

## Director's Corner

It seems like we've been in the *hot & humid* August weather since early June. Well, August is now here so I guess it will be around a little longer. If you are going to do anything outside, it will probably be in heat or high humidity. Use caution during your outside activities, drink plenty of water and rest.

This is a great time to get your body back in shape for those cold wintery days ahead. Join instructor Barbara McAdams for our *SilverSneakers exercise* classes here at the Center on Tuesdays & Thursdays from 10am to 10:45am. It's a great exercise class (and it's in an air conditioned room) specifically designed for senior citizens to increase muscular strength and range of motion. You just might have a little fun and it's free. Stop by the Center on Tuesdays & Thursdays at 10am, enjoy the air conditioning and strengthen your body. We also have Gentle Stretching classes Mondays & Fridays from 11:15am to 11:45am (no cost) and Zumba classes on Tuesdays & Thursdays at 4:30pm in the afternoon, just \$3 per class.

Come and see us!!!! Enjoy the rest of your summer.

Jim



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### Senior Expo

**Thursday, September 21, 2017**  
**10 a.m. to 1 p.m.**  
 at the  
**Technical College High School**  
 in West Grove, PA

Rep. Lawrence cordially invites all residents age 60 and over to attend an exposition for senior citizens.

Exhibits and programs will include: health care, insurance, county services, state government services, and more...

### AARP DRIVING CLASS INSTRUCTOR, FRANK CORNELL

**FRIDAY, OCTOBER 13**

**TIME: 9 AM TO 2 PM**

**COST: AARP Members \$15**  
**Non members \$ 20**

Sign up to sharpen your driving skills and qualify for a **discount on your automobile insurance. Class is limited - 30. Call: 610-932-5244**, Lunch is available, please check out page 4 for menu and costs. Must sign up in advance for the class and lunch.



THANKS TO LAST MONTH'S...

**VOLUNTEERS**

All of our kitchen & lunchroom helpers  
Participants Council members  
Board of Directors  
Matthew Arroyo

**IN KIND GIFTS**

Giant Foods, Jennersville  
Philips Florist  
Jen Campion/Pickled Pickles

**DONORS**

Dorothy Waltz  
Peggy Ann Russell  
Phyllis Deaver  
Richard & Nancy Dawson  
Sid Hutton  
Oxford Area Civic Association  
*Hutton Family HeLP Fund*, a fund of the  
Chester County Community Foundation  
Chester County Department of Aging  
Oxford Presbyterian Church



**IN MEMORY**

We wish to offer our  
condolences to the family  
and acquaintances of our  
dear friend:

**Gyla Fuller  
Ernest Gray  
(Lena) Clare May  
William Mauldin  
Lorraine Vines**

<b>SEPTEMBER</b>		
<b>DATE</b>	<b>TIME</b>	<b>EVENTS</b>
1		Center Is Closed
4		Center Is Closed - Labor Day
11	10:30am	Participants' Council
18	1:00pm	Medicare 101 w/ Sally
18	7:00pm	Evening Workshop - Bring the Outdoors Inside w/ Steve Seivwright
20		Birthday Party
27	10:30-12:00	Constituent Outreach
<b>OCTOBER</b>		
12	10:00-4:00	Rainbow Dinner Theatre Trip
18		Birthday Party
<b>NOVEMBER</b>		
15		Birthday Party
<b>DECEMBER</b>		
20		Birthday Party



**Endowment Fund Donation**  
We wish to thank the following  
individuals for their donations:

Dawne & Glenn Clark

**In Memory of  
Dolores Meginley**

Jane Freeman  
Kathie & Noel Roy  
Sylvia Reyburn  
Carol Ann Amy  
XYZ Club of Oxford

**In Memory of  
Gyla Fuller**

**OUR BEST WISHES  
&  
THOUGHTS GO TO:**

Family of Gyla Fuller  
Family of Ernest Gray  
Family of (Lena) Clare May  
Family of Lorraine Vines  
Grant & Darla Troop  
The Mauldin Family  
Reba Gray  
Gwen Cornell  
Sidney Hutton



**NEW MEMBERS**

Judith Bergdoll  
Karen McGarvey  
Linda Smith





Now that we're in the "good ole' summertime" it's time to kick back and relax. Get a good book and sit by a fan, prop up your feet and "chill out"! Seriously, be careful; drink cool beverages, avoiding alcohol & caffeine, wear lightweight clothing, avoid strenuous activity, and come to the center where it's air-conditioned!!!

One area you don't want to relax in is protecting your identity. I've recently obtained a list of ways to minimize your risk of **Identity Theft**.

- 1) Never give your whole S. S. #. **Last 4 digits** or other I. D. will do.
- 2) When buying new checks, use only your first initial and last name. PO Box is best for address. Your bank knows how you endorse a check, a thief won't! **Close all inactive accounts.**
- 3) Keep your hand over the ATM key pad. Memorize your pin # - don't write it anywhere. Be sure the ATM "looks" like a real ATM.
- 4) Cut up old or expired credit cards. **Close inactive accounts.**
- 5) **Invest in a shredder.** Shred any trash with account and/or S.S. numbers on it.

Another area not to relax in is **Investment Fraud**. Here are some tips to avoid becoming a victim:

- 1) Before you invest, talk to someone you trust - family member, banker, accountant.
- 2) Junk Mail? Delete or tear it up. The Web site [www.opt-out.cdt.org/online](http://www.opt-out.cdt.org/online) provides links to remove your info from sites containing personal information.
- 3) Before making investments, check with \$AIF. Visit [www.corp.ca.gov](http://www.corp.ca.gov) or call 866-ASK-CORP. If it sounds too good to be true, it probably is.
- 4) Register with the National Do Not Call Registry, a free government service, so you won't receive telemarketing calls. [www.donotcall.gov](http://www.donotcall.gov).
- 5) If you have already fallen for a scam, change your phone number so you won't be on a "sucker's list" that is sold to other crooks.

Seniors are targeted because many are lonely or bored. That's why it is so important to keep occupied. Come to the Senior Center regularly and be around other people. Idle minds can think of a lot of foolishness. Stay busy.

Those of you who have a Medicare Part D Plan remember that the "open enrollment period" to reevaluate & change your plan is from October 15, 2017 to December 7, 2017. Don't procrastinate!! Wait until after Dec. 7th & you'll be stuck with your old plan which may go up in price and/or change formulary so as to not cover what you take now.

If you or someone you know is turning 65 or going on Medicare soon, be sure to attend the **Medicare 101 Seminars** here at the Center on Mon. Aug. 21st, Oct. 9th & Dec. 11th @ 7:00PM & Mon. Sept. 18th at 12:45pm. We will have answers to questions regarding how to sign up, what to look for in insurance and what is good information or junk mail that will be flooding your mail box. There will be handouts of resources & information. Bring friends and relatives with you to this informative evening.

**Be sure to return & sign the white info sheet that was included in last month's newsletter, and please answer all of the questions.** The Department of Aging requires us to obtain this information and our future funding could be determined by the number of people we serve and can substantiate by having this info. You need to be counted so please **help us assist you**. Thanks for your cooperation. We want to be able to serve you the best we can.

The deadline for filing PA RENT & TAX REBATE Forms has been extended to December 31st. Stop by if you need help.

Stay cool and have a great August! *Sally*

### WHAT IS INFORMATION & ASSISTANCE?

From time to time we all know we need information but have no idea how to find answers.

### WHO IS SALLY ARTER?

Sally is the Center's very own Information & Assistance Specialist. Her responsibilities include helping you find the answers to your questions.

### REFER WEB

The Chester County Department of Human Services is pleased to introduce Refer Web, an Information and Referral web-based application. Simply visit their web-site at [www.chesco.org/human](http://www.chesco.org/human). Once on the site, locate the Refer Web icon, click on it and start searching.

# AUGUST 2017 MENU

Call 610-932-5244 - Business Hours: 8:30 am - 3:00 pm  
Call to sign up for lunch by 3pm Tuesday for the ENTIRE following week.



**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE - Meal served at 12:00 pm**

MON	TUE	WED	THU	FRI
<p>CCDAS Food Vendor</p> 	<p>1. Chicken Parmesan Rotini Pasta Tossed Salad w/ dressing Italian Bread Sliced Peaches</p>	<p>2. Swiss Steak w/Gravy Mashed Potatoes Sliced Carrots Bread Sugar Cookie</p>	<p>3. Club Sandwich Creamy Cauliflower Soup Bread Fresh Fruit</p>	<p>4. Potato Crusted Fish Macaroni &amp; Cheese Stewed Tomatoes Bread Pineapples &amp; Oranges</p>
<p>7. Baked Lemon Pepper Chicken Thigh Wild Rice Lima Beans Bread Apricots</p>	<p>8. Meatball Sandwich w/sauce &amp; cheese Seasoned Redskins Mixed Bean Medley Brownie</p>	<p>9. Roasted Turkey w/ gravy Mashed Potatoes Peas &amp; Carrots Bread Ice Cream</p>	<p>10. Chef Salad Wedding Soup Breadstick Sliced Pears</p>	<p>11. BBQ Beef Ribette Sweet Potato Bites Mixed Vegetables Buttermilk Biscuit Fresh Fruit</p>
<p>14. Crab Cake Buttered Noodles Italian Beans Bread Pineapple Tidbits</p>	<p>15. Roast Beef w/Gravy Whipped Potatoes Mixed Vegetables Bread Applesauce</p>	<p>16. <b>Birthday Party</b> Chicken Florentine Penne Pasta Tossed Salad w/ dressing Breadstick Cake &amp; Ice Cream</p>	<p>17. Baked Sweet Sausage w/Peppers &amp; Sauce Parsley Potatoes Green Beans Sugar Cookie</p>	<p>18. Salisbury Steak w/ gravy Baked Potato Coleslaw Bread Mixed Fruit Salad</p>
<p>21. Kielbasa Sauerkraut Mashed Potatoes Sweet Corn Brownie</p>	<p>22. Southwestern Chicken Wrap Vegetable Barley Soup Apricots</p>	<p>23. Lemon Pepper Pollock Rice Pilaf Sweet &amp; Sour Coleslaw Bread Diced Peaches</p>	<p>24. Meatloaf w/gravy Mashed Potatoes Peas &amp; Carrots Bread Sherbet</p>	<p>25. Spaghetti &amp; Meatballs Pasta w/sauce Tossed Salad w/ dressing Italian Bread Blushed Pears</p>
<p>28. Chicken Marsala Garlic &amp; Parmesan Pasta Crinkle Cut Carrots Bread Pineapple Delight</p>	<p>29. Cheeseburger Creamy Potato Soup Applesauce</p>	<p>30. BBQ Chicken Breast Oven Roasted Potatoes Coleslaw Bread Mixed Fruit Salad</p>	<p>31. Baked Ham Slice w/fruit Sauce Mashed Potatoes Summer Beet Salad Bread Chocolate Pudding</p>	<p>SENIORS 60 &amp; ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$4.89</p>

**ALL MEALS SERVED WITH MILK, COFFEE OR TEA (HOT OR COLD)**

Senior Center membership is not required for those 60 and older to participate in the lunch program. Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost for the meal but you must reserve your meal by 3pm Tuesday for the ENTIRE following week of meal service. A voluntary confidential contribution of \$2.00 is appreciated toward the cost of the meal but is not required.

*The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.*


**Rover Transportation Available**



## AUGUST 2017 ACTIVITIES

MON	TUE	WED	THU	FRI
	<p>1. 9-12 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers 10:30 Q&amp;A/Tech Help 11:00 Practice Tai Chi 12:00 Lunch <b>1:00 Cards/Games</b> 4:30 Zumba</p>	<p>2. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 10:00 Q&amp;A/Tech Help 12:00 Lunch <b>12:45 Bingo</b> 2:00 Q&amp;A/Tech Help</p>	<p>3. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch <b>1:00 Frustration Game</b> 4:30 Zumba</p>	<p>4. 9:30-11:30 Crafts 10-12 Cards/Games <b>10:30 Neighborhood Heath WHAT YOU SHOULD KNOW ABOUT STROKES w/ Linda</b> 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Cards/Games</b></p>
<p>7. 9:00 Jane Freeman 9:30-11:30 Crafts 10-12 Cards/Games 10:00 Q&amp;A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Cards/Games</b> 2:00 Q&amp;A/Tech Help</p>	<p>8. 10-12 Cards/Games 10:00 SilverSneakers 10:30 Q&amp;A/Tech Help 11:00 Practice Tai Chi 12:00 Lunch <b>1:00 Brandywine River Valley Home Health &amp; Hospice Presentation w/ Anthony</b> 4:30 Zumba</p>	<p>9. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 10:00 Q&amp;A/Tech Help 12:00 Lunch <b>12:45 Bingo</b> 2:00 Q&amp;A/Tech Help</p>	<p>10. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch <b>1:00 University of Delaware Stroke Research Program w/ Tami</b> 4:30 Zumba</p>	<p>11. 9:30-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Cards/Games</b></p>
<p>14. 9:30-11:30 Crafts 10-12 Cards/Games 10:00 Q&amp;A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Cards/Games</b> 2:00 Q&amp;A/Tech Help</p>	<p>15. 10-12 Cards/Games 10:00 SilverSneakers 10:30 Q&amp;A/Tech Help 11:00 Practice Tai Chi 12:00 Lunch <b>1:00 Bayada Balance and Fall Screening w/ Krista</b> 3:00 Board Meeting 4:30 Zumba</p>	<p>16. <b>Birthday Party</b> 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch <b>12:45 Musical Memories Performed by Naomi</b></p>	<p>17. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch <b>1:00 Cards/Games</b> 4:30 Zumba</p>	<p>18. 9:30-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Bingo</b></p>
<p>21. 9:30-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 S'mores!</b> <b>7:00 Medicare 101</b></p>	<p>22. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Practice Tai Chi 12:00 Lunch <b>1:00 Walgreen's Eye Care w/ Mark</b> 4:30 Zumba</p>	<p>23. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 10:30-12 Constituent Outreach 12:00 Lunch <b>12:45 Bingo</b> 1:00 Hearing Appts</p>	<p>24. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch <b>1:00 Cards/Games</b> 4:30 Zumba</p>	<p>25. 9:30-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Cards/Games</b></p>
<p>28. 9:30-11:30 Crafts 10-12 Cards/Games 10:00 Q&amp;A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Cards/Games</b> 2:00 Q&amp;A/Tech Help</p>	<p>29. 9:00 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers 11:00 Practice Tai Chi 12:00 Lunch <b>1:00 Make It &amp; Eat it</b> 4:30 Zumba</p>	<p>30. 8:30-11:30 Paint Class 9-12 Reflexology 10-11 Blood Pressure 10:00 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch <b>12:45 Bingo</b> 2:00 Q&amp;A/Tech Help</p>	<p>31. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch <b>1:00 Cards/Games</b> 4:30 Zumba</p>	

## Programs & Events

<p><b>Cards/Games</b> August 1, 4, 7, 11, 14, 17, 24, 25, 28 &amp; 31 1:00pm</p>	<p><b>BIRTHDAY CELEBRATION</b> Our Birthday will be held on: <b>Wednesday, August 16</b>  Our entertainment will be: <b>Musical Memories Performed by Naomi</b> Sign up early. If you wish to give a Birthday card, please note it is <b>your responsibility to deliver</b> them. <b>Do not leave any cards at the Center, we cannot distribute.</b></p>
<p>  Wednesdays, August 2, 9, 23 &amp; 30 Friday, August 18 12:45pm</p>	<p><b>Frustration Game</b> Thursday, August 3 1:00pm</p>
<p><b>Neighborhood Health Senior HealthLink</b> <b>WHAT YOU SHOULD KNOW ABOUT BLOOD CLOTS</b> w/ Linda Clay, MSN, RN Friday, August 4 10:30am - 1:10am <i>See page 7</i></p>	<p><b>S'mores!</b> Monday, August 21 1:00pm</p>
<p><b>Brandywine River Valley Home Health &amp; Hospice</b> w/ Anthony Tuesday, August 8 1:00pm</p>	<p><b>Medicare 101</b> w/ Sally Monday, August 21 7:00pm</p>
<p><b>University of Delaware Stroke Research Program</b> w/ Tami Tuesday, August 10 1:00pm</p>	<p><b>Walgreen's Eye Care</b> w/ Mark Tuesday, August 22 1:00pm</p>
<p><b>Bayada Balance and Fall Screening</b> w/ Krista Tuesday, August 15 1:00pm</p>	<p><b>Make It &amp; Eat It</b> Tuesday, August 29 1:00pm</p>
<p><b>Rainbow Dinner Theatre Trip</b> To see "Sex Please, we're sixty" Thursday, October 12 10:00am - 4:00pm</p>	<p><b>FLU &amp; PNEUMONIA VACCINES</b> w/ Mark from Walgreens Thursday, September 14, 2017 Walk-in (no appointment necessary) 9:00am-12:00pm</p>

*Come and learn, explore and have fun!*



## AUGUST BIRTHDAYS

- |                         |                            |
|-------------------------|----------------------------|
| 1 Thomas Carr           | 16 Ruth P. Holmes          |
| 1 Helen L. Johnson      | 16 Deanna Stephens         |
| 2 Roswitha M. Strange   | 16 Marie A. Sipala         |
| 3 Bernadine A. Barnum   | 17 Charlotte Marie Adams   |
| 3 Peggy Lee             | 18 Evelyn E. Stumpo        |
| 3 Mary E. Baily         | 18 John W. Bork            |
| 3 Thomas Joseph Gamber  | 19 Frances L. Moses        |
| 3 Jeanmarie Momme       | 19 Barbara A Ankney        |
| 4 H. Grant Troop        | 19 Barbara M. Wiley        |
| 4 Sandra T. Schrass     | 20 Barbara Bussard         |
| 4 Patricia G. Bush      | 20 Frances M. Dryden       |
| 4 Beverly C. Hartgrove  | 20 Harold E. Futtu         |
| 5 Terry A. Lepold       | 20 Lawrence F. Cozzone Sr. |
| 5 Mildred J. Loughhead  | 21 Larry L. Cole           |
| 5 Robert L. Keys        | 21 Audra C. Shuler         |
| 6 Robert E. Grobosky    | 22 Maynard Eugene Bare     |
| 6 Roberta K. Webb       | 22 Gertrude Dever          |
| 6 Clifton W. Pennewell  | 22 Dale Wayne Blounts      |
| 6 Claudia D. Sullivan   | 23 Allan Dennis Barwise    |
| 6 Parley Elroy Hess     | 23 Harry D. Skelton        |
| 6 Billie R. Mattson     | 23 Dorothy E. Hackman      |
| 6 Helen L. Harris       | 23 Jessie F. Crotti        |
| 6 Judith A. Henry       | 23 Peg Hoopes              |
| 7 Constance F. MacNeal  | 23 Mary M. Bledsoe         |
| 7 Modell M. Allred      | 24 Lydia J. Bowers         |
| 7 Joanne C. Crosson     | 24 Frank X. Murphy         |
| 8 Trenor E. Neeves      | 24 Helen E. Maley          |
| 8 Kathleen Holmes       | 24 Eleanor H. Bahel        |
| 8 Marjorie J. Jones     | 25 William J. Nicholl      |
| 8 Linda K. Saunders     | 25 Anna C. Mozer           |
| 9 Patricia Anne Clark   | 25 Raymond S. Twaddell     |
| 9 Jack R. Hontz         | 25 Ann Marie Devine        |
| 9 Deborah Frances Bleau | 25 Craig L. Dorer          |
| 9 Myron W. Wagner       | 25 Sylvia J. Reyburn       |
| 9 George J. Kamm        | 25 Carloyn Bernice Wharton |
| 9 Thomas P. Kepler      | 26 Anita Bower             |
| 11 Alec F. Vince        | 26 Nancy S. Snyder         |
| 11 Lucille H. Fulton    | 26 Joseph V. Steacker      |
| 11 Louise Fortuna       | 26 Ira Binder Esq.         |
| 11 Lee McCutcheon       | 27 Louise Chimienti        |
| 12 James R. Chandler    | 27 Kathleen Mary Lockhart  |
| 12 James M. McKelvey    | 28 Dotty M. Philips        |
| 12 Janice I. Moulden    | 28 Fern A. Campbell        |
| 12 Lloyd R. Knolles Jr. | 28 Audrey E. Kauffman      |
| 12 Richard N. Dawson    | 28 Ruth Ann Moore          |
| 13 Doris J. Warren      | 29 Samuel E. Dunn          |
| 13 Michael J. Devine    | 29 Laura Linda Lewis       |
| 14 Robert C. Bradley    | 30 Mary V. Cartledge       |
| 15 Nancy G. Petrucci    | 30 George I. Lowry         |
| 15 Janet M. Barkowsky   | 30 Theresa M. Walsh        |
| 15 Joan E. Rohrer       | 30 Mary E. Rzucidlo        |
| 15 Ronald W. Fields     | 31 Betty J. Lattanzio      |
| 16 Helen Perry          | 31 Huey Beattie            |
| 16 Norma Kacprzycki     |                            |

### CONSTITUENT OUTREACH

State Senator Andrew Dinniman's Constituent Outreach Representative Tyler Arkatin will be at our Senior Center to answer any question you may have regarding Commonwealth of PA programs and services they offer. In addition, he will have the 2015 Rent and Tax Rebate forms with him!

Tyler will be at our center on the **4th Wednesday of every month.**

**Wednesday, August 23  
from 10:30am to noon**



### Neighborhood Health Senior HealthLink

#### WHAT YOU SHOULD KNOW ABOUT BLOOD CLOTS

**w/ Linda Clay, MSN, RN  
Friday, August 4  
10:30am - 11:10 am**

While many people know that heart attack is the No. 1 cardiovascular threat and stroke is threat No. 2, too few people know about the No. 3 cardiovascular threat – "Blood Clots." We will discuss symptoms, risk factors and triggers for blood clots forming.

*Please join Senior HealthLinks "Health Club", attend a lecture and at the end of a program you have a chance to **win** a gift card from Walmart.*

Upcoming programs  
from  
Neighborhood Health  
Senior HealthLink

Friday October 6<sup>th</sup>  
&  
Friday December 1st

### CRAFTER'S WELCOME



Mondays & Fridays  
9:30am-11:30am

Come have fun craft-making  
with Thelma!!



## TRIPS

Join us for a trip to the



TO SEE



**The title says it all.**

It's a madcap farce with the door-slamming zaniness you've come to love. (Due to the age of the actors, there will be no jumping over inanimate objects, or raising of arms above their heads for extended periods of time.)

This is the one you've been waiting for.

## Thursday, October 12, 2017

**Itinerary:** Motor Coach ride to and from center, enjoy lunch, and the show.

**Cost:** \$62.00 (includes driver tip)

**Leave:** Promptly at 10:00am from Luther House (be here at 9:45am)

Promptly at 10:30am from Center (be here by 10:15am)

**Return:** 4:00pm (approx.) to Center

*We need 40 people*

**Reserve your seat - Call 610-932-5244**

### TRIP DAYS AND PARKING

Due to our limited parking, we ask that when you go on one of our trips, please park in the Nazarene Church parking lot. The church has graciously allowed us to park there. This will keep the limited street parking spaces open for folks visiting us during the day. Thank You.

Any trip suggestions?  
Let Maria know where you  
would like to go.

610-932-5244

oxsrctr@zoominternet.net  
mreyes@oxfordseniors.org



# EVENING WORKSHOPS



## Bring The Outdoors Inside

Enjoy Your Garden Any Time Of Year

Steve Seivwright has an eye for beauty and was born with a green thumb. He is a gifted landscaper with 43 years of experience in design, installation and maintenance of every aspect of landscaping.

Mr. Seivwright will teach participants how to transform their indoor living space into a floral/garden oasis. He will offer creative suggestions for turning everyday household items into unique, decorative containers for flowers and

plants. The program will focus on affordable, low maintenance landscaping ideas for senior citizens. Outdoor gardens, flowerbeds and potted plants that enhance curb appeal but require minimum effort and care will also be discussed.

September 13, 2017 @ 7 p.m.  
Oxford Area Senior Center - 12 East Locust Street



Oxford Area Senior Center Program & Lecture Series

Program is free but space is limited.

Please call 610-932-5244 to reserve your spot today!

# Furniture Refinishing Workshop

## TRANSFORM YOUR FURNITURE FROM SHABBY TO CHIC

Look how much fun we had with Pickled Pickles  
learning how to refinish furniture



### **Medicare 101**

*w/ Sally Arter*

**Monday, August 21**

**7:00PM**

If you will be joining the ranks of Medicare soon, are already in the Medicare system and have questions, this session is for you. Members of the APPRISE program, Pennsylvania's volunteer statewide program of insurance consultation, will present an overview of Medicare including the definitions of Medicare A, B, C; exploration of the drug benefit (Part D), types of health care insurance available in Chester County, benefits available to low-income beneficiaries, and things to consider when selecting your medical coverage. A question and answer session will follow the presentations.

Reserve your space  
Call 610-932-5244  
or email [oxsrctr@zoominternet.net](mailto:oxsrctr@zoominternet.net)

### **Chester County Food Bank Chester County Senior Food Box Program (CCSFBP)**

Is a Chester County Food Bank program that helps seniors gain access to nutritious foods so they can better improve their health.

If you or someone you know is at least 60 yrs. old and has low income, please register for the CCSFBP box that is available to qualifying seniors each month.

Each box may contain fruit, non-perishable proteins, vegetables, carbohydrates & dairy!!

Proof of age is required at sign up. There is no charge for this food. If you qualify then CCSFBP Box can be picked up the 1st Monday of every month between 1:00-3:00pm

For more information contact  
**Sally Arter**  
**(610) 932-5244**



## FLU & PNEUMONIA VACCINES

**The Oxford Walgreens  
is pleased to offer**

**Influenza (Flu) &  
Pneumococcal (Pneumonia)  
Vaccines**

**on  
Thursday, September 14, 2017**

**Walk-in  
(no appointment necessary)  
9:00am-12:00pm**

Citizens ages 65 and older are at increased risk of developing serious illness, complications and death if flu is contracted. A person's immunity declines in the year following immunization, therefore everyone needs a flu shot annually.

Standard Flu Vaccine & High Dose Flu Vaccines available. Walgreens will not be able to immunize anyone allergic to eggs, latex, gelatin or thimersal and anyone with an adverse reaction to a prior immunization.

Pneumonia is an inflammation of the lungs usually caused by bacteria, viruses, fungi or other organisms. Elderly people are more susceptible to pneumonia. Experts recommend getting your first dose when you are in your 50s and your second dose at age 65, and then a new dose should be administered every five years.

The vaccines are free for clients with Medicare Part B. Clients are asked to present all insurance cards. Insurances accepted are Medicare and most Major Medical Supplements.

## Adults Need Vaccines, Too

Your need for vaccines doesn't end when you become an adult. People's immune systems can become weaker with age, which places older adults at increased risk for infectious diseases, which can result in complications and death. Regardless of age, we ALL need vaccines to protect against serious, and sometimes deadly, diseases. Protection from vaccines you received as a child can wear off over time, and you may be at risk for new and different diseases.

The specific vaccines you need as an adult are determined by your age, job, lifestyle, health conditions, where you travel, and which vaccines you have received in the past. Throughout your adult life, vaccines are recommended to get and maintain protection against diseases:

- \* Seasonal Flu
- \* Pertussis (whooping cough)
- \* Tetanus and diphtheria (every 10 years)
- \* Shingles (for adults 60 and older)
- \* Pneumonia.

Other vaccines you may need include those that protect against Human papillomavirus (can cause cancer), meningitis, hepatitis B, hepatitis A, chickenpox, measles, mumps, and rubella.

Take this quiz (<http://www2.cdc.gov/nip/adultImmSched/>) to determine which vaccines may be recommended for you and follow up with your doctor.

Adults can get vaccines also at pharmacies, community health departments, travel medicine clinics. To find a place near you to get a vaccine, visit: [HealthMap Vaccine Finder \(http://vaccine.healthmap.org\)](http://vaccine.healthmap.org)

Most health insurance plans cover recommended vaccines. Check with your insurance provider for details. If you do not have health insurance, follow up with your local health department for assistance.





## Health and Wellness Programs

### Exercise Classes

Trivity Health's Silver Sneakers Fitness Program is a comprehensive older-adults physical activities program that addresses the needs of the 60 + year old population. Muscular Strength & Range of Movement is the core class of this exercise program. **Come on** Tuesdays and Thursdays from 10AM - 10:45AM and get yourself back in shape. Come and see how much better you'll feel after a 45 minute workout.. There is no cost for this program and Senior Center membership is not required for individuals 60 and older.



### Ditch the Workout and Join the Party!

ZUMBA fitness classes every

**Tuesday**

4:30-5:15 pm

**Thursday**

4:30-5:15 pm

**ADULTS OF ALL AGES WELCOME!!**

Just \$3 a class!

Bring a friend or 2 or 3!!

Kim Malone, Certified Zumba Instructor

For more information, call Kim @ 610-620-4676  
or Jim McLeod @ (610) 932-5244

### Practice Tai Chi

*for fitness and health*



Improve health & well being  
Improve balance & strength  
Improve concentration  
Lower blood pressure  
Relieve stress & anxiety

Practice group meets **Tuesdays 11am-11:30am**

Cost is only \$5.00 per session

Barbara McAdams

ATCQA Certified Instructor

### Gentle Stretching

Monday - August 7, 14, 21, 28

Friday - August 4, 11, 18, 25

11:15 am - 11:45 am



### Discover the Benefits of Reflexology



Reflexology: A caring touch that reduces stress and enhances quality of life.

Elaine Pinno, certified Reflexologist will be at the Senior Center for half-hour Reflexology sessions. There is a cost for a Reflexology session. This method of relaxation reflexology is used for stress reduction and relaxation and pain relief.

**When: August 30, 2017**

**From 9:00am to 12:00pm**

**Where: Oxford Area Senior Center**

**Cost: \$20 for half-hour session**

**RSVP:** Space is limited...make an appointment today.  
Call 610-932-5244 or email: [oxsrctr@zoominternet.net](mailto:oxsrctr@zoominternet.net)

### Free

### Blood Pressure Checks

Volunteer nurse **Kathi Roy** is at the Center on most Wednesday mornings from 10am to 11am. Stop by, have your blood pressure checked, enjoy some coffee or tea and spend some time with us.



### NEED HELP BALANCING YOUR CHECKBOOK?

For those of you who need help balancing your checkbook or paying a few bills, Jane Freeman can help you. You must contact Jane directly at (610) 932-2619 to schedule your appointment. Leave a message if she's not home. This is a very helpful, free service that she is volunteering her time to do. All appointments are here at the Center.

**She will be at the Senior Center on:**

**Monday, August 7**

**Tuesday, August 29**

### AUDIOLOGIST

Michael Piscotty, Audiologist: Superior Products, Exceptional Warranty, Outstanding Service.  
For appointment call: **610-932-5244**



**Wednesday, August 23**  
**appointments starting at 1pm**

### Bread

Every Wednesday morning the Giant in Jennersville donate their two day-old bread and pastries to our Center. Pick up some bread while you're here between **10am-3pm**. Pastries used as prizes at Bingo.



### Produce

Every Monday, Produce from Chester County Food Bank is available from **11am-3pm**. First come, first serve until gone. Items vary weekly and may be available through rest of the week.





# Technology & Computers

## with Colleen

### Oxford Area Senior Center Computer Q&A and Technology Help

#### Do you need help with your electronic device?

Are you confused about how to use that new electronic device? Please do not fret any longer. Questions can be regarding ANY computer related subject (Word, Email, Internet, etc.) or Technology Help with your Apple or Android mobile/cell phones and iPad/tablets. The goal is to provide hands-on and detailed instruction in a non-intimidating and patient environment.

**Bring your device in and learn to use it!**

<b>Q&amp;A's and Technology Help</b> <b>Just stop in during one of the times listed below</b> <b>\$5 per session</b> <b>August 2017 Schedule</b>			Oxford Area Senior Center 12 E. Locust Street, Oxford, PA 610-932-5244  www.oxfordseniors.org Click on Computers  Hours are: Monday - Friday, 8:30 am - 3:00 pm Colleen in on Monday - Wednesday
MONDAY	TUESDAY	WEDNESDAY	<b>QUESTIONS??</b> Colleen will be happy to answer your technology questions. Here is how to contact her: <ul style="list-style-type: none"> <li>• Come to one of the Q&amp;A/Tech Help sessions.</li> <li>• Call Colleen at 610-932-5244</li> <li>• Email Colleen at caowens@oxfordseniors.org</li> </ul>
	1. 10:30am - 11:30am	2. 10:00am - 11:00am 2:00pm - 3:00pm	
7. 10:00am - 11:00am 2:00pm - 3:00pm	8. 10:30am - 11:30am	9. 10:00am - 11:00am 2:00pm - 3:00pm	
14. 10:00am - 11:00am 2:00pm - 3:00pm	15. 10:30am - 11:30am	16. No Sessions	
21. No Sessions	22. No Sessions	23. No Sessions	
28. 10:00am - 11:00am 2:00pm - 3:00pm	29. No Sessions	30. 10:00am - 11:00am 2:00pm - 3:00pm	
			<b>Prefer Private Lessons?</b> Private lessons are available for a fee, at the Center or your home. Please contact Colleen Owens at 610-932-5244 or by email at caowens@oxfordseniors.org

## Cell Phone Etiquette 101 while in a public area

It is not other people's responsibility to cope with your mobile phone use; it is your responsibility to use your mobile phone inoffensively. Please note that "inoffensively" is not defined by what you expect others to tolerate, but by what others do in fact find offensive. Ignore this principle, and you are sure to be rude.

1. The average person talks three times louder on a cellphone than they do in a face-to-face conversation. Always be mindful of your volume and lower your voice when talking. You do not have to yell to be heard by the caller, in fact sometimes you make it harder to be heard when you yell.
2. Avoid personal topics when others can hear you.
3. Refrain from using your speakerphone, no one wants to hear your conversation and it actually makes it harder for the person on the other side to hear you.
4. Observe the 10-foot Proximity Rule - Keep a distance of 10 feet from the nearest person when talking on the cell phone.
5. Put your phone's ringer on silent or vibrant.
6. Don't use your phone when having a meal with others.
7. Don't let your phone interrupt public activities such as lunch, bingo, game playing, entertainment.

**Board of Directors 2017/2018**

Ira Binder	President	Betsy Brantner
Kimberly Zuleba	Vice-President	Kevin Collins
William Ringler	Treasurer	Jane Erickson
Leda Widdoes	Secretary	Jane Freeman
Sylvia Reyburn	Corresponding Secretary	Charles Hannum
		Edwin Herr
Theresa Taylor	Participant's Council	George Lauer
Pennie Bellino	Non-Voting	John Masciantonio
		Scott Massey
		Amy O'Donald
		Rev. Aaron Smalley
		Bonnie Smith

**STAFF**

Jim McLeod	Executive Director
Maria Reyes-Tanon	Program Coordinator
Laurie Nelson	Kitchen Supervisor
Colleen Owens	Computer Instructor
Sally Arter	I&A Specialist

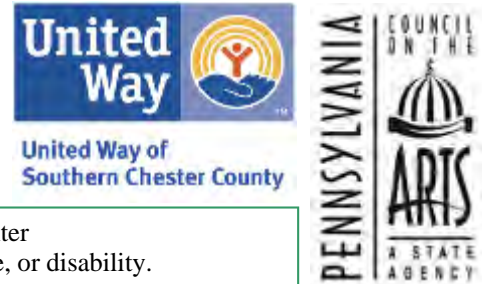
**INSTRUCTORS**

Thelma Teel	Arts/Crafts
Albert Gans	Painting
Barbara McAdams	Exercise Instructor
Kim Malone	Zumba Instructor

**Participants' Council 2017/2018**

Chairperson: Theresa Taylor	Lorraine Broomell	Beverly Parsons
Vice Chairperson: Pennie Bellino	David Denny	Ralph Roten
Secretary: Laura McKinney	Millie Emerson	Evelyn Stumpo
	Ed French*	Lori Walton*
	Carmella Humble*	

\* Alternate—Non Voting Member



In accordance with Federal Law the Oxford Area Senior Center does not discriminate on the basis of race, color, national origin, sex, age, or disability.

**OXFORD AREA SENIOR CENTER**  
 12 East Locust  
 Oxford, PA 19363

610-932-5244 phone  
 610-932-8084 fax  
 www.oxfordseniors.org  
 oxsrctr@zoominternet.net

Bulk Rate  
 US Postage Paid  
 Non-profit Org.  
 Permit No. 9  
 Oxford, PA 19363

**RETURN SERVICE REQUESTED**

**HELP STOP WASTEFUL MAILINGS.  
 IS YOUR ADDRESS CORRECT?  
 CALL US WITH YOUR CORRECTIONS!**

The Oxford Area Senior Center is funded in part under a contract with the Chester County Department of Aging Services and PA Department of Aging. Funding is also provided by the United Way of Southern Chester County, Dansko Foundation, Oxford Area Foundation, 1675 Foundation, Chester County Fund for Women & Girls, Greater Philadelphia Cultural Alliance, Chester County Community Foundation, Luther Management Company of SCC, BNY-Mellon, Oxford Area Civic Association and surrounding municipalities. Funds are also raised by participant donations, craft and bake sales and given through memorials, wills and bequests. The Oxford Area Senior Center is a non-profit organization. All contributions are tax deductible.