen McGuire

**4-May**

Dorothy Yarnall  
Betty Osmond

**5-May**

Jack Dalton  
William Young  
Beatrice Conner  
Walter Burger  
Michael Dutcher  
Judy Jones

**6-May**

Cynthia Fenimore  
Elizabeth Ivey

**7-May**

Frances Alesiani  
Geraldine Boggs  
Margaret Iraca  
Donald Tree

**8-May**

Judith Wadsworth  
Celeste Selin  
Doris Wood

**9-May**

Inger Zeller  
Marion Matthews  
Geraldine Oliver  
Edward Woolf  
Mary Lou Walker

**12-May**

Elizabeth Strode  
Joseph Devereaux  
Maryann Morgan-Porter  
Natalie Sheller  
Edna Reese

**13-May**

Susan Sam  
June Barton  
Barbara Weir  
Mary Rita Filano

**14-May**

Daniel Facciolli  
Lillian Reiss  
Ray Doyle  
James Sanders  
Mary Cavanaugh

**15-May**

Robert Lorgus  
Walter Jones  
Patricia Ross  
Thelma Mandelberg  
Robert Stafford

**16-May**

Herbert Balian  
Elizabeth Webb-Lutz  
Don Barshinger  
Mary McCool  
Betty Engan  
John Nolan

**17-May**

Loretta Durnell  
Nancy Walton  
AdriAnne Hinsdale

**18-May**

Eleanor Dew  
Richard Allison  
Elizabeth Krausser

**19-May**

Chester Bishop  
Larue Morgan

**20-May**

Peter Iannotta  
Patricia Policella  
Julia Vitale  
Marie Tyson  
John Hanft

**21-May**

Donald Lammey  
Joseph Lisicky

**23-May**

Fred Weaver  
Joan Nolan  
Milton Stith

**24-May**

Marie Taylor

**25-May**

Emilie Grunwell

**26-May**

Evelyn Baker  
George Lentz  
Martha Butts  
Joan Sullivan  
Paul Polka  
Mary Ranaudo

**27-May**

Pauline Hill  
Nancy Sylvester

**28-May**

Margaret Kaufmann  
John Cording

**29-May**

Jean Harris  
Marie Denis  
Sandra Beadle

**31-May**

Alberta Puglisi  
Michael Cotter  
Laura Ericson



**WCASC Volunteers**

**Our volunteers are the heart and soul of the WCASC! From July 1, 2008 to February 28, 2009 over 300 volunteers have contributed over 18,000 hours to the Center. We can't thank you enough!**

**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  
Organization  
US Postage Paid  
Permit # 77  
West Chester, PA

United Way Member Agency



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**27<sup>TH</sup> ANNUAL CHESTER COUNTY SENIOR GAMES**

**Mon. 5/11 BADMINTON** @ Phoenixville Area YMCA

**Wed. 5/13 SWIMMING** @ Brandywine YMCA

**Wed. (evening) 5/13 TRACK** @ Downingtown West High School-Rain date Wed. 5/20

**Thurs. 5/14 SENIOR GAMES DAY & HEALTH FAIR** @ Church Farm School

-Bocce, Horseshoes, Softball & Football Throw, Checkers, Scrabble, Bingo, Frisbee Putting, Darts, Table Tennis, Shuffleboard, Basketball Shoot, LUNCH, Entertainment, Health Fair

**Mon. 5/18 GOLF** @ Loch Nairn Golf Club in Avondale, PA- Rain date Tues. 5/19

**Tues. 5/19 BOWLING** @ Palace Bowling in Downingtown

**Wed. 5/27 & Thurs. 5/28 TENNIS** @ Tennis Addiction in Exton

**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.*

