

**March 2024**



*Happy St. Patrick's Day!*

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

Spring is coming! Spring is coming! The flowers are starting to stretch for the sun and so are we! A six week Tai Chi class starts March 12<sup>th</sup>! Classes are on Tuesdays and Fridays. We are asking that you preregister so we can gauge attendance. Check the article inside for more information.

Our annual Irish Wake on March 21<sup>st</sup> will once again feature Mayor Peter Urscheler as our honorary "corpse". Come for the fun and stay for the valuable information. Tickets are on sale now. We are renting the municipal lot next door so parking will be available for everyone!

Center closed  
March 29th for  
Good Friday

Brian is making homemade ham for the Easter celebration on March 27<sup>th</sup>. I cannot wait to try it! Come in the morning to make your very own Easter bonnet for the Easter parade that afternoon!

Everyone seems to have a lot of different questions. If you have more questions, please come to the Quarterly Participants Meeting on Thursday, March 7 at 10:00. I will be happy to hear about them then.

**Parking:**

Do I have to pay to park in the senior center lot?

Not during your visits to the building. The signs asking for a parking donation are for after hours. If you are going downtown at night or on the weekends, a small donation (we suggest \$5) is appreciated. You can use the QR code on the sign or give a donation to the center. During working hours (M-F, 8 am to 3 pm) please find a different place to park if you are not coming to the Center.

Q. The only time I come to the center is to get my income taxes done. Why are you asking me to park in the municipal lot next door?

A. On any given day, the center's parking lot can be completely full. During income tax season, the demand can double for parking with preparers and people arriving early or staying late for their appointments. Regular attendees who come for multiple activities over several hours have priority. Average time for a tax appointment is 90 minutes or less which costs \$3.

Q. Can I park along the west side of the building?

A. Yes, that area was only restricted during construction this fall. Feel free to park in any free spaces.

See you at the Center!

*Julie*

**Newsletter sponsored by Devlin Rosmos Kepp and Gatcha Funeral Home**

## Participant's Meeting - Thursday March 7th at 10am



### Movie Day

**Monday March 18th**

**at 1pm**

The film chronicles the Miami tour stop from her most recent run of shows — a tour which she has made abundantly clear will mark her last live performances ever.

## Seniors and Finances

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

Join us Thursday 3/21 at 10:30am

If you would like to stay for lunch, please

pre-register by on Copilot 3/15



### Art Class (watercolor)

Fee \$5 Wednesdays

**3/6 & 3/20**

**1:00pm**

Supplies not included



### Art on Canvas

**Tuesday March 12th at 10:30am**

Fee \$10/ \$5 for VIPs

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



**Tuesday 3/12 at 10:00 am**



**Let's talk!**

March Madness!  
Spring Training!

Senior Center closed on Friday  
March 29th for Good Friday

## Healthy You at the Phoenixville Senior Center

### NEW EXERCISE CLASS TWO TIMES A WEEK

Tai Chi taught by Karen Dixon

**Starting March 12th through April 12th**

Tuesdays 10 to 10:45am / Fridays 1 to 1:45pm

Please pre-register for the class. Space is limited.



### Wednesday March 27th at 11am

Phoenixville Hospital presents an informal roundtable discussion entitled  
“Maintaining Kidney Health”

Your kidneys are vital to living a long and healthy life.



**If you would like to stay for lunch, please pre-register in Copilot by 3/22**

### 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

**Every Monday at 11am**

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

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

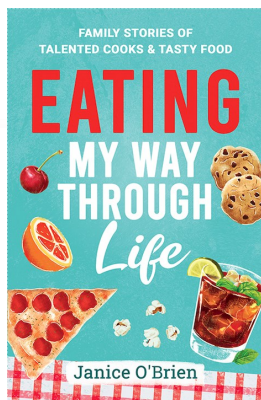


**Pre-registration is required to play. \$3 fee No pickleball 3/29**

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

610-935-1515 ext 29

Come meet local author Janice O'Brien as she talks about her book  
Eating My Way Through Life, Family Stories of Talented Cooks & Tasty Food



Wednesday March 20th at 1pm

Eating My Way Through Life, Family Stories of Talented Cooks & Tasty Food

captures O'Brien's appreciation and love for her family and the remarkable food they made and ate together. Throughout this book, readers can gain insight into the lives of these passionate cooks and their enjoyment of delicious food.

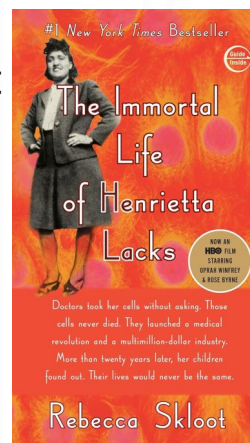
Janice will have a book signing after her talk with  
books on hand to purchase for \$10.

March Book Club Monday March 25th at 2pm

“The Immortal Life of Henrietta Lacks” by Rebecca Skloot

The Immortal Life Of Henrietta Lacks by Rebecca Skloot **tells the story of Henrietta Lacks, a woman whose cells were taken without her consent and used in countless scientific discoveries.** It explores the ethics of medical research and the impact it has on the lives of individuals and their families.

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



Grief Support Group

Thursday March 7th at  
2:15pm

1st Thursday of every month.

Facilitated by

Ascend  
Hospice



Calling all volunteers!

The Center needs help



cutting and tying  
fleece blankets

March 14th at 10am

Please RSVP at  
610-935-1515



## March 2024 Computer Skills Classes

### Mondays and Wednesdays at 1:15pm

3/4 & 3/6— Exploring and Downloading Apps

3/11 — Getting to Know Smartphones

3/18 & 3/20—Translation Apps

3/25—Copilot from Home

3/27—Affordable Internet Connectivity Program

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

IN COLLABORATION WITH  
**SENIOR PLANET**  
FROM AARP

LCR Dice Game

3/4 at 1pm



Cash Bingo

3/11 at 1pm

and

3/22 at 10:30am

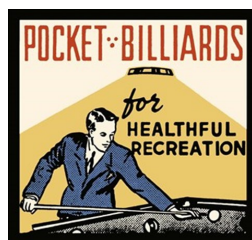
5 games for \$5



Shuffleboard

Unavailable February through  
April 15th

Pool table available  
any day in the library



Yahtzee

3/28 at 1pm

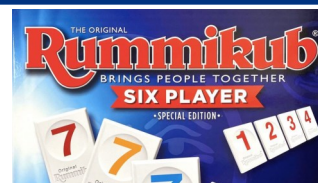


*Come play games with us on select afternoons!*

Try the game that people say is

“As fun as pickleball without the injuries”

Rummikub Weekly on Tuesdays at 12:45pm



Beginners welcomed!



*St Patrick's Day  
Celebration with the  
Kimberton Waldorf  
School*

*Friday March 15th at 1pm*

*Celebrate Easter with the Senior Center with an  
Easter Bonnet Craft and Parade.*

*Best bonnet wins a prize.*

*Wednesday March 27th 1pm*

*Craft 10am / Parade 1pm*



## **Save the Date!!**

The Senior Center is going back to FirstEnergy Stadium to see the R-Phils play the Binghamton Rumble Ponies in a morning game on Wednesday May 21st.



Stay Tuned for more information!

## EVENTS TO SAVE THE DATE FOR!

Third Thursday in April Open House to Celebrate  
The Senior Center's 45th Anniversary



Thursday

April 18th

Stay tuned for more  
details!

# SAVE THE DATE



**CHESTER COUNTY SENIOR PICNIC**  
**SPRINGTON MANOR FARM**

# MAY 9, 2024

- RAIN OR SHINE -

- \$5 SUGGESTED DONATION -

- MORE INFO TO FOLLOW -



Come help celebrate our March  
Birthdays on Wednesday March 13th

**Lunch at 12pm. Stay for the entertainment at 1pm**

Adeana Alexander	Dorothy Gaul	Michael Madgin	Pam Sherry
Isabel Ayers	Nancy Green	Cathy Manoy	Edna Styer
Nancy Brangalis	Rita Guarino	Lillian Matthews	Dot Swartchick
Robert Brink	Janice Hackett	Joseph McCabe	Faye Szuchan
Steven Brzoska	Patricia Heckman	Dee McClimon	Veronica Szucs
Mary Burkhardt	Robert Hyneckel	Patrick McGranahan	Virginia Trombetta
Lori Clarke	Dolores JanFrancisco	Janice Newcomer	Peggy Tweed
Sandy Costello	Edward Jefferis	Annette Noce	Mary Vendetti
Joseph DeLaurentis	Janice Kabatt	Anthony Palma	Bonnie Wallace
James Early	Catherine Kazimer	Angela Pileggi	Dorothy Weikel
Paul Fielding	Marcia Killen	Supara Ratanasadudi	Elaine Wentzel
Frank Fusco	Linda Kuhlen	Peter Robin	Deb Woolson
Charlene Gallagher	Veronica Lehman	Verna Saunders	Jerzy Zukowski
Connie Gallagher	Shannon Ludwig	Denise Schmidt	
Dianna Gattone	Jon Machamer	Marlene Seifert	



**Birthday Social Entertainment**  
**Wednesday March 13th at 1pm**  
**Ryan Slepian from**  
**Unplugged Entertainment presents**  
**Marionetting and Instructional Juggling**



## Wool Felting Class

Monday March 25th 10am

Fee \$10 all supplies included



## Craft Day

Tuesday March 19th at 10am

Fee \$5 all supplies included



## 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

## **Coffee with Constituents with Tasha Isaac**

**Senior Constituent Advocate from  
Rep. Chrissy Houlahan's office.**

**Tuesday March 5th at 9am to 1pm**

This event allows one of the Representative Constituent Advocates to provide constituents with updates on legislation and policies. The office will also provide information regarding advocacy for constituents when working with federal offices like the IRS, Social Security, Veteran's Affairs, and USPS to name a few. The Coffee with Constituents offers quality time for the constituents of the Congresswoman's district to ask pertinent questions while having some coffee and doughnuts.



## **SUPPER CLUB**

**Price \$30**, including salad/soup, entrée, dessert, and non-alcoholic beverages. We make the arrangements;

you make a reservation by calling 610-935-1515 x29,  
emailing [Christine@phoenixvilleseniorcenter.org](mailto:Christine@phoenixvilleseniorcenter.org)  
or stopping by the Senior Center in person.

Payment is required with reservation no later than 3/11

**Our next dinner is on Tuesday March 12th at 5pm**

**Avlo's**

**258 Bridge Street Phoenixville**

**Menu: is pending**



# March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> B: Continental Breakfast .... L: Shrimp Scampi
<b>4</b> B: Continental Breakfast .... L: Tater Tot Casserole	<b>5</b> B: Breakfast Tater Tot Casserole .... L: Chicken Cheesesteak	<b>6</b> B: Cream Chipped Beef .... L: Meatloaf	<b>7</b> B: Bacon & Eggs .... L: Pork Carnitas	<b>8</b> B: Continental Breakfast .... L: Salmon Cakes
<b>11</b> B: Continental Breakfast .... L: Chicken & Dumplings	<b>12</b> B: Breakfast Hash .... L: Enchilada Bake	<b>13</b> Happy Birthday! B: Quiche .... L: Veal Parmesan	<b>14</b> B: Pancakes & Sausage .... L: Pork Chops	<b>15</b> B: Continental Breakfast .... L: Seafood Newburg
<b>18</b> B: Continental Breakfast .... L: Fish Bake	<b>19</b> B: Biscuits & Sausage Gravy .... L: Penne w/ Meat Sauce	<b>20</b> B: Waffles & Bacon .... L: Beef Pot Roast	<b>21</b> B: Frittata .... L: Turkey Bruschetta	<b>22</b> B: Continental Breakfast .... L: Seafood Cakes
<b>25</b> B: Continental Breakfast .... L: Pork Sandwich	<b>26</b> B: Blueberry Lemon Bread Pudding .... L: Turkey Noodle Casserole	<b>27</b> Happy Easter! B: Eggs & Potato Casserole .... L: Brined Ham	<b>28</b> B: Breakfast Sandwich .... L: Baked Chicken	<b>29</b>  Center Closed

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

# March Activities

[illegible]

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>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>  <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</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>Second Monday of every month            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>Third Tuesday of every month            12 to 2pm</p>
<p><b>Phoenixville Hospital Health Talk</b></p> <p>Roundtable health topics            Last Wednesday of the month at 11am</p>





**MCCC Dental Hygienist** students visit the Senior Center on two separate occasions in March. They join us on Friday the 1st at 11am provide a survey on oral health issues affecting seniors today and on Thursday the 14th at 11am for a presentation on preventive and therapeutic oral care as a result of the surveys they collect. Please join us on those days to help the students with their evidence based research project for their degrees.

## SCRIP

### What is Scrip? How does it work?

**Buy Gift Card:** Buy gift cards from over 750 brands from the Phoenixville Area Senior Center. For a current list of participating retailers and offers  
<https://www.shopwithscrip.com/>

**Earn Funds:** The rebate on the gift card immediately goes to funding the center's initiatives!

Order forms and payments are due no later than close of business on the third Friday of each month. We will notify you when they arrive. They will be available for pick up in Carmela's office (2nd floor next to the library).

Please see/call Carmela (610) 935-1515 x 25 with any questions.

Retailer	Amount	Quantity	Total

Name: \_\_\_\_\_

Phone: \_\_\_\_\_



# 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





• 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



- 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 by noon Friday 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 cannot guarantee a meal without a prior registration.**

**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.

### Take Home Soup

Available daily - \$5 a pint

Please see Christine for a list of homemade soups by our own Chef Brian.



# Phoenixville Area Senior Center 2024 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

# Tax Season is Here!

TAX PREPARATION & ASSISTANCE



We have a limited number of AARP tax appointments available.

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.

Appointments 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. Cost for 1 1/2 hours is \$3. Please bring exact change.



## 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](mailto: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)
<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 income 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](http://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.**