

Center Closed

September 4th

Labor Day

Newsletter sponsored by Devlin Rosmos Kepp and Gatcha Funeral Home

From the Desk of Executive Director, Julie Gaudan

August promises to be as “interesting” as last month. Work continues slowly on the Air Conditioning upgrade. Fortunately, our old systems are still in place as the new ones are installed. It would have been a long hot summer if they weren’t working. As soon as the work on the first floor is complete, we will reopen the dining room. The staff and I are looking forward to the return to normalcy as much as you are. Thank you all for your patience as we play “musical dining tables”. The dining room will reopen as soon as possible.

Even with construction, August will be busy. This **Third Thursday** we changed things up - please join us for Comedian Glen Tickle and Chef Brian’s take on “Surf and Turf” - Pork Medallions and Seafood Cake. Please make your reservation as far in advance as possible to ensure we order enough food for everyone. You need to pay in advance to secure your spot. You may order your ticket online or pay in the office. **Supper Club** will travel to Luciano’s in Collegeville on August 8 for some great Italian food. In this heat, we opted for a restaurant with onsite parking!

We had an interesting question about our Grief Support group. **Is Grief Support only for those who are in bereavement for a loved one?** It is NOT! According to a recent Penn Medicine presentation, significant changes and losses of any kind cause a natural grief response. Things like a loss of independence, (think about driving), moving to a new neighborhood, even retirement can cause grieving. Check out our website for other triggers. Grief is natural and talking about it is a healthy way to alleviate it. Grief Support meets Thursday August 10th at 11am.

Please remember to stay hydrated and keep an eye on those air quality days. It is best to be careful. Stay cool!

Don’t forget to put your order in for Uncle B’ Fundraiser on August 31st. If you order after Aug 28th, please be aware we might not be able to fill your order. First ordered, first served.

Julie

Movie Days in August

If you would like to stay for lunch on these days, please pre-register on Copilot the Monday, a week **before** movie day.

Book Club Tuesday August 15th at 10am



Book Club

Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

Starring: Jane Fonda, Candace Bergen, Mary Steenburgen, and Diane Keaton

Book Club: The Next Chapter Tuesday August 22nd at 10am

Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure



Book Club with Mark Pinto will take a vacation in August and return on Monday September 25th at 2pm

Seniors and Finances

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



Join us Thursday August 17th at 10:30am for a program entitled

"Inherited IRAs and changes due to Secure ACT"

If you would like to stay for lunch, please pre-register by August 7th on Copilot

Healthy You at the Phoenixville Senior Center

Wednesday August 30th at 11am

Phoenixville Hospital presents an informal
roundtable discussion entitled
“Ageless Skin”



If you would like to stay for lunch, please pre-register in Copilot by Monday August 21st.



Grief and Loss Support Group

Every other Thursday at 11am

Date: 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

Coming in September!

Phoenixville Hospital presents : The Aging Effects on Oral Health

Friday September 15 at 10:00 AM

Tooth loss and oral disease is not an inevitable part of aging. Dr. Eric Paster, credentialed in comprehensive and cosmetic dentistry, will present the common oral health problems in older adults and the care needed to preserve smiles.

Please pre-register for this event on Copilot or at the Senior Center .



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

2 courts available Monday through Friday. Space is limited.



Are you a Senior Center VIP?

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, Free access to Information & Assistance & PA MEDI Counselors, Social Interaction, Exercise, Games, Educational programs and more....

Discount Card Offers from Local Stores & Restaurants: Generations Toy Store
Cameron Peters Floral Design, All Kinds of Fast, Bridge Street Chocolates, Gateway Pharmacy, Molly Maguires, Forever Changes Record Shop, Dim Sum Court, Mary Kay Cosmetics – Melissa Davis, 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**



Afternoon at the “Spa” Wednesday August 30th at 1pm

Join the Senior Center and Melissa from Mary Kay for an afternoon of face masks and moisturizing your skin.

All are welcomed.

Pre-registration is required for this event.

Please register on Copilot or call 610-935-1515 ext 29

Need to update your information in Copilot?
Copilot telling you that your “NAT-E” needs to be updated?

We will have volunteers on Monday August 7th and Thursday August 24th from 10am to 12 pm available to help you complete these forms . Please pre-register in Copilot.

Art Class (watercolor)

8/9 & 8/23 at 1pm

fee \$5



Art on Canvas (Acrylics)

8/15 at 10:30am fee \$10

← Upcoming artwork

How Scrip Works

Buy Gift Card

Buy a gift card from over 750 brands from the Phoenixville Area Senior Center.

Earn Funds

The rebate on the gift card immediately goes to funding the center's initia-

Spend Gift Card

You use the gift card on your everyday shopping or give as gifts

Retailer	Amount	Quantity	Total

Name: _____

Phone: _____

Order forms and payments are due no later than close of business on the third Wednesday of the month. We will contact you when the cards are available for pick up.

Please Contact Christine at 610-935-1515 ext 29 for a current list of participating retailers or go to this website for participating vendors and offers <https://www.shop>



Shredding Event at the Phoenixville Rec Center

Enter at 501 Franklin St. Exit onto Fillmore.

Saturday August 26th , 9am to noon. Free Open to the public

People can bring four file-size boxes per car – all for individuals, not businesses.

Paper only (staples ok). No binders, binder clips, books, xrays, etc.

Sponsored by the Chester County Sheriff's Office, Prothonotary and Register of Wills. Operated by Wiggings Shredding.



Monday 8/14 at 1pm & Friday 8/25 at 10am

\$5 for 5 games

2023 Travel Adventures



Salem, Massachusetts \$1635 October 16-19, 2023



Join us as we discover the history and mystery of Salem, Massachusetts. Discover Salem's early maritime history including Salem's role in the illustrious spice trade, stories of local pirates and of course the infamous Witch Trials. Includes 3 night's hotel accommodations and 6 meals.

NY Botanical Garden Holiday Train Show \$TBD Tuesday November 28th

At the NY Botanical Garden, You'll be transported to a miniature wonderland in the Conservatory as model trains zip through an enchanting display of more than 175 NY landmarks.



Includes lunch.

Sight and Sound Theater "Miracle of Christmas" \$188 pp December 12, 2023



Travel back in time to Bethlehem as the original Christmas story unfolds all around you and comes to life on stage with massive sets and live animals in this cherished holiday production.

Include lunch at Hershey Farm Restaurant and matinee performance.

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

New Upcoming Fundraising Event:

Phoenixville Holiday Candlelight Tour December 2

Beginning at the Senior Center with a Bazaar at 3. Tour 4-7. Tickets \$25.

All proceeds benefit the Phoenixville Area Senior Center.

We Are looking for Holiday decorated houses to add to the tour We are also looking for volunteers to help out. Please call Joann at 610-935-1515 ext 23

We are looking for volunteers to help make some crafts to sell at the Bazaar during our new Holiday Candlelight Tour.

Dates in August are Wednesday 9th and 23rd at 10am.

Crafting will be led by Pam and all supplies will be included.



August Third Thursday! August 17th at 5pm

Dinner and Comedy Night

Join the Senior Center for a delicious
meal of Surf and Turf
(pork medallions & seafood cakes)
and a hilarious comedy show from
Glen Tickle.



\$15 / \$13 for current 2023-2024 VIP

Payment is due at time of reservation.

RSVP by Monday August 14th

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 Tuesday August 8th at 5pm

Luciano's Pizzeria & Ristorante

112 West Ridge Pike Royersford



Menu: Appetizer—Salad & Garlic Bread

Entree—Lasagna, Spaghetti & Meatballs,

Chicken Parmesan, or Fettuccini Alfredo

Dessert—Cannoli or Cheesecake

Reservations and payment due by Friday August 4th

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 Waiver must be signed before playing.</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 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>

August Activities

Monday	Tuesday	Wednesday	Thursday	Friday
-----Weekly Events-----				
8:45am Circuit Exercise 9:45am Chair Exercise 12:00pm Lunch 1:00pm Pickleball @ Rec Center 1:30pm Produce (Curbside)	8:00am Breakfast 9:00am Walking Group 10:00am Mahjong 12:00pm Lunch 12:45pm Pinochle 1:00pm Yoga 1:00pm Pickleball @ Rec Center	8:45am Circuit Exercise 9:45am Chair Exercise 10:00am Shuffleboard 12:00pm Lunch 1:00pm Pickleball @ Rec Center	8:00am Breakfast 8:30am Blood Pressure 9:00am Walking Group 9:30am Duplicate Bridge 12:00pm Lunch 12:45pm Pinochle 1:00pm Yoga 1:00pm Pickleball @ Rec Center	8:45am Circuit Exercise 9:45am Chair Exercise 12:00pm Lunch 1:00pm Pickleball @ Rec Center
	1	2 12:00pm AARP Meeting 1:00pm Violinist Gus Spector	3	4 1:00pm Center Closes
7 10:00am Update Your Forms	8 10:00am SeniorLAW Center	9 10:00am Blood Pressure 10:00am Volunteer Craft 1:00pm Watercolor Art Class	10 10:00am Craft 11:00am Grief Support	11 1:00pm Center Closes
14 10:00am State Rep. Friel Mobile Office 1:00pm Bingo	15 10:00am Movie: Book Club 10:30am Art on Canvas 12:00pm State Sen. Muth's Mobile Office	16 12:00pm Birthday Social 1:00pm Birthday Entertainment	17 10:30am Phoenixville Federal Presentation 5:00pm Third Thursday - Dinner and Comedy Night	18 1:00pm Center Closes
21	22 10:00am Movie: Book Club 2	23 10:00am Blood Pressure 10:00am Volunteer Craft 1:00pm Watercolor Art Class	24 10:00am Update Your Forms	25 10:00am Bingo 1:00pm Center Closes
28 1:00pm Bingo	29	30 11:00am Phoenixville Hospital Talk 1:00pm Afternoon @ the Spa	31 4:00pm Uncle B's BBQ Take Out	

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.

August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Due to ongoing renovations: *Meals are on the second floor *Breakfast is only Tues and Thurs *Coffee hour is cancelled.</p>	<p>1 B: Pancakes & Sausage * * * L: Lasagna * * * Alt: Chicken Caesar Wrap</p>	<p>2 * * * L: Baked Chicken * * * Alt: Tater Tot Casserole</p>	<p>3 B: Bananas Foster Bread Pudding * * * L: Meatloaf w/ Gravy * * * Alt: Risotto</p>	<p>4 * * * L: Chicken Marsala * * * Alt: Chili Mac</p>
<p>7 * * * L: Beef Stroganoff * * * Alt: Chicken Quesadilla</p>	<p>8 B: Creamed Chipped Beef * * * L: Breaded Fish Fillet * * * Alt: Stuffed Peppers</p>	<p>9 * * * L: Penne Pasta w/ Meatballs * * * Alt: Chef Salad</p>	<p>10 B: Quiche * * * L: Cheeseburger * * * Alt: Pulled Chicken Sandwich</p>	<p>11 * * * L: Chef Salad * * * Alt: Chicken Curry</p>
<p>14 * * * L: Sausage w/ Peppers & Onions * * * Alt: Meatball Sandwich</p>	<p>15 B: Breakfast Sandwich * * * L: Pork Chop * * * Alt: Uncle B's Meatloaf</p>	<p>16 Happy Birthday! * * * L: Open Faced Roast Beef * * * Alt: Roast Turkey Sandwich</p>	<p>17 B: Biscuits & Sausage Gravy * * * L: Tuna Platter * * * Alt: Pork Stuffed Baked Potato</p>	<p>18 * * * L: Roast Turkey w/ Gravy * * * Alt: Shrimp & Grits</p>
<p>21 * * * L: Chicken Salad * * * Alt: Tuna Salad Wrap</p>	<p>22 B: Waffles & Bacon * * * L: Sweet n Sour Chicken * * * Alt: Liverwurst Onion Sandwich</p>	<p>23 * * * L: Pulled BBQ Turkey * * * Alt: Shrimp Salad</p>	<p>24 B: Deconstructed Breakfast Burrito * * * L: Meatball Sandwich * * * Alt: Chicken & Rice</p>	<p>25 * * * L: Shrimp Scampi * * * Alt: Salisbury Steak</p>
<p>28 * * * L: Braised Beef * * * Alt: BBQ Turkey Sandwich</p>	<p>29 B: Eggs & Bacon * * * L: Chicken Pesto * * * Alt: Tuna Melt</p>	<p>30 * * * L: Shrimp Salad * * * Alt: BBQ Pork</p>	<p>31 B: Breakfast Tater Tot Casserole * * * L: Italian Roast Pork * * * Alt: Seafood Cake</p>	<p>Due to ongoing renovations: *Activity locations may change. *Thank you for your patience and understanding during our improvements.</p>

Breakfast begins at 8am

Lunch begins at 12pm

Breakfast and Lunch Suggested Donation: \$2

Alternative Lunch Cost: \$2

FUNDRAISING EVENTS



Uncle B's Labor Day Drive Thru BBQ-

Pick up your Labor Day Picnic Favorites on August 31 from 4-6 for Phoenixville's own Uncle B! Place your order by August 28 at <http://bit.ly/pascBBQ>, stop to pick up an Order form at the Senior Center, or scan this QR code.



Fall Scrapbooking Event -

Saturday, September 9, 8 am to 8 pm including Breakfast, Lunch, Dinner, Snacks and Beverages; a 4 x 2 workspace. Raffle baskets and vendors will be available for additional purchases. To purchase tickets, go to https://bit.ly/PA_ScCrop23 Or scan this QR code



HealthFair

THURSDAY,
SEPTEMBER 21,
4:00-6:00 pm



Before the end of the year, join us to assess your health care needs. Meet medical professionals, Senior Living options, Medicare specialists, audiologists, fitness providers, and get your shots (Covid, Flu, etc.) Learn how the Senior Center can help support you through our Aging Services.



Saturday November 4, 2023 Doors open at 1:00 pm * First game at 2:00

Kimberton Fire Company

Tickets \$25 / \$30 at door / \$175 for a Table of 8

Call 610-935-1515, go to <https://bit.ly/PASCBingo>, click QR code for tick-





Come help celebrate our August Birthdays on August

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

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

Shirley Barry	Gary Fagan	Paul Kuhns	Frank Ranhofer
Donna Batman	John Francone	Anne Lail	Thomas Reese
Kathleen Brown	Kathleen Freas	Louise Lehman	Linda Remolde
Alice Brzoska	Davis Gartin	Jean Leininger	William Sadler
Bernard Brzoska	Marjorie Gavitt	Frances Lennox	Kathleen Said
Henry Cadwalder	Gail Godman	Maureen Maksimoski	Gary Segner
Maria Chimchirian	Marcla Griffith	Lawrence Malcolm	Patricia Slifer
Joanne Coffman	Karen Guastavino	Joan McCracken	Charles Snook
Patricia Curren	Sharon Gubanich	Eric Miller	Linda Ulinski
Nancy Davis-Sanders	Patrick Hollis	Anna Noad	Lois Wells
Charlotte Devlin	Catherine Janssen	Diana Novi	Eileen Werst
Stephan DiSimone	Ethel Jefferis	Gwen Parkin	Tom Wyres
Eva Ditterline	Dorothy Karaban	Elizabeth Pelen	Zhaoting Zeng
Evelyn Dudonis	Sandra Kasky	Anna Raeburn	Ann Zipkin
Lilian Early	Susan Kaufmann	Margaret Rambo	



Craft Day Thursday August 10th at 10am

Bring your favorite beach memory or picture to create this adorable summer mason jar.

Supplies included Fee \$3

Please pre-register for this class by calling 610-935-1515 ext 29

Phoenixville Area Senior Center 2023 Annual Sponsors

Gold Sponsors



Phoenixville Federal Bank & Trust



United Healthcare/ The Payton Agency

Silver Sponsors



Devlin Rosmos Kepp & Gatcha Funeral Homes

Bronze Sponsors



Gateway Pharmacy



OWM Law



Humana Insurance



Campbell-Ennis Klotzbach Funeral Homes



Kinetic Physical Therapy

8/2—Google Maps

8/7—Online Rx Drug Resources

8/9 —Online Health Resources

8/14 —Telemedicine

8/16 —Mobile Health Apps

8/21 —Google Drive

8/23— iCloud Storage

8/28 —Smart Phones

8/30 —Money Matters (Saving Money using Online Services)



IN COLLABORATION WITH
SENIOR PLANET
FROM AARP

August Computer Skills Classes Mondays and Wednesdays at 1pm

Questions regarding these classes,
please call 610-935-1515 ext 29

The Low-Income Household Water Assistance Program (LIHWAP)



is returning for 2023!



Older adults can now apply for assistance with maintaining access to drinking water and wastewater services. Eligible households can receive one grant for drinking water service and one grant for wastewater service of up to \$2,500 each. Situations include past-due water bills, termination of utility service, and having received notice that service will be shut off within the next 60 days. For the application,

or help applying, please contact

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

Chapter 713

August 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

Aug 2 nd	General Meeting	12:15 PM	Senior Center
Aug 16 th	Board Meeting	10:00 AM	Presbyterian Church
Sep 6 th	General Meeting	12:15 PM	Senior Center

UPCOMING PROGRAMS 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 some happiness, 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 the balance of 2023, dues will be pro-rated if you are a new member!

OPPORTUNITIES TO HELP YOUR CHAPTER: If you would like to volunteer to help please approach a board member at any meeting.

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!

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

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.