

August 29- September 2, 2022

As August comes to a close and the kids head back to school, we change our focus in September to National Senior Center Month, new programs and activities, the return of Alternate Meals and an additional day of breakfast. Please take note: We are closed on Monday, September 5 for Labor Day, and we are NOT playing Pickleball at the Rec. Center on Friday September 2.

Our AARP Foundation Digital Skills Ready @50+ continues through the month of September on Mondays and Wednesdays at 1. This week we are discussing Zoom.



Breakfast is served Tues, Wed. & Thurs. from 8-9. Lunch is served daily at noon. If you plan to have lunch at the Center, we need your reservation by Monday the week prior. If you would like to join us for any of the following meals, please make your reservation by Monday, August 29 at <https://community.copilot21.com/> or by calling 610-935-1515. If you would like to join us, but didn't make a reservation? No problem, call ahead to see if someone cancelled or bring a bag lunch.

September 5	6	7	8	9
Center Closed	Chicken Cordon Bleu Alt. Chef Salad	Turkey Burger Alt Ham Sandwich	Veal Parmesan Alt. Chicken Salad	Seafood a la King Alt Flatbread

Check the schedule below, most activities are in-person, some are on Zoom (Z) or both-Hybrid (H). Click [HERE](#) for PASC Zoom classroom. For vaccinated participants, masks are optional.

29 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise (H) 10:30 Board Games 10:45 Pickleball Open Play at Senior Center 1:00 Yahtzee 1:00 Digital Skills Ready@50+ Class (Getting Started with Zoom) 2:00 Book Club w/ Mark Pinto	30 9:00 Walking Group at Blackrock 9:30 Coffee Hour 10:00 Mahjong 10:30 Board Games 10:30 Coffee Hour (Z) 12:45 Pinochle 1:00 Yoga	31 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise (H) 10:00 Fresh2You Mobile Market 10:30 Board Games 10:45 Pickleball Open Play at Senior Center 11:00 Tower Health Talk 1:00 Digital Skills Ready@50+ Class (Hosting a Zoom Meeting)	1 8:30 Blood Pressure Checks 9:00 Walking group at Charlestown Park 9:30 Coffee Hour 10:00 Duplicate Bridge 2:45 Pinochle 1:00 Social Stitchers 1:00 Yoga	2 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise (H) 10:30 Scrabble 12:45 Board Games
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Upcoming and On-going Programs

Get your VIP card now! Last year's card expired on June 30. Some benefits include discounts to shops, early bird tax sign up, and the Senior Center newsletter sent to you by mail or email. [Click here](#) to purchase.

Fresh to You Mobile Market sets up in our parking lot at 10 on Wednesdays.

Third Thursday in September is our Annual Health Fair. Join us September 16 from 3-5. Free

Holiday 50/50 tickets are available now. 1 for \$10 or 3 for \$25. Drawing at Oktoberfest the Third Thursday of October.

Annual Bag Bingo – November 12, 1-4, Kimberton Fire Company \$25 now/\$35 at the door. More information soon.

September is National Senior Center month. Watch for the newsletter and website for new activities and special events.

The 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 for this contribution.