



From the Desk of Executive Director, Julie Gaudan

Happy birthday USA! Join us July 3 for a BBQ lunch with the trimmings to kick off the long holiday weekend. The center will close after lunch that day and reopen Monday, July 8. Happy Fourth of July everyone!

If you haven't renewed your VIP card, it's not too late. Sign up before July 9 and you can pick up free tickets to the Reading Phils game on July 10 at 7:00 pm against the Akron Rubber Ducks.

Join us in wishing Joann McCracken a fond farewell. Joann is retiring; her last day of work is July 3. After eight wonderful years, I am sad to see her go but so excited for her! We will miss her, but Joann has plenty of ways to keep busy including time with her mother in Lehigh Valley and traveling to see her grandchildren! We wish her all the best.

Center Closing
early July 3rd

At 1pm

Center Closed

July 4th & 5th
Independence
Day

Join me in welcoming Maria Tucker, our new development director. You can learn more about Maria on page 3.

The Paris Summer Olympics Opening Ceremonies are on Friday July 26. Please join us throughout the day to commemorate this event. Help us light the torch and compete in some of our own "senior" Olympics!

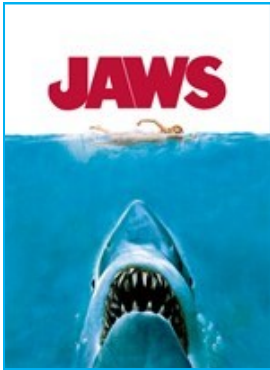
Our wet cool spring is over! The rest of the summer is forecast to be a hot one. Please make sure you stay hydrated. If you are thirsty, you are already dehydrated! Always follow your health care providers advice. Most people should be aiming for at least 48 ounces per day. Some may need more. If you, or someone you are with, is experiencing a headache, muscle cramps or confusion, they may be dehydrated. Don't forget your sunscreen and hat!

Third Thursday promises to be a treat. John Conklin, brother of famous Joe Conklin will entertain with his "blue-eyed" soul tunes – think modern Frank Sinatra. Get your tickets early!

Speaking of tickets, you can purchase BBQ one more time August 29. AZ's famous chicken salad will also be available. Don't miss out – it won't be available again until May 2025!

Julie

Senior Center's Annual July viewing tradition continues

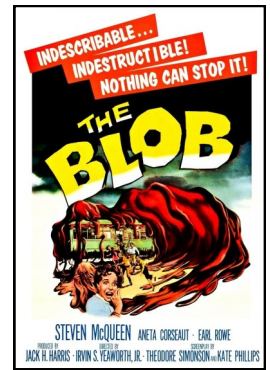


Jaws (1975) for Shark Week!

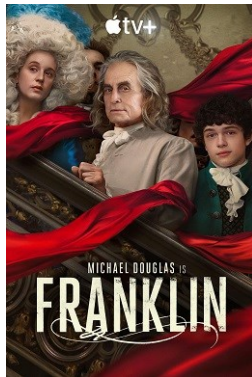
Tuesday July 9th at 9:30am

The Blob (1958) for Blobfest

Thursday July 11th at 10am



Apple TV's new 8 episode drama series continues.



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 continuing through August 9th. (no showing 7/26)

Come play Yahtzee every
Thursday afternoon at 1pm

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



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.

July 2024

**Computer Skills
Classes**

AARP Foundation
Digital Skills Ready@50+
IN COLLABORATION WITH
SENIOR PLANET
TRIAL.COM

**Mondays and Wednesdays
at 1:00pm (new time)**

No classes 7/3, 7/8 & 7/10

7/1—Online Shopping

**7/15 & 7/17—Online Shopping on
Amazon**

7/22 & 7/24— Smart Phones

7/31 Downloading Apps

After 8 wonderful years, the Senior Center says goodbye to Joann McCracken, our Development Director. Joann is retiring and will be living the good life with her family. While we are very sad to see Joann move on, we are happy for her. She assures us she will still be around. Joann's last day will be Wednesday July 3rd.



If you have been to the Center recently you may have noticed a new person wandering the halls. Maria Tucker joins us as the new Development Director for the Senior Center. A resident of Phoenixville for almost two decades, Maria brings experience working with and for nonprofit organizations in the Southeastern PA and NJ area. Through her own Communications business, she has provided support for fundraising efforts through publications, editing, writing, photography and marketing efforts.



Third Thursday July 18th 5pm

Dinner and a Song

\$20/ \$18 for VIPs

Join us for a delicious dinner of and stay for the smooth sound of **John Conklin**, performing timeless classic songs from some of your favorite artists like Smokey Robinson, The Platters and many more.

Payment is due at time of reservation. Please reserve by 7/16.



Save the date for upcoming Third Thursdays

August 15th - Elvis 5:30pm to 7:30pm

September 19th - Health Fair 4pm to 6pm

October 17th—Oktoberfest with the Lukens Band 4pm to 6pm



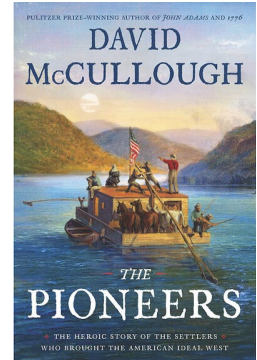
Wool Felting project \$7
Monday July 15th at 10am
Pre-registration is required

July Book Club Monday July 29th @ 2pm

“The Pioneers” by David McCullough

The Pioneers is the account not just of one Ohio settlement but of myriad such places across America, where innumerable immigrants (as the settlers were known) came to make a fresh start in a strange land.

Please see Christine if you need a book.



Are you a **Phoenixville**
area senior center
FRIENDSHIP-LEARNING-ACTIVITY



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

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 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 for this contribution.

SUPPER CLUB

Price \$35*, including salad/soup, entrée, dessert, and non-alcoholic beverages. We make the arrangements; you make a reservation by stopping by the Senior Center in person or emailing christine@phoenixvilleseniorcenter.org.

Payment is due at the time of your reservation.

Our next date is July 9th at 5pm

The Bridge Bar & Grill
37 Bridge St Phoenixville



Menu is coming soon. Please see Christine for details.

4th of July Celebration July 3rd 12 noon

Please join us for a special luncheon of Chef Brian's famous BBQ pork in celebration of Independence Day.

RSVP for lunch by 6/28



Let's celebrate the beginning of the 2024 Summer Olympics on July 26th at 10am with an Olympic Torch relay around the building and some Olympics trivia! Interested in "running", please let Christine know by July 7/25

The Center has a couple of questions about exercise classes and meals we would like participant's input on. Please go to

<https://bit.ly/SrCtrSurvey>



Let's try this again! Mind Matters- News, Views and Attitudes

Part 2 Monday July 22nd at 1pm

Part 3 Monday July 29th at 1pm



Last Chance this year!

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

August 29th (last day to order is 8/27) Drive Thru 4-6 PM

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

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



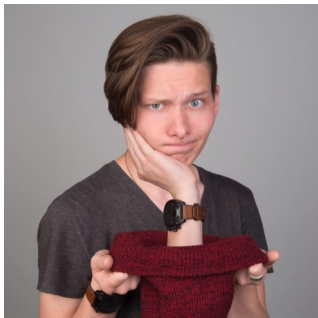
Meat is freshly cooked and not sauced. Can be frozen.
Re-heating instructions provided in package.



Come help celebrate our July Birthdays on Wednesday July 10th

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

- | | | | |
|-----------------|--------------------|------------------|------------------|
| Ken Apgar | Mark Ceschan | Gary Hogstrom | Elizabeth Melroy |
| Barb Archer | Joanne Chimchirian | Barry Howell | Bill Miles |
| Charles Batten | Irma Dacciaro | Laura Huffman | Janice Muller |
| Sharyn Bearse | Brian Dudonis | Ruben Jimenez | Ralph Oister |
| Judy Beck | Loiuse Ewing | Lizzy Klinger | Shirley Porter |
| Susan Bodick | Bonnie Fetterman | Peg Kovach | Stan Schmidt |
| Lisa Brand | Mary Gatta | Sandy Latella | Jan Sensenich |
| Barbara Bridges | Arlene Griffin | Barbara Leinbach | Pam Smalser |
| Jean Brill | Katherine Hayde | Fran March | Nora Smith |
| Lucille Brink | Linda Hennessey | Susan Mascaro | Margaret Walker |
| Marge Brown | Carol Hershey | Anne Meagher | Patricia Yak |
| Marilyn Burk | | | |



Zach Evans Magic
Wednesday July 10th at 1pm

Let's celebrate our July birthdays with a little slight of hand with Zach Evans!

Come visit with our own Sleeping Beauty Melissa, who luckily has not pricked her finger on a spinning wheel as she presents a program about spinning wheels and their history. Melissa will also bring in her very own spinning wheels that she got from a far away land.



Wednesday July 24th at 10:30am

Healthy You at the Phoenixville Senior Center

Making Exercise Classes Affordable **New Plans Available!

Medicare Advantage Plans provide programs to make your exercise classes affordable. Classes are free if you have any of these programs but you must provide proof that you are eligible. Please contact Carmela at carmela@phoenixvilleseniorcenter.org or Carmela @ 610-935-1515 ext 25 to sign up.

****Silver & Fit (65+)**
****Active & Fit (18 to 64)**
Silver Sneakers
Renew Active (65 & over)

Various Reimbursement plans – If your Medicare plan provides a reimbursement program, we can provide the documentation you need to apply. Verify your Medicare plan provides a reimbursement, and we can help you track your attendance and payments.

Healthy Seniors program w/ Phoenixville Hospital Date to be Decided for July

Volunteerism—What it can do for you?

Studies have shown that volunteerism is linked to improvements in both mental & physical health in older adults. Learn what may fit you. Stay tuned for the new date and time.

Phoenixville Hospital's Community Health Education and Outreach Dept.

Wednesday July 31st

Billie Goldstein RN, will be here on the last Wednesday of each month for health screenings and "Health Chat"

Health Screenings at 10am

Health Chat at 11am Top Summer Health Concerns

If you would like to stay for lunch, please pre-register in Copilot by 7/26

KINETIC
PHYSICAL THERAPY

July 17th at 9:30am

Join the Senior Center as we learn the best stretching techniques from our Bronze Annual Sponsor Kinetic Physical Therapy.

Grief Support Group



Weds. July 17 @2pm

Facilitated by Ascend Hospice

Walking Group

every Tuesday at 9am at Black Rock Sanctuary

every Thursday at 9:30am Charlestown Park

Groups meet in the respective parking lots.



July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 B: Continental Breakfast L: Kielbasa	2 B: Ham & Eggs L: Chicken, Bacon & Avocado Salad	3 Happy 4th of July B: Biscuits w/ Sausage Gravy L: BBQ Pork	4 Center Closed	5 Center Closed
8 B: Continental Breakfast L: Cheeseburger	9 B: Frittata L: Chicken Fingers	10 Happy Birthday! B: Strawberry Basil Bread Pudding L: Chicken Cordon Bleu	11 B: Sausage & Eggs L: Pork Belly Grilled Cheese	12 B: Continental Breakfast L: Chef Salad
15 B: Continental Breakfast L: BBQ Ribs	16 B: Waffles & Bacon L: Turkey Sandwich	17 B: Breakfast Hash L: Shrimp & Grits	18 B: Cream Chipped Beef L: Sloppy Joes	19 B: Continental Breakfast L: Chicken Salad
22 B: Continental Breakfast L: Roasted Salmon	23 B: Breakfast Sandwich L: Taco Salad	24 B: Pancakes & Bacon L: Caprese Sandwich	25 B: Quiche L: Chicken Flatbread	26 B: Continental Breakfast L: Chili Mac
29 B: Continental Breakfast L: Enchilada Bake	30 B: Bacon & Eggs L: BLT	31 B: Breakfast Quesadilla L: Seafood Cakes	Aug 1 B: TBA L: Italian Roast Pork	Aug 2 B: Continental Breakfast L: Sweet & Sour Chicken

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 salad of the day for \$3
 All lunch and salad reservations are **required** by Friday by 1pm of the prior week.

We cannot guarantee your lunch without prior registration.

Please let us know if you have allergies.

July 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 1:00pm Pickleball @ Rec Center* 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* 1:15pm Digital Skills Ready@50+ Class (no class on 2nd Wednesday)	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* 1:00pm Yahtzee 1:00pm Social Stitchers 1:15pm Yoga	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 Friday Closing Time (Summer Hours)
1	2	3 4th of July Celebration No Digital Skills Ready@50+ Class 1:00pm Holiday Closing Time	4 Center Closed	5 Center Closed
8 10:00am State Rep. Friel Mobile Office 1:00pm Bingo	9 9:30am Movie: Jaws 10:00am SeniorLAW Center 10:30am Sports Desk 5:00pm Supper Club @ The Bridge Bar & Grill	10 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Ready@50+ Class	11 10:00am Movie: The Blob	12 10:45am TV Series: Franklin
15 10:00am Wool Felting Craft	16 12:00pm State Sen. Muth Mobile Office	17 9:30am Kinetics Stretch 1:15pm Art Class 2:00pm Grief Support	18 10:30am Phoenixville Federal Presentation 5:00pm Third Thursday: Dinner & a Song	19 **Scripts Sales Due** 10:45am TV Series: Franklin
22 1:00pm Mind Matters #2	23 10:00am Movie: The Boys in the Boat (2023) 10:30am Art on Canvas	24 10:30am Spinning Wheel Presentation	25 10:30am Bingo	26 10:00am Olympic Torch Relay & Trivia No TV Series: Franklin
29 1:00pm Mind Matters #3 2:00pm Book Club	30	31 10:00am Health Screening w/ Phoenixville Hospital 11:00am Phoenixville Hospital Talk 1:15pm Art Class		

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 *new fee Fee: \$10/ \$9 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 Monday through 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>
<p>Yahtzee every Thursday at 12:45pm</p>

Time to update your information for Copilot

Name: _____

Phone Number: _____

Daytime Emergency Name/Number: _____

Income (needed for Grant and Funding only) please circle one

Single Under \$15,061 \$15,061-27,861 \$27,862-30,120 \$30,121-39,084 \$39,085-65,266 Over \$65,267

Couple Under \$20,441 \$20,441-37,814 \$37,815-40,880 \$40,881-59,724 \$59,725-96,073 Over \$96,074

Please turn in completed form to Christine at your earliest convenience so your info can be updated. Thank You.

Want to help raise money for the Senior Center with Scrip ?

You can help by ordering gift cards through the Senior Center from over 750 brands with the Scrip program. The rebate on the gift cards go to the funding of the Center's initiatives.

For a current list of participating retailers and offers go to www.shopwithscrip.com/

Order forms can be picked up at the Senior Center. Forms and payments are due no later than close of business on the third Friday of each month. You will be notified when the cards arrive.

Please call Carmela at 610-935-1515 ext 25 with any questions.

Applications for the SFMP (Farmers Market Vouchers) vouchers are available at the Phoenixville Senior Center, or online at www.chesco.org/135/Aging and online at our website: <https://phoenixvilleseniorcenter.org/SFMNP/>

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

Completed form may be returned to the Phoenixville Senior Center,
or electronically to: mwebb@chesco.org 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

Wednesdays through November 8 from 10am to 12pm

Phoenixville Recreation Center
501 Franklin Ave., Phoenixville



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



Phoenixville Senior Center
Summer Hours for Friday Only
Friday's 8am to 1pm



Important Lunch Reminders

Pre-registration for lunch is Friday by 1PM 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.

Alt meal for the summer will be a salad.

Please pre-register for the meal on Copilot as an Alt Meal



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.

New Year New Coverage

Medicare Coverage for Lymphedema Compression Treatment Items

January 1, 2024



Coverage includes custom and standard fit daytime and nighttime garments, wraps, bandaging

supplies, and many accessories. Ask your Certified Lymphedema Therapist or Cari for more details!

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 11am 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.



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—Gatcha Funeral Homes



Phoenixville Hospital



Patina Health

Bronze



Gateway Pharmacy



OWM Law



David Gibides
Humana Insurance



Woodbridge Place



Phoenix Center



Campbell-Ennis Klotzbach Funeral Homes



Kinetic Physical Therapy

Programs



Applied Video
Technology



Ascend Health

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

Henry's Helping Paws



The Henry's Helping Paws Program provides food for the indoor pets of senior citizens which helps to keep pets and owners together longer.

If you are interested in participating in the program, please call 610-935-1515 ext 29 and pick up an application

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.