



From the Desk of Executive Director, Julie Gaudan

Happy New Year! I hope everyone had a Safe and Happy Holiday season.

Senior Center Closed

1/2/2023

Many of us make resolutions each year. I have a suggestion for this year. **Attend one new activity a month at the Center.** Or, come back to something that you used to attend but have not attended recently. (exercise class, maybe?) With 8 exercise classes each week, a walking group that meets twice a week, and pickle ball 3 days each week there are plenty of opportunities to help with that “get into shape” resolution. The new Chester County Department of Aging “Weight Wise” program is here for the “eat better” resolution. Also, Chester County Food Bank will be back on January 19 for their first “Taste It” cooking class of 2023!

It will be even more affordable to get in shape this year. Starting in January, we will be a **Renew Active** site for those with qualifying United Healthcare Medicare insurance plans. See Julie or Carmela for more details.

In 2018, our participants helped the Philadelphia Eagles win the Super Bowl with a pep rally every week in January. I don’t know if we deserve all the credit for the Philly Philly Win, but we certainly helped. We will offer our help again in 2023. We have a pep rally planned every Friday before each Eagles game starting January 6. Feel free to start practicing “Fly Eagles Fly” in the shower!

Someone asked me a great question last week. “Do I have to have a birthday this month to come to the birthday social?” The answer is a resounding NO! We take this opportunity to celebrate the birthdays each month together. If it is your birthday, let us know and together we will wish you Happy Birthday and send you home with a little treat. Join us to wish your friends Happy Birthday those 11 months a year that it isn’t your birthday.

Please help us schedule the 2023 birthday celebration entertainment by participating in the survey in this newsletter. Getting your input is so much better than a guess, no matter how educated. Have a safe and happy January!

Julie

Craft Days at the Senior Center Please register at 610-935-1515 ext 29

Paper Snowflakes Craft

Help decorate the Senior Center by making a few snowflakes to hang up.



**Tuesday
January 3rd at
10am**
Fee: Free

Wool Felt Gnome

Tuesday January 24th at 10am.

Fee \$5



Movie Tuesday January 31st at 10am

Ticket to Paradise (2022)

George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they once made.

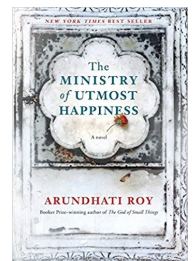
Please make your lunch reservation by Monday January 23rd

Book Club with Mark Pinto January 30th at 2pm

‘The Ministry of Utmost Happiness’ by Arundhati M. Roy.

The Ministry of Utmost Happiness takes us on an intimate journey of many years across the Indian subcontinent—from the cramped neighborhoods of Old Delhi and the roads of the new city to the mountains and valleys of Kashmir and beyond, where war is peace and peace is war.

Please call 610-935-1515 ext 29 to reserve a book



Let's Get Organized

Do you get overwhelmed with all the clutter in your home?

Let's Get Organized - with Robin! Tuesday January 10th at 10 am

Join the Senior Center as we present Robin O'Brien, a Professional Organizer who assist clients in reducing excessive clutter in their homes. She will have suggestions on what items to keep, what to trash and what/where to donate (please not to the Senior Center). She can even come to your house for a fee.

Get your Sweetheart 50/50 Drawing Tickets NOW!!!



1 Chance \$10, 3 Chances \$25

Pulled at the Third Thursday of February Event

All proceeds benefit the programs and activities at the Phoenixville Area Senior Center.

Phoenixville Area Senior Center SCRAPBOOKING EVENT IS BACK!!! And at the Senior Center

153 Church Street, Phoenixville

**FRIDAY FEBRUARY 24, 5-9,
INCLUDING PIZZA, \$25**

**SATURDAY FEBRUARY 25,
8:30 AM-8:30 PM
INCLUDES CONTINENTAL
BREAKFAST, LUNCH, AND
DINNER, \$50**

BOTH DAYS, \$70

To purchase
tickets, go to
<https://bit.ly/PAScScrop23>
or scan this QR
code



**All reservations include a 4 x 2
workspace, snacks and drinks.
Doors open 30 minutes prior to
opening. Raffle Baskets and
vendors will be available for
additional purchases.**

Please contact
Julie Gaudan at
610-935-1515 x
21 or
[julie@phoenixville-
seniorcenter.org](mailto:julie@phoenixville-seniorcenter.org)
with any
questions about
the event.



HEALTHY SENIORS

JANUARY HEALTH EDUCATION PROGRAM

What: Medical & Surgical Advances in the Treatment of Diverticulitis

When: Tuesday, January 17th @ 10:00 AM

Gastroenterologist, Dr. Elizabeth Rock and general surgeon, Dr. Wasfy Fahmy will present “Diverticulitis - describing signs & symptoms, highlighting causes and presenting current recommended medical and surgical treatment.”

What: Round Table Discussion—Recognizing Seasonal Affective Discord-

What you need to know

When: Wednesday, January 25th @11:00 AM

Please call 610-935-1515 ext 29 to register at the Senior Center for this popular program

Making Exercise Classes Affordable

Medicare Advantage Plans provide programs to make your exercise classes affordable. There are three that you can take advantage in 2023. Please be aware that we cannot verify your specific plans eligibility requirements.

Silver Sneakers –Classes are free but you must contact Carmela to sign up. Silver Sneakers will reimburse the Center.

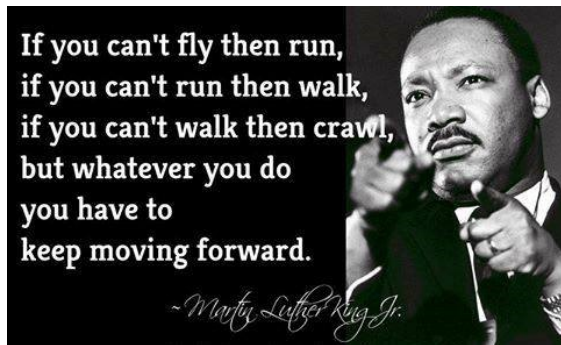
Renew Active (65 & over) and One Pass (18-64) – A United Healthcare benefit. Classes are free after registration, and they will reimburse the Center.

Various Reimbursement plans – If your Medicare plan provides a reimbursement program, we can provide the documentation you need to apply. Verify your Medicare plan provides a reimbursement, and we can help you track your attendance and payments.

Martin Luther King Jr. Day of Service

January 16, 2023

The MLK Day of Service is a part of **United We Serve**, the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems.



We are all called to do something, no matter how small. Join us after lunch on Monday, January 16 when we make our contribution to our community. for a variety of service projects. Project Stations will include Cards for Military Personnel and Painting Happiness Rocks.

Break out your green on the Fridays before the Eagles play for the rest of their season. Here's to a long post season! Fly Eagles Fly!



Birthday Social Survey

Please help the Senior Center by completing this survey on the type of entertainment you would like to see at our monthly Birthday Socials

What type of entertainment would you like to see? Please circle all that apply or add your own.

Folk Singers	Classical Musicians	Dancing
Comedians	Magicians	Jugglers or Clowns
Speakers	Bingo	Trivia
50s music	60s music	70s music

Programs at the Senior Center—Please see calendar for exact days and times

Weekly
<p>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.</p>
<p>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.</p>
<p>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.</p>
<p>Walking with the Center 9am Tuesday outside at Black Rock Sanctuary 953 Black Rock Road, PA-113 Thursdays outside at Charlestown Park 100 Academic Way</p>
<p>Pickleball— \$3 Monday, Wednesday & Friday 1pm to 3pm Rec Center—501 Franklin Ave Non competitive / round robin play</p>
<p>Pool Table in the library Open play all day</p>

Monthly
<p>Art on Canvas Fee: \$10/ \$5 VIP Supporter</p>
<p>Blood Pressure 2nd and 4th Wednesday 10am to 11am Every Thursday 8:30am to 11:30am</p>
<p>Cash BINGO \$5 to play 5 games</p>
<p>Grief Support with Willow Tree Last Wednesday of the month 2 to 3pm</p>
<p>Meditation with Linda Every second Tuesday @ 1pm</p>
<p>Monday Morning Sports Desk Round table sports talk 1st and 3rd Monday @ 9am</p>
<p>Senior Law Center will be holding a legal services intake clinic at the Second Tuesday From 10am to noon</p>
<p>Senator Muth Representative visit Every third Thursday 12 to 2pm</p>
<p>Tower Health Talk roundtable health topics Last Wednesday at 11am</p>
<p>Watercolor Art Class \$5 fee</p>

January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed	3 B: Breakfast Sandwich * * * L: Fish Cake & Macaroni and Cheese * * * Alt: Ham & Cheese Sandwich	4 B: Pancakes & Sausage * * * L: Happy New Year! Chicken Cordon Bleu * * * Alt: None	5 B: Eggs w/ Toppings * * * L: Baked Ziti w/ Meatsauce * * * Alt: Turkey Sandwich	6 B: Continental Breakfast * * * L: General Tso Chicken * * * Alt: Flatbread
9 B: Continental Breakfast * * * L: Chicken Cheesesteak * * * Alt: Sesame Noodles	10 B: Frittata * * * L: Pizza * * * Alt: Taco Tuesday	11 B: Creamed Chipped Beef * * * L: Enchilada Bake * * * Alt: Egg Salad	12 B: Waffles & Sausage * * * L: Roast Turkey * * * Alt: Cubano	13 B: Continental Breakfast * * * L: Sweet N Sour Meatballs * * * Alt: Chef Salad
16 B: Continental Breakfast * * * L: Seafood Newburg * * * Alt: Flatbread	17 B: Eggs & Bacon * * * L: Salisbury Steak w/ Gravy * * * Alt: Chicken Salad	18 French Toast B: Casserole * * * Birthday Social! L: Apple Honey Glazed Pork Loin * * * Alt: Tuna Salad	19 B: Quiche * * * L: Turkey Divan * * * Alt: Ham & Cheese Sandwich	20 B: Continental Breakfast * * * L: Beef Gyro Bowl * * * Alt: Egg Salad
23 B: Continental Breakfast * * * L: Crispy Chicken Sandwich * * * Alt: Cubano	24 B: Creamed Chipped Beef * * * L: Chili Con Carne * * * Alt: Turkey Sandwich	25 B: Eggs w/ Toppings * * * L: Shrimp Scampi * * * Alt: Chef Salad	26 B: Pancakes * * * L: Grilled Turkey Ham & Swiss * * * Alt: Quiche	27 B: Continental Breakfast * * * L: Beef & Broccoli * * * Alt: Ham & Cheese Sandwich
30 B: Continental Breakfast * * * L: Open Faced Roast Beef Au Jus * * * Alt: Quiche	31 B: Creamed Chipped Beef * * * L: Chicken Bruschetta * * * Alt: Spinach Salad			

Breakfast begins at 8am

Lunch begins at 12pm

Breakfast and Lunch Suggested Donation: \$2

Alternative Lunch Cost: \$2

January Activities

Monday	Tuesday	Wednesday	Thursday	Friday
-----Weekly Events-----				
8:00am Cont'l Breakfast 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Board Games 12:00pm Lunch 1:00pm Pickleball @ Rec Center	8:00am Breakfast 9:00am Walking Group 9:30am Coffee Hour 10:00am Mahjong 12:00pm Lunch 1:00pm Yoga 12:45pm Pinochle	8:00am Breakfast 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Board Games 12:00pm Lunch 1:00pm Pickleball @ Rec Center	8:00am Breakfast 8:30am Blood Pressure 9:00am Walking Group 9:30am Coffee Hour 10:00am Duplicate Bridge 12:00pm Lunch 12:45pm Pinochle 1:00pm Yoga 1:00pm Social Stitchers	8:00am Cont'l Breakfast 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Scrabble 12:00pm Lunch 12:45pm Board Games 1:00pm Pickleball @ Rec Center
2 Center Closed	3 10:00am Craft	4 12:00pm AARP Meeting 12:00pm New Year's Toast	5	6 1:00pm Eagles Pep Rally
9 1:00pm Meditation with Linda 1:00pm Digital Skills Ready@50+ Class 1:00pm Pickleball Class @ Rec Center	10 10:00am SeniorLAW Center 10:00am Let's Get Organized 10:30am Art on Canvas	11 10:00am Blood Pressure	12 11:00am Woodbridge Presentation	13 10:45am Weight Wise 1:00pm Digital Skills Ready@50+ Class
16 9:00am Sports Desk 1:00pm Digital Skills Ready@50+ Class 1:00pm MLK Celebration	17 10:00am Tower Health Talk 12:00pm Representative for State Sen. Muth	18 12:00pm Birthday Social 1:00pm Birthday Entertainment	19 10:00am Taste It Demo 5:00pm Third Thursday (Supper Club)	20 10:45am Weight Wise 1:00pm Digital Skills Ready@50+ Class 1:00pm Eagles Pep Rally
23 1:00pm Digital Skills Ready@50+ Class 1:00pm Art Class 1:00pm Cash Bingo	24 10:00am Wool Craft 11:00am Humana Presentation	25 10:00am Blood Pressure 11:00am Tower Health Talk 1:00pm Pickleball Class @ Rec Center 2:00pm Grief Support	26 11:00am Oasis Senior Advisors Presentation	27 10:45am Weight Wise 1:00pm Digital Skills Ready@50+ Class 1:00pm Eagles Pep Rally
30 9:00am Sports Desk 1:00pm Digital Skills Ready@50+ Class 2:00pm Book Club	31 10:00am Movie: Ticket to Paradise			

Activities subject to change. Please check website for updates.

Third Thursdays in the New Year

January 19th at 5pm

Supper Club at the Great American Pub

\$30 gets you appetizer, entrée dessert and non-alcoholic drink

RSVP and payment required by 1/18

February 16th at 5pm

Dinner and Dancing at the Senior Center

\$15/ \$13 for VIP Supporter

Come eat and dance the night away with our DJ and some amazing food prepared by our chef. BYOB

March 16th at 5pm

Annual Irish Wake

\$20 for Dinner and Entertainment

Test your comedy skills on our corpse, Mayor Peter Urscheler and win a prize. Have dessert while you browse our various vendors with end of life information. We do it in a fun way!

January 19th Third Thursday

Supper Club

Great American Pub



Choice of One

Soup of the day

House salad

Choice of ranch or balsamic dressing

Caesar salad

Traditional

Choice of Entrée

Shrimp Scampi

Served with Jasmine rice

Chicken Milanese

Spinach, roasted tomatoes and capers

Linguine with Meatballs

Dessert

Brownie Sundae

\$30 per person; including tax and gratuity

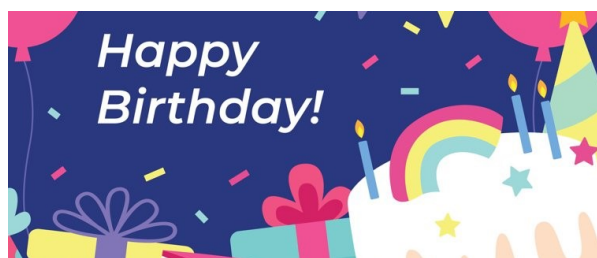
Nonalcoholic drinks included



Come help celebrate our January Birthdays on January 18th

Lunch at 12pm and stay for music from Michael Kropp at 1pm

Register on Copilot at the Senior Center or call 610-935-1515 to reserve lunch by 1/9



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

Clare Annechini

Paul Bastian

Joanne Beauregard

Marie Betlejewski

Rita Borkowski-Yoder

Louise Brooks

Diane Chapman

Mary Ann Collison

Janet Cook

Joanne Cooper

Mark Daly

Dave DeHart

Karen Dougherty

Lillian Evans

Richard Farrell

Evelyn Fatula

Diana Fazik

Kathleen Franklin

Sharyn Funderwhite

Bernice Ganski

Linda Grisafi

Allan Huffman

Genevieve Hughes

Bernadine Jeffers

Florence Katz

Elizabeth Knepper

Joe Krzeminski

Peggy Laffredo

Mary McGready

Loretta Miccariello

Robert Neiman

Thomas Newman

John Norman

Anne Peirce

Jeanne Reese

Fred Reichert

Gloria rising

Olga Rivera-Ramos

Leo Scoda

Lee Segner

Sharon Suwinski

Sally Sweeny

Anna Verduci

Joel Wadsworth

Judith Walker

Lynda Weber

Deborah Whitehead

Ann Wilke

Gerald Wormer

Nancy Yarzabek

Weight Wise is Coming to the Phoenixville Senior Center

10 Weeks—January 13th through March 17th

10:45am every Friday

10 weeks to finally lose that weight! The program is based on the Penn State developed diet, Volumetrics, the #1 New York Times bestselling book and incorporates principles from the American Institute of Cancer Research (AICR). Classes are taught by Barbara Myers, Chester County Dept of Aging Dietician.

Register now at 610-935-1515. Classes will fill up quickly



Connecting to the Internet -Workshop

Monday January 9th and Friday the 13th 1pm

Did you get a new device for Christmas?

Would you like to learn more about the Internet? What is a hotspot? In this workshop you'll go over how to check the WiFi connection to your device and cover how to use a hotspot from your smartphone or tablet. Learn best practices for password protection and connecting to public WiFi.

Introduction to Digital Culture for Chromebooks—Course / 2 days a week for 5 Weeks

Monday and Fridays starting January 16th to February 17th at 1pm

You'll learn to use the internet to contact your lawmakers, learn about health related topics, connect with others offline and online, and explore your interests and passions. You'll also learn best practices for staying safe online and using social media.

For Your Information!

Tax Season is Coming!

We offer both in person traditional appointments and in person drop off appointments. A few car side appointments will be available for those who require them and filed with us last year.

All Senior Center participants may call to schedule appointments. To schedule, please leave a clear message for **at 610-935-1515, ext 24** with your name, the name of anyone filing with you, your phone number, and the reason for your call. Your message will be answered in the order it was received.

Time and again, we hear the same regret: "I wish I could hear Grandpa's voice just one more time." With Storycatchers, you can rest easy, knowing that your loved one's voice & memories will be saved forever.



At Storycatchers, they record the life story of your loved one. We use high-definition audio recording equipment to capture their memories and produce a keepsake you will cherish forever.

For more information, ask Christine for a flyer, call 717-891-1557 or visit www.thestorycatchers.com

The Humana logo consists of the word "Humana" in a white, sans-serif font, centered within a solid green square.

Humana Presentation
Tuesday January 24th at 11am

Questions about local Humana providers and plans?

Don't miss this opportunity to learn more.



Taste It with the Chester County Food Bank

Thursday January 19th at 10 am

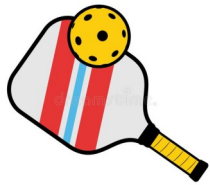
Come taste some yummy and **HEALTHY** recipes courtesy of the

Chester County Food Bank

Learn more about what **Woodbridge Place** has
to offer.



Thursday January 12th at 11am



Pickleball lessons with Joel are back!

Monday January 9th and Wednesday January 25th

1pm at the Phoenixville Rec Center \$3

Pickleball Play At the Rec Center for Participants

Rec Center is located at 501 Franklin Ave Phoenixville

Oasis Senior Advisors Presentation

Thursday January 26th at 11am

Looking to downsize or need more help?



The Phoenixville Senior Center follows the Phoenixville Area School District

If the schools are closed, so is the Senior Center. If the schools close early, so does the Senior Center. Please check for information on our Facebook page, Website or check our mes-

sage 610-935-1515.



Aging Resources

In these challenging times, there is assistance available for those who need it. If you need help, please leave a message at 610-935-1515 ext 24 or send an email to

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 (\$1,719, assets: \$15,510)

Medicare Savings Program – helps pay Medicare premiums, deductibles, coinsurance, and copayments depending on level of assistance (\$1,549, assets: \$8,4000)

Medical Assistance – Medicaid for those with Medicare (\$1,153, assets: \$2,000)

SNAP – Supplemental Nutrition Assistance (\$2,147 for seniors)

Senior Food Box – supplemental canned and dry goods (\$2095)

Property Tax / Rent Rebate help

LIHEAP – Application opens November 1st (1 person - \$19,320; 2 people - \$26,130)

The LIHEAP 2022-2023 season is now open!



The Low Income Home Energy Assistance Program (LIHEAP) helps people pay their heating bills in the form of a cash grant sent directly to the utility company/fuel provider to be credited to your bill. These grants range from \$500 to \$1,500 based on household size, income, and fuel type. Remember: This is a grant and does

not have to be repaid! For the application, or help applying, please contact

Cari at cforeman@phoenixvilleseniorcenter.org or 610-935-1515 ext. 24.

Did You Know?

PACE/PACENET is Pennsylvania's State Pharmaceutical program and it can help with your prescription drug costs. Unlike many programs, assets (such as savings) aren't considered to determine eligibility, so if your gross income is less than \$2,792/month, you might qualify for this great program!

Do you know what other program doesn't look at assets? If you said **SNAP**, you're right! Seniors in Pennsylvania with gross incomes less than \$2,147/month qualify for SNAP regardless of savings and other resources. If you have significant medical expenses, you might qualify even if your income is higher.

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

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**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.