June 2024



Gaudan

From the Desk of Executive Director, Julie Gaudan

Summer is here! It has been a wet spring, and I look forward to more sunshine. As summer heats up, make sure to wear your hat and sunscreen and stay hydrated! Hydration is a constant battle for me, and I am not alone - 17-28% of older adults are chronically dehydrated. Hydration tips include planning your water breaks, eating moisture rich fruits and vegetables, and most importantly, drinking BEFORE you feel thirsty.

It was lovely seeing so many of you at our 45th anniversary luncheon and along the Dogwood parade route! There are never enough opportunities to thank you - our participants and supporters, local officials and our board members and staff for making this a welcoming, thriving community!

Summer hours start. We close at 1pm on Fridays

If you are like me and can't get enough of Brian's barbeque, put your order in for June 27th. This summer he added potato salad to the lineup. Yum! Details are inside. The Vacation 50/50 is in full swing – winner to be pulled at the Surf Shindig on June 20th. You can't win if you don't play! Bring a friend for the live entertainment by Michael Kropp and Cliff Hillis with a fabulous seafood boil at the Shindig! Space is limited and last year we

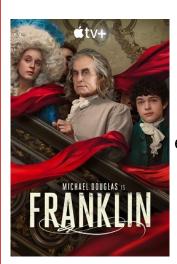
sold out so make your reservation early!

VIP cards for the 2024-2025 year are now available. The price stayed the same; \$30 for individuals/\$55 for household. While supplies last, VIPs will receive 2 complimentary tickets to the Perkiomen Valley Chamber night at the Reading Phils on Wednesday, July 10th.

It's not too late to contribute to our "Ignite Change, Spark Joy!" campaign. A recent Pennsylvania Department of Aging grant is funding additional activities in the late afternoon/early evening, this fall however there are staffing costs to administer the programs. Your help is vital to keep the program offerings growing. A special thanks to volunteer Leah Greger who designed our appeal this spring. You can check out her website <u>https://www.leahrosecreative.com</u> Leah Rose Creative.

Keep your eye out for paperwork changes from the Chester County Food Bank starting in July. More information will be forthcoming as we get closer.

Julie



Apple TV's new 8 episode drama series

Franklin (2024)

In December 1776, Benjamin Franklin is world-famous for his electrical experiments, but his passion and power are put to the test when he embarks on a secret mission to France, with the fate of American independence hanging in the balance.

Starring Michael Douglas.

Showing every Friday at 10:45am starting June 7th through July 26th.

Interested in learning how to play Mahjong or Rummikub?

Join us every Tuesday for Mahjong at 10am and Rummikub at 1pm and learn the games with our amazing volunteer Marebeth.

Come play Yahtzee every

Thursday afternoon at 1pm

Don't know how to play? It's easy to learn!



June 2024

Computer Skills Classes AARP Foundation Digital Skills Ready@50+ NICOLLADGATIONWITH SENIOR PLANET

Mondays and Wednesdays at 1:15pm

No class Weds June 12th

6/3—Online Safety

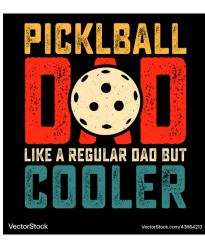
6/5—Online Shopping

6/10 Online Shopping w/ Amazon

6/17 & 19—Getting to Know Your Smart Phone (Music)

6/24 & 6/26—Exploring & Downloading Apps Celebrate Father's Day with us at the Phoenixville Rec Center playing pickleball and enjoying some refreshments.

Thursday June 13th from 1pm to 3pm



Preregistration is required. Please call Christine at 610-935-1515 Ext 29







Center Benefits include:

Newsletter -mailed to cardholders only

Discounts to select programs and activities

Early Bird Registration for taxes and other high-demand programs

Reduced rates for party/room rentals

Invitations to Cardholder Special Events

Free access to Information & Assistance & PA MEDI Counselors

Two tickets to the Reading Phillies game on July 10 at 7 pm – NO transportation

Discount Card Offers from Local Stores & Restaurants

Offers listed at https://phoenixvilleseniorcenter.org/vip-card-drive/ Get yours today - \$30 individual \$55 Household (2)

Price goes up beginning October 1 to \$35/\$65

The Senior Adult Activity Center of Phoenixville Area is a 501(c)3 charitable organization, contributions to which are taxdeductible 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 for this contribution.

Understanding Alzheimer's and Dementia



Presented by the Alzheimer's Association

Tuesday June 25th from 3pm to 4pm

ALZHEIMER'S IS NOT NORMAL AGING. It's a disease of

the brain that causes problems with memory, thinking and behavior.

In honor of National Alzheimer's and Brain Awareness month, join us to learn about: » The impact of Alzheimer's. » The difference between Alzheimer's and dementia. » Alzheimer's disease stages and risk factors. » Current research and treatments available to address some symptoms. » Alzheimer's Association resources.

Please pre-register on Copilot by 6/24 or call 610-935-1515 ext29

SUPPER CLUB

Price \$30, including appetizer, entrée, dessert, and non-alcoholic beverages.

Make a reservation by calling 610-935-1515 x29, stopping into the Center in person or emailing <u>Christine@phoenixvilleseniorcenter.org</u>

Our next date is June 11th at 5pm

THAI PLACE Restaurant

700 Nutt Road Phoenixville Plaza #730 Please pre-order your meal by 6/8 Choice of:



Appetizers– Vegetable Spring Rolls, Thai Spring Rolls, or Chicken Satay

Entrée—Massamun (Chicken, pork or tofu) red curry

Pad Thai (chicken or beef / can be ordered with out peanuts)

** Basil Stir Fry (chicken, veggie, beef or pork) ** spicy

Dessert—Ice Cream (coconut, mango, green tea, thai tea)

Payment is due at the time of reservation.

Healthy You at the Phoenixville Senior Center

Phoenixville Hospital's Community Health Education and Outreach Dept.

Wednesday June 26th 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 for Health Chat, an informal roundtable discussion entitled

"Cataract Awareness"

95% of cataract are age related, usually after age 40

If you would like to stay for lunch, please pre-register in Copilot by 6/21

Healthy Seniors program w/ Phoenixville Hospital Tuesday June 18th at 11am



Volunteerism – What Can It Do For You?

Phoenixville Hospital Volunteer Coordinator, Kathy White will take us on a video tour of the Hospital, highlighting the varied volunteer opportunities. Studies have shown that volunteerism is linked to improvements in both mental & physical health in older adults. Learn what may fit you.

Grief Support Group

June 6th at 2:15pm

Facilitated by Ascend



Walking Group

every Tuesday at 9am at Black Rock Sanctuary

every Thursday at 9:30am Charlestown Park

Groups meet in the respective parking lots.

Pickleball Changes for the summer!

On June 17th Senior Center play at the Rec Center will go down to 2 courts Monday through Friday from 1 to 3pm due to youth camps held at the Rec Center for the summer.

We will limit the number of players to 15 and each player can only sign up for play 3 times a week to allow everyone to have a chance to play.

Sign up is still through Copilot.



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



June 27 (last day to order is 6/25) Drive Thru 4-6 PM

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

To place your order, click the link below or go to <u>https://bit.ly/PASCBBQ</u> or scan the QR code.



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

Re-heating instructions provided in package.

Movie Day The Judge (2014)

Tuesday June 25th at 10am

Big-city lawyer Hank Palmer returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth; along the



way he reconnects with his estranged family.

Starring Robert Downey Jr, Robert Duval, Vera Farmiga and Billy Bob Thorton

If you are interested in staying for lunch please pre-register by 6/21

Book Club Monday June 24th at 2pm

"Wish You Were Here"

by Jodi Picoult.

Diana, a 29-year-old art historian, must decide if she should go on vacation to the Galápagos without her boyfriend, Finn, a doctor who needs to stay put and help manage the crisis on the front lines. She goes, and she ends up getting stuck there. Of course there are worse places to ride out COVID.



Please see Christine for any available books.

June Menu

	Monday		Tuesday	١	Nednesday		Thursday		Friday
3		4		5		6		7	
В:	Continental Breakfast	В:	Bananas Foster Bread Pudding	В:	Sausage & Eggs	В:	Waffles & Bacon	В:	Continental Breakfast
					••••		••••		
L:	Enchilada Bake	L:	BLTs	L:	Sweet n Sour Chicken	L:	Seafood Cakes	L:	Italian Roast Pork
10		11		12	Happy Birthday!	13		14	
в:	Continental Breakfast	В:	Ham & Eggs	В:	Frittata	В:	Biscuits & Sausage Gravy	В:	Continental Breakfast
L:	Chicken Fingers	L:	Bacon Jam Grilled Cheese	L:	Chicken Cordon Bleu	L:	Chef Salad	L:	Cheese Burgers
17		18		19	Happy Juneteenth!	20		21	
в:	Continental Breakfast	В:	Pancakes & Bacon	В:	Breakfast Sandwich	В:	Breakfast Hash	В:	Continental Breakfast
			••••		••••		••••		
L:	Chicken Salad	L:	Turkey Sandwich	L:	BBQ Pork Ribs	L:	Shrimp & Grits	L:	Sloppy Joes
24		25		26		27		28	
В:	Continental Breakfast	В:	Quiche	В:	Cream Chipped Beef	в:	Bacon & Eggs	в:	Continental Breakfast
L:	Taco Salad	L:	Tomato Caprese Sandwich	L:	Chicken Flatbread	L:	Chili Mac	L:	Salmon over Risotto

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.

June 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*	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 *pre-registration required	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 9:30am 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* 1:00pm Summer Closing Time
3 1:15pm Digital Skills Ready@50+ Class	4	5 1:15pm Art Class 1:15pm Digital Skills Ready@50+ Class	6 10:30am Participants Meeting 2:15pm Grief Support Group	7 10:45am TV Series: Franklin 12:30pm Mind Matters
10 10:00am State Rep. Friel Mobile Office 10:30am Bingo w/ Holy Family 1:15pm Digital Skills Ready@50+ Class	11 10:00am SeniorLAW Center 10:30am Art on Canvas 10:30am Sports Desk 5:00pm Supper Club	12 10:00am Blood Pressure 12:00pm Birthday Social 12:45pm Birthday Entertainment - The Notables	13 1:00pm Father's Day Pickleball @ Rec Center	14 10:45am TV Series: Franklin
17 1:00pm Bingo 1:15pm Digital Skills Ready@50+ Class	18 11:00am Healthy Seniors Program 12:00pm State Sen. Muth Mobile Office	Celebration Lunch	20 10:30am Phoenixville Federal Presentation 5:00pm Third Thursday: Beach Blast 6:00pm Vacation 50/50 Drawing	21 10:45am TV Series: Franklin
24 1:15pm Digital Skills Ready@50+ Class 2:00pm Book Club	25 10:00am Movie: The Judge (2014) 3:00pm Understanding Alzheimer's & Dementia	26 10:00am Blood Pressure 10:00am Health Screen w/ Phoenixville Hospital 11:00am Phoenixville Hospital Talk 1:15pm Digital Skills Ready@50+ Class	27 4:00pm Uncle B's Drive- Thru BBQ Fundraiser*	28 10:45am TV Series: Franklin

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

AARP DSR50+

Mondays & Wednesdays at 1:15pm

Art Class— Watercolor

See schedule for dates \$5 fee

Art on Canvas

See schedule for date

Fee: \$10/ \$5 VIP Supporter

Blood Pressure

2nd and 4th Wednesday 10am to 11am Every Thursday 8:30am to 11:30am

Cash BINGO

\$5 to play 5 games

Tuesday Morning Sports Desk

Round table sports talk Tuesday @ 10:30am

Rep Friel's Mobile Office Hours

Second Monday of every month

10am to 12pm

Senior Law Center

Legal services intake clinic at the Second Tuesday From 10am to noon

Senator Muth Mobile Office Hours

Third Tuesday of every month

12 to 2pm

Phoenixville Hospital Health Talk

Roundtable health topics Last Wednesday of the month at 11am

Weekly

Silver Sneakers Circuit—Intermediate \$2 / free for Silver Sneakers & Renew Active

Monday & Wednesday 8:45am

Silver Sneakers Classic – Chair Based \$2/ free for Silver Sneakers & Renew Active

Monday, Wednesday & Friday 9:45am

Silver Sneakers Line Dancing

\$2/ free for Silver Sneakers & Renew Active

Friday at 8:45am

Silver Sneakers Yoga

\$2/ free for Silver Sneakers & Renew Active

Tuesday and Thursday 1:15pm

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

Pickleball @ Rec Center \$3

Monday through Fri 1pm to 3pm

Must pre-register for this program on Copilot

Weight Wise Support Every Monday at 11am.

Rummikub every Tuesday at 1pm

Mah Jong every Tuesday at 10am

Social Stitchers every Thursday at 1pm

Pinochle Tuesday & Thursdays at 12:45pm



Come help celebrate our June Birthdays on Wednesday June 12th

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

June Birthday Social sees the return of a Center favorite **The Notables!** Join these lovely ladies as they sing the songs of the season.

Howard Agnew	Jan Focht	Nancy King	Diane Radliff
AmyAnn Allen	Anne Forcine	Susan Kreiner	MaryBeth Rutter
Deb Batten	Alyce Gilhool	Paul Kusko	Lois Robinson
Lou Beccaria	Susan Greco	Ray Lisiewski	Maureen Sullivan
Genise Campbell	Debbie Grejdus	Sue Lisiewski	Kathy Tauber
Ellen Chapman	Joe Grejdus	Mary Loughin	Doug Trainor
Connie Cline	Tom Guastavino	Florence Mano	Kate Wallace
Patricia Coffman	June Hankins	Diana Mason	Laurie Walton
Marebeth Conard	June Harpster	Victoria Mattschei	June Weiland
Nancy Crowe	Marguerite Hayes	Nancy McGuigan	Doris Wheary
Kathy Duran	Lynne Henry	Carolyn Meehan	Dorothy Wisneski
Helen Eager	Barb Hultslander	Fran Micocci	Mary Ann Womer
Barbara Eschbach	Ron lanieri	Nancy Miller	Karen Wrigley
Michael Fatula	Leslie Jones	Clifford Moore	Flo Zaccheo
Dennis Fenstermacher	Maureen Kahn	Ben Novi	
Robin Fetter	Steven Kahn	Tish Perosio	



Bingo with students from

Holy Family School

Monday June 10th at 10:30am

Seniors and Finances

Senior Center Annual Platinum Sponsor Phoenixville Federal Bank and Trust



is hosting a monthly series "Seniors and Finance".

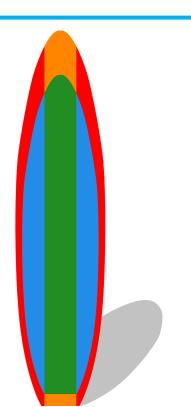
Join us Thursday June 20th at 10:30am

If you would like to stay for lunch, please register by 6/14









2024 Annual Vacation 50/50 DRAWING \$10 FOR 1 TICKET \$25 FOR 3 TICKETS

It is as easy as returning your payment and stubs to PASC, 153 Church Street, Phoenixville, PA 19460 Drawing will be pulled at 6 pm June 20 at our Third Thursday Program,

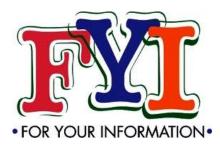
Surf Shindig

Join us for a Beach Themed evening featuring a seafood boil and live entertainment with Michael Kropp and Cliff Hillis \$20/\$18 for VIP

Call for reservations 610-935-1515, use the QR code or

https://bit.ly/PASCevening





Phoenixville Senior Center

Summer Hours for Friday Only

Friday's 8am to 1pm



Participant's meeting Thursday June 6th at 10:30 am

Our Chef Brian is looking for 2 people to volunteer in the kitchen during meal times for Monday morning breakfast service from 7:30 to 9:30am and Friday afternoon from 10:30 to 1pm.

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.

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 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 <u>Friday by 1PM</u>the week <u>prior</u> 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.

Alt meal for the summer will be a salad. Price is \$3 paid to Christine please.

Please pre-

register for the meal as you do regular hot meal.



PENNSYLVANIA SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP) 2024 CHECK DISTRIBUTION

CCDAS will be distributing SFMNP checks through the U.S. Mail beginning May 15th 2024 following receipt, review and acceptance of 2024 Application Form.

Seniors who are 60+ years old during the program year or will turn 60 by December 31, 2024 and meet the income requirements are eligible for SFMNP. Income is total income including interest, Social Security, wages, etc.

Income Guidelines

Income is determined by household. All members of the household are to be considered. A household is a group of related or non-related individuals who are living together as one economic unit.

1 person - \$27,861	5 people - \$67,673
2 people - \$37,814	6 people - \$77,626
3 people - \$47,767	7 people - \$87,579
4 people - \$57,720	8 people - \$97,532

2024 Household Income Eligibility

•Basic Rules and Regulations will be included in the envelope with the checks. This document includes information regarding the program; how to access Market Information; list of Eligible Fruits and Vegetables and how to access Nutrition Education.

•Each eligible recipient will receive five(5) \$10.00 checks for a total one-time benefit of \$50.00

Applications are available at the Phoenixville Senior Center, online at our website: https://phoenixvilleseniorcenter.org/SFMNP/ or online at <u>www.chesco.org/135/Aging</u>

Completed form may be returned to the Phoenixville Senior Center, or electronically to: <u>mwebb@chesco.org</u> or faxed to: 610-344-5288 or mailed to: Chester County Department of Aging Services 601 Westtown Road, Suite 320 West Chester, PA 19380

2024 Fresh2You Produce Truck Schedule

June 4 - November 8 from 10am to 12pm

Phoenixville Recreation Center

501 Franklin Ave., Phoenixville

10:00 am – 12:00 pm



Fresh2you truck accepts SFMNP checks/vouchers and Veggie bucks (available at the Senior Center / one per person)

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, annu- al deductibles, and co-payments	Income:\$1,843, assets: \$16,660
Medicare Savings Program	Helps pay Medicare premiums, de- ductibles, coinsurance, and copay- ments 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



Changes are coming from Chester County Food Bank regarding produce pick up at the Senior Center. We will update you as soon as we know more.



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 taxdeductible 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.