



June 2022

The Center will close early every Friday at 1:30pm from Memorial Day weekend to Labor Day weekend due to the closure of Bridge Street

From the Desk of Executive Director, Julie Gaudan

I hope you all had a chance to look around the center and meet our new Kitchen Manager, Ryan McGowan at our Open House last month. As many of you may know, Sally Sweeney decided to take a step back and work fewer hours. It has taken some time to find someone who can fill her shoes. Ryan studied culinary arts at Johnson & Wales in Rhode Island, and he will be a big help in returning to our regular meal schedule over the summer. We look forward to resuming Breakfast Tuesday, Wednesday, and Thursday in June. Alternate Lunches should resume in July/August.

We are excited to announce our new pickleball program. Pickleball is one of the fastest growing sports - easy to learn and great for all ages. Joel Payton from United Healthcare is a certified instructor and will be teaching introductory classes on June 8, 10 and 29. Space is limited so, please call 610-935-1515 x21. June 17 and 24 at 1:00 we reserved the gym at the new Phoenixville Rec Center at 501 Franklin Avenue for free sessions. We will add more times if there is interest. Look for more information on rules and schedules.

Very excited to announce a new partnership with AARP. We will host their Digital Skills Ready 50+ classes. This curriculum is tailored for a mature learner who needs to become familiar with computers. This will give you marketable skills and help bridge the "digital divide". We are looking for a trainer for the program. There will be professionally led training on how to teach the program and a stipend. Please let me know if you are interested or know someone who is.

Let's have a great summer!

Julie



Calling all Fathers and Father figures!



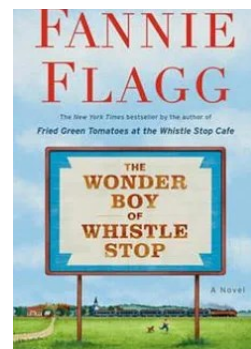
Father's Day Celebration Wednesday June 22nd at 1pm

Come to a carnival at the Senior Center with games and snacks to celebrate!

Book Club with Mark Pinto Monday June 20th @ *1pm
***new time for June only**

A heartwarming novel about secrets of youth rediscovered, hometown memories, and the magical moments in ordinary lives, from the beloved author of Fried Green Tomatoes

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



Celebrate Flag day with a "Rag Flag" Craft

Tuesday June 14th @ 10:30 am

All materials will be provided. Fee \$3

Please reserve your space by calling 610-935-1515 ext 29 before June 10th



Movie Day Monday June 27th at 12:45pm

Fried Green Tomatoes (1991)

A housewife who is unhappy with her life befriends an old lady in a nursing home and is enthralled by the tales she tells of people she used to know.

Starring: Kathy Bates; Jessica Tandy; Mary Stuart Masterson; Mary-Louise Parker; Cicely Tyson



Let's play mini golf at Markie's (360 Schuylkill Rd)

Friday June 3rd at 1pm.

Fee \$7.25



Have You seen the new HBO Max TV Series **Gilded Age**?

Come watch an episode from the series

every Friday morning starting June 10th at 10:45am.

A young woman entering 1882 New York City's rigid social scene is drawn into the daily conflicts surrounding the [nouveau riche](#) Russell family and the established van Rhijn-Brook family as well as those faced by the [upper](#) and [upper middle class](#), the [Black upper class](#), and the [domestic workers](#) that tend to all of their needs

**In honor of the holiday Juneteenth,
the Senior Center will be showing the Movie
Miss Juneteenth (2020) Monday June 20th at 1 pm**

A former beauty queen and single mom prepares her rebellious teenage daughter for the "Miss Juneteenth" pageant.

Starring: Nicole Beharie, Alexis Chikaeze, and Kendrick Sampson



Join the Senior Center and Tower Health

Wednesday June 29th at 11am

as they present a roundtable health talk entitled **"Do You Know: Allergies"**

Stay for lunch afterwards!

Please call Christine at 610-935-1515 ext 29 to reserve your space for lunch by Monday June 20th.



Chester County Fresh2You Truck
is back for the season starting
June 8th!

Every Wednesday 10am to 12:30pm

In the Senior Center Parking lot!

Stop by for tons of delicious fresh
produce

Summer eatFresh classes

begin June 22nd to Sept 1st

In person: 6/22, 7/20, 8/17 from 5 to 6pm

Hybrid: Pick-up 7/6, 8/3, 8/31 from 2:30 to 3pm

Zoom: 7/7, 8/4, 9/1 from 6 to 7pm

Follow link to register:

<https://www.surveymonkey.com/r/EFSUM22>



An Evening with Elvis

Third Thursday

June 16, 2022 5 to 7pm

5-6pm Elvis Impersonator,

Jeff Krick, Jr



6-7pm Memphis BBQ

Dinner, including Pulled Pork BBQ, Potato Salad, Baked Beans, Cole Slaw and Beverage

Dinner & Show \$15/person

For more information or to make a reservation,
please call 610-935-1515x29



2022 Vacation 50/50

\$10 FOR 1 TICKET

\$25 FOR 3 TICKETS

Drawing pulled June 16 at our

Third Thursday Program, An Evening with Elvis

Go to www.phoenixvilleseniorcenter.org to purchase your tickets



Want to learn how to play the fastest growing sport in America?

Pickleball is a racket/paddle sport that was created by combining elements of several other racket sports. Two or four players use solid paddles to hit a wiffle ball over a net.

Join Certified Instructor Joel Payton as he shows us how to play Pickleball on **June 8th, 10th & 29th at 1pm** at the Senior Center. Space is limited so preregister on CoPilot or call 610-935-1515 x29 to make a reservation.

Like to play Pickleball? Come with the Center to the new Rec Center (501 Franklin Ave) to play on **Fridays June 17 & 24 at 1pm**. Equipment will be provided. \$5 fee is waived for June.

Meditation with Linda Dieffenbach

Monday - June 13th at 1pm



Linda Dieffenbach, owner of Wellness in Harmony in Phoenixville, is a Holistic Practitioner, Coach and teacher with a background in Social Work. She has over 15 years of experience in mental and behavioral health combined with over 15 years experience in Holistic Health & Wellness.

The Senior Center is looking for volunteers!

Volunteers: Lunch time kitchen help/prep (Mon-Fri),

Bagging produce (Thurs mornings) ,

Reception Hostess (Various)

Newsletter Assembling (monthly) Crafts teacher TBD

Information Technology Coach

Volunteers will have criminal background checks and need to be fully vaccinated.

Please call 610-935-1515 x29 for more information



We will celebrate our June Birthdays on **Wednesday June 15th**
when **The Notables** return for their first performance since 2020.

Lunch at 12pm Entertainment with The Notables at 1pm

Go to www.commmunity.copilot21.com or call 610-935-1515 ext 29 to reserve lunch by 6/6



**Please join us in wishing our
June Birthday Participants**

Joann Beauregard

Sandra Benditt

Carl Billman

Don Brignola

Ed Broderick

Samuel Butz

Sandra Campbell

Jill Cardamone

Gary Coar

Lewis Cole

Marebeth Conard

Debbie Cook

Nancy Crowe

Margaret Culmone

Dolores DeLaurentis

Kathryn Duran

Barbara Eschbach

Michael Fatula

Dennis Fenstermacher

Tom Feltzer

June Hankins

Ruth Hite

Barbara Hultslander

Ron Ianieri

Bruce Jackson

Stephanie Jones

Pat Kellner

Frank Laffredo

Lorraine Laird

Fred Lenczynski

Luann Lorence

Florence Mano

Victoria Mattschei

Nancy McGuigan

Gene McLain

June Meadows

Ella Miller

Alan Minor

Cliff Moore

Lee Morningstar

Mary Moyer

Bernard Novi

Patricia Peiffer

Barbara Piacine

Agripina Rittenbaugh

William Sabol

Marianne Schneider

Daniel Spence

Joan Sullivan

John Sullivan

Maureen Sullivan

Kathleen Tauber

Donna Tirpak

John Trosino

Marie Vukas

Catherine Wallace

Laurie Walton

June Weiland

Marcus Williams

Mary Wormer

Dorothy wood

Margaret Yerger

Joan Zarembo

MENU





Breakfast (Tues Wed & Thur) begins at 8am Lunch at 12pm

Monday	Tuesday	Wednesday	Thursday	Friday
		1 B: Belgium Waffles & Strawberries L: Roast Turkey Special	2 B: Eggs /Home Fries /Ham L: Meatloaf w/ Gravy	3 L: Cheeseburger
6 L: Chicken Cordon Bleu	7 B: Egg & Cheese Sandwich L: Garlic & Herb Baked Talapia	8 B: Sticky Bun Casserole L: Country Fried Steak	9 B: Veggie /Cheese Frittata L: Roast Turkey With Gravy	10 L: Penne Pasta w/ Meatballs
13 L: Glazed Ham	14 B: Cream Chipped Beef L: Chicken Lo Mein	15 B: Pancakes L: Chicken Cacciatore	16 B: Egg /Home Fries/ Bacon L: Open Faced Roast beef	17 L: Pulled BBQ Turkey
20 L: Chicken Marsala	21 B: Egg and Home Fries L: Oven Roasted Chicken	22 B: Batter Dipped French Toast L: Chopped Steak With Gravy	23 B: Assorted Strata L: Sausage , Peppers & Onions	24 L: Swedish Meat balls
27 L: Pepper Steak	28 B: Sausage Gravy over Biscuits L: Chicken Pesto	29 B: Scrambled Egg w/ Ham & Cheese L: Chef Salad	30 B: Belgian Waffles & Strawberries L: Fish Patty Sandwich	

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly programs 8:45a SS Circuit 9:30a Coffee Hour 9:45a SS Classic 10:45a Games 12p Lunch 1p Scrabble	Weekly programs 8:00a Breakfast 9a Walking Group 9:30a Coffee Hour 10a Mahjong 10:30a Zoom Coffee 12p Lunch 1p Yoga 1P Pinochle	Weekly programs 8:00a Breakfast 8:45a SS Circuit 9:30a Coffee Hour 9:45a SS Classic 10:30a Poker 12p Lunch	Weekly programs 8:00a Breakfast 9a Walking Group 9:30a Coffee Hour 10a Duplicate Bridge 12p Lunch 1p Social Stitchers 1p Yoga 1p Pinochle	Weekly programs 8:45a SS Circuit 9:30a Coffee Hour 9:45a SS Classic 10:30a Board games 12p Lunch
JUNE		1 1p AARP Meeting Meet new Phoenixville Police Chief Brian Marshall	2	3 1:30p Mini Golf
6 1p Cash BINGO	7 10:30a Art on Canvas	8 1p Pickleball @Senior Center 1p Watercolor Class	9 1p Coalition Against Hunger - SNAP Benefits Presentation	10 10:45a Pickleball @ Senior Center
13 1p Meditation	14 10a -12p Senior Law Visit 10a Craft	15 9:30a Rep for Sen. Comitta visit 1p The Notables Birthday Social	16 5-7pThird Thursday Evening w/ Elvis	17 10:45a TV Series <i>Gilded Age</i> 1p Pickleball @ Rec Center
20 12:45p Movie- <i>Miss Juneteenth</i> 1p Book Club	21	22 1p Father's Day Celebration	23 9:30a Rep for Rep Shusterman visit	24 10:45a TV Series Gilded Age 1p Pickleball @ Rec Center
27 12:45p Movie- Fried Green Tomatoes	28	29 11a Tower Health Roundtable 1p Pickleball @Senior Center	30	

Monthly Programs at the Senior Center

Please see calendar for exact days and times

<p>Watercolor Art Class</p> <p>Learn watercolor techniques with our artist Marti</p> <p>Supplies needed: Watercolor paper, brushes, watercolor paint, paint mixing pallet</p> <p>\$5 fee</p>	<p>Cash BINGO</p> <p>Come play BINGO every month at the Center and win some money if you are lucky.</p> <p>\$5 to play 5 games</p>
<p>Art on Canvas</p> <p>Marti guides the class in a painting with acrylics</p> <p>Supplies are provided</p> <p>Fee: \$10/ \$5 VIP Supporter</p>	<p> SeniorLAW Center <small>Protecting the Rights of Older Pennsylvanians</small></p> <p>will be holding a legal services Intake clinic at the Phoenixville Senior Center Second Tuesday of every month FROM 10:00 AM UNTIL NOON.</p>
<p> Senator Carolyn Comitta</p> <p>Representatives from SenatorComitta's office provide help with new/renew SEPTA Passes, property tax/rent rebate, unclaimed property and much more.</p> <p>Rep available every third Wednesday of each month from 9:30a to 11:30a</p>	<p> MELISSA  SHUSTERMAN STATE REPRESENTATIVE</p> <p>Representatives from Melissa Shusterman's office provide help with new/renew SEPTA Passes, property tax/rent rebate, unclaimed property and much more.</p> <p>Rep available every forth Thursday of the month from 9:30a to 11:30a</p>



Plan Ahead! Third Thursday in July

Painting with a Lime Twist! July21st @5pm

Stay tuned for details!

Weekly Programs at the Senior Center in person and on Zoom

Silver Sneakers Circuit—Intermediate \$2

Monday , Wednesday & Friday 8:45am

This standing class alternates upper-body strength work with low-impact cardio to maximize fitness benefits. * Don't need Silver Sneakers to join.

Silver Sneakers Classic –Beginner \$2

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.

* Don't need Silver Sneakers to join.

Silver Sneakers Yoga \$2

Tuesday and Thursday 1pm

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.

Coffee Hour

Every day from 9:30am to 10:30am

Come for the coffee, stay for a class!

Library every day/all day

Take a book and bring it back when finished

Puzzles available all day in the library!

Games available for play at 10:30 every day & 12:45pm every Fri

Scrabble

Every Monday at 1pm

a word game in which two to four players score points by placing tiles, each bearing a single letter, onto a game board

Duplicate Bridge

Thursdays at 10am

The most widely used variation of contract bridge in club and tournament play.

Social Stitchers

Thursdays at 1pm

Bring your own project to work on.

Pinochle

Tuesdays and Thursdays at 1pm

Pinochle is a trick-taking, Ace-Ten card game played with a 48-card deck.



AARP CHAPTER 713

June 2022

President's Message

Our our Chapter recovers to where it was in 2019, it really needs to grow. Please share with your friend and families the good times we have here. June is officially "bring a friend" month.

~Chuck Benz, President

"Act as if what you do makes a difference, because it does"

CALENDAR OF EVENTS/SPEAKERS

June 1 General Meeting 12:15 PM Brian Marshall, Chief of Police

June 15 Board Meeting 10:00 PM Presbyterian Church

July 6 General Meeting 12:15 PM Valley Forge Park Alliance

Aug 3 General Meeting 12:15 PM TBD

UPCOMING PROGRAMS On June 1st we are having Brian Marshall, Phoenixville's newest Chief of Police. June will be **BRING A FRIEND** month. If you bring a friend and potential member, you both eat free! In July we are going to have an interesting speaker from the Valley Forge Park Alliance and the Muster Roll.

SUNSHINE AND SYMPATHY If you know one of our members or families who needs a pick me up, please call Kathy Tauber at 610 935 7075

MEMBERSHIP The Board of Directors has set the dues for 2022 at \$9, no increase! Our membership dues cover the 2022 calendar year. You must present a National AARP card for 2021-22.

For 2022, dues will be collected at the April and May meetings or at the first meeting you attend in 2022.

OPPORTUNITIES TO HELP YOUR CHAPTER: Do you have a suggestion for an interesting program or speaker? Call Chuck @ 610 316 4102.

REDNER'S TAPE PROGRAM Arlene Griffin- Save your Redner's tapes! Reminder from Redners: Each receipt must be complete and include the 1% Save-a-Tape notation at the bottom of the receipt.

DID YOU KNOW that we have a Facebook page? Search Phoenixville AARP and you will find us!

Do you have a **FREE LUNCH** coupon from 2020 or 2021? Yes we will honor it!

Join us for an information session on

SNAP for Seniors

Presented by the

Coalition Against Hunger/SNAP Hotline

Thursday June 9th at 1pm

Preregister by calling 610-935-1515

SNAP(Supplemental Nutrition Assistance Program) is a government program that helps people buy the food they need for healthy lives. SNAP helps many people stretch their budgets because the money they would use on food can go towards other needs like medical bills, utilities, and rent.

Monthly Income Eligibility Limits for Seniors 60+:

\$2,147 (single)

\$2,903 (couple)



For office use only
Application _____

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2022 Application Form

To qualify you must be 60 or older (or turn 60 by 12/31/2022) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines: \$25,142 for 1 person in the household; or \$33,874 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2022).

1st Participant Name (print): _____ Birth date _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ Birth Date _____
(Person checks are for)

(Signature)

Address (print): _____

Telephone Number: _____ County you live in _____

Please circle the most appropriate identifier for each:

Ethnicity: Hispanic or Latino Not Hispanic or Latino

Race: American Indian or Alaskan Native Asian Black or African American
Native Hawaiian or other Pacific Islander White

If more responses are received than funding allows you will be notified by mail.

Please mail or email your completed form before September 15, 2022 to your County Aging Office:

mwebb@chesco.org or Mail to:

CHESTER COUNTY DEPARTMENT OF AGING SERVICES
601 WESTTOWN ROAD, SUITE 320; WEST CHESTER, PA 19380

Please see back for USDA Nondiscrimination Statement

For office use only
Application _____

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Aging Resources

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 (\$2,147 for seniors) .

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

Property Tax / Rent Rebate help

LIHEAP/LIHWAP –(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

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.