

February 2023



From the Desk of Executive Director, Julie Gaudan

I hope you noticed the signs and barriers on the west side of the building by the firehouse. The Borough of Phoenixville is demolishing the old firehouse to make room for a municipal parking lot. The Borough expect this to last approximately one month and appreciate your patience and attention.

**Senior Center
Closed**

2/20/2023

Please do NOT use the west entrance until further notice. There will be trucks and heavy machinery in and out of that area at all times and we do not want moving cars added to the mix. This is for your safety and for the safety of the construction team. You will see staff cars parked on that side to leave more room on the east side for participants. **Under no circumstances, park on the west side of the building until the all clear is announced officially by staff.** There is new signage marking additional handicapped spots on the east side of the building.

In person AARP Tax Aide Foundation income tax preparation starts Feb 8th. This means activities like mahjonn and pinochle will move to the first and second floor until mid April. Please avoid the lower level unless you are going to your tax appointment.

As I write this, we are waiting for the NFC Championship game between our Philadelphia Eagles and the San Francisco 49ers. If the Eagles are in the Super Bowl, please join us for a pep rally on Friday, February 10th at 1:00 pm. Go Eagles!

Please join us for a Participants Meeting on February 9th at 10:30am. We would like to hear from you on existing programs and suggestions for new activities. This year, we would like to reinstate a Participants Council. This is a good opportunity to find out what is involved and if you might be interested.

Tickets are now available for the Senior Center's Annual Irish Wake on Thursday March 16th. Come try Uncle B's homemade corned beef and stay for the entertainment and important information from the vendors

Julie

Paper Flower Craft fee \$3

Tuesday February 7th at 10am

Please call to pre-register 610-935-1515 ex 29



In celebration of Groundhog day on 2/2, we will be showing the movie **Groundhog Day** (1993) starring Bill Murry all day on the main floor of the Senior Center.

In Honor of Black History Month

Movie Wednesday

February 8th at 1pm

Till (2022)

The true story of Mamie Till-Mobley's relentless pursuit of justice for her 14-year-old son, Emmett Till, who was brutally

lynched in 1955 while visiting his cousins in Mississippi

Starring: Danielle Deadwyler, Frankie Faison, Haley Bennett and Whoopi Goldberg

If you would like to have lunch, please pre-register by 2/13



Valentine's Party Tuesday February 14th at 1pm



Hosted by students of Phoenixville High School's FBLA club

There will be dancing, games and prizes!

RSVP for lunch no later than Monday February 6th.



Book Club with Mark Pinto February 27th at 2pm



"The Story of Arthur Truluv" by Elizabeth Berg

Eighteen-year-old Maddy Harris is an introspective girl who visits the cemetery to escape the other kids at school. One afternoon she joins Arthur—a gesture that begins a surprising friendship between two lonely souls.

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

Third Thursday February 16th at 5pm



\$15/ \$13 for VIP Supporter

Come and dance the night away with our DJ Tom Daulton and have some amazing food prepared by our chef. You don't need a dancing partner to come. BYOB

RSVP by 2/13 at 610-935-1515 ext 29 or christine@phoenixvilleseniorcenter.org



Sweetheart 50/50 tickets

1 for \$10/ 3 for \$25

Winner chosen on Third Thursday February 16th

Purchase at www.phoenixvilleseniorcenter.org,
in person at the center or call 610-935-1515

Pickleball Lessons at the Rec Center with Joel Payton

Weds 2/6 and Fri 2/24

from 1 to 3pm

Fee \$3 to the Rec center



LET'S PARTY!

MARDI GRAS
2023

Mardi Gras Celebration

Tuesday

Feb 21st

At 1pm.

Enjoy some
goodies, music
and a

Mardi Gras
mask craft!

Afternoons with Pam

Join us on select afternoon to
play games in the afternoon
with our volunteer Pam!

2/1—Brain Teasers

2/6—Yahtzee

2/17— Pictionary

2/24— Trivia



February is Black History Month.

Why do we celebrate Black History Month? Black History Month was created **to focus attention on the contributions of African Americans to the United States**. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

Black History Month uses four colors—black, red, green and yellow—to **symbolize unity and pride**.

Black - Represents the resilient people whose existence as a nation is honored and affirmed by the existence of a flag.

Red - Symbolizes the blood of innocent Black lives that has been shed throughout history.

Yellow - Stands for optimism, justice and equality for everyone.

Green - Symbolizes Africa's rich greenery and other natural resources



March 1st 11am to 12pm.

Bingosize® is a 10-week, evidence-based health promotion program that combines exercise and health information/education with the familiar game of bingo. Participants will benefit from increased range of motion, muscular strength, and stability while also playing Bingo.

Space is limited so please pre-register at

christine@phoenixvilleseniorcenter.org or in Copliot

SAVE THE DATE



+



It's back!

CHESTER COUNTY SENIOR PICNIC SPRINGTOWN MANOR FARM

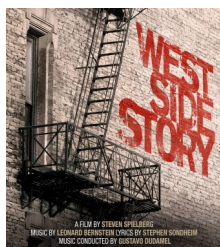
MAY 11, 2023

- RAIN OR SHINE -

- \$5 SUGGESTED DONATION -

- MORE INFO TO FOLLOW -

Join us Wednesday February 22nd at 12:30pm
for a big screen showing of the 2021 movie West Side Story



sponsored by the



Joel Payton is bringing a big screen and some goodies to enjoy the movie.
If you would like to join us for lunch before the movie, please pre-register
for lunch by 2/13 at 610-935-1515 or on Copilot.



February will see the continuation of the class
“Introduction to Digital Culture for Chromebook”
Through February 17th.

New class February 27th at 1pm “Connecting to the Internet”

In this hands on workshop, you’ll go over how to check the WiF connection and
how to use a hotspot from your smartphone and learn trick and tips to work
your smartphone. Bring your device and your questions.

Please register by calling 610-935-1515 ext 29 or email: christine@phoenixvilleseniorcenter.org



Representative from Senator Katie Muth’s Staff

Tuesday February 21st from 12 to 2 pm

- *Notary Services (except for transactions of sale: car titles & real estate sale agreements)
- *SEPTA Senior Pass online application and photo
- *PennDOT services (ex: handicap placard applications, non-drivers License photo I.D. applications)
- *Real I.D. document review
- *Tax Rebate Program for renters and property owners
- *Voter Registration information
- *SNAP application eligibility
- *Veterans Service Officer appointments
- *Resources for PA State Government services



Representative from Representative Paul Friel’s Staff

Monday February 13th from 10am to 12pm

Phoenixville Area Senior Center

SCRAPBOOKING EVENT IS BACK!

And it's at the Senior Center

Friday February 24, 5-9,
including pizza, \$25

Both days \$70

SATURDAY FEBRUARY 25,
8:30 AM-8:30 PM

INCLUDES CONTINENTAL
BREAKFAST, LUNCH, AND
DINNER, \$50

To purchase tickets, go to
https://bit.ly/PA_SCcrop23
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 at 610-935-1515x21
or julie@phoenixville_seniorcenter.org with
any questions about the event.*

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.



PHOENIXVILLE SENIOR CENTER'S



Supper Club

Join us once a month for Supper Club.

Price \$30, including salad/soup, entrée, dessert, and non-alcoholic beverages.

We make the arrangements; you make a reservation with

Christine@phoenixvilleseniorcenter.org or call 610-935-1515 x29;

and you show up for a wonderful meal at a different restaurant each month.

Our next dinner is Tuesday February 7th at 5pm

Rivertown Taps - 226 Bridge Street

Parking is available at the Senior Center lot or in town



Menu

First Course Choice

Warm Winter Brussel Sprout Panzanella Salad

Asian Duck Taco

Burrata With Winter Squash and Focaccia

Entrée Choice

Slow Simmered Cassoulet: French stew with Andouille Sausage, Bacon, Duck Confit
simmered in wine and plum tomato with Cannellini beans

Grilled Seabass Fillet: Asparagus and wild mushroom hash, Lemon Chive Sauce

Ricotta Gnocchi Ragu: Hand Chopped Short Rib Braised in plum Tomato, Fresh Herbs, and
Red Wine Over Fluffy Ricotta Gnocchi

Dessert

Vanilla Panna Cotta

RSVP and payment due by Friday February 3th





IRISH WAKE

For \$25 or \$23 for VIP's, join us for a Traditional Irish Dinner
and Entertainment (Irish Dancers, Bagpipers, Singer)

March 16, 2023 5 PM

YOU provide our comedy finale - bring your jokes to test your comedy
skills on Mayor Peter Urscheler, our corpse.

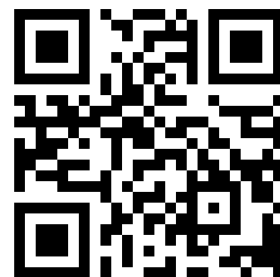
Make him laugh and you win a prize. Prizes and dessert are redeemed
while you browse the vendors who will discuss End-of Life.

I know, no fun, but boy is it necessary!

For parents and their adult children.

Call 610-935-1515 or go to: <https://bit.ly/PASCWake>

Phoenixville
area senior center
FRIENDSHIP-LEARNING-ACTIVITY



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.



Come help celebrate our February Birthdays on February 15th

Lunch at 12pm and stay for Birthday Trivia

Register on Copilot at the Senior Center or call 610-935-1515 to reserve lunch by 2/6

Please join us in wishing our February Birthday Participants

a very Happy Birthday!

Helen Bliss	Andrea Grohoski	Sandra Morris
Glenn Boekell	Doug Hamel	Jane Myers
Evelyn Bognar	Diane Harner	Virginia Neizer
Louise Boyer	Edanna Hegedus	Elaine Norman
Christine Boyle	Joan Hicks	Lucinda Parrish
Pam Butchkioski	Donna Himes	Juliette Rawson
Ann Cahill	Michael James	Ernest Reimer
Meizen Chen	Theodore Kabatt	Patricia Rodenbaugh
Joan Curry	Sandra Kanaskie	Maryann Skelton
Debbie Derito	Glenn Kerwin	Robert Smith
Lenore Gates	Rose Knezits	Cathy Terleski
Steve Gates	Signe Larsen	Carole Thompson
Darlee Gelting	Emma Levering	Marie Venezia
Arlene Glaser	David Long	Edith Vohrer
Debbie Gleason	Janet Lynch	Anne Wetzel
Maryann Godlewski	Debbie McDaniel	Mark Williams
Julia Greenan	Gordon McLeod	Anna Zygmunt

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 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>

February 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 12:45pm Pinochle 1:00pm Yoga	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
		1 1:00pm Afternoon w/ Pam	2 8:00am Movie: Groundhog Day (all day)	3 10:45am Weight Wise 1:00pm Digital Skills Ready@50+ Class
6 1:00pm Digital Skills Ready@50+ Class 1:00pm Art Class 1:00pm Afternoon w/ Pam 1:00pm Pickleball Class @ Rec Center	7 10:00am Craft 5:00pm Supper Club	8 10:00am Blood Pressure 1:00pm Movie: Till (2022)	9 10:30am Participants' Meeting	10 10:45am Weight Wise 1:00pm Eagles Pep Rally 1:00pm Digital Skills Ready@50+ Class 1:00pm Cash Bingo
13 9:00am Sports Desk 10:00am Representative for State Rep. Friel 1:00pm Meditation with Linda 1:00pm Digital Skills Ready@50+ Class	14 10:00am SeniorLAW Center 10:30am Art on Canvas 1:00pm Valentine's Celebration	15 12:00pm Birthday Social 1:00pm Birthday Trivia	16 5:00pm Third Thursday (Dinner & Dancing) 6:00pm Sweetheart 50/50 Drawing	17 10:45am Weight Wise 1:00pm Digital Skills Ready@50+ Class 1:00pm Afternoon w/ Pam
20 Center Closed	21 12:00pm Representative for State Sen. Muth 1:00pm Mardi Gras Celebration	22 10:00am Blood Pressure 11:00am Tower Health Talk 12:30pm Movie: West Side Story (2021) 2:00pm Grief Support	23	24 10:45am Weight Wise 1:00pm Digital Skills Ready@50+ Class 1:00pm Afternoon w/ Pam 1:00pm Pickleball Class @ Rec Center 5:00pm Scrapbooking!
27 9:00am Sports Desk 1:00pm Art Class 1:00pm Digital Skills Ready@50+ Class 2:00pm Book Club	28 10:00am PECO Presentation			Saturday, Feb 25 8:30am Scrapbooking!

Activities subject to change. Please check website for updates.

February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 B: Strata * * * L: Fish Cake * * * Alt: Chicken N Dumplings	2 B: Breakfast Sandwich * * * L: Chicken Cordon Bleu * * * Alt: Shrimp & Grits	3 B: Continental Breakfast * * * L: Baked Ziti w/ Meatsauce * * * Alt: Mom's Southern Pork Chops
6 B: Continental Breakfast * * * L: Chicken Stir Fry * * * Alt: Stuffed Peppers	7 B: Pancakes, Sausage, & Eggs * * * L: Open Face Roast Beef Au Jus * * * Alt: Tacos	8 B: Frittata * * * L: Rotisserie Seasoned Chicken * * * Alt: Beef Stroganoff	9 B: Sausage Gravy, Biscuits, & Eggs * * * L: Pizza * * * Alt: Chicken Salad	10 B: Continental Breakfast * * * L: Roast Turkey * * * Alt: Red Beans & Rice
13 B: Continental Breakfast * * * L: Sweet N Sour Meatballs * * * Alt: Jambalaya	14 B: Creamed Chipped Beef * * * L: Stuffed Chicken Kiev * * * Alt: Ham Sandwich	15 B: Sweet Potato Ham Hash * * * L: Birthday Social - Breakfast for Lunch * * * Alt: BBQ Pork & Cornbread	16 B: Bacon & Eggs * * * L: Chicken Parmesan * * * Alt: Tuna Fish Salad	17 B: Continental Breakfast * * * L: Apple Honey Glazed Pork Loin * * * Alt: Flatbread
20 Center Closed	21 B: French Toast Bread Pudding * * * L: Beef Gyro Bowl * * * Alt: Chicken Pot Pie	22 B: Creamed Chipped Beef * * * L: Seafood Newburg * * * Alt: Tacos	23 B: Frittata * * * L: Chili Con Carne * * * Alt: Risotto	24 B: Continental Breakfast * * * L: Tuna Noodle Casserole * * * Alt: Sunday Dinner Pot Roast
27 B: Continental Breakfast * * * L: Grilled Turkey Ham & Swiss * * * Alt: Uncle B's Meatloaf	28 B: Waffles & Sausage * * * L: Beef & Broccoli * * * Alt: Chicken Parmesan			

Breakfast begins at 8am

Lunch begins at 12pm

Breakfast and Lunch Suggested Donation: \$2

Alternative Lunch Cost: \$2



Save Energy and Money

Presentation with PECO Tuesday February 28th at 10 am

PECO offers a wide range of ways to save through our Energy Efficiency Program. Learn about discounts, rebates and energy assessments that will help make your home more comfortable and energy efficient year-round. Join us for an upcoming FREE event to ask their Outreach Team about all the resources available to you as a PECO customer.



Do you have a neighbor who needs help getting their groceries? PACS' Silver Service assists our older neighbors by delivering food right to their door. Orders can be placed over the phone and PACS delivers the items to them at no charge. Residents from Phoenixville Borough, Oaks, Mont Clare, and East/West Pikeland who are 60+ years old and income eligible qualify for Silver Service. If you know someone who could benefit from the program, you can call the PACS office to enroll at 610-933-1105

Tower Health/Phoenixville Hospital comes to the Senior Center on



Wednesday February 22nd at 11am

As they present a roundtable lecture on
"Surprising Foods that Boost Bone Health"

If you would like to have lunch that day, please make your reservation by January 16th



Will the Philadelphia Eagles be in the Super Bowl this year???
Celebrate with a Pep Rally Friday February 10th at 1pm before the
Super Bowl on Sunday February 12!

For Your Information!

Tax Season is Here!

We have a limited number of AARP tax appointments available and scheduling is in progress. We are offering 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.

Participants may call to schedule appointments starting on Wednesday, January 4th, 2023. To schedule, please leave a clear message for Cari 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. She will return your call to schedule your appointment in the order your message is received.

Did You Know?



If you have Medicaid (Medical Assistance), you haven't had to go through the renewal process for the last two years. Everyone with Medicaid will need to renew between April 2023 and April 2024. You should receive information about your renewal in the mail 90 days before it is due.

What can you do right now?

If you have Medicaid, please make sure that your contact information is up to date with the County Assistance Office **AS SOON AS POSSIBLE**. If you have any questions, please contact Cari at 610-935-1515 ext. 24.

Important Note: Medicaid and Medicare are different programs. Medicare is health insurance for those aged 65 and older. There is no requirement to renew Medicare.

A Traveler's Best Friend™



Rover—Chester County's Shared ride service

Great for seniors or individuals with disabilities that need a ride to the doctor, grocery store, pharmacy, shopping or visiting the Phoenixville Senior Center

Go to www.riderover.com or call 484-696-3854 to apply.

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 (\$1,719, 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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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.