



*From the Desk of Executive Director, Julie Gaudan*

Check out the courtyard now that we have the benches installed. Two picnic tables will be added shortly – just in time for the cooler weather, of course. It has been a process. Thank you for your patience and thank you, Pennsylvania Department of Aging for funding this project!

‘Tis the season! Fundraising season, that is.

- PASC’s Designer Bag Bingo is up first on Saturday, November 2nd at the Kimberton Fire House Covered Bridge Room. Beautiful designer bags and raffle baskets – it will be an early Christmas for our lucky winners!
- The Fall Fundraiser is next. We are delighted to have so many new participants who are taking part in our classes and programs! Good for you! And, as you can imagine, there’s now a need for additional classes, more instructors, etc. So we’ll rely on everyone in our Community to join in the effort!
- Family bugging you for a gift idea? Encourage your friends and family to make a donation in your honor. And we’ll even help keep the surprise from them!
- Candlelight House Tour and Holiday Marketplace on Saturday, December 7th. This self-guided walking tour through Phoenixville’s decorated homes is a treasured part of the holiday season. Our holiday market and café starting at 3pm is open to the public whether or not you take the Candlelight Tour. Check out the flyer in this newsletter for more information.
- Buying gift cards for the grandchildren? Check out Brands We Work With • RaiseRight and purchase the cards through the Center. A portion of the gift card price is donated to the Center and your gift’s value remains the same! LL Bean, Lands’ End and Old Navy are three of the best with 14-17% back to the Center.

The Center is closed  
11/5 - Election Day  
11/27 at 1pm  
11/28 & 29 -  
Thanksgiving

Reminder: Meals and activities begin promptly. Arriving on time ensures you can fully benefit from the experience. While occasional tardiness is understandable, please notify us as soon as possible if you expect to be late or unable to attend.

\*Some classes have limited spots and may have waitlists.

\*Missing the warm-up and stretching in exercise classes increases the risk of injury.

\*Missed key steps at the start of craft classes may make it difficult to complete a project.

\*Your meal may be given to someone on the standby list if you are late.

In short, consistent lateness may disrupt others and limit your ability to participate fully in activities.

*Julie*



Diwali Celebration  
December 1st @12pm

Grief Support Group  
Thursday Nov 7th and  
Wednesday Nov 20th

at 2:15pm



Facilitated by  
Ascend Hospice

## Cash Bingo

Weds 11/6 @ 1pm

Fri 11/22 @ 10:30am



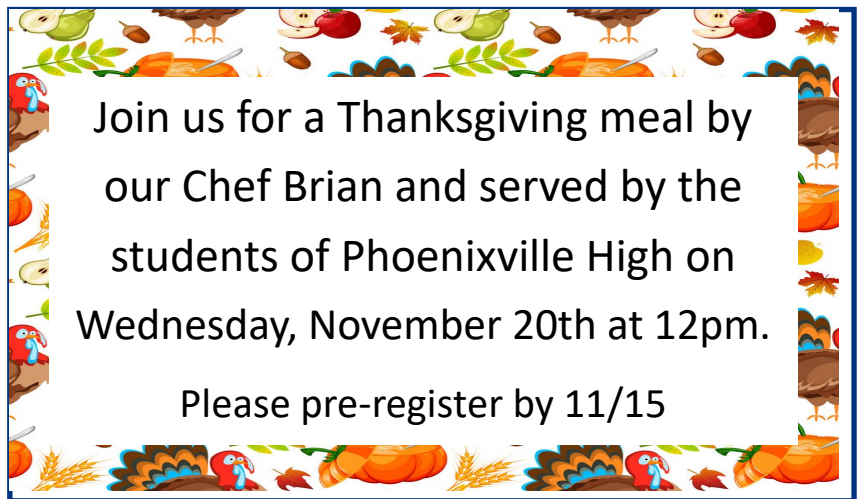
If you would like to join us for lunch before or after any of our programs, please pre-register on Copilot the Friday **BEFORE** the week you would like to come.



Starring Shirley MaLaine, Jessica Lange and Demi Moore

## Throwback Movie Day Wild Oats (2016) Tues Nov 19th @10am

After she receives a mistakenly huge insurance check, a recently widowed retiree brings her best friend along on an adventure to the Canary Islands, where they become media favorites and escapees from justice.



Join us for a Thanksgiving meal by our Chef Brian and served by the students of Phoenixville High on Wednesday, November 20th at 12pm.

Please pre-register by 11/15

## November Book Club

“The Midnight Library” Matt Haig

Monday the 25th at 2pm



Nora Seed has hit an all-time low. After losing her cat, her job, and is full of regret, she takes her own life. However, she suddenly finds herself in the Midnight Library – a point between life and death – and learns that she has an opportunity to live as if she had done things differently. She had felt like she had let everyone down, including herself. But things are about to change.

Please see Christine if you need a book.

## November

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

## 2024

11/4 & 11/6—Photo Editing

11/11—Mobile Health Apps

11/18 & 11/20—Google Fit

11/25 Photo Organizing

All classes start at 1pm

**No Classes 11/13 and 11/27**

# Healthy You at the Phoenixville Senior Center

## JOIN US FOR DIABETIC NUTRITION CLASS

**TUESDAY NOVEMBER 12th at 11AM**

CHESTER COUNTY DIETITIAN BARBARA MEYERS WILL TEACH A DIABETIC NUTRITION CLASS BASED ON THE AMERICAN DIABETES ASSOCIATION PRINCIPLES.

PRE REGISTRATION IS REQUIRED ON COPILOT



## Pickleball

We will have 2 courts for play on 11/25 to 11/27

The Rec Center is closed for Thanksgiving on 11/28 & 11/29



**November 6th at 9:30am**

Join the Senior Center as we learn the best stretching techniques from Kinetic Physical Therapy.

Phoenixville Hospital's Community Health Education and Outreach Dept.

**Wednesday November 27th**

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**

**"Understanding Diabetes"**

One of the country's fastest growing health challenges.

## Let's get Healthy Together—Our Exercise Classes

All classes are \$2 or FREE if you have Silver Sneakers or Renew Active

Circuit ( Intermediate) Mon & Weds 8:45am

Classic (Beginner) Mon, Wed & Fri 9:45am

Tai Chi Mon 1pm      Yoga Tue & Thurs 1:15pm

Line Dancing Fri 8:45am

\*Pickleball @ the Rec Center \$3 to play Mon – Fri 1 to 3pm

(\*pre-registration on Copilot is required to play)

Thursday Night Football Tailgating

November 21st - 5 to 7pm

Come tailgate with us before

Thursday night's game

Steelers vs Browns

You'll get home before kickoff!

With special guests and  
wings and other great things to eat!

5 to 7pm \$25 per person

RSVP by 11/19

Save the date for upcoming Third Thursdays

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

January 16th - *Game night*

February 20th—*Dinner and a Dance*



# Designer BINGO BAG



**Saturday November 2nd, 2024**

**Doors open at 12:30pm—Games start at 2pm**

**\$30 in advance/ \$35 at the door**

**Kimberton Fire Hall – Covered Bridge Room**

**Call 610-935-1515 ext 23 for tickets or go to [phoenixvilleseniorcenter.org](http://phoenixvilleseniorcenter.org)**

## **SUPPER CLUB**

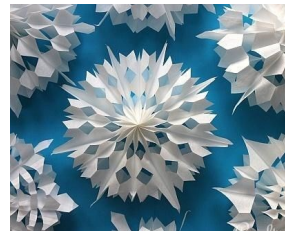
**INFORMATION COMING SOON**

**Crafty volunteer people needed to help spruce up the  
Senior Center for the holidays!**

**Nov 4th @ 9am** create select ornaments to sell at the  
Candlelight Tour on December 7th.

**Nov 11th @ 10:30am** Paper Snowflakes to decorate the Center

**Nov 26th @ 9am** Decorating the Center for the holidays



**Bosco's Travel will be at the Senior Center on  
Thursday November 14th at 10am  
to present upcoming trips for 2025!**

**Please pre-register on Copilot for this program.**



Join us in honoring our Veterans on November 11th at 12 pm with a moment of silence for all who've served.



## Veterans Breakfast

Thursday December 5<sup>th</sup> at 0800.

Honoring those who served with breakfast and a special guest speaker, Most Reverend Bishop Coffey, Auxiliary Bishop, Archdiocese for the Military Services, USA.

Breakfast is for our veterans and their guests.

Please RSVP to Christine at 610-935-1515 ext 29



Able-bodied volunteers are needed to help with our Third Thursdays and Special Events set ups and breakdowns.

Duties includes lifting and carrying tables and chairs, serving meals and clean up.

Days needed: November 21st, December 6th & December 19th

We also need help on Monday mornings in the kitchen (7:20 to 10:30am) , produce clean up in the afternoon (2pm) and Concierge ( 9am to 12pm)

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

# Phoenixville Candlelight House Tour and Holiday Marketplace at the Center

A Phoenixville Holiday Tradition

Saturday, December 7th, 2024

Marketplace 3-7pm

Self-guided walking tour 4-8pm

Tickets \$30 in advance / \$35 at door

Call 610-935-1515 ext 23 for information or

go online for tickets to

[www.phoenixvilleseniorcenter.org](http://www.phoenixvilleseniorcenter.org)



Event supports the Phoenixville Senior  
Center and the mission to enhance the  
lives of area seniors.

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

<b>Monthly</b>
<b>AARP DSR50+</b> Mondays & Wednesdays at 1pm
<b>Art Class— Watercolor</b> See schedule for dates \$5 fee
<b>Art on Canvas</b> See schedule for date *new fee Fee: \$10/ \$9 VIP Supporter
<b>Blood Pressure</b> 2nd and 4th Wednesday 10am to 11am Every Thursday 8:30am to 11:30am
<b>Cash BINGO</b> \$5 to play 5 games
<b>Tuesday Morning Sports Desk</b> Will be back soon
<b>Rep Friel’s Mobile Office Hours</b> Second Monday of every month 10am to 12pm
<b>Senior Law Center</b> Legal services intake clinic at the Second Tuesday From 10am to noon
<b>Senator Muth Mobile Office Hours</b> Third Tuesday of every month 12 to 2pm
<b>Phoenixville Hospital Health Talk</b> Roundtable health topics Last Wednesday of the month at 11am

<b>Weekly</b>
<b>Silver Sneakers Circuit—Intermediate</b> \$2 / free for Silver Sneakers & Renew Active Monday & Wednesday 8:45am
<b>Silver Sneakers Classic –Chair Based</b> \$2/ free for Silver Sneakers & Renew Active Monday, Wednesday & Friday 9:45am
<b>Silver Sneakers Line Dancing</b> \$2/ free for Silver Sneakers & Renew Active Friday at 8:45am
<b>Tai Chi</b> \$2 fee/ free for Silver Sneakers, Renew Active Mondays at 1pm
<b>Silver Sneakers Yoga</b> \$2/ free for Silver Sneakers & Renew Active Tuesday and Thursday 1:15pm
<b>Walking with the Center</b> Tuesday 9am at Black Rock Sanctuary 953 Black Rock Road, PA-113 Thursdays 9:00am at Charlestown Park 100 Academic Way, Phoenixville
<b>Pickleball @ Rec Center \$3</b> Monday through Fri 1pm to 3pm Must pre-register for this program on Copilot
<b>Weight Wise Support Every Monday at 11am.</b>
<b>Rummikub every Tuesday at 1pm</b>
<b>Mah Jong every Tuesday at 10am</b>
<b>Social Stitchers every Thursday at 1pm</b>
<b>Pinochle Tuesday &amp; Thursdays at 12:45pm</b>
<b>Yahtzee every Thursday at 12:45pm</b>



# November 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* 1:30pm Friday Closing Time
				<b>1</b> 10:45am TV Series: Masters of the Air 12:00pm Diwali Celebration
				<b>2</b> 12:30pm Designer Bag Bingo
<b>4</b> 10:00am Volunteer Crafts 11:15am Intro to Spanish*	<b>5</b> <b>Election Day Center Closed</b>	<b>6</b> 9:30am Kinetics Stretch 1:00pm Bingo 1:15pm Art Class	<b>7</b> 10:00am Matter of Balance* 2:15pm Grief Support*	<b>8</b> 10:45am TV Series: Masters of the Air
<b>11</b> 10:30am Snowflake Craft	<b>12</b> 10:00am SeniorLAW Center 10:00am Joel Payton UHC Medicare Presentation 10:30am Art on Canvas 11:00am Diabetes Nutrition	<b>13</b> 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Ready@50+ Class	<b>14</b> 10:00am Matter of Balance* 10:00am Boscovs Presentation*	<b>15</b> **Scrip Orders Due** 10:45am TV Series: Masters of the Air
<b>18</b> Frozen Holiday Meal Pickup 10:00am State Rep. Friel Mobile Office	<b>19</b> 10:00am Movie: Wild Oats 12:00pm State Sen. Muth Mobile Office	<b>20</b> 10:00am Blood Pressure 12:00am Holiday Lunch 1:15pm Art Class 2:15pm Grief Support*	<b>21</b> 5:00pm Third Thursday: Football Tailgate	<b>22</b> 10:30am Bingo 10:45am TV Series: Masters of the Air
<b>25</b> 2:00pm Book Club	<b>26</b> 9:00am Volunteer Decorating	<b>27</b> 10:00am Blood Pressure 10:00am Health Screening 11:00am Phoenixville Hospital Chat 1:00pm Center Closes No Digital Skills Ready@50+ Class	<b>28</b> <b>Center Closed</b>	<b>29</b> <b>Center Closed</b>

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.

# November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Happy Diwali! B: Continental Breakfast .... L: Curry Chicken
<b>4</b> B: Continental Breakfast .... L: Chicken Risotto	<b>5</b> <b>Election Day Center Closed</b>	<b>6</b> B: Bananas Foster Bread Pudding .... L: Beef & Broccoli	<b>7</b> B: Sausage & Eggs .... L: BBQ Turkey	<b>8</b> B: Continental Breakfast .... L: Beef Tater Tot Casserole
<b>11</b> B: Continental Breakfast .... L: Beef Stroganoff	<b>12</b> B: Waffles & Bacon .... L: Wedge Salad w/ Chicken & Bacon	<b>13</b> Happy Birthday! B: Biscuits & Sausage Gravy .... L: Lasagna	<b>14</b> B: Ham & Eggs .... L: Chicken & Rice	<b>15</b> B: Continental Breakfast .... L: Italian Roast Pork
<b>18</b> B: Continental Breakfast .... L: Chicken Alfredo	<b>19</b> B: Breakfast Sandwich .... L: Meatloaf	<b>20</b> B: Breakfast Tater Tot Casserole .... L: Turkey & Gravy	<b>21</b> B: Frittata .... L: Shrimp & Grits	<b>22</b> B: Continental Breakfast .... L: Tuna Salad
<b>25</b> B: Continental Breakfast .... L: Cobb Salad	<b>26</b> B: Creamed Chipped Beef .... L: Grilled Cheese & Tomato Bisque	<b>27</b> B: Blueberry Pancakes .... L: Beans & Franks	<b>28</b> <b>Center Closed</b>	<b>29</b> <b>Center Closed</b>

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.



# November Birthday Social

## Wednesday November 13th

**Lunch at 12pm**

**Entertainment at 1pm**

Register for lunch before November 8th



Birthday entertainment

### **Dave Darwin The One Man Sideshow**

From death-defying stunts to clean comedy and juggling, David Darwin does it all. He is the juggling contortionist who can astound you with song, skill and captivating surprises.

Diane Altomari	Sue Downes	Susie Mabry	Lorenzo Scialla
John Altomari	Julia Durachko	William MacNichol	Rosie Steininger
Maureen Baker	Keith Feulner	Maureen Madison	Mary Stepsie
Anne Benton	Beverly Fitzcharles	Rita Maloney	Cynthia Supeau
Vivian Berger	Joy George	Joann Marks	Robert Townsend
Holly Biggins	MaryAnn Glocker	Jack Mason	Bernice Trace
James Bohl	Denise Griboski	Peter Mattschei	James Ulinski
Kathleen Bohrer	Judith Guevin	Helen Mogel	Fran Vicari
Pam Border	Harry Handwerk	Will Moyer	Maureen Waldron
Claire Bravo	Joseph Harper	Arleen Norris	Loretta Watson
Beth Briglia	Carol Hemsley	Kathleen O'Pella	Delores Weaver
Nancy Carroll	Ann Jones	Robert Opiela	Harvey Weinberg
Gary Chlapaty	Theresa Kaner	Ruth Ortiz	Susie Wetherill
Ruth Coburn	Gerard Kaufmann	Patricia Ottinger	Wendy Wetherill
Kim Coffin	Nancy Kelly	Debbie Pletcher	Renee Wilke
Russ Conway	Betty Kother	Frank Quarto	Mildred Wilson
Linda Cordenner	Rita Lacey	Reva Rohlfs	Cheryl Yohe
Marguerite Delone	Hugh Lawson	Angelika Sadar	Carolyn Zimmerman
Maryann DiJoseph	Richard Leong	Alda Scheib	

## Still have questions about Medicare?

Join Senior Center Gold Sponsor Joel Payton of the Payton Agency on **Tuesday, November 12th at 10am**



for his presentation on the changes in 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

## Tax Season is Coming!



We have a limited number of AARP tax appointments available, and scheduling will begin soon. We will be offering traditional in-person appointments.

Senior Center participants may call to schedule appointments starting on Monday, December 9th, 2024. To schedule, please leave a clear message at 610-935-1515 ext 26 with your name, the name of anyone filing with you, your phone number, and the reason for your call. Your call will be returned in the order your message is received. Please be patient as call volume is high.

If you prescheduled your 2025 appointment during your 2024 appointment, you only need to call if you wish to reschedule. Otherwise, we will contact you in January 2025 to confirm your appointment.



## Phoenixville Senior Center Hours

**Monday through Thursday 8am to 3pm**  
**Friday 8am to 1:30pm**

Chester County Food Bank will be offering a frozen Holiday meal to our participants again this year.

Pick ups will be on Monday November 18th and Monday December 16th starting at 10:30am.

**This program requires a pre-registration by 11/15 and 12/14. Please register on Copilot or email [christine@phoenixvilleseniorcenter.org](mailto:christine@phoenixvilleseniorcenter.org)**

### Important Lunch Reminders

Pre-registration for lunch is **Friday by 1PM** prior to the day you would like to attend lunch on Copilot.

**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.

Please call ahead and speak to a staff member if you would like to have a meal but did not pre-register.

Soup is now on the menu for the Alternate Meal.

Want to take home some soup?

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



See Christine for a list of available soups.

Interested in a tour of the Senior Center? Know some-



one 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/](http://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.**

# 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:

The LIHEAP 2023-2024 season is now open!

LIHEAP helps people pay their heating bills in the form of a cash grant sent directly to the utility company/fuel provider to be credited to your bill.

These grants range from \$300 to \$1,000 based on household size, income, and fuel type. For the application, or help applying, please contact

Cari at 610-935-1515 ext. 24 or at cforeman@phoenixvilleseniorcenter.org



Program Name	Description	Income Limit (if any)
<b>PACE/PACENET</b>	Helps save money on prescription medication costs	PACE: \$1,208/PACENET: \$2,792
<b>LIS/Extra Help with Medicare Part D</b>	Helps with monthly premiums, annual deductibles, and co-payments	Income:\$1,843, assets: \$16,660
<b>Medicare Savings Program</b>	Helps pay Medicare premiums, deductibles, coinsurance, and copayments depending on level of assistance	Income:\$1,660, assets: \$9,090
<b>Medical Assistance</b>	Medicaid for those with Medicare	Income:\$1,235, assets: \$2,000
<b>LIHEAP</b>	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
<b>SNAP</b>	Supplemental nutrition assistance	\$2,430 for seniors
<b>Property Tax/Rent Rebate</b>	Rebate for property taxes or rental costs	New income limits!
<b>Senior Food Box</b>	Supplemental canned and dry goods	\$2,430
<b>Henry's Helping Paw</b>	Food for indoor pets of seniors	No income limit

# 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](http://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

**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.**