

JANUARY 2025



From the Desk of Executive Director, Julie Gaudan

Join us for a special “Thursday” evening on January 9th.

This “Second Thursday” event is so big, it’s replaced our

Third Thursday event! Ruben Amaro Jr. will be here for a special “Hot Stove” talk. It will be an evening of intense baseball discussion with other baseball fans over a meal. This is for you, serious Phillies Fans! (If you don’t know who Ruben Amaro, Jr. is, this one may not be for you!)

Keep an eye out for other “Hot Stove” talks in the coming months. For those of us unfamiliar with the term “Hot Stove”, according to my internet research, “The term “Hot Stove” originated in the 19th century, when baseball fans would gather around hot stoves to stay warm keeping the excitement for baseball season alive during the winter months before spring training.”

The Center is closed
1/1 New Years Day

If the New Year brings feelings of sadness and loss because of the passing of a loved one, understand that you are not alone. Please consider our grief support group which meets twice a month. Facing loss is a process, let us help.

Most of us reside in the ten-mile radius Limerick evacuation circle. Fortunately, most of us drive and can evacuate if directed. What happens if you don’t drive? You should have received a postcard asking for information that will allow local emergency management to make their plans to help you. Please fill it out and send it in. What if the person who helps you isn’t physically with you? If they are out of town or outside of the evacuation circle, they might not be able to get back to you. Prepare for the worst-case scenario.

Celebrating the New Year can be very exciting. It marks a time of change and introspection. Many of us make resolutions - diet, decluttering, keeping in touch with old friends, finishing projects. This year, I took this process very seriously. After over 14 years, it’s time to give someone else the opportunity to lead this amazing organization. My last day is January 24 th . The Board of Directors is dedicated to finding you the right person for the job, who will be amazing. I wish every one of you the best. You have been a big part of my life and will always be part of my family. This is not an end, it’s a beginning.

With all my love, Julie

SUPPER CLUB IS BACK!

Tuesday January 21st at 5pm

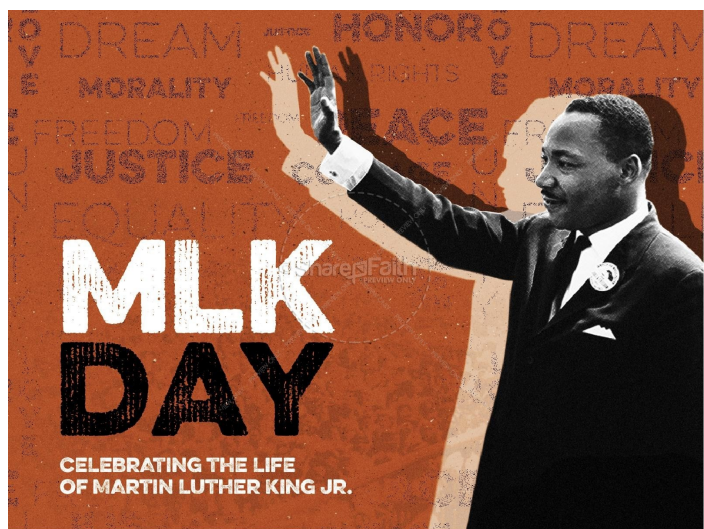
Kiko Sushi and Ramen

243 Schuylkill Road, 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.

Please call 610-935-1515 ext 29 to make reservations.

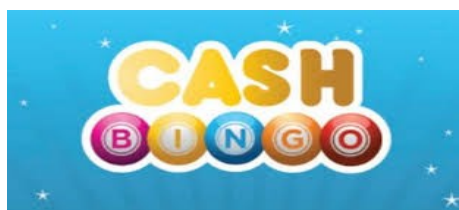


Monday January 20th

“Life’s most persistent and urgent question is: ‘What are you doing for others?’”

-Martin Luther King, Jr

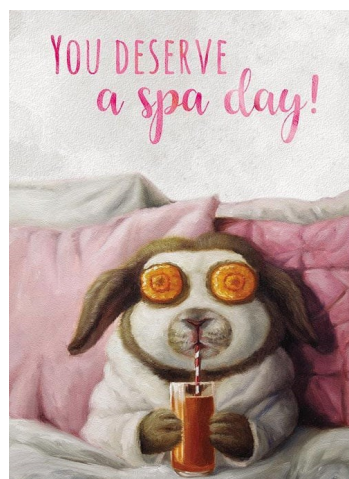
This year the Dr. Martin Luther King, Jr. holiday will mark the 30th anniversary as a National Day of Service.



\$5 Cash Bingo

Friday 1/10 @ 10:30am

Wednesday 1/29 @1pm



**Spa Day with
Melissa**

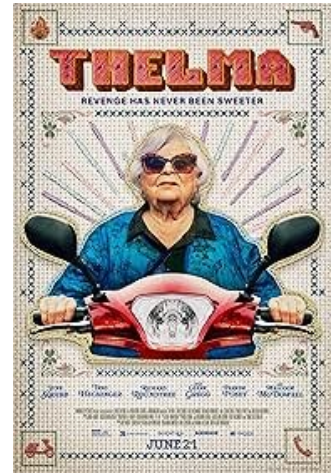
Tuesday January
21st at 10:30 am

Register on Copilot
before 1/20

Movie Day Thelma—2024

Tuesday January 28th at 10:00am

Thelma Post is a 93-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her. Starring June Squibb and Richard Roundtree.



Want to stay for lunch? Pre-register by 1/24.



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?

Weekly beginning on January 8th at 10 am on Wednesdays, we will have a very special visitor, Piper the dog and her human Sheri visit the Senior Center for some pet therapy.

PAWS for People™ is a nonprofit organization committed to providing therapeutic visits to any person in the community who would benefit from interaction with a well-trained, loving pet.



Every Wednesday at
10am



Craft Day
Sock Snowman
Tuesday January
7th at 10am
Fee \$4
Registration required
by 1/6

Friday January 24th at 10:30am
Mind Matters Program
**“Food Insecurity Among Older Adults
and the Emergency Food Safety Net.”**
In this talk, we will draw on recent research to describe the work of the emergency food network in Pennsylvania, discuss increased food insecurity and the programs that work to address food needs among older adults, and provide more information on the relevance of these pro-

Attention Travelers!

Now departing for 2025!



Check out the trips offered by Collette for 2025:

Canadian Maritime (June 2025) and London/Paris (September 2025)

Interested in other trips? Please fill out a survey on possible new trips for the 2025/2026 season. Follow this link:

<https://forms.gle/D3vt86CWq6NcTEwZ6>

Please see Christine for information on the two trips offered.



The AARP Smart Driver™ course will help you refresh your driving skills, and may even help you save on your auto insurance.

Weds January 15th and Weds January 22nd

11:30am to 3:30pm with a half hour for lunch.

\$25 for the course paid to the instructor. You must complete both days of training to receive your certificate.

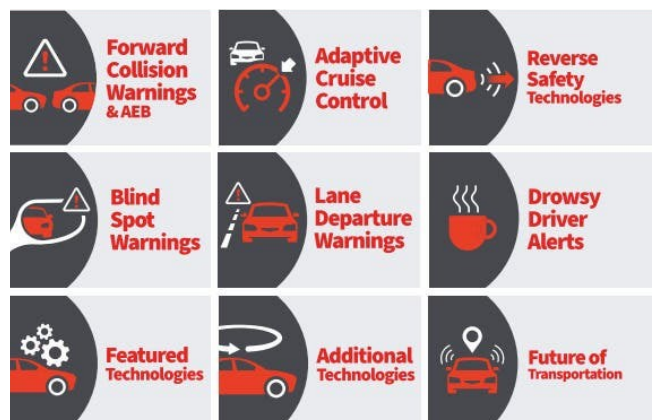
Please register on Copilot or call 610-935-1515 ext 29

AARP SMART DRIVER TEK™
MONDAY JANUARY 27TH 1PM

Get Smart About New Vehicle Technology

Join the 90-minute workshop to learn all about the latest high-tech safety features in your current car, or what technology to look for when shopping for a new car. The safety benefits of blind spot warning systems, forward collision warnings and more.

Pre-register on Copilot by 1/24





Would you like to help out the Senior Center?
Please check out our Amazon wish list for 2025
<https://a.co/aPTAp4C>

50/50 tickets are on sale now for a drawing at the
February Third Thursday 2/20.

\$10 each or 3 for \$25.

Please see any staff member to purchase tickets.



Spanish Language Classes With Evelyn

Beginning Monday January 6th at 11:15 am

Space is limited so please register early.

If you have previously taken this course, we ask
that you do not sign up at this time and leave the
spots for new students.

Register on Copilot or call 610-935-1515 ext 29.



Thursday January 23rd at 11am

Remember Rover? It is now
Chesco Connect.

Same great service, new name.

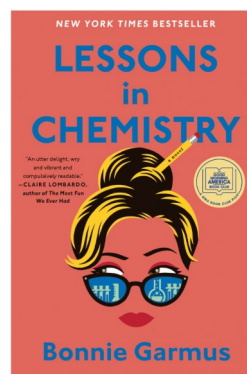
Jim Oughton, the Deputy Director of CC Dept of
Community Transit will be here to answer your
questions about their services and give anyone
a ride in one of the busses. Come check it out!

January Book Club

Monday January 27th at 2pm

Lessons in Chemistry

By Bonnie Garmus



It tells the story of
Elizabeth Zott, who
becomes a beloved
cooking show host in
1960s Southern California
after being fired as a
chemist four years earlier.

Healthy You at the Phoenixville Senior Center

Healthy Steps in Motion Fall Prevention Workshop

8 week program beginning Thursday January 9th at 10am

This fantastic evidence-based program helps older adults with balance and fall prevention.

This class has limited availability so please pre-register on Copilot or call 610-935-1515 ext 29. Please make the commitment to attend all 8 weeks of this course.

Pickleball lessons w/ Joel Payton

Phoenixville Rec Center

Wednesday January 22nd 1-3pm

Pre-registration required on Copilot.

**If you're sick,
please stay HOME**



Grief Support Group



Thursday Jan 9th and

Wednesday Jan 22nd

both at 2:15pm

Facilitated by Ascend Hospice

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"

Weds January 29th

Health Screenings at 10am

Health Chat at 11am

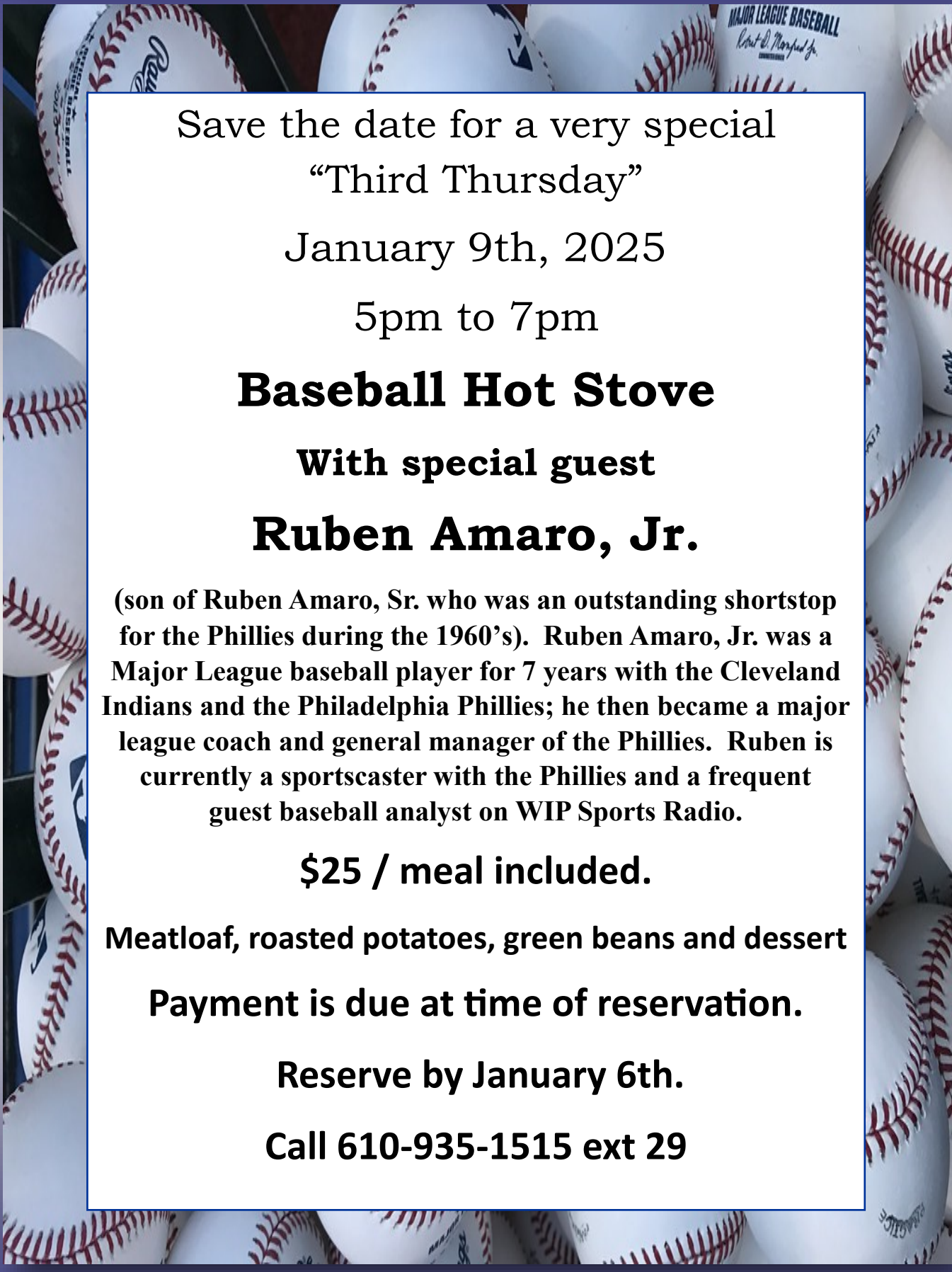
"Glaucoma Awareness"

Do you know what glaucoma is, how it is diagnosed, and why half of people with the condition don't even know they have it?



Weds January 8th at 9:30am

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



Save the date for a very special
“Third Thursday”

January 9th, 2025

5pm to 7pm

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.

Meatloaf, roasted potatoes, green beans and dessert

Payment is due at time of reservation.

Reserve by January 6th.

Call 610-935-1515 ext 29

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

Monthly	Weekly
Computer Classes 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

January 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 12:45pm Yahtzee 1:00pm Pickleball @ Rec Center* 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 12:00pm Lunch* 1:00pm Pickleball @ Rec Center* 1:30pm Close
		1 Center Closed	2 10:00am Pinochle 10:00am Yahtzee 10:00am Social Stitchers 1:00pm Center Closes No Yoga	3 1:00pm Center Closes
6 11:15am Spanish Class*	7 10:00am Craft	8 9:30am Kinetic Stretch 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment 1:15pm Art Class No Digital Skills Class	9 10:00am Healthy Steps in Motion* 2:15pm Grief Support 5:00pm "Third" Thursday: Baseball Hot Stove	10 10:30am Bingo
13 10:00am State Rep. Friel Mobile Office 11:15am Spanish Class*	14 10:00am SeniorLAW Center 10:30am Sports Desk 10:30am Art on Canvas	15 11:00am AARP Safe Driving Course*	16 10:00am Healthy Steps in Motion* 10:30am Phoenixville Federal Presentation	17 **Scrip Orders Due**
20 Martin Luther King Jr Day 11:15am Spanish Class*	21 10:30am Spa Day* 12:00pm State Sen. Muth Mobile Office	22 10:00am Blood Pressure 11:00am AARP Safe Driving Course* 1:00pm Pickleball Class w/ Joel 1:15pm Art Class 2:15pm Grief Support	23 10:00am Healthy Steps in Motion* 11:00am Chesco Connect Presentation	24 10:30am Mind Matters Program
27 11:15am Spanish Class* 1:00pm Car Tech* 2:00pm Book Club	28 10:00am Movie: Thelma	29 10:00am Health Screening 11:00am Phoenixville Hospital Chat 1:00pm Bingo	30 10:00am Healthy Steps in Motion*	31

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.

January Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
30	Kwanzaa Lunch B: Continental Breakfast L: Seafood Gumbo	31	NY Eve Toast B: Cream Chipped Beef L: Pork Chops	1	January Center Closed	2	Blueberry Pancakes L: Chicken & Dumplings	3	Continental Breakfast L: Pork Steak
6	Continental Breakfast L: Roast Pork Sandwich	7	Frittata L: Turkey Noodle Casserole	8	Happy Birthday! B: Sausage & Eggs L: Roast Beef	9	Breakfast Casserole L: Chicken & Broccoli	10	Continental Breakfast L: Chicken & Rice
13	Continental Breakfast L: Beef Stew	14	Sausage Gravy & Biscuits L: Catfish Bake	15	Breakfast Hash L: Baked Ziti	16	Ham & Eggs L: Seafood Cakes	17	Continental Breakfast L: Chicken Bruschetta
20	Continental Breakfast L: Baked Salmon	21	Quiche L: Chicken Cheesesteak	22	Waffles & Bacon L: Carnitas	23	Breakfast Sandwich L: Meatloaf	24	Continental Breakfast L: Tater Tot Casserole
27	Continental Breakfast L: Stewed Chicken	28	Bananas Foster Bread Pudding L: Chili Mac & Cheese	29	Cream Chipped Beef L: Salisbury Steak	30	Sausage & Strawberry Pancakes L: Shrimp Scampi	31	Continental Breakfast L: Italian Roast Pork

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.

Tax Season is Coming!



We have a limited number of AARP tax appointment slots available. We will be offering traditional in-person appointments. There are also a limited number of Tuesday evening appointments available.

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 and only leave one message. If you are not currently a participant, please request and complete a participants form now.

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.



Constellation.

You may have seen postcards recently from Constellation Energy Corporation regarding their emergency planning for residents within

10 miles of the Limerick power plant. Included in the postcard is a form to be filled out for any person who may need assistance in case of an emergency. We suggest if you or someone you know are hearing impaired, blind or have low vision or have mobility disabilities and would require assistance, please fill out the post card and return it to the address on the card. If you have thrown out the card, please go to the following website to print a new one

<https://constellationemergencyplan.info/> or call 800-220-2159 to have one sent to you.

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.

If you are unsure of the weather, please stay home stay safe.



January Birthday Social

Wednesday January 8th

Lunch at 12pm

Entertainment at 1pm

Register for lunch before 1/3

Birthday Entertainment

Prize Bingo!

Come win prizes as we play your favorite game!



BERNIE AGOSTINI	KAREN DOUGHERTY	WILLIAM LANYON	JANET STANERUCK
MAHMUDA AHMED	JANET ERTTELL	CYNTHIA LAZORIK	ROBIN STEPHENS
JOANNE BEAUREGARD	LILLIAN EVANS	DENNIS LEDERACH	SHARON SUWINSKI
SUSAN BEGY	RICHARD FARREL	ROBERT LONG	DETTE TAUBER
RITA BORKOWSKI YODER	EVELYN FATULA	JUDITH MCGLOUGHLIN	STEPHANIE UMBACH
LEE BRAND	PHYLLIS FEULNER	MARY MCGREADY	ANNA VERDUCI
MICHAEL BRANNAN	LATITIA FLOYD	JOHN NORMAN	JUDITH WALKER
SUSAN BRENNAN	KATHLEEN FRANKLIN	ANNE PEIRCE	MARGARET WALTERS
LOUISE BROOKS	SHARYN FUNDERWHITE	EARL PRICE	LYNDA WEBER
MARY CARROLL	LINDA GRISAFI	OLGA RIVERA-RAMOS	BEVERLEY WEINBERG
JOHN CARUSO	ALLAN HUFFMAN	STEVE SADOFSKY	KATHLEEN WILLIS
DOMINICK CATERINA	GENEVIEVE HUGHES	MARIA SANTILLO	GERALD WOMER
LORRIE CLARE	FLORENCE KATZ	MARILYN SCHEETZ	MELODY WYRES
JANET COOK	MADELEINE KEYES	LAWRENCE SCIOLI	
MARY CRAMSIE	ELIZABETH KNEPPER	LEO SCODA	
MARK DALY	JANICE KOLEA	LEE SEGNER	
DAVID DEHART	JOSEPH KRZEMIENSKI	MAGGIE SILVA	
DIANE DONATONI	PEGGY LAFFREDO	CAROL SKLAROFF	



Phoenixville Senior Center Hours

Monday through Thursday 8am to 3pm

Friday 8am to 1:30pm

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.



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.

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 goes 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
Electronic Service Requested

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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.