



Newsletter sponsored by Devlin Rosmos Kepp and Gatcha Funeral Home

From the Desk of Executive Director, Julie Gaudan

What a great month May was! Did you see everyone get on the bus for the Reading Phillies game on the Channel 6 news? The trip to the Reading Phillies baseball game was made possible through the generosity of Twilight Wish and Patina Health. We can't thank them enough! We had a lot of activities in celebration of Older Americans Month and are starting the plans for National Senior Center Month in September!

Center Closed

July 3rd and 4th —

Independence Day

May 11th officially ended the COVID19 health crisis. Very little will change, our world is just different now. Of course, you are welcome to wear a mask if that makes you more comfortable and please continue to stay home if you are not feeling well. We will continue to encourage folks to follow their physician's guidance on ALL vaccinations. Thorough cleaning procedures and hand sanitizer EVERYWHERE will continue. Everyone is out and about now so the remaining virtual Zoom activities are discontinued. If something changes, we are ready to deal with it. Isn't it good to know that we can "pivot" and handle another health crisis if it should arise?

June means our VIP Supporter drive starts. During COVID, the VIP Supporter was put on a hiatus. We appreciate those of you who continued to support the Center through all of that uncertainty. The card is good from July 1, 2023 thru June 30, 2024. We encourage you to purchase the card early so you can take advantage of the discounts for the entire year. A single VIP Supporter card is \$30 or \$55 per household. (Limit 2 cards/household) We do not prorate and each card expires on June 30th each year. Supporter benefits include discounts at vendors in our area, discounts on selected classes and center activities, early bird registration for income tax appointments and the newsletter mailed to your home each month. During COVID, we mailed the newsletter to every participant and all will continue to get a newsletter through August. However, that will change for September. If you are not a VIP Supporter before we mail the September newsletter, it will not be mailed to your home. We encourage everyone to check our website or request that we email it to your account. If you are not a VIP Supporter, you may pick it up at the center after the first of each month. Unfortunately, rising postage and printing costs make a paper newsletter a luxury we cannot afford.

If you missed the first Uncle B's BBQ fundraiser in May, it is back in June. You can stock up for the Fourth of July weekend on June 29th. My son's graduation party this month will feature BBQ we put in the freezer from the May fundraiser. Yum!

Stay hydrated and see you at the Center,

Julie

Seniors and Finances

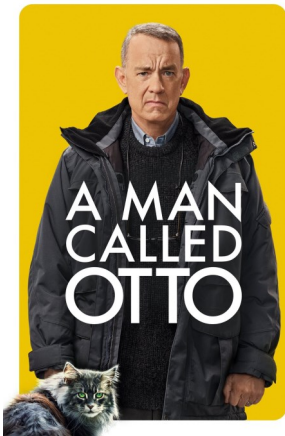
Senior Center Annual Sponsor Phoenixville Federal Bank and Trust is hosting a new monthly series “Seniors and Finance”.



Join us Thursday June 15th at 10:30am for the next event entitled

“When should I start distributing my wealth to my family? “

If you would like to stay for lunch, please pre-register by 6/5 on Copilot



Movie Day Tuesday June 27th at 10am

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

Starring Tom Hanks

If you would like to stay for lunch after the movie, please pre-register on Copilot by June 19th

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



Mon—5th, 12th

Weds—28th

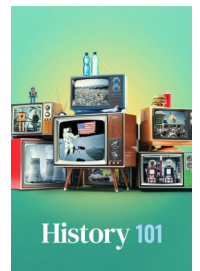
\$5 to play

We continue with the Netflix docuseries: History 101

Fridays at 10am

Come for the entertainment,
stay for lunch!

Pre-register for lunch the Monday before
before the week you join us.

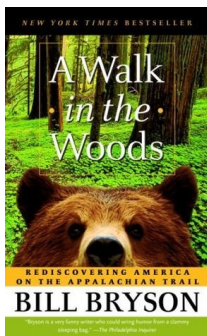


Book Club with Mark Pinto June 26th at 2pm

A Walk in the Woods by Bill Bryson

A Walk In The Woods tells the interesting story of the adventures Bill Bryson and Stephen Katz had while walking the beautiful, rugged, and historic Appalachian Trail in 1996.

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

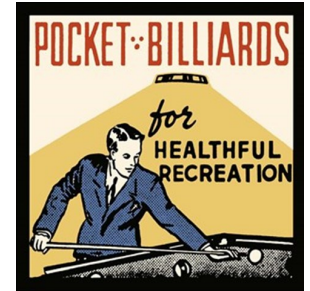




Shuffleboard Lessons

Wed June 7th & 14th at 10am

The shuffleboard table is available for play on the lower level every Monday, Wednesday and Friday



Fathers Day Celebration

Wednesday June 14th



Festivities begin at 10am with a Shuffleboard lesson followed by a tournament. Lunch is a special pork BBQ meal at 12pm.

Please pre-register for the festivities by June 9th on Copilot or call 610-935-1515

End the Father's Day Celebration June 14th with the new movie **Air (2023)** beginning at 12:45pm



Air (2023)—Sonny Vaccaro and Nike pursue basketball rookie Michael Jordan, creating a partnership that revolutionizes the world of sports and contemporary culture.

Starring Matt Damon, Ben Affleck and Viola Davis

Join the Senior Center on **Wednesday June 7th at 12:45pm** when **The Notables** return for their spring concert.



**Monday
June 19th
10am**

Join the Senior Center for a special celebration with **Theresa Thorton of Black Light Project** in honor of the Juneteenth holiday, a celebration commemorating the emancipation of enslaved African Americans on June 19, 1865.

Healthy You at the Phoenixville Senior Center



Wednesday June 28th at 11am

Phoenixville Hospital presents a
roundtable lecture on “Anxiety in Older Adults”

Like depression, anxiety disorders are often unrecognized and undertreated in older adults. Anxiety can worsen an older adult’s physical health, decrease their ability to perform daily activities, and decrease feelings of well-being.

If you would like to stay for lunch, please pre-register in Copilot by Monday June 22nd.

Grief and Loss Support Group

Every other Thursdays at 11am

Dates: June 1st, June 15th, June 29th,

July 13th, July 27th, and Aug 10th



Facilitated by an Angelic Health Social Worker and Bereavement Coordinator

Participants can pre-register at the Center, or email christine@phoenixvilleseniorcenter.org,
or by calling 610-935-1515 ext 29

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

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

Pickleball Lessons with Joel

Tuesday June 6th –Basic

Starting June 12th will have only have 2 courts to play on.



Third 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 on Copilot
or by calling 610-935-1515

Vacation Cash 50/50 tickets are on sale!

\$10 each or 3 for \$25



Winner will be drawn at our Third Thursday 6/15 at 6:30pm

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

Our next dinner is on Wednesday June 21st at 5pm

PJ Ryan's Pub

233 Bridge Street, Phoenixville



Menu: Apps: Choice of soup or salad

Entree: Shepards pie, Chicken pot pie, Fish & chips or
Open faced hot beef platter with mashed potatoes

Dessert: Choice of cheesecake or chocolate cake

Please make your reservation with payment by June 16th.

Computer Skills Classes

Mondays and Wednesdays at 1pm

6/5 and 6/7 - Intro to Managing your Privacy - Concerned about privacy? Come learn about some essential privacy tips! In this introductory lecture, we'll review how ads target us online, how to limit tracking, where to find browser settings and extensions to better control how our information is shared. We'll also discuss some of the key features of password managers and why they're a safe and secure option.

6/12 and 6/14—Practicing with Google Docs-This 2 session series will give you plenty of hands on practice using Google Docs. You'll learn grammar and spellcheck, download your documents in Word and PDF format, Use Docs to collaborate with others and more.

6/19—Telemedicine -Interested in having a virtual visit with your doctor? Or learning about types of telemedicine out there? This lecture provides an overview of telemedicine options and focuses on exploring virtual medical appointments with your doctor in real-time. You'll see a virtual-visit walk-through and learn what to expect from an appointment. This lecture offers advice about how best to prepare for a virtual visit, from questions to ask your doctor to your concerns regarding connectivity, privacy, and insurance.

6/21—Using Fact-checking sites This interactive workshop will review the ways you can identify misinformation online. You'll get hands-on practice using fact-checking sites to evaluate and debunk false news.

6/26 and 6/28—Staying Safe Online—review important tips to keeping your personal information safe while on the internet.

Garden Craft Day

Thursday June 22nd at 10am

Fee \$3

Please pre-register for this craft class at christine@phoenixvilleseniorcenter.org or by calling 610-935-1515 ext 29



2023 Travel Adventures



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

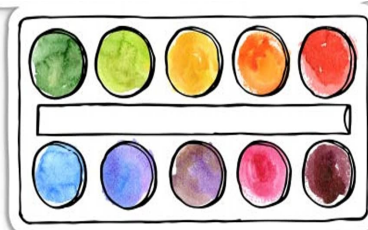


Come to learn how to play shuffleboard at the Senior Center on our new table!

Shuffleboard lessons taught by Kurt on Wednesday June 7th and 14th at 10am.

Learn how to play, then join us every Friday morning for Shuffleboard Fridays at 10:30am

Art Class (watercolor)
6/14 & 6/28 at 1pm
fee \$5



Art on Canvas (Acrylics)
6/20 at 10:30am
fee \$10



Are you a Senior Center VIP? Center Benefits Include:

Newsletter -mailed to cardholders only, beginning 9/2023

Discounts to select programs and activities

Early Bird Registration for taxes and other high demand programs

Reduced rates for party/room rentals

Invitations to Cardholder Special Events

Breakfast, Lunch & Emergency Meals

Free access to Information & Assistance & PA MEDI Counselors

Discount Card Offers from Local Stores & Restaurants

Generations Toy Store

Cameron Peters Floral Design

All Kinds of Fast

Bridge Street Chocolates

Gateway Pharmacy

And more...

Offers listed at <https://phoenixvilleseniorcenter.org/vip-card-drive/>

| Get yours today - \$30 individual \$55 Household (2)

Price goes up beginning October 1 to \$35/\$65

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.



Chapter 713 June 2023

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 31 Membership Event 9:00 AM YMCA

June 7 General Meeting 12:15 PM Senior Center

July 5th General Meeting 12:15 PM Senior Center

UPCOMING PROGRAMS In June we will be entertained by local musicians “The Notables”. Our July speaker is yet to be determined. August 2nd we will welcome the return of Gus Spector, master violinist.

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: If 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.

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.

Silver Sneakers –Classes are free but you must contact Carmela @ 610-935-1515 ext 25 or carmela@phoenixvilleseniorcenter.org to sign up. Silver Sneakers will reimburse the Center.

Renew Active (65 & over) and One Pass (18-64) – A United Healthcare & Keystone BC/BS 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.



Come help celebrate our June Birthdays on June 21st

Lunch at 12pm and stay for a concert with Patrice Hawthorne at 1pm

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

Joanne Beauregard	DJ Griffin	Douglas Medley
Lou Beccaria	Tom Guastavino	Cliff Moore
Sandy Benditt	Harold Guldin	Lee Morningstar
Genise Campbell	June Hankins	Bernard Novi
Sandra Campbell	Marguerite Hayes	Patricia Peiffer
Jill Cardamone	Ruth Hite	Tish Perosio
Constance Cline	Deborah Holyk	Barbara Piacine
Gary Coar	Karen Hughes	Agripina Rittenbaugh
Marebeth Conard	Barbara Hultslander	Joan Sullivan
Nancy Crowe	Ron Ianieri	John Sullivan
Dolores DeLaurentis	Bruce Jackson	Maureen Sullivan
Marie Dinda	Stephanie Jones	Kathleen Tauber
Kathy Duran	Pat Kellner	Donna Tirpak
Dianna Ellis	Paul Kusko	Douglas Trainer
Bambi Eschbach	Frank Laffredo	Catherine Wallace
Michael Fatula	Mary Loughin	June Weiland
Dennis Fenstermacher	Flo Mano	Doris Wheary
Tom Fetzer	Victoria Mattschei	Dorothy Wisneski
Jan Focht	Nancy McGuigan	Mary Ann Womer
Debbie Grejdus	June McInerney	Dorothy Wood
Joseph Grejdus	Gene McLain	Craig Zimmerman



Drive-thru BBQ FUNDRAISER

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

June 29th, 4-7 PM

and support

Phoenixville
area senior center
FRIENDSHIP-LEARNING-ACTIVITY



Item	Pint Serves 2-4	Quart Serves 6-8	1/2 hotel pan 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		

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

Re-heating instructions provided on package.



To place your order, go to
<http://bit.ly/pascBBQ>, click [here](#), or
scan the QR code.

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

Weekly
<p>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.</p>
<p>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.</p>
<p>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.</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, Phoenixville</p>
<p>Pickleball— \$3 Monday, Wednesday, Thursday & Friday Tuesday —Basic 1pm to 3pm Rec Center—501 Franklin Ave Non competitive / round robin play</p>
<p>Pool Table available everyday</p>

Monthly
<p>AARP DSR50+ Mondays & Wednesdays at 1pm Pre-register @610-935-1515</p>
<p>Art Class— Watercolor See schedule for dates \$5 fee</p>
<p>Art on Canvas See Schedule for date 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>Monday Morning Sports Desk Round table sports talk 2nd and 4th Monday @ 10am</p>
<p>Rep Friel's Mobile Office Hours Every second Monday 10am to 12pm</p>
<p>Senior Law Center Legal services intake clinic at the Second Tuesday From 10am to noon</p>
<p>Senator Muth Mobile Office Hours Every third Thursday 12 to 2pm</p>
<p>Phoenixville Hospital Health Talk Roundtable health topics Last Wednesday at 11am</p>

June 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 10:30am Produce (Inside) 12:00pm Lunch 1:00pm Pickleball @ Rec Center 1:30pm Produce (Curbside)	8:00am Breakfast 9:00am Walking Group 9:30am Coffee Hour 10:00am Mahjong 12:00pm Lunch 12:45pm Pinochle 1:00pm Yoga 1:00pm Scrabble 1:00pm Pickleball Basics @ Rec Center	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 9:30am Duplicate Bridge 12:00pm Lunch 12:45pm Pinochle 1:00pm Yoga 1:00pm Social Stitchers 1:00pm Pickleball @ Rec Center	8:00am Cont'l Breakfast 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Scrabble 12:00pm Lunch 1:00pm Pickleball @ Rec Center
			1 11:00am Grief Support	2 10:00am History 101 Docuseries 10:30am Shuffleboard 1:00pm Center Closes
5 1:00pm Digital Skills Ready@50+ Class 1:00pm Cash Bingo	6 10:00am Volunteer Craft 1:00pm Pickleball Basics Class @ Rec Center	7 10:00am Food Bank Reps 10:00am Shuffleboard Class 12:00pm AARP Meeting 12:45pm Entertainment - The Notables 1:00pm Digital Skills Ready@50+ Class	8	9 10:00am History 101 Docuseries 10:30am Shuffleboard 1:00pm Center Closes
				Sat, June 10 9:00am Pickleball Palooza @ Manavon Park
12 10:00am State Rep. Friel Mobile Office 10:00am Sports Desk 1:00pm Cash Bingo 1:00pm Digital Skills Ready@50+ Class	13 10:00am SeniorLAW Center	14 10:00am Blood Pressure 10:00am Food Bank Reps 10:00am Shuffleboard Class 10:00am Father's Day Celebration Begins 1:00pm Digital Skills Ready@50+ Class 1:00pm Art Class	15 10:30am Phoenixville Federal Presentation 11:00am Grief Support 5:00pm Third Thursday - Jazz Supper Club 6:30pm Vacation 50/50 Cash Drawing	16 10:00am History 101 Docuseries 10:30am Shuffleboard 10:45am Weight Wise Check In 1:00pm Center Closes
19 No Produce Today - This Week Produce is on Tuesday, May 20th 10:00am Juneteenth Celebration 1:00pm Digital Skills Ready@50+ Class	20 10:30am Art on Canvas 10:30am Produce (Inside) 12:00pm State Sen. Muth's Mobile Office 1:30pm Produce (Curbside)	21 12:00pm Birthday Social 1:00pm Birthday Entertainment 1:00pm Digital Skills Ready@50+ Class 5:00pm Supper Club @ PJ Ryan's	22 10:00am Craft	23 10:00am History 101 Docuseries 10:30am Shuffleboard 1:00pm Center Closes
26 1:00pm Digital Skills Ready@50+ Class 2:00pm Book Club	27 10:00am Movie: A Man Called Otto	28 10:00am Blood Pressure 11:00am Phoenixville Hospital Health Talk 1:00pm Digital Skills Ready@50+ Class 1:00pm Cash Bingo 1:00pm Art Class	29 11:00am Grief Support	30 10:00am History 101 Docuseries 10:30am Shuffleboard 1:00pm Center Closes

June Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 B: Pancakes & Sausage * * * L: Garlic & Herb Baked Tilapia * * * Alt: Turkey Caesar Wrap	2 B: Continental Breakfast * * * L: Lasagna * * * Alt: Risotto
5 B: Continental Breakfast * * * L: Meatloaf w/ Gravy * * * Alt: Turkey Quesadilla	6 B: Quiche * * * L: Baked Chicken * * * Alt: Stuffed Peppers	7 B: Breakfast Sandwich * * * L: Beef Stroganoff * * * Alt: Turkey à la King	8 B: Cream Chipped Beef * * * L: Chicken Marsala * * * Alt: Beef w/ Peppers & Onions	9 B: Continental Breakfast * * * L: Chef Salad * * * Alt: Seafood Cakes
12 B: Continental Breakfast * * * L: Cheeseburger * * * Alt: Chicken & Dumplings	13 B: Waffles & Bacon * * * L: Roast Turkey w/ Gravy * * * Alt: Ground Beef Tater Tot Casserole	14 Father's Day B: Biscuits & Sausage Gravy * * * L: Chicken Cordon Bleu * * * Alt: Pork BBQ	15 B: Eggs & Sausage * * * L: Penne Pasta w/ Meatballs * * * Alt: Chef Salad	16 B: Continental Breakfast * * * L: Pork Chop * * * Alt: Shrimp & Grits
19 B: Continental Breakfast * * * L: Open Faced Roast Beef * * * Alt: Turkey Bacon Avocado Wrap	20 B: Cream Chipped Beef * * * L: Tuna Platter * * * Alt: Lasagna	21 Happy Birthday B: Frittata * * * L: Pulled BBQ Turkey * * * Alt: Uncle B's Meatloaf	22 B: Pancakes & Bacon * * * L: Sausage w/ Peppers & Onions * * * Alt: Shrimp Salad	23 B: Continental Breakfast * * * L: Beef & Broccoli * * * Alt: Chicken & Rice
26 B: Continental Breakfast * * * L: Chicken Salad * * * Alt: Beef Stir Fry	27 B: Deconstructed Breakfast Burrito * * * L: Swedish Meatballs * * * Alt: Flatbread	28 B: Waffles & Sausage * * * L: Shrimp Scampi * * * Alt: Italian Roast Pork	29 B: Quiche * * * L: Glazed Ham * * * Alt: Turkey Noodle Casserole	30 B: Continental Breakfast * * * L: Grilled Chicken Alfredo * * * Alt: Pot Roast

Breakfast begins at 8am

Lunch begins at 12pm

Breakfast and Lunch Suggested Donation: \$2

Alternative Lunch Cost: \$2

For office use only
Application _____

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2023 APPLICATION FORM

To qualify, you must be 60 or older (or turn 60 by 12/31/2023) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines: **\$26,973** for 1 person in the household; or **\$36,482** for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2023).

1st Participant Name (print): _____ **Birth Date** _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ **Birth Date** _____
(Person checks are for)

(Signature)

Address (print): _____

Telephone Number: _____ **County of residence:** _____

Please circle appropriate identifier for each:

Ethnicity:	Hispanic or Latino	Not Hispanic or Latino	
Race:	American Indian or Alaskan Native Native Hawaiian or other Pacific Islander	Asian White	Black or African American

Please mail or email your completed form before **September 15, 2023** to mwebb@chesco.org or mail to:

**Chester County Department of Aging Services
601 Westtown Road, Suite 320; West Chester, PA 19380**

Please see back for USDA Nondiscrimination Statement

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

This institution is an equal opportunity provider.

For Your Information!

Voucher Recipient Eligibility – eligibility requirements have not changed for 2023.

Seniors who are 60+ years old during the program year or will turn 60 by December 31, 2023 and meet the income requirements are eligible for SFMNP. Income is total income including interest, Social Security, wages, etc.. The SFMNP does not include seniors who are living in nursing home facilities, convents and residential facilities where meals are provided.

Income Guidelines

- SFMNP is a self-declaration program.
- Check recipients are not asked to provide proof of income.

Income is determined by household. All members of the household are to be considered. A household is a group of related or non-related individuals who are living together as one economic unit.

2023 Household Income Eligibility

1 person - \$26,973	5 people - \$65,009
2 people - \$36,482	6 people - \$74,518
3 people - \$45,991	7 people - \$84,027
4 people - \$55,500	8 people - \$93,536

Each eligible senior may receive five \$10.00 checks for a total one-time benefit of \$50.00 during the program year.

Chester County Food Bank's Fresh2You truck is moving!

Starting June 5th through November 10th, the market will now be located every Wednesday from 10am to 12:30pm in the parking lot of the Phoenixville Recreation Center located at 501 Franklin Ave.

Representatives from the Food Bank will be stationed in the Senior Center parking lot on Wed June 7th and 14th from 10am to 12:30pm .

The reps will have Veggie Bucks on hand to distribute to participants.



Phoenixville Area Senior Center 2023 Annual Sponsors

Gold Sponsors



Phoenixville Federal Bank & Trust



United Healthcare/ The Payton Agency



Fox Rothschild, LLC

Silver Sponsors



Devlin Rosmos Kepp & Gatcha Funeral Homes

Bronze Sponsors



Gateway Pharmacy



OWM Law



Humana Insurance



Campbell, Ennis,
Klotzbach Funeral



*The Senior Center will close on Fridays at 1pm to avoid traffic backup on Church Street.

* Senior Center Closed July 3rd and 4th for the 4th of July holiday

*Produce delivery will be Tue June 20th instead of June 19th.

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.