

From the Desk of Executive Director, Julie Gaudan

Happy Older Americans Month!

The 2024 theme is “Powered by Connection”. This theme “...recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.....the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues”. Spending time with people – of all ages – is incredibly important to your mental and physical health.

Senior Center

Closed

May 27th

Memorial Day

PASC provides opportunities to connect every month, but there are a lot of special opportunities in May. May 9 Chester County Department of Aging is hosting a Senior Picnic at Springton Manor (reservation required). May 18 check out the Dogwood Parade. Chesco Connect and the Center are once again partnering for this big event. Phoenixville is celebrating its 175th anniversary, Phoenixville Fire Department is celebrating 150 years in service and we are celebrating 45 years of service! Lots of milestones! The center celebrates 45 years of service with a special luncheon on May 15. Space is limited so sign up early. We have secured some extra parking spaces, but carpooling is encouraged.

Please help us protect the “connections” between our participants. When I entered the navy, it was drilled into our heads, “Don’t discuss sex, politics or religion.” What was true 40 years ago is still true today. As the election draws closer, this rule is officially in effect at the center. We are a public place so please be considerate of everyone.

Part of my job is to be an advocate for aging services. You can advocate, too! Please encourage your local PA State Representatives and Senators to support Governor Shapiro’s aging budget and not reduce aging funding. We will have special postcards for you to share with our local legislators. *Julie*

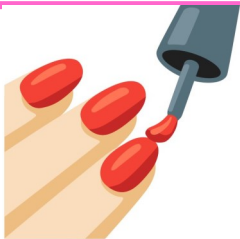
Luncheon to Celebrate The Senior Center's 45 years of service to the Community.

Join us Wednesday May 15th at 11:30am.



Ceremony followed by lunch.

Pre-registration is required for this event.
Register online or at the Center on CoPilot,
or call 610-935-1515 ext 29



Mother's Day at the Spa with Kimberton Waldorf School

Friday May 10th at 1pm

Celebrate Mother's Day with a fresh coat of nail polish or a face mask.

Please **pre-register** for this event on CoPilot or calling 610-935-1515 ext 29 by May 9th.

If you would like to come to lunch before the event, please pre-register by Friday May 3rd.

Tuesday May 28th at 10am

Movie -The Miracle Club (2023)

There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. With a little benevolent interference from their local priest, a group of close friends get their ticket of a lifetime.



Vacation 50/50 tickets

\$10 each / \$25 for 3

Stop in the Senior Center to pick up yours now.

Drawing will be
Third Thursday
June 20th at 6pm.





Lunch and a Movie Monday May 13th Killers of the Flower Moon (3hr 26min)

**Movie starts at 11am with an intermission at 12:30
for lunch then resumes at 1pm**

Real love crosses paths with unspeakable betrayal as Mollie Burkhart, a member of the Osage Nation, tries to save her community from a spree of murders fueled by oil and greed.

Directed by Martin Scorsese. With Leonardo DiCaprio, Robert De Niro, Lily Gladstone

This movie is rated R and will contain some disturbing images and language.

Please pre-register for this event on Copilot by 5/10 under N_Lunch and a movie

Interested in learning how to play Mahjong?

Join us every Tuesday for Mahjong at 10am and learn the games with our amazing volunteer Marebeth. Please call 610-935-1515 ext 29 if interested.



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

May 1st CoPilot from a Computer at Home

May 6th Using Apps

May 13th & 15th Smart Phones

May 20th & 22nd Zoom

May 29th Google Maps

Upcoming events you can help out with:



Concierge (includes setting up tables and chairs), Walking group supervisor, Monday produce set up (heavy lifting)

Please contact Christine @ 610-935-1515 ext 29

Seniors and Finances

Senior Center Annual Platinum Sponsor
Phoenixville Federal Bank and Trust

is hosting a monthly series "Seniors and Finance".

Join us Thursday May 16th
at 10:30am



If you would like to stay for lunch,
please register by 5/10



Wool Felting Class Fee \$7

Monday May 20th at 10am

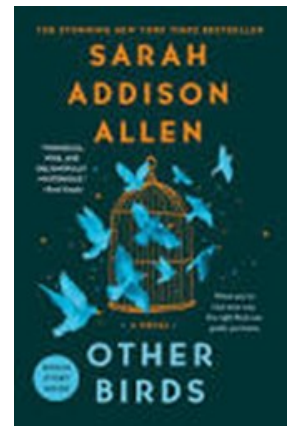
Create a cute little wool felt cactus in a little pot.

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

Book Club Monday May 20th at 2pm

“Other Birds” by Sarah Addison Allen.

When Zoey comes to claim her deceased mother's apartment on an island outside of Charleston she meets her quirky and secretive neighbors, including a girl on the run, two estranged middle-aged sisters, a lonely chef, a legendary writer, and three ghosts. Each with their own story. Each with their own longings.



Please see Christine for any available books.

Mind Matters TV Program—News, Views and Attitudes



Part 1 Friday May 24th 12:45pm

Part 2 Friday May 31st at 12:45pm

This News, Views, and Attitudes series explores the state of the news media and their audiences today, trying to examine whether truth can be found there and, if so, how someone might be more successful in extracting it.

Our Chef Brian is looking for 1 person to volunteer in the kitchen during meal times for Monday morning breakfast service from 7:30 to 9:30am.

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

**New monthly program with Phoenixville Hospital's
Community Health Education and
Outreach Department.**

Wednesday May 29th at 10am



Billie Goldstein RN, will be here on the last Wednesday of each month doing comprehensive health screenings from 10am to 11am.

Stay afterwards as Billie presents **Health Chat**, an informal roundtable discussion entitled

“Preventing Strokes”

What steps you can take to reduce your risk.

If you would like to stay for lunch, please pre-register in Copilot by 5/24

Grief Support Group

for May is cancelled and
will return on June 6th



Facilitated by Ascend Hospice

Beginner Pickleball class May 22nd

1 to 3pm

Call 610-935-1515 ex 29 to reserve your spot.

There will be no pickleball 5/27th for the
Memorial Day Holiday

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.



SUPPER CLUB

We are trying something different this month for Supper Club in May. We make the arrangements and provide a menu and you choose what you want to eat and how much or how little. Really want the tater tots but the cheese curds sound great? Then get both and share with your table. The bill will come to you at the end of the meal so you don't have to pay at the Senior Center but you still need to RSVP.

We are providing the cost on the menu to help you figure out how much you will pay.
Don't forget tax and tip.

Make a reservation by call 610-935-1515 x29, stopping into the Center in person or emailing Christine@phoenixvilleseniorcenter.org

Our next date is Monday May 13th at 5pm

At Stable 12 Brewery

368 Bridge Street Phoenixville

Menu Item Choices:

Tater Tots sm \$7 lg \$10

Fried Pickle Chips \$9

Cheese Curds \$12

Caesar Salad \$8 add pork or chicken \$+3

Classic Burger \$14 With House Chips.**

GOAT Burger \$15 Goat cheese, crispy onions and raspberry red wine jam. **

Pound of Wings \$15

Chicken Cheesesteak \$13

Fried Oreos \$7

**Burgers and sandwiches upgrade to fries + \$2.50 / sweet potato fries \$2.50



May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 B: Sausage & Eggs L: Chicken Salad	2 B: Bananas Foster Bread Pudding L: Turkey Divan	3 B: Continental Breakfast L: Cheesesteaks
6 B: Continental Breakfast L: Chef Salad	7 B: Biscuits & Gravy L: Chicken Pesto	8 Happy Birthday! B: Waffles & Bacon L: Veal Marsala	9 B: Ham & Eggs L: Tacos	10 Mother's Day B: Continental Breakfast L: Seafood Cakes
13 B: Continental Breakfast L: Shrimp Over Salad	14 B: Frittata L: Sausage, Peppers, & Onion	15 B: Cream Chipped Beef L: Surf & Turf	16 B: Potato Egg Casserole L: Roasted Turkey & Gravy	17 B: Continental Breakfast L: Meatloaf
20 B: Continental Breakfast L: Tater Tot Casserole	21 B: Breakfast Sandwich L: Pork Chops	22 B: Quiche L: Chicken & Broccoli	23 B: Pancakes & Bacon L: Salmon Cakes	24 B: Continental Breakfast L: Turkey Caesar Salad Wrap
27 Center Closed	28 B: Breakfast Hash L: Turkey Noodle Casserole	29 B: Bagels & Lox L: Bacon Jam Grilled Cheese	30 B: Bacon & Eggs L: Cheeseburgers	31 B: Continental Breakfast L: Chicken Parmesan

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. We cannot
guarantee your lunch without prior registration. Please let us know if you have allergies.

May 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 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* 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 1:00pm Social Stitchers 1:00pm Yahtzee	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 1:15pm Art Class	2	3
	*pre-registration required			
6 10:30am Bingo	7 10:30am Art on Canvas	8 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Ready@50+ Class	9 9:00am Senior Picnic*	10 1:00pm Mother's Day at the Spa w/ Kimberton Waldorf
13 10:00am State Rep. Friel Mobile Office 11:00am Lunch & Movie: Killers of the Flower Moon* 5:00pm Supper Club @ Stable 12*	14 10:00am SeniorLAW Center	15 11:30am 45th Anniversary Luncheon*	16 10:30am Phoenixville Federal Presentation 5:00pm Third Thursday: Medicare 101*	17 1:00pm Bingo
20 10:00am Wool Felting Craft 2:00pm Book Club	21 9:00am Reading Phils Trip* 12:00pm State Sen. Muth Mobile Office	22 1:15pm Art Class 1:00pm Beginner Pickleball Class @ Rec Center* 5:00pm Mobile Home Assessment w/ United Way & LASP	23 4:00pm Uncle B's Drive-Thru BBQ Fundraiser*	24 10:30am Shuffleboard 12:45pm Mind Matters - News, Views & Attitudes Part 1
27 Center Closed	28 10:00am Movie: The Miracle Club	29 10:00am Health Screening w/ Phoenixville Hospital 11:00am Phoenixville Hospital Talk	30 1:00pm Alzheimer's Association Presentation	31 12:45pm Mind Matters - News, Views & Attitudes Part 2

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

Weekly
<p>Silver Sneakers Circuit—Intermediate \$2 / free for Silver Sneakers & Renew Active Monday & Wednesday 8:45am</p>
<p>Silver Sneakers Classic –Chair Based \$2/ free for Silver Sneakers & Renew Active Monday, Wednesday & Friday 9:45am</p>
<p>Silver Sneakers Line Dancing \$2/ free for Silver Sneakers & Renew Active Friday at 8:45am</p>
<p>Silver Sneakers Yoga \$2/ free for Silver Sneakers & Renew Active Tuesday and Thursday 1:15pm</p>
<p>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>Pickleball @ Rec Center \$3 Mon, Wed, Thurs & Fri 1pm to 3pm Must pre-register for this program on Copilot</p>
<p>Weight Wise Support Every Monday at 11am.</p>
<p>Rummikub every Tuesday at 1pm</p>
<p>Mah Jong every Tuesday at 10am</p>
<p>Social Stitchers every Thursday at 1pm</p>
<p>Pinochle Tuesday & Thursdays at 12:45pm</p>



Come help celebrate our May Birthdays on Wednesday May 8th

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

Anna Anderson	Marge Christman	Kiran Kapadia	Patricia Sepety
Agnes Bakken	Willa DeHart	Kurt Ludwig	Gayle Smith
Rose Barbish	Robert Dennis	Jim Mazzone Sr	Jean Smithies
Ross Bentley	Suzanne Dietz	Susan McIntyre	Linda Startzel
Wendy Bergeron	Virgina Eachus	Shelagh Miller	Steve Szerenyi
George Bodrazic	Marie Fedick	Barbara Monahan	Frances Tepper
Laura Bohl	Carolyn Gelone	Joanne Moore	Lucy Trainer
Sharon Bortner	Robert Glover	Nevin Myers	Steven Voeglie
Glenn Bowers	Valerie Hall	Michael Naughton	Ruth Vogt
Beverly Carr	John Hayde	Mary Newman	Linda Weiss
Nancy Caslin	Marie Hedges	Joan Oister	William Yohe
Barbara Caviston	Fred Hoopes	Peter Pieri	Sandy Zimmermann
Thomas Chapman	Kathleen Iacobucci	JG Reimenschneider	

The 10 Warning Signs of Alzheimer’s

Thursday May 30th from 1 to 1:30pm



Alzheimer’s and other dementias cause changes in memory, thinking and behavior that interfere with daily life. The Alzheimer’s Association will present information to help attendees learn about 10 common warning signs and what to watch for in yourself and others. The program covers typical age-related changes, common warning signs of Alzheimer’s, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer’s Association resources.



Drive-thru BBQ FUNDRAISER

Support the Phoenixville Area Senior Center and
Pick up your 2024 Summer Holiday picnic favorites
from *the original Uncle B's* on



May 23, June 27
and August 29



Drive Thru 4-6 PM

Item	Pint Serves 2-4	Quart Serves 6-8	1/2 hotel pan Serves 12-16
Pork	\$12	\$24	\$48
Chicken	\$12	\$24	\$48
Potato Salad	\$9	\$18	\$35
Cole Slaw	\$7	\$14	\$25
Alabama White Sauce	\$6		
Kansas City BBQ Sauce	\$6		

Meat is freshly cooked and not sauced. Can be frozen.

Re-heating instructions provided in package.



To place your order, go to
<http://bit.ly/pascBBQ>, click [here](#), or
scan the QR code.



Senior Center Closed

May 27th for Memorial Day

There will be no produce pick up for the week.



POWERED BY CONNECTION: MAY 2024

Did you know the month of May is designated as Older American's Month?

In honor of this month, Chester County is having a Senior Center Collaborative Art Show.

Check out our own Senior Center's artist's work on display for the month of May at the Government Services Building at

601 Westtown Road West Chester

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.



Important Lunch Reminders

Pre-registration for lunch is 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.

Please remember to sign into CoPilot anytime you visit the Senior Center. It helps us receive funding to keep the programs going and to add new programming.

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



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.



United Way of
Chester County



Mobile Home Tax Reassessment Information Event

Wednesday May 22nd from 5 to 7pm at the Phoenixville Senior Center

Did You know that mobile homes depreciate over time, unlike other forms of real estate. Because the tax assessment system makes no provision for that reality, mobile home taxes are accurate only in the first years after purchase, and become increasingly inaccurate each year thereafter.

United Way of Chester County has partnered with Legal Aid of Southeastern Pennsylvania to assist all mobile home owners (All ages are welcome) in Chester County to reassess their homes to help them save money on their taxes.

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.