

July 2022



From the Desk of Executive Director, Julie Gaudan

Please join me in welcoming Olga Rivera-Ramos and Janet Dinarski to our team! They will conduct the Digital Skills Ready 50+ program. Both are former high school computer instructors who will conduct two trainings each week. The Greater Philadelphia region is one of 5 metropolitan areas where AARP is piloting this program. Starting with standalone lectures in July, the curriculum includes a yearlong series of lectures, workshops and multi session classes to help with your computer and business skills.

Check out the July Breakfast Menu. Ryan is trying a lot of new breakfast items so there will be something for everyone. I might even try the Eggs Benedict even though “dippy eggs” are not my thing.

Congratulations to Mary, the daughter of one of our participants. Mary won the Vacation 50/50 at the Evening with Elvis and received a check for over \$1600. Try your luck with our Holiday 50/50 in October! Tickets will go on sell in September.

Center Closed July 4th

Reminder

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

Pickleball is GREAT! If the game is new to you, make a reservation for the July 13th class with Joel Payton from United Healthcare. The new gym at the Phoenixville Rec Center is a great place to play on Fridays.

If you enjoyed Elvis, you won’t want to miss the August “Thursday Night Fever” on August 18. Break out your bell bottoms and polyester. If you have a disco ball we can borrow, please let Christine know.

The VIP (Very Important Participant) Supporter cards for 2022-2023 are now available. \$30 for a single card, \$55 for two household cards gives you discounts on activities, with our local businesses and early sign up for limited events. We appreciate your help supporting our activities!

See you at the Center!

Julie

New programs at the Senior Center in July



Pinochle 101

"Pinochle is a fun, fast moving, socially engaging card game. It is easy to

learn. Come and join the fun.

Every Thursday 9:30 to 11:30

Blood Pressure

Checks

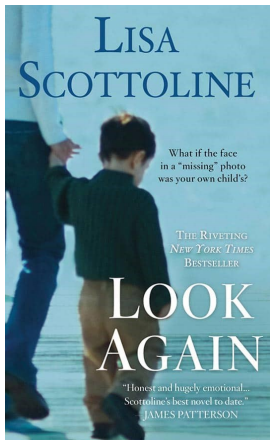
Wednesdays

7/13 and 7/27

10am—11am



BLOOD PRESSURE



Book Club with Mark Pinto Monday July 25th @ 2pm Look Again by Lisa Scottoline

Ellen investigates, uncovering clues no one was meant to discover, and when she digs too deep, she risks losing her own life—and that of the son she loves

If you need a copy of the book or to register,

please call 610-935-1515 ext 29

Flip Flop Door Hanger Craft

Monday 7/18 @ 10:30 am

All materials will be provided. Fee \$3

Please reserve your space by calling 610-935-1515 ext 29 before July 15th



Movie Day Monday July 11th at 12:45pm

Queen Bees

While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls."

Starring: [Ellen Burstyn](#); [James Caan](#); [Ann-Margret](#); [Christopher Lloyd](#); [Jane Curtin](#); [Loretta Devine](#); [Elizabeth Mitchell](#)

Foundation **Digital Skills Ready@50+**

IN COLLABORATION WITH
SENIOR PLANET
FROM 

Tech Lectures @1pm

Monday July 18th— Smartphones: You'll learn about the most popular smartphones on the market and some of their pros and cons and compare the two most popular operating systems: Apple's iOS and Android

Wednesday July 20th— All Things Zoom: This lecture will go over how to use Zoom to chat with friends and family, about useful features on the different online platforms and security considerations.

Monday July 25th—Affordable Home Internet: This lecture goes over the basic

Info you need to know when signing up for home internet service. You'll learn about the Affordable Connectivity Program (ACP), a government program that helps qualifying low-income households pay for internet service and connected devices.

Wednesday July 27th—Google Maps: Google Maps is a mapping application that offers street maps and street views along with satellite imagery. During this lecture, you will get an introduction to the platform and a demonstration on how to use it.

Pre-registration is available. Phone for availability. If you would like to have lunch with us before the lecture, please register on the Monday a week before the program date. Call 610-935-1515 to register.

Blob Fest returns to the Senior Center!

Friday July 8th @ 9:30am

Come to see the original movie The Blob (1958) starring Steve McQueen and our very own Colonial Theatre!

Fun Fact: The Blob was created with a modified weather balloon in some shots, but most were shot using colored silicone gel, recently invented by 3M.



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

We continue the series through July every Friday morning at 10:45am.
(except for July 8th)

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

Join the Senior Center and Tower Health

Wednesday July 27th at 11am

as they present a roundtable health talk entitled

“Do You Know: What Exactly is Telehealth”

Stay for lunch afterwards!

Please call Christine at 610-935-1515 ext 29 to reserve your space for lunch by Monday July 18th.



July 25th at 10:30am

\$5 to play 5 games



Learn how to play the fastest growing sport in America!

Join Certified Instructor Joel Payton as he shows us how to play Pickleball on **July 13th** at 1pm here 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? We have two chances to play.

At the Senior Center: open play every Monday and Wednesday at 10:45

At the Rec Center (501 Franklin Ave): Fridays July 8th, 15th, 22nd, and 29th at 1pm

Equipment will be provided.

Call 610 –935-1515 ext 29 to reserve your spot.

Meditation with Linda Dieffenbach

Monday - July 11th 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: Breakfast/Lunch time kitchen help/prep (Mon-Fri)

Bagging produce (Thurs mornings)

Reception Hostess (Various)

Newsletter Assembling (monthly)

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

Please call 610-935-1515 x29 for more information

Third Thursday Evening Events at the Senior Center

JULY 21st @ 5pm—Painting with a Lime Twist



Join us as Marti Daly guides us through a fun night of painting. There will be margaritas and snacks. \$10

August 18th @ 5pm—Thursday Night Fever

Join us for a 70's dance party with DJ Tom Daulton and "Tony Manero" spaghetti and meatballs. \$15



September 15th 3pm—6pm—Health Fair



The Center is hosting a Health Fair to introduce you to Medical Practitioners, Therapists, Nutritionists, Optometrists, Audiologists, Fitness providers, and other Medical Personnel. Greet Home Health Aids, Assisted Living Facilities, and Hospice.

October 20th @5pm—Oktoberfest

Celebrate Oktoberfest with the Senior Center and the Lukens Band for some great music and delicious food! \$15



Events are subject to change.

Monthly Programs at the Senior Center

Please see calendar for exact days and times

Watercolor Art Class

Learn watercolor techniques with our artist Marti

Supplies needed: Watercolor paper, brushes, watercolor paint, paint mixing pallet

\$5 fee

Cash BINGO

Come play BINGO every month at the Center and win some money if you are lucky.

\$5 to play 5 games

Art on Canvas

Marti guides the class in a painting with acrylics

Supplies are provided

Fee: \$10/ \$5 VIP Supporter



SeniorLAW Center

Protecting the Rights of Older Pennsylvanians

**will be holding a legal services intake clinic at the Phoenixville Senior Center
Second Tuesday of every month
FROM 10:00 AM UNTIL NOON.**



Representatives from Senator Comitta's office provide help with new/renew SEPTA Passes, property tax/rent rebate, unclaimed property and much more.

Rep available every third Wednesday of each month from 9:30a to 11:30a



Representatives from Melissa Shusterman's office provide help with new/renew SEPTA Passes, property tax/rent rebate, unclaimed property and much more.

Rep available every fourth Thursday of the month from 9:30a to 11:30a

Weekly Programs at the Senior Center in person and on Zoom

Silver Sneakers Circuit—Intermediate \$2/free for Silver Sneakers Participants

Monday , Wednesday & Friday 8:45am

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

Silver Sneakers Classic –Beginner \$2/ free for Silver Sneakers participants

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/ free for Silver Sneakers Participants

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. * Don't need Silver Sneakers to join.

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 Friday at 10:30

Yahtzee

Every Monday at 1pm

Duplicate Bridge

Thursdays at 10am

Social Stitchers

Thursdays at 1pm

Bring your own project to work on.

Pinochle

Tuesdays and Thursdays at 12:45pm

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

July Activities

Monday	Tuesday	Wednesday	Thursday	Friday
-----Weekly Events-----				
8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Board Games 10:45am Pickleball Open Play 12:00pm Lunch 1:00pm Yahtzee	8:00am Breakfast 9:00am Walking Group 9:30am Coffee Hour 10:00am Mahjong 10:30am Zoom Coffee Hour 10:30am Board Games 12:00pm Lunch 1:00pm Yoga 12:45pm Pinochle	8:00am Breakfast 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:00 Fresh2You Mobile Market 10:30am Board Games 10:45am Pickleball Open Play 12:00pm Lunch	8:00am Breakfast 9:00am Walking Group 9:30am Coffee Hour 10:00am Duplicate Bridge 10:30am Poker 12:00pm Lunch 12:45pm Pinochle 1:00pm Yoga 1:00pm Social Stitchers	8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Scrabble 12:00pm Lunch 12:45pm Board Games
				1 10:45am Gilded Age (TV Series)
4 4th of July Center Closed	5	6 12:00pm AARP Meeting	7 9:30am Pinochle 101	8 9:30am <i>The Blob</i> (movie) 1:00pm Pickleball @ Rec Center
11 12:45pm <i>Queen Bees</i> (movie) 1:00pm Meditation with Linda	12 10:00am SeniorLAW Center 10:30am Art on Canvas	13 10:00am Blood Pressure Checks 1:00pm Watercolor Class 1:00pm Pickleball Class	14 9:30am Pinochle 101	15 10:45am Gilded Age (TV Series) 1:00pm Pickleball @ Rec Center
18 10:30am July Craft 1:00pm Digital Skills Ready@50+ Lecture (Smartphones)	19	20 9:30am Representative for State Sen. Comitta 12:00pm Birthday Social & Entertainment 1:00pm Digital Skills Ready@50+ Lecture (All Things Zoom)	21 9:30am Pinochle 101 5:00pm Painting with a Lime Twist	22 10:45am Gilded Age (TV Series) 1:00pm Pickleball @ Rec Center
25 10:30am Christmas in July Bingo 1:00pm Digital Skills Ready@50+ Lecture (Affordable Home Internet) 2:00pm Book Club	26	27 10:00am Blood Pressure Checks 11:00am Tower Health Talk 1:00pm Digital Skills Ready@50+ Lecture (Google Maps)	28 9:30am Representative for State Rep. Shusterman 9:30am Pinochle 101	29 10:45am Gilded Age (TV Series) 1:00pm Pickleball @ Rec Center

Activities subject to change. Please check website for updates.

July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 L: Roast Turkey Special
4 4th of July Center Closed	5 B: Bacon & Eggs L: Meatloaf w/ Gravy	6 B: Pancakes & Sausage L: BBQ Chicken	7 B: Frittata L: Cheeseburger	8 L: Chicken Cordon Bleu
11 L: Garlic & Herb Baked Tilapia	12 B: Pancakes & Sausage L: Country Fried Steak	13 B: Breakfast Hash Casserole L: Roast Turkey w/ Gravy	14 B: Waffles w/ Fruit & Sausage L: Penne Pasta w/ Meatballs	15 L: Glazed Ham
18 L: Chicken Lo Mein	19 B: Eggs Benedict L: Chicken Cacciatore	20 B: Baked French Toast & Sausage L: Open Faced Roast Beef	21 B: Cream Chipped Beef & Biscuits L: Pulled BBQ Turkey	22 L: Chicken Marsala
25 L: Oven Roasted Chicken	26 B: Cinnamon Buns & Sausage L: Sausage w/ Peppers & Onions	27 B: Zucchini Bread Muffins & Topped Yogurt L: Swedish Meatballs	28 B: Huevos Rancheros & Potato Hash L: Pepper Steak	29 L: Chicken Pesto

Breakfast (Tuesday, Wednesday, and Thursday) begins at 8am
Lunch begins at 12pm



Come celebrate our July Birthdays on **Wednesday July 20th**

Lunch at 12pm Entertainment @1pm

Register on Copilot at the Center or call 610-935-1515 ext 29 to reserve lunch



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

Gael Alba	Louise Ewing	Elizabeth Melroy
Edith Antoninich	Sandra Foster	Bill Miles
Ken Apgar	Arlene Griffin	Helen Neiman
Barb Archer	Gary Hogstrom	Linda Nicholson
Judy Beck	Barry Howell	Ralph Oister
Denise Bliss	Joanne Iezzi	Charlie Peffall
Jean Brill	Harold Katz	Cecilia Raser
Lucille Brink	Lizzy Klinger	Janet Sensenich
Catherine Brodecki	Maryann Kovach	Pam Smalser
Shirley Buckwalter	Peggy Kovach	James Tuscai, Jr
Doris Burnett	Robert Krawczyk	Kathleen Udy
Eleanor Carroll	Anna Kring	Margaret Walker
Dana Clemens	Sandy Latella	Don Wickward
Brian Dudonis	Frances March	Ray Worthington



AARP CHAPTER 713

July 2022

President's Message

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.

~Chuck Benz, President

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

CALENDAR OF EVENTS/SPEAKERS

July 6 General Meeting 12:00 PM Valley Forge Park Alliance & the Muster Roll

Aug 3 General Meeting 12:00 PM TBD

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!

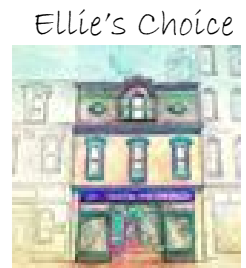
Phoenixville area senior center FRIENDSHIP-LEARNING-ACTIVITY

2022-23 SUPPORTER VIP CARD includes the following benefits:

Newsletters – emailed or mailed to your home
Free access to Information & Assistance / APPRISE Counselors
Early Bird Registration for taxes and other high demand programs
Breakfast, Lunch & Emergency Meals
Caring and Compassionate Friends
Discount rates for Senior Center Travel
Invitations to Cardholder Special Events
Advocacy to Local municipalities and Pennsylvania State Department of Aging
Discount rates on classes
Innovative programs
Silver Sneakers Exercise Classes
FEE \$30 individual \$55 Couple

With more to come, our Discount Partners include:

All Kinds of Fast
Belle Haven
Cameron Peters Floral Design
Ellie's Choice
Gateway Pharmacy
Molly Maguires
Nest Home Décor
Uncle B's BBQ Shack
Wellness in Harmony



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.

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)



Henry's Helping Paws

The Henry's Helping Paws Program provides food for the pets of senior citizens which helps to keep pets and owners together longer.

If you are interested in participating in the program, please call 610-935-1515 ext 29 and pick up an application at the Senior Center

Property Tax/Rent Rebate Program Application

Deadline Extended to Dec. 31, 2022

.You can file your rebate applications online by visiting my.path.pa.gov or by contacting Cari at 610-935-1515 ext 24 for help.

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

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**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.