



From the Desk of Executive Director, Julie Gaudan

Happy Holidays! We will be celebrating all month! Thank you, Christine, for arranging a great line-up of entertainment and celebration!

- December 5 - we honor the veterans among us with a special breakfast program. Guest speaker – Bishop Joseph Coffey from the Military Archdiocese.
- December 7 – 300+ of our closest friends will explore festive decorated houses in Phoenixville and Schuylkill Township at the Candlelight House Tour and Holiday Market.
- December 11 – The Notables join us for the Birthday Social
- December 18 – Christine Brown will entertain us with music at our Holiday luncheon and there might be a special visitor!
- December 20 – A young version of Frank Sinatra will serenade Third Thursday.
- December 26 – Happy Hanukkah breakfast
- December 30 – Kwanzaa lunch
- December 31 – New Year's Toast at 12 noon. (I am not staying up for midnight!)

The Center is closed

12/23 through

12/25 & 1/1

Close at 1:30pm

12/26 through 1/3

December 3 is Giving Tuesday. Started in 2012, on the first Tuesday after Thanksgiving, Giving Tuesday is a global movement celebrated in 75 countries. While we are still basking in the glow of celebrating gratitude, it is a great chance to give back. The Center appreciates your donation.

WW Smith Foundation gave us funds to purchase a new range with a griddle and broiler! We are closed December 23 for installation of "Brian's new toy"! I can't wait!

We set up an Amazon wish list! Just like the lists we use to write to Santa; it's filled with things that we can enjoy here at the Center. Most are practical, but some are fun things we would like to share with you but can't find the funds in the budget! Here's the link <https://a.co/aPTAp4C>. It's under our official IRS approved name, "Senior Adult Activity Center of the Phoenixville Area".

I know that most of us are now spending a lot of time, energy and money to find a place for the things that we have accumulated over the years. No, I do not need another ornament for the tree. My husband NEVER wears ties and doesn't need any more funny T-shirts. If your family members ask you what you want for the holiday, please consider asking for a gift for the Senior Center.

Julie

Dear Family and Friends,

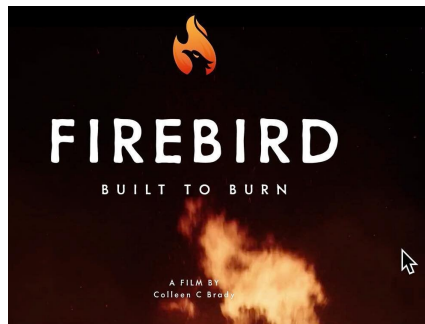
I don't need anything this year. Please consider one of the following:

· Make a donation in my honor to a special place for me –
Phoenixville Area Senior Center 153 Church St Phoenixville, PA 19460

· Buy something off of the Senior Center's Amazon Wish list -
link: <https://a.co/aPTAp4C>

Celebrate the Holidays with the Senior Center

Join us for a very special screening of the documentary



“Firebird: Built to Burn”

Friday December 13th at 1pm

A year in the life of an eccentric annual festival, where a small town community (Phoenixville of course) celebrates rebirth through the building and burning of a giant wooden phoenix.

Produced by Charlie Hudson Directed by Colleen C Brady

Please register on Copilot. The Center will be closed at 1pm to other activities.



Join your friends to ring in the New Year on Tuesday December 31st at 11:45am as we count down to 12 noon with a toast to celebrate 2025!

Retro Holiday Movie Day

Tuesday 12/17 @ 10am

A Christmas Story (1983)

In the 1940s, a young boy named Ralphie Parker attempts to convince his parents, teacher, and Santa Claus that a Red Ryder Range 200 Shot BB gun really is the perfect Christmas gift.



SUPPER CLUB RETURNING IN JANUARY

If you're sick,
please stay HOME



\$5 Cash Bingo

Weds 12/4 @ 1pm

Fri 12/20 @ 10:30am





Has any one seen this elf?? Apparently he has taken up residence in the Senior Center for the holidays. Find him daily in a new spot anywhere in the Center where participants can go. The person who finds him the most before the 18th of December will win a prize. Good luck hunting!

Join us for our Annual Holiday Party Wednesday December 18th at 12pm

Special guest: Santa with presents!

Entertainment: music from Christine Brown

Volunteers: FBLA Students from PASD

RSVP on Copilot for lunch and festivities by December 13th

Ugly Sweater Contest

Wednesday December 18th at 1pm



SPECIAL HOLIDAY MEALS



HANUKKAH BREAKFAST

THURSDAY 12/26 8AM

KWANZAA LUNCH

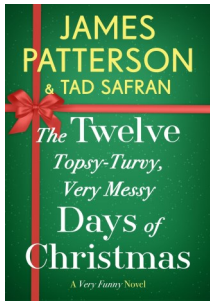
MONDAY 12/30 12PM



Please check the activities calendar for schedule changes during the holidays.

Lunch on 12/6 begins at 11:30am / No afternoon exercise classes 12/26 to 1/2/2025

Pinochle, Rummikub, Yahtzee and Social stitchers has been moved to 10am on their respective days week of 12/26 to 1/3



December Book Club

December 16th at 2pm

"The Twelve Topsy-Turvy, Very Messy Days of Christmas" by James Patterson & Tad Safran.

At Christmastime, a family of three are missing someone dear to them. Until unexpected guests begin to arrive at their empty house, filling it with Christmas memories in the making.

Please see Christine for an available book.

GIVING TUESDAY Tuesday December 3rd

Giving Tuesday is a global movement that promotes generosity and giving back

Want to know how you can help the Senior Center this Giving Tuesday?

Monetary donations are greatly appreciated and helps us continue all of the programs you have come to love!

You can also

Check out the Senior Center's Amazon wish list: follow link to

<https://a.co/aPTAp4C>

Or search for Senior Adult Activity Center of Phoenixville Area



Whatever your New Years Resolutions are for 2025, let the Senior Center help you keep them! Whether it is getting more involved at the

Center, taking an exercise class or even an art class, we have something for you! We even have an upcoming nutrition class, Drivers Safety course and Healthy Steps in Motion class in the new Year.

So what is stopping you?

Know a great gift for someone that also supports the Senior Center?

50/50 tickets are on sale now for the drawing at our February Third Thursday.

\$10 each or 3 for \$25.

Please see any staff member for tickets.



AARP Foundation
Digital Skills Ready@50+

IN COLLABORATION WITH
SENIOR PLANET

December

Computer Classes

12/2 & 12/4—Protecting
your Online Privacy.

12/9-- Mobile Health Apps

12/16—Using your Phone for Holiday
Greetings

No class on 12/11, 12/18 or 12/30

Healthy You at the Phoenixville Senior Center

Phoenixville Hospital Community Health Education & Outreach Dept.

HEALTHY SENIORS DECEMBER HEALTH EDUCATION PROGRAM

What: HEADACHES, When to See a Doctor

When: Friday, December 6 @ 1:00 PM



Dr. Richard Lukose, System Director of Neurology for Tower Health & Chr. of Neurology @ Reading Hospital, will highlight the reasons to consult a neurologist, focusing on headaches and in particular migraine headaches.

Lunch will begin at 11:30am Please register on Copilot. The Center will be closed at 1pm to all other activities.



Thursday December 12th at 11am

Join the Senior Center and our sponsors from Sarah Care as they present a program entitled

“ Staying Healthy Through the Holidays”

Intermediate Pickleball lessons w/ Joel

Wednesday Dec 11th 1-3pm

Half Court schedule 12/23 to 1/1

Grief Support Group



Thursday Dec 5th and

Wednesday Dec 18th

both at 2:15pm

Facilitated by Ascend Hospice



Weds December 4th 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.

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

Billie will return in January.

New Event for the Senior Center—Baseball Hot Stove
December 2nd 5:30pm



With special guest speaker Nate Ballenberg

Nate is a 2007 Haverford College graduate who played 2 years of European professional baseball as a pitcher in Israel and Germany. Nate has been the assistant Minor League roving pitching coordinator for the Minnesota Twins for the past 7 years where he has helped instruct and develop pitchers in the Twins minor league system. Nate is a resident of Phoenixville where he lives with his wife, Laura and new daughter.

\$25 per person - meal is included.

Third Thursday December 19th 5—7pm



An Evening with Sinatra

Join us for an evening of Sinatra tunes sung by the talented Vincent Romano. Dinner of Baked ziti with garlic bread and dessert is included.

\$20/ \$18 VIP Payment is required with reservation before Monday December 16th.

Save the date for a very special “Third Thursday”

January 9th, 2025* –Baseball Hot Stove

With special guest Ruben Amaro, Jr.

(son of Ruben Amaro, Sr. who was an outstanding shortstop for the Phillies during the 1960's). Ruben Amaro, Jr. was a Major League baseball player for 7 years with the Cleveland Indians and the Philadelphia Phillies; he then became a major league coach and general manager of the Phillies. Ruben is currently a sportscaster with the Phillies and a frequent guest baseball analyst on WIP Sports Radio.

\$25 / meal included. Payment is due at time of reservation. Reserve by January 6th.

***January will be held on the second Thursday due to scheduling.**



Veterans Breakfast Thursday December 5th 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

Candlelight House Tour and Holiday Marketplace A Phoenixville Tradition!

Saturday, December 7th, 2024

Marketplace 3-7pm

Self-guided walking tour 4-8pm

Tickets \$30 in advance online

\$35 at door on December 7th

Call 610-935-1515 ext. 23 for information

<https://app.etapestry.com/onlineforms/>

[SeniorAdultActivityCenterofth/holidaytour.html](https://app.etapestry.com/onlineforms/SeniorAdultActivityCenterofth/holidaytour.html)



Benefits the
Phoenixville Area
Senior Center
153 Church St.





December Birthday Social

Wednesday December 11th

Lunch at 12pm

Entertainment at 1pm

Register for lunch before December 6th

Birthday entertainment

The Notables return to bring their festive fun to the Senior Center with a selection of holiday tunes.

Dixie Barlow	Melissa Davis	Fred Marks	Valorie Sanders
Eric Baron	Cindy Crowe	Patricia	Elaine Schmidt
Joseph Bartoletti Jr	Theodore Galeone	McDonough	Jean Schwartz
Ben Benadetto	Judy Giffi	Shirley Miller	Susan Schwartz
Mary Louise	Michelle Giffroy-Rossi	Judith Lynch	Donna Sebastian
Boczowski	Estelle Glincoosky	Mary Nickels	Judy Sengillo
Charles Bonham	Sandra Grancell	Chris O'Dorisio	Diane Shea
Karen Brzoska	Thomas Griffin	Mary O'Grady	Sylvia Stephenson
Michael Burnett	Loretta Gunzenhauser	Dolores Opiela	Margaret Szabo
Barbarah Catherman	Marilyn Harvey	Celia Palmer	William Szabo
Fiora Clark	Jeanette Horvath	Lois Perry	Florence Tang
Keith Cockerill	Kurt Jefferis	MaryAlice Phillips	Lucy Tascone
John Colarusso	Nancy Kaicke	Kathleen Pierre	Maria Torres
Barbara Connelly	Susan Koss	Sharon Redding	Ray Wanger
Michael Cowan	Eileen Kuntz	Giselle Remillard	Gerald Wheaton
Carol Deluca	MaryFrances Leahy	Giann Ruppert	
Tom Deluca	Carole Lerch		

December Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 B: Continental Breakfast L: Chicken Cheesesteak	3 B: Sausage & Eggs L: Baked Salmon	4 B: Frittata L: Meatloaf	5 B: Breakfast Casserole L: Carnitas	6 B: Continental Breakfast L: Tater Tot Casserole
9 B: Continental Breakfast L: Baked Ziti	10 B: Ham & Eggs L: Beef Stew	11 Happy Birthday! B: Biscuits & Sausage Gravy L: Chicken Bruschetta	12 B: Breakfast Hash L: Seafood Cakes	13 B: Continental Breakfast L: Baked Catfish
16 B: Continental Breakfast L: Salisbury Steak	17 B: Waffles & Bacon L: Chicken & Broccoli	18 Winter Holiday Party B: Breakfast Sandwich L: Ham	19 B: Quiche L: Pork Sandwich	20 B: Continental Breakfast L: Chicken & Rice
23 Center Closed	24 Center Closed	25 Center Closed	26 Hanukkah Breakfast B: Bagels & Lox L: Stewed Chicken & Rice	27 B: Continental Breakfast L: Italian Roast Pork
30 Kwanzaa Lunch B: Continental Breakfast L: Seafood Gumbo	31 NY Eve Toast B: Cream Chipped Beef L: Pork Chop	1 January Center Closed	2 B: Blueberry Pancakes L: Chicken & Dumplings	3 B: Continental Breakfast L: Pork Steak

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.

December 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
2 5:00pm Hot Stove	3 Giving Tuesday	4 9:30am Kinetics Stretch 1:00pm Bingo 1:15pm Art Class	5 8:00am Veterans Breakfast* 2:15pm Grief Support*	6 1:00pm Tower Health Talk Center closed to other activities after 1:00pm 7 3:00pm Holiday House Tour & Marketplace
9 10:00am State Rep. Friel Mobile Office	10 10:00am SeniorLAW Center 10:30am Sports Desk 10:30am Art on Canvas	11 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment 1:00pm Pickleball Class w/ Joel No Digital Skills Ready@50+ Class	12 **Scrip Orders Due** 11:00am SarahCare Presentation	13 1:00pm Movie: Firebird: Built to Burn - Movie Screening & Director Q&A Center closed to other activities after 1:00pm
16 Frozen Holiday Meal Pickup 2:00pm Book Club No Tai Chi Class	17 10:00am Movie: A Christmas Story 12:00pm State Sen. Muth Mobile Office	18 12:00pm Winter Holiday Party 1:00pm Ugly Christmas Sweater Contest 1:15pm Art Class 2:15pm Grief Support*	19 5:00pm Third Thursday: A Night with Sinatra	20 10:30am Bingo

Special Holiday Schedule December 23 - January 3

23 Center Closed	24 Center Closed	25 Center Closed	26 8:00am Hanukkah Breakfast 10:00am Pinochle 10:00am Yahtzee 10:00am Social Stitchers 1:30pm Center Closes No Yoga	27 1:30pm Center Closes
30 12:00pm Kwanzaa Lunch 1:30pm Center Closes No Tai Chi No Digital Skills Ready@50+ Class	31 10:00am Pinochle 10:00am Rummikub 1:30pm Center Closes No Yoga	1 January Center Closed	2 10:00am Pinochle 10:00am Yahtzee 10:00am Social Stitchers 1:30pm Center Closes No Yoga	3 1:30pm Center Closes

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	Weekly
AARP DSR50+ Mondays & Wednesdays at 1pm	Silver Sneakers Circuit—Intermediate \$2 / free for Silver Sneakers & Renew Active Monday & Wednesday 8:45am
Art Class— Watercolor See schedule for dates \$5 fee	Silver Sneakers Classic –Chair Based \$2/ free for Silver Sneakers & Renew Active Monday, Wednesday & Friday 9:45am
Art on Canvas See schedule for date *new fee Fee: \$10/ \$9 VIP Supporter	Silver Sneakers Line Dancing \$2/ free for Silver Sneakers & Renew Active Friday at 8:45am
Blood Pressure 2nd and 4th Wednesday 10am to 11am Every Thursday 8:30am to 11:30am	Tai Chi \$2 fee/ free for Silver Sneakers, Renew Active Mondays at 1pm
Cash BINGO \$5 to play 5 games	Silver Sneakers Yoga \$2/ free for Silver Sneakers & Renew Active Tuesday and Thursday 1:15pm
Tuesday Morning Sports Desk Will be back soon	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
Rep Friel’s Mobile Office Hours Second Monday of every month 10am to 12pm	Pickleball @ Rec Center \$3 Monday through Fri 1pm to 3pm Must pre-register for this program on Copilot
Senior Law Center Legal services intake clinic at the Second Tuesday From 10am to noon	Weight Wise Support Every Monday at 11am.
Senator Muth Mobile Office Hours Third Tuesday of every month 12 to 2pm	Rummikub every Tuesday at 1pm
Phoenixville Hospital Health Talk Roundtable health topics Last Wednesday of the month at 11am	Mah Jong every Tuesday at 10am
	Social Stitchers every Thursday at 1pm
	Pinochle Tuesday & Thursdays at 12:45pm
	Yahtzee every Thursday at 12:45pm

Scrip gift cards orders are due no later than the end of business on Thursday December 12th to receive the gift cards in time for the holidays. Please see Carmela for details.



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.

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

The Phoenixville Senior Center, in most cases follows the weather policy of the Phoenixville Area School District and Chesco Connect.

Please check for snow closure information on our Facebook page, website or call the Senior Center at 610-935-1515 after 7am.



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 December 16th starting at 10:30am.

This program requires a pre-registration by 12/13 Please register on Copilot or email 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 until 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 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.**

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)
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

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
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Newsletter sponsored by Devlin - Gatcha Funeral Home

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.