



From the Desk of Executive Director, Julie Gaudan

I know everyone is busy with their New Years Resolutions. Coming to the Center is a great place to start your exercise resolution. We have 14 opportunities to get moving throughout the week from Circuit or Chair classes to the Walking Group to Pickleball. But you don't have to get out there and sweat to reduce your chances of a heart attack, stroke, and dementia! Did you know that just coming to the senior center is good for your health? According to the US Surgeon General, just coming here to see and make a connection with people is good for you. Isolation can be as bad for you as smoking a pack of cigarettes a day!

January also means cleaning out your closets and organizing. Like a lot of you, we spent part of COVID cleaning out 30 years of stuff from the senior center and it's already starting to pile up again! No one wants to throw out a perfectly good item that you paid for. I know I have better luck parting with underused things when it's going to a good home. Here's a list of the items that we can use, followed by organizations that may be able to use your items. Please be aware that we may pass things along to another organization if we get too much or cannot use something. We will get back to you. Finally, don't just drop items at the door or on a table. Wave down or find one of the staff members who will assist you. If in doubt, please call first.

Useful items: yarn (natural fibers preferred), hard cover books from the past five years, larger piece jigsaw puzzles – no 1000 piece puzzles please.

We are all familiar with GoodWill and GreenDrop. Here are two organizations that take gently used specialty items. We suggest you reach out to them first. Some only accept donations certain days and may have too many now but could use them later in the year. There are some things, like prescription feeding items that no one is allowed to take. Please dispose of these at home.

· Adult incontinence supplies like pads and diapers – Mitzvah Circle also accepts infant diapers and clothing. If you or someone you know is having problems affording these items, you can contact Mitzvah Circle. (267) 649-7610 www.mitzvahcircle.org

· Medical equipment (wheelchairs, walkers, beds, etc) Abilatool -they only take what they can store so please contact them first. You may need to hold onto an item until it is needed. They are also a great source if you need something. Warning – Medicare only supplies you with one of any health aid. So if the cane or walker is yours and came from Medicare, you should hang onto it for a rainy day if at all possible. www.abilatool.com Email: contact us@abilatools.com Phone: 610-594-7021

Happy New Year and we hope that coming to the Center more often is one of your New Year's Resolutions!

Julie

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

Payment is required with reservation no later than 1/12.

Our next dinner is on January 15th at 5pm

at Stone House Grille

1300 Hares Hill Rd, Kimberton

Menu



Appetizer choice— Cream of Chicken Soup, Stone House Salad, or Rustic Salad

Entrée Choice— Chorizo Meatloaf w/ Garlic Mashed Potatoes, Fish & Chips, or Chicken Tettrazzini

Dessert Choice—Salted Caramel Brownie, Raspberry Cheesecake

Third Thursday January 18th at 5pm

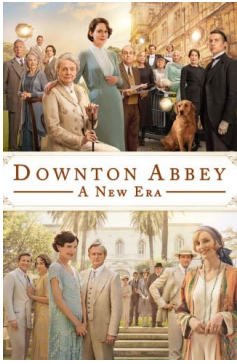
Wine, Cheese & Chocolate Pairings

\$10 per person

Join the Senior Center for some delicious pairings

Of different wines along with cheeses and chocolates that complement them.





Movie Day Tuesday January 30th at 10:00am

Downton Abbey: A New Era (2022)

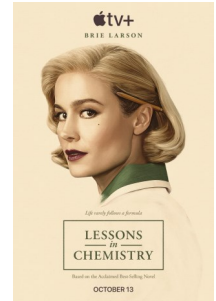
The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa.

If you would like to stay for lunch, please pre-register by 1/24 on Copilot.

Lessons in Chemistry (2023) - a mini series on Apple TV based on the best selling novel by Bonnie Garmus

Every Friday afternoon starting January 5th at 1pm

In the 1950s, Elizabeth Zott's dream of being a scientist is challenged by a society that says women belong in the domestic sphere; she accepts a job on a TV cooking show and sets out to teach a nation of housewives way more than recipes. Starring Brie Larson Staying for lunch? Pre-register weekly starting 12/27th



Art on Canvas

Fee \$10/ \$5 for VIPs

Tuesday January
23rd at 10:30am

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



Art Class (watercolor)

Fee \$5

Wednesday January
17th & 31st
at 1:15pm

Supplies not included



Tuesday January 9th
at 10:30 am

Super Bowl is coming!
Will the Eagles return to
the big game?

Join your friends to talk
about all things sports!

Healthy You at the Phoenixville Senior Center

Just in time for the New Year Resolutions!

Silver Sneakers Line Dancing exercise class!!

Every Friday morning at 8:45am (this will replace SS Circuit)

Dance your way into wellness! You will learn basic line dances while improving your strength, balance, and coordination. No equipment needed.



No need to have Silver Sneakers to participate. **Class is \$2/ free for Silver Sneakers or Renew Active**

Wednesday January 31st at 11am

Phoenixville Hospital presents an informal roundtable discussion entitled
“Thyroid Awareness Month”

Recognizing thyroid-related diseases & thyroid cancer



If you would like to stay for lunch, please pre-register in Copilot by 1/24

**If you're sick,
please stay HOME**



Weight Wise Support Group

January 29th at 11am

Even though class is over, you can still support each other on your weight loss journey

Group will meet on the last Monday of each month at 11am.

Pickleball Mon, Weds, Thurs & Fri at the Rec Center 1 to 3pm



Beginner Pickleball Lessons with Joel Weds 1/24 at 1pm

Pre-registration is required to play. No pickleball January 1st. \$3 fee

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



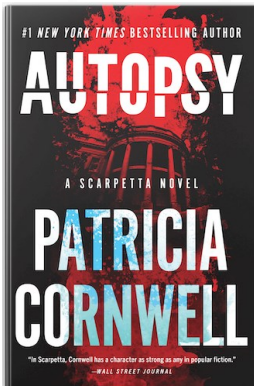
Dr. MLK Jr.
Day of Service

Monday January 15th

The Senior Center will be honoring Dr King with a day of service.

Center is open but activities may be affected.

January Book Club Monday January 29th at 2pm



“Autopsy” by Patricia Cornwell

Forensic pathologist Kay Scarpetta has returned to Virginia as the chief medical examiner. She is called to a crime scene where a woman's body is found mutilated by the railroad tracks. Meanwhile, an accident occurs at a top-secret laboratory in outer space leading to the death of two scientists.

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

January 2024

Computer Skills Classes

Mondays and Wednesdays at 1:15pm

- 1/3, 1/8 and 1/10—Gmail Tips and Tricks
- 1/15—Language Translation Tools
- 1/17, 1/22 and 1/24—Practicing with Documents
- 1/29—Fitness Apps
- 1/31— Cloud Storage

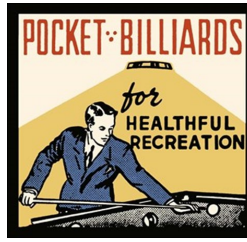
AARP Foundation®
Digital Skills Ready@50+

IN COLLABORATION WITH
SENIOR PLANET
FROM AARP

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

Grief Support Group
Thursday January 4th
Every 1st Thursday of each
month.

Facilitated by
Ascend Hospice



Pool table available
any day in the library

Shuffleboard
Every Friday at
10:30am



January Craft—Wool Felting Craft
Wednesday January 17th at 10am \$10 fee

Pre-registration is required for this class

Call 610-935-1515 or email

Christine@phoenixvilleseniorcenter.org

All supplies are included. Actual colors/design may differ.



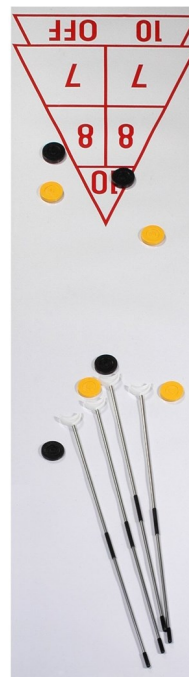
Seniors and Finances

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

Join us Thursday January 18th at
10:30am



If you would like to
stay for lunch, please
pre-register by on Co-
pilot 1/10



Floor
Shuffleboard
With Greg
Tuesday
January 16th
from 9 to 11am



Come help celebrate our January Birthdays on Wednesday January 10th

Lunch at 12pm and please stay for music by Ken Ertman

- | | | | |
|----------------------|--------------------|-------------------|------------------|
| Bernie Agostino | Dave DeHart | Peggy Laffredo | Leo Scoda |
| Muhmuda Ahmed | Diane Donatoni | Cynthia Lazorik | Lee Segner |
| Claire Annechini | Karen Dougherty | Dennis Ledeach | Janet Staneruck |
| Susan Barnard | Robert Duffy | Jim Lorbecki | Stephanie Imbach |
| Joanne Beauregard | Lillian Evans | Judith McLoughlin | Anna Verduci |
| Marie Betlejewski | Evelyn Fatula | Mary McGready | Judith Walker |
| Rita Borkowski-Yoder | Phyllis Feulner | Gary Moore | Margaret Walters |
| Lee Brand | Latitia Floyd | John Norman | Lynda Weber |
| Mick Brannan | Katy Franklin | Anne Peirce | Beverly Weinberg |
| Susan Brennan | Sharyn Funderwhite | Jeanne Reese | Ann Wilke |
| Louise Brooks | Linda Grisafi | Fred Reichert | Gerald Womer |
| Janet Cook | Allan Huffman | Olga Ramos-Rivera | Melody Wyres |
| Angela Crist | Genevive Hughes | Steve Sadofsky | Nancy Yarzabek |
| Mark Daly | Florence Katz | Marilyn Sheetz | |
| | Elizabeth Knepper | Lawrence Scioli | |

Come play some new games with us on select afternoons!

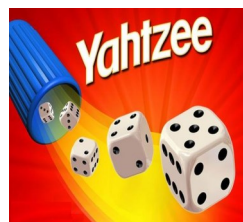
LCR Dice Game

January 18th at 1pm



Yahtzee

January 25th at 1pm



Rummikub

Weekly on Tuesdays at 1pm



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 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>* New Class Silver Sneakers Line Dancing \$2/ free for Silver Sneakers & Renew Active</p> <p>Friday at 10:45am</p> <p>Dance your way into wellness! You will learn basic line dances while improving your strength, balance, and coordination. * 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>

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>

January 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 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 12:45pm 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 12:45pm Pinochle 1:00pm Pickleball @ Rec Center 1:15pm Yoga 1:15pm Social Stitchers	8:00am Cont'l Breakfast 8:45am Line Dancing Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Shuffleboard 12:00pm Lunch 1:00pm Pickleball @ Rec Center
1 Center Closed	2 12:00pm New Years Toast	3 1:15pm Digital Skills Ready@50+ Class	4	5 1:00pm TV Series: Lessons in Chemistry
8 10:00am State Rep. Friel Mobile Office 1:15pm Digital Skills Ready@50+ Class	9 10:00am SeniorLAW Center 10:30am Sports Desk 1:00pm Rummikub	10 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment 1:15pm Digital Skills Ready@50+ Class	11 11:30am Echo Lake Presentation	12 10:30am Bingo 1:00pm TV Series: Lessons in Chemistry
15 1:15pm Digital Skills Ready@50+ Class 5:00pm Supper Club	16 9:00am Floor Shuffleboard 12:00pm State Sen. Muth Mobile Office 1:00pm Rummikub	17 10:00am Wool Craft 1:15pm Art Class 1:15pm Digital Skills Ready@50+ Class	18 10:30am Phoenixville Federal Presentation 1:00pm LCR Game 5:00pm Third Thursday - Wine, Cheese & Chocolate	19 1:00pm TV Series: Lessons in Chemistry
22 1:00pm Bingo 1:15pm Digital Skills Ready@50+ Class	23 10:30am Art on Canvas 1:00pm Rummikub	24 10:00am Blood Pressure 1:00pm Pickleball Lessons w/ Joel @ Rec Center 1:15pm Digital Skills Ready@50+ Class	25 10:00am Spa Day 1:00pm Yahtzee	26 1:00pm TV Series: Lessons in Chemistry
29 11:00am Weight Wise Support Group 1:15pm Digital Skills Ready@50+ Class 2:00pm Book Club	30 10:00am Movie: Downton Abbey 1:00pm Rummikub	31 11:00am Phoenixville Hospital Talk 1:15pm Art Class		

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.

January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed	2 B: Cream Chipped Beef L: Pork Chops & Black-Eyed Peas	3 B: Latkes & Lox L: Chicken & Dumplings	4 B: Bacon & Eggs L: Seafood Newburg	5 B: Continental Breakfast L: Enchilada Bake
8 B: Continental Breakfast L: Chicken Bruschetta	9 B: Pancakes & Sausage L: Seafood Cakes	10 Happy Birthday! B: Breakfast Tater Tot Casserole L: Lamb	11 B: Bananas Foster Bread Pudding L: Lasagna	12 B: Continental Breakfast L: Veal Marsala
15 B: Continental Breakfast L: Roast Beef	16 B: Ham & Eggs L: Stewed Chicken & Rice	17 B: Sausage Gravy & Biscuits L: Italian Roast Pork	18 B: Waffles & Bacon L: Shrimp Scampi	19 B: Continental Breakfast L: Chili Mac & Cheese
22 B: Continental Breakfast L: Salmon Cakes	23 B: Frittata L: Meatloaf	24 B: Eggs & Potato Casserole L: Chicken Cheesesteak	25 B: Breakfast Sandwich L: Tater Tot Casserole	26 B: Continental Breakfast L: Pork Carnitas
29 B: Continental Breakfast L: Turkey Noodle Casserole	30 B: Breakfast Hash L: Chicken & Broccoli	31 B: Quiche L: Roast Pork Sandwich		

Breakfast begins at 8am

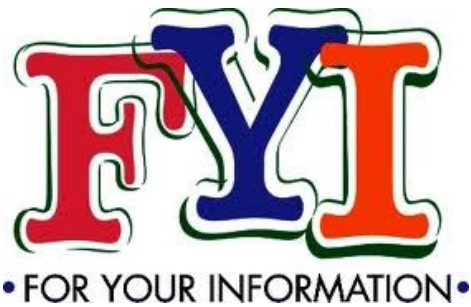
Lunch begins at 12pm

Breakfast and Lunch Suggested Donation: \$2

If you would like an alternate lunch, you may purchase the soup of the day for \$3

All lunch and soup reservations are **required** by Wednesday of the prior week

If you have food allergies, please contact staff



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.



Fresh Produce from the Chester County Food Bank

No produce pickup 1/1/24

- Monday produce pick up starting at 10:30am.
- Please use a glove (provided) to pick out your produce.
- Drive through by appointment only.
- Please remember to sign into Copilot at pickup.



Please bring in your own reusable bag to use. We can not accept bags of any kind.

Important Lunch Reminders

Pre-registration for lunch is 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.

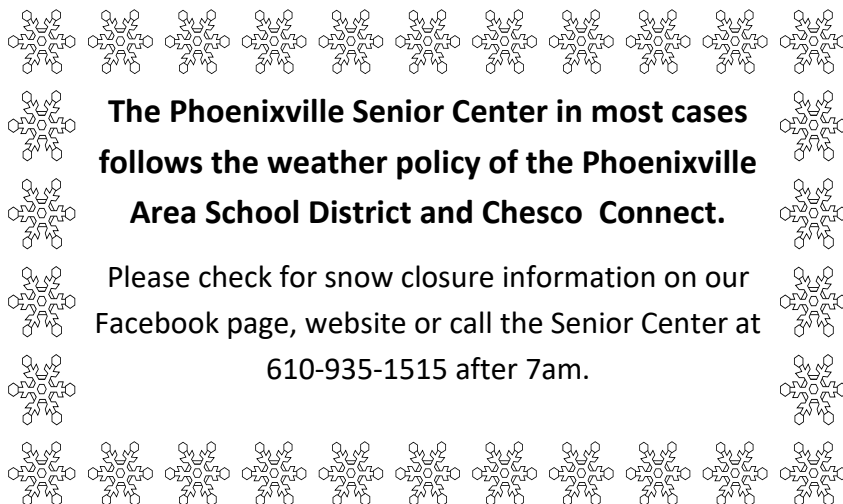
Take Home Soup

Available daily - \$5 a pint

Please see Christine for a list of homemade soups



by our own Chef Brian.



The Phoenixville Senior Center in most cases follows the weather policy of the Phoenixville Area School District and Chesco Connect.

Please check for snow closure information on our Facebook page, website or call the Senior Center at 610-935-1515 after 7am.

UPCOMING FUNDRAISING EVENTS GREAT FOR STOCKING STUFFERS

VALENTINE 50/50 TICKETS

On sale NOW

1 ticket for \$10

3 for \$25



Drawing will take place at our
Third Thursday Dinner

On February 15 at 6 pm

Go to <https://bit.ly/Holiday5050>

Phoenixville Area Senior Center 2024 SCRAPBOOKING EVENT at the Senior Center

153 Church Street, Phoenixville

FRIDAY FEBRUARY 23 5-8 PM NO FRILLS AND
SATURDAY FEBRUARY 24, 9 AM- 7 PM INCLUDES
CONTINENTAL BREAKFAST, LUNCH, AND DINNER, \$50

To purchase tickets, go to https://bit.ly/PA_SScrop23
or scan this QR code



All reservations include a 4 x 2 workspace, snacks and drinks. Doors open
30 minutes prior to opening. Raffle Baskets and vendors will be available
for additional purchases.

Please contact Julie Gaudan at 610-935-1515 x 21 or
julie@phoenixvilleseniorcenter.org with any questions about the event.

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



O'Donnell, Weiss & Mattei, P.C.

OWM Law



Humana Insurance



Phoenix Center

Phoenix Center



Campbell-Ennis Klotzbach Funeral Homes



Kinetic Physical Therapy

Friday January 12th at 10:30am & Monday January 22 at 1pm



Cash Bingo

\$5 for 5 games

Please pre-register for lunch by Weds the week prior to the games.

Tax Season is Coming!

TAX PREPARATION & ASSISTANCE



We have a limited number of AARP tax appointments available. We will be offering traditional in-person appointments.

Senior Center participants may call to schedule appointments starting on Wednesday, January 3rd, 2024. To schedule, please leave a clear message for Cari at **610-935-1515 ext 24** with your name, the name of anyone filing with you, your phone number, and the reason for your call. She will return your call to schedule your appointment in the order your message is received. Please be patient as call volume is high.

First appointments will begin on February 7th and will continue through April 11th,



Important Changes to the Pennsylvania Property Tax/ Rent Rebate Program New Income Limits!

Starting in 2024, the new yearly income limit will be \$45,000 for renters and homeowners; however, only half of your Social Security income counts. If you file your taxes with our AARP Tax-Aide team, you can apply for your Property Tax or Rent Rebate at the same time. If you think you qualify, please let Cari know when you call to schedule your tax appointment. This program benefits Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older.

Questions about Medicare? We can help!

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.



pennsylvania

Medicare Education and Decision Insight

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

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:

Program Name	Description	Income Limit (if any)
PACE/PACENET	Helps 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	Income:\$1,843, assets: \$16,660
Medicare Savings Program	Helps pay Medicare premiums, deductibles, coinsurance, and copayments depending on level of assistance	Income:\$1,660, assets: \$9,090
Medical Assistance	Medicaid for those with Medicare	Income:\$1,235, assets: \$2,000
LIHEAP	Helps people pay their heating bills in the form of a cash grant sent directly to the utility company/fuel provider	1 person—\$21,870 2 people - \$29,580
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
Henry's Helping Paw	Food for indoor pets of seniors	No limit



The LIHEAP 2023-2024 season is now open!

For the application, or help applying, please 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

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Permit No.609

The Senior Center provides a meeting place for persons over 60 years of age living in the following areas: Spring City, Phoenixville, East and West Vincent, East and West Pikeland, Charlestown and Schuylkill Townships and the surrounding areas.

The Phoenixville Senior Center is supported by:

Chester County Department of Aging Services
Fundraising Events

Various Foundations
The generosity of individual donors



United Way
of Chester County

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.