



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

Older Americans Month

May is Older Americans Month, and this year's theme – Age Strong!

Live Long! – recognizes the diversity and vitality of today's older Americans. We're having many programs throughout the month to help you celebrate, and we hope you'll participate in them! Join us on May 7th at 12:45 as we kick off the Biggest Mover Challenge! More information on the Health and Wellness page.

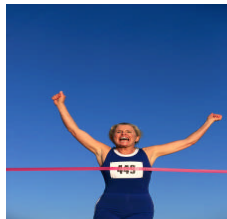
Financial Fraud

The financial program scheduled this month with the Greater Philadelphia Urban Affairs Coalition will be how to protect yourself from financial fraud and scams (per FBI advisories). Please join us on Thursday, May 13 at 1:00.

Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will be held at the Center on Wednesday, May 26 at 1:15.

THE GREAT RACE

"THE GREAT RACE" IS COMING TO WCASC! JOIN US ON SATURDAY, MAY 22 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! SPONSORSHIP OPPORTUNITIES ARE AVAILABLE! REGISTRATION BEGINS AT 7:30 AND THE RACE BEGINS AT 9:00. PRE-REGISTER BY MAY 17 FOR \$15 OR REGISTER THE DAY OF THE RACE FOR \$20.



SENIOR FAIR WILL BE HELD FROM 8 TO 11:00.

May Programs

- Angelo DiAntonio will discuss "LaBoheme" on Tuesday, May 4 at 12:45.
- Join us at 12:45 on Wednesday May 5 at 12:45 for "Sing-a-long With Carl."
- Aging With Wisdom Panel will present "Estate & Legacy Planning" on Monday, May 10 at 1:00.
- Blue Cross will present Medicare Matters Educational Meeting on Tuesday, May 11 at 10:00.
- Podiatrist, Dr. Saji Simon will present a program on routine foot care on Tuesday, May 11 at 1:00.
- Tips you should know *before* putting your home on the market. Pam Cloud of Keller Williams and Kathy Kosiewicz of Brandywine Staging will be here on May 17th at 1:00 to discuss the necessary steps.
- Phoenixville Senior Center Chorus will entertain on Monday, May 24th at 12:45.
- *The Blind Side* starring Sandra Bullock will be shown on Tuesday, May 25th at 12:45. Join us for a pizza lunch before the show! If you are coming for lunch, please make your reservations 3 days in advance.
- WCASC Book Club will meet on Thursday, May 13th at 1:00. This month members will be reading a book of their choice to share with others. Come and learn about a variety of books you may find interesting.

West Chester Area Senior Center

A Message from Kathy Sullivan, the new Executive Director

I am very happy to have recently joined the West Chester Area Senior Center as Executive Director and, having both grown up and worked in this community for many years, I am enjoying being a part of such an important community organization. Whether while making my way around to our array of programs and activities to meet our many members and participants, or working with the Board of Directors, Advisory and Planning Councils, and many volunteers and staff, it is a true privilege to partner with all of you in our efforts to enrich the lives of our senior neighbors through friendship, education, activities, and nourishment. If we haven't yet had the opportunity to meet, I encourage you to stop and say hello on your next visit. I look forward to seeing you around the Center.



*******WCASC will be closed on Monday, May 31st, 2010.*******

Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, May 13th at 12:30. Stop by for assistance with state programs and other information.

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, May 26 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. 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 3 days in advance. Eat at the Center or take home. Available for pick up between 9 and 2.

The next 55 Alive class will be held May 17 & 18 from 8:30 -12:30. Please call the Center for more information and to register.

APPRISE and Information and Assistance

An APPRISE volunteer is available on Monday, May 10th and 24th 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.

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 Thursdays at 9:00. Please note the day and time change.

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 Tuesday, May 18 at 10:00. Please note the date change.

Art Appreciation Club

The Peale Family: An American Legacy will be the topic on Thursday, May 13 at 10:00.

Pinochle

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

Rummikub

Come to the café on Mondays, Wednesdays, and Fridays at 12:30 and join the fun of rummikub.

Knitting and Crocheting Club

The “knitwits” meet Tuesdays at 12:45. The group is currently making lap robes and baby caps.

Quilting

The quilters meet the 2nd and 4th Tuesdays of the month at 12:45.

Craft Club

Crafters meet Fridays at 12:45. No experience needed! Please come and bring your ideas!

Computer Assistance

Computer 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 6 and 20 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, May 13 at 1:00 pm. This month is “Read a Book, Share a Book.”

Chess

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

Current Events

This discussion group meets on Tuesdays at 10:30.

NEW MEMBERS ARE ALWAYS WELCOME!

May 2010 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:00 Breakfast 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>4</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse/Planning Council 10:30 Healthy Steps in Motion 10:30 Current Events/Computer Q & A 11:30 Yoga 12:45 LaBoheme Program 1:00 Computer Assistance</p>	<p>5</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/Functional Fitness Testing 12:45 Sing Along with Carl</p>	<p>6</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:00 Spanish Class 10:30 Healthy Steps in Motion 10:30 Drawing 11:30 Yoga 12:00 Bridge 1:00 Computer Forum 1:00 Chorus</p>	<p>7</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 12:45 Biggest Mover Kick-off! 12:45 Crafts/Bingo/Pinochle 1:00 Line Dancing</p>
<p>10</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo 12:45 Walking Club Meeting 1:00 Estate and Legacy Planning 2:00 Basic Tai Chi</p>	<p>11</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Medicare Matters with Blue Cross 10:00 Nurse 10:30 Healthy Steps in Motion 10:30 Current Events 11:30 Yoga 12:45 Quilting Club/ Knitting Club 1:00 Computer Assistance 1:00 Routine Foot Care</p>	<p>12</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 12:45 Relaxation Session</p>	<p>13</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:00 Spanish Class 9:30 Bible Study 10:00 Art Appreciation 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:30 Sen. Dinniman Constituent Outreach 1:00 Financial Fraud/ Chorus/Book Club</p>	<p>14</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>17</p> <p>8:00 Breakfast 8:30 55 Alive 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 Real Estate Program 2:00 Basic Tai Chi</p>	<p>18</p> <p>8:00 Breakfast 8:30 55 Alive 9:15 Low Impact Aerobics 10:00 Photography Club 10:00 Nurse 10:30 Current Events 10:30 Healthy Steps in Motion 11:30 Yoga 12:45 Knitting Club</p>	<p>19</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers/ Bingo 12:00 Birthday Party with Entertainment 12:30 Pinochle/Rummikub</p>	<p>20</p> <p>8:00 Breakfast 9:00 Spanish Class 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion /Drawing 11:15 Ping Pong 11:30 Yoga 12:00 Bridge 12:30 Functional Fitness Testing 1:00 Computer Forum</p>	<p>21</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>24</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Phoenixville Senior Center Chorus 2:00 Basic Tai Chi</p>	<p>25</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events 10:30 Healthy Steps in Motion 11:30 Yoga 12:45 Movie: The Blind Side 12:45 Quilting Club/ Knitting Club 1:00 Computer Assistance</p>	<p>26</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 1:00 How to Get the Most From Hearing Aids</p>	<p>27</p> <p>8:00 Breakfast 9:00 Spanish Class 9:30 Bible Study 9:15 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge</p>	<p>28</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>31</p> <p>WCASC CLOSED FOR MEMORIAL DAY</p>	<p>THE BIGGEST MOVER IS COMING TO WCASC! JOIN US FOR THE KICK-OFF ON MAY 7 @ 12:45. TEAM COMPETITION BEGINS MAY 17. TEAM CAPTAINS WILL BE WCASC STAFF MEMBERS!</p>		<p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p>	

May 2010 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Beef Sandwich w/Gravy Mashed Potatoes Broccoli Rye Bread Orange	4 Orange-Pineapple Juice Grilled Chicken w/ Garlic Sauce Noodles Green Beans Wheat Grain Dinner Roll Apple	5 Orange Juice Salisbury Steak Sweet Potatoes Winter Mixed Vegetables Graham Crackers Chocolate Pudding	6 Chopped Romaine Pasta & Meatballs Carrots Italian Bread Ice Cream	7 Romaine Salad Chicken Parmesan Brown Rice Pilaf Spinach Multi Grain Roll Vanilla Pudding
10 Minestrone Soup Chicken Salad Cole Slaw Three Bean Salad German Chocolate Cake	11 Orange Juice BBQ Riblet on a Steak Roll Cucumber Salad Corn Granola Bar	12 <u>Spring Fling</u> Caesar Salad Boneless Chicken Breast w/ Peach Glaze Blended White & Brown Rice Green Beans Dinner Roll Strawberry Shortcake	13 Swedish Meatballs Noodles Broccoli Rye Bread Diced Pears	14 Bean & Bacon Soup Tuna Salad on Wheat Bun Sliced Tomato & Lettuce Cole Slaw Oreo Cookie
17 Romaine Salad Sloppy Joe Mixed Vegetables Hamburger Bun Orange Cake	18 Orange-Pineapple Juice Grilled Chicken w/ BBQ sauce Carrots Rice Pilaf Rye Bread Orange	19 <u>Birthday Party</u> Salad Hot Roast Beef Sandwich Mashed Potatoes Collard Greens Cupcakes & Ice Cream	20 Veal Parmesan Pasta w/Tomato Sauce California Mixed Vegetables Rye Bread Diced Peaches	21 Chicken Noodle Soup Cheeseburger on Bun Lettuce & Tomato Cole Slaw Vanilla Pudding
24 Apple Juice Meatball Sandwich Pickled Beets Potato Salad Steak Roll Orange	25 PIZZA AND A MOVIE	26 Romaine Chili Con Carne Peas & Carrots Steamed Rice Banana Corn Muffin	27 Tomato Soup Seafood Salad Lettuce & Tomato Cole Slaw Hamburger Bun Swiss Cream Cookies	28 Cream of Celery Soup BBQ Chicken Harvard Beets Brown Rice Wheat Dinner Roll Mandarin Oranges
31 WCASC CLOSED FOR HOLIDAY	Senior Center membership is not required for individuals 60 and older to participate in the congregational meal program. All Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost to you for the meal but you must contact the Senior Center to reserve your meal two days in advance of meal service. A voluntary confidential contribution is appreciated toward the cost of the meal but is not required.			

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

Join us for our May Birthday Party on Wednesday, May 19. The Senior Center Band will entertain. Please make your reservations at least three days in advance.

1-May
James Gregg
Barbara Pavelik

2-May
Millie DiBussolo
Carl Cranmer

3-May
Shannon Royer
William Rice

Ann Beury
M. Staarman
Jean Staton

4-May
Betty (Doreen) Osmond

5-May
Jack Dalton
William Young
Beatrice Conner
Mary Rita Coffey
Michael Dutcher

6-May
Elizabeth Ivey

7-May
Frances Alesiani
Geraldine Boggs
Margaret Iraca
Don Conner
Luther Clark

8-May
Judith Wadsworth
Celeste Selin
Doris Wood

9-May
Inger Zeller
Marion Matthews
Geraldine Oliver

12-May
Elizabeth Strode

Maryann Morgan-Porter
Natalie Sheller

13-May
Susan Sam
June Barton
Barbara Weir
Mary Rita Filano
Catherine Doan

14-May
Daniel Facciolli
Lillian Reiss
Ray Doyle
James Sanders
Mary Cavanaugh

15-May
Robert Lorgus
Walter Jones
Patricia Ross
Thelma Mandelberg

16-May
Herbert Balian
Elizabeth Webb-Lutz
Don Barshinger
Jessie Engan
John Nolan

17-May
Loretta Durnell
Nancy Walton
Raymond Hulse
AdriAnne Hinsdale

18-May
Eleanor Dew
Elizabeth Krausser

19-May
Chester Bishop
Larue Morgan
Dianne Southard

20-May
Peter Iannotta

Julia Vitale
Marie Tyson
John Hanft

21-May
Donald Lammey

23-May
Joan Nolan
Milton Stith

24-May
Marie Taylor
Franklin Marshall

25-May
Emilie Grunwell
Philomena Fernandes

26-May
Evelyn Baker
George Lentz
Martha Butts
Joan Sullivan
Mary Ranaudo

27-May
Pauline Hill
Nancy Sylvester

28-May
Margaret Kaufmann
John Cording
Cecilia Gomolka
Harriette Clark

29-May
Jean Harris
Marie Denis
Sandra Beadle

31-May
Alberta Puglisi
Michael Cotter
Laura Ericson
Elsie Flachs
Mary Cunningham

HEALTH AND WELLNESS PROGRAMS

Biggest Mover Challenge – Get Up and Get Moving!

Need a little incentive to get active this summer? Join a team for our Biggest Mover Challenge, and get moving! Many studies have shown that increased physical activity leads to better health, and it's never too late, so start moving today. Come to the kick-off meeting on **Friday, May 7 at 12:45 pm** in the dining room to learn all about it. We hope to see you all there!

Walking Club Interest Meeting

This is the time of year when walking outside is fun. If you have interest in forming a walking club here at the senior center, come join us on **Monday, May 10 at 12:45 pm**. We're looking to find out what days and times are good for you and where you want to walk. Walking with friends makes it more fun, so come check it out!

Relaxation Session

Relaxation restores harmony and helps to create conditions for optimal living by releasing physical and mental tensions. Relaxation therapy can also reduce stress and the pain associated with it. Join us for a comfortable, low-key relaxation session and feel your stress and tension melt away. – **Wednesday, May 12 12:45 pm**

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center on **May 5, 12, and 19**. Dr. Michael Piscotty will be here on **May 11 and 26**. 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.*

Get the Most From Your Hearing Aids

Dr. Judith Curtin, Aud. will present this informative program on **Wednesday, May 26 at 1:00**.

WCASC will be offering FREE exercise classes the week of May 17th to celebrate Older Americans Month! It is a perfect time to check out a different class!

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

Week of May 3

Tues. – Corn Beef & Swiss on Rye
Wed. - Chicken Salad
Thurs. – Chicken Caesar Salad
Fri. – Antipasta Salad

Week of May 17

Tues – Chicken Salad & Romaine
Wed. – Turkey Breast Sandwich
Thurs.- Chef Salad
Fri. – Ham Salad Sandwich

Week of May 10

Tues. – Turkey & Cheese Sandwich
Wed. – Tossed Salad w/ Ham & Cheese
Thurs. – Tuna Salad
Fri. - Chef Salad

Week of May 24

Tues. – Seafood & Romaine Salad
Wed. – Ham & Swiss on Rye
Thurs. – Egg Salad on Tossed Salad
Fri. - Tuna Salad on Wheat

WEST CHESTER AREA SENIOR CENTER

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West Chester, PA 19382

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Check us out on the web!
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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.

