

September 12-16, 2022



September is National Senior Center Month. The only thing more important to Seniors than their families is their health which is why we offer our Health Fair in September. It is also a great time to evaluate Health Care in general. This year we are offering vaccines. The Phoenixville Acme's Savon Pharmacy will be offering Senior Flu shots and Gateway Pharmacy will be giving the new Covid vaccines. Please [Click HERE](#) to choose if you would like the Moderna or Pfizer Covid Vaccine, get important instructions about what to bring with you, and pick an appointment time.

Breakfast is now served Mon. at 8:30 thru Thurs. from 8-9. Lunch is served weekdays at noon. If you plan to have lunch at the Center, please make a reservation by Monday the week prior. If you would like to join us for any of the following meals, make your reservation by Mon. Sept. 12 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 to see if someone cancelled or bring a bag lunch.

Sept. 19-23	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Continental	Scrambled Eggs	Pancakes	Strata	
Lunch	Chicken Alfredo	Kielbasa	Pepper Steak	Pulled BBQ	Chix Cheesesteak
Alt. Lunch	Ham Sandwich	Chicken Salad	Chef Salad	Sesame Noodles	Flatbread Pizza

Check the schedule below, most activities are in-person, some are on Zoom (Z) or both-Hybrid (H). Click [HERE](#) for PASC Zoom classroom. New Activity beginning Sept. 19 – Monday Morning Sports Desk at 9 am. Come in to discuss Phillies, Eagles, Phoenixville Sports and pick up your Phoenixville High School Golden Tickets for free admission to home games.

<p>12 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise (H) 10:30 September Craft 10:30 Board Games 10:45 Pickleball Open Play 1:00 Digital Skills Ready@50+ Class (Gmail Tips and Tricks) 1:00 Pickleball @ Rec Center 1:00 Meditation with Linda 1:00 Yahtzee</p>	<p>13 9:00 Elvis (2022 movie) 9:00 Walk with Ease Blackrock 9:30 Coffee Hour 10:00 Mahjong 10:00 SeniorLAW Center 10:30 Coffee Hour (Z) 12:45 Pinochle 1:00 Yoga</p>	<p>14 8:45 Circuit Exercise 9:00 Walk with Ease 9:30 Coffee Hour 9:45 Chair Exercise (H) 10:00 Fresh2You Mobile Market 10:00 Blood Pressure Checks 10:30 Board Games 10:45 Pickleball Open Play 1:00 Watercolor Art Class 1:00 Digital Skills Ready@50+ Class (Protecting Your Personal Info Online) 1:00 Pickleball @ Rec Center</p>	<p>15 8:30 Blood Pressure Checks 9:00 Walk with Ease Charlestown 9:30 Coffee Hour 10:00 Duplicate Bridge 12:45 Pinochle 1:00 Social Stitchers 1:00 Yoga 3:00 September Third Thursday Event – Health Fair</p>	<p>16 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise (H) 10:30 Scrabble 12:45 Board Games 1:00 Pickleball @ Rec Center Center closing early due to Bridge Street weekend closing.</p>
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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.

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. Pot is over \$1,000.

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

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.