



From the Desk of Executive Director, Julie Gaudan

The kitchen remodel really started! Demolition is complete and floors are going in. The last nine months of waiting have been worth it! We look forward to starting in person dining in April. I hope COVID cooperates. Keep an eye out for a Grand Opening!

March 17 we will celebrate our Third Irish Wake. The Irish Wake gives us a gentle way to discuss end of life issues. We use good natured humor to lighten the mood. You have a chance to tickle the funny bone of our “corpse” Mayor Peter Urscheler, the President of our Board of Directors. Tickets include entertainment and a meal featuring Shepherd’s Pie courtesy of Chester County Food Bank. Meals are available to eat in or take out. We will air the music, talent and humor on Zoom.



This year at the Irish Wake we will remember the participants who passed away in the past two years. (See newsletter page 6) While each and every one is special and will be missed, I have one very special person to mention. February 17, 2022, the Grand Dame of the center, Dorothy “Dot” Moorhouse passed away. Dorothy was 103 years young. She was still active and played bridge March 5, 2020 – the last game before we closed the Center for COVID.

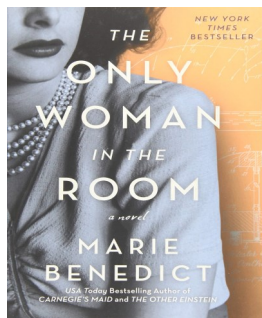
Dorothy “Dot” Moorhouse, July 2018, celebrating her 100th birthday

Our Participant Council has been on hiatus during COVID. We will reinstate this advisory group in the coming months and will be looking for representatives from each activity group. This group provides valuable feedback on our schedule and activities.

There is a lot of discussion of masking in the media. Cases and hospitalizations have stopped going up in Phoenixville and most importantly, COVID deaths are going down. If this trend continues, the Center can start to transition to more pre-COVID operations in the near future. I hesitate to put out a date because that hasn’t worked well in the past. With a new variant surfacing every 160 days or so, we should be out of the woods by the middle of April. Our next phase, vaccinated participants will have the option of unmasking. If you have concerns or health issues, you can always remain masked. Please be kind to each other and respect each other’s health and choices. Please check with your health care provider - vaccinations are still the best way to protect yourself and to protect your friends.

See you at the Center

Julie



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

“The Only Woman in the Room” by Marie Benedict
Hedy Lamarr possessed a stunning beauty. She also possessed a stunning mind. Could the world handle both? A powerful novel based on the incredible true story of the glamour icon and scientist whose groundbreaking invention revolutionized modern communication

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

Watercolor Art Class

Wednesday March 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 March 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 Program with the Senior Center and Wondrium

WHS -World Heritage Sites: Exploring the Worlds Greatest Places

every Wednesday at 10:45am

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

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

Let's Celebrate Mardi Gras in style with some good music and treats!

Tuesday March 1st at 11am

Call 610-935-1515 ex 29 to reserve a spot!





New Class offering from the Chester County Food Bank

Seed to Supper is a beginning gardening course for growing veggies at home on a budget.



The class is offered by the Chester County Food Bank, in partnership with Penn State Extension Master Gardeners of Chester County, and hosted by the Phoenixville Senior Center. Designed for adults, the free classes highlight practical, low-cost techniques for planning, planting, maintaining, and celebrating the harvest of a successful vegetable garden.

Classes include one time 2-hour workshops on Vegetable Gardening for Beginners and Container Gardening, as well as an in depth 6-week course, which covers the following topics in 2 hour sessions over 6 consecutive weeks:

- Planning your garden – planting plans and maps, crop rotation
- Building healthy soil – composting, making garden beds
- Planting your garden – fertilizing, seeding, transplanting, vertical gardening
- Caring for your garden – watering, weeding, pest management
- Harvesting your bounty – crop-by-crop guide for harvesting, storage, cooking

Classes begin in April. Stay tuned to our website www.phoenixvilleseniorcenter.org , our weekly emails or our Facebook page to find out how to register for classes.



Myth: Cracking your fingers causes arthritis

When you crack your knuckles, you're pulling your joints apart. This stretch causes an air bubble to form in the fluid, which eventually pops, creating that familiar sound.

Cracking your knuckles isn't necessarily good for you, though. While there's no proven relationship between the habit and ar-

thritis, persistent cracking can wear down your synovial membrane and make it easier for your joints to crack. It can also lead to hand swelling and weaken your grip.

Join the Senior Center and Tower Health on

Wednesday March 30th at 11 am

as they present a roundtable health talk entitled

"Do You Know: Health Myths Debunked"

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

Masks must be worn at all times please.



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!**

Marie Bazela	Paul Border	Patricia Bainbridge	Dorothy Yocom
Lillian Matthews	Rebecca Green	Frank Fusco	Charels Carvell
Clara Neizer	Dolores Janfrancisco	Victor Razo	Sue Jain
Veronica Szucs	Shannon Ludwig	Steve Rinaldi	Paul Hollis
Ginny Wang	Carol Markoski	Bernadette Scioli	Paul Yenser
Albert Betz	Esther Simes	Dorothy Swartchick	Harry Faulkner
Robert Brink	Bonnie Wallace	Veronica Lehman	Florence Neizer
Nancy Simon	Melvin Levy	Margaret McKenna	Veronica Vaughan
Edith Craft	Dorothy Cox	Pat McGranahan	Dianna Gattone
Cathy Manoy	Peggy Tweed	Joe DeLaurentis	Galen Hall
Faye Szuchan	Veda Carvell	Maureen Robinson	Doris Bolinger
Katherine Dillon	Kathryn Ball	Lawrence Stetson	Richard Wolf
Mary Koska	Nancy Branglis	Barbara Burkey	Georgeanne Hoff
Judith Seifert	Ranjit Daphtary	Sally Peirson	Annette Noce
Ed Jefferis	Beatrice Haegele	William Clouser	Ann Urban
Sandra Rapp	Kathleen Carr	Virgina Trombetta	Paul Fielding
Charlotte Wertman	Anne Gausch	Jerzy Zukowski	Patricia Hoefer
Janice Wright	Anne McNeil	Mary Burkhart	Robert Hyneckel
Joann Colgan	Edna Styer	Richard Brown	Janice Kabatt
Karen Crampo	Stephanie Kelly	Natalie Cali	Deb Woolson
Elaine Wentzel	Wayne Sibley	Shirley Leszczynski	Anna Popovich

AARP Meetings return to the Center on Wednesday March 2nd at noon.



There is no charge for this meeting but vaccines and masks are required to attend. Plan ahead for the first Wednesday of every month going forward.



Craft Day March 14th at 1pm Fee \$2

Join Christine as we create cute leprechaun gnomes.

All materials will be provided. Supplies differ from photo.

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 March 21st at 1pm

5 games for \$5

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

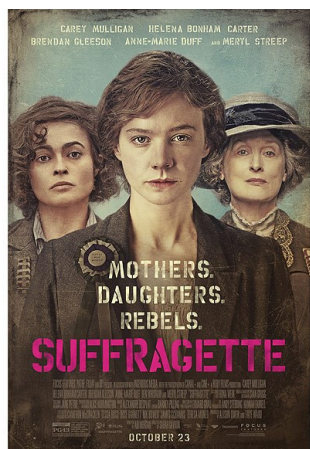


Join the Senior Center to celebrate **Women's History Month**

with a screening of the movie Suffragette (2015)

Starring Carey Mulligan, Helena Bohnam-Carter and
Meryl Streep

on Wednesday March 30th at 1pm.



In 1912 London, a young working mother is galvanized into radical political activism supporting the right for women to vote, and is willing to meet violence with violence to achieve this end.

In memory of those we have lost since the
COVID19 pandemic closed our doors

March 13,2020

May Your Light Forever Shine



JG Amore	William Garber	John Lafferty	Anna Pogash
Nancy Asbert	Richard Gherst	Pat Lutz	Gerald Powell
Marie Ashton	Amelia Giummule	Katherine Lynch	Anna Rausch
Joan Barkman	Lois Glaser	Wilford March	Francis Rechner
Marshall Barkman	Walter Grohoski	Irma Mastrangelo	Loretta Reczek
Florence Beard	William Grover	William McCarron	Ulrich Rimrott
Phillip Beaver	Thomas (Gene) Grubbs	William Menkins	Kermit Royer
Angie Beshline	Doris Guindon-Smith	Al Merkel	Alice Salamone
Joseph Benson	Nancy Hallett	Karen Merkel	Clyde Scheib
LuAnne Boccella	Mary Lou Hartman	Joan Miller	Henry Scott
Margaret Bogynos	Donna Howell	Willard Miller	William Shakespeare
Gary Brija	Richard Iswalt	Leah Moore	Virginia Stubblebine
William Bull	Bernard Johns	Dorothy Moorehouse	Steve Swartchick
Anthony Cionti	Matthew Jordan	Thelma Nelson	Edward Szegedy
Ann Coccia	Carl Journey	Irene Novak	John Szuchan
Frank Comito	Marie Journey	Marie Olearsek	Richard Tanney
Rosalie Coyle	Dorothy Karkoska	Anthony Pannella	Robert Taylor
Mary Crabtree	Joanne Karlson	Patricia Papp	Jane Vegso
Manuel DeMutis	Mary Keim	Sophie Pechin	Ann Wolff
Winifred Dunphy	Phyllis Kirland	Viola Philippanics	Janice Wood
Richard Ewing	Nobuko Kluge	Geraldine Phipps	Lady M Young
Paul Ferko	Joseph Kovach	Alice Pitcock	



IRISH WAKE

For \$20, join us for

Dinner (Shepherd's Pie and Sly Fox's Softly Falling Darkness Oatmeal Stout & dessert)

and Entertainment (Irish Dancers, Bagpipers, Singer Matt Cummins)

March 17, 2022 6 PM

YOU provide our comedy finale - bring your jokes to test your comedy skills on Mayor Peter Urscheler, our corpse.

Make him laugh and you win a prize.

Have Dessert and receive your prize while you browse the vendors who will discuss End-of Life. I know, no fun, but boy is it necessary! For parents and their adult children.

Call 610-935-1515 or go to:

<https://bit.ly/PASCWake>



Phoenixville
area senior center
FRIENDSHIP-LEARNING-ACTIVITY



Mon	Tue	Wed	Thu	Fri
<div>28</div> <div>8:45am - SS Circuit</div> <div>9:45am - SS Classic</div> <div>12:30pm - Stay Fit Zoom</div> <div>2pm - Book Club</div>	<div>1</div> <div>9am - Walking group</div> <div>10am - Mahjong</div> <div>10:30am - Zoom Coffee Hour</div> <div>11am - Mardi Gras</div> <div>1pm - Pinochle</div> <div>1pm - SS Yoga</div>	<div>2</div> <div>8:45am - SS Circuit</div> <div>9:45am - SS Classic</div> <div>10:45am - Zoom WHS</div> <div>12pm - AARP meeting</div>	<div>3</div> <div>9am - Walking group</div> <div>10am - Duplicate Bridge</div> <div>10:30am - Qigong Zoom</div> <div>1pm - Pinochle</div> <div>1pm - Social Stitchers</div>	<div>4</div> <div>8:45am - SS Yoga</div> <div>9:45am - SS Classic</div> <div>11am - Food distribution</div>
<div>7</div> <div>8:45am - SS Circuit</div> <div>9:45am - SS Classic</div> <div>12:30pm - Stay Fit Zoom</div>	<div>8</div> <div>9am - Walking group</div> <div>10am - Mahjong</div> <div>10:30am - Zoom Coffee Hour</div> <div>1pm - Pinochle</div> <div>1pm - SS Yoga</div>	<div>9</div> <div>8:45am - SS Circuit</div> <div>9:45am - SS Classic</div> <div>10:45am - Zoom WHS</div> <div>1pm - Watercolor Class</div>	<div>10</div> <div>9am - Walking group</div> <div>10am - Duplicate Bridge</div> <div>10:30am - Qigong Zoom</div> <div>1pm - Pinochle</div> <div>1pm - Social Stitchers</div>	<div>11</div> <div>8:45am - SS Yoga</div> <div>9:45am - SS Classic</div> <div>11am - Food distribution</div>
<div>14</div> <div>8:45am - SS Circuit</div> <div>9:45am - SS Classic</div> <div>12:30pm - Stay Fit Zoom</div> <div>1pm - Craft</div>	<div>15</div> <div>9am - Walking group</div> <div>10am - Mahjong</div> <div>10:30am - Zoom Coffee Hour</div> <div>11am - Art on Canvas</div> <div>1pm - Pinochle</div> <div>1pm - SS Yoga</div>	<div>16</div> <div>8:45am - SS Circuit</div> <div>9:30am - Comitta Rep</div> <div>9:45am - SS Classic</div> <div>10:45am - Zoom WHS</div> <div>1pm - Birthday Social</div>	<div>17</div> <div>9am - Walking group</div> <div>10am - Duplicate Bridge</div> <div>10:30am - Qigong Zoom</div> <div>1pm - Pinochle</div> <div>1pm - Social Stitchers</div> <div>5pm - Irish Wake</div>	<div>18</div> <div>8:45am - SS Yoga</div> <div>9:45am - SS Classic</div> <div>11am - Food distribution</div>
<div>21</div> <div>8:45am - SS Circuit</div> <div>9:45am - SS Classic</div> <div>12:30pm - Stay Fit Zoom</div> <div>1pm - Cash BINGO</div>	<div>22</div> <div>9am - Walking group</div> <div>10am - Mahjong</div> <div>10:30am - Zoom Coffee Hour</div> <div>1pm - Pinochle</div> <div>1pm - SS Yoga</div>	<div>23</div> <div>8:45am - SS Circuit</div> <div>9:45am - SS Classic</div> <div>10:45am - Zoom WHS</div> <div>1pm - Watercolor Class</div>	<div>24</div> <div>9am - Walking group</div> <div>9:30am - Shusterman Rep</div> <div>10am - Duplicate Bridge</div> <div>10:30am - Qigong Zoom</div> <div>1pm - Pinochle</div> <div>1pm - Social Stitchers</div>	<div>25</div> <div>8:45am - SS Yoga</div> <div>9:45am - SS Classic</div> <div>11am - Food distribution</div>
<div>28</div> <div>8:45am - SS Circuit</div> <div>9:45am - SS Classic</div> <div>12:30pm - Stay Fit Zoom</div> <div>2pm - Book Club</div>	<div>29</div> <div>9am - Walking group</div> <div>10am - Mahjong</div> <div>10:30am - Zoom Coffee Hour</div> <div>1pm - Pinochle</div> <div>1pm - SS Yoga</div>	<div>30</div> <div>8:45am - SS Circuit</div> <div>9:45am - SS Classic</div> <div>10:45am - Zoom WHS</div> <div>11am - Health Talk</div> <div>1pm - Movie Day</div>	<div>31</div> <div>9am - Walking group</div> <div>10am - Duplicate Bridge</div> <div>10:30am - Qigong Zoom</div> <div>1pm - Pinochle</div> <div>1pm - Social Stitchers</div>	<div>1</div> <div>8:45am - SS Yoga</div> <div>9:45am - SS Classic</div> <div>11am - Food distribution</div>

Weekly Programs at the Senior Center in person and on Zoom

Silver Sneakers Circuit—Intermediate

Monday and Wednesday 8:45am

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

Silver Sneakers Classic –Beginner

Monday, Wednesday & Friday 9:45am

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

Silver Sneakers Yoga

Tuesday 1:00 pm and Friday 8:45am

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.

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,

Mahjong

Every Tuesday at 10am

Mahjong is fun and enormously popular, a classic Chinese game of strategy, skill, and summation.

Zoom Coffee Hour

Tuesdays at 10:30am

Zoom Link to join:

<http://bit.ly/PSCzoom>

Zoom : 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 provides a series of video workouts to help keep you on track.

<http://bit.ly/PSCzoom>

Zoom :Qigong Flow

every Thursdays @ 10:30am

Move more mindfully through your life with routines that bring together the ancient traditions of yoga and qigong. <http://bit.ly/PSCzoom>

Duplicate Bridge

Thursdays at 10am

Duplicate bridge is the most widely used variation of contract bridge in club and tournament play.

Social Stitchers

Thursdays at 1pm

Pinochle

Tuesdays and Thursdays at 1pm

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



AARP Tax Aid

Last chance to make your AARP tax appointments for 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 March 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 610-935-1515 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 March 24th 9:30 to 11:30
from 9:30 to 11:30.

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.

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.

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

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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.