



Chester County Senior Centers

Your place to connect!

Senior Centers: The Essence of Our Community

"Our seniors don't need help," said Anita O' Connor, executive director of the Kennett Area Senior Center. "They need support."

Chester County has a higher percentage of older residents than any of the surrounding counties. We've heard it over and over, but it bears repeating: The older generations, from the baby boomers to the silent generation, are living longer, healthier lives. They also want to live independently for as long as possible. Competing against this are the challenges all older citizens face - navigating the Medicare and private health insurance paperwork, accessing services, and finding exercise programs and social venues appropriate for their age. This is where senior centers come in.

Not just heated and air-conditioned spaces, senior centers have become vibrant community centers, offering a broad range of services and activities. From the traditional Bingo to bowling tournaments on the video-based Wii gaming system, from monthly tea parties to poker nights, and from AARP safe driving classes to income tax assistance, today's senior centers support older residents in their independent lives.

There are six senior centers in Chester County that are funded in part by the Chester County Department of Aging Services. Learn more about each of them and what they offer inside this booklet.

The senior center as we know it today was first introduced in New York City in 1943 to provide social activities, nutritious meals and case management to adults aged 60 and older, particularly those with low incomes. Sixty-four years later, senior centers are recognized as one of the most widely utilized services supported by the Older Americans Act of 1965. An estimated 11,000 centers are helping millions of older adults from all walks of life continue to thrive in their communities.

Today's senior centers are evolving to reflect a new view of aging that empowers the people they serve. They're connecting older adults with meaningful work and volunteer opportunities, and increasing their access to valuable benefits and resources. Through evidenced-based programs, they're helping them manage their health and finances so they can continue to live in their homes as long as possible.

All are Welcome!

Everyone is welcome at Chester County Senior Centers. Medicare counseling, financial seminars, driving classes, congregate meals, and many other services and activities are open to everyone age 60 and older. Some senior centers have lower age limits. Membership is encouraged at each center, but is not required to attend any of the seminars, meals, or to receive Medicare counseling or other assistance.

Senior Centers have programs and services for everyone - whether you are looking for a nutritious meal, a book club, someone to play cards with, or a volunteer opportunity in the community. Stop by or call soon to learn more!

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Connect with your local senior center at www.ChesterCountySeniors.org

Coatesville Area Senior Center

22 North 5th Street
Coatesville, PA 19320

Phone: 610-383-6900
www.CASCweb.org

Open Monday-Friday
8:00 AM to 3:00 PM



The Coatesville Area Senior Center (CASC) was founded in 1977. The first location was the third floor of a downtown bank on Lincoln Highway in Coatesville. It offered a daily hot lunch and a few programs for adults over age 60. Each year, the number of participants grew.

In 1981, the center purchased a centrally located, two-story building in Coatesville, able to handle the growing number of seniors for several years. Through special funding in 1988, an addition was built that helped expand capacity and daily activity scheduling.

Each day, local seniors gather at the center to socialize, have a meal together, and exercise. Many seniors take advantage of the organized programs and activities, use the computer lab, or play pool. From Bingo to art classes, and Yoga to Medicare counseling, the center has something for every senior.

For more than 30 years, the CASC has been in continuous operation in the Coatesville area and has successfully enriched the lives of seniors through specialized programs, health and wellness activities and socialization opportunities. The center is open Monday through Friday from 8:00 am to 3:00 pm.

To learn more about the Coatesville Area Senior Center, call 610-383-6900 or visit www.CASCweb.org. The Coatesville Area Senior Center is located at 22 North 5th Street, Coatesville, PA 19320.



Programs and services at the Coatesville Area Senior Center include:

Exercise

E

Yoga
Tai Chi
Arthritis Foundation
Exercise
Ageless Exercise
Line Dancing

Health

H

Blue Cross Meetings
Blood Pressure Screenings
Eye exams
Health & Safety Seminars

Information

I

Medicare Counseling
Housing & Health Referrals
Computer Classes
Transportation Assistance
Resources for rent and property rebates

Just for Fun

F

Art Classes
Craft Classes
Bingo & Board Games
Needlework
Billiard Tables
Cards
Garden Club
Book Club
Movies
Trips
Monthly Birthday Parties

Connect to Nutrition!

As you age, it becomes increasingly important to get key nutrients. Unfortunately, lifestyle changes, income changes, and changes in health often get in the way of preparing and eating regular, nutritious meals. "I don't have the energy to cook anymore," "I hate eating alone," and "Decent food is just too expensive," are just a few of the reasons we hear regularly when we speak with seniors about their eating habits.

Fortunately, seniors have another option – local senior centers offer free and low-cost nutritious meals. All centers offer a hot lunch every weekday, and some centers offer breakfast as well as meals to go.

In addition to the obvious nutritional value, sharing a meal with others is an excellent emotional pick-me-up. Shared meals have been at the center of celebrations, family life, and our daily existence for all of our lives. Stop by your local senior center and share a nutritious meal with new friends!



Downingtown Area Senior Center

983 East Lancaster Avenue
Downingtown, PA 19335

Phone: 610-269-3939
www.DowningtownSeniors.org

Open Monday-Friday
M, W, F: 9:00 AM to 5:00 PM
T, Th: 9:00 AM to 3:00 PM



The Downingtown Area Senior Center originated in 1974 as a Meals Together Program. At its birth, Meals Together had only four seniors who met weekly in the original Downingtown United Methodist Church on Brandywine Avenue for a noon meal and light social time. As the popularity of the program grew the need for a Senior Center was realized. Thus the Downingtown Senior Center was formed. Moving with the Church to their current location on Lancaster Avenue, the Church was home to the Senior Center for over twenty years. During this time, the Senior Center continued to gain popularity and attendance soared. The word "Area" was officially added to the name indicating services were available to a much larger population than simply those who reside in the Borough of Downingtown.

In April 2002, the Center was awarded a \$200,000 grant from the Chester County Department of Community & Economic Development allowing the Senior Center to make a down payment on its current 5,000 square foot facility in Ashbridge Commons. Doors to the new facility were opened in October 2002. The Senior Center now provides service to more than 1,500 individuals per year and continues to provide a wide range of services and activities to adults age 60 and older.

To learn more about the Downingtown Area Senior Center, call 610-269-3939 or visit www.downingtownseniors.org. The Downingtown Area Senior Center is located at 983 East Lancaster Ave., Downingtown, PA 19335.

Programs and services at the Downingtown Area Senior Center include:

E Exercise

- Aquatic Exercise
- Core & Strength Training
- Healthy Steps in Motion
- Pilates
- Soul Line Dancing
- Tai-Chi
- Yoga

H Health

- Audiologist
- Blood Pressure Screenings
- Massage Therapy
- Optician
- Physical Therapy
- Podiatry

I Information

- Blue Cross Meetings
- Medicare Counseling
- Health & Housing Referral

F Just for Fun

- Arts & Crafts Classes
- Board & Card Games
- Book Discussion Club
- Chorus
- Fine Arts Classes
- Monthly Birthday Parties
- Nintendo Wii
- Puzzle Club

Connect to Information!

There are services out there for older adults. *How do I access them? I am eligible for Medicare. How do I fill out the forms? I need to choose a prescription plan. How do I know which one is right for me?*

It seems like just as seniors' cognitive abilities begin to decline, the paperwork becomes more complex. Fortunately, each senior center has a specialist to help older adults access services and fill out the often complex paperwork.

"I came to the Downingtown Area Senior Center after I moved from New Jersey to Pennsylvania," said Janet Beck, member of the Downingtown Area Senior Center. "I had problems with my benefits when I moved from one state to another. I couldn't get the answers I wanted myself, but I saw the Downingtown Area Senior Center newsletter and made a phone call. I walked out satisfied and with an answer. I've been feeling much better."

From Medicare assistance to arranging transportation, and from filling out tax forms to identifying scams, these specialists are equipped to help seniors at no cost. Stop by your local senior center with your questions - an expert is waiting to help you.



Kennett Area Senior Center

427 South Walnut Street
Kennett Square, PA 19348

Phone: 610-444-4819
www.KennettSeniorCenter.org

Open Monday-Friday
8:30 AM to 8:30 PM

Programs and services at the Kennett Area Senior Center include:

Exercise

E

SilverSneakers
Aquamotion
Yoga
Line Dancing
Healthy Steps in Motion (HSIM)

Health

H

Trevo Behavioral Management Program
Blood Pressure Screenings
Eye Screenings
Health Seminars

Information

I

Medicare Counseling
Computer Classes
Health & Housing Referral Service
Transportation Assistance

Just for Fun

F

Acting Lessons
Dance Parties
Book Club
Cards
Italian Classes
Friday Night Bingo
Bible Study
Needlework
Red Hat Society
Beading
Craft Group
Singing
Movies
Living History Storytelling
Reading

Incorporated in 1973, the Kennett Area Senior Center has grown from an initial 75 members to the current membership of over 1,000. Through specialized programs and services, the KASC is committed to providing individuals age 55 and older living in southern Chester County with an assortment of vital services that enrich social relationships, foster physical health, encourage educational interests and enable self-reliance.

Daily programs and activities keep the center lively. Morning exercise classes get members moving, and the needlework club always arrives early to work on projects. Lunch, games, health seminars, day trips to local attractions, and other programs punctuate the day.

In addition to the regular programs, the Kennett Area Senior Center offers a unique program for seniors with mobility or memory impairments called the Assisted Senior Program (ASP). ASP runs each weekday, and provides supervised activities, breakfast and lunch, and exercises for both body and mind. ASP offers caregivers respite during the day, and is an excellent option for seniors who are not yet ready for adult day care, but who need a little extra attention during the day.

To learn more about the Kennett Area Senior Center, call 610-444-4819 or visit www.KennettSeniorCenter.org. The Kennett Area Senior Center is located at 427 South Walnut St., Kennett Square, PA 19348.



Connect to Volunteering!

Giving back to the community has never felt so good. Studies have shown that volunteering leads to a more active lifestyle reducing the risk of chronic conditions, building self-worth, and creating strong social networks. People from all walks of life, both young and old, benefit from volunteering. At local senior centers, high school students and seniors themselves are taking the time to make sure senior citizens can continue to live healthy, vibrant, and independent lives. Volunteering provides people fulfillment and a greater purpose in life knowing they are helping others.

"I enjoy people of my age because I know their needs," said Mary Puoci, a volunteer at the Kennett Area Senior Center, "... and [volunteering gives me a reason to] get out of the house!"

Senior centers offer a variety of volunteer opportunities including cooking meals, stuffing envelopes for a mailing, leading instructional sessions, and many more. At Kennett Area Senior Center, volunteers can help seniors in the community through the Neighbors in Action program, providing assistance with household chores like raking leaves or small maintenance jobs.

With a caring heart and an open mind, there are ways for everyone to assist older adults in their communities. Check with your local senior center for ways you can get involved!



Oxford Area Senior Center

12 East Locust Street
Oxford, PA 19363

Phone: 610-932-5244
www.OxfordSeniors.org

Open Monday-Friday
8:30 AM to 3:00 PM



The Oxford Senior Center began in 1974 as a "Meals Together" program, located in the Oxford Presbyterian Church in downtown Oxford. Its mission was to provide the senior citizens of Oxford Borough with a nutritious noontime meal. The concern was that senior citizens 60 years and older, living alone or with their senior partner, were not receiving proper nutrition. The program provided seniors with at least one nutritiously balanced noontime meal per day in a social setting. This program was operated by a part-time director, part-time kitchen supervisor and volunteers, and received funding through the Chester County Department of Aging.

In 1987, due to the success of the meal program and to expand the senior center's mission to providing quality activities to Southern Chester County seniors, a part-time program and activities coordinator and a part-time bookkeeper were added to the staff. This provided the personnel needed to coordinate other activities into the already established meal program.

Today, the Center continues to enhance the quality of life of senior citizens in Southern Chester County by providing programs and services that promote health, wellness, and fellowship.

To learn more about the Oxford Area Senior Center, call 610-932-5244 or visit www.oxfordseniors.org. The Oxford Area Senior Center is located at 12 East Locust St., Oxford, PA 19363.

Programs and services at the Oxford Area Senior Center include:

E Exercise
Aqua Fit
Silver Sneakers

H Health
Blue Cross Meetings
Blood Pressure Screenings
Eye exams
Flu Shots
Health Seminars
Weight Support Group

I Information
Medicare Counseling
Health & Housing Referral Service
Computer Classes
Transportation Assistance
Tax Preparation

F Just for Fun
Painting Classes
Needlework
Arts and Crafts
Cards
Holiday Shows
Movies
Trips
Twilighter's Chorus
Monthly Birthday Parties

Connect to Friends!

Nobody likes to be lonely and, especially for some older adults who have lost love ones, meeting new people and making friends can be hard to do. Those who do not socialize are susceptible to depression, which may lead to other serious illnesses. Depressed older adults are also more likely to neglect their own basic needs, such as seeing a doctor regularly or eating regular meals, exasperating medical conditions.



"It's so important to get out at least once a day and get involved with other people your own age," said Avanelle Pyle, hostess and volunteer at the Oxford Area Senior Center. "I feel better and have more energy when I spend time at the center and participate in the programs and activities."

Senior centers provide great opportunities to connect with friends and meet new people. Studies have shown that friendships and activities can reduce stress, stimulate the mind, and even add years to one's life. Through programs like exercise classes, clubs, language classes, and daily lunches, seniors can stay connected with friends and make plenty of new ones. The variety of programs offered at each senior center guarantee there are people who share your interests.

Visit your local senior center and get out of your funk!

Phoenixville Area Senior Center

153 Church Street
Phoenixville, PA 19460

Phone: 610-935-1515
www.PhoenixvilleSeniorCenter.org

Open Monday-Friday
M, W, F: 8:00 AM to 3:00 PM
T, Th: 9:00 AM to 3:00 PM



Programs and services at the Phoenixville Area Senior Center include:

Exercise

E

Exercise:
Stretch and Flex
Tai Chi
Toning Classes

Health

H

Flu Shots
Grief Counseling
Reiki & Massage Therapy
Health Seminars
Blood Pressure & Weight Screenings
Eye exams

Information

I

Medicare Counseling
Referral Service
Computer Classes
Transportation Assistance
Tax Preparation
Financial Seminars

Just for Fun

F

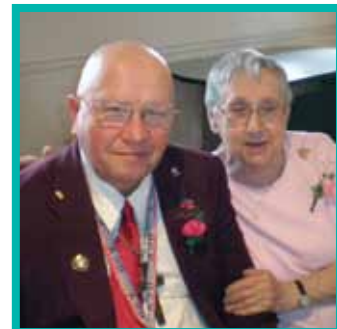
Day & Overnight Trips
Arts & Crafts
Volunteer Opportunities
Duplicate Bridge & Pinochle
Wii Bowling (NSL)
Watercolor & Acrylic Painting Class
Senior Chorus

In 1978, the Senior Adult Activity Center of the Phoenixville Area was founded. The First Presbyterian Church on Main Street rented space to the Senior Center for its programs for 12 years. There it offered a daily luncheon and programs for adults over the age of 60. As the membership grew and space was limited it became necessary to search for a larger facility.

In May of 1986, an opportunity arose to purchase and renovate the Sacred Heart Social Center, a historic building ideal for a senior center. After major renovations and moving by community volunteers, the new center, located conveniently near the downtown business district and nearby residential area, opened its doors to seniors from the greater Phoenixville Area.

The Phoenixville Area Senior Center offers a "second home" atmosphere to people of diverse cultures and continues to provide opportunities to all segments of an aging population. The Center helps older adults reach their maximum potential through a variety of programs and services.

To learn more about the Phoenixville Area Senior Center, call 610-935-1515 or visit www.PhoenixvilleSeniorCenter.org. The Phoenixville Area Senior Center is located at 153 Church St., Phoenixville, PA 19460.



Connect to Arts!

Arts and crafts are a great way to stimulate the mind's creative muscles while possibly uncovering a latent talent! By engaging in arts and crafts at local senior centers, older adults are able to cultivate social bonds while share similar interests. Arts and crafts are also an excellent way to maintain and increase hand-eye coordination and fine motor control.

"I've been going to the Phoenixville Area Senior Center for a number of years," said Minnie Thacker, a member of the Phoenixville Area Senior Center. "I attend the watercolor classes and I have several paintings hanging on the walls of the center. It is hard for me to lift and setup my art supplies in my home, but at the senior center everyone helps me get set up. The art classes are beneficial to me because they have broadened my circle of friends and provided me with interactions outside of my home."

Each senior center offers a variety of arts programs, including painting classes, beading, knitting and quilting clubs, choruses and theatre programs. Activities vary by senior center, so be sure to call your local center or check their website. Get involved with the arts at your local senior center. You are sure to rediscover a lost hobby or find friends who share your passion!



West Chester Area Senior Center

530 East Union Street
West Chester, PA 19382

Phone: 610-431-4242
www.WCseniors.org

Open Monday-Friday
8:00 AM to 3:00 PM



The West Chester Area Senior Center began in 1975 as a grassroots organization striving to meet the needs of the quickly growing senior population of West Chester and the seven surrounding townships. Initially under the auspices of the Family Services-Mental Health Centers of Chester County, programs began in a rented church hall.

By 1980, the senior center had evolved into a separate, non-profit entity, overseen by an active community-wide volunteer board of directors. In 1986, the senior center relocated to larger quarters, expanded its facility and, in 2006, relocated again after a successful \$1.5 million capital campaign that enabled the West Chester Area Senior Center to purchase its present building.



The new facility, conveniently located within the Borough of West Chester, provides ample room for the senior center's programs, off-street parking, and an opportunity for the senior center to generate rental revenue.

The West Chester Area Senior Center is committed to empowering older adults to embrace the aging process in a positive manner by providing a quality, life-affirming environment. The West Chester Area Senior Center offers a wide range of physically and intellectually stimulating programs and activities, balanced and healthful nutrition and opportunities for companionship and service.



To learn more about the West Chester Area Senior Center, call 610-431-4242 or visit www.wcseniors.org. The West Chester Area Senior Center is located on the west end of the Good Will Business Park, 530 East Union St., West Chester, PA 19382.

Programs and services at the West Chester Area Senior Center include:

E Exercise

- SilverSneakers®
- Tai Chi & Yoga
- Low-Impact Aerobics
- Healthy Steps in Motion (HSIM)
- Arthritis Foundation Exercise

H Health

- Flu Shots
- Blood Pressure & Hearing Checks
- Fitness Testing
- Parkinson's Support Group
- Educational Programs

I Information

- Medicare Counseling
- Referral Service
- Computer Classes
- Tax Preparation
- Financial Seminars
- Driving Classes

F Just for Fun

- Language Clubs
- Knitting Club
- Arts and Crafts
- Cards and Games
- Photography
- Movies
- Birthday Parties
- NEW! Poetry Club

Connect to Wellness!

At local senior centers, wellness programs include everything from blood pressure screenings and health seminars to support groups, flu shots, and much, much more. Of all of the wellness programs offered, age-appropriate exercise classes may be the most important. Each senior center offers a variety of exercise classes, including Tai Chi, SilverSneakers®, low-impact aerobics, and Arthritis Foundation Exercise.

As indicated by the Centers for Disease Control and Prevention, regular, moderate activity (30 minutes or more on most days) can provide significant health benefits to people of all ages, particularly the elderly. The University of California, Irvine, has found that those considered at high fall risk (seniors) can decrease their rate of falling by 50% simply through consistent socialization, which senior center wellness programs offer every day!

"I have been attending SilverSneakers exercise classes regularly for the past two years at the West Chester Area Senior Center," comments Bob Stauffer. "During that time I have developed an improved sense of well-being, and through progressively more rigorous exercises have increased my strength and endurance. At my periodic medical exams, my physician tells me I am quite fit for my age."

Improve your health at your local senior center with an appropriate and fun exercise program!



What Every Senior Should Know About Identity Theft



(ARA) - The very qualities that make some seniors feel safe - a tendency to not use credit much, operating on a cash basis and avoiding technology - make identity thieves view seniors as very appealing targets, credit experts warn.

Common forms of senior identity theft include check fraud, credit card fraud, phone or e-mail solicitations, social networking schemes and Social Security fraud. Fortunately, there are many ways seniors can protect themselves, or adult children can help protect their aging parents, from identity theft.

Consider using an identity monitoring product that gives you identity theft protection, like ProtectMyID.com. Many of these services monitor your credit report on a daily basis and alert you to activity on your credit accounts. Some homeowner's insurance companies also offer insurance for identity theft. Whichever company you choose, make sure it includes the services of a fraud resolution agent if your identity is stolen. This person will stay by your side through the whole process of resolving the situation.

Know who to call. You can opt out of credit card offers - which thieves may use to steal your identity - by calling (888) 567-8688. If you believe your Social Security number may have been compromised, call the Social Security Administration fraud line at (800) 269-0271.

Avoiding Identity Theft

- Never carry your Social Security card with you. If your Medicare card has your Social Security number on it, make a photocopy of the card and black out everything but the last four digits of your number with a permanent marker. Carry the copy whenever you need to show the card.
- Carry only the checks you will need for a specific use on any day. Leave your checkbook at home in a secure location.
- Pick up new checks at the bank to avoid having them stolen from your mailbox.
- Set up direct deposit with the Social Security Administration and any retirement accounts that you regularly draw on such as pensions or IRAs.
- Don't mail bills or any documents with identifying information from your home mailbox. Learn to pay bills online, if possible, or mail bills and other paperwork from a secure mailbox at the post office.
- For seniors who live in assisted care facilities, always lock up financial statements and any items, including computers, which contain personal information. There are too many people with access to rooms in these facilities to leave sensitive information out for anyone to see.
- Use an updated cross-cut or diamond-cut shredder to shred all personal and financial records before you throw them away. It's a good idea to complete a thorough inventory of all old files - receipts, financial statements, taxes - shred the ones that are no longer needed and secure the ones that are.

Senior Centers in Chester County...

- Are funded through memberships, foundation grants, United Way support, the Chester County Department of Aging Services, individual donations, and many other fundraising initiatives!
- Connect seniors with more than **85,000 nutritious meals** each year
- Connect seniors with more than **6,500 health & wellness and education programs** each year
- Connect seniors with more than **7,500 social and recreational programs** each year
- Connect seniors with answers to more than **50,000 requests for information and assistance** each year
- Are **essential** to the continued independence, support, and well-being of older adults in Chester County



Connect with friends, services, and fun at your local senior center!