



From the Desk of Executive Director Julie Gaudan (one last time)

Dear Friends,

Time has flown and it is once again income tax time. Whether you get your taxes done here with our AARP Tax Aide Foundation volunteers, you do them yourself, or someone helps you, please review the new Property Tax/Rent Rebate income thresholds. The details are in Cari's article on page 13. The most important takeaway is that only half of your Social Security counts towards this threshold and last year, they raised that income level! If you do your taxes your-self, you can pick up the forms here. AARP volunteers will help you if you do them here. Make sure you bring everything you need to your appointment!

Center Closed
Monday
February 17th

A reminder that my last day was January 24th. The Board is very thoroughly vetting applicants, looking for the right leader for this special place. During this time, please be patient. On a day-to-day basis, most of you won't notice that I am gone. However, the staff is doing double duty. I am asking you to be conscious of when you ask questions or for someone to make change. Staff are doing multiple things at the same time. A casual request may not be remembered as they are running to set up a room or headed into the kitchen. This is not a personal slight, just a part of their reality for the next few months. We have set up a schedule for Christine and Carmela to help you. Please try to follow that whenever possible. Of course, exceptions and emergencies may come up and should not be ignored. Help each other whenever possible. I am asking for patience and understanding in the interim.

If you haven't made your Holiday appeal donation, please consider doing so. This seems to be one of those years where we are going to have a lot of snow. You know - I used to like snow days, then I started working here and found out how much snow plowing costs! Your help in keeping the parking lot plowed, this fine old building heated, and the lights on is much appreciated.

Thank you all for the support over the years. Some of you I have been lucky enough to have known from the beginning. Many more of you are new friends. I will miss spending time with all of you.

Julie



Join the Senior Center and the students from the Kimberton Waldorf School as they hold a dance for our participants on Valentine's Day.

Friday February 14th @ 12:30pm.

Computer Classes * New time

Mondays at *11am* and
Wednesdays at 1pm

2/3 & 2/5—Video Chat

2/10—Online Health Resources

2/19—Google Maps

2/24 & 2/26—Google Workspace



Wool Felting

Friday
Feb 14th
10:30am

\$5 fee

Please pre-register for
this class on Copilot



\$5 Cash Bingo

Friday 2/7 @ 10:30am
Wednesday 2/19@1pm



FEBRUARY

BLACK HISTORY

MONTH



In honor of Black History month!
 Movie Day Tuesday February 18th 10:00am
The Six Triple Eight (2024)
 An Army captain (Kerry Washington) leads her historic battalion of all-female soldiers as they face a mission unlike any other: to restore hope to WWII's frontlines by delivering over 17 million backlogged letters

10 am every Wednesdays
 visit with Piper the dog and her human Sheri when they come to the Senior Center for some needed pet therapy.

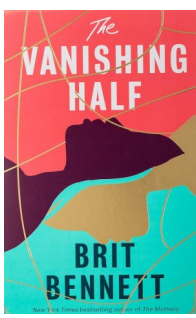


Do You Know the Rules of the Road?
 TV program
 Tuesday February 25th at 10am



Book Club Monday February 24th at 2pm
The Vanishing Half by Britt Bennett
 The Vignes twin sisters will always be identical. But after growing up together in a small, southern black community and running away at age sixteen, it's not just the shape of their daily lives that is different as adults, it's everything: their families, their communities, their racial identities .

Please see Christine for a book. If you cannot attend Book Club, Please return the current book to the Phoenixville Library before Book Club.



Weight Wise Support is back at the Center Monday mornings at 11am



Want to learn how to play Mah Jong?
 We are looking to see if there is interest in teaching another class.
 Please see Christine if you would like to learn.



Healthy You at the Phoenixville Senior Center

LOVE YOUR HEART

GET ACTIVE!

VISIT YOUR PRIMARY CARE PROVIDER

FEBRUARY IS **AMERICAN HEART MONTH**

EAT WELL!
A DIET LOW IN SALT & SATURATED FATS

KNOW YOUR NUMBERS:

- CONTROL YOUR CHOLESTEROL
- MANAGE YOUR BLOOD PRESSURE
- REDUCE YOUR BLOOD SUGAR

QUIT SMOKING!



CVIM provides hygiene and routine dental services,

TO QUALIFY FOR THIS SERVICE:

- Gross annual income limit for 1 person — \$45,180
- Gross annual income limit for 2 people — \$61,320
- NO dental insurance**

Call 610-836-5990 ext 107

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"

Wednesday February 26th

Health Screenings at 10am

Health Chat at 11am

"What is Heart Failure"

About 6 million Americans are currently living with it. One of the most common reasons people 65 and older go into the hospital.

Grief Support Group

Thursday Feb 6th and

Wednesday Feb 19th

both at 2:15pm

Facilitated by Ascend Hospice



Pickleball lessons w/ Joel Payton

Phoenixville Rec Center

Wednesday February 19th 1-3pm

Pre-registration required on Copilot.

KINETIC
PHYSICAL THERAPY

Weds Feb 5th at 9:30am

Join the Senior Center as we learn the best stretching techniques from Kinetic PT

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



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.



2025 Annual Scrapbooking Event

Friday, February 21, 5p - 9p and
Saturday, February 22, 8a - 7p
Cost: \$50 per person

Join us for a no-frills Friday to set up your
space early for Saturday.

Saturday - includes 4' x 2' space, snacks &
drinks, Continental breakfast, lunch & dinner.
Complementary parking for one vehicle is
included in our lot next to the building.

For additional information, contact Maria Tucker at
610-935-1515 ext. 23 or
mtucker@phoenixvilleseniorcenter.org



Would you like to help out the Senior Center?

Please check out our Amazon wish list for 2025

<https://a.co/aPTAp4C>

Coming into the Center for a meal or a program? When you check in, if you see a note saying you need to complete a NAT-E, please see Christine or a volunteer to pick up the form. The County requires participants to update this form yearly.



Upcoming Third

Save the Date Thursdays!

March 13th Annual Irish Wake

April 17th Medicare 101

May 15th Inflatable Planetarium with Night Wonders of Astronomy

June 19th Comedy Night



SUPPER CLUB

Will be back in March

Attention Travelers!

Now departing for 2025!



Check out the trips offered by Collette for 2025:

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

Please see Christine for information on the two trips offered. New trips will be added for

The 2026 travel season. Stay Tuned!

Third Thursday
February 20th 5 to 7pm
Valentine's Dinner & Dance

Join the Senior Center for
a delicious pasta meal
and dessert then work off
your meal with the best
DJ Tom Daulton



\$20/\$18 for VIP
Payment with
reservation
RSVP by 2/19



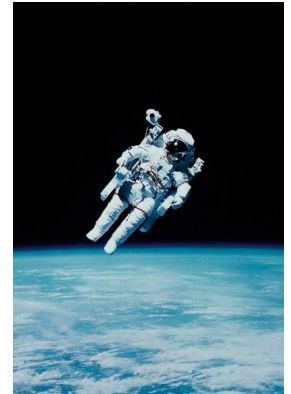
Birthday Social - Wednesday February 12th

Lunch at 12pm Entertainment at 1pm

Register for lunch on Copilot before 2/7

Birthday Entertainment 1pm

Join Ron Bolton of Night Wonders of Astronomy as he takes you back to the 1960s and the space race. You will learn about the Apollo moon missions and reminisce about where you were when Neil Armstrong took that first step on the moon. Find out what it was like to be an astronaut, what the moon sounds like, what it smells like and much, much more. You can also take a photo with a life-size cutout of Buzz Aldrin.



Dolores Bernstiel	Sandy Fuga	Joan Komarek	Pat Rodenbaugh
Leslie Bertucci	Lenore Gates	Peggy Liebold	Robyn Sheetz
Helen Bliss	Darlee Gelting	Gigi Lindsay	George Scheffey
Glenn Boekell	Harper Gensemer	David Long	Jessica Schwartz
Evelyn Bognar	Susan Gould	Janet Lynch	Michael Sexton
Louise Boyer	Debbie Gleason	Nina Mason	Joan Smith-Curry
Pam Butchkoski	Marina Gresham	Gwyn Mays	Kim Snook
Ann Cahill	Andrea Grohoski	Gordon McLeod	Michael Speck
Barbara Charlton	Doug Hamel	Vincent Morello	Bonnie Staskin
Patricia Charlton	Freda Henry	Carolyn Morgan	Mark Synic
Meizhen Chen	Donna Himes	Virginia Neizer	Robert Szegedy
Victoria Davidson	Dagmar Hobson	Elaine Norman	Valerie Thomas
Barbara DeBlois	Michael James	Lucinda Parrish	Natalie Trycieckyj
Nilda Castro	Sandy Kanaskie	Judith Phillips	Sharon Vance
Connie Demos	Karen Kelly	Joseph Piccone	Edith Voher
Teresa Duckworth	Donna Kling	Roberta Piergiovanni	Sandra Vontor
Jane Farella	Rose Knezits	Karen Plummer	Anne Wetzel
John Fisher	Martin Kolb	Robert Rivera	

February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 B: Continental Breakfast L: Chicken & Broccoli	4 B: Sausage & Eggs L: Turkey Noodle Casserole	5 B: Brekfast Casserole L: Roast Beef	6 B: Blueberry Pancakes L: Chicken & Rice	7 B: Continental Breakfast L: Roasted Pork Sandwich
10 B: Continental Breakfast L: Tater Tot Casserole	11 B: Biscuits & Sausage Gravy L: Chicken Cheesesteak	12 Happy Birthday! B: Ham & Eggs L: Meatloaf	13 B: Breakfast Sandwich L: Carnitas	14 B: Continental Breakfast L: Grilled Salmon
17 Center Closed	18 B: Waffles & Bacon L: Chili Mac & Cheese	19 B: Frittata L: Italian Roast Pork	20 B: Bagels & Lox L: Stewed Chicken	21 B: Continental Breakfast L: Shrimp Scampi
24 B: Continental Breakfast L: Baked Ziti	25 B: Cream Chipped Beef L: Blackened Catfish	26 B: Pork Roll & Eggs L: Seafood Cakes	27 B: Steak & Eggs L: Chicken Bruschetta	28 B: Continental Breakfast L: Beef Stew

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.

February 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 11:00am Digital Skills Ready@50+ Class 12:00pm Lunch* 1:00pm Pickleball @ Rec Center* 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* 1:00pm Close
3 11:00am Weight Wise Support 11:15am Spanish Class*	4	5 9:30am Kinetic Stretch 10:00am Paws for the People: Piper the Pup 1:15pm Art Class	6 10:00am Healthy Steps in Motion* 2:15pm Grief Support	7 10:30am Bingo
10 10:00am State Rep. Friel Mobile Office 11:00am Weight Wise Support 11:15am Spanish Class*	11 10:00am SeniorLAW Center 10:30am Sports Desk 10:30am Art on Canvas	12 10:00am Paws for the People: Piper the Pup 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Class	13 10:00am Healthy Steps in Motion*	14 10:30am Wool Felting 12:30pm Valentine's Day Dance w/ Kimberton Waldorf School
17 Center Closed	18 10:00am Movie: The Six Triple Eight 12:00pm State Sen. Muth Mobile Office	19 10:00am Paws for the People: Piper the Pup 1:00pm Pickleball w/ Joel 1:00pm Bingo 2:15pm Grief Support	20 10:00am Healthy Steps in Motion* 5:00pm Third Thursday: Dinner & Dance 6:00pm 30/30 Drawing	21 **Scrip Orders Due** 5:00pm Scrapbooking
				Sat Feb 22 8:00am Scrapbooking
24 11:00am Weight Wise Support 11:15am Spanish Class* 2:00pm Book Club	25 10:00am Mind Matters- Rules of the Road	26 10:00am Blood Pressure 10:00am Paws for the People: Piper the Pup 10:00am Health Screening 11:00am Phoenixville Hospital Chat 1:15pm Art Class	27 10:00am Healthy Steps in Motion*	28

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

Weekly
<p>Silver Sneakers Circuit—Intermediate \$2 / free for Silver Sneakers & Renew Active Monday & Wednesday 8:45am</p>
<p>Silver Sneakers Classic –Chair Based \$2/ free for Silver Sneakers & Renew Active Monday, Wednesday & Friday 9:45am</p>
<p>Silver Sneakers Line Dancing \$2/ free for Silver Sneakers & Renew Active Friday at 8:45am</p>
<p>Tai Chi \$2 fee/ free for Silver Sneakers, Renew Active Mondays at 1pm</p>
<p>Silver Sneakers Yoga \$2/ free for Silver Sneakers & Renew Active Tuesday and Thursday 1:15pm</p>
<p>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</p>
<p>Pickleball @ Rec Center \$3 Monday through Fri 1pm to 3pm Must pre-register for this program on Copilot</p>
<p>Weight Wise Support Every Monday at 11am.</p>
<p>Rummikub every Tuesday at 1pm</p>
<p>Mah Jong every Tuesday at 10am</p>
<p>Social Stitchers every Thursday at 1pm</p>
<p>Pinochle Tuesday & Thursdays at 12:45pm</p>
<p>Yahtzee every Thursday at 12:45pm</p>



Phoenixville Senior Center Hours

Monday through Thursday 8am to 3pm

Friday 8am to 1:30pm

Lunch Fees

If you are 60 + years old

\$2 suggested donation

Under 60 years old

\$5.75 payable to staff

Alternate meal

\$3 payable to staff

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 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.

PROPERTY TAX/RENT REBATE

Apply today at:
mypath.pa.gov



PA Rent Rebate and Property Tax Rebate booklets have landed!

If you complete and submit your own PA1000, please feel free to swing by and pick up a booklet. (If you file taxes with our excellent AARP Tax-Aide team, or if you have Cari assist

you with your forms, you do not need to pick up a booklet.)

The income limit for 2024 is \$46,520/year, but remember that only half of Social Security income counts.

Application deadline is June 30, 2025 and you can always submit your application online at myPATH.pa.gov or contact Cari at cforeman@phoenixvilleseniorcenter.org or 610-935-1515 ext. 24 for assistance.

Tax Season is Here!



We have a limited number of AARP tax appointments 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.

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.

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—\$22,590 2 people - \$30,660
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

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



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.