



Celebrate National Senior Center Month This September!

September is **National Senior Center Month**, a time to celebrate the vital role senior centers play in enriching the lives of older adults. With this year's theme, "*Discover Yours*," we invite you to explore everything the Phoenixville Area Senior Center has to offer — from wellness programs and educational workshops to fun events and social connection.

Center Closed

9/1 & 9/9

Center Opens

Late at 10am

9/16

Center Closes

early at 1pm

9/25

We're proud to say that **we have the best participants & friends around** — a vibrant, welcoming community that makes our center a truly special place!

Coming up this fall, don't miss **Bag Bingo on Saturday, October 4**, an afternoon full of laughter, prizes, and good fun. And be sure to join us for our festive **Candlelight Holiday House Tour in December**, showcasing beautifully decorated homes that will get everyone in the holiday spirit.

There's no better time to get involved. Stop by, join an activity, and discover what makes our senior center — and our community — the very best!

Marianne Peffal — Board President



GAME NIGHT FUN

PHOENIXVILLE SENIOR CENTER

Tuesday, September 16th 5pm to 7pm
Bring your kids and grandkids!

Join us for an evening of games, snacks, drinks, and laughter! From classic board games to card games to puzzles — there's something for everyone! Want to share your favorite game? Bring it along!

COST: \$10 – Adults
\$5 – Kids 12 & under

LOCATION: PHOENIXVILLE SENIOR CENTER



Call or stop by the Senior Center
to RSVP 610-935-1515



Book Club

Monday, September 29th at 2pm

“The First Ladies” by
Marie Benedict and
Victoria Christopher Murray.



A novel about the extraordinary partnership between First Lady Eleanor Roosevelt and civil rights activist Mary McLeod Bethune

Please see Christine for a copy of the book.

If you cannot attend Book Club, please return your book to the Phoenixville Library before 9/29.

Fall Craft Fun \$5 Fee

Monday, Sept 22nd @ 10am



Please pre-register on Copilot by 9/19. If you have any small, **empty and clean** laundry detergent bottles, we could use them for this project. Please bring them to the Center before 9/19



New items added to our wish list!

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

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



Digital Wellness Series—Using Your Android Smartphone

In this multi-week series, you'll learn to navigate your Android smartphone more comfortably and confidently. Participants are required to bring their Android phone to each session.

Mon Sept 15th at 10:45am—Getting to know your Android

Wed Sept 17th at 1pm—Exploring and Downloading Apps on Android

Mon Sept 22nd at 10:45am—Managing Privacy Settings on an Android

Wed Sept 24th at 1pm—Protecting Your Personal Information Online

Monday Sept 29th at 10:45am—Passwords, Passkeys, and More

Wed Oct 1st at 1pm—Setting up a Password Manager on an Android Phone

iPhone series will begin October 27th.

SENIOR PLANET
FROM **AARP**

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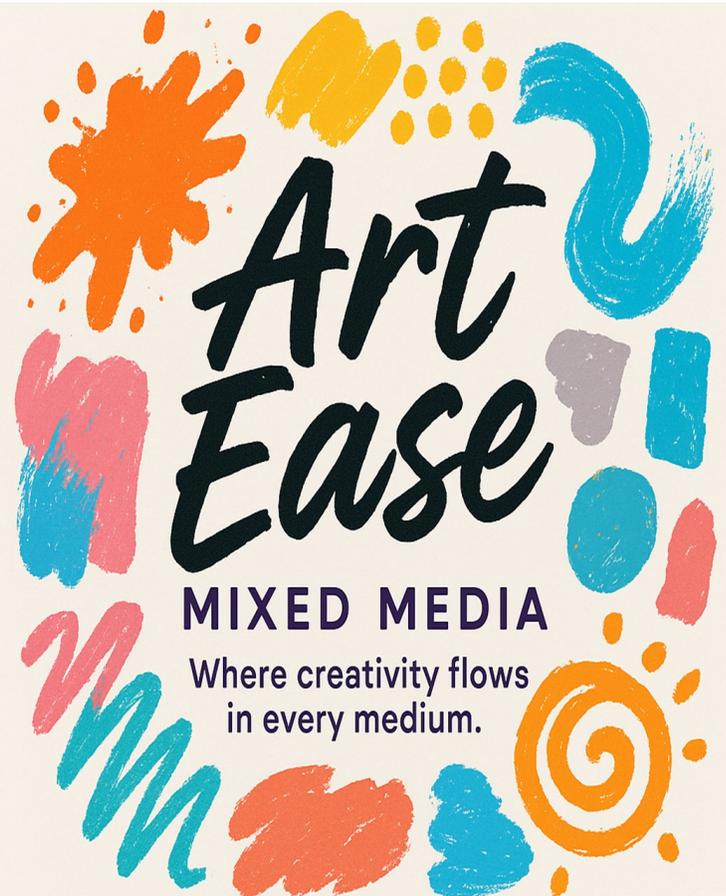
Movie Day

Tuesday, Sept 23rd
at 10am

The Good House (2022)

Sigourney Weaver stars in this multilayered, wickedly funny portrait of a realtor whose revived romance with a high school flame (Kevin Kline) digs up her troubled past.

Register for lunch on Copilot by 9/19



Thursday, September 25 at 9am Fee \$10



Let's cheer on our World Champion Philadelphia Eagles

Thursday, September 4th at 1pm

with a pep rally as they defend their title with a season home opener against rivals the Dallas Cowgirls!! Yes I said Cowgirls!

FYI

Starting on Sept 2nd the Senior Center will be distributing

parking stickers for your cars to replace the Blue Parking passes. Please stop at Concierge to pick up your sticker.

We will need the make and model of your car along with your license plate number.



PAUL FRIEL 26

COFFEE TALK WITH PAUL

Friday, September 26th 10:30am

Join us for a conversation with our own Senior Center Participant, PA House Representative Paul Friel.

Volunteer Opportunity

Wednesday
September
24th
at 1pm.

Learn how to create these very cute gifts that we will use to sell at our annual Holiday Market in December.



The TV Series **Hollywood Idols** on select Fridays at 10:45am. Series ends with the final episode on October 10th.



9/5 Mae West & Charlton Heston

9/12 Roger Moore & Joan Crawford

10/3 Fred McMurray & Barbara Stanwyck

10/10 Walter Matthau & Alan Ladd



Healthy Living with the Phoenixville Senior Center



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Thursdays, beginning
Sept 4th thru October 23rd
10am -12pm

A Matter of Balance is an **eight-week, evidence-based program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.**

You will learn strategies to manage falls. Reduce the risk of falls at home. Improve balance and flexibility

Program is free. Registration required on Copilot. Space is limited. Participants are asked to commit all 8 sessions.

You will receive a certificate of completion! Call 610-935-1515 ext 29 for questions.

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 September 24th
Health Screenings at 10am

Health Chat at 11am

"Atrial Fibrillation Awareness"

Who is at risk for developing
Atrial Fibrillation?

If you would like to join us for lunch after the program, please

pre-register on
Copilot by Friday,
August 22nd



Coming in October

8 Week Challenge to Healthy Eating
(formally Weight Wise)

Grief Support Group at 2:15pm

Thursday 9/4

Wednesday 9/17

Facilitated by Ascend Hospice



Bingo + Exercise = Bingocize®

Will be back in October!

Kinetic Stretch



at 9:30am on
Weds 9/3 & 9/17

Oktoberfest with the
Lukens Band

October 16th from
4pm to 6pm



Dinner and a Song

November 20th

5pm to 7pm

**Upcoming
Events**

The Phoenixville Senior Center's Designer Bag Bingo!

Enjoy a lively afternoon of bingo, prizes, and refreshments—all while supporting a great cause. Proceeds benefit the Phoenixville Area Senior Center, helping to provide vital programs and services for local seniors

Date: Saturday, October 4th

Time: Doors open at 1:00 PM / Games begin at 2:00 PM

Location: Kimberton Fire Hall's Covered Bridge Room

\$30 in advance / \$35 at the door / \$210 for a reserved table of 8

Extras: Raffle ticket book: \$20 / Extra bingo cards: \$10 /

Specials: \$15 for 3 games

Tickets are limited—reserve yours today!

<https://givebutter.com/PASCBagBingo>

Phoenixville Senior Center's Third Thursday



Thursday September 18th from 3pm to 6pm

Be prepared in case of a health emergency...

The Phoenixville Area Senior Center is hosting a Health Fair to introduce you to Medical Practitioners, Therapists, Nutritionists, Optometrists, Audiologists, Fitness providers, and other Medical Personnel. Meet Home Health Aids, Assisted Living Facilities, and Hospice.

Learn more about how the Senior Center can help support you through our Information and Assistance programs with Cari Foreman our very own PA Medi Councilor.

Phoenixville Area Senior Center

153 Church Street, Phoenixville, PA.

Call for more information to 610-935-1515.

Free to the public!

if you would like to participate as a vendor, please contact
610-935-1515 ext 21 for pricing .

BirthDay Social

Wednesday September 10th

Lunch at 12pm Cash Bingo at 1pm



\$5 to play. Please register for lunch before 9/5

Jean Ackerman

Ferenc Bakay

Ed Bowes

Susan Bowes

Gayle Braverman

Celia Breden

Maria Bucco

Rosyln Buono

Cheryl Camuso

Toni Chester

Irene Clapper

Barbara Cooper

Carol Curtiss

Joyce DeYoung

James Dreyer

Jean Earle

John Ertell

Elyse Ertman

Kim Feindt

Mary Fritter

Joyce Gallagher

Pam Gates

Carol Gilette

Sandra Grubb

Chris Haney

Laura Henning

Chris Henry

Sharon Hinderach

Valery Hovey

Sandra Jackson

Peggie Kahn

Margaret Kline

Michael Kocur

Rebecca Kraus

Joanne Kusco

Horace Lacy

William Laubscher

Patricia Leahy

James Lebak

Donna Macarevich

Donna Marosek

David Mayberry

Melanie McGuire

Carmen Miro

Mary Moore

Patricia Morello

Kirk Mosberger

Donna Moser

Kathy Mullen

Don Petr

Kathy Petr

Mary Phelps

Barbara Place

Fred Rackovan

Barbara Rambo

Charles Rodgers

Nick Rudawski

Victoria Saville

Frank Scharff

Judith Schatz

Leeanne Sebastian

Linda Shaheen

MaryEllen Sierzega

Janet Sifford

Marilyn Skellenger

Paul Slaninka

Mary Stalter

Nancy Stiles

Quinton Swift

Sheila Taylor

Robin Tekely-Rose

David Tirpak

Elaine Todd

Edith Velazquez

Linda Vitale

September Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed	2 B: Cream Chipped Beef L: Cheeseburgers	3 B: Pork Roll & Eggs L: Bacon Chef Salad	4 B: Waffles & Sausage L: Chicken Fingers	5 B: Continental Breakfast L: Grilled Cheese
8 B: Continental Breakfast L: Shrimp & Grits	9 Center Closed	10 B: Frittata L: Meatloaf	11 B: Bananas Foster Bread Pudding L: Chicken Salad	12 B: Continental Breakfast L: Sloppy Joes
15 B: Continental Breakfast L: Fish Sticks	16 No Breakfast Center Opens at 10am today L: Taco Salad	17 B: Breakfast Sandwich L: Tomato Caprese Sandwich	18 B: Sausage & Eggs L: Chili Mac & Cheese	19 B: Continental Breakfast L: Flatbread
22 B: Continental Breakfast L: Kielbasa	23 B: Breakfast Hash L: Pot Roast	24 B: Sausage Gravy & Biscuits L: Pork Chops	25 B: Quiche L: Tuna Salad	26 B: Continental Breakfast L: Chicken Bacon Avocado Salad
29 B: Continental Breakfast L: Enchilada Bake	30 B: Bacon & Eggs L: Sweet & Sour Chicken	1 October B: Breakfast Hash L: BLT Salad w/ Egg	2 B: Cream Chipped Beef L: Italian Roast Pork	3 B: Continental Breakfast L: Seafood Cakes

Breakfast begins at 8am

Lunch begins at 12pm

Breakfast and Lunch Suggested Donation: \$3*

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.

September Activities

Monday	Tuesday	Wednesday	Thursday	Friday
----- Weekly Events -----				
8:00am Cont'l Breakfast 8:00am Forward Pickleball* 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Produce Pickup 10:45am Digital Wellness 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 12:45pm Train Dominos 1:00pm Pickleball @ Rec Center* 1:15pm Yoga	8:00am Breakfast 8:00am Forward Pickleball* 8:45am Circuit Exercise 9:00am Welcome Wagon 9:30am Coffee Hour 9:45am Chair Exercise 11:00am Mind Games 12:00pm Lunch* 1:00pm Pickleball @ Rec Center* 1:00pm Digital Wellness	8:00am Breakfast 8:30am Blood Pressure 9:00am Walking Group 9:30am Coffee Hour 9:30am Duplicate Bridge 12:00pm Lunch* 12:45pm Board Games 12:45pm Pinochle 12:45pm Yahtzee 1:00pm Pickleball @ Rec Center* 1:00pm Social Stitchers 1:15pm Yoga	8:00am Cont'l Breakfast 8:00am Forward Pickleball* 8:45am Line Dancing Exercise 9:30am Coffee Hour 9:45am Chair Exercise 12:00pm Lunch* 1:00pm Pickleball @ Rec Center* 1:00pm Close *pre-registration required
1 Center Closed	2	3 9:30am Kinetic Stretch 1:15pm Art Class	4 10:00am Matter of Balance* 1:00pm Eagles Pep Rally 2:15pm Grief Support	5 10:45am Hollywood Idols
8 10:00am State Rep. Friel Mobile Office	9 Center Closed	10 10:00am Blood Pressure 12:00pm Birthday Lunch 1:00pm Bingo	11 10:00am Matter of Balance*	12 10:45am Hollywood Idols
15 10:45am Monday Digital Wellness Class Begins	16 No Breakfast 10:00am Late Opening 10:00am SeniorLaw* 12:00pm State Sen. Muth Mobile Office 5:00pm Game Night*	17 9:30am Kinetic Stretch 1:00pm Wednesday Digital Wellness Class Begins 1:15pm Art Class 2:15pm Grief Support	18 10:00am Matter of Balance* 3:00pm Third Thursday: Health Fair	19 10:30am Bingo
22 10:00am Craft* No Tai Chi Class Today	23 10:00am Movie: The Good House (2022)	24 10:00am Blood Pressure 10:00am Health Screening 11:00am Phoenixville Hospital Chat 1:00pm Holiday Market Craft*	25 9:00am Art Ease 10:00am Matter of Balance* 1:00pm Early Closing	26 10:30am Coffee Talk w/ Paul Friel
29 2:00pm Book Club	30	 Are you ready for Designer Bag Bingo? https://givebutter.com/PASCBagBingo		

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
<p align="center">Computer Classes</p> <p>Mondays at 11am & Wednesdays at 1pm</p>	<p align="center">Silver Sneakers Circuit—Intermediate \$3 / free for Silver Sneakers & Renew Active Monday & Wednesday 8:45am</p>
<p align="center">Art Class— Watercolor</p> <p>See schedule for dates \$5 fee</p>	<p align="center">Silver Sneakers Classic –Chair Based \$3/ free for Silver Sneakers & Renew Active Monday, Wednesday & Friday 9:45am</p>
<p align="center">Art on Canvas</p> <p>See schedule for date Fee: \$10/ \$9 VIP Supporter</p>	<p align="center">Silver Sneakers Line Dancing \$3/ free for Silver Sneakers & Renew Active Friday at 8:45am</p>
<p align="center">Blood Pressure</p> <p>2nd and 4th Wednesday 10am to 11am Every Thursday 8:30am to 10:30am</p>	<p align="center">Tai Chi \$3 fee/ free for Silver Sneakers, Renew Active Mondays at 1pm</p>
<p align="center">Cash BINGO</p> <p>\$5 to play 5 games</p>	<p align="center">Silver Sneakers Yoga \$3 free for Silver Sneakers & Renew Active Tuesday and Thursday 1:15pm</p>
<p align="center">Tuesday Morning Sports Desk</p> <p>Second Tuesday of each month at 10:30am</p>	<p 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 align="center">Rep Friel’s Mobile Office Hours</p> <p>Second Monday of each month 10am to 12pm</p>	<p align="center">Pickleball @ Rec Center \$3</p> <p>Monday through Fri 1pm to 3pm Must pre-register for this program on Copilot</p>
<p align="center">Senior Law Center</p> <p>Legal services intake clinic. Second Tuesday By appointment only.</p>	<p align="center">Forward Pickleball \$5 M, W & F 9am to 11am</p>
<p align="center">Senator Muth Mobile Office Hours</p> <p>Third Tuesday of each month 12 to 2pm</p>	<p align="center">Mah Jong every Tuesday at 10am</p>
<p align="center">Phoenixville Hospital Health Talk</p> <p>Roundtable health topics Last Wednesday of the month at 11am</p>	<p align="center">Train Dominos Tuesdays at 12:45pm</p>
	<p align="center">Pinochle Tuesday & Thursdays at 12:45pm</p>
	<p align="center">Yahtzee every Thursday at 12:45pm</p>
	<p align="center">Social Stitchers every Thursday at 1pm</p>



Phoenixville Senior Center Hours

Monday through Thursday 8am to 3pm

Friday 8am to 1pm

Support Vibrant Aging at the Phoenixville Area Senior Center

The Phoenixville Area Senior Center empowers older adults to live active, fulfilling lives through fitness, education, and community connection. As a nonprofit, we rely on your generosity to keep these vital programs going. Your donation helps us expand services, reach more seniors, and build a brighter future for all.

Join us in making a difference—your support matters.

<https://givebutter.com/PASCgiving>
or
you can scan the QR code.



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 week you would like to attend lunch on Copilot. **We cannot guarantee a meal without a prior registration.**

Lunch Fees

If you are 60 + years old

\$3 suggested donation

Under 60 years old

\$5.75 payable to staff

Alternate meal

\$3 payable to staff

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

To make an appt please call 610-935-1515 ext 29

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. You may be ticketed and towed

Questions about your Medicare?

We are here to
HELP

Medicare Update for Annual Open
Enrollment (AEOP)
Fine Tune Your Medicare for 2026
Wednesday, October 8th, 2-4pm

This presentation is for people who have Medicare and want to learn about upcoming changes before Annual Open Enrollment (October 15th – December 7th). There will be time for questions and answers after the presentation, and the chance to schedule follow-up appointments. Medicare Update is presented by Chester County PA MEDI counselors. Reservations are not required.

Individual PA MEDI Counseling - By Appointment Only

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.

For more information, or to schedule an appointment, please contact Cari at 610-935-1515 ext. 24 or cforeman@phoenixvilleseniorcenter.org

PA MEDI is a free, confidential, and unbiased health insurance counseling program designed to help all Pennsylvanians with Medicare. PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with objective, easy-to-understand information about Medicare.



AN EXELON COMPANY

PECO Launches New Customer Relief Fund – Apply Now!

PECO is offering a \$500 grants to qualifying customers through its new Customer Relief Fund. The grant will appear as a credit on your PECO bill, helping ease energy costs. Funds are limited and awarded on a first-come, first-served basis, so don't wait!

To qualify, you must be a current PECO customer. The maximum gross income is \$46,950 for a household of one and \$63,450 for a household of two. Applications are due by December 31, 2025.

For more information or help applying, visit PECO's website -

<https://www.peco.com/my-account/customer-support/assistance-programs/customer-relief-fund>, or contact Cari at cforeman@phoenixvilleseniorcenter.org or 610-935-1515

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:

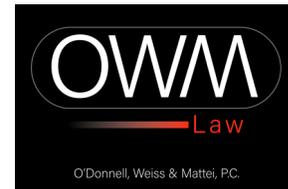
Program Name	Description	Income Limit (if any)
PACE/PACENET	Helps save money on prescription medication costs	PACE: \$1,208/PACENET: \$2,792
LIS/Extra Help with Medicare Part D	Helps with monthly premiums, annual deductibles, and co-payments	Income:\$1,843, assets: \$16,660
Medicare Savings Program	Helps 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 (Winter Only)	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



MOBILE OFFICE HOURS

Did you know that Senator Muth's Rep comes to the Senior Center on Tuesday September 16th from 12 to 2pm and can help with: SEPTA cards, Notary, Handicapped plates applications, concerns about state roads and more.

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 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.