

September 2022



From the Desk of Executive Director, Julie Gaudan

Center is closed 9/5/22

Happy National Senior Center Month!

Look for little celebrations throughout the month. Wednesday, Sept 16 is National Hoagie Day and Wednesday, September 30, we will order pizza for a special Alternate meal to close out National Senior Center Month!

Doesn't matter how old you are, September means "Back to School". Here at the Center, we "restart" our classes as friends return from vacation or finish summer babysitting duty. Remember when the teacher would remind us of the rules? "Get to class on time, no talking during instruction, be kind to each other." All things that are good to remember here as well. This year expect some short surveys and benchmarking so we can report progress to our funders. I promise the tasks won't be hard!

Join us for our annual **Health Fair on September 22**. Flu shots and boosters will be available. More information on COVID vaccine is pending.

Alternate Meals are back! For those of you who are new to the Center, Alternate Meals give you a choice if you cannot or chose not to eat the Congregate Meal that Linton's and Chester County provide. If you have a dietary or religious restriction or just don't enjoy the Congregate Meal offered that day, you have an option. Choices include salads and sandwiches, and as the weather cools soups. Just like regular meals, you must sign up ahead of time. The cost is \$2/meal to help defray the cost of the meal. Grants help cover much of the costs, but the Center appreciates your help to keep this program going. If for some reason, you can't make it that day, please let us know as soon as possible so we do not waste food or funds. Please do not jeopardize your participation in the program. You are always welcome to bring a sack lunch!

We are adding a day of Continental breakfast! Mondays we will have a breakfast of yogurt, fruit or juice and toast table starting at 8:30. Panera is making donations again so we would like to share the delicious bagels and other goodies together.

Seeking volunteers for our Participants Council. We need representatives from the various activities to provide feedback. The Council will meet once a month for approximately one hour in a cooperative effort to improve the Center and its activities as well as craft our new Strategic Plan. Please be aware that the Council is advisory only. Make sure to let Christine know if you are interested.

Julie

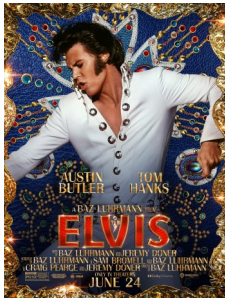
September is National Senior Center Month

Celebrated every year in September, Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults, and have played a major role for seniors in addressing an issue that we all knew was important even before the pandemic: social isolation.

Like sports? Want to talk sports with other like minded people?

Join our monthly

Monday Morning Sports Desk On Monday September 19th at 9am



Movie Day Elvis (2022) Tuesday September 13th at 9am

The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.

Starring Austin Butler and Tom Hanks *This movie is almost 3 hours long.

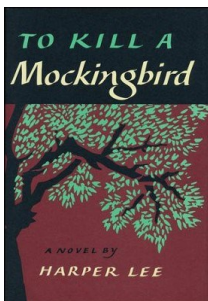
Movie Day Uncharted (2022) Friday September 30th at 12:45pm

Treasure hunter Victor "Sully" Sullivan recruits street-smart Nathan Drake to help him recover a 500-year-old lost fortune amassed by explorer Magellan.

Starring Tom Holland, Mark Wahlberg, Antonio Banderas



Book Club with Mark Pinto Monday September 26th at 2pm To Kill a Mockingbird by Harper Lee



Set in a small-town Alabama, the novel is a bildungsroman, or coming-of-age story, and chronicles the childhood of Scout and Jem Finch as their father Atticus defends a Black man falsely accused of rape.

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

Like to play Pickleball? Want to learn how to play?

We have multiple chances to learn/play.



Lessons with Joel at the Rec Center:

Wednesday September 7th and 21st at 1pm

Play: At the Rec Center (501 Franklin Ave)

Mondays, Wednesdays and Fridays at 1pm

At the Senior Center:

Open play every Monday and Wednesday at 10:45am

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

Melted Crayon Craft

Monday September 12th at 10:30am

All materials will be provided. Fee \$3

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

before Friday September 9th.



AARP CHAPTER 713 Meeting September 7th 2022 at 12pm

Program: Phoenixville Police Chief Brian Marshall

The Senior Center is looking for volunteers!

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

Bagging bread/produce (Mon or Thurs mornings) administration help (1 hour a week)

Newsletter Assembling (monthly)

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

Please call 610-935-1515 x29 for more information



Tower Health/Phoenixville Hospital comes to the
Senior Center

for two important discussions this month!

Wednesday September 28th at 11am

as they present a roundtable health talk entitled

“Do You Know: “The Woman’s Disease” Men Get Too”

While breast cancer is 70 to 100 times less common among men, the disease still strikes more than 2,500 American men each year. What’s worse, most of these men won’t catch their cancer until it reaches the later stages.

Wednesday September 28th at 2pm

As they present a lecture on

“Depression is not a Normal Sign of Aging”

Come learn the signs of depression in yourself or a loved one and what you can do about it.

If you would like to have lunch that day, please make your reservation by September 19th

Meditation with Linda Dieffenbach

Monday September 12th at 1pm



Blood Pressure Checks

Wednesday 9/14 & 9/28

10am to 11am



Every Thursday 8:30am to 11am

September is PAD (Peripheral Arterial Disease) Awareness month!

PAD is a serious, yet treatable disease. Proper treatment may slow down and even halt progression of the disease, while also reducing the risk of patients developing other health complications.

Join us on **Thursday September 29th at 10 am** when Metro Physicians Specialty Group offer a free screening.

Join us on **Tuesday September 27th at 10:30am** when a Dietetic Intern from Immaculata University presents a discussion on nutrition. Great program to have your nutrition questions answered! For more info, call 610-935-1515

Tech Classes/Workshops

@1pm

Monday September 12th—Gmail Tips and Tricks

Learn about important features like spellcheck, formatting emails, searching your inbox, adding a signature, and attaching files.

Wednesday September 14th—Protecting Your Personal Information Online

Learn tips for staying safe in cyberspace, like safe browsing and how to recognize online scams.

Monday September 19th— Cloud Storage

You'll learn the basics of cloud storage— a technology that let's you store documents, images and other media files remotely.

Monday September 26th—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.

Wednesday September 28th—Choosing a Computer

This session addresses some of the most common questions surrounding how to choose a new computer: Where to start? What is a reliable brand? How much you should budget?

Please note that some of the classes/lectures/workshops require an email address. Gmail is preferred. If you need help setting up a Gmail account please call Senior Planet Hotline (844)410-0268

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.

Graduation Celebration Friday September 23rd at 1pm for all participants who have attended a Digital Skills Ready class or workshop.

Register by calling 610-935-1515

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 Ease Tuesdays Wednesdays and Thursdays at 9am

Tues & Weds 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.

September Activities

Monday	Tuesday	Wednesday	Thursday	Friday
-----Weekly Events-----				
8:30am Continental Breakfast 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 Walk with Ease 9:30am Coffee Hour 10:00am Mahjong 10:30am Zoom Coffee Hour 12:00pm Lunch 1:00pm Yoga 12:45pm Pinochle	8:00am Breakfast 8:45am Circuit Exercise 9:00am Walk with Ease 9:30am Coffee Hour 9:45am Chair Exercise 10:00 Fresh2You Market 10:30am Board Games 10:45am Pickleball Open Play 12:00pm Lunch	8:00am Breakfast 8:30am Blood Pressure Checks 9:00am Walk with Ease 9:30am Coffee Hour 10:00am Duplicate Bridge 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	2
5 Center Closed	6	7 12:00pm AARP Meeting 1:00pm Pickleball Class @ Rec Center	8	9 1:00pm Pickleball @ Rec Center 1:00pm Bingo
12 10:30am September Craft 1:00pm Meditation with Linda 1:00pm Digital Skills (Gmail) 1:00pm Pickleball @ Rec Center	13 9:00am Elvis (2022 movie) 10:00am SeniorLAW Center	14 10:00am Blood Pressure Checks 1:00pm Watercolor Class 1:00pm Digital Skills (Personal Info Protection) 1:00pm Pickleball @ Rec Center	15 3:00pm Health Fair	16 1:00pm Pickleball @ Rec Center
19 9:00am Monday Morning Sports Desk 1:00pm Bingo 1:00pm Digital Skills (Cloud Storage) 1:00pm Pickleball @ Rec Center	20 10:30am Art on Canvas	21 9:30am Representative for State Sen. Comitta 12:00pm Birthday Social 1:00pm Pickleball Class @ Rec Center	22 9:30am Representative for State Rep. Shusterman	23 1:00pm Pickleball @ Rec Center 1:00pm Digital Skills (Graduation)
26 1:00pm Digital Skills (Affordable Connectivity) 1:00pm Pickleball @ Rec Center 2:00pm Book Club	27 10:30am Nutrition Presentation	28 10:00am Blood Pressure Checks 11:00am Tower Health Talk 1:00pm Watercolor Class 1:00pm Digital Skills (Choosing a Computer) 1:00pm Pickleball @ Rec Center 2:00pm Health Lecture	29 10:00am Peripheral Artery Disease Screening	30 12:45pm Uncharted (movie) 1:00pm Pickleball @ Rec Center

Activities subject to change. Please check website for updates.

September Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 B: Pancakes & Bacon * * * L: Meatloaf w/ Gravy * * * Alt: Egg Salad	2 * * * L: Rotisserie Seasoned Chicken * * * Alt: BLT
5 Center Closed	6 B: Waffles & Sausage * * * L: Chicken Cordon Bleu * * * Alt: Chef Salad	7 B: Bacon, Eggs, and Hashbrowns * * * L: Turkey Burger * * * Alt: Ham Sandwich	8 B: Zucchini Muffins & Yogurt Parfait * * * L: Veal Parmesan * * * Alt: Chicken Salad	9 * * * L: Seafood à la King * * * Alt: Flatbread
12 B: Continental Breakfast * * * L: Beef Stroganoff * * * Alt: Tuna Salad	13 B: Huevos Rancheros * * * L: Chicken Marsala * * * Alt: Sesame Noodle	14 B: Waffles & Sausage * * * L: Italian Hoagie * * * Alt: Egg Salad	15 B: Quiche * * * L: Buffet Ham * * * Alt: BLT	16 * * * L: Lasagna * * * Alt: Turkey Sandwich
19 B: Continental Breakfast * * * L: Grilled Chicken Alfredo * * * Alt: Ham Sandwich	20 B: Scrambled Eggs & Sausage * * * L: Kielbasa & Sauerkraut * * * Alt: Chicken Salad	21 B: Pancakes & Bacon * * * L: Pepper Steak * * * Alt: Chef Salad	22 B: Assorted Strata * * * L: Pulled BBQ Pork * * * Alt: Sesame Noodle	23 * * * L: Chicken Cheesesteak Hoagie * * * Alt: Flatbread
26 B: Continental Breakfast * * * L: Swedish Meatballs * * * Alt: Turkey Sandwich	27 B: Waffles & Sausage * * * L: Open Faced Roast Beef * * * Alt: Tuna Salad	28 B: Creamed Chipped Beef * * * L: Chicken Lo Mein * * * Alt: Pizza Day	29 B: Eggs Benedict * * * L: Chef Salad * * * Alt: BLT	30 * * * L: Baked Penne Pasta w/ Meatballs * * * Alt: Chef Salad

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

Continental Breakfast (Monday) begins at 8:30am

Lunch begins at 12pm

Alternative Lunch Cost: \$2

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.

Call the office at
484-200-8260

Starting in October: AARP Smart Driver Course (Fee \$20)

By taking a driver refresher course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time.

After completing the course you'll receive a certificate of completion that can be presented to your insurance agent for a possible reduction in your auto insurance premiums.

AARP Driver's Technology Class (No Fee)

Learn about some of the new technology available in cars today and how to use it.



The Affordable Connectivity Program (ACP) is a U.S. government program run by the FCC to help low-income households pay for internet service and connected devices like a laptop or tablet

Here are the ways your household can qualify for the ACP: Based on Your Income

You are eligible for the ACP if your income is 200% or less than the Federal Poverty Guidelines (see the table below). The guideline is based on your household size and state.

Household size	Income
1	\$27,180
2	\$36,620
3	\$46,060

You may have to show proof of income, like a tax return or three consecutive pays stubs, when you apply for the ACP.

You are eligible for the ACP if you (or someone in your household) participate in one of these programs:

Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, Medicaid, Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), Supplemental Security Income (SSI), Federal Public Housing Assistance (FPHA) Veterans Pension and Survivors Benefit

You may need to show a card, letter, or official document as [proof that you participate](#) in one of these programs when you apply for the ACP.

If You Already Receive a Lifeline Benefit

Lifeline is a [FCC program](#) to help make communications services more affordable for low-income consumers. If you currently receive a Lifeline benefit, you automatically qualify for the ACP, and you can receive both benefits at the same time.

Note: You may qualify for the ACP through a participating provider's existing low-income program

To sign up, join our workshop on Monday September 26th
or go to: <https://www.affordableconnectivity.gov>

Walk with Ease



Experience the Walk With Ease Program Arthritis Foundation Certified. Doctor Recommended



"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse."

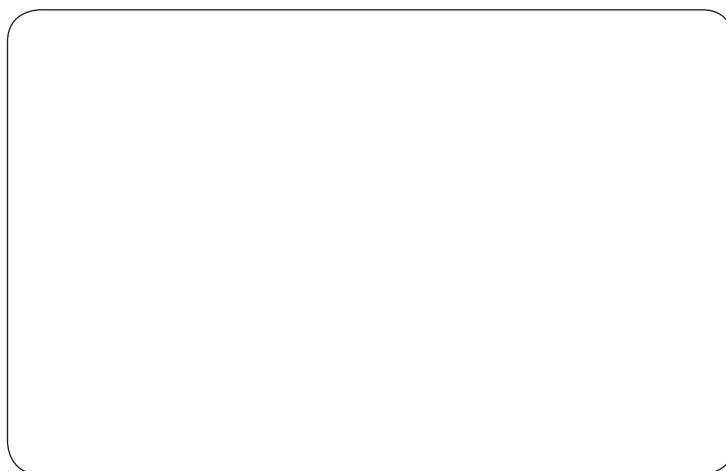
— Walk With Ease participant

The **Arthritis Foundation Walk With Ease Program** is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Benefits to You

Walk With Ease will help you:

- ▶ Motivate yourself to get in great shape
- ▶ Walk safely and comfortably
- ▶ Improve your flexibility, strength and stamina
- ▶ Reduce pain and feel great





Come celebrate our September Birthdays on September 21st

Lunch at 12pm

Register on Copilot at the Center or call 610-935-1515 to reserve lunch by 9/12



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

Jean Ackerman	Sandy Grubb	Mary Lou Sands
Bob Alba	Chris Haney	Judith Schatz
Celia Breaden	Chris Henry	Lorraine Shakespeare
Arlene Brill	Sandy Jackson	MaryEllen Sierzega
Ron Brown	Thomas Lastowka	Marilyn Skellenger
Beverly Burkhardt	Bill Laubscher	Paul Slaninka
Nona Carmita Burton	Patricia May	Betty Staffieri
Bill Chenco	Carmen Miro	Mary Stalter
Robert Coulsy	Kirk Mosberger	Marie Tamarro
Carol Curtiss	Catherine Nichols	Sheila Taylor
Gene DeBus	Nancy Pittock	Carmen Thomas-Mazek
Kathy Dellaquila	Barbara Rambo	Dave Tirpak
Eva Dunn	Sylvia Rechner	Maryjane Weiss
Evelyn Frederick	Marilyn Reich	John Welsh
Pam Gates	Charles Rodgers	Dorothy Wisniewski
Robert Godman	Nicholas Rudawski	

THURSDAY, SEPTEMBER 15th 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 610-935-1515.



2022 HOLIDAY CASH 50/50

**The prize will be drawn on Thursday, October 21, 2021 at 6 pm
during our Oktoberfest Celebration**

this fundraiser is designed to award the winner extra cash to purchase holiday gifts and goodies while supporting the Senior Center. 50 % of the ticket sales goes to one winner. The other 50% goes to programs and activities at the Phoenixville Area Senior Center. Oh what a gift!

Tickets 1 for \$10/ 3 for \$25,

just mail your payment and stubs. Call 610-935-1515 for more tickets [CLICK HERE](#) or scan the QR code to purchase tickets on-line





pennsylvania

Medicare Education and Decision Insight

Medicare Update for Annual Open Enrollment

Fine Tune Your Medicare for 2023

Wednesday, October 12th, 2:30-4:00pm

This event is for people who have Medicare, want to review the basics of Medicare and see what changes they can make for the upcoming year to prepare for the Medicare Annual Open Enrollment Period (AOEP) from October 15th – December 7th. There will be time for questions and answers after the presentation, and the chance to schedule follow up appointments. This presentation is presented by Chester County PA MEDI counselors. PA MEDI, formerly known as APPRISE, is a free, confidential, and unbiased health insurance counseling program designed to help all Pennsylvanians with Medicare. PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with objective, easy-to-understand information about Medicare.

The presentation will be in-person, at the Phoenixville Senior Center. Please contact Cari to register at cforeman@phoenixvilleseniorcenter.org or 610-935-1515 ext. 24



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 mypath.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.

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)



Medicare's Annual Open Enrollment Period (AOEP)

October 15 – December 7

AOEP is for those who are already on Medicare. During this time, you can review and make changes to your Medicare Prescription Drug Plan (Part D) or Medicare Advantage Plan (Part C). These changes will be effective January 1, 2022. When evaluating your plans, check for changes to benefits, network areas and providers, the formulary, copays, drug tiers, and/or premiums. Any of these changes could put you at risk for additional medical expenses in the future.

If you would like assistance in reviewing your options, PA MEDI is ready to assist you. PA MEDI is Pennsylvania's statewide program of free insurance consultation under the auspices of the Chester County Department of Aging Services and the State Health Insurance Assistance Program (SHIP). PA MEDI counseling is FREE, unbiased, personalized, and confidential.

Please call **Cari at 610-935-1515 ext. 24** for info or to schedule an appointment.

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

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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.