

October 2023



From the Desk of Executive Director, Julie Gaudan

Welcome to Fall! The lovely weather has been welcome. I need to thank you all for your patience throughout the construction. Of course, the air conditioning work finished just as the weather became more comfortable. I would also like to thank Acme Pharmacy, Gateway Pharmacy, the other vendors, and my staff, especially Joann McCracken for the successful Annual Health Fair.

If you missed our health fair in September, you have another opportunity to receive a flu and/or the newest Moderna COVID19 vaccine at our free Third Thursday Oktoberfest on October 19. We are calling it “A Shot and a Brat”. Weather permitting, Oktoberfest will be outside! While you enjoy the Lukens Band and food trucks, you can purchase a brat for \$5 from our kitchen. Local food trucks will also have food choices – menus and pricing are available at the center.

Thank you for your patience in shifting the afternoon schedule. (In September, afternoon start times shifted by 15 minutes from 1:00 to 1:15 pm.) We have seen the desired result of alleviating parking lot congestion around the lunch hour. This has been especially important as more people have joined us for lunch. The switch to in-house cooking is going well. If you haven’t had the opportunity yet, join us for one of Brian’s great lunches. We appreciate your cooperation accurately signing up for meals.

The new meal program has been so well received that we won’t be jumping back into the alternate meal program. Instead, we will offer a soup of the day for those who are unable to eat or not interested in the main course. You must sign up in advance via CoPilot. There is a charge of \$5.00 for the soup choice.

Medicare Open Enrollment begins October 15. Insurance plans offered may vary by county. Chester County residents, please leave a message for our PA MEDI counselor Cari Forman at 610-935-1515 x24 to make an appointment. Montgomery County residents should call RSVP at 610-834-1040 x120.

Our AARP DSR50+ computer classes will run until the end of December. Please take advantage of the opportunity to learn more about digital technology. To encourage anyone who is considering trying the program, new participants and past participants who bring a new participant are entered in a drawing for a Kindle Fire. If you have questions on your phone, tablet, or the internet, please give the classes a try. One on one sessions are available by appointment.

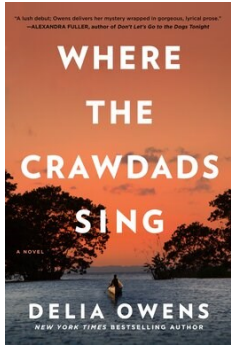
Julie

Coming Soon!

Bag Bingo Sat 11/4 at Covered Bridge Room, Kimberton

Rotary Pancake Breakfast
Sun 11/12 at the Senior Center

**Phoenixville Holiday
Candlelight Tour & Bazaar**
Sat 12/2 starting at the Senior Center



October Book Club Monday October 30th @ 2pm

Where the Crawdads Sing by Delia Owens

It's about a young woman named Kya, who's left to raise herself in the marshes of North Carolina when her family abandons her at a young age.

We will show the movie of the same name on 10/26 at 10am.

If you would like a book, please see Christine or call 610-935-1515

Sports Desk is back just in time for the run up to baseball post season and the start of football!

Join your friends to talk about all things sports!

Tuesday October 10th at 10:30 am



Floor Shuffleboard Demo
at the Senior Center

Friday October 20th at 1pm

Come try shuffleboard on a portable floor mat in our gym.



Seniors and Finances

Senior Center Annual Sponsor

Phoenixville Federal Bank and Trust

is hosting a monthly series "Seniors and Finance".

Join us Thursday October 19th at 10:30am for a program entitled

"Death and Dying—Common Misconceptions in Estate Planning"

If you would like to stay for lunch, please pre-register by October 11th on Copilot

October Craft

Fall pumpkin door hanger

October 12th at 10am

Fee \$4 all supplies provided

Pre-registration is required for this class



WEIGHT WISE IS COMING TO PHOENIXVILLE SENIOR CENTER FOR ROUND TWO

JOIN CHESCO DEPT OF AGING REGISTERED AND LICENSED DIETITIAN, BARBARA MYERS

for 10 weeks every Tuesday at 9am starting October 10th to December 19th

PENN STATE HAS DONE ITS RESEACH WITH 10,000 VOLUNTEERS AND FINALLY UNCOVERED THE SECRETS OF SUCCESSFULLY LOSING WEIGHT AND KEEPING IT OFF! ITS CALLED VOLUMETRICS AND THIS WILL BE THE MAIN TOPIC IN THIS COURSE. WE WILL ALSO DISCUSS THE AMERICAN HEART ASSOCIATION, THE AMERICAN DIABETES ASSOCIATION, THE AMERICAN INSTITUTE OF CANCER RESEARCH GUIDELINES.

COME GET WEIGHED EVERY WEEK AND HAVE SOME FUN! THE PERSON WHO LOSES THE MOST WEIGHT WILL GET A PRIZE AT THE END OF THE 10 WEEKS.



You can rent the companion book The New American Plate Cookbook for a \$7 deposit and return it for a refund or you can keep the book for the \$7.

PRE-REGISTER NOW ON COPILOT OR CALL 610-935-1515 . CLASS WILL FILL UP QUICKLY.



Netflix docuseries: **Ask the Doctor** Every Mondays at 10am

From allergies to diet to sleep, three friendly doctors share expert advice, bust medical myths and test the latest treatments.

Come for the entertainment, stay for lunch! Please pre-register for lunch.

Art on Canvas Fee \$10/ \$5 for VIPs

Tuesday October 17th at 10:30am

All supplies provided/Please pay a staff member before class.



Art Class (watercolor)

Fee \$5

10/11th & 10/25th

at 1:15pm

Supplies not included

Monday October 2nd and

Friday October 13th

both at 1:15pm

\$5 for 5 games



Please pre-register for lunch by Weds the week prior

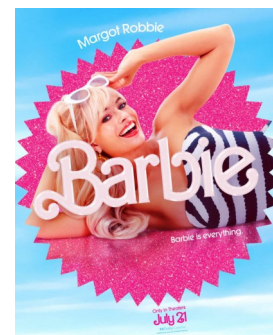
Bring your inner “Barbie” to the Senior Center on

Tuesday October 24th at 10:15am

for a showing of the movie **Barbie (2023)**

“Kens” are welcomed too!

Please pre-register for lunch by Wednesday October 18th on Copilot



Pumpkin Craft Fee \$3

**Wednesday October 4th
at 10am**

**This program requires pre-registration as there is a
limited availability**

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

Thursday October 26th at 10am

All supplies are provided.

**This program requires pre-registration at
610-935-1515 ext 29**

Let's try a **Dancin' Chairs** exercise class with Holly BeeBee

Friday October 27th at 1pm

You'll enjoy a fun seated (can also do standing) workout with both dance and cardio exercise moves. It is perfect for seniors or anyone who wants an easy and fun way to improve their cardio fitness.



Afternoon at the Spa

Monday October 23rd at 1:30pm

Join Mary Kay Representative Melissa Davis as she treats
you to some relaxing and moisturizing face masks

This program **requires** a pre-registration by 10/20 on
Copilot or call 610-935-1515



Monthly Grief and Loss Support Group Wednesday October 25th at 1pm

Last Wednesday of each month. Facilitated by a Compassus Bereavement Coordinator

Participants can pre-register at the Center, or email

christine@phoenixvilleseniorcenter.org, or by calling 610-935-1515 ext 29



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

The restaurant would like participants to pre-order for better service.

Payment is required with reservation.

Our next dinner is on Tuesday October 10th at 5pm

Chikara Sushi & Asian Fusion 131 Bridge Street Phoenixville



Menu (including soup/ salad, appetizer, entree and dessert) **BYOB**

Soup & Salad

MISO SOUP or GREEN SALAD with ginger dressing

Appetizer (choose one)

GYOZA (Pan fried Japanese dumplings), HARU MAKI (Vegetable spring roll,) EDAMAME (Steamed soybeans sprinkled with salt)

Entrees selection (choose one from sushi bar or kitchen)

From sushi bar

1. THREE ROLLS (California Roll, Tuna roll, Shrimp avocado)

From the Kitchen

GENERAL TSO'S CHICKEN, TERIYAKI SALMON or HIBACHI STYLE STEAK served with seasoned vegetables

Dessert

SCOOPED ICE CREAM



New Fundraising Event – We need your help! Earlier this year, the Phoenixville Candlelight Holiday Tour Committee passed the torch (or candle stick) to the Senior Center. For this event to be successful, we need your help on December 2 with the following:

1. We need a total of 12 houses. If you or someone you know decorates for the holidays, ask if they would open their house for the evening. They can show one floor or the entire house.
2. Four Hosts are needed at each house, (2) 2hr. shifts. If you work one shift, we will give you a ticket to participate in the tour during the opposite shift.
3. We need help at the Bazaar with the Senior Center table, help with parking, setup, clean-up, and to promote the Senior Center.

Please pre-register at 610-935-1515 and leave a message.

Healthy You at the Phoenixville Senior Center

Phoenixville Hospital presents : Understanding Parkinson's **Wednesday October 11th at 11am**

Geriatric care manager and certified dementia practitioner, Gerry Fioriglio will present Parkinson's Disease, a progressive, chronic neurological disease affecting over one million Americans. Learn what local resources are available to those in need of assistance. Please pre-register for this event and lunch on Copilot or at the Senior Center.

Wednesday October 25th at 11am

Phoenixville Hospital presents an informal roundtable discussion entitled
"Know Your Numbers"



Protecting yourself & others from serious disease.

If you would like to stay for lunch, please pre-register in Copilot by October 18th

Pickleball 4 days a week at the Rec Center

Monday, Wednesday, Thursday and Friday 1 to 3pm \$3 fee

No pickleball Monday October 9th. Rec Center will be closed.

Space limited so please pre-register on Copilot. Ask Christine how.

Beginner Pickleball Lessons with Joel

Weds October 4th from 1pm to 3pm @ Rec Center





• FOR YOUR INFORMATION •

For improved efficiency, any payments for programs or events can be made to Carmela during her office hours Tuesday through Thursday from 9am to Noon.

Fresh Produce from the Chester County Food Bank

Starting in October, Monday produce pick up returns to a pre Covid choice model, you will choose what produce you would like to take home. Starting at 10:30am you may come into the Center and use a glove (provided) to pick out your produce. The amount of each item you take will be limited to allow enough produce for everyone. There will be no pick up between 11:15am to 12:45pm due to lunch service and will resume after lunch. Drive through will begin at 2pm.



Please bring in your own reusable bag.

Interested in a tour of the Senior Center? Know someone who would benefit from our programs? Please join us for our Welcome Wagon every Wednesday from 9am to 10am.



Kelce (2023)

**Friday October 20th
at 10am**

NFL All-Pro center Jason Kelce started documenting what he thought was his final year in the NFL. Instead, the film intimately

captures the most epic year in Jason and Travis's life, from starting a hit podcast together, Jason's wife Kylie being pregnant with their third child, and ultimately meeting each other at the Super Bowl. All while Jason grapples with the decision of his retirement

Rotary Club of Phoenixville's Pancake Breakfast is returning to the Senior Center on November 12 from 8am until noon. \$12 for adults, \$8 for children. The meal includes pancakes, sausage, eggs, potatoes, and beverages. This fundraiser supports Rotary's work within the Phoenixville Community including the

Senior Center.





Tuesday October 31st at 1pm.
Treats will be on hand and a prize
for the best costume!

Important Lunch Reminders

- Pre-registration for lunch is now the Wednesday the week **prior** to the day you would like to attend lunch. Please sign up on Copilot or call 610-935-1515
- If you are coming in for a program and would like to stay for lunch, please pre-register for the meal.
- Please call ahead and **speak** to a staff member if you would like to have a meal but did not pre-register. We can not guarantee a meal with out a prior registration.

Chapter 713



October 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

Oct 4 th	General Meeting	12:15 PM	Senior Center
Oct 11 th	Board Meeting	10:00 AM	Presbyterian Church
Nov 1st	General Meeting	12:15 PM	Senior Center

UPCOMING PROGRAMS Our October meeting will be a fun time playing Bingo for prizes sponsored by **Phoenixville Federal Bank and Trust.**

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!

October Menu

If you would like an alternate lunch, you may purchase the soup of the day for \$5. Reservations and payment for the soup of the day are **required** Wednesday of the prior week.

Monday	Tuesday	Wednesday	Thursday	Friday
2 B: Continental Breakfast L: Chef Salad	3 B: Frittata L: BBQ Pork	4 B: Pancakes & Bacon L: Baked Chicken	5 B: Eggs & Sausage L: Beef Stroganoff	6 B: Continental Breakfast L: Chicken & Rice
9 B: Continental Breakfast L: Chicken Alfredo	10 B: Cream Chipped Beef L: Tuna Salad	11 B: Cherries Jubilee Bread Pudding L: Sausage, Onions & Peppers	12 B: Quiche L: Shrimp & Grits	13 B: Continental Breakfast L: Meatloaf
16 B: Continental Breakfast L: Penne & Meat Sauce	17 B: Deconstructed Breakfast Burrito L: Chicken Salad	18 Happy Birthday! B: Biscuits & Sausage Gravy L: Pork Chop	19 B: Bananas Foster Bread Pudding L: Seafood Cakes	20 B: Continental Breakfast L: Turkey Noodle Casserole
23 B: Continental Breakfast L: Bratwurst	24 B: Waffles & Sausage L: Beef & Broccoli	25 B: Breakfast Tater Tot Casserole L: Chicken Risotto	26 B: Eggs & Bacon L: Tater Tot Casserole	27 B: Continental Breakfast L: Roast Pork
30 B: Continental Breakfast L: Chicken Pesto	31 B: Peaches & Cream L: Shrimp Over Salad			

Breakfast begins at 8am

Lunch begins at 12pm

Breakfast and Lunch Suggested Donation: \$2

Lunch reservations are **required** by Wednesday of the prior week

If you have food allergies, please contact staff

October 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 10:00am Ask the Doctor Docuseries 10:30am Produce (Inside) 12:00pm Lunch 1:00pm Pickleball @ Rec Center 2:00pm Produce (Curbside)	8:00am Breakfast 9:00am Walking Group 9:30am Coffee Hour 10:00am Mahjong 12:00pm Lunch 1:15pm Pinochle 1:15pm Yoga	8:00am Breakfast 8:45am Circuit Exercise 9:00am Welcome Wagon 9:30am Coffee Hour 9:45am Chair Exercise 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 1:15pm Pinochle 1:15pm Yoga 1:15pm Social Stitches	8:00am Cont'l Breakfast 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Shuffleboard 12:00pm Lunch 1:00pm Pickleball @ Rec Center
2 1:15pm Digital Skills Ready@50+ Class 1:15pm Bingo	3	4 10:00am Craft 12:00pm AARP Meeting 1:15pm Digital Skills Ready@50+ Class 1:00pm Beginner Pickleball Class	5 10:30am Participants Meeting	6 1:00pm Center Closes
9 10:00am State Rep. Friel Mobile Office 1:15pm Digital Skills Ready@50+ Class 1:15pm Loteria	10 9:00am Weight Wise 10:00am SeniorLAW Center 10:30am Sports Desk 5:00pm Supper Club @ Chikara	11 10:00am Blood Pressure 11:00am Phoenixville Hospital Presentation 1:15pm Art Class 1:15pm Digital Skills Ready@50+ Class 3:00pm Medicare Update	12 10:00am Craft	13 1:15pm Bingo
16 1:15pm Digital Skills Ready@50+ Class	17 9:00am Weight Wise 10:30am Art on Canvas 12:00pm State Sen. Muth Mobile Office	18 12:00pm Birthday Social 1:00pm Birthday Entertainment 1:15pm Digital Skills Ready@50+ Class	19 10:30am Phoenixville Federal Presentation 5:00pm Third Thursday - Oktoberfest	20 10:00am Kelce Documentary 1:00pm Floor Shuffleboard Demo
23 12:00pm Oktoberfest Celebration 1:15pm Digital Skills Ready@50+ Class 1:30pm Afternoon @ the Spa	24 9:00am Weight Wise 10:15am Movie: Barbie	25 10:00am Blood Pressure 11:00am Phoenixville Hospital Talk 1:15pm Digital Skills Ready@50+ Class 1:00pm Joel Payton Presentation 1:00pm Grief Support 1:15pm Art Class	26 10:00am Volunteer Craft 10:00am Movie: Where the Crawdads Sing	27 1:00pm Dancin' Chairs Demo
30 1:15pm Digital Skills Ready@50+ Class 1:15pm LCR Game 2:00pm Book Club	31 9:00am Weight Wise 1:00pm Halloween Celebration			

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.

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</p> <p>Monday , Wednesday & Friday 8:45am</p> <p>This standing class alternates upper-body strength work with low-impact cardio * Do not need to be a Silver Sneakers participant to join.</p>
<p>Silver Sneakers Classic –Chair Based \$2/ free for Silver Sneakers & Renew Active</p> <p>Monday, Wednesday & Friday 9:45am</p> <p>This workout includes fall prevention drills and exercises to improve strength and endurance. A chair and handheld weights or tubing are used.</p> <p>* Do not need to be a Silver Sneakers participant to join.</p>
<p>Silver Sneakers Yoga</p> <p>\$2/ free for Silver Sneakers & Renew Active</p> <p>Tuesday and Thursday 1:15pm</p> <p>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. * Do not need to be a Silver Sneakers participant to join.</p>
<p>Walking with the Center 9am</p> <p>Tuesday outside at Black Rock Sanctuary 953 Black Rock Road, PA-113</p> <p>Thursdays outside at Charlestown Park 100 Academic Way, Phoenixville</p>
<p>Pickleball— \$3</p> <p>Monday, Wednesday & Fridays</p> <p>Rec Center—501 Franklin Ave</p> <p>Non competitive / round robin play</p> <p>Waiver must be signed before playing.</p>

Monthly
<p>AARP DSR50+</p> <p>Mondays & Wednesdays at 1:15pm Pre-register @610-935-1515</p>
<p>Art Class— Watercolor</p> <p>See schedule for dates \$5 fee</p>
<p>Art on Canvas</p> <p>See Schedule for date Fee: \$10/ \$5 VIP Supporter</p>
<p>Blood Pressure</p> <p>2nd and 4th Wednesday 10am to 11am Every Thursday 8:30am to 11:30am</p>
<p>Cash BINGO</p> <p>\$5 to play 5 games</p>
<p>Tuesday Morning Sports Desk</p> <p>Round table sports talk Tuesday @ 10:30am</p>
<p>Rep Friel’s Mobile Office Hours</p> <p>Every second Monday 10am to 12pm</p>
<p>Senior Law Center</p> <p>Legal services intake clinic at the Second Tuesday From 10am to noon</p>
<p>Senator Muth Mobile Office Hours</p> <p>Every third Tuesday 12 to 2pm</p>
<p>Phoenixville Hospital Health Talk</p> <p>Roundtable health topics Last Wednesday at 11am</p>

Oktoberfest

October 19

4-7 pm

Phoenixville
area senior center
FRIENDSHIP-LEARNING-ACTIVITY

Luken's Band with Food
Trucks including Uncle B's,
Hares Hill Brewing, Fitzwater
Station, and more...

Get a shot and a Brat... Covid and Flu
shots will be available.

Medicare Presentation with
The Payton Agency

Wednesday October 25th

at 1pm



Medicare - Business- Life

Senior Center Gold Annual sponsor Joel Payton will be hosting a presentation on Medicare and the different options for you to consider.

Please pre-register for lunch on or before 10/18 on Copilot or call 610-935-1515

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 initiatives

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.shopwithscrip.com/>

Protect Yourself and Others from COVID-19

Getting vaccinated is an important way to protect yourself and others from COVID-19. But if it's been a while since you got the shot, your protection may need a boost.

Updated bivalent COVID-19 vaccines are available now and protect against the Omicron variant.



Buy a Brat Get a Shot at Phoenixville Area Senior Center's Outdoor Food Truck Festival with Luken's Band

Thursday, October 19 from 4-7

Phoenixville Area Senior Center's Parking Lot

Please bring your Medicare or other insurance card.



Staying up to date with your COVID vaccine can reduce the risk that you'll:

Get seriously ill or die from COVID

Spread the disease to others

Develop long COVID

Information provided by <https://wecandothis.hhs.gov/>.

This COVID-19 and Influenza Vaccine Uptake Initiative for Older Adults and People with Disabilities is supported with funding from the Administration for Community Living, U.S. Department of Health and Human Services.

Try something new at the Senior Center in October

Loteria Monday October 9th at 1:15pm



Inspired by the new gameshow Loteria Loco which airs starting October 2nd

Lotería (Spanish word meaning "lottery") is a traditional game of chance, similar to bingo, but using images on a deck of cards instead of numbered ping pong balls.

Left Center Right dice game Monday October 30th at 1:15 pm

Players start with a few chips and then take turns rolling the dice to determine which direction they should pass their chips. The object of LCR is to be the only player with any remaining chips.



October Computer Skills Classes

Mondays and Wednesdays at 1:15pm

AARP Foundation
Digital Skills Ready@50+
IN COLLABORATION WITH
SENIOR PLANET

10/16 Duck Duck Go: Intro to Managing Your Privacy- 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.

10/18 Smart Phones I—Although all smartphones vary based on their operating system, model and brand, most share the same basic characteristics and function in similar ways. In this workshop, we'll cover some of the essential features and capabilities of your smartphone

10/23 Smart Phones II—In this workshop, we'll cover some of the essential features and capabilities of your smartphone

10/25 Finding Info Online -This hands-on workshop will review helpful tips for using effective search terms, evaluating your search results, and searching within a reliable site for accurate information.

10/30 Google: Workspace—This lecture will introduce Docs, Sheets, Slides, Photos, and Drive. We'll explore some practical and creative uses and demonstrate how to make the most out of Google's many free templates.

If you are new or you bring in someone new you will get a raffle ticket to win a new Kindle!

Phoenixville Area Senior Center 2023 Annual Sponsors

Platinum



Phoenixville Federal Bank and Trust

Gold



United Healthcare/ The Payton Agency

Silver



Devlin Rosmos Kepp & Gatcha Funeral Homes



Patina Health

Bronze



Gateway Pharmacy



OWM Law



Humana Insurance



Phoenix Center



Campbell-Ennis Klotzbach Funeral Homes



Kinetic Physical Therapy

2023 Travel Adventures

Stay Tuned for information on trips for 2024 on December 12th at 10am.



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 Boscov's Travel at 484-945-1200



Come help celebrate our October Birthdays on October 18th

Lunch at 12pm and stay for a concert at 1pm with singer Jill Salkin

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

Linda Adamski	Barbara Filipak	Eva Kondas	Mariane Peffal
Dennis Beck	Judith Gaul	Nancy Lapella	Theresa Piccone
Beverly Begnal	Tana Gazillo	Carol Lapenna	Anne Post
Donna Beishl	Anne Gensemer	Betty Luckett	Rose Ann Powell
Marie Boettger	Peg Groening	Gail Malcolm	Lisa Scharff
Eric Bour	Bill Hall	Catherine Massaro	Stephanie Selinger
Jean Bovell	Nadine Hoepfl	Marie McCormack	Sandy Sosiak
Lois Breden	Joyce Hollis	Julian McCracken	Jan Swarr
Alicia Cherry	Gretchen Hyneckeal	Helen McLaughlin	Roxanne Troiano
Nancy Collins	Shirley Kaser	Regina Mosteller	Robyn Unruh
Shirley Cox	Harold Katz	Anna Ohlendorf	Marilyn Vafeades
Joan Detwiler	Jack Keeney	Linda Ottaviano	Charles Young
Jeffery Dore			



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-



Medicare Update for Annual Open Enrollment

Fine Tune Your Medicare for 2024

Wednesday, October 11th, 3-5pm



This event is for people who have Medicare, want to review the basics of Medicare and see what changes they can make for the upcoming year to prepare for the Medicare Annual Open Enrollment Period (AOEP) from October 15th – December 7th. There will be time for questions and answers after the presentation, and the chance to schedule follow up appointments. This presenta-

tion is presented by Chester County PA MEDI counselors. PA MEDI, formerly known as APPRISE, is a free, confidential, and unbiased health insurance counseling program designed to help all Pennsylvanians with Medicare. PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with objective, easy-to-understand information about Medicare.

The presentation will be in-person, at the Phoenixville Senior Center. Please contact Cari to register at cforeman@phoenixvilleseniorcenter.org or 610-935-1515 ext. 24

Questions about Medicare?

We can help!



pennsylvania

Medicare Education and Decision Insight

PA MEDI Counselors are specially trained to answer your questions about Medicare and provide you with objective, easy-to-understand information about health insurance.

Specifically, we can help answer your questions about Medicare, prescription drug plans, Medicare Supplement Insurance (Medigap), Medicaid, and Medicare Savings Plans. Additionally, your counselor will screen you to see if you qualify for any programs to help with costs.

PA MEDI Counselors do not sell Medicare products but rather offer current, unbiased Medicare education to help you make the most informed choices about the Medicare options available to you.

Medicare can be complicated, but connecting with a PA MEDI counselor is easy. Contact Cari at cforeman@phoenixvilleseniorcenter.org or 610-935-1515 ext. 24

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

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.