

September 26-30, 2022

**Take care of your health is a theme this week.** On Tues. 9/27 a dietetic intern from Immaculata is coming to the Center at 10:30 to discuss Nutrition for Seniors. Then on Wed. 9/28, we have two programs from Tower Health/Phoenixville Hospital. At 11, we will have our monthly Senior Health talk, “The Woman’s Disease Men get too!” While breast cancer is less common in men, the disease strikes more than 2,500 American men each year. Then at 2, they are offering “Depression is NOT a Normal Sign of Aging.” Learn the signs of depression in yourself or a loved one and what you can do about it. Finally, Metro Physicians Specialty Group is offering a free screening for Peripheral Arterial Disease (PAD). By attaching sensors to your fingers and toes, they can tell if you have any arterial blockages, hopefully preventing other health complications. In addition to the health discussions, Willow Tree Hospice is coming to the Center to offer grief counseling. We all grieve. Some for a loved one lost, some for a parent with a disease which has changed your relationship, some for their health. Whatever your reason, please join us.



Breakfast is served Mon. at 8:30, Tues.-Thurs. from 8-9. Lunch is served weekdays at noon. If you plan to have lunch at the Center next week, please make a reservation by Monday Sept. 26 at <https://community.copilot21.com/> or by calling 610-935-1515. Didn't make a reservation, call to see if someone canceled or bring a bagged lunch.

September	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 26-30	Continental	Waffles & Sausage	Creamed Chipped Beef	Eggs Benedict	
Lunch 26-30	Swedish Meatballs	Open faced Roast Beef	Chicken Lo Mein	Chef Salad	Penne Pasta
Alt. Lunch 26-30	Turkey Sand.	Tuna Salad	Pizza	BLT	Chef Salad
Lunch Oct 3-7	Meatloaf	Fish Fillet Sand	Rotisserie Chicken	Pulled Pork BBQ	Stuffed Chicken
Alt. Oct. 3-7	Tuna Salad	Chicken Cesar Salad	BLT	Turkey Sand	Reuben

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

<p>26 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise(H) 10:30 Board Games 1:00pm Pickleball @ Rec Center 1:00 Yahtzee 1:00 Digital Skills Ready@50+ Workshop 2:00 Book Club w/ Mark Pinto</p>	<p>27 9:00 Walk with Ease 9:30 Coffee Hour 10:00 Mahjong 10:30 Nutrition Presentation 10:30 Coffee Hour(Z) 12:45 Pinochle 1:00 Yoga 2:00 Grief Support</p>	<p>28 8:45 Circuit Exercise 9:00 Walk with Ease 9:30 Coffee Hour 9:45 Chair Exercise(H) 10:00 Fresh2You 10:30 Board Games 11:00 Mens Breast Talk 1:00 Watercolor Art 1:00 Digital Skills Ready 1:00 Pickleball @ Rec Center 2:00 Depression Lecture</p>	<p>29 8:30 Blood Pressure Checks 9:00 Walk with Ease 9:30 Coffee Hour 10:00 Peripheral Artery Disease Screening 10:00 Duplicate Bridge 12:45 Pinochle 1:00 Social Stitchers 1:00 Yoga</p>	<p>30 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise(H) 10:30 Scrabble 1:00 Pickleball @ Rec Center</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.

**90+ Birthday Party** for those over 90 is October 11 at noon. Call 610-935-1515 to participate by October 7.

**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