



May 2025

OLDER
AMERICANS
MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

Greetings from your Staff here on Church Street!

It's a bit different hearing from us, right? Well, we wanted to send our thanks for your support while we navigated recent administrative transitions. So, when the opportunity arose for us to take over the cover page, we said YES!

First, the exciting news is that we've been joined by Christi Seidel as our part-time Director. Christi is a former Board Member and well known in our Borough, having served on committees and Boards of nonprofits and organizations. Please say 'hi' when you see her at The Center.

We wanted to share some news of upcoming additions and changes in our day-to-day events as well:

Come out to Bridge Street for this Summer's inaugural First Friday on May 2nd and stop by the Senior Center tent! From 5:30 to 8:30 we'll be greeting the crowds and sharing news of our activities and fundraisers. And maybe we'll bring our Corn Hole game? We'd love to see you!

Good news on the VIP Card! It's better than ever! Cards go on sale on May first and don't expire until June 30, 2026! The cost is \$35 for individuals and \$65 for couples/households. This year's card will be laminated for you and includes a QR Code which you may check on your phone for updates on participating vendors around town.

The Vacation 50/50 tickets will be on sale in May, with the winning ticket chosen at our June Third Thursday event! Don't miss out on the fun!

Our exercise classes will see a slight increase in pricing for classes; each will increase to \$3 a class and \$30 for the punch cards starting May 1st. Your current punch cards will be honored until used in full.

Meals, both breakfast and lunch will also go to a \$3 suggested donation each.

Here's to a Spring full of activities and new special events!

See you at The Center,

Brian, Cari, Carmela, Christine and Maria

Center Closed

Tuesday 20th

Monday 26th

Closes @ 2:30pm

Tuesday 13th

TV Series: Hollywood Idols Fridays at 10:45am starting May 16th

Hollywood Idols presents riveting portraits of classic movie stars of the Golden Age of Hollywood. Each program is filled with memorable film clips and interviews with friends and relatives, providing personal and intimate perspectives of these Hollywood legends' sometimes controversial lives.



5/16 Grace Kelly

5/23 Cary Grant

5/30 Gregory Peck

Movie Day—Arthur's Whisky

Tuesday May 27th at 10am

Joan and her friends Linda and Susan find bottles of whiskey Joan's deceased husband stashed away, and they realize he's invented an anti-ageing elixir that can make them young again.



Starring Diane Keaton,
Haley Mills & Patricia
Hodge

Reserve lunch by 5/23

Computer Classes

Mon at 11am &
Wed at 1pm



5/5, 5/7, 5/12—

Smartphones

5/19 & 5/21—(AI) Artificial
Intelligence Voices

5/28—(AI) Artificial
Intelligence Images

Senior Law Center is now by appointment
only on the 2nd Tuesday of every month.

To make an appt for May 13th , please call
610-935-1515 ext 29 before 5/12.



\$5 Cash Bingo

Fri 5/2 @ 10:30am

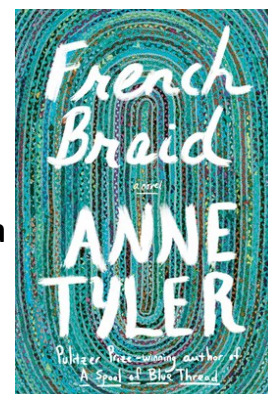
Weds 5/28 @1pm

Book Club Monday May 19th at 2pm

"French Braid" by Anne Tyler

A funny, joyful, brilliantly perceptive journey deep into one Baltimore family's foibles, from a boyfriend with a red Chevy in the 1950s up to a longed-for reunion with a grandchild in our pandemic present.

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



Dear Friends,

We all know how special our senior center is. It's more than just a place—it's a community, a lifeline, and for many of us, a second home. Whether you come for the meals, the friendships, the classes, or just a warm smile and a cup of coffee, this center touches our lives in ways that words can hardly express.

That's why it's important that our elected officials hear from us—directly and personally.

Your voice matters. When decision-makers understand just how much we value this center, they're more likely to support the programs and funding that keep it going strong. And there's nothing more powerful than a personal story.

Think about what the center means to you. Has it helped you stay active and independent? Have you met dear friends here? Did it lift your spirits during a tough time? Whatever your story is, share it.

A short note, phone call, or email to your local, state, or federal representatives can make a big difference. Tell them how the senior center has impacted your life, and ask them to continue supporting it for you and others like you.

You've lived a life full of experience and wisdom—your voice carries weight. Let's make sure it's heard.

With appreciation and respect,

The Phoenixville Area Senior Center



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Attention Travelers!

Reserve your travel plans now before prices go up!

London/Paris (September 2025)

Southern Charm (April 2026)

Mackinac Island (August 2026)

Please see Christine for information on the three trips offered.



Mother's Day Nail Spa
 W/ Kimberton Waldorf School
Friday May 9th
at 10:30am

Please RSVP by 5/7



BENEFITING
PHOENIXVILLE SENIOR CENTER
1 FOR \$10 / 3 FOR \$25
DRAWING: JUNE 18 AT 6PM
PLEASE SEE A STAFF MEMBER FOR TICKETS



Wool Felting Craft
Monday May 12th
1pm
Fee \$8
 Please pre-register for
 this class.

Upcycle Craft with Pam
Monday
May 5th
10:30am
Fee \$4



Hot Stove Thursday May 22nd 5:30pm
\$25 per person includes dinner
Hot Stove Guest: Fredi Gonzalez

Fredi González is a baseball coach and manager who most recently served as the bench coach for the Baltimore Orioles. He managed the Florida Marlins and the Atlanta Braves

Fredi is currently the bench coach for the Ursinus Men's Baseball team, helping them rebuild the program. He coaches with a love for the game and a desire to stay involved. Since stepping into the dugout, he's helped turn around the struggling program.

For reservations please provide payment to Carmela at the Senior Center by 5/20

Third Thursday May 15th at 5pm

Night Wonders of Astronomy Planetarium

Join Night Wonders of Astronomy underneath the stars in their inflatable planetarium dome. You will hear stories from antiquities about the constellations, learn the zodiac constellations and what is visible in the current night sky. Following the sky tour, you will be transported into the solar system and out into the universe. You will learn about some of our inner planets, travel outside our Milky Way galaxy and see nebula, other galaxies and end with a spectacular Hubble photo of the universe at large.

Questions? Call Christine 610-935-1515 ext29
Or christine@phoenixvilleseniorcenter.org.



\$25 per person

This event is **limited** to 60 people

Reserve your space with payment to Carmela.

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>

Come learn a new game!!

We will teach you!

Tuesdays at 1pm

Mexican Train Dominos





Item	Pint	Qt	1/2 pan
Chicken	\$14	\$28	\$56
Pork	\$14	\$28	\$56
Mac & Cheese	\$9	\$18	\$38
Street Corn	\$9	\$18	\$36
Alabama White Sauce	\$7		
Kansas City BBQ Sauce	\$7		

Drive-thru BBQ Fundraiser to Support the Senior Center!

Pick up your Summer
holiday favorites from
the original Uncle B's
BBQ

Thursday May 22nd

Drive-thru

3pm to 5pm

order by 5/16

<https://bit.ly/42VXiSM>



**Phoenixville Senior Center VIP cards
available now!**

Single \$35 / Household \$65

Benefits include: Newsletter -mailed to cardholders only

Discounts to select programs and activities

Early Bird Registration for taxes and other high demand programs

Reduced rates for party/room rentals

Invitations to Cardholder Special Events

Discount Card Offers from Local Stores & Restaurants like Generations Toy Store,
Bridge St Chocolates and Molly Maguire's

Please see Carmela or call 610-935-1515 ext 25 to purchase your card today!

Healthy You at the Phoenixville Senior Center

Guidelines for Exercise Classes

Exercise classes are now \$3 a class or
\$30 for punch card

To help ensure a positive experience for everyone, please keep the following in mind during classes:

- Arrive on time to avoid disrupting the session.
- Kindly refrain from talking during class.
- Set your phone to silent mode before the class begins.
- If you need to take a phone call, please step out to the library area—avoid using the hallway, as it is quite small.
- After using any equipment, please wipe it down and return it to its designated place.
- If you can't see the instructor clearly, feel free to move your chair or sit closer to the front. Please don't ask others to move—let's all be respectful of one another's space.

We appreciate your cooperation and consideration. Thank you for helping create a focused and enjoyable environment for all!



Kinetic Stretch

Wed May 7th

Wed May 21st

both at 9:30am

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 May 28th
Health Screenings at 10am

Health Chat at 11am

"How to Stay Active as You Age"

If you would like to join us for lunch after the program, please pre-register by 5/23



Bingo + Exercise = Bingocize®

Looking for a fun, new way to be active?

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

Grief Support Group

Thursday 5/1 & Wednesday 5/21

both at 2:15pm

Facilitated by Ascend Hospice





Birthday Social - Weds May 14th

Lunch at 12pm Entertainment at 1pm

Register for lunch on Copilot before 5/9.

Come play Birthday Bingo with Senior Center sponsor



365 Health Services.

They bring the prizes, you bring the fun!



Anna Anderson

Laura Bohl

Sharon Bortner

Glenn Bowers

Bev Carr

Nancy Caslin

Barbara Caviston

Tom Chapman

Tina DePaul

Willa DeHart

Suzanne Deitz

Virginia Eachus

Ginny Franke

Carolyn Gelone

Robert Glover

Valerie Hall

Antoinette Hammond

Brian Hanley

John Hayde

Marie Hedges

Fred Hoopes

Kathy Iacobucci

Elizabeth Jagers

Roman Korobij

Denise Liberatore

Margaret Monaco

Barbara Monahan

Joanne Moore

Guilio Perillo

Peter Pieri

Irene Rosenbloom

Anne Ryan

Patricia Sepety

Ruth Sifford

Lisa Silva

Patricia Sipes

Gayle Smith

Linda Startzel

Steve Szerenyi

FawzyTaha

Frances Tepper

Lucy Trainor

Steven Voeglie

Rith Vogt

Debbie Wallingford

Linda Weiss

William Yohe

Sandra Zimmermann

May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
28 April B: Continental Breakfast L: Chicken Salad	29 April B: Sausage & Eggs L: Salisbury Steak	30 April B: Pancakes & Bacon L: Turkey Divan	1 B: Breakfast Sandwich L: Baked Fish	2 B: Continental Breakfast L: Smoked Brisket Sandwich
5 B: Continental Breakfast L: Chef Salad	6 B: Frittata L: Tacos	7 B: Breakfast Casserole L: Chicken Pesto	8 B: Ham & Eggs L: Shrimp & Grits	9 B: Continental Breakfast L: Beef Marsala
12 B: Continental Breakfast L: Pork Chops	13 B: Biscuits & Sausage Gravy L: Chicken & Broccoli	14 Happy Birthday! B: Bacon & Eggs L: Tater Tot Casserole	15 B: Waffles & Sausage L: Turkey Caesar Wrap	16 B: Continental Breakfast L: Grilled Fish
19 B: Continental Breakfast L: Chicken Parmesan	20 Center Closed	21 B: Porkroll & Eggs L: Grilled Cheese	22 B: Breakfast Hash L: Rockfish Salad	23 B: Continental Breakfast L: Cheeseburgers
26 Center Closed	27 B: Bananas Foster Bread Pudding L: Baked Chicken	28 B: Cream Chipped Beef L: Sausage, Peppers & Onions	29 B: Pancakes & Bacon L: Meatloaf	30 B: Continental Breakfast L: Shrimp Over Salad

Breakfast begins at 8am

Lunch begins at 12pm

Breakfast and Lunch Suggested Donation: \$3* (new amount)

If you would like an alternate lunch, you may purchase the alt meal 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.

May 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 10:00am Bingocize* 2:15pm Grief Support	2 10:30am Bingo
5 10:30am Craft w/ Pam	6	7 9:30am Kinetic Stretch 1:15pm Art Class	8 10:00am Bingocize*	9 10:30am Mother's Day Spa
12 10:00am State Rep. Friel Mobile Office 1:00pm Felting Craft	13 10:30am Sports Desk 10:30am Art on Canvas 2:30pm Early Closing	14 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Class	15 10:00am Bingocize* 5:00pm Third Thursday: Planetarium	16 10:45am TV Show
19 2:00pm Book Club	20 Center Closed	21 9:30am Kinetic Stretch 1:15pm Art Class 2:15pm Grief Support	22 10:00am Bingocize* 3:00pm Uncle B's BBQ Drive-Thru* 5:30pm Hot Stove*	23 10:45am TV Show
26 Center Closed	27 10:00am Movie: Arthur's Whiskey	28 10:00am Blood Pressure 10:00am Health Screening 11:00am Phoenixville Hospital Chat 1:00pm Bingo	29 10:00am Bingocize*	30 10:45am TV Show

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
Computer Classes Mondays at 11am & Wednesdays at 1pm	Silver Sneakers Circuit—Intermediate \$3 / free for Silver Sneakers & Renew Active Monday & Wednesday 8:45am
Art Class— Watercolor See schedule for dates \$5 fee	Silver Sneakers Classic –Chair Based \$3/ free for Silver Sneakers & Renew Active Monday, Wednesday & Friday 9:45am
Art on Canvas See schedule for date Fee: \$10/ \$9 VIP Supporter	Silver Sneakers Line Dancing \$3/ free for Silver Sneakers & Renew Active Friday at 8:45am
Blood Pressure 2nd and 4th Wednesday 10am to 11am Every Thursday 8:30am to 10:30am	Tai Chi \$3 fee/ free for Silver Sneakers, Renew Active Mondays at 1pm
Cash BINGO \$5 to play 5 games	Silver Sneakers Yoga \$3 free for Silver Sneakers & Renew Active Tuesday and Thursday 1:15pm
Tuesday Morning Sports Desk Second Tuesday at 10:30am	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. Second Tuesday By appointment only.	Rummikub every Tuesday at 1pm
Senator Muth Mobile Office Hours Third Tuesday of every month 12 to 2pm	Mah Jong every Tuesday at 10am
Phoenixville Hospital Health Talk Roundtable health topics Last Wednesday of the month at 11am	Social Stitchers every Thursday at 1pm
	Pinochle Tuesday & Thursdays at 12:45pm
	Yahtzee every Thursday at 12:45pm



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.

Updated Lunch Fees for May

If you are 60 + years old

\$3 suggested donation

Under 60 years old

\$5.75 payable to staff

Alternate meal

\$3 payable to staff

Alternate Meal is a salad.



The alternate meal is available only with a pre-registration and

the cost is \$3, payable to Christine.

Important Lunch Reminders

Pre-registration for lunch is

Friday by 1PM prior

to the week 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.

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.

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

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





What You Can Do Online

www.ssa.gov

If you're approaching Medicare age, you can use your account to easily apply for Medicare benefits. If you'd like to apply for retirement benefits, you can do this online as well with an ssa.gov account. You can also change your address and phone number online, access your benefit verification letter, and download a replacement SSA-1099 in case your dog accidentally ate yours.

If you would like assistance setting up your ssa.gov account, please reach out to Cari at 610-935-1515 ext 24. or cforeman@phoenixvilleseniorcenter.org or



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
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Phoenixville, PA 19460
610-935-1515
www.phoenixvilleseniorcenter.org
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Newsletter sponsored by AVT—Applied Video Technology

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.