

April 4-8, 2022

Two years and two weeks ago, the Senior Center reacted to Pennsylvania's Covid-19 closure by stepping up, providing meals to those who counted on our lunchtime meal and breakfast. On Friday, we gave away our last. We are so thankful to everyone who supported this effort, especially our participants who cooperated with everything we asked.



Our volunteers joined us in the blazing heat and freezing snow and everything in-between. We are so grateful to Honey Beauchamp, Wendy Kirby, Teresa Byrne, Jennifer Schulte, Brigit Kaniewski, Sarah Guido, Michele Ferretti, Jill Austin, Marianne & Charlie Pefall, Lou Beccaria, Lynne Seay, Patty Cleveland, Becky Benz, Susan Schwartz and Vivian Berger, Peter Urscheler and Doug Wessels, the staff at Phoenixville/Valley Forge Dermatology, Mark King Exley, Bret Illig. We have been assisted by many students including Joseph, Grace, David, Collin, Nick, Scout, Ryan, Amelia, Kai, Stephanie, Catherine, Kendall, Nora, Chad, Aaron, Allison, Giannina, Phoenixville High School's FBLA Club, AFROTC, and Honor Society. Finally, Thank you to anyone unintentionally omitted.

We will serve lunch beginning at noon on April 4. As we restart, we need to hear from you. If you plan to have lunch at the Center, we need your reservation by Monday the week before. We appreciate your cooperation. **If you would like to join us for any of the following meals, please make your reservation by Monday, April 4 by calling 610-935-1515 or go to <https://community.copilot21.com/>.**

Monday April 11	12	13	14	15
Chicken Pot Pie	Cheese Steak	Chicken Cacciatore	Pretzel Melt	Baked Penne Pasta

Our exercise classes, and some others are offered in-person and on Zoom! Click [HERE](#) for PASC Zoom classroom. For vaccinated participants, masks are optional. Please assess your risk. Unvaccinated masks required.

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
8:45am Silver Sneakers Circuit	9:00am Walk w/ the Center	8:45am Silver Sneakers Circuit	9:00am Walk w/ the Center	8:45am Silver Sneakers Yoga
9:30am Coffee Hour	9:30am Coffee Hour	9:30am Coffee Hour	9:30am Coffee Hour	9:30am Coffee Hour
10:30am Zoom Coffee Hour	10:00am Mahjong	9:45am Silver Sneakers Classic	10:00am Duplicate Bridge	9:45am Silver Sneakers Classic
9:45am Silver Sneakers Classic	10:30am Zoom Coffee Hour	10:30am Wondrium Zoom	10:30am Qigong Zoom	12:00pm Lunch
12:00pm Lunch	12:00pm Lunch	12:00pm Lunch	12:00pm Lunch	
12:30pm Stay Fit Zoom	1:00pm Silver Sneakers Yoga	12:00pm Lunch	1:00pm Social Stitchers	
	1:00pm Pinochle	12:00pm AARP Meeting	1:00pm Pinochle	

Upcoming Programs – Save the Date

Pampered Chef On-Line Fundraiser – From April 1st-30th. Consultant, Sandy Fota will donate 15% of her sales to the Senior Center in honor of her grandmother. Go to <https://www.pamperedchef.com/party/pasc0422> You can even share the site with your friends! Need Help, Have Questions about the products, Email Sandy Fota at Sandy.Fota@gmail.com

Seeds to Supper – Every Mondays at 1pm from April 11–May 16. The class is offered by the Chester County Food Bank, with Penn State Extension Master Gardeners. Designed for adults, the free classes highlight practical, low-cost techniques for planning, planting, maintaining, and celebrating the harvest of a successful vegetable garden.

Mystery Night – Third Thursday April 15 at 5 pm. If you like puzzles, solving mysteries, enjoy old crime shows, come help us solve the mystery. Put together a team, and win some bragging rights. Snacks and drinks provided.

Reading Phillies We are taking a road trip to see a day game on May 10. We hope to leave by bus around 9:30 am for an 11am game, returning around 2:30 pm. Cost \$40 includes ticket, transportation and boxed lunch. Let us know if you can join us. Call or email Christine@phoenixvilleseniorcenter.org.