



**July  
2026**



## **There's a bright future ahead!**

Change can feel a little scary - but it also brings wonderful new opportunities!

We're excited to share that the **Phoenixville Senior Center** is now the **Brandywine Valley Active Aging - Phoenixville Campus**. While our name has changed, the heart of our center remains the same - you'll still find the welcoming community you know and love.

You may notice a few new faces, but don't worry - **Cari, Carmela, Brian, and Christine are still here** and happy to see you!

- Your favorite programs are here to stay
- New and exciting activities are on the way
- Field trips will now be available with access to BVAA vans
- Expanded programs at the Recreation Center
- Growing Information & Assistance services - including help with benefits enrollment and housing resources
- And of course, the delicious meals you've always enjoyed!

We're thrilled about everything the future holds for our center and can't wait to experience it with you.

**Join us - we're just getting started, and it's going to be a blast!**

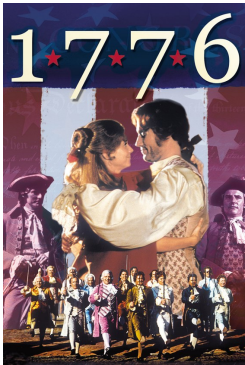
**Center closes early - July 2nd**

**Center Closed - July 3rd.**

**Center opens at 10am - July 14th**

# Musical Movie Day

Tuesday July 7th at 10:30am



## 1776 (1972)

*1776 is a musical drama set in the summer of the American Revolution, following the heated political debates in the Continental Congress over declaring independence. Blending historical dialogue with song, it reimagines the personalities and compromises behind the founding document.*

Starring William Daniels, Ken Di Silva, Ken Howard and Blythe Danner



### Art Classes at the Center

**Watercolor Art Class**

**Weds 7/1, 7/15, 7/29**

**at 1:15pm**

**Acrylic Art on Canvas Class**

**Tues 7/14 at 10:30am**

## Digital Skills with Janet

Mondays at 11am and Wednesdays at 1pm

July 1- Podcasts

July 6 - Venmo

July 20 - Venmo

July 22 - Paypal

July 27 - Paypal

July 29 - Streaming vs Cable

There are no classes on July 13th / 15th



Book Club is on vacation for July and will return in August.

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.



Fyzical Therapy and Balance Presentation

Wednesday July 22nd 1pm

Come for lunch stay for the program!

## Presentation

Monday July 13th

At 1pm

Helping Others to Live, Inc., provides reliable and affordable home care services to clients in the Pennsylvania area. We offer high-quality home care services designed to provide peace of mind.







Join us every third Thursday of each month to see what all the fun is about. We have delicious food, rocking music, games and even murder!!!

**August 20th - 5pm**

Supper Club TBD

**September 17th- 4 to 6pm**

Health Fair

**October 15th - 5pm to 7pm**

Masked Ball Dinner and Dancing

**November 19th - 4pm**

Winter Mahjong Madness

**December 17th - 4pm**

Murder on the Polar Express



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

**Drive Through BBQ  
Fundraiser to Support**

**BVAA Phoenixville Campus**

**Wednesday September 3rd  
Drive-thru 3pm to 5pm**

To order by **August 28th** go to:  
<https://givebutter.com/PASCbqq>  
or scan the QR Code at the top.

**Last Chance for the season!**

**Sounds of the Summer  
Seafood Boil**

**Thursday July 16th  
5pm to 7pm**

**\$30 per person / \$25 VIPs\***

**Enjoy a tasty seafood feast from  
Chef Brian and dance along to live  
music by Michael Kropp.**

<https://givebutter.com/PASC3rdThurs>

Questions? Call 610-935-1515

\*Please confirm VIP status before purchasing tickets





**Every Tuesday**

10am Mahjong

12:45pm Pinochle

12:45pm Train Dominos

**Every Thursday**

9:30am Duplicate Bridge

12:45pm Pinochle

12:45pm Yahtzee

Join us Tuesday July 14th

For a fun filled  
night!



3pm to 6:30pm

\$10 adults/\$5 children under 12



**Cash Bingo**

**\$5 to play**

**Wednesday 7/8 at 1pm**

**Friday 7/24 at 10:30am**

Pickleball at the Rec Center  
on the **Team Reach app!**

**Group: Pickle 153**

New players wanting to play from 1 to 3pm , please register with the Senior Center first to play.  
Interested in playing earlier @Rec Center?  
\$3 to play during the earlier times for Senior Center participants.

Morning play at the Rec Center during the summer is suspended due to camps.

Learn to play Mahjong at the  
Senior Center

New classes start July 8th  
every Tuesday at 1pm.

Come be a part of our  
growing Mahjong group!



Looking to see if anyone is interest in learning  
how to play Mahjong in the early evening.



If interested, please email  
[christine@phoenixvilleseniorcenter.org](mailto:christine@phoenixvilleseniorcenter.org).

# Healthy Living with the Senior Center

## Sound Bath Meditation

*Enrich your soul to the sound of music!*

Wednesday, July 8th at 2:30pm  
BVAA Phoenixville Campus



Bring a mat.

Call 610-935-1515  
ext. 29 to register

## What Are Sound Baths?

Sound baths are a type of guided relaxation that uses vibration and tone to help the mind and body. Early studies show they may ease stress, improve mood, and support physical and emotional well-being. Most people can safely try them. Open to all.

Please bring a mat, blanket, or a pillow for comfort and a water bottle

**Call 610-935-1515 ext 29 to register.**

## 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

## Grief Support Group at 2:15pm

Thursday July 9th

Wednesday July 22nd

Facilitated by  
Linsey Cheshire of  
Innovative Senior Concepts



## 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 July 7th at**

**9:30am**

**Wednesday July 15th**

**at 9:30am**



For the comfort and safety of all participants, please avoid wearing perfume to exercise class, as strong scents can make it difficult for others to breathe

# Birthday Social Lunch

Wednesday July 8th

Lunch at 12pm Bingo at 1pm



Gael Alba

Irish Amann

Ken Apgar

Barbara Archer

Charles Batten

Janet batten

Judy Beck

Arlyn Bell

Susan Bodick

Lisa Brand

Jesse Brennan

Marjorie Brown

Marilyn Burk

Helen Cappetta

Justine Carr

Patricia Clifton

Steve Connelly

Barbara Dewilde

Debra Dominianni

Brian Dudonis

Louise Ewing

Mary Gatta

Joseph Giron

Joanne Greer-Caruso

Kathryne Hyde

Linda Hennessey

Lylia Hoehl

Gary Hogstrom

Bonnie Inman

Mary Iverson

Ruben Jimenez

Harold Katz

Linda Kennedy

Lizzy Klinger

Margaret Kovach

Barbara Kurtz

Linda Ludwig

Fran March

Peter Martin

Mary McAnallen

Dennis McDowell

Carole McNamara

Launi Metzler

Lori Miller

Ralph Oister

Christine Rigoli

Richard Rigoli

Nancy Sabia

Stanley Schmidt

Jan Sensenich

Cameron Trimble

Severina Vazquez

Bruce White

Julia Whitesel

Felicia Williams

Patricia Yak

# July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> B: Kielbasa & Eggs .... L: Spaghetti & Meat Sauce	<b>2</b> B: Frittata .... L: Kielbasa	<b>3</b>  Center Closed
<b>6</b> B: Continental Breakfast .... L: Enchilada Bake	<b>7</b> B: Breakfast Sandwich .... L: Tuna Fish Salad	<b>8</b> B: Sausage & Waffles .... L: Meatloaf	<b>9</b> B: Breakfast Hash .... L: Sweet & Sour Chicken	<b>10</b> B: Continental Breakfast .... L: Italian Roast Pork
<b>13</b> B: Continental Breakfast .... L: Tomato Caprese Sandwich	<b>14</b> No Breakfast Center Opens at 10am today .... L: Taco Salad	<b>15</b> B: Pancakes & Bacon .... L: Fish Sticks	<b>16</b> B: Sausage & Eggs .... L: Chicken Flatbread	<b>17</b> B: Continental Breakfast .... L: Chili Mac-n-Cheese
<b>20</b> B: Continental Breakfast .... L: Country Style Spare Ribs	<b>21</b> B: Quiche .... L: Sloppy Joe	<b>22</b> B: Bacon & Eggs .... L: Chicken Salad	<b>23</b> B: Cream Chipped Beef .... L: Shrimp & Grits	<b>24</b> B: Continental Breakfast .... L: Baked Chicken
<b>27</b> B: Continental Breakfast .... L: Chef Salad	<b>28</b> B: Biscuits & Sausage Gravy .... L: Chicken Fingers	<b>29</b> B: Ham & Eggs .... L: Cheeseburger	<b>30</b> B: Scrapple & Eggs .... L: Chicken Cordon Bleu Sandwich	<b>31</b>  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.



Programs at the Senior Center—Please see calendar for exact days and times

Monthly	Weekly
<p align="center"><b>Computer Classes</b></p> <p>Mondays at 11am &amp; Wednesdays at 1pm</p>	<p align="center"><b>Silver Sneakers Circuit—Intermediate</b>  <b>\$3 / free for Silver Sneakers &amp; Renew Active</b>  <b>Monday &amp; Wednesday 8:45am</b></p>
<p align="center"><b>Art Class— Watercolor</b></p> <p>See schedule for dates \$5 fee</p>	<p align="center"><b>Silver Sneakers Classic –Chair Based</b>  <b>\$3/ free for Silver Sneakers &amp; Renew Active</b>  <b>Monday, Wednesday &amp; Friday 9:45am</b></p>
<p align="center"><b>Art on Canvas</b></p> <p>See schedule for date                      Fee: \$10/ \$9 VIP Supporter</p>	<p align="center"><b>Silver Sneakers Line Dancing</b>  <b>\$3/ free for Silver Sneakers &amp; Renew Active</b>  <b>Friday at 8:45am</b></p>
<p align="center"><b>Blood Pressure</b></p> <p>2nd and 4th Wednesday 10am to 11am                      Every Thursday 8:30am to 10:30am</p>	<p align="center"><b>Tai Chi</b>  <b>\$3 fee/ free for Silver Sneakers, Renew Active</b>  <b>Mondays at 1pm</b></p>
<p align="center"><b>Cash BINGO</b></p> <p>\$5 to play 5 games</p>	<p align="center"><b>Silver Sneakers Yoga</b>  <b>\$3 free for Silver Sneakers &amp; Renew Active</b>  <b>Tuesday and Thursday 1:15pm</b></p>
<p align="center"><b>Monday Morning Sports Desk</b></p> <p>Second Monday of each month                      at 10am</p>	<p align="center"><b>Walking with the Center</b></p> <p><b>Tuesday 9am at Black Rock Sanctuary</b>                      953 Black Rock Road, PA-113</p> <p><b>Thursdays 9:00am at Charlestown Park</b>                      100 Academic Way, Phoenixville</p> <p><b>Wednesdays 9:30am indoor @Rec Center</b></p>
<p align="center"><b>Rep Friel’s Mobile Office Hours</b></p> <p>Second Monday of each month                      10am to 12pm</p>	<p align="center"><b>Pickleball @ Rec Center \$3</b></p> <p>Monday through Fri 1pm to 3pm                      Must pre-register for this program on Team Reach</p>
<p align="center"><b>Senior Law Center</b></p> <p>Legal services intake clinic.                      Second Tuesday                      By appointment only.</p>	<p align="center"><b>Yahtzee every Thursday at 12:45pm</b></p>
<p align="center"><b>Senator Muth Mobile Office Hours</b></p> <p>Third Tuesday of each month                      12 to 2pm</p>	<p align="center"><b>Mah Jong every Tuesday at 10am</b></p>
	<p align="center"><b>Train Dominos Tuesdays at 12:45pm</b></p>
	<p align="center"><b>Pinochle Tuesday &amp; Thursdays at 12:45pm</b></p>
	<p align="center"><b>Social Stitchers every Thursday at 1pm</b></p>



# Phoenixville Campus 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 Phoenixville Campus?



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 11:30am 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 Phoenixville Campus 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)
<b>PACE/PACENET</b>	Helps save money on prescription medication costs	PACE: \$1,208/PACENET: \$2,792
<b>LIS/Extra Help with Medicare Part D</b>	Helps with monthly premiums, annual deductibles, and co-payments	Income:\$1,843, assets: \$16,660
<b>Medicare Savings Program</b>	Helps pay Medicare premiums, deductibles, coinsurance, and copayments depending on level of assistance	Income:\$1,660, assets: \$9,090
<b>Medical Assistance</b>	Medicaid for those with Medicare	Income:\$1,235, assets: \$2,000
<b>LIHEAP</b>	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
<b>SNAP</b>	Supplemental nutrition assistance	\$2,430 for seniors
<b>Property Tax/Rent Rebate</b>	Rebate for property taxes or rental costs	New income limits!
<b>Senior Food Box</b>	Supplemental canned and dry goods	\$2,430



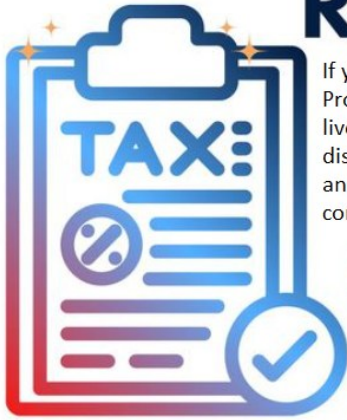
**New items added to our wish list!**

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

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



# 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 December 31st, 2026 and you can always submit your application online at [myPATH.pa.gov](https://myPATH.pa.gov) or contact Cari for assistance at 610-935-1515 ext. 24 [cforeman@phoenixvilleseniorcenter.org](mailto:cforeman@phoenixvilleseniorcenter.org).

## Benefits You Deserve: Enrollment Assistance



### Medicare Part D Extra Help (LIS)

Financial assistance to help pay for prescription drug costs, premiums, and deductibles.



### Medicare Savings Programs (MSP)

State-administered help for paying some or all Medicare premiums and cost-sharing.



### Medicaid & SNAP

Comprehensive health insurance and monthly assistance to purchase nutritious food.

### GET STARTED WITH OUR TEAM



Call  
610-383-6900



Email  
[benefits@bvactiveaging.org](mailto:benefits@bvactiveaging.org)



Location:  
Coatesville, Downingtown,  
Phoenixville

# Phoenixville Area Senior Center Annual Sponsors



Phoenixville Area Senior Center  
153 Church Street  
Phoenixville, PA 19460  
610-935-1515  
[www.phoenixvilleseniorcenter.org](http://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.