

September 5-9, 2022

It's National Senior Center Month. WE're celebrating by adding new activities like The American Arthritis Foundation's Walk with Ease. As you know we have walking groups. Beginning Tuesday September 6, we are offering the class three times a week Tuesday and Wednesday at Black Rock Sanctuary and Thursday at Charlestown Park with a trained instructor who will provide motivation and instruction. Pickleball is the new "hot" sport for Seniors. Learn to play with lessons from Joel Payton of United Healthcare/the Payton Agency at the Phoenixville Rec. Center on Wednesday September 7 at 1 pm, then join us every Monday, Wednesday and Friday from 1-3 for games. We have 4 courts reserved for players aged 50+.

We are bringing back Alternate Meals. We know that sometimes our hot meal is not for you. Now we are offering an alternate sandwich, salad, soup to give you a choice for \$2. 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 Tuesday September 6 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.

Sept. 12-16	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Continental	Eggs with Toppings	Waffles & Sausage	Quiche	
Lunch	Beef Stroganoff	Chicken Marsala	Italian Hoagie	Buffet Ham	Lasagna
Alt. Lunch	Tuna Salad	Sesame Noodles	Egg Salad	BLT	Turkey Sandwich

Do you pay for annual dues to AARP? The local chapter of AARP meets on the first Wednesday of each month at noon at the Senior Center, Wednesday September 7. They have a meal and a program. This month speaker is Phoenixville's police chief Brian Marshall.

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

Sept 5	6	7	8	9
Center closed for Labor Day Holiday	9:00 Walk with Ease Blackrock 9:30 Coffee Hour 10:00 Mahjong 10:30 Coffee Hour (Z) 12:45 Pinochle 1:00 Yoga	8:45 Circuit Exercise 9:00 Walk with Ease Blackrock 9:30 Coffee Hour 9:45 Chair Exercise (H) 10:00 Fresh2You Mobile Market 12:00 AARP Meeting 1:00 Pickleball at Rec. Center	8:30 Blood Pressure Checks 9:00 Walk with Ease Charlestown Park 9:30 Coffee Hour 10:00 Duplicate Bridge 2:45 Pinochle 1:00 Social Stitchers 1:00 Yoga	8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise (H) 10:30 Scrabble 12:45 Board Games 1:00 Pickleball at Rec. Center 1:00 BINGO

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.

Third Thursday in September is our Annual Health Fair. Join us September 16 from 3-5. Free. Before Medicare Open Enrollment begins talk to health professionals so you can make the best decision for you.

Oktoberfest – Thursday October 21 Join us for a meal of Brats or hot dog, German Potato Salad, Vegetable, Beer or Root beer, and dessert, followed by Luken's Band. Lots of fun \$15 per person/\$13 with VIP card. [Click](#) for tickets.

Holiday 50/50 tickets are available now. Click [HERE](#), 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 or \$175 for a table of 8. More information soon. [Click here](#) for tickets

September is National Senior Center month. Watch our Facebook page for news and tips during the month of Sept.