



From the Desk of Executive Director, Julie Gaudan

Looking forward to the end of a hot summer and getting “back to reality” next month. We received a Senior Community Center grant from PA Department of Aging to subsidize new programming. In July, we sent out a survey to make sure we are meeting YOUR expectations and needs with these activities. Our survey is still open <https://bit.ly/SrCtrSurvey>. If you haven’t already, please respond. Not surprisingly, adding tai chi to our week is a recurring suggestion that we plan to add. I would like to address a couple of suggestions we have received so far. As much as we would like to add Cross Fit or exercise machines, we do not have the room to store/set up that kind of equipment. We look forward to more of your ideas.

There are many days in history we remember where we were when we heard momentous news. I remember when Reagan was shot, the Challenger exploding and of course 9/11. Many of you remember when President Kennedy was assassinated. Who remembers where they were on August 16, 1977 when Elvis died? Join us on Third Thursday, August 15 to celebrate Elvis and his music. Jeff Krick will be back “in the building” and Brian will barbecue Memphis ribs. Yum!

This summer has been a hot one. Please make sure you are drinking plenty of fluids – and caffeinated beverages and lemonade really don’t count! Like alcohol, caffeine and citrus are diuretics that push fluids through your body quickly. As always, check with your health care providers for advice, especially if you are on diuretics for a health condition like high blood pressure.

Everyone who attended the center in the past year received a newsletter in the mail in July and will again in August. In September, newsletters will be only mailed to VIP Supporters and new participants. You are welcome to pick up a newsletter in the center after the 5th of each month or have it emailed to you. If you do not receive the August newsletter in the mail this month by the 5th, please doublecheck with Christine to make sure your name was on the newsletter list. If our records indicate a newsletter was mailed to you, but you didn’t get it, please let the US Postal Service know. <https://emailus.usps.com/s/>. For those of you not aware, the Phoenixville Post Office no longer handles local mail. Instead, it’s sent to Wilmington DE to be sorted and returned to the Southeastern Post Office in Devon where our local carriers pick it up daily.

Julie

Get out of the heat with Movie Days at the Senior Center



A Family Affair (2024) PG-13

Tuesday August 6th at 10am

An unexpected romance triggers comic consequences for a young woman, her mother, and her boss, grappling with the complications of love, sex, and identity. Starring Zac Efron, Nicole Kidman and Joey King

Unfrosted (2024) PG-13

Tuesday August 20th at 10am

In 1963, Kellogg's and Post, sworn cereal rivals, race to create a pastry that will change the face of breakfast forever. Starring Jerry Seinfeld, Melissa McCarthy, Amy Schumer and Jim Gaffigan.



Craft Day with Pam

**Thursday August 8th
at 10am Fee \$2**

**Please RSVP for this craft.
\$2 fee**



Spa Day with Melissa

**Thursday August 22nd at
10am**

**Please RSVP for this event
by 8/21**

**Weight Wise is
back in**

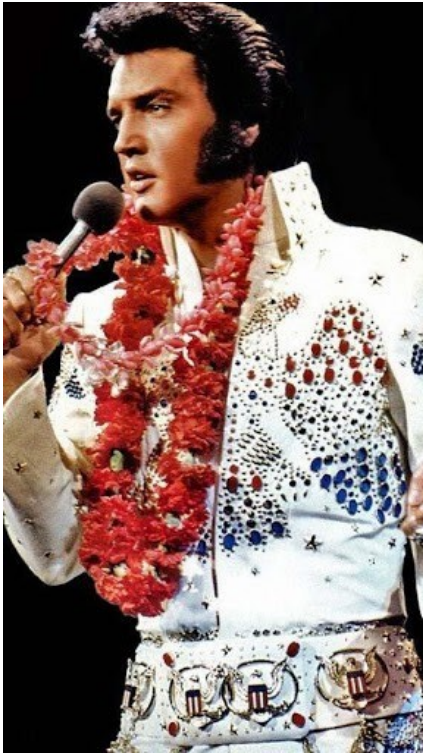
September!

**Stay Tuned for
more info!**

No Book Club in August

**Next event will be Monday
September 30th at 2pm. The
selection will be
Unsheltered by Barbara
Kingsolver.**

AUGUST THIRD THURSDAY



AUGUST 15TH AT 5PM ELVIS IS BACK FOR ONE NIGHT ONLY!

Come for dinner—Chef Brian's famous pork BBQ ribs, black eyed peas and mac & cheese and stay for the show with Jeff Krick, Sr. as Elvis. This night will sell out so get your tickets early.

\$20 PER PERSON/\$18 FOR VIPS

Payment is required with reservation.

Save the date for upcoming Third Thursdays



September 19th - Health Fair 4pm to 6pm

October 17th—Oktoberfest with the Lukens Band

4pm to 6pm

November 21st -Thursday Night Football Tailgating 5pm

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

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.



This will be the last
newsletter mailed out
to non VIPs. Get your
VIP today!

August Craft Day

Monday August 12th 10am

**Please reserve your space
before August 16th \$4 fee**



SUPPER CLUB

Monday August 19th at 5pm \$35 per person

Phoenixville Café
106 Bridge Street



Trying something a little different with a buffet this time. Menu includes: salad, grilled chicken, pasta alfredo, Shepard's pie, green beans and chocolate cake for dessert!

Reservations are due by 8/14.

Make a reservation by stopping by the Senior Center in person.

If you would like to pay by credit card, there will be an additional \$3 fee. Please call Carmela to pay with a card.

August 2024

Computer Skills Classes

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

8/5 & 8/7 –Smart Phones

8/12 Downloading Apps

8/19 & 8/21-Online Shopping on
Amazon

8/26 -Passport Parking App

8/28 --Chester County Library
System Website

No class on 8/14

2024 SENIOR EXPO

SEPTEMBER 25TH, 10A - 1P

Parkhouse Rehab & Nursing
Multipurpose Room

This is a free event, and we invite community vendors to share information regarding services offered for our seniors and residents.

- Please Bring Door Prize
- Set up at 9:30a
- RSVP by Sept 6th
 - Admissions
 - 610-792-2326
 - admissionsdirector@parkhousehealth.com



Healthy You at the Phoenixville Senior Center



HEALTHY SENIORS HEALTH EDUCATION PROGRAM PRESENTS

Managing the Different Types of Arthritis

Tuesday, August 13 @ 11:00 AM

Dr Frank Cuce of Tower Health Medical Group Orthopedics will present a program about the various types of arthritis, the major cause of disability for many Americans.

Please RSVP by 8/9 for lunch.

**Phoenixville Hospital's Community
Health Education and Outreach Dept.**

Wednesday August 28th

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

"Gastroparesis Awareness"

**If you would like to stay for lunch,
please pre-register in Copilot by 8/23**

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.



Grief Support Group

Thursday August 1st and Wednesday August 21st at 2:15pm

Facilitated by Ascend Hospice



Come help celebrate our August Birthdays on Wednesday August 14th

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

- | | | | |
|-------------------|--------------------|------------------|-----------------|
| Maryann Amici | Ethel Jefferis | Joann McCracken | Marcela Sivco |
| Kathleen Brown | Ken Jefferis | Nancy Navitsky | Patrica Slifer |
| Maria Chimchirian | Dorothy Karaban | Anna Noad | Jean Smith |
| Rena Craig | Sandra Kasky | Margaret Nugent | Charles Snook |
| Stephen DiSimone | Susan Kaufmann | Elizabeth Pelen | Ken Stalter |
| Evelyn Dudonis | Paul Kuhns | Debbie Popp | Cynthia Taranto |
| Lillian Early | Louise Lehman | Dani Quarino | Barbara Thorn |
| Gary Fagan | Jean Leinenger | Anna Mae Raeburn | Linda Ulinski |
| John Francone | Fran Lennox | Frank Ranhofer | Lois Wells |
| Kathleen Freas | John Lindh | Tom Reese | Eileen Werst |
| Davis Gartin | Maureen Maksimoski | Linda Remolde | Tom Wyres |
| Marjorie Gavitt | Larry Malcolm | William Sadler | Ann Zipkin |
| Karen Guastavino | Joan McCracken | Gary Segner | |

Birthday Social Entertainment by
 Nick Viscuso Music
 Wednesday August 14th at 1pm



How Big is Space? Friday August 16th at 10:45 am

This is a program on the scale of everything – comparing an atom to the scale of the solar system, our Sun to other suns, our Milky Way galaxy to other galaxies. All will be discussed in a light-hearted and entertaining lecture on the scale of everything! Stay for a discussion afterwards.



Preventing Medicare Fraud

IMPORTANT - SAVE THE DATE!

Monday, August 19th 2024 12:45 PM

FIGHT FRAUD WITH THE SENIOR MEDICARE PATROL.

An exclusive presentation with guest speaker Carol Spears at the Phoenixville Senior Center.

The SMP is a national initiative focused on curbing Medicare fraud through outreach, education, and advocacy. In Pennsylvania, the program is administered by CARIE, a nonprofit organization dedicated to promoting the well-being, rights, and autonomy of older adults



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/PASCBQ> or scan the QR code.



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

August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 B: Biscuits & Sausage Gravy L: Italian Roast Pork	2 B: Continental Breakfast L: Sweet & Sour Chicken
5 B: Continental Breakfast L: Sloppy Joes	6 B: Bananas Foster Bread Pudding L: Pork Ribs	7 B: Sausage & Eggs L: Turkey Sandwich	8 B: Frittata L: Shrimp & Grits	9 B: Continental Breakfast L: Chicken Salad
12 B: Continental Breakfast L: BBQ Pork	13 B: Cream Chipped Beef L: Chicken Bacon Avocado Salad	14 Happy Birthday! B: Waffles & Bacon L: Pot Roast	15 B: Breakfast Hash L: Kielbasa	16 B: Continental Breakfast L: Tuna Salad
19 B: Continental Breakfast L: Taco Salad	20 B: Bacon & Eggs L: Tomato Caprese Sandwich	21 B: Breakfast Sandwiches L: Flatbread	22 B: Pancakes & Sausage L: Roasted Salmon	23 B: Continental Breakfast L: Chili Mac & Cheese
26 B: Continental Breakfast L: Cheeseburgers	27 B: Ham & Eggs L: Chicken Cordon Bleu	28 B: Breakfast Tater Tot Casserole L: Bacon Jam Grilled Cheese	29 B: Quiche L: Chef Salad	30 B: Continental Breakfast L: Chicken Fingers

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.

August 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* 1:00pm 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* 1:00pm 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 2:15pm Grief Support	2 10:45am TV Series: Franklin
5 1:15pm Bingo	6 10:00am Movie: A Family Affair (2024)	7 1:15pm Art Class	8 10:00am Craft w/ Pam 3:30pm Pickleball Happy Hour @ Rec Room Brewery	9 10:45am TV Series: Franklin
12 10:00am State Rep. Friel Mobile Office 10:00am Craft	13 10:00am SeniorLAW Center 10:30am Sports Desk 11:00am Health Senior Event - Arthritis	14 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Ready@50+ Class	15 10:30am Phoenixville Federal Presentation 5:00pm Third Thursday: Elvis!	16 **Scrips Sales Due** 10:45am Mind Matters - How Big is Space
19 12:45pm CARIE Presentation 5:00pm Supper Club @ Phoenixville Café	20 10:00am Movie: Unfrosted (2024) 12:00pm State Sen. Muth Mobile Office	21 2:15pm Grief Support	22 10:00am Spa Day	23 10:30am Bingo
26 No Book Club This Month	27	28 10:00am Blood Pressure 10:00am Health Screening w/ Phoenixville Hospital 11:00am Phoenixville Hospital Chat	29 4:00pm Uncle B's Drive-Thru BBQ Fundraiser*	30

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>

The Chester County Health Department Annual Potassium Iodide (KI) Dispensing Event in Phoenixville **Saturday, August 24, 2024** at Kimberton Fire Hall (2276 Kimberton Rd, Phoenixville, PA 19460) from 9:30am-3:30pm

As part of Chester County's continuing emergency preparedness effort, and in partnership with the Pennsylvania Department of Health, they will be dispensing potassium iodide (KI) tablets at no cost to each person who lives or works within a 10-mile radius of the Limerick Generating Station.



2024 Fresh2You Produce Truck Schedule

Wednesdays through November 8
from 10am to 12pm

Phoenixville Recreation
Center
501 Franklin Ave
Phoenixville



Farmer's Market Vouchers can be used at the Fresh2You truck on Wednesdays, Phoenixville Farmers Market on Saturdays and also at Renninger's Farm located at 924 2nd Avenue Royersford.

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

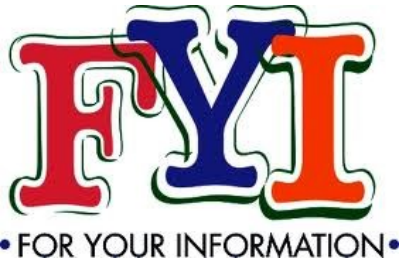
Want to help raise money for the Senior Center with Scrip ?

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.



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.

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!

*New Year
New Coverage*

Medicare Coverage for
Lymphedema Compression
Treatment Items

January 1, 2024



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.

PROPERTY TAX REBATES



If you qualified for the PA State Property Tax/Rent Rebate, and live in one of the following school districts, you might be eligible for an additional rebate! Please contact Cari for information.

Owen J Roberts

Great Valley

Spring-Ford

Downingtown

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.

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.