

The Senior Center: Honoring Health, History, and Human Connection Each Month!

Celebrating 50 years of service to our communities!

Each month brings a new cause to champion. Some months honor our nation's history—such as **February's Black History Month** and **March's Women's History Month**. Others raise awareness around

health, like **October's Breast Cancer Awareness Month**, while some are simply meant

to inspire joy and engagement, such as **June's Great Outdoors Month**.

May is especially meaningful here at the Senior Center, as it celebrates **two causes close to our hearts: Older Americans Month and Mental Health Awareness Month.**

Older Americans Month 2026 Theme: *Champion Your Health*

Older Americans Month is celebrated every May to honor the contributions of older adults and to promote health, independence, and overall wellbeing.

The 2026 theme, **Champion Your Health**, emphasizes prevention, wellness, and personal responsibility as essential elements of healthy aging. It encourages older adults to take an active role in managing and advocating for their health by:

- Accessing preventive care
- Making informed health decisions
- Practicing healthy self-management strategies

This year's focus highlights **evidence based approaches**, the importance of **self-management**, the vital role of **caregivers**, and the power of **community partnerships**—all working together to empower individuals to live healthier, more independent lives.

Mental Health Awareness Month 2026 Theme: *Human Flourishing:*

Stories of Hope, Healing, and Possibility

The 2026 theme, "**Human Flourishing: Stories of Hope, Healing, and Possibility**," goes beyond recovery. It highlights emotional wellbeing, meaningful relationships and a sense of purpose and belonging. This theme encourages individuals to pursue growth, fulfillment, and connection at every stage of life. A key message throughout the month is simple but powerful: **You Matter**. It serves as a reminder that mental health is important, help is available, and everyone belongs in their community.

This month focuses on several important goals:

- **Reducing stigma** by encouraging open and honest conversations about mental health
- **Promoting early intervention** and access to appropriate treatment
- **Encouraging selfcare and resilience** through practical tools such as mindfulness, physical activity, and social connection
- **Building strong community support** so individuals feel heard, understood, and connected.

Join us for our 50th Anniversary on Friday May 29th from 2pm to 5pm with our Open House and check out programs that make our Senior Center one of the best!

See you soon! Christine

Center closed -
5/19, 5/25 & 5/27

Center opens @
9:30am - 5/5

Mind Matters Mental Health programs Fridays at 10:45am



5/8— Road to Happiness—Understanding Depression.

5/15—Mending the Stress Fence

5/22— Caring for the Caregiver.

5/29—Recreational Therapy Make Life Worth Living.

Digital Skills with Janet

Mondays at 11am and Wednesdays at 1pm

May 4. Technology for Aging in Place

May 6. MyChart

May 11. YouTube

May 18. Being News Savvy Online

May 20. Tech Basics for Caregiving

Mother's Day Spa

Wednesday
May 6th
at 10:45am

Please pre-register on
Copilot by 5/4

Musical Movie Day

Tuesday May 26th at 10am

Singing in the Rain (1952)

Starring: Gene Kelly, Debbie Reynolds and
Donald O'Connor

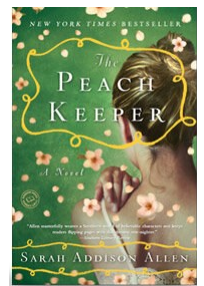


Book Club

Monday May 18th at 2pm

“The Peach Keeper” by Sarah Addison Allen

Welcome to Walls of Water, North Carolina, where the secrets are thicker than the fog from the town's famous waterfalls, and the stuff of superstition is just as real as you want it to be.



Please see Christine for a copy of the book. Supplies are limited. If you are unable to attend Book Club, please return your copy to the Phoenixville Library before the day of class.

PHOENIXVILLE
SENIOR CENTER'S



50

ANNIVERSARY

* 1976 * ★ * 2026 *

CELEBRATE THE PHOENIXVILLE SENIOR CENTER'S
50TH ANNIVERSARY

FRIDAY, MAY 29

2PM TO 5PM
OPEN HOUSE
showcassing all the
Center has to offer



**Exercise
class**



Games

Listen to our amazing
DJ Moshe spin some
of your favorite tunes.
Phoenixville Senior Center
153 Church St, Phoenixville



**Sampling
Chef Brian's
food.**



Free & Open to the Community

We are going back to the ballpark!



Wednesday May 27th at 11am
when the Reading Phillies take
on the Harrisburg Senators.

Space is very limited this year on the van provided by BVAA so get your tickets early and if you can drive to the game, let me know and I will get you tickets to join.

Total price is \$25 and includes a game ticket and a \$10 meal voucher.

Call Christine at 610-935-1515 ext 29 for more information.



Town Hall Meeting

Wednesday May 20th at 1pm

PASC in partnership with BVAA are hosting a Town Hall to share information and answer questions regarding the upcoming merger between Phoenixville SC and BVAA.

Community members are encouraged to attend. All are welcome!

Have you ever wanted to learn how to play Mahjong?

Now is your chance!!

A new Mahjong class series begins every first Tuesday of the month at 1pm and will continue for 4 weeks every Tuesday afternoon.



First class May 5th at 1pm

Come be a part of our growing Mahjong group!



Tuesday May 5th

3pm to 6 pm

\$10 adults/\$5 children under 12

Pizza, snacks and drinks offered!

SPORTS DESK

SECOND MONDAY EACH MONTH AT 10AM!

Next date 5/11



Every Tuesday

10am Mahjong

12:45pm Pinochle

12:45pm Train Dominos

Every Thursday

9:30am Duplicate Bridge

12:45pm Pinochle

12:45pm Yahtzee

Cash Bingo

\$5 to play

Friday 5/1 at 10:30am

Wednesday 5/13 at 1pm



Chester County Department of Aging Services will be hosting their annual

Senior Center Collaborative Art Show

Featuring Artists from the Chester County Senior Centers including three from Phoenixville.

Please join us for an

Art Show Reception with light refreshments

May 14, 2026 from 1:30pm – 3:00pm

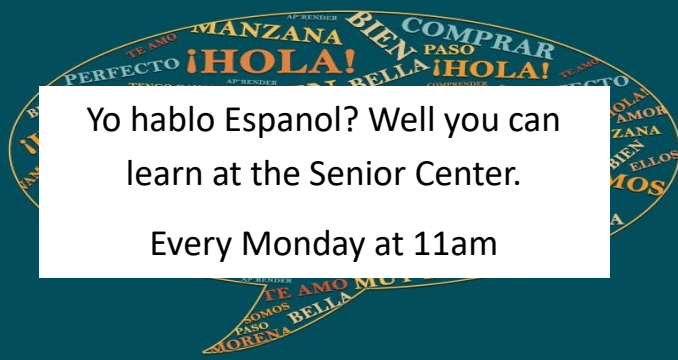
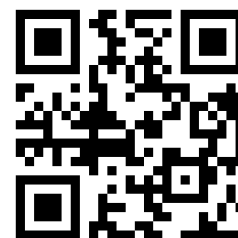
Government Services Center – Room 149,
601 Westtown Road, West Chester, PA
19380

RSVP to Janice Soster at
jsoster@chesco.org by May 7, 2026

New items added to our
wish list weekly!

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

<https://a.co/4BvQM5e>



Art Classes at the Center

Watercolor Art Class

Weds at 1:15pm
5/6 & 5/20



Acrylic Art on Canvas

Tues 10:30am 5/12

Art Ease Mixed Media

May 28th at 10am

\$7 fee

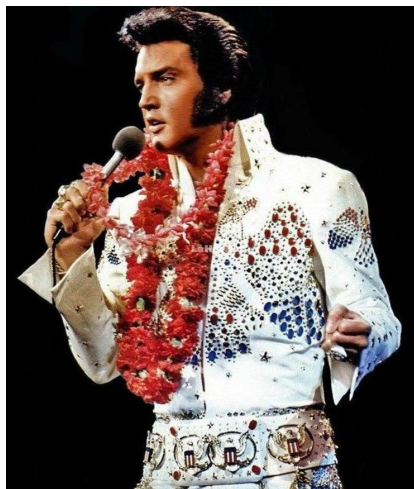
Create this
beautiful
wreath for
Spring with
Pam.

Requires pre-
registration on
Copilot.



Elvis Presley is back in Phoenixville!

May 21st from 5 to 7pm



Dinner and a hip shaking show!

Early Bird Pricing:

\$30/\$25 for VIPs

Menu: Memphis BBQ

Tickets available online at

<https://givebutter.com/PASC3rdThurs>



KATIE MUTH
PENNSYLVANIA STATE SENATOR

MOBILE OFFICE HOURS

Here's your opportunity to ask questions about national and state issues when we are joined by representatives from U.S. Representative Chrissy Houlahan's office and State Representative Paul Friel's office

Monday May 11th

10am to 12 pm



Mental Health Fun Day

Join us for this **FREE** event and explore services and resources in our area that help promote positive mental health.

Saturday, May 2 | 10 a.m. to 1 p.m.

Phoenixville Recreation Center
501 Franklin Avenue

Community Resources

- Phoenixville Hospital
- Suicide Prevention
- Counseling Services
- Addiction Recovery Services
- Home Health Care
- Crime Victim Services

Walk a Mile in Her Shoes

Join us in this international men's walk to help benefit the Domestic Violence Center of Chester County. Walks are scheduled at 10 am and 12 pm. Learn more at DVCCCPA.org.

Movement and Services

- Yoga
- Qigong
- Meditation
- Massage
- Reservoir Park
- Community Garden/Trellis
- Pickleball
- Table Tennis
- Self Defense
- Visit with an Animal Rescue
- PAL Boxing Demonstrations

Scan for more info

Phoenixville Borough Recreation Department

TowerHealth.org

Phoenixville Hospital
TOWER HEALTH
Advancing Health. Transforming Lives.

Healthy Living into 2026 with the Senior Center



Phoenixville Hospital returns with their Healthy Seniors program entitled "Mental Health"

Wednesday May 13th at 2pm

Please register on Copilot by 5/11



Bingo + Exercise = Bingocize*

Thursdays at 10am.

New group starting in May. This class requires registration on Copilot and is limited to 15 spots.



Grief Support Group at 2:15pm

Thursday 5/7 & Wednesday 5/20.

Facilitated by Linsey Cheshire



Kinetic Stretch at 9:30am on 5/6 and 5/20



Caregivers' Support Group with Daemion Counseling

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

This support group is for active caregivers only.

Tuesday 5/5 at 9:30am Wednesday 5/20 at 9:30am



Chester County Health Department Presents:



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

"A Matter of Balance"

Tuesdays & Thursdays 10am to 12pm

6/2, 6/4, 6/9, 6/11, 6/16, 6/18, 6/23 & 6/25

WHO SHOULD ATTEND? anyone concerned about falls, anyone interested in improving balance, flexibility and strength, anyone who has fallen in the past, anyone who has restricted activities because of falling concerns.

Registration required. Participants are asked to commit to all 8 sessions.

Birthdays Social Lunch

Wednesday

Lunch at 12pm Bingo at 1pm



Anna Anderson
Sullivan Augustine
Wendy Bergeron
Elizabeth Bleier
Laura Bohl
Sharon Botner
Liz Brunner
Beverly Carr
Nancy Caslin
Barbara Caviston
Tom Chapman
Marge Christman
Rebecca Daniels
Anna Marie Deluca
Marie Dollfus

Virginia Eachus
Carolyn Gelone
Ellen Gibson
Valerie Hall
Antoinette Hammond
John Hayde
Kathy Iacobucci
Roman Korobij
Denise Liberatore
Barbara Monahan
Joanne Moore
John Nerney
Joan Oister
Giulio Perilli
Peter Pieri

Irene Rosenbloom
Anne Ryan
Maria Sanchez
Ruth Sifford
Lisa Silva
Patricia Sipes
Gayle Smith
Linda Startzel
Steve Szerenyi
Frances Tepper
Ruth Vogt
Debbie Wallingford
Linda Weiss
William Yohe
Sandra Zimmermann

Indoor Walking Group

Wednesdays at 9:30am Rec Center
501 Franklin Ave, Phoenixville

Outdoor Walking Groups

Tuesday at 9am Black Rock Sanctuary

953 Black Rock Road, Phoenixville

Thursdays at 9am Charlestown Park

100 Academic Way, Phoenixville





Drive-thru BBQ Fundraiser to Support the Phoenixville Senior Center!

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

Wednesday May 20th Drive-thru 3pm to 5pm

Item	Pint	Quart	1/2 hotel pan
Chicken	\$15	\$29	\$57
Pork	\$15	\$29	\$57
Mac & Cheese	\$10	\$19	\$37
Cole Slaw	\$10	\$19	\$37
Alabama White Sauce	\$7		
Kansas City BBQ Sauce	\$7		

Meat is freshly cooked and not sauced. Can be frozen. Reheating instructions are included.

To order by **May 15th** go to: <https://givebutter.com/PASCbbq>

Or scan the QR Code at the top

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">Pinochle Tuesday & Thursdays at 12:45pm</p>
	<p align="center">Social Stitchers every Thursday at 1pm</p>

Medicare 101 Presentation

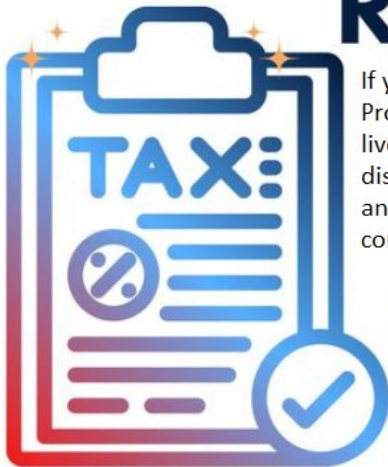
Thursday, May 7th, 5:00-7:00pm, In Person

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 finger, Medicare Savings Programs, Medicare Preventative Services, and Supplemental Insurance Medigap Plans.

Registration is not required. If you have questions outside of the scope of this presentation, please reach out to schedule a one-on-one meeting with Cari Phone: 610-935-1515 ext. 24 Email: cforeman@phoenixvilleseniorcenter.org

PROPERTY TAX REBATES



If you qualified for the PA State Property Tax/Rent Rebate, and live in one of the following school districts, you might be eligible for an additional rebate! Please contact Cari for information.

Owen J Roberts

Great Valley

Spring-Ford

Downingtown

New School Districts added:

Colonial

North Penn

Wissahickon

Perkiomen Valley

Norristown

Methacton

East Penn

Application deadline is June 30, 2026 and you can always submit your application online at my-PATH.pa.gov or contact Cari at 610-935-1515 ext. 24 for assistance - cforeman@phoenixvilleseniorcenter.org.

PROPERTY TAX/RENT REBATE

Apply today at:
my-path.pa.gov



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.





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

May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 B: Continental Breakfast L: Turkey Noodle Casserole
4 B: Continental Breakfast L: Pork Chop	5 No Breakfast Center Opens at 9:30am today L: Tater Tot Casserole	6 B: Pancakes & Bacon L: Chicken & Broccoli	7 B: Cream Chipped Beef L: Baked Fish	8 B: Continental Breakfast L: Turkey Caesar Salad Wrap
11 B: Continental Breakfast L: Baked Chicken	12 B: Ham & Eggs L: Sausage Peppers & Onions	13 B: Quiche L: Meatloaf	14 B: Pork Roll & Eggs L: Roast Turkey	15 B: Continental Breakfast L: Shrimp over Salad
18 B: Continental Breakfast L: Cheese Burger	19 Center Closed Election Day	20 B: Breakfast Sandwich L: Chicken Salad	21 Breakfast B: Tatertot Casserole L: Catfish	22 B: Continental Breakfast L: Cheesesteak
25 Center Closed	26 B: Biscuits & Sausage Gravy L: Tacos	27 Center Closed	28 B: Waffles & Sausage L: Chicken Pesto	29 B: Continental Breakfast L: Shrimp & Grits

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 alt meal 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 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 10:30am Bingo
4	5 No Breakfast 9:30am Late Opening 9:30am Caregiver Support 3:00pm Game Night*	6 9:30am Kinetic Stretch 10:30am Mother's Day Spa 1:15pm Watercolor Art	7 10:00am Bingocize* 2:15pm Grief Support 5:00pm Medicare 101 Presentation	8 10:45am Mind Matters: Road to Happiness
11 10:00am Joint Mobile Office w/State Rep. Friel & US Rep. Houlihan 10:00am Sports Desk	12 10:00am SeniorLAW* 10:30am Art on Canvas	13 10:00am Blood Pressure 12:00pm Birthday Lunch 1:00pm Bingo 2:00pm Phoenixville Hospital: Mental Health	14 10:00am Bingocize*	15 10:45am Mind Matters: Mending the Stress Fence
18 No Spanish Class 2:00pm Book Club	19 Center Closed Election Day	20 9:30am Kinetic Stretch 9:30am Caregiver Support 1:00pm Town Hall 1:15pm Watercolor Art 2:15pm Grief Support 3:00pm BBQ Drive Thru	21 10:00am Bingocize* 5:00pm Third Thursday: Elvis!!	22 10:45am Mind Matters: Caring for the Caregiver
25 Center Closed	26 10:00am Musical May Movie: Singing in the Rain	27 Center Closed 11:00am Reading Phillies Game**	28 10:00am Bingocize* 10:00am Art Ease	29 10:45am Mind Matters: Recreational Therapy 2:00pm 50th Anniversary Open House

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.

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

NONPROFIT ORG
US POSTAGE PAID
Southeastern, PA
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.