



From the Desk of Executive Director, Julie Gaudan

2022 hasn't started quite the way we hoped. I have spent countless hours watching our local hospital and Chester County infection results. The good news, cases are dropping. It appears we have peaked that "Omicron Mountain", but our area is still seeing a lot of cases. (Still above the tree line if we use the mountain metaphor.) The number of vaccinated hospitalized in Tower Health Phoenixville Hospital is almost back to pre-Omicron rates. Vaccinated patients are not in the ICU or on ventilators. Unfortunately, the number of unvaccinated hospitalized remains elevated.

We have provisionally returned to on site activities. KN95 masks are required for every activity, at all times and there will be no participants eating on premises. Participants may drink when socially distanced with a straw that permits you to leave your mask on. Some activities will be modified further – larger tables for cards and games. Vaccinations and boosters are highly encouraged. Speak to your healthcare provider. Submitting your proof of vaccination and recent boosters may allow us to relax some of these restrictions over time. It is a good idea to keep a current picture of your vaccination card on your phone.

On a happier note. Check out our updated website. Cari and Joann have been hard at work on it for the last several months. Try the new calendar! It includes the information you need for each activity. Virtual events will still be available via Zoom, including exercise.

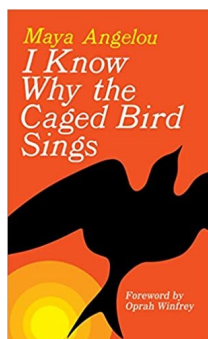
Speaking of Cari. AARP Tax Aide appointments start this month. We will use the same procedure as last year where your information is sent to a tax preparer and you return a week later to sign your return. There will be more traffic in the parking lot this year. Everyone needs to keep an eye out for the preparers!

I am taking the time to apologize for our mess on the first floor. The dining room is crammed full of equipment for the kitchen - sinks and refrigerators. We are looking forward to reopening the kitchen by the end of this month.

I hope you can join us at our bag bingo February 26 and save the date for our Irish Wake on March 17. We will enjoy a meal and some laughs. You might even learn something. An online option for the Irish Wake will be available as well.

Please stay healthy, warm and safe!

Julie



Book Club with Mark Pinto Monday February 28th at 2pm

Maya Angelou's I Know Why the Caged Bird Sings

In honor of Black History Month, Book Club will be reading the 1969 autobiography describing the early years of the American writer and poet Maya Angelou. It is a coming-of-age story that illustrates how strength of character and a love of literature can help overcome racism and trauma.

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

Watercolor Art Class Wednesday February 9th & 23rd at 1pm

Come paint with watercolors in a class taught by our amazing instructor Marti Daly.

Supplies not provided \$5 fee

Art on Canvas Tuesday February 15th at 11am

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

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



Weekly Zoom Programs with the Senior Center and Wondrium (formally Great Courses)

How to Stay Fit As You Age

every Monday at 12:30 pm

Make the choice to stay fit as you get older with this course that teaches you the fundamentals of exercise and provides a series of video workouts to help keep you on track.

WHS -World Heritage Sites: Exploring the Worlds Greatest Places

every Wednesday at 10:30 am

Encounter some of the most astounding treasures of our world, both man-made and natural, in this tour of UNESCO World Heritage sites

Download the Zoom app and join these great programs by following the Zoom link:

<http://bit.ly/PSCzoom>

In Person and Zoom exercise classes with the Senior Center.

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

Qigong Flow for Health and Happiness on Zoom every Thursdays @ 10:30am

Go with the flow! Join us as we learn Qigong with the Wondrium program (formally Great Courses)

Move more mindfully through your life with routines that bring together the ancient traditions of yoga and qigong.

Join by following the Zoom link: <http://bit.ly/PSCzoom>

New Hybrid Exercise Classes from GOING Fit at the Senior Center

New Classes



Tuesday 1:00 pm and Friday 8:45am Silver Sneakers Yoga

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.

All classes will also be offered through Zoom at their scheduled day/time.

Follow this link to join: <http://bit.ly/PSCzoom>

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

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

Masks are required to be worn at all times even during exercise.

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,



There is still time to purchase **Valentine 50/50 tickets!**



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

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



Valentine Craft February 14th at 1pm
Join Christine as we create one of these
adorable planters.

All materials will be provided Fee \$2

Please reserve your space by calling 610-935-1515 ext 29

Masks must be worn at all times in the Senior Center.

Join us for Cash BINGO on
Monday February 7th at 1pm
5 games for \$5



Call 610-935-1515 ext 29 to reserve your space.

“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. Through discussion and special guest speakers, we hope to equip you with tools to aide in the grief process, reduce stress, and create new friendships.

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.





Free Dental Care for Senior Center members!

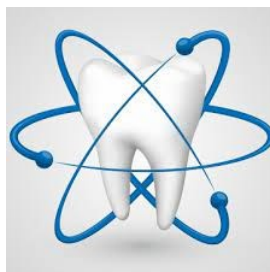
Community Volunteers in Medicine

(CVIM)

300B Lawrence Drive

West Chester, PA 19380

****Rover available****



Procedures offered:

Cleanings

Fillings

Extractions

X-rays

Panorex

***If you are a member of a Chester or Delaware County Senior Center and are interested in CVIM dental care, please call:
Alberta Landis, VP of Dental Services 610-836-5990 ext 107***



Phoenixville Hospital
TOWER HEALTH
Advancing Health. Transforming Lives.

Do you know that your oral health is more important than you might realize? Like other areas of the body, your mouth teems with bacteria — mostly harmless. But your mouth is the entry point to your digestive and respiratory tracts, and some of these bacteria can cause disease.

Join the Senior Center and Tower Health on

Wednesday February 23rd at 11 am

as they present a roundtable health talk entitled

“Do You Know: Self Help for Teeth Related Problems”

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

Masks must be worn at all times please.

Mon		Tue		Wed		Thu		Fri	
8:45am - SS Circuit 9:45am - SS Classic 12:30pm - Stay Fit Zoom	31	9am - Walking group 10am - Mahjong 10:30am - Zoom Coffee 1pm - Pinochle 1pm - SS Yoga		8:45am - SS Circuit 9:45am - SS Classic 10:30am - Zoom WHS		9am - Walking group 10am - Duplicate Bridge 10:30am - Qigong Zoom 1pm - Pinochle 1pm - Social Stitchers		8:45am - SS Yoga 9:45am - SS Classic 11am - Food distribution	
	7	9am - Walking group 10am - Mahjong 10:30am - Zoom Coffee 1pm - Pinochle 1pm - SS Yoga		8:45am - SS Circuit 9:45am - SS Classic 10:30am - Zoom WHS 1pm - Watercolor Class		9am - Walking group 10am - Duplicate Bridge 10:30am - Qigong Zoom 1pm - Pinochle 1pm - Social Stitchers		8:45am - SS Yoga 9:45am - SS Classic 11am - Food distribution	
	14	9am - Walking group 10am - Mahjong 10:30am - Zoom Coffee 11am - Art on Canvas 1pm - Pinochle 1pm - SS Yoga		8:45am - SS Circuit 9:30am - Comitta Rep 9:45am - SS Classic 10:30am - Zoom WHS		9am - Walking group 10am - Duplicate Bridge 10:30am - Qigong Zoom 1pm - Pinochle 1pm - Social Stitchers 5pm - Third Thurs		8:45am - SS Yoga 9:45am - SS Classic 11am - Food distribution	
	21	9am - Walking group 10am - Mahjong 10:30am - Zoom Coffee 1pm - Pinochle 1pm - SS Yoga		8:45am - SS Circuit 9:45am - SS Classic 10:30am - Zoom WHS 11am - Tower Health Talk 1pm - Watercolor Class		9am - Walking group 9:30am - Shusterman Rep 10am - Duplicate Bridge 10:30am - Qigong Zoom 1pm - Pinochle		8:45am - SS Yoga 9:45am - SS Classic 11am - Food distribution	
8:45am - SS Circuit 9:45am - SS Classic 12:30pm - Stay Fit Zoom 2pm - Book Club	28	9am - Walking group 10am - Mahjong 10:30am - Zoom Coffee 1pm - Pinochle 1pm - SS Yoga		8:45am - SS Circuit 9:45am - SS Classic 10:30am - Zoom WHS		9am - Walking group 10am - Duplicate Bridge 10:30am - Qigong Zoom 1pm - Pinochle 1pm - Social Stitchers		8:45am - SS Yoga 9:45am - SS Classic 11am - Food distribution	
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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

Valentine's Dance

5-7:00

With DJ Tom Dalton

50/50 drawing at 6 pm

[Click here for 50/50 tickets.](#)

Vaccines required!

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



We will celebrate our January, February and March Birthdays

At our Birthday Social on Wednesday March 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
February Birthday Participants
a very Happy Birthday!**

Dennis Dempsey	Lorraine Dempsey	Emma Levering	Michael DiPiano
Joan Hicks	Michael James	Tai Bahn	Maryann Godlewski
Rose Knezits	Ernest Reimer	Robert Fegan	Anna Zygmunt
Gloria Cermak	Harold Sanders	Jean Gardner	Andrea Grohoski
Alex Kovach	Earlene Wagner	Janet Lynch	David Yocom
Marie Venezia	Susan Heron	Elaine Norman	Brian Hoey
Susan Coyle	Isabel Rudick	Patricia Rodenbaugh	Marian Menkins
Sylvia Harvey	Joseph Michinock	Pam Butchkoski	Juliette Rawson
Rosemary Fazio	Deb Gleason	Barbara Eichler	Regina Reber
Barbara Billman	Signe Larsen	Donna Himes	Robert Smith
Lenore Gates	Mark Williams	Lucinda Parrish	Carole Thompson
Michael Mudry	Evelyn Bogner	Gordon McLeod	Rose Guardino
Morris Combs	Joanne Cugini	Gloria Ross	Carol Wright
Diane Laskey	Linday Dillingham	Darlee Gelting	Ambrose Malenk
Nancy Lear	Kim Snook	Ron Hartman	Mildred Bailiff
Sharon Morrelli	Helen Bliss	George Mardi	Debbie DeRito
Jane Myers	Theodore Kabatt	Louise Boyer	Jacqueline Drabick
Harper Gensemer	Sara Umstead	Douglas Hamel	Lynn Foresberg
Sandra Kanaskie	Glenn Kerwin	Virginia Neizer	Josephine ONeill
Geraldine Malanios	Pat Gergel	Robert Stuski	Elizabeth Corbin
Dorothy Cassel	Ann Cahill	Judith Phillips	Mary Kamau

Bag BINGO

February 26, 2022



15 Games

Bags by Coach, Vera Bradley, Dooney & Bourke, Michael Kors, Kate Spade and others

Doors open at 1 PM, Games start at 2 at the
Kimberton Fire Company's Covered Bridge Room
Ticket \$25 each

Additional activities include:

5 Specials, food, and raffle baskets

For tickets call 610-935-1515

or go to <https://bit.ly/PASCbingo>



proceeds benefit the Programs and activities at the Phoenixville Area Senior Center

Full vaccinations and masks are required to attend.

Save the Date

3RD ANNUAL



IRISH WAKE

MARCH 17TH

6 TO 8PM

STAY TUNED FOR DETAILS!

Get your jokes ready!



AARP Tax Aid

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.

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.

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.



Wednesday February 16th
from 9:30 to 11:30

Senator
Carolyn
Comitta

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.

MELISSA 
SHUSTERMAN
STATE REPRESENTATIVE

Thursday February 24th
from 9:30 to 11:30.

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

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



Email

RA-DHPASIIS@PA.GOV



Or Call

877-774-4748



pennsylvania
DEPARTMENT OF TRANSPORTATION

Driver and vehicle online services include non-commercial driver's license, photo ID and vehicle registration renewals; changes of address; driver license and vehicle registration restoration letters; ability to pay driver license or vehicle insurance restoration fee, and driver exam scheduling through PennDOT's website – www.dmv.pa.gov

Now You Know

How to get the Free Covid tests and KN95 masks

Did you know that you can order free Covid tests from the Federal Government? Go to the website <https://www.covidtests.gov/>. They ask for your name, email and address. Everyone who requests the tests will receive 4 free test kits mailed directly to their address in 7-12 days. If you do not have a computer and need help registering, please call us at 610-935-1515. We do not have any kits at the Center, but we can help you register to receive them by mail.

President Biden also announced that the government will provide the KN-95 masks, previously withheld for healthcare workers only. Up to three masks per person can be obtained **free from your local pharmacy**, although some pharmacies do not have them yet. The Government expects to ship masks this week to be received by the pharmacies by the beginning of February. The CDC is recommending these masks over cloth masks and the traditional surgical masks. The Senior Center requires everyone wear a mask to enter the Center.

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! Call Cari at 610-935-1515 ext24.

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.

Federal Communications Commission Launches the Affordable Connectivity Program (ACP)

The ACP provides a discount of up to \$30 per month toward internet service for eligible households

Enrollment in the ACP is now open for households with at least one member qualifying under any of the following criteria:

*Has an income that is at or below 200% of the [federal poverty guidelines](#).

*Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or [Lifeline](#).

*Meets the eligibility criteria for a participating provider's existing low-income program.

For application questions, email ACPSupport@usac.org or call 877-384-2575

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)



Pennsylvania's

Prescription

Assistance programs

for older adults, PACE and PACENET, offer low-cost prescription medication to qualified residents, age 65 and older. On February 21, 2022, the income limits for these programs will increase, allowing 100,000 additional Pennsylvania seniors to be eligible. The new income limits are as follows:

PACE: \$14,500 (single yearly income)
 \$17,700 (married yearly income)

PACENET: \$33,500 (single yearly income)
 \$41,500 (married yearly income)

Please contact Cari at extension 24 or at cforeman@phoenixvilleseniorcenter.org for assistance.

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 process payments to landlords and utility providers.

Phone 3G networks are shutting down in 2022.

Here's what you should know.

All of the major cellphone carriers — AT&T, Verizon and T-Mobile — are planning to shut their older 3G networks in 2022. Millions of people in the United States who use 3G phones and other 3G devices will have to buy a new device to text, make calls or even reach 911.

When do the networks shut down?

The shutdown dates start in January 2022 and are spread out throughout the year. At this time, the dates are all confirmed and the carriers are proceeding as if they are set in stone. However, the Federal Communications Commission recently accepted comments from groups and people concerned about the shutdown, which could lead to a delay.

Sprint's 3G: Jan. 1, 2022 / AT&T's 3G: Feb. 22, 2022 / Sprint's LTE: June 30, 2022 /
Verizon's 3G: Dec. 31, 2022 / T-Mobile's 2G and 3G: Not yet announced

What happens to 3G phones after that date?

Your phone will no longer be able to make phone calls. Apps and websites will not work over a cellular connection. You will not be able to dial 911. The phone will be able to work over WiFi for certain tasks.

How do I know if I have a 3G device?

The carriers say they've been alerting customers who are on older phones that services are ending, sending a combination of texts, letters, phone calls and emails. If you have a service plan and have not heard from your carrier, you should be fine but you can log into your account to double check. If you're still unsure, or wondering about an old device not on a cell plan, there are some ways to check.. The vast majority of phones in use are already on 4G and 5G networks.

Will it impact anything other than phones?

Yes. Phones aren't the only technology impacted by the sunset of these networks. There are e-readers like the Kindle with 3G, portable Internet hotspots, kid's wearables, alarm systems, personal alarm devices, alcohol monitoring devices and various other Internet-of-things devices that rely on 3G. If you have any kind of home security system or medical alert devices, like the kind that can call for help if you fall, call the company to make sure it is still supported.

How do I get a new phone?

Most carriers are offering free and low-cost replacement phones to customers with 3G devices, though the exact offers vary. If you're worried about having to learn your way around a new device, look for something that runs the same operating system from the same manufacturer. If you're ready for a big upgrade, see if your carrier has any offers or rebates for the newest smartphones. (Some older phones can continue working on 4G and 5G networks with a software update and a new SIM card from your carrier. You can even get a new flip phone.

Do I need to cancel my carrier plan?

If you decide that you would rather forge ahead without a phone than upgrade, then yes you need to cancel. Most carriers will let you cancel your plan without any penalty. However, if you forget to cancel your phone plan and don't upgrade to a working device, the company won't automatically stop charging just because you aren't able to access their network.



Villanova ReachOut

TAP. TALK.
MAKE A DIFFERENCE.



Villanova ReachOut connects Villanova students, faculty, or staff with older adults who are socially isolated. **ReachOut** is a volunteer program and is completely free. No medical advice or consultation is provided – it's purely social. Volunteers can reach older adults via telephone, Zoom or Facetime. All volunteers receive training and have contact with a Villanova faculty member when needed.

Please share this with any older adult in your organization or life who would like to be partnered up with a Villanova volunteer. Referrals can be made either by email reachout@villanova.edu, phone **610-519-5969** or through the following referral link [ReachOut Older Adult Partner Referral Form or scan the following QR code](#) —→



GIG
GERONTOLOGY
INTEREST GROUP



ADVANCING SCIENCE &
THE WORKFORCE FOR OLDER ADULTS



VILLANOVA
UNIVERSITY
Fitzpatrick
College of Nursing

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

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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.