



Letter from Board President Mariane Peffall

Dear Friends of the Phoenixville Area Senior Center,

With spring in full bloom, we're embracing a season of renewal, growth, and exciting opportunities here at the center! I'm delighted to share updates on the progress of our search for a new Executive Director, as well as all the wonderful activities that continue to make our center a vibrant and welcoming place.

Our search for a new Executive Director is moving forward, and we remain committed to finding the right leader—someone who shares our deep passion for serving older adults, enhancing our programs, and ensuring that the Phoenixville Area Senior Center continues to flourish. In the meantime, our dedicated staff and volunteers are doing an incredible job keeping everything running smoothly, and the energy in our community remains as strong as ever. We are confident that the right leader will bring fresh ideas while honoring the strong foundation we have built together.

There is never a dull moment at the center! Our fitness classes are in full swing, from chair yoga to Tai Chi, helping members stay active and engaged. Our lunch gatherings continue to be a highlight—there's nothing quite like sharing a meal, stories, and laughter with friends.

And speaking of meals...

We know that rising food costs have been a challenge for many, but we remain committed to providing nutritious, affordable meals for our members. If you'd like to support our meal program, consider making a donation. Whether it's a one-time gift or a recurring contribution, every dollar makes a difference in ensuring that no one in our community goes without a warm meal and good company.

There's so much to look forward to in the coming months! Mark your calendars for:

A trip to see the Reading Phillies – A great day for baseball fans!

A "visit" to a planetarium – Explore the wonders of the universe with us.

Our famous BBQ sales – Get ready for delicious food and great company.

Pickleball games this summer – A fun way to stay active!

Thank you for your continued support, kindness, and enthusiasm. This center is more than just a place—it's a family. As we continue our search for the perfect Executive Director, we do so with optimism, knowing that the best is yet to come.

Marianne Peffall

Phoenixville Area Senior Center Board President





Montgomery County
Community College

Wed April 2nd at 9am
The dental students from
Montgomery County
Community College visit one last time
with a presentation on dental health and
they will bring some goodies.

\$5 Cash Bingo

Fri 4/11 @
10:30am
Weds 4/30
@1pm



*1pm every Wednesday

Visit with Piper the
dog and her human
Sheri. New time



Movie Day "Wicked"

Tuesday April 29th
10am

Misunderstood because of her
green skin, a young woman named Elphaba forges an
unlikely but profound friendship with Glinda, a student
with an unflinching desire for popularity. Following an
encounter with the Wizard of Oz, their relationship soon
reaches a crossroad as their lives begin to take very
different paths.

Starring Ariana Grande & Cynthia Erivo

Computer Classes



Mon at *11am & Wed at 1pm

4/2 & 7— Exploring and Downloading Apps

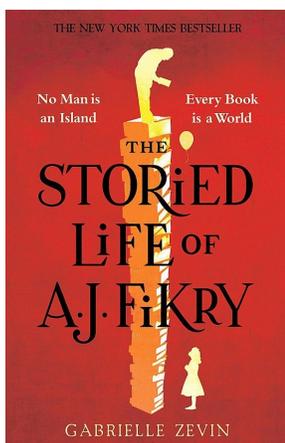
4/14 & 16—Gardening Apps

4/21—Personal Online Safety

4/23, 28 & 30—Using the "My Social Security"
Website Safely

Book Club Monday April 28th at 2pm

"The Storied Life of A.J. Fikry" by Gabrielle Zevin



What happens in the bookshop that changes the lives of these seemingly normal
but extraordinary characters?
This is the story of how unexpected love can rescue you and bring you back to real
life, in a world that you won't want to leave, with characters that you will come to
love.

**If you cannot attend Book Club, please return the book to
the library or Christine at the Senior Center before the program.**



April is National Volunteer Month and we would like to take this time to give a very heartfelt thank you to all of our volunteers. Our Senior Center can not run as smoothly as it does with out the help of our volunteers whether it is in the kitchen or helping with the newsletter or any one of the times we need help. You always step up and we are grateful!

Trivia, Snacks & Prizes sponsored by ClearCaptions

Tuesday April 1st at 10:30am

Please join your local ClearCaptions Title IV ADA Specialist, Kathleen Cesario, for Trivia and more! We will be discussing how you can receive a caption phone and captioning service if you are hearing loss makes it difficult to use the phone.



Please reserve your space soon!

Please check out our Amazon wish list for 2025.



You can scan this QR code with your phone or follow this link:

<https://amzn.to/414PH2f>



PECO visits the Senior Center for Earth Day Tuesday April 22nd from 10:30am to 1pm

They will have a presentation at 10:30am then will stay to answer your questions.

PECO Energy Efficiency Programs are designed to assist their customers with the resources they need to save money on their utility bill.

- Free Energy Checkup/Home Assessments
- Energy Tips Around the Home
- New Appliance Rebates
- Multifamily Saving Opportunities



pecoSM

AN EXELON COMPANY

Wool Felting Class Fee \$ 4



Monday
April 14th
at 10am
Please
pre-register for
this class

Crafts with Pam Fee \$ 3



Monday
April 21st
at 10am
Please pre-register
for this class.



Project supplies may differ.

Attention Travelers!

collette

Reserve your travel plans now
before prices go up!

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

Southern Charm (April 2026) & Mackinac Island (August 2026)

Please see Christine for information on the four trips offered.



April Hot Stove Monday April 21st 6pm \$25 per person

Hot Stove Guest: Jesse Levis

Jesse was a star collegiate player at University of North Carolina -Chapel Hill. Jesse played in the prestigious Cape Code Summer Collegiate League during the Summers of his college years and was selected as an All-Star player in 1988. Upon graduating in 1989 he was drafted as a catcher by the Cleveland Indians in the 4th round of the Major League Draft. After several years in the minor leagues, Jesse spent 10 years in the major leagues with the Cleveland Indians and the Milwaukee Brewers as a back-up catcher and pinch-hitter. Upon his retirement as a major league player, Jesse was a scout for the Boston Red Sox. Jesse is currently a baseball instructor with All-Star Baseball Academy in Malven, PA.

Please reserve you spot with the Senior Center by Friday April 17th.

Event price includes a meal of Wings and Things by our famous chef Uncle B!



Upcoming Third Thursdays!

May 15th Inflatable Planetarium with Night

Wonders of Astronomy

June 19th Comedy Night

July 17th Singer Patrice Hawthorn

August 21st Seafood Boil and Music



Information to come about each event.



Healthy You at the Phoenixville Senior Center

Tuesday, April 15 @ 11:00am

HEALTH EDUCATION PROGRAM

HEALTHY SENIORS

PARKINSON'S DISEASE UPDATES

Geriatric care manager and certified dementia practitioner, Gerry Fioriglio will present on Parkinson's Disease, a progressive, chronic neurological disease affecting over one million Americans. Learn what local resources are available to those in need of assistance.

Please pre-register for this program.



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 April 30th

Health Screenings at 10am

Health Chat at 11am

"Focus on Your Feet"

If you would like to join us for lunch after the program, please pre-register on Copilot Friday 4/25



Wed April 2nd and Wed April 16th
both at 9:30am

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

Looking for a fun, new way to be active?



Bingo + Exercise = Bingocize®

Weekly Thursdays at 10am. Sign up to try this fun way to get moving!

You must pre-register for this class.

Limited space available.

Grief Support Group

Thursday 4/3 & Wednesday 4/16

both at 2:15pm

Facilitated by Ascend Hospice





Birthday Social - April 9th

Lunch at 12pm Entertainment at 1pm

Register for lunch on Copilot before 4/4.



Elmwood Park Zoo visits the Senior Center with their Zoo on Wheels Program!

April 9th at 1pm

Pre-registration is required for this event separate from lunch registration.

We will be limiting event participation.

FOR THE SAFETY OF THE ANIMALS AND GUESTS WE DO NOT ALLOW GUESTS TO TOUCH THE ANIMALS DURING PROGRAMS.

- | | | | |
|------------------|--------------------|-------------------|-----------------------|
| Joan Andrews | Heather Goodman | Cinny Lobb | Carlene Quashie |
| Helen Ayers | David Holmes | Jennifer Long | Linda Rappatone |
| Sue Batten | Judy Horvath | Cynthia Martin | Donna Remesch |
| Patricia Baun | Jane Hyland | Paul Mastrangelo | Greg Salvano |
| Fran Bennink | George Iverson | Theresa Mirabile | Linda Salvano |
| Charles Benz | Janet Kaas | Ann Morrissey | Nancy Scott |
| Charles Blum | Harbhajan Kareer | William Mosteller | Lisa Stern |
| Jerry Buchanan | Jamel Kassel | Alice Mungin | Carole Straub |
| Angie Burckley | MaryBeth Kealey | Teresa Olsen | Sam Suwinski |
| Karen Cahill | John Kelly | John Opfar | Monique Verhoog-Lewis |
| Rosa Cliff | David Knauer | Theresa Owczar | Linda Weston |
| Doan Dang | Peter Kobak | Catherine Palmer | Joan Wilson |
| Helena Deegan | Sophie Kowaleski | Virginia Palmer | Judith Wolstenholme |
| Janet Dynarski | Allen Kramer | Margie Pavlik | Theresa Woodman |
| Darlene Flores | Anna Lamontta | Janet Perillo | Ken Zimmermann |
| Lenora Francis | Dominic Latella | Frank Petiet | |
| Thomas Garmin | Leonora Leacock | Angela Pillegi | |
| Kathleen Glinski | Catherine Liberato | Fred Popp | |

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

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

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

April 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 11:15am Spanish 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 1:00pm Piper the Pup	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
	1 10:30am ClearCaptions Presentation*	2 9:00am MCCC Visit 9:30am Kinetic Stretch 1:00pm Pickleball Class w/ Joel @ Rec Center 1:15pm Art Class	3 10:00am Bingocize* 2:15pm Grief Support	4 10:30am TV: The Mind Explained
7 10:00am State Rep. Friel Mobile Office	8 10:00am SeniorLAW Center 10:30am Sports Desk 10:30am Art on Canvas	9 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Class	10 10:00am Bingocize*	11 10:30am Bingo
14 10:00am Felting Class No Spanish Class	15 11:00am Healthy Seniors: Parkinson's Disease* 12:00pm State Sen. Muth Mobile Office	16 9:30am Kinetic Stretch 1:15pm Art Class 2:15pm Grief Support	17 10:00am Bingocize* 12:00pm Holiday Meal 5:30pm Third Thursday: Medicare 101 **Scrip Orders Due**	18 <div style="text-align: center; font-size: 2em;">Center Closed</div>
21 10:00am Craft with Pam 6:00pm Hot Stove*	22 10:30am PECO Earth Day Presentation	23 10:00am Blood Pressure	24 10:00am Bingocize*	25
28 2:00pm Book Club	29 10:00am Movie: Wicked Part 1	30 10:00am Health Screening 11:00am Phoenixville Hospital Chat 1:00pm Bingo		

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.

April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
31 March B: Continental Breakfast L: Chef Salad	1 B: Cream Chipped Beef L: Tacos	2 B: Breakfast Sandwich L: Veal Marsala	3 B: Blueberry Pancakes & Bacon L: Chicken Pesto	4 B: Continental Breakfast L: Shrimp & Grits
7 B: Continental Breakfast L: Sausage, Peppers & Onions	8 B: Ham & Eggs L: Roasted Turkey	9 Happy Birthday! B: Frittata L: Meatloaf	10 B: Breakfast Casserole L: Baked Chicken	11 B: Continental Breakfast L: Shrimp over Salad
14 B: Continental Breakfast L: Turkey Noodle Casserole	15 B: Waffles & Sausage L: Cheeseburgers	16 B: Biscuits & Sausage Gravy L: Bacon Jam Grilled Cheese	17 B: Bacon & Eggs L: Ham Holiday Meal	18 <p style="text-align: center;">Center Closed</p>
21 B: Continental Breakfast L: Pork Chops	22 B: Breakfast Hash L: Tater Tot Casserole	23 B: Pork Roll & Eggs L: Turkey Caesar Wrap	24 B: Peaches & Cream Bread Pudding L: Chicken & Broccoli	25 B: Continental Breakfast L: Grilled Salmon
28 B: Continental Breakfast L: Chicken Salad	29 B: Sausage & Eggs L: Salisbury Steak	30 B: Pancakes & Bacon L: Turkey Divan	1 May B: Breakfast Sandwich L: Baked Catfish	2 May B: Continental Breakfast L: Cheesesteaks

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 salad 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.

Upcoming Events to Look forward to in May



Dr. Daisy Century brings Bessie Coleman to life.

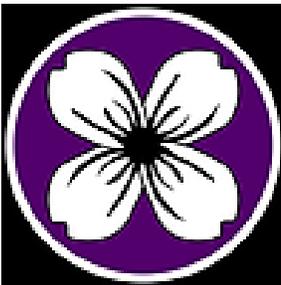
Wednesday May 14th at 1pm

The first African-American woman to become a licensed airplane pilot and the first American to hold an international pilot license, Bessie Coleman was a woman who didn't give up. Dressed in an authentic bomber's jacket, boots and scarf, Dr. Daisy Century as Bessie Coleman is an exciting portrayal of a beautiful, determined woman who knew what she wanted and made it happen.

Night Wonders of Astronomy offers a unique experience with their portable, inflatable planetarium dome.

Thursday May 15th 5:30pm

Availability will be limited.



The Senior Center along with Chesco Connect will again be a part of this year's Dogwood Parade!

Saturday May 17th. Parade begins at 1pm

Uncle B's BBQ coming back for summer cookouts! You will have 3 chances to purchase Brian's famous BBQ and raise some money for the Senior Center.

May 22nd, July 3rd and August 28th





Phoenixville Senior Center Hours

Monday through Thursday 8am to 3pm

Friday 8am to 1:30pm

Reminder!

Parking at the Senior Center during business hours is for participants attending programs during the day.

Please do not park at the Center if you are going downtown during business hours.

Starting this April the Alternate Meal will be a salad.



The alternate meal is available only with a pre-registration and the cost is \$3, payable to Christine.

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.

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.

Salad is now on the menu for the Alternate Meal.

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

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**

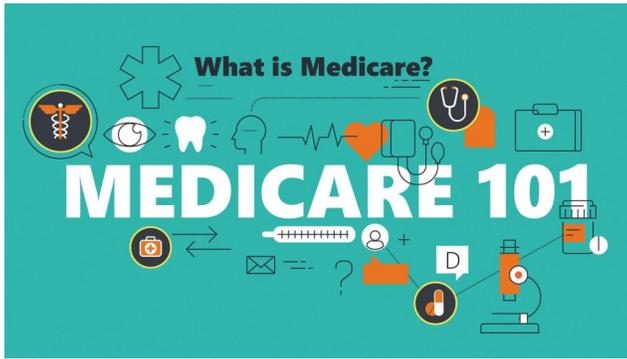
Here is a list of some of the available programs with their gross monthly income limits for a one-person household and asset/resource limits where applicable:

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 2024-2025 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





Medicare 101 Presentation

**Thursday, April 17th,
5:30-7:30pm, In Person**

If you will be joining the ranks of Medicare soon, are already in the

Medicare system and have questions, or you just want to understand what this Federal program is all about, this session is for you. Members of the PA MEDI program, Pennsylvania's SHIP, a statewide program of insurance consultation, will present an overview of Medicare including the definitions of Medicare A, B, C; explanation of the drug benefit (Part D), types of health care insurance available in Chester County, benefits available for low-income beneficiaries, and things to consider when selecting your medical coverage. A question-and-answer session will follow the presentation.

Topics include review of Medicare benefits, original Medicare and Medicare Advantage Plan options, Medicare prescription drug coverage and the drug plan funder, Medicare Savings Programs, Medicare Preventative Services, and Supplemental Insurance Medigap Plans.

Registration is appreciated. Please call the center at 610-935-1515 ext. 24, or email cforeman@phoenixvilleseniorcenter.org to RSVP. If you have questions outside of the scope of this presentation, please contact Cari to schedule a one-on-one meeting.



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.

Phoenixville Area Senior Center Annual Sponsors



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.