

October 2024



From the Desk of Executive Director, Julie Gaudan

Dear Friends,

I hope you are all enjoying the lovely fall weather. Please take the opportunity to check out the new courtyard. Funded through a Pennsylvania Department of Aging competitive grant, the idea for this project started with COVID. We had no safe outside spaces to play outdoor games – the existing lawn was tortuously uneven – and no place to enjoy a cup of coffee. We will continue to improve the outside space over the next year. Plans include adding street trees, shade, and garden boxes with herbs for the kitchen!

Fundraising season is upon us. The Holiday 50/50 will be drawn at Oktoberfest on Thursday, October 17. Don't miss the opportunity to have a very happy holiday season. Designer Bag Bingo is Saturday, November 2 and the Annual Candlelight Holiday Tour is on Saturday, December 7. Please encourage your friends and family to park at the Center after hours and make a small donation. Every little bit helps!

Our friends at Phoenixville Rotary's Annual Pancake Breakfast is Sunday, November 10 here at the Center. Always delicious, you just might recognize someone in the kitchen!

Attention Veterans! Mark your calendars. PA Senator Katie Muth is hosting her annual Veteran's Expo on Saturday, Oct 26 at Oaks Expo Center. Our annual Veteran's Recognition Breakfast is on December 5. We have a very special guest speaker. Bishop Coffey – Auxiliary Bishop of the Archdiocese for the Military Services will be joining us. As a fellow Navy veteran who was married by a Navy chaplain, I am very excited to meet him and hear about his service. *Julie*

Introduction to Spanish

5 week course



Beginning October 7th
at 11:15am

***Pre-registration is
required for this class.

If you would like to join us for lunch before or after any of our programs, please pre-register on Copilot the Friday **BEFORE** the week you would like to come.

Wool Felting craft for Halloween Oct 24th at 1pm



\$ 7 fee

*registration
required for
this class.



Cash Bingo

Fri 10/4 @ 10:30am

Mon 10/14 @1pm

Masters of the Air (2024)

Fridays starting Oct 11th at 10:45am



Apple TV's 8 - part mini series explores the aerial wars of WWII through the enlisted men of the Mighty Eighth Air Force of the United States Army Air Forces.

Starring Callum Turner, Austin Butler and Anthony Boyle.

AARP Foundation
Digital Skills Ready@50+
IN COLLABORATION WITH
SENIOR PLANET
FROM AARP

**OCTOBER
2024**

Oct 2 & 7—Smartphones

Oct 16 & 21—Exploring Apps

Oct 23, 28 & 30th—Artificial Intelligence (AI)

*Please register for these classes.
no classes on 10/9 & 10/14.

Spa Day with
Melissa
Wednesday
October 16th
at 1pm



Craft Day October 16th
@10am

Fee \$5

*Please register for
this class.





Movie - Wednesday October 23rd 1pm His Three Daughters (2024)

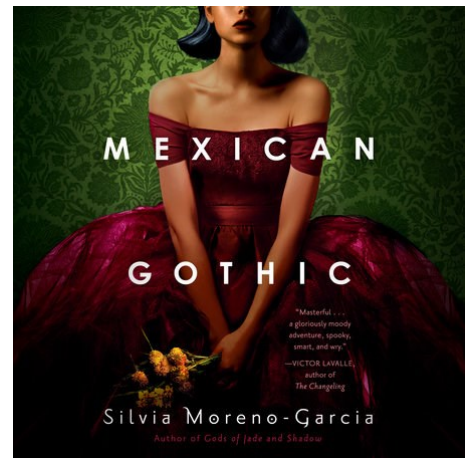
Three distant sisters reunite in NYC to care for their sick father. Tensions rise as they confront past issues, aiming to heal family bonds amid laughter and tears.
Starring: Carrie Coon, Natasha Lyonne and Elizabeth Olsen

Book Club Monday October 28th at 2pm

“Mexican Gothic” by Silvia Moreno-Garcia

Mexican Gothic is a 2020 gothic horror novel by Mexican Canadian author Silvia Moreno-Garcia. It centers on a young woman investigating her cousin's claims that her husband is trying to murder her.

Please call Christine if you need a book 610-935-1515 ext 29



Halloween Party and Candy Bingo with students from PASD



Thursday October 31st at 1pm

Prizes for the best costumes!

Play Candy Bingo! Free

Pre-register by 10/25

Holiday 50/50 tickets now on sale!

\$10 single/ \$25 for 3. Drawing pulled at 6pm during Oktoberfest.

Pick yours up at the Senior Center!



SUPPER CLUB

Monday October 21st at 5pm \$35 per person

REC ROOM

BY CONSHOHOCKEN BREWING CO

REC ROOM
BY CONSHOHOCKEN BREWING CO.

230 Bridge St Phoenixville

Menu coming soon!

Meal includes an appetizer, entrée, dessert and a non alcohol drink with tax and tip included.

Alcohol is available for purchase separately.

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



Happy
YOM KIPPUR!



collette

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

Willkommen

October Third Thursday

October 17th 4:30 to 6:30pm



Featuring music by

The Lukens Band

Food: Brats and Dogs,

a food truck from

Fitzwater Station, ice

cream from Petruccis

and a beer tent with

Sly Fox!

Free to come! Pay as you go for food and drinks.

Save the date for upcoming Third Thursdays



November 21st - Thursday Night Football Tailgating
with special guests and wings and things to eat!

5 to 7pm \$25 per person

December 19th—A Night with Sinatra Join us for an evening of
Sinatra tunes sung by the talented Vincent Romano.

Healthy You at the Phoenixville Senior Center

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

Grief Support Group

Thursday the 3rd and

Wednesday the 23rd

at 2:15pm

Facilitated by
Ascend Hospice



Phoenixville Hospital's Community Health Education and Outreach Dept.

Wednesday October 30th

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

"Simple Strategies for Improving Health Literacy"

Tai Chi at the Senior Center with instructor Patti Talbert.

Every Monday at 1pm

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



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.



Outside Walking Group meets in the respective Park parking lots:

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

Thursdays 9am Charlestown Park 100 Academic Way Phoenixville

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

Covered Bridge Room

Call 610-935-1515 for tickets!



Phoenixville Candlelight House Tour

@ Holiday Marketplace at the Center

Saturday December 7th, 2024 4 to 8pm

Call 610-935-1515 for ticket information



Interested in volunteering for these events?

Please call Christine at 610-935-1515 ext 29



October Birthday Social

Wednesday October 9th

Lunch at 12pm

Entertainment at 1pm.

Register for lunch before October 4th

Entertainment provided by Rinny Petrillo from

The Crossroads Guitars and Art in Gilbertsville

Rinny will be showcasing her talent and knowledge in classical guitar with a concentration on medieval music.



Linda Adamski	Karen Dice	Eva Kondas	Armond Policastro
Bev Begnal	Faye Donovan	Nancy Lapella	Anne Post
Donna Beishl	Jeff Dore	Tom Leahy	Rose Ann Powell
Marie Boettger	Barbara Filipiak	Rosalind Lively	Lois Robinson
Janice Bolduc	David Flis	Gail Malcolm	Theresa Sanchez
Eric Bour	Jeanne Fritz	Janet Marcus	Lisa Scharff
Jean Bovell	Tana Gazzillo	Catherine Massaro	Stephanie Selinger
Lois Breden	Anne Gensemer	Marie McCormack	Sandra Sosiak
Barbara Brindis	Peg Groening	Julian McCracken	Virgina Stewart
Bill Carter	William Hall	Helen McLaughlin	F Ivanhoe Stiles
Lillian Catania	Ann Harkin	James Medunick	Jan Swarr
Annamarie Chuck	Lew Hertzog	Nancy Medunick	Susan Tague-Stellato
William Cliff	Nadine Hoepfl	Regina Mosteller	Roxanne Troiano
Nancy Collins	Joyce Hollis	Anna Ohlendorf	Robyn Unruh
Ethel Corum	Harold Katz	James Palmer	Marilyn Vafeades
Shirley Cox	Jack Keeney	Mariane Peffall	Anne Watkins
Joan Detwiler	Mary Kinhead	Theresa Piccone	Patricia Winner

October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 B: Bacon & Eggs L: Pasta & Meatballs	2 B: Biscuits & Sausage Gravy L: Italian Roast Pork	3 B: Ham & Waffles L: Chicken Sandwich	4 B: Continental Breakfast L: Seafood Cakes
7 B: Continental Breakfast L: Shrimp & Grits	8 B: Breakfast Sandwiches L: Pesto Chicken & Penne	9 Happy Birthday! B: Bananas Foster Bread Pudding L: Meatloaf	10 B: Breakfast Potato Casserole L: Tuna Fish Salad	11 B: Continental Breakfast L: Sausage, Peppers & Onions
14 B: Continental Breakfast L: Chicken & Rice	15 B: Cream Chipped Beef L: Turkey Sandwich	16 B: Ham & Eggs L: Cheese Burgers	17 B: Blueberry Pancakes L: Roasted Pork	18 B: Continental Breakfast L: Beef Stew
21 B: Continental Breakfast L: Beans & Franks	22 B: Kielbasa, Potatoes & Onions L: Grilled Cheese & Tomato Bisque	23 B: Frittata L: Couscous Salad	24 B: Sausage & Eggs L: Fish Tacos	25 B: Continental Breakfast L: Cobb Salad
28 B: Continental Breakfast L: BBQ Pork	29 B: Pancakes & Bacon L: Lasagna	30 B: Breakfast Hash L: Chicken & Broccoli	31 B: Quiche L: Wedge Salad	1 November B: Continental Breakfast L: Curry 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 soup of the day for \$3
All lunch and soup 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.

October 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 1:00pm Tai Chi 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 9:00am 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
	1 10:00am Cooking & Wellness Demonstration 11:00am Weight Wise w/ Barb Myers*	2 1:15pm Art Class	3 10:00am Matter of Balance* 2:15pm Grief Support	4 10:30am Bingo
7 11:15am Intro to Spanish*	8 10:00am SeniorLAW Center 10:30am Art on Canvas 11:00am Weight Wise w/ Barb Myers*	9 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Ready@50+ Class	10 10:00am Matter of Balance* 2:00pm Medicare Update for Annual Open Enrollment	11 10:45am TV Series: Masters of the Air
14 11:15am Intro to Spanish* 1:00pm Bingo No Digital Skills Ready@50+ Class	15 10:00am Travel Preview w/ Collette Travel 11:00am Weight Wise* 12:00pm State Sen. Muth Mobile Office	16 10:00am Craft 1:00pm Spa Day 1:15pm Art Class	17 10:00am Matter of Balance* 10:30am Phoenixville Federal Presentation 4:30pm Third Thursday: Oktoberfest	18 **Scrip Orders Due** 10:45am TV Series: Masters of the Air
21 10:00am State Rep. Friel Mobile Office 11:15am Intro to Spanish* 5:00pm Supper Club @ Rec Room*	22 11:00am Weight Wise*	23 10:00am Blood Pressure 1:00pm Movie: His Three Daughters 2:15pm Grief Support	24 10:00am Matter of Balance* 1:00pm Wool Felting Craft	25 10:45am TV Series: Masters of the Air
28 11:15am Intro to Spanish* 2:00pm Book Club	29 11:00am Weight Wise*	30 10:00am Health Screening 11:00am Phoenixville Hospital Chat	31 10:00am Matter of Balance* 1:00pm Halloween Party	

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 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
Tai Chi \$2 fee/ free for Silver Sneakers, Renew Active Mondays at 1pm
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 9:00am 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

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



Medicare

Medicare Update for Annual Open Enrollment

Fine Tune Your Medicare for 2025
Thursday, 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



Strong volunteers are needed to help with our

Third Thursday set ups and breakdowns.

Duties includes lifting and carrying tables and chairs, serving meals and clean up(when there is a meal).

Days needed: October 17th, November 21st and December 19th

Call Christine at 610-935-1515 ext 29 if interested or know someone who is.



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.

Soup is now on the menu for the Alternate Meal.

Take home soup sales will begin in October.

\$5 for a pint of Brian's homemade soup.



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.



Phoenixville Area Senior Center 2024 Annual Sponsors

Platinum



Gold



Silver



Bronze



Programs



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.