

Reminder

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

## From the Desk of Executive Director, Julie Gaudan

Friends,

Please make sure you are taking good care of yourselves. The end of summer means it is time to think about cold and flu season. Discuss vaccinations with your health care provider. Complications from influenza, COVID, pneumococcal, shingles, and pertussis are easily preventable with a simple vaccination. I just got my second booster for COVID. Do you have yours? We will be offering Flu and Covid boosters shots at our Health Fair September 15th.

Mental health is just as important as your physical wellbeing. If you or someone you know is feeling down, especially if they are in crisis, please call "988". This is the new national hotline that you might have heard about it on the news. You will reach a call center in Chester County which will direct you to someone who can help immediately with acute mental health issues. To better serve our area, Chester County Health Department has an online survey. Please add your experiences and voice so there are the right resources available when we need them.

[Chester County Adult Mental Health Crisis Services Survey 2022 \(surveymonkey.com\)](https://www.surveymonkey.com/r/PQBJLRD)

Closing early on Fridays will continue thru Labor Day weekend for Phoenixville First's "PXV Inside Out" and the Bridge Street closures. The center will close at 1:00 but you can check out pickleball at the Phoenixville Recreation Center at 501 Franklin Avenue with Christine. We hope to add more gym times for pickleball in September. Please take the time to complete this short online survey at <https://www.surveymonkey.com/r/PQBJLRD>

(paper copy on the bottom of page 4) so we can determine the best time.

Many of you have noticed the "Parking Donation" signs. These apply to after hours and weekend parking only. If you are at the Center for one of our activities, there is no donation expected for parking. We hope you will encourage your family and friends to donate \$5-\$10 and park at our lot during their evening and weekend visits downtown. We encourage everyone to make a donation if you use the lot after hours for other activities. Whenever the senior center is open (Monday-Friday 8:00 am to 3:00 pm) parking is for those who are in attendance at the Center.

Stay cool!

*Julie*



## Movie Day Persuasion (2022)

Tuesday August 16th at 10am

When Frederick Wentworth -- the one who got away -- crashes back into Anne Elliot's life, she must choose between putting the past behind her or listening to her heart when it comes to second chances .

Based on the Jane Austen novel of the same name.

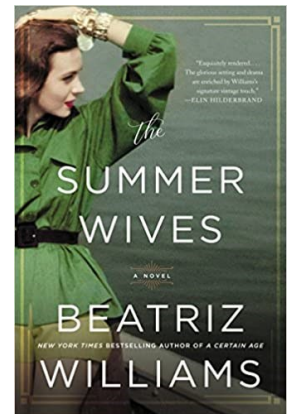
Starring: Dakota Johnson, Cosmo Jarvis, Henry Gouling

### **Book Club with Mark Pinto Monday August 29th @ 2pm**

### **“The Summer Wives” by Beatriz Williams**

In the summer of 1951, Miranda Schuyler arrives on elite, secretive Winthrop Island as a schoolgirl from the margins of high society, still reeling from the loss of her father in the Second World War

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



### **Tile Coaster Craft**

**Monday August  
22nd at 10:30am**

All materials will be  
provided. Fee \$3

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

### **Blood Pressure Checks**

**Wednesday**

8/10 and 8/24

10am to 11am

**Every Thursday**

8:30am to 11am



**BLOOD PRESSURE**



## **AARP CHAPTER 713 Meeting**

**August 3rd, 2022 at 12pm**

**Program: Phoenixville Police Chief Brian Marshall**



Last 2 episodes of the HBO Max TV Series **Gilded Age**

**Friday August 5th and 12th at 10:45**

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

Come join the Senior Center as we begin the TV series **Firefly Lane**

based on the book [Firefly Lane](#) by Kristin Hannah

Starting **Friday August 19th at 10:45**

The story of Tully and Kate, two unlikely friends, from their meeting as tweens in 1974 to the present. Kate, the introvert, and Tully, the coolest girl in school, form a bond that weathers every milestone in their lives, leading up to a tragedy in the present.

Starring Katherine Heigl and Sarah Chalke



Join the Senior Center and Tower Health

**Wednesday August 31st at 11am**

as they present a roundtable health talk entitled

**“Do You Know: Using my Healthfinder”**

**Stay for lunch afterwards!**

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



Meditation with Linda Dieffenbach

Monday - August 8th 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.

# FBI Presentation: Elder Financial Exploitation

Presented by FBI Special Agent Ken Campbell: Philadelphia Division

Wednesday August 3rd @ 10:30am

Join us for this very important presentation

Topics Discussed: · Presenters Background/overview of the FBI

- Types of Elder Fraud-Case Examples · How/why Criminals Target Elderly Victims
- Question/answer from audience



## Like to play Pickleball? We have two chances to play.



At the Senior Center: open play every Monday and

Wednesday at 10:45am

At the Rec Center (501 Franklin Ave) : Fridays at 1pm

Equipment will be provided. Call 610 -935-1515 ext 29 to let us know you are playing.

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## Survey about the days/times to play pickleball in the Fall

We would like to know when participants would come to play pickleball at the Senior Center or the Rec Center

Please circle all that apply and return to Christine by August 22nd or take the online survey at <https://www.surveymonkey.com/r/PQBJLRD>

Monday	Tuesday	Wednesday	Thursday	Friday
Morning (9—11)	Morning (9—11)	Morning (9—11)	Morning (9—11)	Morning (9—11)
Afternoon (1—3)	Afternoon (1—3)	Afternoon (1—3)	Afternoon (1—3)	Afternoon (1—3)

**Monday August 1st— Staying Safe Online** Review important tips for keeping your personal info safe online while enjoying the benefits of the internet.

**Monday August 8th—Connecting to the Internet** Learn how to check your WiFi connection, use a hotspot and the best practices for password protection.

**Wednesday August 10th—Affordable Connectivity Program (ACP)** Get free or low cost internet at home if you qualify for this Government program. Verify your eligibility for the ACP and apply for the program online.

**Monday August 15th—Video Chat** Learn about some commonly used, no or low cost video chat apps and learn about their features

**Monday August 22nd—Finding Info Online** Workshop will review helpful tips for using effective search terms, evaluating your search results and searching within a reliable site for accurate information.

**Wednesday August 24th—Gmail Tips and Tricks** Learn about important features like spellcheck, formatting emails, searching your inbox, adding a signature, and attaching files.

**Monday August 29th—Getting Started with Zoom** Sign up for a free basic Zoom account and learn how to schedule a meeting and share the details with the people you want to invite. You do need an email account to sign up with Zoom.

**Wednesday August 31st—Hosting a Zoom Meeting** Learn about the most commonly used Zoom meeting controls like muting and unmuting participants and sharing screens.

Classes limited to 14 participants

Pre-registration is required. 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.



# Phoenixville

area senior center  
FRIENDSHIP-LEARNING-ACTIVITY



Disco Anyone??????

August 18<sup>th</sup> at 5

Third Thursday Program:

## Thursday Night Fever

Starring Tom Daulton, DJ for  
a 70's Dance Party

Featuring Tony Minera  
Spaghetti & Meatballs, salad,  
bread, dessert and beverage.

70's Costume Contest with  
prizes for Best Dressed Man,  
Best Dressed Woman, and  
Best Dressed Couple.

\$15 per person or  
\$13 for VIP Cardholders

Join us at 5 pm for the meal, followed by the  
dancing. Line Dance lesson, costume contest and  
lots more fun.

Call Christine at 610-935-1515x29 for reservations  
or go to <https://bit.ly/TNFever> to purchase your  
ticket.





Come celebrate our August Birthdays on **Wednesday August 17th** when Crescendo Phoenixville performs at the Center.

Crescendo Phoenixville is a community based music program that provides high quality music education to Phoenixville children who might otherwise not receive it.

**Lunch at 12pm Entertainment at 1pm**

Register on Copilot at the Center or call 610-935-1515 to reserve lunch by 8/8



**Please join us in wishing our August Birthday Participants a very Happy Birthday!**

Shirley Barry	Marcia Griffith	Kathleen Neiman
Donna Batman	Karen Guastavino	Anna Noad
Alice Brzoska	Ethel Jefferis	Diana Novi
Bernard Brzoska	Sandy Kasky	Gwen Parkin
Tom Burton	Susan Kaufmann	Betty Pelen
Clyde Carroll	Paul Kuhns	Margaret Rambo
Maria Chimchirian	Louise Lehman	Frank Ranhofer
Stephan DiSimone	Jean Leininger	Tom Reese
Eva Ditterline	Fran Lennox	Linda Remolde
Evelyn Dudonis	Maureen Maksimoski	Bill Sadler
Jane Dugdale	Joseph Matta	Kathleen Said
Gary Fagan	Joan McCracken	Gary Segner
Davis Gartin	Donna Metz	Patti Slifer
Marjorie Gavitt	Richard Metz	Barry Smithies
Gail Godman	Patricia Musante	Charles Snook

# 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.



# August 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 8:30am Blood Pressure Checks 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 Stitches	8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Scrabble 12:00pm Lunch 12:45pm Board Games
<b>1</b> 1:00pm Digital Skills (Staying Safe Online)	<b>2</b>	<b>3</b> 10:30am FBI Presentation (Elder Financial Exploitation) 12:00pm AARP Meeting	<b>4</b>	<b>5</b> 10:45am Gilded Age (TV Series) 1:00pm Pickleball @ Rec Center
<b>8</b> 1:00pm Digital Skills (Connecting to the Internet) 1:00pm Meditation with Linda	<b>9</b> 10:00am SeniorLAW Center 10:30am Art on Canvas	<b>10</b> 10:00am Blood Pressure Checks 1:00pm Digital Skills (Affordable Connectivity Program) 1:00pm Watercolor Art Class	<b>11</b>	<b>12</b> 10:45am Gilded Age (TV Series) 1:00pm Pickleball @ Rec Center
<b>15</b> 10:30am Cash Bingo 1:00pm Digital Skills (Video Chat)	<b>16</b> 10:00am Persuasion (movie)	<b>17</b> 9:30am Representative for State Sen. Comitta 12:00pm Birthday Social & Entertainment	<b>18</b> 5:00pm Thursday Night Fever	<b>19</b> 10:45am Firefly Lane (TV Series) 1:00pm Pickleball @ Rec Center
<b>22</b> 10:30am August Craft 1:00pm Digital Skills (Finding Info Online)	<b>23</b>	<b>24</b> 10:00am Blood Pressure Checks 1:00pm Digital Skills (Gmail Tips & Tricks) 1:00pm Watercolor Art Class	<b>25</b> 9:30am Representative for State Rep. Shusterman	<b>26</b> 10:45am Firefly Lane (TV Series) 1:00pm Pickleball @ Rec Center
<b>29</b> 1:00pm Digital Skills (Getting Started w/ Zoom) 2:00pm Book Club	<b>30</b>	<b>31</b> 11:00am Tower Health Talk 1:00pm Digital Skills (Hosting a Zoom Meeting)		

Activities subject to change. Please check website for updates.

# August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  L: Meatloaf w/ Gravy	<b>2</b> B: Pancakes &  L: Roast Turkey Special	<b>3</b> B: Breakfast Hash Casserole  L: Cheeseburger	<b>4</b> B: Choice of Quiche, Hashbrowns & Sausage  L: Chicken Cordon Bleu	<b>5</b>  L: Garlic & Herb Baked Tilapia
<b>8</b>  L: Country Fried Steak	<b>9</b> B: Mini Frittatas  L: Roast Turkey w/ Gravy	<b>10</b> B: Maple Bacon French Toast Bake  L: Meatball Sandwich	<b>11</b> B: Huevos Rancheros & Potato Hash  L: Hoagie Day	<b>12</b>  L: Glazed Ham
<b>15</b>  L: Pepper Steak	<b>16</b> B: Eggs Benedict  L: Chicken Cacciatore	<b>17</b> B: Sausage & Croissant Casserole  L: Open Faced Roast Beef	<b>18</b> B: Creamed Chipped Beef & Biscuits  L: Pulled BBQ Turkey	<b>19</b>  L: Chicken Marsala
<b>22</b>  L: Oven Roasted Chicken	<b>23</b> B: Baked French Toast & Sausage  L: Sausage w/ Peppers & Onions	<b>24</b> B: Waffles, Fruit & Sausage  L: Swedish Meatballs	<b>25</b> B: Bacon, Eggs, Hashbrowns & Toast  L: Chef Salad	<b>26</b>  L: Chicken Pesto
<b>29</b>  L: Fish Patty Sandwich	<b>30</b> B: Eggs to Order (choice of toppings)  L: Pulled BBQ Turkey	<b>31</b> B: Scrambled Eggs, Potato Hash, Toast or Biscuits  L: Philly Cheesesteak		

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

# 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**

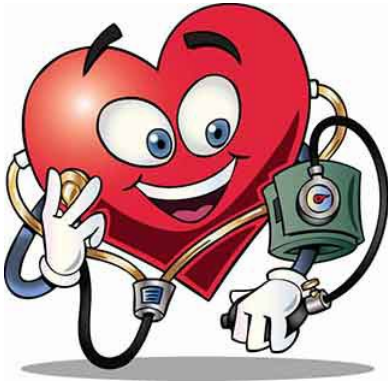
**Phoenixville**  
area senior center  
FRIENDSHIP-LEARNING-ACTIVITY

**THIRD  
THURSDAYS**

**HealthFair**

**THURSDAY, SEPTEMBER 15**

**3:00-5:00 pm**



Be prepared in case of a health emergency...

The Phoenixville Area Senior 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. Learn more about how the Senior Center can help support you through our Information and Assistance programs.

Call for more information to 610-935-1515.



**JOIN US for Luken's Band**

Thursday, OCTOBER 20 AT 5:00 PM

\$15 per person, \$13 with VIP card

Call for reservations 610-935-1515, email

[christine@phoenixvilleseniorcenter.org](mailto:christine@phoenixvilleseniorcenter.org). or Go to

<https://bit.ly/PASCOKT>

Ticket includes music and dancing; Bratwurst or Hot Dog meal with Sauerkraut, German Potato Salad, Beverages and Dessert; and our Holiday 50/50 drawing. CLICK Here to purchase 50/50 tickets: <https://bit.ly/Holiday5050>

**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 meals
Invitations to Cardholder Special Events
Advocacy to Local municipalities and Pennsylvania State Department of Aging
Discount rates on select classes and activities
Innovative programs
Silver Sneakers Exercise Classes
<b>FEE \$30 individual \$55 Couple</b>

With more to come, our Discount Partners include:

All Kinds of Fast	10% off purchase
Belle Haven	10% off purchase
Cameron Peters Floral Design	10% off purchase of \$15 or more
Ellie's Choice	10% off purchase of \$10 or more
Gateway Pharmacy	10% off purchase excluding prescriptions, tobacco & lottery
Generations Toy Store	10% off purchase
Infinitos	10% off purchase of buffet & Drink
Molly Maguires	15% off any meal excluding alcohol
Nest Home Decor	10% off purchase of \$25 or more
Uncle B's BBQ Shack	10% off, cannot be combined with any other offer and does not apply to catering
Wellness in Harmony	10% off Private Sessions



Ellie's Choice





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](https://my.path.pa.gov) or by contacting Cari at 610-935-1515 ext 24 for help.

# 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](mailto: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)

For assistance, please contact Cari at extension 24 or at [cforeman@phoenixvilleseniorcenter.org](mailto:cforeman@phoenixvilleseniorcenter.org)

## 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](http://www.phoenixvilleseniorcenter.org)  
Electronic Service Requested

NONPROFIT ORG  
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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.**