



**From the Desk of Executive Director, Julie Gaudan**

Happy Leap Year! February is going to be very busy here and it's great that we have an extra day. We have two opportunities to celebrate Valentines Day this year. Wednesday, Feb 14 is our combined birthday social/Valentine celebration. Thursday, February 15 the Spaghetti Dinner is back! Tickets are on sale now to the public! We will offer an early take out from 4 to 5pm and at 5pm we will serve sit down dinner followed by the dance with our DJ!

Weather – please make sure you stay safe this winter. In most cases, we follow the Phoenixville Area School District. Starting in February, instead of closing when PASD has a late start, we may exercise the option of a two-hour delayed opening. Before you head out, please check our voice mail or online. You are all adults; we rely on your good judgement. You know better than we do about the conditions in your neighborhood.

We rely on you to remain vigilant and err on the side of caution. According to the CDC one in five falls results in a serious injury such as broken bone or serious head injury. Each year 3 million older adults are treated in the ER for fall injuries – that is one every 11 seconds. Over 800,000 older adults are hospitalized because of a fall. Falling once doubles your chances of falling again so talk to your medical provider if you have even a minor fall. The latest statistics from 2022 found that 60% of winter storm and cold related deaths were between the ages of 50 and 79 and 70% of them were men.

Before you head out after a weather event, no matter where you are going, ask yourself the following questions:

1. Do you live on a rural road or one that is seldom or hard to plow?
2. If you fall getting to your car, is someone there to help or call 911?
3. Do you use a cane or a walker, even some of the time?
4. Do you have balance or strength issues, especially lower body?
5. Are you wearing the right shoes?
6. Do you have hearing loss? Hearing loss affects your balance, and you are 3x more likely to have a fall.
7. How cold is it outside and do you have appropriate supplies/clothes in your car if you are stranded?

Center Closed  
February 19th  
President's Day

It's not too late to get your flu and/or COVID vaccine. The flu this year has been hard on younger and middle-aged adults. Be kind, get your vaccine and protect EVERYONE. We will offer Flu Shots on February 14th from 3 to 5pm.

*Julie*

get your  
**Flu Shot**



Gateway Pharmacy will be at the Senior Center on Thursday February 15th from 3 to 5pm giving out flu shots to our participants.

Appointments are required so please call 610-935-1515 or go to <https://signup.com/go/ByNdzFb>

**Movie Day Tuesday February 20th at 9:30am—Maestro (2023)**



On the verge of securing a golden opportunity, American conductor Leonard Bernstein begins a tumultuous relationship with actress Felicia Montealegre, upturning their lives. Starring Bradley Cooper, Carrie Mulligan and Matt Bohmer

*Come play games with us on select afternoons!*

Try the game that people say is  
"As fun as pickleball without the injuries"  
Rummikub Weekly on Tuesdays at 1pm

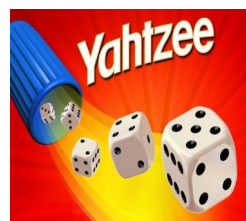


Beginners welcomed!

LCR Dice Game  
February 12th  
at 1pm



Yahtzee  
February 27th  
at 1pm



Cash Bingo  
February 23rd at 10:30am  
5 games for \$5



# Celebrating Black History Month

Black History Month was **created to focus attention on the contributions of African Americans to the United States**. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

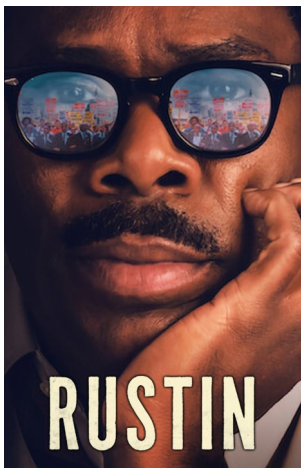
Why was February chosen as Black History Month? It is commonly said that February was selected **to encompass the birthdays of two great Americans who played a prominent role in shaping black history**, namely Abraham Lincoln and Frederick Douglass, whose birthdays are the 12th and the 14th, respectively.

In honor of Black History Month we will show the 4 part PBS Series

## Reconstruction: America After the Civil War.

**Every Thursday starting 2/8 through 2/29 at 10:30am**

Henry Louis Gates, Jr. presents the definitive history of the transformative years following the American Civil War, when the nation struggled to rebuild itself amidst profound loss, massive destruction and revolutionary social change.



Movie Day Tuesday February 20th at 10am

## Rustin (2023)

Activist Bayard *Rustin* faces racism and homophobia as he helps change the course of Civil Rights history by orchestrating the 1963 March on Washington.

Starring Colman Domingo, Chris Rock and Glynn Turman.

# Healthy You at the Phoenixville Senior Center

NEW EXERCISE CLASS TWO TIMES A WEEK

Tai Chi taught by Karen Dixon

**Starting March 4th through April 9th**

Tuesdays 10 to 10:45am

Fridays 1 to 1:45pm



## Wednesday February 28th at 11am

Phoenixville Hospital presents an informal roundtable discussion entitled

“Tips to Boost Your Health as You Age”

Steps you can take to promote healthy aging.



**If you would like to stay for lunch, please pre-register in Copilot by 2/2**

## Silver Sneakers Line Dancing

exercise class!!

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



**Class is \$2/ free for Silver Sneakers or Renew  
Active**

## Weight Wise Support Group

**February 26th 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.

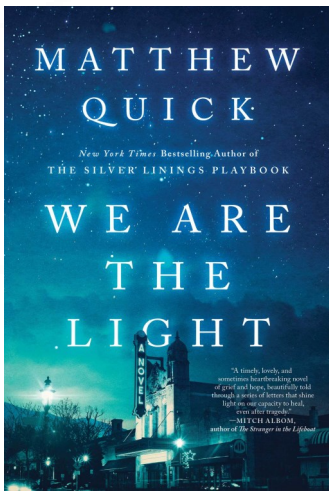
## **Pickleball Mon, Weds, Thurs & Fri at the Rec Center 1 to 3pm**



**Pre-registration is required to play. No pickleball 2/19 \$3 fee**

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

610-935-1515 ext 29



## February Book Club

Monday February at 2pm

### "We are the Light" by Matthew Quick

We Are the Light follows local hero and gun violence survivor Lucas Goodgame as he forms an unlikely alliance with an ostracized teen. Told through a series of letters written to his Jungian analyst, Lucas attempts to heal his traumatized community through his and his new pupil's ambitious project.

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

### Art Class (watercolor)

Fee \$5

Wednesdays

February 7th and 21st at  
1:15pm



Supplies not included

### Art on Canvas

Fee \$10/ \$5 for VIPs

Tuesday February 13th  
at 10:30am



All supplies provided. Please pay a  
staff member before class. Please  
pre-register for class.

## February 2024

### Computer Skills Classes

**Mondays and Wednesdays at 1:15pm**

1/5 and 1/7—Exploring and Downloading Apps

1/12—Getting to Know your Smartphone

1/21—Using Copilot at Home

1/26 and 1/28—Protecting Personal Information

**AARP** Foundation®  
Digital Skills Ready@50+

IN COLLABORATION WITH  
**SENIOR PLANET**  
FROM AARP



## ROUNDING UP AT THE REGISTER

The Phoenixville Area Senior Center is the beneficiary of Kimberton Whole Foods - Kimberton Store's Rounding Up at the Register Program for the month of February. Beginning February 1 until February 29, 2024, with each purchase at Kimberton Whole Food in Kimberton, you will be asked if you would like to round up your purchase to the nearest dollar. For example, if your order comes to \$50.75, you could round up to \$51. It is a quarter for you, but change adds up quickly. At the end of the month, Kimberton Whole Foods will match the collective amount. To learn more about this program at Kimberton Whole Foods, go to: [Rounding Up at the Register - Kimberton Whole Foods](#) . And thank YOU for supporting the Senior Center!

## CHAPTER 713

Winter 2024



### PRESIDENT'S MESSAGE

Dear Friends,

After careful debate and much deliberation, the board has voted to dissolve the chapter as of 12/31/2023.

We never recovered our pre-pandemic attendance and have struggled to increase our membership since.

I want to thank all of you for our years together. I always did my best to provide you all with entertaining meetings and I am truly grateful for the opportunity you entrusted me to keep the chapter running for as long as we have. I would also like to thank the Board, who did a great job, and it was an honor to serve with them.

We are ever grateful to Phoenixville Area Senior Center for providing us with an excellent meeting space, and never asked for anything in return. I would ask each of you to continue to patronize and utilize the programs the center has to offer. We are very fortunate to have them in our community.

Finally, the board has voted unanimously to donate all our remaining funds to the Phoenixville Area Senior Center, in gratitude of their support.

Again, thank you all for your support! I hope to see you all soon in 2024!

Chuck Benz

President AARP Chapter 713

# Spaghetti Dinner

February 15, 2024

Spaghetti and Meatballs, salad, bread and dessert

**5-7:00**

**Take-out available 4-5**

**Dancing With DJ Tom Dalton**

**\$15 / \$12 with VIP Card or  
\$12 for child 10 and under**

For reservations call 610-935-1515 or

[CLICK HERE](#)

**50/50 drawing at 6 pm**

[Click here for 50/50 tickets.](#)

# 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](mailto:Christine@phoenixvilleseniorcenter.org) or call 610-935-1515 x29

Payment is required with reservation no later than 2/15

Our next dinner is on February 20th at 5pm

## La Patrona

400 Bridge St Phoenixville



### Menu

Appetizer course choice of:

Small Caesar salad

Cup of chicken tortilla soup

Entree course choice of:

**tacos** (served with rice and beans, choice of chicken tinga or braised birria),

**burritos** (with rice and beans inside, choice of carnitas or al pastor),

**enchiladas** (served with rice and beans, choice of carnitas or chicken tinga, with red or green)

Dessert course choice of:

3 churros with chocolate sauce

1/2 piece of tres leches cake

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

Every Friday afternoon continuing through March 1st at 1pm

Coming for lunch? Pre-register weekly starting 1/24





# 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\\_SCcrop23](https://bit.ly/PA_SCcrop23)  
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](mailto:julie@phoenixvilleseniorcenter.org) with any questions about the event.

Grief Support Group  
Thursday February 1st at 2pm

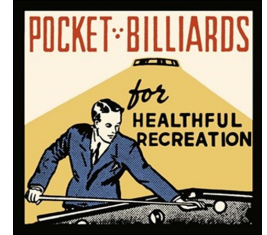
1st Thursday of  
every month.

Facilitated by  
Ascend Hospice



Shuffleboard  
Unavailable February  
through April 15th

Pool table available  
any day in the library



## Seniors and Finances

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

Join us Thursday February 15th at 10:30am

If you would like to stay for lunch, please

pre-register by on Copilot 2/7



Tuesday February 13th

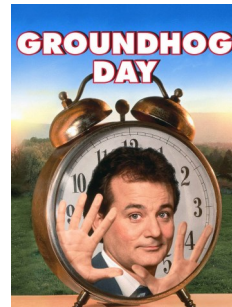
at 10:00 am

Let's talk about the Super  
Bowl

Join your friends to talk about all things



Will Phil see his shadow this year?



Celebrate Groundhogs Day  
with us as we show the movie  
Groundhog Day all day on the  
main floor starting at 9am!

Friday February 2nd

Join us for some special meals to celebrate the holidays in February



Friday February 9th

Chinese New Year

Tuesday February 13th

for Mardi Gras



# February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> B: Cream Chipped Beef .... L: Pork Steaks	<b>2</b> B: Continental Breakfast .... L: Enchilada Bake
<b>5</b> B: Continental Breakfast .... L: Baked Turkey	<b>6</b> B: Bacon & Eggs .... L: Pork Sandwich	<b>7</b> B: Breakfast Tater Tot Casserole .... L: Turkey Noodle Casserole	<b>8</b> B: Pancakes & Sausage .... L: Salisbury Steak	<b>9</b> Chinese New Year B: Continental Breakfast .... L: Chicken & Broccoli
<b>12</b> B: Continental Breakfast .... L: Penne & Meat Sauce	<b>13</b> Mardi Gras B: Biscuits & Sausage Gravy .... L: Jambalaya	<b>14</b> Happy Birthday! Ash Wednesday B: Frittata .... L: Seafood Cakes	<b>15</b> B: Breakfast Hash .... L: Turkey Bruschetta	<b>16</b> B: Continental Breakfast .... L: Catfish Bake
<b>19</b>  <b>Center Closed</b>	<b>20</b> B: Eggs & Potato Casserole .... L: Chicken Cheesesteak	<b>21</b> B: Waffles & Bacon .... L: Pork Carnitas	<b>22</b> B: Strawberry Basil Bread Pudding .... L: Tater Tot Casserole	<b>23</b> B: Continental Breakfast .... L: Salmon Cakes
<b>26</b> B: Continental Breakfast .... L: Chili Mac & Cheese	<b>27</b> B: Breakfast Sandwich .... L: Italian Roast Pork	<b>28</b> B: Eggs & Sausage .... L: Stewed Turkey & Rice	<b>29</b> B: Deconstructed Breakfast Burrito .... L: Roast Beef	<b>1 March</b> B: Continental Breakfast .... L: Shrimp Scampi

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

# February 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 1:00pm Rummikub 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
			<b>1</b> 2:00pm Grief Support Group	<b>2</b> <b>Groundhog Day</b> 9:00am Movie: Groundhog Day 1:00pm TV Series: Lessons in Chemistry
<b>5</b> 1:15pm Digital Skills Ready@50+ Class	<b>6</b> 9:30am Movie: Maestro	<b>7</b> 1:00pm Art Class 1:15pm Digital Skills Ready@50+ Class	<b>8</b> 10:30am TV Series: Restoration - America After the Civil War	<b>9</b> <b>Chinese New Year</b> 10:00am Wool Felting Craft 1:00pm TV Series: Lessons in Chemistry
<b>12</b> 10:00am State Rep. Friel Mobile Office 1:00pm LCR Game 1:15pm Digital Skills Ready@50+ Class	<b>13</b> <b>Mardi Gras</b> 10:00am SeniorLAW Center 10:00am Sports Desk 10:30am Art on Canvas 12:00pm State Sen. Muth Mobile Office	<b>14</b> <b>Valentine's Day</b> 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Bingo	<b>15</b> 10:30am TV Series: Restoration - America After the Civil War 5:00pm Third Thursday: Valentine's Dinner & Dance	<b>16</b> 1:00pm TV Series: Lessons in Chemistry
<b>19</b> Center Closed No Produce Pickup	<b>20</b> 10:00am Movie: Rustin 12:00pm State Sen. Muth Mobile Office 5:00pm Supper Club @ La Patrona	<b>21</b> 1:00pm Art Class 1:15pm Digital Skills Ready@50+ Class	<b>22</b> 10:30am TV Series: Restoration - America After the Civil War	<b>23</b> 10:30am Bingo 1:00pm TV Series: Lessons in Chemistry
<b>26</b> 11:00am Weight Wise Support Group 1:15pm Digital Skills Ready@50+ Class 2:00pm Book Club	<b>27</b> 10:30am Craft 1:00pm Yahtzee	<b>28</b> 10:00am Blood Pressure 11:00am Phoenixville Hospital Talk 1:15pm Digital Skills Ready@50+ Class	<b>29</b> 10:30am TV Series: Restoration - America After the Civil War	

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

<b>Weekly</b>
<p><b>Silver Sneakers Circuit</b>—Intermediate  <b>\$2 / free for Silver Sneakers &amp; Renew Active</b></p> <p><b>Monday &amp; Wednesday 8:45am</b></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><b>Silver Sneakers Classic</b> –Chair Based  <b>\$2/ free for Silver Sneakers &amp; Renew Active</b></p> <p><b>Monday, Wednesday &amp; Friday 9:45am</b></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><b>* New Class Silver Sneakers Line Dancing</b>  <b>\$2/ free for Silver Sneakers &amp; Renew Active</b></p> <p><b>Friday at 8:45am</b></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><b>Silver Sneakers Yoga</b></p> <p><b>\$2/ free for Silver Sneakers &amp; Renew Active</b></p> <p><b>Tuesday and Thursday 1:15pm</b></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><b>Walking with the Center 9am</b></p> <p><b>Tuesday outside at Black Rock Sanctuary</b>                      953 Black Rock Road, PA-113</p> <p><b>Thursdays outside at Charlestown Park</b>                      100 Academic Way, Phoenixville</p>

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



Come help celebrate our February Birthdays on Wednesday February 14th

**Lunch at 12pm and please stay for Valentines BINGO**

Dolores Bernstiel	Steve Gates	Rose Knezits	Roberta Piergiovanni
Helen Bliss	Darlee Gelting	Martin Kolb	Juliette Rawson
Evelyn Bognar	Harper Gensemer	Joan Komarek	Patricia Rodenbaugh
Louise Boyer	Arlene Glaser	Peter Laski	George Scheffey
Suzanne Brown	Debbie Gleason	David Long	Michael Sexton
Pam Butchkoski	MaryAnn Godlewski	Janet Lynch	Maryann Skelton
Ann Cahill	Julia Greenam	Debbie McDaniel	Joan Smith-Curry
Dorothy Cassel	Andrea Grohoski	Gordon McLeod	Michael Speck
Barbara Charleton	Doug Hamel	Sharon Morelli	Cathy Terlescki
Meizhen Chen	Diane Harner	Carolyn Morgan	Carole Thompson
Barbara DiBlois	Edanna Hegedus	Sandra Morris	Natalie Trycieckj
Connie Demos	Donna Himes	Jane Myers	Marie Venezia
Debbie Derito	Sandy Jackson	Virgina Neizer	Edith Vohrer
Rosemary Fazio	Michael James	Elaine Norman	Anne Wetzel
John Fisher	Theodore Kabatt	Lucinda Parrish	Mark Williams
Lenore Gates	Sandra Kanaski	Joseph Piccione	Anna Zygmunt

**Iris Stained Glass Wool Felting Craft Project**

**February 9th at 10am**

**Fee \$10      All supplies included.**

This class requires a pre-registration. Please call 610-935-1515 ext 29 or register on Copilot.



# 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

Phoenix Center



Campbell-Ennis Klotzbach Funeral Homes



Kinetic Physical Therapy



### Craft Day Tuesday February 27th

### at 10:30 am Fee \$3

Shamrock hanger made from puzzle pieces.

This class requires pre-registration on Copilot.



• FOR YOUR INFORMATION •

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.



**We are not able to conduct tours of the Center during lunch service any day from 11:30 am to 12:45pm.**

### Fresh Produce from the Chester County Food Bank **No produce pickup 2/19**



- 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.**

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



### 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**

Please call ahead and **spea**k to a staff member if you would like to have a meal but did not pre-register. **We can not guarantee a meal without 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.





St Patrick's  
Day

# IRISH WAKE

For \$30 or \$28 for VIP's, join us for a Traditional Irish Dinner  
and Entertainment (Irish Dancers, Bagpipers, Singer )

**March 21, 2024 5 PM**

Call 610-935-1515 or go to: <https://bit.ly/PASCWake>

**Phoenixville**  
area senior center  
FRIENDSHIP-LEARNING-ACTIVITY



# 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)
<b>PACE/PACENET</b>	Helps save money on prescription medication costs	PACE: \$1,208/PACENET: \$2,792
<b>LIS/Extra Help with Medicare Part D</b>	Helps with monthly premiums, annual deductibles, and co-payments	Income:\$1,843, assets: \$16,660
<b>Medicare Savings Program</b>	Helps pay Medicare premiums, deductibles, coinsurance, and copayments depending on level of assistance	Income:\$1,660, assets: \$9,090
<b>Medical Assistance</b>	Medicaid for those with Medicare	Income:\$1,235, assets: \$2,000
<b>LIHEAP</b>	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
<b>SNAP</b>	Supplemental nutrition assistance	\$2,430 for seniors
<b>Property Tax/Rent Rebate</b>	Rebate for property taxes or rental costs	New income limits!
<b>Senior Food Box</b>	Supplemental canned and dry goods	\$2,430
<b>Henry's Helping Paw</b>	Food for indoor pets of seniors	No limit



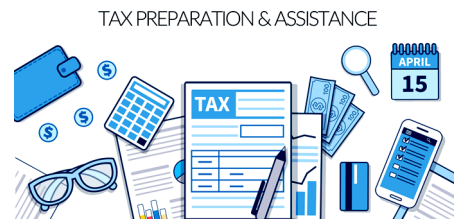
The LIHEAP 2023-2024 season is now open!

For the application, or help applying, please contact Cari at cforeman@phoenixvilleseniorcenter.org or 610-935-1515 ext. 24.

# Tax Season is Here!

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

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,

If you are coming in just for a tax appointment, please park in the Borough lot next to the Senior Center.



## 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.



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](mailto: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](http://www.phoenixvilleseniorcenter.org)  
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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

**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.**