



January
2026



Dear Friends,

As we step into a new year, we look forward with hope and excitement. 2025 brought many changes to the Phoenixville Senior Center, and together we met those changes head-on. Not only did we adapt, but we continued to grow and thrive! We had record turnouts for Designer Bag Bingo and the Holiday House Tour, our lunch program keeps expanding, and we’re adding more activities and programs every month.

We have great ideas and plans to keep the momentum going and make 2026 even better. With your help and support, we know we can do it!

Of course, one thing hasn’t changed—the **taxman cometh**. Thankfully, the excellent **AARP Tax-Aide program** is here to help! By the time you read this, tax scheduling will have started for Senior Center participants. We’ll be offering traditional in-person appointments, some evening appointments, and convenient drop-off options.

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

Center closed
1/1 & 1/2
Opens late
1/13

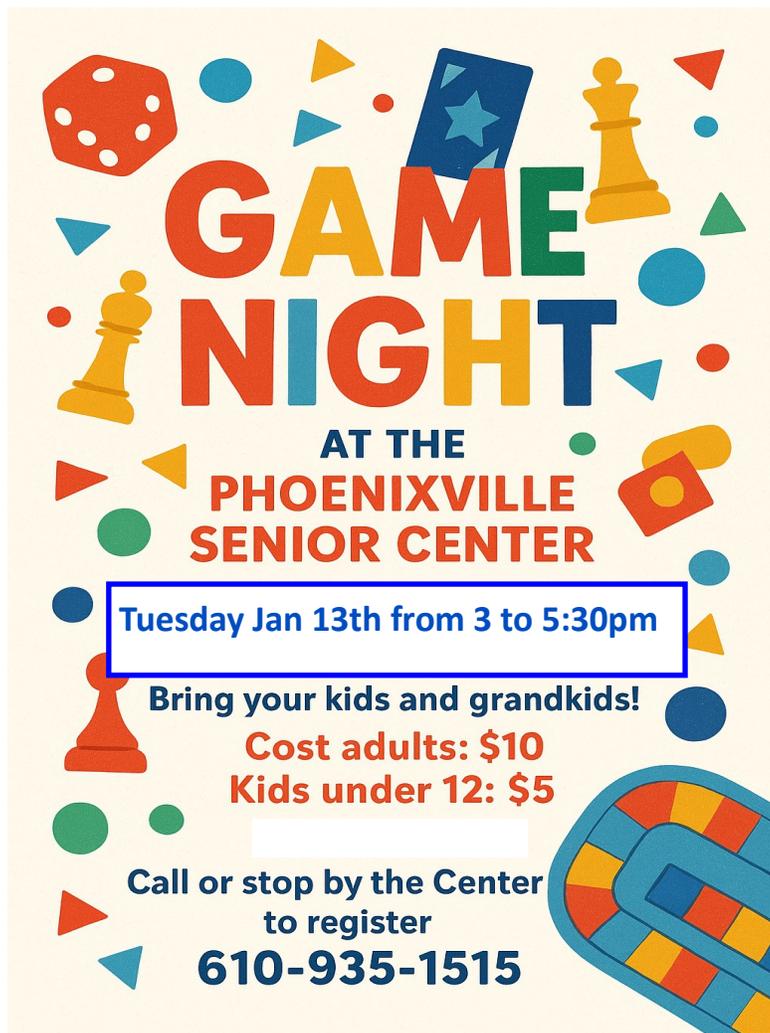
The reason for your call

Your call will be returned in the order received. Please be patient—call volume is high, and leaving multiple messages slows the process for everyone. If you prescheduled your 2026 appointment during your 2025 visit, we’ll be reaching out to confirm.

Important: If you’ve filed with us before and were told you need an **IP PIN**, please attend our **info session on January 8th at 1pm** to learn how to find yours before your tax appointment.

Let’s make 2026 a year full of fun times, laughter, delicious food, and wonderful people. Thank you for being part of our community—we couldn’t do it without you!

Warmly,
Cari Foreman – Scheduler of Tax Appointments



GAME NIGHT

AT THE
PHOENIXVILLE SENIOR CENTER

Tuesday Jan 13th from 3 to 5:30pm

Bring your kids and grandkids!

Cost adults: \$10
Kids under 12: \$5

Call or stop by the Center to register
610-935-1515

Movie Day

Tuesday
January 27th
at 10am



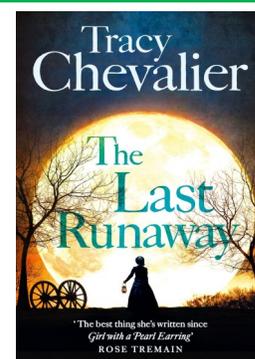
A group of senior sleuths passionate about solving cold cases get plunged into a real-life murder mystery in this comic crime caper.

Starring: Helen Mirren, Pierce Brosnan, Ben Kingsley

Book Club Monday January 26th at 2pm

“The Last Runaway” by Tracy Chevalier

The Last Runaway, bringing to life the Underground Railroad and illuminating the principles, passions and realities that fueled this extraordinary freedom movement.



Limited TV Series Friday January 16th, 23rd and 30th at 10:30am

Agatha Christie’s Seven Dials

England. 1925. At a lavish country house party, a practical joke appears to have gone horribly, murderously wrong. It will be up to the unlikeliest of sleuths — the fizzingly inquisitive Lady Eileen “Bundle” Brent (Bruce) — to unravel a chilling plot that will change her life, cracking wide open the country house mystery. Starring Mia McKenna-Bruce, Helena Bohnam Carter, Martin Freeman and Edward Bluemel



New items added to our wish list!

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

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



Dr Martin L King Day Special Presentation

with Jay Kapila from the History Club
Wednesday January 21st at 1pm

Join the Center in celebration of Dr King with a presentation of his life and times and his most famous speech “I Have a Dream”.



Digital Wellness Series Mondays at 11am

Wednesdays at 1pm

January 5 -Editing Photos

January 7 -Internet Settings for Privacy and Safety

January 12 and 14 -Knowing when to clean up your phone

January 19 and 21 -Sending Photos through Messages, Email and Social Media

January 26 and 28 -Organizing Photos

Art Ease
MIXED MEDIA
Where creativity flows in every medium.
Thursday, January 29th 10am Fee \$5

Birthdays Social Lunch
Wednesday January 14th
Lunch at 12pm Bingo at 1pm



Bernie Agostini
Mahmuda Ahmed
Maureen Baker
Elaine Baxter
Sharon Beardon
Joanne Beauregard
Rita Borkowski-Yoder
Lee Brand
Mick Brannan
Susan Brennan
Louise Brooks
Mary Carroll
John Caruso
Robin Caruso
Dominick Caterina
Lorrie Clare
Janet Cook
Joanne Cooper
Mary Cramsie
Angela Crist
Diane Donatoni

Karen Dougherty
Janet Ertell
Lillian Evans
Evelyn Fatula
Phyllis Feulner
Latitia Floyd
Kathleen Franklin
Sharyn Funderwhite
Kathleen Glinski
Marilyn Gormley
Linda Grisafi
Florence Katz
Madeleine Keyes
Elizabeth Knepper
Janice Kolea
Joe Krzemienski
Peggy Laffredo
William Lanyon
Cynthia Lazorik
Dennis Lederach
Mary McGready

John Norman
Anne Peirce
Earl Price
Steve Sadofsky
Elaine Scott
Lee Segner
Paul Shantz
Maggie Silva
Marcia Singh
Carol Sklaroff
Janet Staneruck
Robin Stephens
Jonathan Stewart
Sharon Suwinski
Dette Tauber
Anna Verduci
Lynda Webber
Donna Whittaker
Anne Wilke
Kathleen Willis
Melody Wyres

The Phoenixville Senior Center follows the Phoenixville School District with regards to closures. If they are closed or delayed, we are closed. 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.





Tuesday January 20th at 10:30am

Join Laura Bishop, Vestibular Physical Therapist from Core 3 Physical Therapy for an informative presentation

on Vestibular Physical Therapy. This session will explain common causes of dizziness/vertigo and why we get these symptoms. The presentation will explain the different body systems that contribute to our balance and how problems of the vestibular system can contribute to falls. Physical therapy can improve balance, reduce dizziness and enhance confidence in daily activities.



Take Charge of Your Health with **Diabetes Self-Management Program (DSMP)**

A six-part series to help you manage your quality of life.

The DSMP program helps people and their caregivers manage their symptoms, improve quality of life, and reduce healthcare costs.

Classes begin Thursday January 15th at 10 am for 6 weeks and requires pre-registration on Copilot.

Classes are limited to 15 people and you are required to attend all 6 classes. Please do not sign up if you cannot attend all 6 classes.

Understanding Hearing Loss presentation by Yes Hearing
Monday January 19th at 11am



Individual Comprehensive Hearing Tests by appointment only
January 18th and 19th.

Yes hearing is a nationally established, concierge hearing care service that's innovating how hearing healthcare is delivered. Through their cost efficient model, they're simplifying hearing healthcare and making it more accessible for their patients.

Please call the Senior Center to reserve your appointment.

Limited availability.

Healthy Living into 2026 with the 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 January 6th and Wednesday Jan 21st are both at 9:30am.

Join Christine @ 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.

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

Want to exercise you mind
as well as your body? Try
Line Dancing on Fridays
at 8:45 am.



Grief Support Group at 2:15pm

Thursday 1/8 and Wednesday 1/21



Facilitated by
Linsey Cheshire

Kinetic Stretch at 9:30am on



Weds 1/7 & 1/21



Ready to travel in 2026?

Trips for 2026 are still available with our travel partner Collette Travel.

Mackinac Island August 1—9, 2026



Painted Canyons of the West
September 22 to 30, 2026

Please see Christine for details and flyers.

FYI for our participant that take our exercise classes



Please update your Silver Sneakers or Renew Active participation in the New Year.

Bring in your card or the account number so we can verify your participation. Not sure if you have either program? Just call your insurance company to find out.

January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Center Closed	2 Center Closed
5 B: Continental Breakfast L: Pork Chop	6 Pancakes & Bacon L: Chili Mac n Cheese	7 B: Sausage & Eggs L: Stewed Chicken & Rice	8 B: Breakfast Hash L: Roast Beef	9 B: Continental Breakfast L: Shrimp Scampi
12 B: Continental Breakfast L: Roast Pork	13 No Breakfast Center Opens at 10am today L: Chicken & Dumplings	14 B: Frittata L: Meatloaf	15 Breakfast B: Tatertot Casserole L: Enchilada Bake	16 B: Continental Breakfast L: Pork Medallions
19 B: Continental Breakfast L: Baked Chicken	20 B: Pork Roll & Eggs L: Pork Sandwich	21 B: Bananas Foster Bread Pudding L: Salisbury Steak	22 B: Bacon & Eggs L: Chicken & Broccoli	23 B: Continental Breakfast L: Turkey Noodle Casserole
26 B: Continental Breakfast L: Baked Fish	27 B: Cream Chipped Beef L: Chicken Cheesesteak	28 B: Breakfast Sandwich L: Pork Carnitas	29 B: Pork Loin & Eggs L: Seafood Curry	30 B: Continental Breakfast L: Tatertot Casserole

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.

January 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 Center Closed	2 Center Closed
5 8:00am Tax Scheduling Begins for Senior Center Participants	6 9:30am Caregiver Support Group	7 9:30am Kinetic Stretch 1:15pm Watercolor Art	8 1:00pm IRS IP PIN Info Session 2:15pm Grief Support	9 10:30am Bingo
12 10:00am State Rep. Friel Mobile Office 10:00am Sports Desk	13 No Breakfast 10:00am Late Opening 10:00am SeniorLAW* 10:30am Acrylic Art on Canvas 3:00pm Game Night*	14 10:00am Blood Pressure 12:00pm Birthday Lunch 1:00pm Bingo	15 10:00am Diabetes Class* 5:00pm Third Thursday: Supper Club	16 10:30am TV: Agatha Christie's Seven Dials
19 11:00am Hearing Presentation 11:30am Hearing Testing*	20 10:00am Hearing Testing* 10:30am Core3 Vertigo 12:00pm State Sen. Muth Mobile Office	21 9:30am Kinetic Stretch 9:30am Caregiver Support Group 1:00pm MLKjr Presentation 1:15pm Watercolor Art 2:15pm Grief Support	22 10:00am Diabetes Class*	23 10:30am TV: Agatha Christie's Seven Dials
26 2:00pm Book Club	27 10:00am Movie: The Thursday Murder Club	28 10:00am Blood Pressure	29 10:00am Diabetes Class* 10:00am Art Ease Mixed Media	30 10:30am TV: Agatha Christie's Seven Dials

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">Monday Morning Sports Desk</p> <p>Second Monday of each month at 10am</p>	<p align="center">Walking with the Center</p> <p>Tuesday 9am at Black Rock Sanctuary 953 Black Rock Road, PA-113</p> <p>Thursdays 9:00am at Charlestown Park 100 Academic Way, Phoenixville</p> <p>Wednesdays 9:30am indoor @Rec Center</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">Yahtzee every Thursday at 12:45pm</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">Stretch with Kinetic PT</p> <p>1st and 3rd Wednesday at 9:30am on</p>	<p align="center">Train Dominos Tuesdays at 12:45pm</p>
	<p align="center">Pinocle Tuesday & Thursdays at 12:45pm</p>
	<p align="center">Social Stitchers every Thursday at 1pm</p>

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.



The Senior Center will not have tax booklets until February!

Prepare for Your Tax Appointment: How to Find Your IP PIN

You only need an Identity Protection PIN (IP PIN) if the IRS or your tax preparer has told you to use one in the past. This six-digit number helps prevent someone else from using your Social Security number to file a fraudulent return.

If you do need an IP PIN, you can find it by:

Checking your IRS notice (usually sent in December or January)

Logging into your IRS account at irs.gov

Calling the IRS if you've lost your PIN

Make sure you have your IP PIN ready before your tax appointment—it's an important step to keep your identity and refund secure!

Need help? **Come to Cari's info session January 8th at 1pm** for more information.

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



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

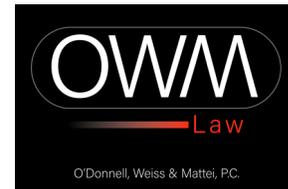
Under 60 years old

\$5.75 payable to staff

Alternate meal

\$3 payable to staff

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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Permit No.609

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.