



December
2025



Holiday Greetings from Staff and Board of Directors of the Phoenixville Senior Center

Help rewrite the story of aging—one meal, one smile, one connection at a time!

When John lost his wife, he also lost the rhythm of his daily life. He stopped eating well, withdrew from friends, and began to sink into isolation. Then he found the Phoenixville Area Senior Center. John came for a meal. He stayed for the community. Today, he is thriving—thanks to nutritious food, exercise classes, and meaningful friendships.

This is what your gift makes possible.

Over the past two years, PASC’s nutrition program has grown by 32%. More older adults than ever rely on our scratch-made meals, food boxes, and wellness programs. For many, our lunches are their only hot, healthy meals of the day.

Last year, PASC reported the following:

- 1,295 seniors served
- 46,288 activities facilitated
- 9,267 meals provided
- 99 average daily attendees

Your donation helps us provide:

- Nutritious meals and community breakfasts
- Mental health support and social connection
- Nutrition education tailored to seniors
- Exercise and wellness classes
- Tech, art, and lifelong learning programs

Center closed
12/24, 12/25,
12/26, 1/1 & 1/2

Center closes
early at 1pm
12/23, 12/29 &
12/30, 12/31

These figures reflect more than numerical growth, they highlight PASC’s essential role in improving the quality of life for older adults. Every dollar you give helps seniors like John rediscover purpose, health, and joy. Together, we can ensure that every older adult who walks through our doors finds nourishment, connection, and hope.

Your support truly changes lives. For John – and for so many others – Phoenixville Area Senior Center is rewriting the narrative of aging into a chapter of renewed purpose. Please consider making your year-end gift today. Together, we can ensure that every senior who walks through our doors finds nourishment, connection, and hope.

Please donate online <https://givebutter.com/PASCWinterAppeal> or mail a check to PASC, 153 Church Street, Phoenixville, PA 19460

THE SCHUYLKILL VALLEY REGIONAL DANCE
COMPANY'S ANNUAL PRODUCTION OF THE

NUTCRACKER



SATURDAY
DECEMBER 13TH, 2025
1PM & 5PM

SUNDAY
DECEMBER 14TH, 2025
1PM

PHOENIXVILLE
AREA MIDDLE SCHOOL
1000 PURPLE PRIDE
PARKWAY,
PHOENIXVILLE, PA

FOR TICKETS
AND MORE
INFORMATION



PHOTO BY EMILY BRUNNER

Want to exercise
you mind as well as
your body?

Try Line Dancing on
Fridays at 8:45 am.




Happy
Kwanzaa



Wednesday December 17th

@ 10:30 am.

Collette travel will be presenting their
2026 travel plans with the Senior Center
Southern Charm and Mackinaw Island.

HANUKKAH BREAKFAST CELEBRATION

Join us for a warm and joyful
Hanukkah breakfast celebration!



TUESDAY, DECEMBER 16TH
8AM



JOIN US FOR A FESTIVE

HOLIDAY LUNCHEON

WITH MUSIC AND HOLIDAY CHEER

WEDNESDAY, DECEMBER 17

BEGINNING AT 12PM

PLEASE PRE-REGISTER FOR LUNCH BEFORE DECEMBER 12TH



Veterans Breakfast

Thursday December 4th at 0800.

Honoring those who served with a special breakfast.

Breakfast is for our veterans and their guests.
Please RSVP to Christine at 610-935-1515 ext 29

New for pickleball at the Rec Center! New way to sign up for the group at 1pm!

Team Reach app / Phoenixville Senior Center@ Rec Center.

Current players will get an email with the code. New players, please register with the Senior Center to play. Interested in playing earlier @Rec Center? \$3 to play during the earlier times for Senior Center participants. Contact Christine for a discount card to show when you sign in at the Rec Center.



New items added to our wish list!

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

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



SPORTS DESK— NEW DATE AND TIME
SECOND MONDAY
EACH MONTH
AT 10AM!



Community Action Agency of Delaware County, Inc.

Since 1979

Monday December 8th
at 11am

Learn about Community Action Agency of DC's "Winterization Program" Just in time for the really, really cold weather!

They offer a variety of free Energy Services to help Chester and Montgomery County residents improve energy efficiency and conserve energy in their homes. In addition, CAADC provides emergency assistance to households facing a utility crisis."

Frozen Holiday dinners from the CC Food Bank will be available on **Monday December 15th** starting at 10:30am.

Please pre-register on Copilot before 12/12



Digital Wellness Series
Mondays at 11am
Wednesdays at 1pm

12-1 Sharing Photos on an iPhone

12-3 Everyday uses of AI

12-8 Chatting with AI

12-15 Android : Sharing Photos on an Android

12-17 Getting Started with What's App

No classes from December 22nd through January 2nd

Housing Partnership of Chester County (HPCC) has officially launched their **2025–26 Winter Fuel Assistance Program.**

Thursday Dec 18th at 10am

HPCC will present an Information session on eligibility requirements for the program.



This program provides **up to \$500 in direct payments to oil and propane vendors** on behalf of eligible Chester County **homeowners** earning **at or**

below 50% of the Area Median Income (AMI).

Priority is given to **seniors (60+)** and those **under 30% AMI.**



Third Thursday December 18th 3 to 5:30pm
Soup and Strategy

Join the staff of the Senior Center for Game Night and stay for a meal of Chef Brian's home made soup Mahjong, Chicken feet, Yahtzee and many more! All are welcome!

\$15 for adults / \$10 for children under 12.

Go to our website to purchase tickets or stop by the Senior Center.



Thursday
January 15th
Supper Club
returns!

Details to follow soon!



Birthday Social Lunch

Wednesday December 10th

Lunch at 12pm Entertainment at 12:45pm



December Entertainment—The Notables

Judith Aberts	Judy Giffi	MaryAlice Phillips
Mansoureh Ariarad	Michelle Giffroy-Rossi	Carol Pusey
Dixie Barlow	Sandra Grancell	Sharon Redding
Ben Benedetto	Marilyn Harvey	Virginia Redding
Mary Louise Boczkowski	Ralph Hoppel	Martha Robinson
Charles Bonham	Kurt Jefferis	Elaine Schmidt
Diane Brant	Mary Kashmer	Susan Schwartz
Linda Brooks	Bernice Kelly	Donna Sebastian
Barbara Catherman	Susan Koss	Judy Sengillo
Fiora Clark	Patricia Laroche	Meredith Stewart
Tina Conn	Mai Ta Luc	William Szabo
Cindy Crowe	Tho Luc	Florence Tang
Ann Davis	Judith Lynch	Lucy Tascone
Melissa Davis	Fred Marks	Ellen Truax
Carol Deluca	Patricia McDonough	Ray Wanger
Tom Deluca	Shirley Miller	Rose Way
Sharon Falasco	Mary O'Grady	Gerald Wheaton
John Fuhr	Dolores Opiela	Bill Whitehead
Joseph Giannattasio	Celia Palmer	Sherry Wilson-Garvin

No one wants to talk about it...but we have to. Snow. The Phoenixville Senior Center follows the Phoenixville School District with regards to closures. Please contact the Center 610-935-1515 or check our Social Media to see if we are open on snowy days. Always stay safe if you are unsure.



Healthy Living with the Phoenixville Senior Center

Bi-monthly Caregivers' Support Group with Daemion Counseling Center



Caregiving is hard, and you don't have to do it alone.

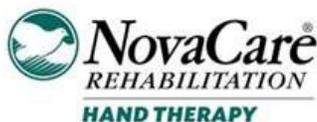
This support group is for active caregivers only, and registration is strongly encouraged. In order to preserve both confidentiality and a non-judgmental, supportive environment, we will request that only caregivers participate in these groups. The hour will be facilitated by licensed therapists from Daemion Counseling Center.

Tuesday Dec 2nd and Wednesday Dec 17th are both at 9:30am.

Join Christine Dec 3rd @ 9:30am to try out our new fitness program!

Indoor Walking at the Rec Center– 501 Franklin Ave Phoenixville!

Program is every Wednesday morning from 9:30am to 10:30am.



**Monday
December 8th
at 1pm**

Please join us for the upcoming workshop, "**Caring for Painful Hands and Thumbs**" with visiting occupational therapist and hand therapy specialist, Rachel Larson, MS, OTR/L, from NovaCare Rehabilitation.

This workshop will include education and practical resources for protecting joints and reducing pain in the hands related to arthritis, as well as tips for preventing and minimizing future pain through joint protection techniques and creative adaptive equipment

RSVP for lunch by 12/4 on Copilot

8 Week Challenge to Healthy Eating

(formally Weight Wise) all at 11am

Last classes on 12/2 and 12/9 with a special Diabetes class on 12/16.

Grief Support Group at 2:15pm

Thursday 12/4

Wednesday 12/17 –White Elephant

Holiday Party



Facilitated by

Kinetic Stretch at 9:30am on



**Weds 12/3 &
12/17**

Candlelight House Tour and Holiday Marketplace

It's the 25th Anniversary of this
Phoenixville Tradition!

Saturday December 6th, 2025

Marketplace 3 to 7pm

Self-guided tour 4 to 8pm

Tickets \$30 in advance / \$35 at the door

Tour starting at the
Phoenixville Senior Center 153 Church Street

Call 610-935-1515 ext 25, follow link, or scan this QR code for tickets.

<https://givebutter.com/PASCHolidayTour>



Benefits the Phoenixville
Area Senior Center



December Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 B: Continental Breakfast L: Pizza	2 B: Breakfast Hash L: Chili Mac & Cheese	3 B: Breakfast sandwich L: Italian Roast Pork	4 B: Bacon & Eggs L: Stewed Chicken & Rice	5 B: Continental Breakfast L: Brisket
8 B: Continental Breakfast L: Pork Chops	9 No Breakfast Center Opens at 10am today L: Enchilada Bake	10 B: Frittata L: Chicken & Dumplings	11 Waffles & Sausage L: Fish Sticks	12 B: Continental Breakfast L: Roast Pork
15 B: Continental Breakfast L: Meatless Monday Black Bean Bowl	16 B: Pork Roll & Eggs L: Chicken Bruschetta Pasta	17 B: Sausage Gravy & Biscuits L: Seafood Cakes	18 B: Strawberry Basil Bread Pudding L: Pot Roast	19 B: Continental Breakfast L: Fish Bake
22 B: Continental Breakfast L: Beef Stew	23 B: Breakfast Sandwiches L: Lasagna	24 Center Closed	25 Center Closed	26 Center Closed
29 B: Continental Breakfast L: Breakfast for Lunch	30 B: Sausage & Eggs L: Baked Ziti	31 B: Breakfast Sandwiches L: Chicken Fingers	1 January Center Closed	2 January Center Closed

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.

December 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 Wellness 11:00am 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 12:45pm Train Dominos 1:00pm Pickleball @ Rec Center* 1:15pm Yoga	8:00am Breakfast 8:45am Circuit Exercise 9:00am Welcome Wagon 9:30am Indoor Walking Group @ Rec Center 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 8:45am 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	2 9:30am Caregiver Support Group 11:00am 8 Week Health Eating Challenge	3 9:30am Kinetic Stretch 9:30am *NEW* Indoor Walking Group @ Rec Center 1:15pm Art Class	4 8:00am Veterans' Breakfast 2:15pm Grief Support	5
8 10:00am State Rep. Friel Mobile Office 10:00am Sports Desk 11:00am Weatherization Presentation 1:00pm Novacare Presentation	9 No Breakfast 10:00am Late Opening 10:00am SeniorLAW* 10:30am Art on Canvas 11:00am 8 Week Health Eating Challenge 3:00pm Game Night*	10 10:00am Blood Pressure 12:00pm Birthday Lunch 12:45pm Birthday Entertainment: The Notables	11	12 10:30am Bingo
15 10:30am Frozen Holiday Meal Pick Up	16 8:00am Hanukkah Breakfast 11:00am 8 Week Health Eating Challenge 12:00pm State Sen. Muth Mobile Office	17 9:30am Kinetic Stretch 9:30am Caregiver Support Group 10:30am Collette Presentation 1:00pm Holiday Party 1:15pm Art Class 2:15pm Grief Support	18 10:00am Housing Partnership of ChesCo 3:00pm Third Thursday: Soup & Strategy	19
22 2:00pm Book Club	23 1:00pm Early Closing	24 Center Closed	25 Center Closed	26 Center Closed
29 1:00pm Early Closing	30 1:00pm Early Closing	31 10:00am Blood Pressure 1:00pm Early Closing	1 January Center Closed	2 January Center Closed

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



FOR YOUR INFORMATION

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.



Find us on Social Media!



Phxsrctr153



Phoenixville Area Senior Center

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.

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

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

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

Able-bodied volunteers are needed to help with our Third Thursdays and Special Events set ups and breakdowns.

Duties includes lifting and carrying tables and chairs, serving meals and clean up after any event in the Center.

Call Christine at 610-935-1515 ext 29 if interested or know someone who is.



Want to help raise money for the Senior Center with Raise Right formally Scrip ?



RaiseRight™

You can help by ordering gift cards through the Senior Center from over 750 brands with the Raise Right program. The rebate on the gift cards go to the funding of the Center's initiatives.

For a current list of participating retailers and offers go to www.raiseright.com

Order forms can be picked up at the Senior Center. Forms and payments are due no later than close of business on December 10th. You will be notified when the cards arrive.

Please call Carmela at 610-935-1515 ext 25 with any questions.

Tax Season is Coming!

We have a limited number of AARP tax appointments available, and scheduling will begin soon. We will be offering traditional in-person appointments, and some drop off appointments.



Senior Center participants may call to schedule appointments starting in January.

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.

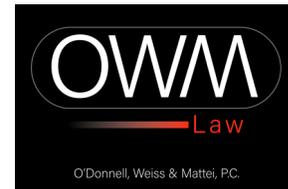
If you prescheduled your 2026 appointment during your 2025 appointment, you only need to call if you wish to reschedule. Otherwise, we will contact you in January 2026 to confirm your appointment.



The LIHEAP 2025-2026 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 Annual Sponsors



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 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.