

September 2011

Volume 35 Issue 9



WEST CHESTER AREA SENIOR CENTER

Senior News & Views

West Chester Area Senior Center

530 East Union Street (610) 431-4242 FAX: (610) 429-9296

WWW.WCSENIORS.ORG

Monday-Friday 8:00 to 3:00

WCASC Marathon

Here is your opportunity to complete a marathon! Instead of running 26.2 miles, we want you to commit to exercising for 26.2 minutes for 26 days. The race begins on Monday, September 19 and you have until Wednesday, October 19 to cross the finish line. Your commitment will encourage Mary Kline as she competes in the Steamtown Marathon on Sunday, October 9. Help her through her 26.2 miles! Sign up and get your worksheet at the front desk.

Lottie & Nell Sweater Sale

Please join us on Wednesday, September 14 from 9—12 for an overstock sweater sale. Lottie & Nell is a new sweater company that features classic cardigans and sweater sets. They are a cashmere blend and machine washable. All sweaters are greatly reduced in price and a percentage of the sales will benefit the Center.

NATIONAL SENIOR CENTER MONTH AND ACTIVE AGING WEEK
WCASC, with the National Council on Aging, will celebrate National Senior Center Month in September. We will also be celebrating Active Aging Week, September 25—October 1 with a variety of special events!

Essay Contest

What does the West Chester Area Senior Center mean to you and/or what is the greatest benefit you've gained by participating in the programs?

Submit your essay by September 14! Participants will vote on the top essays selected by judges and the winner will be announced on September 26!

WCASC Scavenger Hunt!

Here is your chance to learn more about the Center and have fun too! Pick up your list at the front desk beginning September 6 and return with your list, items, and signatures needed by September 29. Prizes will be awarded to top hunters!

SPANISH CLASS— Enrique Garcia, a new WCASC member and volunteer, will begin a Spanish class on Tuesdays at 1:00. The first class will be an organizational meeting on September 13. Please bring your thoughts, ideas, and goals.

PHOTOSHOP ELEMENTS CLASS— Ray Doyle will have a Photoshop Elements Class on Mondays from 9:00 to 10:00. He will follow that with an open Photo Lab. Please register for the Photoshop Class at the front desk or by calling 610-431-4242.

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 September 29 at 12:45. Participants receive a personal profile form after the testing. Please stop by the front desk or call the Center at 610-431-4242 to make an appointment.

West Chester Area Senior Center

STAFF MEMBERS

Kathy Sullivan	<i>kathys@wcseniors.org</i>	Executive Director
Deanna Wozniak	<i>deannaw@wcseniors.org</i>	Executive Assistant
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Doris Russell		Asst. Bookkeeper
Betty Daniels		Custodian
Rose Marie Klasky		Office Assistant

INSTRUCTORS

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

*******WCASC will be closed on Monday, September 5, 2011 for Labor Day and Friday, September 30 for Staff Training.*******

- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, September 8th at 12:30. Stop by for assistance with state programs and other information. Jon is available at the Center on the 2nd Thursday of each month.
- Chris Mulhall, Outreach Specialist for Rep. Dan Truitt, will be at the Center on Monday, September 26 at 12:30 to assist with state services and provide information. Chris will come to the Center on the 4th Monday of every month.
- Sen. Andrew Dinniman will honor all WCASC members 90 and over at lunch on Thursday, September 8th. The Senator will present Pennsylvania Senate Citations at the time.
- Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will be held at the Center on Wednesday, Sep. 28 at 1:15.
- Flu Shot Clinic will be held on October 11. More information coming soon.

The next 55 Alive class will be held September 22 & 23 from 8:30 –12:30. A 4 hour class for those that have taken the course previously will be held on Tuesday, October 4 at 8:30. Please call the Center for more information and to register.

CCDAS Annual Seniors Picnic

The Annual Senior Picnic will be held Wednesday, September 14, 2011 at Brandywine Picnic Park. A \$7.00 voluntary contribution will be accepted. Advanced registration is required. Transportation is available through Rover and reservations should be made by 11:00 am on September 1st.

Picnic Raindate: September 21

Medicare 2012 Annual Election Period is October 15 to December 7. Volunteers of the State Health Insurance Program of Chester County APPRISE will be available to help evaluate your Medicare drug and medical coverage for next year. Enrollment events scheduled at the center are October 27, November 18, and December 2. Please call Ellen McCabe at 610-431-4242 for more information.

MIND AND BODY

Rhythm of Life

Music and fun to get you moving! Join us for our popular 'drumming' class on Mondays at 12:45.

Zumba

This Latin inspired dance class is held Tuesdays and Thursdays at 2:00. *\$3 for members, \$5 for non-members*

Arthritis Foundation Exercise Class

This class is held Mondays, Wednesdays, and Fridays at 10:30. *Free to members.*

Tai Chi

Tai Chi is held on Fridays at 9:00 am. *\$3 for members, \$5 for non-members*

Healthy Steps in Motion

These classes, on Tuesdays and Thursdays at 10:30, focus on flexibility, strength, balance, and fall prevention. *Free to members.*

Yoga

Yoga is held on Tuesdays and Thursdays at 11:30 am. *\$3 for members, \$5 for non-members*

SilverSneakers

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

SilverSneakers Cardio Circuit

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

Ping Pong Club

Experienced players meet Thursdays at 12:30 in the dining room. Beginners meet on Mondays at 10:30 in the dining room. Other times available!

Line Dancing

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

Wii and Wii Fit

The Wii is available to play most days. Stop by the dining room for fitness fun!

Low Impact Aerobics

This class is held on Tuesdays and Thursdays at 9:15. *Free to members. \$5.00 for non-members*

German Club

The German Club meets Wednesdays at 10 am.

Italian Class

A conversational Italian Class meets Mondays at 10:30.

Spanish Class

This new class will begin on Tuesday, September 13 at 1:00.

Book Club

Our Book Club will meet on September 28 at 12:45. The September book is Sarah's Key by Tatiana deRosnay. The Innocent Man by John Grisham is the October selection.

Bridge

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

Photography Club

The Photo Club will meet on September 15 at 10:00.

Art Appreciation Club

Art Appreciation will explore Henri Matisse on Thursday, September 8 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 and Charlie Eisenfelder will lead the discussions on Thursday, September 1 & 15 at 1:00.

WCASC Chorus

The Chorus meets on Thursdays at 1:00. New members are welcome.

Nurse

Mary Jo Baldino from Neighborhood Health Agencies, Inc. comes to the Center for free blood pressure screenings on Tuesdays at 10:00.

Chess

The Chess Club meets on Fridays at 12:30.

Hardy Perennials

Our garden club will meet on Monday, September 12 at 12:45.

Current Events

This discussion group meets on Tuesdays at 10:30.

Bible Study

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


Brain Aerobics

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

September 2011 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p>	<p><i>When you join us for breakfast any Monday in September, receive a 2 for 1 coupon for your next breakfast and bring a friend!</i></p>			
<p>5</p> <p>WCASC CLOSED FOR LABOR DAY</p>	<p>6</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q & A/ Healthy Steps in Motion 11:30 Yoga 12:45 Knitting Club 2:00 Zumba 6:00 Bingo Scavenger Hunt Begins!</p>	<p>7</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 Bingo/ Silver Sneakers 12:30 Pinochle 12:45 Bingo/ Rummikub</p>	<p>8</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation 10:30 Drawing 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge/90 & Over Birthday Celebration 12:40 Ping Pong 1:00 Chorus 2:00 Zumba</p>	<p>9</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing</p>
<p>12</p> <p>8:00 Breakfast 9:00 Photoshop Elements Class 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class/ Ping Pong/Photo Lab 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Garden Club 12:45 Rhythm of Life</p>	<p>13</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse/Planning Council 10:30 Current Events/ Computer Q & A/ Healthy Steps in Motion 11:30 Yoga 12:45 Knitting Club/Quilting 1:00 Spanish Class 2:00 Zumba 6:00 Bingo</p>	<p>14</p> <p>8:00 Breakfast 9-12 Sweater Sale 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Pinochle WCASC Essay Due!</p>	<p>15</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 9:00 Photo Club 10:30 Drawing/ Healthy Steps in Motion 10:00 Yoga 12:00 Bridge 12:45 Ping Pong 1:00 Computer Forum/Chorus 2:00 Zumba</p>	<p>16</p> <p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics/Pinochle/ 10:30 Arthritis Exercise Class 11:15 Bingo 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing</p>
<p>19</p> <p>8:00 Breakfast 9:00 Photoshop Elements Class 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class/Photo Lab 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 Rhythm of Life WCASC Marathon Begins!</p>	<p>20</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion/Current Events/ Computer Q & A 11:30 Yoga 12:45 Knitting Club 1:00 Spanish Class 2:00 Zumba 6:00 Bingo</p>	<p>21</p> <p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 Pinochle/Blood Pressures/German Club 10:30 Arthritis Exercise Class 11:15 SilverSneakers/ Bingo 12:30 Pinochle/Rummikub/Bingo 12:00 Birthday Party & Kennett Symphony 1:00 Book Club</p>	<p>22</p> <p>8:00 Breakfast 8:30 55 Alive 9:15 Low Impact Aerobics 9:30 Bible Study 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:40 Ping Pong 1:00 Chorus 2:00 Zumba</p>	<p>23</p> <p>8:00 Breakfast 8:30 55 Alive 9:00 Tai Chi 9:30 Brain Aerobics/Pinochle 10-12 Fall Prevention Events 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>26</p> <p>8:00 Breakfast 9:00 Photoshop Elements Class 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class/Photo Lab 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Bingo/ Rummikub 12:45 Rhythm of Life WCASC Marathon Begins!</p>	<p>27</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Healthy Steps in Motion/Current Events/ Computer Q & A 11:30 Yoga 12:45 Knitting Club/Quilting 1:00 Spanish Class 2:00 Zumba 6:00 Bingo</p>	<p>28</p> <p>7:30 Smorgasbord Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 Pinochle/Blood Pressures/German Club 10:30 Arthritis Exercise Class 11:15 SilverSneakers/ Bingo 12:30 Pinochle/Rummikub/Bingo 1:15 Parkinson's Support Group</p>	<p>29</p> <p>8:00 Breakfast 9:15 Low Impact Aerobics 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga 12:00 Bridge 12:45 Ping Pong/Functional Fitness Testing 1:00 Chorus 2:00 Zumba Scavenger Hunt Ends!</p>	<p>30</p> <p>WCASC CLOSED FOR STAFF TRAINING</p>

September 2011 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Senior Center membership is not required for individuals 60 and older to participate in the congregate meal program. All Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost to you for the meal but you must contact the Senior Center to reserve your meal two days in advance of meal service. A voluntary confidential contribution is appreciated toward the cost of the meal but is not required.</p> <p>WCASC CLOSED FOR LABOR DAY</p> <p>5</p>	<p>6</p> <p>Pasta w/ Meatballs Romaine Salad Green Beans Italian Bread Orange</p>	<p>Our Healthy Stuff Snack is available in the café. It includes yogurt, fruit, and breakfast bar for \$1.50.</p>  <p>7</p> <p>Pineapple Juice BBQ Beef On Bun Potato Salad Three Bean Salad Watermelon</p>	<p>1</p> <p>Hot Roast Beef Sandwich Mashed Potatoes Broccoli Rye Bread Brownie</p>	<p>2</p> <p>OJ Grilled Chicken Carrots Rice Pilaf Whole Wheat Dinner Roll Peach</p>
<p>12</p> <p>OJ Meatloaf Green Beans Mashed Potatoes Whole Wheat Bread Applesauce</p>	<p>13</p> <p>Romaine Salad Swedish Meatballs Noodles Broccoli Rye Bread Rice Pudding</p>	<p>14</p> <p>Bean & Bacon Soup Tuna Salad on Whole Wheat Bun Lettuce & Tomato Potato Salad Diced Peaches</p>	<p>15</p> <p>Pineapple Juice Sloppy Joe on Bun Mix Vegetables Tatar Tots Orange</p>	<p>16</p> <p>Fried Fish Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Tartar Sauce Plum</p>
<p>19</p> <p>Roast Beef w/Gravy Tossed Salad Sweet Potatoes Whole Wheat Bread Jell-O</p>	<p>20</p> <p>Grape Juice Veal Parmesan w/ Cheese Pasta California Mixed Vegetables Rye Bread Diced Peaches</p>	<p>21</p> <p>OJ Ham Steak w/Fruit Sauce Green Beans Corn Rye Bread Cake & Ice Cream</p>	<p>22</p> <p>Tomato Soup Cheeseburger on Bun Lettuce & Tomato Potato Salad Vanilla Pudding</p>	<p>23</p> <p>Breaded Baked Cod Green Beans Mashed Potatoes Whole Wheat Bread Granola Bar</p>
<p>26</p> <p>Chopped Romaine Chili Con Carne Peas & Carrots Rice Corn Muffin Orange Cake</p>	<p>27</p> <p>Pineapple Juice Seafood Salad on Bun Lettuce & Tomato Cole Slaw Swiss Cream Cookies</p>	<p>28</p> <p>Cream Of Celery Soup BBQ Chicken Harvard Beets Brown Rice Dinner Roll Mandarin Oranges</p>	<p>29</p> <p>Roast Beef Sandwich Mashed Potatoes Broccoli Rye Bread Brownie</p>	<p>30</p> <p>WCASC CLOSED FOR STAFF TRAINING</p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

Join us for our September Birthday Party on Wednesday, September 21. The Kennett Symphony Percussion Quartet will provide entertainment. Please make your reservations at least three days in advance.

1-Sep
Margaret Demyan
Darlene Sorick

3-Sep
Ella Priori

4-Sep
John Curry
Francis DiSanti

5-Sep
Franklin Marshall
Patricia Marshall

6-Sep
Barbara Holcroft

7-Sep
Barbara Fedor
Shirley Lukach
Inez Wilczek

9-Sep
Linda Gordon
Dorothy Miller
Joseph Valentino

10-Sep
Joseph Ranieri

11-Sep
Geneva Porter
Rachael Sierk
Eleanor Suder

12-Sep
Maria Catanach
Geraldine McDowell

13-Sep
Charles Mercer

14-Sep
Joan Pusey

15-Sep
Joan Kustra
Barbara Santucci
Paul Stull
Marjorie Youmans

16-Sep
Loretta Brown
Daniel Camburn
Dolores Gincley
Isabel Sloane

17-Sep
Ronald Marshall
Frank Rocap
Frank Stanzione

18-Sep
Peggy Walls

19-Sep
Elizabeth "Betsy" Clothier
Sandra Fischler
Joan Kershaw
Phillip Picone
Johanna Sinson

20-Sep
William Colman

21-Sep
Hope-ann Hug
Vince Lukach

22-Sep
Harold Bortner
Elizabeth Camburn
Joseph Donia
Roger Fachin
Catherine Klimek
Margaret Niemeyer
Anne O'Brien
Emma O'Brien
Robert Wilcox
Mary Wilk

23-Sep
Geraldine Connor
Dora Hall
Julia Winchester

24-Sep
William Gale
Lawrence Geldof
Alfred Glaudel

25-Sep
Miriam Boland
Walter Kalbfleisch
Anne Maloney
Lucille Taggart
Ernest Town
Judith Willis

26-Sep
Nancy Ann Berg
Nicholas (Pat)
Feconda
Jane Jones
David Reese
Angela (Jean)
Schultz
Yea Hwa Tsao
Richard Welsh

27-Sep
Kay Bainbridge
Helen Bird
Bette Grugan
M. Josephine Launi
William Mitcham

28-Sep
Mary Ellen Dillon

29-Sep
Mia Jones
Josephine Mazzotta
Mary Naber

30-Sep
Irene Clapper
Patricia Gedney
Henry Gritz
Phyllis McGinnis
Dorothy Musey

National Falls Prevention Awareness Day
Friday, September 23 10:00 - 12:00

- Balance Testing, Chester County Hospital Physical Rehabilitation
- Blood Pressure and Hydration Screening, Neighborhood Health Agencies, Inc.
- Medication Interaction Review, CVS
- Near Vision & Glaucoma Screening, Dr. Lonnie Lusavage, Eye to Eye Ophthalmology
- A Matter of Balance: Managing Concerns About Falls Information
- And More!

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center on **September 7, 14, and 21**. Mr. Michael Piscotty will be here on **September 6 and 28**. Please call the Center at 610-431-4242 to schedule an appointment with Dr. Curtin. When scheduling for Mr. Piscotty, call 610-213-1867. *There is a fee for some services.*

WCASC MEAL PROGRAM

The WCASC serves breakfast **5 Days A Week from 8:00 to 9:30!** Breakfast is cooked to order for a suggested donation of \$3.50. Bring a friend and remember that all proceeds benefit the Center. All you can eat Smorgasbord Breakfast will be **September 28** for \$5.00 from 7:30 to 9:30.

Lunch is served daily at noon for a \$1.50 suggested donation for those over 60 and \$4.55 for those under 60. Hot and cold lunches are available. Participants may order 2 meals a day. **Please notify us by 12:00 if you need to cancel your cold lunch.** You may pick up a complete menu at the Center or check it online @ wcseniors.org.

Cold lunch alternative is available Tuesday through Friday. You MUST reserve meal 4 days in advance. Eat at the Center or take home. Available for pick up in the café between 9 and 2.

Week of September 1

Thurs. – Egg Salad
Fri. – Tuna Salad

Week of September 6

Tues. – Chicken Salad on Whole Wheat
Wed. – Corned Beef & Swiss on Rye
Thurs. – Antipasto Salad
Fri. – Chicken Caesar Salad

Week of September 13

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

Week of September 20

Tues. – Chicken Salad & Romaine
Wed. – Turkey Breast on Multi Grain
Thurs. – Chef Salad
Fri. – Ham Salad Sandwich

Week of September 27

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

There will be a new lunch provider beginning October 1. Stuffed shells, white bean chili, liver & onions, and teriyaki chicken are just some of the new items!

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 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.

