



From the Desk of Executive Director, Julie Gaudan

I am looking forward to 2022. Like the rest of you, I suffer from what they are calling "Covid fatigue". I hope that the next few months will see the end of this threat. Until then, I will keep my guard up and ask you to do so as well. That means that I got my booster and wear my mask. If you need a vaccine or a booster, we will host two more vaccine and booster clinics on Tuesday, January 18 and January 25. You can sign up online at <https://www.chesco.org/4822/COVID19Vaccine> or you can leave a message at 610-935-1515 for help if you do not have access to the internet.

One of the most important lessons we learned during COVID19 is to stay home if you do not feel well or have any symptoms. We now have permission to stop pushing through discomfort and take care of ourselves. Please be kind to yourself and your friends by staying home when you don't feel up to snuff. If anyone (staff, volunteer, or participant) is exhibiting cold or flu symptoms or stomach upset, they will need to go home immediately.

We continue to add items to our calendar. Starting this month, we added 4 more exercise opportunities, two yoga classes and two additional chair exercise opportunities. In case of inclement weather, we have arranged access to Franklin Commons for our walking classes. This makes 9 opportunities to stay fit! Check out the calendar for details. As always, our calendar is subject to change.

Progress report on the building: The old basement air conditioners (from 1986!) have been replaced with a brand-new system that introduces outside air and filters it in accordance with the new building codes. The basement became our first priority because we had no windows to open on the lowest level. We look forward to upgrading the rest of the building over the next year. In the meantime, expect to see the windows cracked open.

We have postponed eating together because of the current spread of COVID. The start of the kitchen remodel also continues to be a moving target. Shortage of materials and equipment plague the construction industry. You will notice we are gathering bits and pieces. The new prep sink (Sally's pride and joy!) has a prominent spot in the dining area while it waits for its new home. We look forward to eating together sometime in the near future.

In February, our volunteers with AARP Tax Aide program can safely use the lower level to prepare income tax returns for our participants. Two appointments will be required separated by approximately one week. Customers will remain in their car during these appointments. VIP supporters can call 610-935-1515 x24 to leave an appointment request. Other participants can leave a message after January 5. Your call will be answered in the order it was received. Please be patient; multiple phone calls will only slow the process.

Check out our website's new look. It will make it easier to share information!

Happy New Year!

Julie

In Person Events with the Senior Center.

Reservations and masks are required! Call 610-935-1515 ext 29

New Exercise Classes from GOING Fit at the Senior Center



New Classes

Tuesday 1:00 pm and Friday 8:45am Silver Sneakers Yoga (begins January 7th)

Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels.

New Time/ New Name

Monday, Wednesday & Friday 9:45am Silver Sneakers Classic –Beginner

This workout includes fall prevention drills and exercises to improve strength and endurance. A chair and handheld weights or tubing are used.

New Name

Monday and Wednesday 8:45am Silver Sneakers Circuit—Intermediate

This standing class alternates upper-body strength work with low-impact cardio to maximize fitness benefits.

For all classes: Fee \$3 / Silver Sneakers members Free

Space is limited. You **MUST** make a reservation by calling 610-935-1515 ext 29.

Masks are required to be worn anytime you are away from your seat.



Third Thursday January 20th at 5pm

SOLVE A MYSTERY GAME

A mysterious package has arrived at the Senior Center from Lucy Calder & The Society of Seekers. They are in desperate need of your skills to lead the investigation into a thrilling mystery. Explore the world solving puzzles, decoding cryptic messages & discovering underground societies. Challenge your skills to solve the case.

Call 610-935-1515 ext 29 to make a reservation for this exciting night. BYOB!

Walking with the Senior Center Tuesdays and Thursdays at 9 am

Tuesdays outside at Black Rock Sanctuary 953 Black Rock Road, PA-113

Thursdays outside at Charlestown Park 100 Academic Way

In inclement weather on Tuesdays and Thursdays we will walk at Franklin Commons. 400 Franklin Way,

In honor of Dr. Martin Luther King, Jr Day in January

Monday January 10th at 12:30pm Movie: "Selma" - 2014

Ava DuVernay's chronicle of Dr. Martin Luther King, Jr.'s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama, in 1965. Starring David Oyelowo as MLK, Jr.

Monday January 17th starting at 10 am A Day of Service at the Senior Center

Our work here is never done and we could use some volunteers to help us with some projects (painting). Folks interested in helping us out by volunteering their time and talent, please call 610-935-1515 ext 29.

Book Club with Mark Pinto New Day and Time **Monday January 24th at 2pm** **January's pick is "A Week in Winter" by Maeve Binchy.**

When Chicky Starr decides to take an old, decaying mansion set high on the cliffs overlooking the wind-swept Atlantic Ocean and turn it into a restful place for a holiday by the sea, everyone thinks she is crazy.

If you need a copy of the book or to register, please call 610-935-1515 ext 29

Watercolor Art Class Wednesday January 12th & 26th at 1pm

Come to learn how to paint with watercolors with our amazing teacher Marti Daly. Supplies not provided \$5 fee



Art on Canvas Tuesday January 18th at 1pm

Supplies provided \$10 fee/ \$5 for VIP card Participants

Please pre-register by calling 610-935-1515 ext 29



Winter can be brutal, but research shows you might get some health benefits during the colder months. When it's cold, your body has to work harder to **maintain its core body temperature** — and as a result, you might burn more calories. Colder temperatures can also help reduce both allergies and inflammation.

Join the Senior Center and Tower Health as they present a health talk roundtable entitled
"Do You Know: Staying Healthy This Winter"

On Wednesday January 26th at 11am at the Phoenixville Senior Center

Please call Christine at 610-935-1515 ext 29 to reserve your space



Valentine 50/50 Now on Sale!



1 for \$10 / 3 for \$26 Winner chosen on 2/17/2022

Purchase at www.phoenixvilleseniorcenter.org or call 610-935-1515.

Snow Closing

Please be advised that if Phoenixville Area School District has a delay or is closed, the Center will be closed. You can find information on school closings on major news programs. We will post an announcement of the closing of the Center on our Facebook page, Website or just call the Center in the morning for a recorded announcement after 7:30 am.



Tax Season is Coming!



We will have a limited number of AARP tax appointments available this year. Like last year, you will schedule two appointments – one to drop off or scan your documents, and one a week later to sign your paperwork. To keep everyone safe, you will stay in your car for these appointments.

All Senior Center participants may call to schedule an appointment starting on Wednesday, January 5, 2021.

To schedule, please call Cari at 610-935-1515, ext 24. Please leave a clear message with your name, number, and the reason for your call, and she will call you to schedule in the order your call was received.

“UNDER THE WILLOW TREE”

ONLINE GRIEF SUPPORT GROUP

hosted by Leigh Ann Pratt Bereavement Coordinator



What: “Under the Willow Tree” is a grief support group offered virtually by Willow Tree Hospice. This is a safe place to share, grow, and socialize with other adults going through bereavement. Through discussion and special guest speakers, we'll offer not only an opportunity to learn from each other, but we hope to equip you with tools to aide in the grief process, reduce stress, and create new friendships. The virtual setting is unique. We ask we can see your face (aka use video) to help make the connection more personal, if possible.

When: WEEKLY-- Thursdays 7-8pm Length of meeting will vary from 30-60 min depending on attendees and length of sharing. You do not have to attend weekly, but it will be offered weekly.

Where: Microsoft Teams online Cost: NONE

You must email to pre-register: Leighann.pratt@amedisys.com and a link will be sent to you.

Valentine's day is a day of love and romance, but it is very difficult for those without a partner. Join us for some fun, as a couple or single. All Adults Welcome!

**Third Thursday
at the Center**

February 17, 2022

Dinner and a DJ

5-7:00

\$10 per person at the door Dinner
includes: Spaghetti,

Salad, Bread, Dessert & Beverage

For reservations call 610-935-1515 or email
Christine@phoenixvilleseniorcenter.org

February 2022						
◀ January						March ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Groundhog Day	3	4	5
6 Super Bowl	7					
13	14 Valentine's Day	15				
20	21	22	23	24	25	26 Phoenixville Area Senior Center BINGO
27	28	Saturday, February 26, 2022 Kimberton Fire Company Doors open at 1 Games start at 2 Tickets are limited 15 games/5 specials - Tickets \$25.00 Click Here				



We will celebrate our January and February Birthdays

At our next Birthday Social on Wednesday February 16th at 1pm

Join us for some music and a sweet treat. Call 610-935-1515 ext 29 to reserve a spot.



**Please join us in wishing our
January Birthday Participants
a very Happy Birthday!**

Mohammod Amanullah	Marie Betlejewski	Rosemary DeSana	Ana Verduci
Robert Brennan	Jack Hartman	Paul Bastian	Marianne Kondas
Mahmuda Ahmed	Joseph Kivlin	Joanne Beauregard	Sandra Good
Gloria George	Elaine Hutchinson	Mark Daly	Nancy Yarzabek
Nancy McLeod	Joseph Leiber	James Smith	Florence Chomyn
Lawrence Scioli	Marie Olearsek	Brian Wheatley	Margie Espenship
Mary McGready	Mary Ann Collison	Janet Cook	Mary Weiss
Robert Neiman	Sharyn Funderwhite	Elizabeth Copenhaver	Claire Annechini
Joseph Rudzik	Gary Moore	Belinda Lindsey	Ceilia Wolfe
Joel Wadsworth	Thomas Newman	Ruth Ann Burns	Pauline Bader
Cema Witmer	Patricia Bari	Diane Chapman	Peggy Laffredo
Michael Owczar	Joan Hoffman	Marie Palladino	Richard Farrel
Genevieve Hughes	Dolores Ondercin	Rita Borkowski-Yoder	Valerie Jackson
Tom Ash	Pamela Stuski	Florence Katz	Suresh Mehta
Angela Crist	Judith Walker	Jonathan Stewart	Gail Tomaszewski
Janet Ertell	Maryanne Wanat	Linda Weber	Amelia Guimmule
Evelyn Fatula	Joanne Cooper	Dave DeHart	Diane Donatoni
Kathy Johns	Barry Gibson	Lee Segner	Randy Griesemer
Diana Fazik	Joe Krzeminski	Joseph Lightman	Dave Daniels
Bernice Ganski	Maureen Reyes	Pat Algeo	Bernadine Jeffers
Christine Garry	Sally Sweeny	Loretta Miccariello	Marguerite Majcher

2023-2024						
Mon		Tue		Wed	Thu	Fri
3		4		5	6	7
8:45am - SS Circuit 9:45am - SS Classic		9am - Walking group 10am - Mahjong 10:30am - Zoom Coffee 1pm - Pinochle		8:45am - SS Circuit 9:45am - SS Classic	9am - Walking group 10am - Duplicate Bridge 1pm - Pinochle 1pm - Social Stitchers	8:45am - SS Yoga 9:45am - SS Classic 11am - Food distribution
10		11		12	13	14
8:45am - SS Circuit 9:45am - SS Classic 12:30pm - Movie: Selma		9am - Walking group 10am - Mahjong 10:30am - Zoom Coffee 1pm - Pinochle 1pm - SS Yoga		8:45am - SS Circuit 9:45am - SS Classic 11am - Cash Bingo 1pm - Watercolor Class	9am - Walking group 9:30am - Shusterman Rep 10am - Duplicate Bridge 1pm - Pinochle 1pm - Social Stitchers	8:45am - SS Yoga 9:45am - SS Classic 11am - Food distribution
17		18		19	20	21
8:45am - SS Circuit 9:45am - SS Classic 10am - Day of Service		Covid Vaccine Clinic 9am - Walking group 10am - Mahjong 10:30am - Zoom Coffee 1pm - Art on Canvas 1pm - Pinochle		8:45am - SS Circuit 9:30am - Comitta Rep 9:45am - SS Classic	9am - Walking group 10am - Duplicate Bridge 1pm - Pinochle 1pm - Social Stitchers 5pm - Third Thursday	8:45am - SS Yoga 9:45am - SS Classic 11am - Food distribution
24		25		26	27	28
8:45am - SS Circuit 9:45am - SS Classic 2pm - Book Club		Covid Vaccine Clinic 9am - Walking group 10am - Mahjong 10:30am - Zoom Coffee 1pm - Pinochle 1pm - SS Yoga		8:45am - SS Circuit 9:45am - SS Classic 11am - Tower Health Talk 1pm - Watercolor Class	9am - Walking group 10am - Duplicate Bridge 1pm - Pinochle 1pm - Social Stitchers	8:45am - SS Yoga 9:45am - SS Classic 11am - Food distribution
31		1		2	3	4
8:45am - SS Circuit 9:45am - SS Classic		9am - Walking group 10am - Mahjong 10:30am - Zoom Coffee 1pm - Pinochle 1pm - SS Yoga		8:45am - SS Circuit 9:45am - SS Classic	9am - Walking group 10am - Duplicate Bridge 1pm - Pinochle 1pm - Social Stitchers	8:45am - SS Yoga 9:45am - SS Classic 11am - Food distribution

Weekly Events at the Senior Center

Call 610-935-1515 ext 29 to make a reservation for all programs at the Senior Center.

Mondays:

8:45am **Silver Sneakers Circuit** Intermediate (Fee \$3 / Free for Silver Sneakers Participants) This standing class alternates upper-body strength work with low-impact cardio to maximize fitness benefits.

9:45am **Silver Sneakers Classic** Beginner (Fee \$3 / Free for Silver Sneakers Participants) This workout includes fall prevention drills and exercises to improve strength and endurance. A chair and handheld weights or tubing are recommended

Tuesdays:

9:00am **Walking with the Center** @ Black Rock Sanctuary 953 Black Rock Road, PA-113

10:00am **Mahjong**—is a tile-based game that was developed in the 19th century in China.

10:30 **Zoom Coffee Hour** - Follow link to join <http://bit.ly/PSCzoom>

1:00pm **Silver Sneakers Yoga** (Fee \$3 / Free for Silver Sneakers Participants) Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels. Starts 1/11

1:00pm **Pinochle**—is a trick-taking, Ace-Ten card game typically for two to four players and played with a 48-card deck.

Wednesday

8:45am **Silver Sneakers Circuit** Intermediate (Fee \$3 / Free for Silver Sneakers Participants)

9:45am **Silver Sneakers Classic** Beginner (Fee \$3 / Free for Silver Sneakers Participants)

Thursdays

9:00am **Walking with the Center** @ Charlestown Park 100 Academic Way, Phoenixville

10:00am **Duplicate Bridge**

1:00pm **Pinochle** - is a trick-taking, Ace-Ten card game typically for two to four players and played with a 48-card deck.

1:00pm **Social Stitches** Bring in any current knitting, crocheting or stitching project you are working on and enjoy some company while you work!

Fridays

8:45am **Silver Sneakers Yoga** All abilities (Fee \$3 / Free for Silver Sneakers Participants) starts 1/7

9:45am **Silver Sneakers Classic** Beginner (Fee \$3 / Free for Silver Sneakers Participants)

Covid 19 Vaccine Information / New clinics January 18th and 25th

New dates may be added to the calendar at a later time.

Chester County Health Department is hosting vaccination clinics at PASC Tuesdays in January. They are offering Moderna and the J&J shot and booster. You can make an appointment by calling Chester County at 610-344-6225 or following this link: <https://www.chesco.org/4822/COVID19Vaccine>. Call the center at 610-935-1515 if you have trouble making an appointment.

Contact your health care provider if you have any questions.

If you need a Pfizer please use the website <https://www.chesco.org/4822/COVID19Vaccine> or call 610-344-6225 to schedule an appointment at the Government Services building in West Chester or contact your local pharmacy. Gateway Pharmacy is offering vaccination clinics on Tuesdays and Fridays. Call 610-933-2609 for an appointment.

On **Wednesday January 19 9:30 to 11:30** the Senior Center hosts a representative from Senator Carolyn Comitta's office. They help with **New** Septa Passes, property tax/rent rebate, unclaimed property and much more. Please call the center at 610-933-1515 ext 29 if you plan on stopping in.

Senator
**Carolyn
Comitta**

MELISSA 
SHUSTERMAN
STATE REPRESENTATIVE

Stop by the Senior Center when a representative from US Representative Melissa Shusterman's office (157th District) is here on **Thursday January 13th from 9:30 to 11:30**. They provide help with **New** Septa Passes, property tax/rent rebate, unclaimed property and much more. Please call the center at 610-933-1515 ext 29 if you plan to come. Masks must be worn in the Center at all times. Please do not come in if you are feeling unwell..

**Need a Copy of Your
Vaccination Records?**

**Request a Copy From the
Pennsylvania Dept. of Health**



Email

RA-DHPASIS@PA.GOV



Or Call

877-774-4748



Senior Tech Group

Mondays at 1 and 7 PM

They are Currently Gathering **Online**.

SeniorTechGroup.com Everyone Welcome

No matter what operating system your computers, tablets, or phone uses, or if you are thinking about getting involved with some new tech or making a change, this is the place for you.

To join the online program, subscribe to Senior Tech groups mailing list at bit.ly/STGlist

You'll receive weekly email instructions for participating in **online gatherings**, special programs, timely tech news, and security alerts. We'll never SPAM your inbox.

INFORMATION AND ASSISTANCE

In these challenging times, there is assistance available for those who need it. If you need help, please leave a message for Cari at the center 610-935-1515 ext 24 or send her an email at cforeman@phoenixvilleseniorcenter.org.

Here is a list of some of the available programs with their gross monthly income limits for a one-person household and asset/resource limits where applicable:

PACE/PACENET – helps to save money on prescription medication costs (PACE: \$1,208/PACENET: \$2,792)

LIS/Extra Help with Medicare Part D – helps with monthly premiums, annual deductibles, and co-payments (\$1,595, assets: \$13,110)

Medicare Savings Program – helps pay Medicare premiums, deductibles, coinsurance, and copayments depending on level of assistance (\$1,436, assets: \$7,860)

Medical Assistance – Medicaid for those with Medicare (1,063, assets: \$2,000)

SNAP – supplemental nutrition assistance (\$1,041, assets: \$3,500) ****EVERYONE who gets SNAP is getting extra benefits, called “emergency allotments” (EAs), in April 2021 and can spend them without worry. EAs are to help with food costs during the pandemic.***

Senior Food Box – supplemental canned and dry goods (\$1,595)

Property Tax / Rent Rebate help

LIHEAP (Low-Income Home Energy Assistance Program) –(1 person - \$19,320; 2 people - \$26,130)



The Low Income Home Energy Assistance Program (LIHEAP) provides cash grants and crisis grants paid directly to your utility/fuel provider.

Income limits: 1 person - \$19,320

2 people - \$26,130)

The application deadline is May 5th, 2022. We can help you apply! If you are experiencing a heating emergency and need crisis assistance, please contact the Chester County Assistance Office at 610-466-1042 or the Montgomery County Assistance Office at 610-272-1752.

Emergency Rent and Utility Assistance for

County Residents

The rent and utility grants are available to individuals and families in Chester County who are obligated to pay rent and who:

1. Qualify for unemployment or have experienced a reduction in household income, incurred significant costs, or experienced a financial hardship due to COVID-19
2. Demonstrate a risk of experiencing homelessness or housing instability
3. Have a household income at or below 80 percent of the area median - family of 1 = \$54,150 and family of 4 = \$77,300. (Amount may be subject to change.)

To apply for funding, residents should **call 211** and request rent and utility assistance. Three housing organizations – Friends Association, the Housing Authority of Chester County, and Open Hearth, Inc., will work with the applicants, to pro-

Phoenixville Area Senior Center
153 Church Street
Phoenixville, PA 19460
610-935-1515
www.phoenixvilleseniorcenter.org
Electronic Service Requested

NONPROFIT ORG
US POSTAGE PAID
Southeastern, PA
Permit No.609

**The Senior Center provides a meeting place for persons over 60 years of age living in the following areas:
Spring City, Phoenixville, East and West Vincent, East and West Pikeland, Charlestown and Schuylkill
Townships and the surrounding areas.**

The Phoenixville Senior Center is supported by:
Chester County Department of Aging Services
Fundraising Events

Various Foundations
The generosity of individual donors



**United Way
of Chester County**



The Pennsylvania Council on the Arts, a state agency

Senior Adult Activity Center of Phoenixville Area is a 501(c)3 charitable organization, contributions to which are tax-deductible as permitted by law. The official registration and financial information of Senior Adult Activity Center of Phoenixville Area may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.