

April 2024



From the Desk of Executive Director, Julie Gaudan

Happy 45th Anniversary to us all! Incorporated in March 1979, the Center will celebrate throughout 2024 starting with an Open House Thursday April 18 from 3-6 pm. Do you have a friend or neighbor that you just know would love it here if they would only try it? This is a great time to show your friends and family what the Center is all about! Newcomers and visitors can try a craft, sample menu items, and connect with some of our service partners like Chesco Connect and PACS. Holly will be here demonstrating the different exercise classes.

If you found out that you qualified for the PA Property Tax/Rent Rebate but still haven't filed your PA1000 form, contact Cari for an appointment. On April 24, representatives from the PA Department of Revenue will be here to provide expert assistance and to load your form directly into their system. Space is limited. Our Aging Resources counselor Cari Foreman can help you if you can't make it that day. Pennsylvania increased the threshold for this wonderful program and expect more people to take advantage of it this year. In the past the program deadline has been extended but that may not happen this year. Do not miss out. Sign up ASAP.

May is Older Americans Month. This year's theme is Powered by Connection. Last May, the US Surgeon General reported on the isolation crisis throughout the country and called for communities to provide more opportunities to socialize and combat isolation. According to their study, isolation is as bad for you as smoking a pack of cigarettes each day, increasing the chances of heart attack and stroke by 25-30% and the risk of dementia by 60%. Phoenixville Area Senior Center brings people together EVERY day and is an easy way to improve your health. "Connect" with us!

In honor of Older Americans Month, Chester County Department of Aging Services' Annual picnic is May 9 at Springton Manor. Space is limited so check with Christine as soon as possible if you are interested in attending. Transportation is available for Chester County residents 65 and older via Chesco CONNECT.

Tuesday, April 23rd, the Center will be closed for the PA Primary Election. Don't forget to vote!

Julie



Lunch and a Movie—Oppenheimer (2023)

Monday April 15th

Lunch at 11am and movie starts at 11:30am

The Best Picture Oscar winning story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb. This movie is rated R.

Staring Cillian Murphy, Robert Downy Jr., and Emily Blunt

Lunch will be a Chefs Salad. Please pre-register for event by 4/12

Upcoming events you can help out with:

**VOLUNTEER
WITH US!**

Open House on 4/18
(setting up, take down,
hosting) Craft room
organization (for a very

organized person), Concierge (includes setting
up tables and chairs), Walking group
supervisor, Monday produce set up (heavy
lifting) Please contact Christine
@ 610-935-1515 ext 29 if interested.



Wednesday April 17th at 1pm

With Kimberton Waldorf
School.

Dress up and come dance the
afternoon away!

April 2024 Computer Skills Classes
Mondays and Wednesdays at
1:15pm

April 1st & 3rd—Emojis, GIFs and more!

April 8th —Zoom

April 15th and 17th—Messaging Apps

April 29th—

Telemedicine

AARP Foundation
Digital Skills Ready@50+

IN COLLABORATION WITH
SENIOR PLANET
FROM AARP

Seniors and Finances

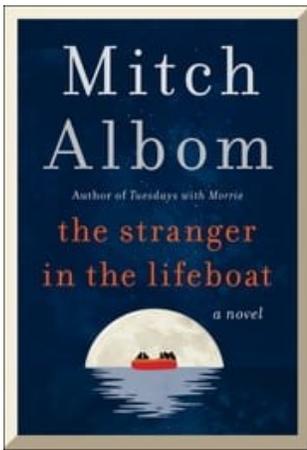
Senior Center Annual Platinum Sponsor
Phoenixville Federal Bank and Trust

is hosting a monthly series “Seniors and Finance”.

Join us Thursday April 18th at
10:30am



If you would like to stay for lunch,
please register by 4/12



Book Club Monday April 29th at 2pm

“The Stranger in the Lifeboat” by Mitch Albom

What would happen if we called on God for help and God actually appeared? In Mitch Albom’s profound new novel of hope and faith, a group of shipwrecked passengers pull a strange man from the sea. He claims to be “the Lord.” And he says he can only save them if they all believe in him.

Self Care Day

Thursday April 11th at 10am

Join Melissa and friends for a little bit of self care and pampering.

Pre-register on Copilot by 4/10



PA Department of Revenue will be here on Wednesday April 24th from 10 am to 2 pm. They will help people file Property Tax/Rent Rebate forms electronically.

To make an appointment please call
610-935-1515 x24



Our Chef Brian is looking for 2 people to volunteer in the kitchen during meal times.

Monday morning breakfast service from 7:30 to 9:30am

Friday afternoon lunch service 10:30am to 1:30pm

Some of the duties that volunteers help with in the kitchen are setting up for the meals, washing dishes, and wiping down tables after the meals.

Please contact Christine at 610-935-1515 ext 29 if interested.



Healthy You at the Phoenixville Senior Center

Tuesday, April 30th at 11:00 PM

Healthy Seniors' program with Phoenixville Hospital

"Diet Confusion " Phoenixville Hospital Clinical Dietitian will define the various diets recommended for both promoting good health and treating disease. Here is an opportunity to ask a dietary clinician questions about food choices.

Pre-register on Copilot for if you would like to stay for lunch by Friday April 26th

Wednesday April 24th at 11am

Phoenixville Hospital presents an informal roundtable discussion entitled " Stress and How to Reduce it"

Learn the top six ways to deal with stress.

If you would like to stay for lunch, please pre-register in Copilot by 4/19



Grief Support Group

Thursday April 4th at
2:15pm

1st Thursday of every
month.

Facilitated by Ascend Hospice



Tai Chi taught by Karen Dixon

April through May 3rd
no class on 4/12 & 4/23

Tuesdays at 10am / Fridays at 1pm

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



Now that the weather is nicer, why don't you join our **Walking Group** every Tuesday at 9am at Black Rock Sanctuary (953 Black Rock Rd, PA-113)

every Thursday at 9:30am** Charlestown Park (100 Academic Way). **new time

Groups meet in the respective parking lots.





Clothes Pin Wreath Craft Fee \$5

Thursday April 25th 10am

Please pre-register for this class.

All supplies included and may vary.

SUPPER CLUB

Price \$35*, 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

or stopping by the Senior Center in person.

Our next date is Monday April 8th at 5pm

Liberty Union

519 Kimberton Road, Phoenixville



Menu: **appetizer choice**—tomato soup or fresh mixed greens salad

Entrée choice—Pan Seared Alaskan Salmon, Chicken Pot Pie, Fish and Chips, American BBQ chicken

Dessert Choice—Lemon Square, Molten Lava Cake, Pineapple Upside Down Bundt Cake

Payment is required with reservation no later than 4/5



Come help celebrate our April Birthdays on Wednesday April 10th

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

- | | | | |
|--------------------|------------------|-------------------|---------------------|
| Joan Andrews | Pat Haggar | Theresa Mirabile | Greg Salvano |
| Herman Andzejewicz | Judith Horvath | Ann Morrissey | Linda Salvano |
| Helen Ayers | Janet Kaas | William Mosteller | Nancy Scott |
| Sue Batten | Harbhajan Kareer | Theresa Olsen | Amy Smith-Moniz |
| Pat Baun | James Kassel | Theresa Owczar | Lisa Stern |
| Charles Blum | Mary Beth Kealey | Catherine Palmer | Carole Straub |
| Karen Cahill | Sharon Kelly | Virginia Palmer | Sam Suwinski |
| Rosa Cliff | Anna Lamotta | William Popp | Dette Tauber |
| Doan Dang | Leonora Leacock | Carlene Quashie | Linda Weston |
| Helena Deegan | Cynthia Lobb | Linda Rappatone | Joan Wilson |
| Janet Dynarski | Jennifer Long | Donna Remesch | Judith Wolstenholme |
| Lenora Foster | Cynthia Martin | Robert Ricciotti | Ken Zimmermann |



Birthday Social Entertainment

Wednesday April 10th at 1pm

Join us for a fascinating program on the Evolution of Rails in PA

Co-Author/Historian/Photographer Beth Ann "Train Lady" Keates will bring her vast knowledge and treasures from that era for a in depth look at railroads and how the immediate area was involved.

This is your unique opportunity to meet the author who has put out a variety of books on rail history that brings hope to the fact that the railroads have a good future around the world including Phoenixville. Beth Anne will also bring copies of her books for participants to purchase. Prices range from \$20 to \$30 and cash and check is accepted.

Please pre-register for this event and lunch on Copilot by Friday April 5th



April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 B: Continental Breakfast L: Chicken Parmesan	2 B: Bananas Foster Bread Pudding L: Bacon Jam Grilled Cheese	3 B: Bacon & Eggs L: Cheeseburgers	4 B: Biscuits & Sausage Gravy L: Turkey Noodle Casserole	5 B: Continental Breakfast L: Seafood Cakes
8 B: Continental Breakfast L: Tater Tot Casserole	9 B: Potato & Egg Casserole L: Pork Chops	10 Happy Birthday! B: Pancakes & Sausage L: Turkey Caesar Salad Wrap	11 B: Breakfast Sandwich L: Chicken & Broccoli	12 B: Continental Breakfast L: Salmon Cakes
15 B: Continental Breakfast L: Chef Salad	16 B: Frittata L: Tacos	17 B: Ham & Eggs L: Veal Marsala	18 B: Breakfast Hash L: Chicken Pesto	19 B: Continental Breakfast L: BBQ Turkey
22 B: Continental Breakfast L: Sausage, Peppers & Onions	23 Center Closed	24 B: Cream Chipped Beef L: Turkey & Gravy	25 B: Bagel & Lox L: Meat Loaf	26 B: Continental Breakfast L: Shrimp Over Salad
29 B: Continental Breakfast L: Chicken Salad	30 B: Waffles & Bacon L: Cheesesteak Beef			

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 Friday of the prior week

If you have food allergies, please contact staff

April 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 Pickup 11:00am Weight Wise Support Group 12:00pm Lunch* 1:00pm Pickleball @ Rec Center* 1:15pm Digital Skills Ready@50+ Class	8:00am Breakfast 9:00am Walking Group 9:30am Coffee Hour 10:00am Mahjong 12:00pm Lunch* 12:45pm Pinochle 12:45pm 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* 1:15pm Digital Skills Ready@50+ Class	8:00am Breakfast 8:30am Blood Pressure 9:30am 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 12:00pm Lunch* 1:00pm Pickleball @ Rec Center*
1	2 10:00am Tai Chi*	3 1:15pm Art Class	4 2:15pm Grief Support Group	5 1:00pm Tai Chi*
8 10:00am State Rep. Friel Mobile Office 1:00pm Bingo 5:00pm Supper Club @ Liberty Union	9 10:00am Tai Chi* 10:00am SeniorLAW Center 10:00am Sports Desk 11:00am Art on Canvas	10 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Ready@50+ Class	11 10:00am Self Care Day*	12 10:00am Earth Day Clean Up* 1:00pm Center Closes No Tai Chi
15 11:00am Lunch w/ Oppenheimer (Movie)*	16 10:00am Tai Chi* 12:00pm State Sen. Muth Mobile Office	17 1:00pm Senior Prom w/ Kimberton Waldorf School* 1:15pm Art Class	18 10:30am Phoenixville Federal Presentation 5:00pm Third Thursday: Open House	19 10:30am Shuffleboard Class 1:00pm Tai Chi*
22 1:00pm LCR Game	23 Center Closed Election Day	24 10:00am Blood Pressure 10:00am Property Tax/Rent Rebate w/ Dept of Revenue* 11:00am Phoenixville Hospital Talk	25 10:00am Craft*	26 10:30am Shuffleboard 10:30am Bingo 1:00pm Tai Chi*
29 2:00pm Book Club	30 10:00am Tai Chi* 11:00am Health Talk*			*pre-registration required

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

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

Weekly
<p style="text-align: center;">Silver Sneakers Circuit—Intermediate \$2 / free for Silver Sneakers & Renew Active Monday & Wednesday 8:45am</p>
<p style="text-align: center;">Silver Sneakers Classic –Chair Based \$2/ free for Silver Sneakers & Renew Active Monday, Wednesday & Friday 9:45am</p>
<p style="text-align: center;">Silver Sneakers Line Dancing \$2/ free for Silver Sneakers & Renew Active Friday at 8:45am</p>
<p style="text-align: center;">Silver Sneakers Yoga \$2/ free for Silver Sneakers & Renew Active Tuesday and Thursday 1:15pm</p>
<p style="text-align: center;">Walking with the Center Tuesday 9am at Black Rock Sanctuary 953 Black Rock Road, PA-113 Thursdays 9:30am at Charlestown Park 100 Academic Way, Phoenixville</p>
<p style="text-align: center;">Pickleball @ Rec Center \$3 Mon, Wed, Thurs & Fri 1pm to 3pm Must pre-register for this program on Copilot</p>
<p style="text-align: center;">Weight Wise Support Every Monday at 11am.</p>
<p style="text-align: center;">Rummikub every Tuesday at 1pm</p>
<p style="text-align: center;">Mah Jong every Tuesday at 10am</p>
<p style="text-align: center;">Social Stitchers every Thursday at 1pm</p>
<p style="text-align: center;">Pinochle Tuesday & Thursdays at 12:45pm</p>

EVENTS TO SAVE THE DATE FOR!

Join us for a special luncheon to celebrate the Senior Center's 45 years of serving the community

May 15th at 12pm.

Pre-registration is required through CoPilot now.

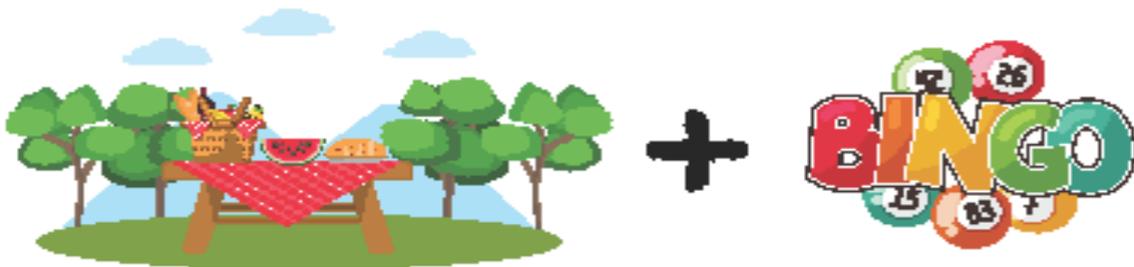
Uncle B's BBQ sales will be back for the summer holidays!

May 23rd—Memorial Day

June 27th—Fourth of July

August 29th—Labor Day

SAVE THE DATE



CHESTER COUNTY SENIOR PICNIC SPRINGTOWN MANOR FARM

MAY 9, 2024

- RAIN OR SHINE -

- \$5 SUGGESTED DONATION -

- MORE INFO TO FOLLOW -

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

Tickets are \$25 which includes tickets, bus transportation boxed lunch and tip for the driver.

Tickets are limited. Payment due upon reservation.



*We know you love us,
share us with a friend*

*As we celebrate 45 years of serving the
Phoenixville Area with an*

Open House

Thursday, April 18, 2024

3 pm to 6 pm

*Come tour our facility,
Experience our mini-classes,
Meet our Annual Sponsors,
Greet our non-profit partners,
Taste some treats from our kitchen,
& share our excitement.*

Phoenixville Area Senior Center

153 Church Street

Phoenixville, PA

RSVP 610-935-1515 or email

Christine@phoenixvilleseniorcenter.org

Phoenixville Area Senior Center 2024 Annual Sponsors

Platinum



Phoenixville Federal Bank and Trust

Gold



United Healthcare/ The Payton Agency



R. Strunk Funeral Homes

Silver



Devlin Rosmos Kepp & Gatcha Funeral Homes



Patina Health

Bronze



Gateway Pharmacy



OWM Law



Humana Insurance



Woodbridge Place



Phoenix Center



Campbell-Ennis Klotzbach Funeral Homes



Kinetic Physical Therapy

Programs



Applied Video Technology



• FOR YOUR INFORMATION •



Earth day Volunteers Friday April 12th 10am

Help the Senior Center with yard work to clean up the outside grounds for Spring.

Call 610-935-1515 to register

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.



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 **Speak** 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.**

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.
- 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.

Take Home Soup

Available daily - \$5 a pint

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





Medicare Education and Decision Insight

Medicare 101 Presentation

Thursday, May 16th,
5:00-7:00pm, In Person

If you will be joining the ranks of Medicare soon, are already in the Medicare system and have questions, or you just want to understand what this Federal program is all about, this session is for you. Members of the PA MEDI program, Pennsylvania's SHIP, a statewide program of insurance consultation, will present an overview of Medicare including the definitions of Medicare A, B, C; explanation of the drug benefit (Part D), types of health care insurance available in Chester County, benefits available for low income beneficiaries, and things to consider when selecting your medical coverage. A question and answer session will follow the presentation.

Topics include: review of Medicare benefits, original Medicare and Medicare Advantage Plan options, Medicare prescription drug coverage and the drug plan finger, Medicare Savings Programs, Medicare Preventative Services, and Supplemental Insurance Medigap Plans.

Registration is appreciated. Please call the center at 610-935-1515 ext. 24, or email cforeman@phoenixvilleseniorcenter.org to RSVP.

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.



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	New income limits!
Senior Food Box	Supplemental canned and dry goods	\$2,430
Henry's Helping Paw	Food for indoor pets of seniors	No income limit

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 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.



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.