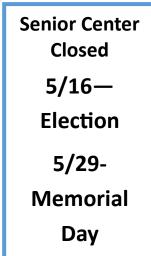


Newsletter sponsored by Devlin Rosmos Kepp and Gatcha Funeral Home

From the Desk of Executive Director, Julie Gaudan

Happy Older Americans Month! We have several exciting events in store for you! The Chester County Senior Picnic is back on May 11 at Springton Manor! The deadline to sign up with Chester County Department of Aging Services is May 1. Join us on a trip to the Reading Phillies on May 9. \$20 includes your ticket, bus transportation and lunch.

The neighborhood looks different! The municipal parking lot to the west where the old firehouse used to be opens the last week in April. The entrance to the municipal lot and our west parking lot are very close with a "pole barrier" between them. Please be aware this is a ONE-WAY entrance ONLY. There is not enough room for two cars to meet. If you use that west parking lot, you must travel behind the building to exit on the east side. Large cars and trucks should use the east (The Clinic) side of the build-



ing to park. Until you are used to the new arrangement, use caution.

Please make sure you follow the arrows in the east lot. If you enter via the east, or second, driveway, remember travel is counterclockwise. The lot is not big enough for cars to meet. Please do not travel clockwise or dart the wrong way if you see a spot. Please take the time to be safe.

Reminder -there is a \$2/hour charge to park in the municipal lot. Phoenixville borough uses the Passport App and a kiosk instead of parking meters to collect parking fees. Our technology instructor, Janet, will hold classes on how to use the Passport application and what to do if you don't have a SMART phone. For a donation, anyone is welcome to park in our lot after business hours.

Produce pick up change - Due to the high demand and extra traffic on Thursday mornings, produce pick up is moving to Mondays starting May 1. Produce will be available to pick up inside at 10:30. Curbside pick up at 1:30. Please pre-register at 610-935-1515 by 8 am Monday morning to help us make sure we have enough bags.

Reminder—with Bridge Street weekend closures starting May 5, the Center closes at 1:00 on Fridays thru the summer.

May 2023



Mother's Day Celebration Monday May 15th at 1pm

Join us for a little bit of pampering, refreshments. and beautiful music performed by Christine Hermann



Reservations are required by calling 610–935–1515 ext 29

Spring Bonnet Craft Monday May 15th at 10am



Join us in decorating a straw hat with flowers and ribbons.

All supplies provided. Fee \$3

Stay for lunch and our Mother's Day Celebration. Reservations are required by Monday May 8th for lunch

Join the Senior Center staff and Chesco Connect (formally Rover) in the

Dogwood Parade Saturday May 20th at 12pm for a 1:00pm walk off.

Must be able to walk 1.5 miles. LIMITED TO 6 PARTICIPANTS.

Please call 610-935-1515 ext 29 if you are interested.





Who's Ready For Some BASEBALL!!

Join us for a day game at the Reading Phillies on May 9 for \$20. Price includes bus ride, game ticket, lunch, and driver tip. Bus leaves from the Senior Center at 9 am. You must be able to walk and climb some steps to attend.

First come first served. Space is limited Payment required for reservation.

Thank you to Twilight Wish and Patina Health for sponsoring the bus.



Come paint

Friendship Rocks

Friday May 12th at 10am

All materials are provided, just bring your imagination. RSVP @ 610-935-1515

Art Class moves back to Wednesdays at 1pm 5/10 and 5/24

There will be no Art on Canvas in May. Class will return in June.

*NEW PROGRAM—Seniors and Finances

Senior Center Annual Sponsor Phoenixville Federal Bank and Trust will begin hosting a new presentation each month with a different financial workshop for seniors.



Join us Thursday May 18th for the first event



Movie Day Tuesday May 23rd@ 10am 80 for Brady

Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl.

Starring: Jane Fonda, Rita Moreno, Sally Fields, Lily

Tomlin

Cash Bingo on select Mondays and Wednesdays at 1pm!!



Mon May 1st

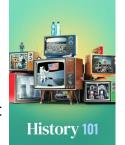
Weds May 10th and 24th

\$5 to play

We continue with the Netflix docuseries

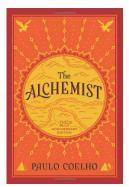
History 101

Monday May 8th & 22nd at 1pm



Come for lunch, stay for the entertainment

Book Club with Mark Pinto May 22nd at 2pm



"The Alchemist" by Paulo Coehlo

The Alchemist is a classic novel in which a boy named Santiago embarks on a journey seeking treasure in the Egyptian pyramids after having a recurring dream about it and on the way meets mentors, falls in love, and most importantly, learns the true importance of who he is and how to improve himself.

If you need a book, please call Christine at 610-935-1515 ext 29

Healthy You at the Phoenixville Senior Center



Tower Health visits the Senior Center three times in May with important topics.

If you would like to have lunch on any of these days, Please pre-register for a meal by Monday the week BEFORE the program you are interested in.

Wednesday, May 3 @ 10:30

"Making Your Vascular System work Better"

An overview of our vascular system and the immediate & long term health benefits of staying physically active.

Wednesday, May 10th from 3:00 – 4:00

"The Heart with Cardiologist Dr Gary Ledley"

Cardiologist, Dr. Gary Ledley will present a program on the topic of the heart. Dr Ledley's specialties include: Cardiovascular Disease, Internal Medicine, and Interventional Cardiology

Wednesday May 31st at 11am

Tower Health presents a roundtable lecture

"Stop the Clot"

Pickleball 5 days a week at the Rec Center 1 to 3pm \$ 3 fee

Monday, Wednesday, & Friday-Intermediate / Tuesday & Thursday - Basic



Pickleball Lessons with Joel

Basic Tues May 9th / Intermediate Weds May 17th

There is no Pickleball play Wednesday May 10th due to event an at the Rec Center.

Supper Llub

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

Our next dinner is on Monday May 8th at 5pm

Bistro on Bridge



212 Bridge Street, Phoenixville

Menu: <u>Appetizer</u>—choice between a cup of chicken poblano soup, mixed greens salad, or Caesar salad

<u>Entrée</u>—choice of veggie pasta bowl, short rib bowl, or Cubano sandwich with chips.

<u>Dessert</u> choice of cheesecake with mixed berry compote, cinnamon churros, or vanilla ice cream



Representative from Representative Paul Friel's Staff

Monday May 8th from 10am to 12pm

*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 Senator Muth's Office

No Office Hours for May

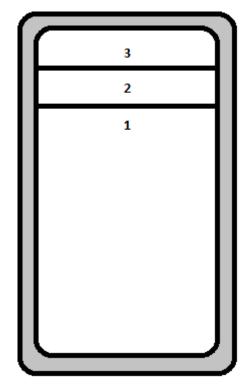
The shuffleboard table is now available for play on the lower level

every Monday, Wednesday and Friday

Overview of Table Shuffleboard Rules

Understanding the <u>basic rules of shuffleboard</u> will give you a better foundation to learning the scoring rules because the two are interrelated. You can't truly understand one without learning the other. So take a look at a brief overview of the game rules before you can learn how to keep score:

Table shuffleboard involves eight <u>shuffleboard pucks</u>, which are sometimes known as weights. These pucks typically come in two different colors per set – one color for each



- team. At each round, players will shoot all eight of these pucks to try and score.
- Players need to slide the weights across the table instead of bouncing them or throwing them in the air.
- You can play shuffleboard between two people or four players divided into two teams. The two teams will take alternate turns in shooting their pucks.
- Your weights should pass the foul line to be considered a valid shot.
- The main goal of the game is to get your pucks as close to the end of the table as possible.

You will decide on a winning score before starting the game. Most games are played to 15 or 21 points, but you can have shorter or longer games depending on how much time you have. Whichever team manages to reach this score first wins.

How to Keep Score in Table Shuffleboard

The basic table shuffleboard scoring rules are pretty straightforward. As mentioned earlier, one team has to reach a certain predetermined point to win. Where the puck manages to land in the scoring area will determine how much score a team gets while calculating the score at the end of the frame. There are three sections within the scoring area:

- The 3-point area that's closest to the edge is worth 3 points
- The 2-point area in the short middle section is worth 2 points
- The 1-point area in the long middle sections is worth 1 point
- If the shuffleboard puck lands in between the lines of a section, the lower point total is scored. i.e. If the puck lands between section 1 & 2, then 1, it is worth 1 point

- HOSTED BY -

THE CHESTER COUNTY COMMISSIONERS THE CHESTER COUNTY DEPARTMENT OF AGING - COORDINATED BY -BRANDYWINE VALLEY ACTIVE AGING





NEW LOCATION: SPRINGTON MANOR FARM

LIMITED TO THE FIRST 250 REGISTERED GUESTS
SUGGESTED DONATION OF \$5.00 PER PERSON
REGISTRATION FORM AVAILABLE ON THE CHESTER COUNTY DEPARTMENT OF
AGING SERVICES WEBSITE: CHESCO.ORG/AGING. YOU CAN REQUEST ONE BE SENT TO
YOU BY EMAILING: MWEBB@CHESCO.ORG OR CALLING: 610-344-6733.

RSVP BY MAY 1ST, 2023

YOUR DAY AT BEAUTIFUL SPRINGTON MANOR FARM INCLUDES:

- COFFEE AND SWEETS IN THE MORNING

- A DELICIOUS PICNIC LUNCH

- HOURS OF FUN WITH BINGO AND YARD GAMES

- YOU WILL HAVE AN OPPORTUNITY TO EXPLORE THE FARM AND MEET THE ANIMALS

- TRANSPORTATION TO & FROM THE SENIOR PICNIC IS AVAILABLE BY CONTACTING YOUR

LOCAL SENIOR CENTER.



REGISTER

TODAY RAIN OR SHINE







Pick up your Memorial Day picnic favorites from the original Uncle B on



May 25, 4-7 PM

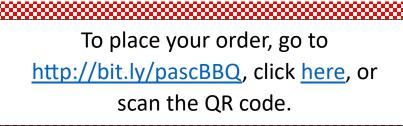




ltem	Pint	Quart	1/2 hotel pan	
	Serves 2-4	Serves 6-8	Serves 12-16	
Pork	\$12	\$24	\$48	
Chicken	\$12	\$24	\$48	
Mac & Cheese	\$9	\$18	\$35	
Cole Slaw	\$7	\$14	\$25	
Alabama White Sauce	\$6			
Kansas City BBQ Sauce	\$6			
Maat is freehly as alved and not servered. Car be freedow				

Meat is freshly cooked and not sauced. Can be frozen.

Re-heating instructions provided on package.







PRESIDENT'S MESSAGE:

Please like and share our Facebook page! We will make growing our chapter a priority in 2023!

~Chuck Benz, President

CALENDAR OF EVENTS/SPEAKERS

May 3	General Meeting	12:15 PM	Senior Center
May 17	Board Meeting	10:00 AM	Presbyterian Church
May 31	Membership Event	9:00 AM	YMCĂ
June 7	General Meeting	12:15 PM	Senior Center

UPCOMING PROGRAMS For May our guest speakers will be from our very own Phoenixville Senior Center about their upcoming programs and services for 2023. In June we will be entertained by local musicians The Notables.

SUNSHINE AND SYMPATHY If you know one of our members or families who needs a pick me up, please call Kathy Tauber 610 935 7075.

MEMBERSHIP The Board of Directors has set the dues for 2023 at \$10, representing a \$1 increase however we have reduced our charge for lunch to only \$2!

Our membership dues cover the 2023 calendar year. You must present a National AARP card for 2022-23.

For 2023, dues will be collected at the April and May meetings or at the first meeting you attend in 2023.

OPPORTUNITIES TO HELP YOUR CHAPTER: I you would like to volunteer to help at the membership event on May 31, please call Chuck (610 316 4102) or Kathy (610 935 7075).

IDEAS: Do you have a suggestion for an interesting program or speaker? Call Chuck @ 610 316 4102.

REDNER'S TAPE PROGRAM <u>Save your Redner's tapes!</u> Reminder from Redners: Each receipt must be complete and include the 1% Save-a-Tape notation at the bottom of the receipt. DID YOU KNOW that we have a Facebook page? Search Phoenixville AARP and you will find us!

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.

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

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

<u>Various Reimbursement plans</u> – 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.

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

Weekly

Silver Sneakers Circuit—Intermediate \$2/free for Silver Sneakers & Renew Active

Monday, Wednesday & Friday 8:45am

This standing class alternates upper-body strength work with low-impact cardio * Don't need Silver Sneakers to join.

Silver Sneakers Classic –Chair Based \$2/free for Silver Sneakers &Renew Active

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.

Silver Sneakers Yoga

\$2/free for Silver Sneakers & Renew Active

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.

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

Pickleball — \$3

Monday, Wednesday & Friday

Tuesday & Thursday—Basic

1pm to 3pm

Rec Center—501 Franklin Ave

Non competitive / round robin play

Pool Table available everyday

Monthly

Art on Canvas

Fee: \$10/\$5 VIP Supporter

Blood Pressure

2nd and 4th Wednesday 10am to 11am

Every Thursday 8:30am to 11:30am

Cash BINGO

\$5 to play 5 games

Monday Morning Sports Desk

Round table sports talk

2nd and 4th Monday @ 9am

PA Rep Friel's Mobile Office Hours

Every second Monday

10am to 12pm

Senior Law Center

will be holding a legal services intake clinic at the Second Tuesday From 10am to noon

AARP DSR50+

No classes from May 15 to June 15

PA Senator Muth Mobile Office Hours

Every third Thursday

 $12 \mbox{ to } 2 \mbox{pm}$

Tower Health Talk

roundtable health topics

Last Wednesday at 11am

Watercolor Art Class

\$5 fee

May Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	rucsuay	Weekly Events		i nuay
8:00am Cont'l Breakfast	8:00am Breakfast	8:00am Breakfast	8:00am Breakfast	8:00am Cont'l Breakfast
8:45am Circuit Exercise	9:00am Walking Group	8:45am Circuit Exercise	8:30am Blood Pressure	8:45am Circuit Exercise
9:30am Coffee Hour	9:30am Coffee Hour	9:30am Coffee Hour	9:00am Walking Group	9:30am Coffee Hour
9:45am Chair Exercise	10:00am Mahjong	9:45am Chair Exercise	9:30am Coffee Hour	9:45am Chair Exercise
10:30am Board Games	12:00pm Lunch	10:30am Board Games	9:30am Duplicate Bridge	10:30am Scrabble
12:00pm Lunch	12:45pm Pinochle	12:00pm Lunch	12:00pm Lunch	12:00pm Lunch
1:00pm Pickleball @ Rec	1:00pm Yoga	1:00pm Pickleball @ Rec	12:45pm Pinochle	1:00pm Pickleball @ Rec
Center	1:00pm Scrabble	Center (not on 5/10)	1:00pm Yoga	Center
	1:00pm Pickleball Basics		1:00pm Social Stitchers	1:00pm Center Closes
	@ Rec Center		1:00pm Pickleball Basics	
			@ Rec Center	
1	2	3	4	5
10:30am Produce		10:30am Tower Health Talk		11:30am Cinco de Mayo
Pickup/1:30pm Drive-Thru		12:00pm AARP Meeting	With You! Movie: Star	Celebration
11:00am Bingocize		1:00pm Digital Skills	Wars (all day)	1:00pm Center Closes
1:00pm Digital Skills		Ready@50+ Class	1:30pm QR Codes &	
Ready@50+ Class			Parking App Training	
1:00pm Cash Bingo				
8	9	10	11	12
10:00am State Rep. Friel Mobile Office	9:00am Reading Phillies Trip (reservations required)	10:00am Blood Pressure	10:00am Senior Picnic @	10:00am Rock Painting Craft
-		11:00am Oasis Presentation	Springton Manor Farm (reservations required)	Ciait
10:00am Sports Desk	9:00am QR Codes & Parking App Training			1:00pm Center Closes
10:30am Produce Pickup/1:30pm Drive-Thru		1:00pm Cash Bingo		
	10:00am SeniorLAW Center	1:00pm Digital Skills Ready@50+ Class		
1:00pm Digital Skills Ready@50+ Class		1:00pm Art Class		
1:00pm History 101	1:00pm Pickleball Class @	1:00pm Pickleball		
Docuseries	Rec Center	*Cancelled*		
5:00pm Supper Club @		3:00pm Tower Health		
Bistro on Bridge		Presentation - Cardiologist		
15	16	17	18	19
10:00am Spring Bonnet	Center	12:00pm Birthday Social	10:30am Phoenixville	10:45am Weight Wise
Craft		1:00pm Birthday	Federal Bank Presentation	Check In
10:30am Produce	Closed	Entertainment - Steve	5:00pm Third Thursday -	
Pickup/1:30pm Drive-Thru	Election Dov	Walker Music	Medicare 101	1:00pm Center Closes
1:00pm Mother's Day	Election Day	1:00pm Pickleball Class @		
Celebration		Rec Center		
22	23	24	25	26
10:00am Sports Desk	10:00am Movie: 80 for	10:00am Blood Pressure	10:00am Volunteer Craft	1:00pm Center
10:30am Produce	Brady	1:00pm Cash Bingo	4:00pm Uncle B's BBQ	Closes
Pickup/1:30pm Drive-Thru		1:00pm Art Class	Take Out	
1:00pm History 101 Docuseries				
2:00pm Book Club	30	31		
29 Contor	30	31 11:00am Tower Health Talk		
Center				
Closed				
	nge Please check website fo			

Activities subject to change. Please check website for updates. Participation in any program is at your own risk in accordance with the Liability Waiver on the back page of the Participants Form.

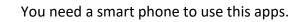
May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 Cinco de Mayo
B: Continental Breakfast	B: Creamed Chipped Beef	B: Eggs & Bacon	B: Pancakes & Sausage	B: Continental Breakfast
* * *	* * *	* * *	* * *	* * *
L: Lasagna	L: Meatloaf w/ Gravy	L: Baked Chicken	L: Beef Stroganoff	L: Chicken Fajita
* * *	* * *	* * *	* * *	* * *
Alt: Shrimp Salad w/ Avocado Vinaigrette	Alt: Italian Pulled Pork	Alt: Beef Stew	Alt: Chicken Caesar Salad Wrap	Alt: Chef Salad
8	9	10	11	12
B: Continental Breakfast	B: Quiche	B: Breakfast Sandwich	B: Deconstructed Breakfast Burrito	B: Continental Breakfast
* * *	* * *	* * *	* * *	* * *
L: Chicken Marsala	L: Chef Salad	L: Cheeseburger	L: Roast Turkey w/ Gravy	L: Penne Pasta w/ Meatballs
* * *	* * *	* * *	* * *	* * *
Alt: Pot Roast	Alt: No Alt Lunch	Alt: Pork BBQ	Alt: No Alt Lunch	Alt: Stuffed Poblano Peppers
15 Mothers Day	16	17 Happy Birthday	18	19
B: Continental Breakfast		B: Biscuits & Sausage Gravy	B: Frittata	B: Continental Breakfast
* * *		* * *	* * *	* * *
L: Chicken Piccata	Center	L: Open Faced Roast Beef	L: Tuna Platter	L: Pulled BBQ Turkey
* * *	Closed	* * *	* * *	* * *
Alt: Ground Beef Tater Tot Casserole		Alt: Pesto Pasta w/ Chicken	Alt: Lasagna	Alt: Shrimp & Grits
22	23	24	25	26
B: Continental Breakfast	B: Eggs & Sausage	B: Creamed Chipped Beef	B: Waffles & Bacon	B: Continental Breakfast
* * *	* * *	* * *	* * *	* * *
L: Sausage w/ Peppers & Onions	L: Beef & Broccoli	L: Chicken Salad	L: Swedish Meatballs	L: Shrimp Scampi
* * *	* * *	* * *	* * *	* * *
Alt: Chicken Caesar Salad Wrap	Alt: Risotto	Alt: Uncle B's Meatloaf	Alt: Tuna Melt	Alt: Ham & Cheese Wrap
29	30	31		
	B: Creamed Chipped Beef	B: Eggs & Bacon		
	* * *	* * *		
Center	L: Glazed Ham	L: Grilled Chicken Alfredo		
Closed	* * *	* * *		
	Alt: Shrimp Salad	Alt: Seafood Cakes		

Breakfast begins at 8am Lunch begins at 12pm Breakfast and Lunch Suggested Donation: \$2 Alternative Lunch Cost: \$2 Want to know how to use a QR Code or even what it is?

How about the new Phoenixville Passport Parking App?

You have two chances in May to learn how these new Smart Phone applications work and the benefits that come along with using them.



Thursday May 4th at 1:30 pm and Monday May 8th at 9am.

2023 Travel Adventures



THE JERSEY TENORS TROPICANA RESORT CASINO, ATLANTIC CITY, NJ \$159 Per Person



JUNE 22, 2023

The Jersey Tenors are the newest Opera/Rock Mash-up sensation, creating an explosive blend of iconic Opera classics alongside Rock 'N Roll greats like Queen, Elton John, Bon Jovi plus some of Jersey's finest, like Frankie Valli and The Four Seasons, Frank Sinatra, and

Bruce Springsteen. Includes free time at the casino plus casino bonus package and food voucher.

ADIRONDACK RAIL AND SAIL \$1,008 Per Person

JULY 28 - 30, 2023

It's an adventure that begins on the Adirondack Scenic Railroad, traveling North into the wilderness of the Adirondack Park. Learn of the Great Camps (summer homes) of the Robber Barons during the Gilded Age. Relax aboard a dinner cruise on Raquette Lake around which many of these great Camps once stood. Come enjoy beautiful scenery and colorful history throughout the Adirondack Mountains of New York.



Iceland Explorer \$4,514

August 9—15, 2023



Get ready to discover this small island nation featuring a landscape of interesting contrasts created by volcanoes and glaciers. The country is very progressive and makes great efforts to honor its Viking heritage. Featuring Reykjavik, the Golden Circle tour, the Blue Lagoon and much, much more. Includes round trip air transportation, motorcoach transportation throughout Iceland , 5 night's hotel accommodations and 8 meals.

To book these tours or for more information, contact Boscov's Travel at 484-945-1200





Come help celebrate our May Birthdays on May 17th <u>Lunch at 12pm and stay for a concert with musicaion Steve Walker</u> <u>at 1pm</u>

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

Anna Anderson	Carolyn Gelone	Joan Oister
Susanne Balbirnie	Robert Glover	Linda Ott
Rose Barbish	Valarie Hall	Celeste Pasquariello
Ross Bentley	John Hayde	JG Reimenschneider
Joyce Betz	Marie Hedges	Donald Rising
George Bodrazic	Roberta Helm	Muriel Rowlands
Laura Bohl	Fred Hoopes	Gayle Smith
Sharon Bortner	Caroline Howell	Jean Smithies
Glenn Bowers	Valoree Jones	Steve Szerenyi
Dorothy Cappel	Kiran Kapadia	Jeanne Trainer
Nancy Caslin	Wendy Kasky	Lucy Trainer
Barbara Caviston	Peggy Kraynak	Catherine Verish
Margaret Christman	Beverlyann Lamer	Ruth Vogt
Willa DeHart	Jim Mazzone	William Wassel
Robert Dennis	Pat McCaffery	Linda Weiss
Virginia Eachus	Joanne Moore	Cheryl Young
Jeri Eddy	Nevin Myers	Violet Young
Shirley Elnitski	Marilyn Newman	Sandra Zimmermann
Frank Geiser	Mary Newman	

Aging Resources

In these challenging times, there is assistance available for those who need it. If you need help, please reach out to **Cari at 610-935-1515 ext 24** or **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: Senior Center Breakfast and Lunch Programs-can cut your weekly food bills. 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 (\$1,843, assets: \$16,660)

Medicare Savings Program – helps pay Medicare premiums, deductibles, coinsurance, and copayments depending on level of assistance (\$1,660, assets: \$9,090)

Medical Assistance – Medicaid for those with Medicare (\$1,235, assets: \$2,000)

LIHEAP – home energy assistance (\$1,698)

SNAP – supplemental nutrition assistance (\$2,430 for seniors)

Property Tax/Rent Rebate – rebate for property taxes or rental costs (income limits vary) **Senior Food Box** – supplemental canned and dry goods (\$2,430)



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.





May Third Thurs **Medicare 101 Presentation** Thursday, May 18th, 5:00-6:30pm, In Person

If you will be joining the ranks of Medicare soon, are already in the Medicare system and have questions, or you just want to understand what this Federal program is all about, this session is for you. Members of the PA MEDI program, Pennsylvania's SHIP, a statewide program of insurance consultation, will present an overview of Medicare including the definitions of Medicare A, B, C; explanation of the drug benefit (Part D), types of health care insurance available in Chester County, benefits available for low income beneficiaries, and things to consider when selecting your medical coverage. A question and answer session will follow the presentation.

Topics include: review of Medicare benefits, original Medicare and Medicare Advantage Plan options, Medicare prescription drug coverage and the drug plan finger, Medicare Savings Programs, Medicare Preventative Services, and Supplemental Insurance Medigap Plans.

Registration is required. Please call the center at 610-935-1515 ext. 24, or email cforeman@phoenixvilleseniorcenter.org to RSVP.

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Did You Know?

If you have Medicaid (Medical Assistance), you have not 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.

JARHEAD PICKLEBALL PICKLEBAL Δ LOOZA Round Robin Tournament & Social Play Extravaganza ALL DAY EVENT **SATURDAY JUNE 10TH** 50 TYSON STREET PHOENIXVILLE PA 19460 **MANAVON PARK/ FISHER COURTS** FREE for Non-Players Morning Session 9am Round Robin Tournament **Beginner/Intermediate levels** (M/M, F/F)- 2 Player Teams Proceeds to Support Veterans Limited # of Teams \$30/person MUSIC <u>Afternoon Session 1-8pm:</u> FOOD TRUCKS Social Play "Block Party" VENDORS **ALL SKILL LEVELS & AGES** KIDS ACTIVITIES Courts separated by skill level & MORE \$20/ person \$40/both sessions Presented with: Phoenix Ville **Register:** JARHEADPICKLEBALL.COM/EVENTS

Vacation Cash 50/50 tickets are now on sale!

\$10 each or 3 for \$25



Winner will be drawn at our

Third Thursday 6/15 at 6:30pm

Save the date for upcoming Third Thursdays!

Thursday June 15th at 5pm

Jazz Supper Club

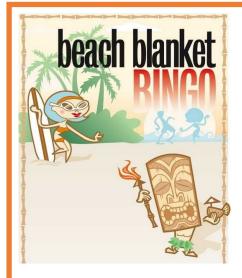
Menu: Jambalaya & Bananas Foster

Entertainment by The Holts

\$15 / \$13 for VIPS



Please make your reservation by June 12th at 610-935-1515



Thursday July 20th at 5pm

Beach Blanket Bingo

Dinner and Bingo fun

Menu: Seafood Boil & Dessert

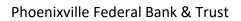
\$15 / \$13 for 2023 VIPS

Please make reservations by July 17th at 610-935-1515

Phoenixville Area Senior Center 2023 Annual Sponsors

Gold Sponsors









United Healthcare/ The Payton Agency

Fox Rothschild, LLC

Silver Sponsors

Devlin Rosmos Kepp & Gatcha Funeral Home and Cremation Services, Inc.

Devlin Rosmos Kepp & Gatcha Funeral Homes

Bronze Sponsors









Gateway Pharmacy

OWM Law

Humana Insurance

Campbell, Ennis, Klotzbach Funeral

First Fridays and Bridge Street Closures begin May 5th



This means that the Senior Center will close on Fridays at 1pm to avoid traffic backup on Church Street. Phoenixville Area Senior Center 153 Church Street Phoenixville, PA 19460 610-935-1515 www.phoenixvilleseniorcenter.org Electronic Service Requested NONPROFIT ORG US POSTAGE PAID Southeastern, PA 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



United Way of Chester County Various Foundations The generosity of individual donors



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 taxdeductible 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.