



From the Desk of Executive Director, Julie Gaudan

The summer went by so fast! I am certainly ready for autumn.

September is National Senior Center Month! This year's theme is "Powering Connections". PASC enjoys wonderful collaborations in our community. For example, pickleball with Phoenixville Recreation Department to Phoenixville Hospital Health Talks to Chester County Food Bank's produce support – to name just a few. We would love for you to share your connection to the Center with a friend, neighbor or family member. The more the merrier!

National Falls Prevention Week is September 23rd thru 27th. The evidence-based training class "A Matter of Balance" starts on Thursday, September 26th at 10:00am. This is an 8-week class and requires pre-registration and attendance for all classes.

Center Closed
September 2nd
For Labor Day

Remember to leave your parking pass where we can see it when you are participating at the center. This helps us keep the lot clear for participants only. There is nothing worse than not being able to find a parking spot when you are looking forward to that art class or yoga! During working hours, you must be at the center to park here. Please be considerate and reserve these spots for attendees only.

You are welcome to park here when the center is closed. Remember this is a valuable fundraising opportunity for the center, and we appreciate your donations. A parking pass does not guarantee free parking. Please do NOT leave the parking pass in the window when you leave here or if you park here after hours. We do not want anyone to target you because they assume you would be vulnerable.

Regarding fundraisers, 50/50 tickets are now available for our Holiday drawing which will be pulled at Oktoberfest on October 17th. Save the Date for our annual Bag Bingo at Kimberton Firehall on Saturday, Nov 2nd. Stay tuned for more details!

Julie

National Senior Center Month Powering Connections

The Phoenixville Senior Center would like to honor our participants who have celebrated 90 plus years on this earth.

Friday September 27th, 2024.

Festivities begin at 11:30am with our special guest, PA Senator Katie Muth. Lunch will follow the ceremony at noon. Please pre-register for the celebration on Copilot by 9/8



Movie Day Tuesday Sept. 24th at 10am



Wicked Little Letters (2023)

When people in Littlehampton-- including conservative local, Edith-- begin receiving letters full of hilarious profanities, the rowdy, Irish migrant, Rose, is charged with the crime. Suspecting that something is amiss, the town's women investigate.

This movie is rated **R** for profanity



Craft Day \$5

Monday 9/16

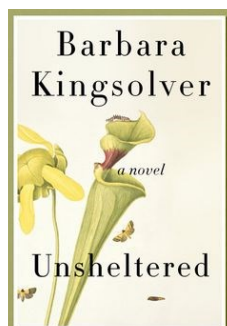
@10am

Pre-registration is required.

Book Club Monday September 30th at 2pm

Unsheltered by Barbara Kingsolver

Unsheltered examines human behavior through the lives of two families living in the same house about a century apart.



If you can not attend Book Club, please return your book to the library before 9/30

September 2024

Computer Skills Classes

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

9/4 Getting on Copilot

9/9 QR Codes

9/23 & 25 What is ChatGPT?

9/30 What is AI

No classes on 9/11, 9/16 or 9/18

SUPPER CLUB

Tuesday September 10th at 5pm

Sage Mediterranean Cuisine

156 Bridge St Phoenixville



We make the arrangements and provide a menu and you choose what you want to eat. 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,

Appetizers: Hummus Platter \$10, Caesar Salad \$ 8.50, Fried Calamari \$12, Bruschetta \$10

Entrée: Penne Asparagi \$17, Chicken Zingara \$ 18, Beef Kabob \$20, Linguine & Clams \$19

Dessert: cake or pie depending on their selection for the day

Make a reservation by September 4th by calling 610-935-1515 ex 29



September is the last month to get your VIP card before the price goes up to \$35 individual /\$65 household in October.

Join us for a 2025 Travel Preview

with Collette Travel
October 15th at 10am.

Please RSVP to Christine by 10/8 at 610-935-1515 ext 29 or
christine@phoenixvilleseniorcenter.org

Join the Senior Center on Tuesday October 1st at 10am as we host a special Cooking and Wellness food demonstration by the Chester County Food Bank.



Healthy You at the Phoenixville Senior Center

If you would like to have lunch, please pre-register in Copilot by the Friday before the program

Grief Support Group

Thursday September 5th and
Wednesday September 18th

at 2:15pm

Facilitated by
Ascend Hospice



Phoenixville Hospital's Community Health
Education and Outreach Dept.

Wednesday September 25th

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

Health Screenings at 10am

Health Chat at 11am

"Cholesterol Education"

National Falls Prevention Week September 23rd to the 27th



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

In observance of National Falls Prevention week,
the Senior Center, in conjunction with Chester
County Department of Health will present

A Matter of Balance every Thursday morning

beginning September 26th through November 14th from 10am—12pm.

This program requires pre-registration and a commitment for the full 8 weeks
(barring any emergencies or illness). Space is limited to 12 participants.

Please register in Copilot or call 610-935-1515 ext 29

[A Matter of Balance](#) is an eight-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels for older adults. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength



Outside Walking Group meets in the respective Park parking lots

Tuesdays 9am Black Rock Sanctuary 953 Black Rock Rd (PA 113)

Thursdays 9:30am Charlestown Park 100 Academic Way

WEIGHT WISE PLUS WITH BARBARA MYERS

TUESDAYS AT 11AM STARTING SEPTEMBER 10TH

OVERWEIGHT, UNDERWEIGHT OR JUST IN BETWEEN?

WEIGHT WISE IS EXPANDING TO INCLUDE ALL NUTRITION INFORMATION THAT EVERY SENIOR SHOULD KNOW TO LIVE A HEALTHY LIFE.

RECENT RESEARCH WORK THAT SHOWS US WHAT WE SHOULD BE EATING OR NOT EATING WILL BE INCLUDED IN EVERY CLASS. TOPICS SUCH AS THE MEDITERRANEAN DIET (WHAT'S GREAT ABOUT IT AND WHAT'S NOT), FOODS THAT CAUSE INFLAMMATION AND THOSE THAT PREVENT IT, BONE AND CARDIAC HEALTH AND SO ON WILL BE DISCUSSED.

THOSE OF YOU WHO ARE INTERESTED IN LOSING OR GAINING WEIGHT, WILL BE ABLE TO BE WEIGHED PRIVATELY AND WE WILL DEVOTE THE LAST PART OF EVERY CLASS TO WEIGHT CONTROL.

8 WEEK PROGRAM. PRE-REGISTRATION ON COPILOT IS REQUIRED FOR PARTICIPATION.



Tai Chi is back at the Senior Center with a new instructor Patti Talbert.

Every Monday at 1pm starting 9/9

Anyone can do Tai Chi because it puts minimal stress on muscles and joints. This makes it safe for all ages and fitness levels

Patti Talbert is a dedicated Tai Chi instructor and Occupational Therapy Practitioner (35 years) with a profound passion for promoting holistic well-being through the ancient art of Tai Chi and mindfulness. With a deep-rooted belief in the transformative power of mind-body practices, she is committed to helping individuals achieve balance, harmony, and inner peace.

Pre-registration is required as space is limited.



Your mental health is as important as your physical health.

What better way to boost your mental health than a visit from a very special guest,

Vinnie, a dwarf mini horse from

Sebastian Riding Associates.

Wednesday September 18th at 1pm

Sebastian Riding Associates provides therapeutic programs for children and adults living with a wide range of physical, cognitive and mental health challenges.



Third Thursday in September

HealthFair

Thursday September 19th 4pm to 6pm

The Phoenixville Area Senior Center is hosting a Health Fair to introduce medical practitioners and all other medical personnel, including therapists, nutritionists, dentists, optometrists, audiologists, fitness providers, home health aids, assisted living facilities, hospice, and Medicare insurance providers to seniors in the communities we serve.

GATEWAY PHARMACY will administer flu shots.

ACME SAV-ON PHARMACY will administer the **new** fall 2024 COVID vaccine.

Please bring your ID, Medicare card, along with you Medicare part D (advantage plan) card.



Come and discover how the Senior Center supports older residents through our Information and Assistance and PA Medi programs.

Save the date for upcoming Third Thursdays

October 17th—Oktoberfest with the Lukens Band

November 21st -Thursday Night Football Tailgating

December 19th—A Night with Sinatra



Designer BAG BINGO

SATURDAY, NOVEMBER 2, 2024

Doors open at 1pm Games start at 2pm



\$30/ \$35 AT THE DOOR

\$210 FOR TABLE OF 8!

KIMBERTON FIRE HALL

Call 610-935-1515 for tickets!



Phoenixville Candlelight House Tour

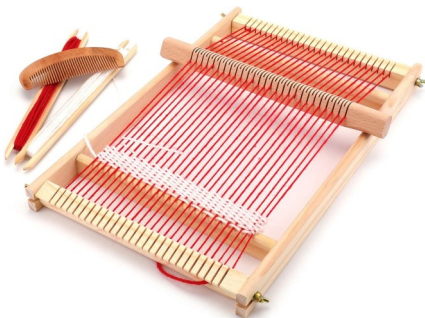
@ Holiday Marketplace at the Center

Saturday December 7th, 2024 4 to 8pm

Weaving Class with Melissa!

Thursday September 12th at 10am.

Come learn how to weave and take part in a special project to benefit the Senior Center! Everyone will have a chance to weave some of this project so we can say it really was made at the Senior Center!





September Birthday Social
on Wednesday September 11th

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

Our entertainment on September 11th at 1pm will be a presentation from Don Naimoli, a Board Member of the Valley Forge Park Alliance about the amazing National Park that we have in our backyard.



VALLEY FORGE
P A R K A L L I A N C E

- | | | | |
|---------------|-------------------|-------------------|--------------------|
| Jean Ackerman | Joyce Gallagher | Donna Marosek | Linda Shaheen |
| Ferenc Bakay | Pam Gates | Patricia May | Lynne Sherry |
| Jack Barbish | Carol Gilette | David Mayberry | MaryEllen Sierzega |
| Lainie Blum | Sandra Grubb | Brian McGowan | Janet Sifford |
| Ed Bowes | Chris Haney | Christine McGowan | Marilyn Skellenger |
| Sue Bowes | Laura Henning | Melanie McGuire | Paul Slaninka |
| Celia Breden | Chris Henry | Carmen Miro | Betty Staffieri |
| Maria Bucco | Sharon Hindenach | Mary Moore | Mary Stalter |
| Roslyn Buono | Susan Hoffman | Pat Morello | Nancy Stiles |
| Nona Burton | Sonnica Hurtado | Kirk Mosberger | Sheila Taylor |
| Cheryl Camuso | Sandy Jackson | Don Petr | Susan Taylor |
| Bill Chenco | Lois Kase | Kathy Petr | Robin Tekely-Rose |
| Theresa Chuck | Peg Kline | Barbara Place | Dave Tirpak |
| Sarah Connely | Michael Kocur | Barbara Rambo | Elaine Todd |
| Carol Curtiss | Rebecca Krause | Marilyn Reich | Mary Tyson |
| Jean Earle | Joanne Kusko | Nick Rudawski | Linda Vitale |
| Jack Ertell | Bill Laubscher | Frank Scharff | Susan Wanger |
| Elyse Ertman | Angela Liberatore | Judy Schatz | Thomas Wright |
| Mary Fritter | Donna Macarevich | | |

Holiday 50/50 tickets now on sale!

\$10 single/ \$25 for 3. Drawing on 10/17

Pick yours up at the Senior Center!



September Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed	3 B: Breakfast Tater Tot Casserole L: Chicken Salad	4 B: Strawberry Basil Bread Pudding L: Italian Roast Pork	5 B: Waffles & Bacon L: Turkey Noodle Casserole	6 B: Continental Breakfast L: Seafood Cakes
9 B: Continental Breakfast L: Wedge Salad w/ Chicken	10 B: Biscuits & Sausage Gravy L: BBQ Pork	11 Happy Birthday! B: Sausage & Eggs L: Lasagna	12 B: Breakfast Sandwich L: Chicken & Rice	13 B: Continental Breakfast L: Beef Stroganoff
16 B: Continental Breakfast L: Fish Tacos	17 Blueberry B: Pancakes & Sausage L: Couscous Salad w/ Chicken	18 B: Cream Chipped Beef L: Grilled Cheese & Tomato Bisque	19 B: Ham & Eggs L: Cobb Salad	20 B: Continental Breakfast L: Beans & Franks
23 B: Continental Breakfast L: Sausage, Peppers & Onions	24 B: Frittata L: Meatloaf	25 B: Breakfast Hash L: Shrimp & Grits	26 B: Kielbasa, Potatoes & Onions L: Tuna Salad	27 B: Continental Breakfast L: Chicken Alfredo
30 B: Continental Breakfast L: Cheeseburgers				

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.

September 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 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)
2 Center Closed	3	4 1:15pm Art Class	5 2:15pm Grief Support	6
9 10:00am State Rep. Friel Mobile Office 1:00pm Tai Chi	10 10:00am SeniorLAW Center 10:30am Sports Desk 10:30am Art on Canvas 11:00am Weight Wise w/ Barb Myers* 5:00pm Supper Club @ Sage*	11 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Ready@50+ Class	12 10:00am Weaving w/ Melissa Class 11:00am SNAP Presentation with CC Food Bank	13 10:30am Bingo
16 10:00am Craft 1:00pm Tai Chi No Digital Skills Ready@50+ Class	17 11:00am Weight Wise* 12:00pm State Sen. Muth Mobile Office	18 1:00pm Special Visit w/ Vinnie 1:15pm Art Class No Digital Skills Ready@50+ Class 2:15pm Grief Support	19 10:30am Phoenixville Federal Presentation 4:00pm Third Thursday: Health Fair	20 **Scrip Sales Due**
23 National Fall Prevention Awareness Week 1:00pm Tai Chi	24 10:00am Movie: Wicked Little Letters 11:00am Weight Wise*	25 10:00am Blood Pressure 10:00am Health Screening 10:00am Participants' Meeting 11:00am Phoenixville Hospital Chat	26 10:00am Matter of Balance*	27 11:30am 90+ Birthday Party*
30 1:00pm Bingo 1:00pm Tai Chi 2:00pm Book Club	 <h2 style="text-align: center;">National Senior Center Month</h2>			

Programs at the Senior Center—Please see calendar for exact days and times

Monthly
AARP DSR50+ Mondays & Wednesdays at 1pm
Art Class— Watercolor See schedule for dates \$5 fee
Art on Canvas See schedule for date *new fee Fee: \$10/ \$9 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 Second 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
Yahtzee every Thursday at 12:45pm

Join us for an information session on SNAP for Seniors on
Thursday Sept 12th at 11am Presented by the CC Food Bank



Do you qualify? Come find out.

SNAP (Supplemental Nutrition Assistance Program) is a government program that helps people buy the food they need for healthy lives. SNAP helps many people stretch their budgets because the money they would use on food can go towards other needs like medical bills, utilities, and rent.

Medicare Update for Annual Open Enrollment



Fine Tune Your Medicare for 2025
Wednesday, October 10th, 2-4pm

This event is for people who have Medicare and want to learn about upcoming changes before Annual Open Enrollment (October 15th – December 7th). There will be time for questions and answers after the presentation, and the chance to schedule follow up appointments. Medicare Update is presented by Chester County PA MEDI counselors. PA MEDI is a free, confidential, and unbiased health insurance counseling program designed to help all Pennsylvanians with Medicare. PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with objective, easy-to-understand information about Medicare.

Medicare's Annual Open Enrollment Period (AOEP)

October 15 – December 7

Questions about your Medicare?

We are here to
HELP

AOEP is for those who are already on Medicare. During this time, you can review and make changes to your Medicare Prescription Drug Plan (Part D) or Medicare Advantage Plan (Part C). These changes will be effective January 1. When evaluating your plans, check for changes to benefits, network areas and providers, the formulary, copays, drug tiers, and/or premiums. Any of these changes could put you at risk for additional medical expenses in the future.

If you would like assistance in reviewing your options, PA MEDI is ready to assist you. PA MEDI is Pennsylvania's statewide program of free insurance consultation under the auspices of the Chester County Department of Aging Services and the State Health Insurance Assistance Program (SHIP). PA MEDI counseling is FREE, unbiased, personalized, and confidential. Please call **Cari at 610-935-1515 ext. 24** for information, or to schedule an appointment with one of our counselors



Phoenixville Senior Center Hours

Monday through Thursday 8am to 3pm
Friday 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. Drop in participants will be asked to wait till everyone is served to ensure we have enough food.

Participants Meeting

**Wednesday
September 25th**

10AM

Come find out what's going on at the Senior Center!

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.

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.**

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.



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 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

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Phoenixville, PA 19460
610-935-1515
www.phoenixvilleseniorcenter.org
Electronic Service Requested

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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.