



43 Years and Counting!!!

Since 1974 Proudly Serving the Communities of:
 Downingtown, Caln, East Bradford, East Brandywine, East Caln,
 East Fallowfield, East Nantmeal, Elverson, Honeybrook, Upper Uwchlan,
 Uwchlan, Wallace, West Bradford, West Whiteland, West Nantmeal

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- Lynn Greenfield
- John Hall
- Dr. Edward Kelly
- Linda Kozak
- Daniel Wilson

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- Donna Beard
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- Sarah Milam
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- Faith Bush
Food Services Coordinator
- Melissa Ziegler
Member Services Coordinator
- Ross Langham
Custodian
- Megan Coppola
Exercise Science Intern

From the Executive Director

August 2017

Greetings,

I hope you are having an enjoyable and safe summer so far and that you remain aware of the importance of honoring your body, your mind and your spirit!

Honoring our body means exercising and eating responsibly, honoring our mind means keeping calm and relaxed through yoga, tai chi, massages, and meditation. Honoring our spirit means knowing and understanding that we are all connected to a greater power and to each other....it means loving oneself and each other every day.

You will notice that we are making some changes to the interior of our center. We are working hard to beautify our surroundings and to enhance your daily experience by developing new programs and services. We have added two new staff members, Liz MacGibbon, Assistant Director, and Karen Sharp, Director of Programming and Community Outreach. Both are exceptional women with a passion for working with seniors and the mission to help us revitalize our center.



Here is the scoop: the Downingtown Area Senior center is being revitalized, refreshed, re-invented so it can serve you better and benefit you for many, many years to come, so it can continue to be your home away from home, your place where you meet your friends and where you help your body and mind to stay fresh, and engaged and embrace every day with excitement.

Did you know that **September 10** is **National Grandparents Day**?

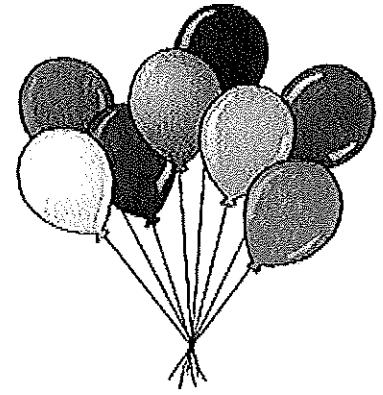
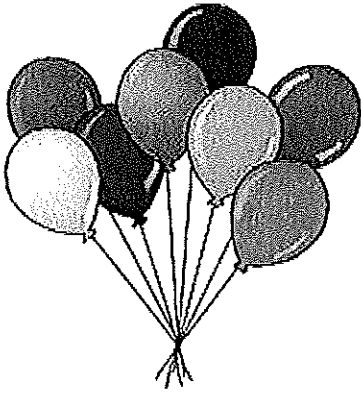
Please come and invite other grandparents to celebrate the beauty of family with food, music, and entertainment. We are planning a 'sparkling' event to honor all grandparents. By doing this event, we kick-off a season of giving - our Annual Appeal to raise funds.

The event is "**Pasta with a Purpose**" with details to follow. We will celebrate our members, our mission, and our valued sponsors and donors in Italian style with pasta, wine, and music and much more.

Make sure you mark this event in your calendar and please help us market and prepare this event by volunteering and possibly sponsoring parts of the event. If you can help in any way, please call me at 610-269-3939 Ext. 101 or email me at muriel.kennedy@downingtownsensiors.org. Spread the word because we are all in this together with joy and passion to follow our mission.

Thank you for being here!

<p><i>The mission of the Downingtown Area Senior Center is to enrich the lives of our senior neighbors by encouraging their active involvement in programs and services that are designed to foster self-reliance and wellness.</i></p> <p>www.downingtownsensiors.org</p>	<p>Location:</p> <p>983 E. Lancaster Ave. Downingtown, PA 19335</p> <p>Phone: 610-269-3939 Fax: 610-269-4250 downingtownsensiors.org</p>	<p>Hours:</p> <p>Mon. 9-3 Tue. 9-3 Wed. 9-3 Thu. 9-3 Fri. 9-3 Sat. & Sun. CLOSED</p>
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August Birthday Party, Wed., August 16th

August Member Birthdays

Edward Stewart — August 2	Marilyn Marsh — August 18	Lloyd Perry — August 24
Peggy Hutchinson — August 4	Robert Lewis — August 22	Chris Fedor — August 25
Joe Sciarretta — August 11	Rachel Snyder — August 23	Doris Peirson — August 26
Mary Withka — August 15	Mary Cooper — August 24	
Richard Gaspar — August 18	Denise Ray — August 24	

Kristen Loughlin will be performing at the birthday party. She is an 18 year-old singer-songwriter from Chester County, PA and has performed at weddings, parties, and festivals all across US. She will be singing classic favorites such as "Love Me Tender" and "Fly Me to the Moon" and some of her original pieces.

- Participant's Council -

The center's **Participant Council** meets monthly to represent your needs & interests to the center's staff.

Express your thoughts and ideas to any of the council members.

There are three positions open on the Council each for a three year term. The nominating committee will present a slate of nominations. Voting will be on August 14th 9AM until August 18th 12PM. In order to vote, you must be a member in good standing and each voter will sign in on Copilot prior to filling out a ballot.

- Information & Assistance (cont.) -

Call **Sarah** for assistance or information:
610-269-3939

Sarah, our I & A Coordinator, is available by appointment to discuss your needs and direct you to appropriate resources. Stop in and meet her when you are at DASC/



- ⇒ Need help reading or filling out forms?
- ⇒ Wondering about SEPTA options?
- ⇒ Looking for affordable housing?

Sarah is available to help with these, and many other questions you may have on topics such as:

- Medicare Assistance (APPRISE Counseling)
- Social security
- VA benefits
- Welfare benefits
- PACE/PaceNet
- PECO CAP
- Property Tax/Rent Rebate
- ROVER applications
- Commodity Supplemental Food Program

Pennsylvania Property Tax/Rent Rebate Program

(DEADLINE EXTENDED TO 12/31!)

Homeowners:

Income \$0-\$8,000= \$650 Standard rebate

\$8,001-\$15,000= \$500 Standard rebate

\$15,001-\$18,000= \$300 Standard rebate

\$18,001-\$35,000= \$250 Standard rebate

Renters:

\$0-\$8,000= \$650 Maximum rebate

\$8,001-\$15,000= \$500 Maximum rebate

Note: *Applicants can exclude one half of all Social Security Income*

The Housing Partnership of Chester County offers a **Home Maintenance Program**. The program provides basic home repairs and modifications for Chester County residents who are 65 years old and older.

Eligibility requirements:

- 65 years or older
- Resident of Chester County
- Primary owner of the dwelling
- Primary residence
- Income for household below 50% of median income

Income Limits:

1 person \$27,600

2 people \$31,550

Please see Sarah for more information.

Income Tax Preparation

- Provided by AARP volunteers for low and middle income tax returns
- Donations are welcome
- You must schedule an appointment!

Days: Tuesdays, Wednesdays & Thursdays

Times: 9:00, 10:15, 11:30, 1:00, 2:15 & 3:00

Location: Appointments are held at the
Downingtown United Methodist Church
751 E Lancaster Ave., Downingtown

Please call the Center to schedule an

August Events & Programs

Please contact Karen Sharp at ksharp@downingtownsniors.org or call 610.269.3939 for more information or to sign up for any of these programs or classes.

Monday

Tuesday

Wednesday

Thursday

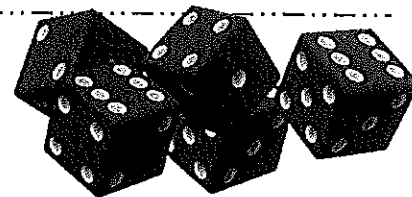
Friday

<p>9-5... Games & Puzzles 10-12... AM Art* 10... Balance & Flexibility 11-11:45... Wake Up! Cardio 12... Aquatics* 12:30-3... Bridge Club 1-3... PM Art* School Supply Collection begins</p>	<p>9-3... Games & Puzzles 9:30... Yoga* 10:30... Walking Club @ Mall 11-11:45... Silver Sneakers Strength Movement 11... Chorus 1-2... Gift-Crafting Class 1... Game Club 2... Aquatics*</p>	<p>1</p>	<p>9-5... Games & Puzzles 10... Balance & Flexibility 10:30... Crochet 10-11... Mosaic Art Class 11-11:45... Silver Sneakers Strength Movement 2... Aquatics*</p>	<p>2</p>	<p>9-3... Games & Puzzles 9:30... Poker 10-12... Massage Therapy (\$10) 10:30... Walking Club@Mall 10:30... Tai Chi 2... Aquatics*</p>	<p>3</p>	<p>9-5... Games & Puzzles 10... Balance & Flexibility 10:30... Historical Study of Biblical Times 11... Aquatics 12:30-3... Bridge Club</p>	<p>4</p>
<p>9-5... Games & Puzzles 10... Balance & Flexibility 11-11:45... Wake Up! Cardio 12... Aquatics* 12:30-3... Bridge Club 1-3... PM Art* Free Bingo!</p>	<p>9-3... Games & Puzzles 9:30... Yoga* 10:30... Walking Club @ Mall 11-11:45... Silver Sneakers Strength Movement 11... Chorus 1-2... Gift-Crafting Class 1... Game Club 2... Aquatics*</p>	<p>7</p>	<p>9-5... Games & Puzzles 10... Balance & Flexibility 10-11... Mosaic Art Class 10-11... BP Screening 11-11:45... Silver Sneakers Strength Movement 2... Aquatics*</p>	<p>9</p>	<p>9-3... Games & Puzzles 9:30... Poker 10-12... Massage Therapy (\$10) 10:30... Walking Club@Mall 10:30... Tai Chi 2... Aquatics* 12:45... Flower Arranging*</p>	<p>10</p>	<p>9-5... Games & Puzzles 10... Balance & Flexibility 10:30... Historical Study of Biblical Times 11... Aquatics 12:30... Move: "An Affair to Remember" 12:30-3... Bridge Club 12:45... Rhythm of Life Drumming School Supply Collection ends</p>	<p>11</p>
<p>9-5... Games & Puzzles 10-12... AM Art* 10... Balance & Flexibility 11-11:45... Wake Up! Cardio 12... Aquatics* 12:30-3... Bridge Club 1-3... PM Art* Free Bingo!</p>	<p>9-3... Games & Puzzles 9:30... Yoga* 10:30... Walking Club @ Mall 11-11:45... Silver Sneakers Strength Movement 11... Chorus 1-2... Gift-Crafting Class 1... Game Club 2... Aquatics*</p>	<p>14</p>	<p>9-5... Games & Puzzles 10... Balance & Flexibility 10-11... Mosaic Art Class 10-11... BP Screening 11-11:45... Silver Sneakers Strength Movement 2... Aquatics* 12:30... Seniors for Seniors</p>	<p>16</p>	<p>9-3... Games & Puzzles 9:30... Poker 10-12... Massage Therapy (\$10) 10:30... Walking Club@Mall 10:30... Tai Chi 2... Aquatics*</p>	<p>17</p>	<p>9-5... Games & Puzzles 10... Balance & Flexibility 10:30... Historical Study of Biblical Times 11... Aquatics 12:30-3... Bridge Club 12... Council Voting Ends</p>	<p>18</p>
<p>9-5... Games & Puzzles 10-12... AM Art* 10... Balance & Flexibility 11-11:45... Wake Up! Cardio 12... Aquatics* 12:30-3... Bridge Club 1-3... PM Art* Free Bingo!</p>	<p>9-3... Games & Puzzles 9:30... Yoga* 10:30... Walking Club @ Mall 11-11:45... Silver Sneakers Strength Movement 11... Chorus 1-2... Gift-Crafting Class 1... Game Club 2... Aquatics*</p>	<p>21</p>	<p>9-5... Games & Puzzles 10... Balance & Flexibility 10-11... Mosaic Art Class 10-11... BP Screening 11-11:45... Silver Sneakers Strength Movement 2... Aquatics* 12:30... Seniors for Seniors</p>	<p>23</p>	<p>9-3... Games & Puzzles 9:30... Poker 10-12... Massage Therapy (\$10) 10:30... Walking Club@Mall 10:30... Tai Chi 2... Aquatics*</p>	<p>24</p>	<p>9-5... Games & Puzzles 10... Balance & Flexibility 10:30... Historical Study of Biblical Times 11... Aquatics 12:30... Movie: "Sleepless in Seattle" 12:30-3... Bridge Club</p>	<p>25</p>
<p>9-5... Games & Puzzles 10-12... AM Art* 10... Balance & Flexibility 11-11:45... Wake Up! Cardio 12... Aquatics* 12:30-3... Bridge Club 1-3... PM Art*</p>	<p>9-3... Games & Puzzles 9:30... Yoga* 10:30... Walking Club @ Mall 11-11:45... Silver Sneakers Strength Movement 11... Chorus 1-2... Gift-Crafting Class 1... Game Club 2... Aquatics*</p>	<p>28</p>	<p>9-5... Games & Puzzles 10... Balance & Flexibility 10-11... Mosaic Art Class 10-11... BP Screening 11-11:45... Silver Sneakers Strength Movement 2... Aquatics* 12:30... Seniors for Seniors</p>	<p>30</p>	<p>9-3... Games & Puzzles 9:30... Poker 10-12... Massage Therapy (\$10) 10:30... Walking Club@Mall 10:30... Tai Chi 2... Aquatics*</p>	<p>31</p>		

* indicates Fee

- Announcements -

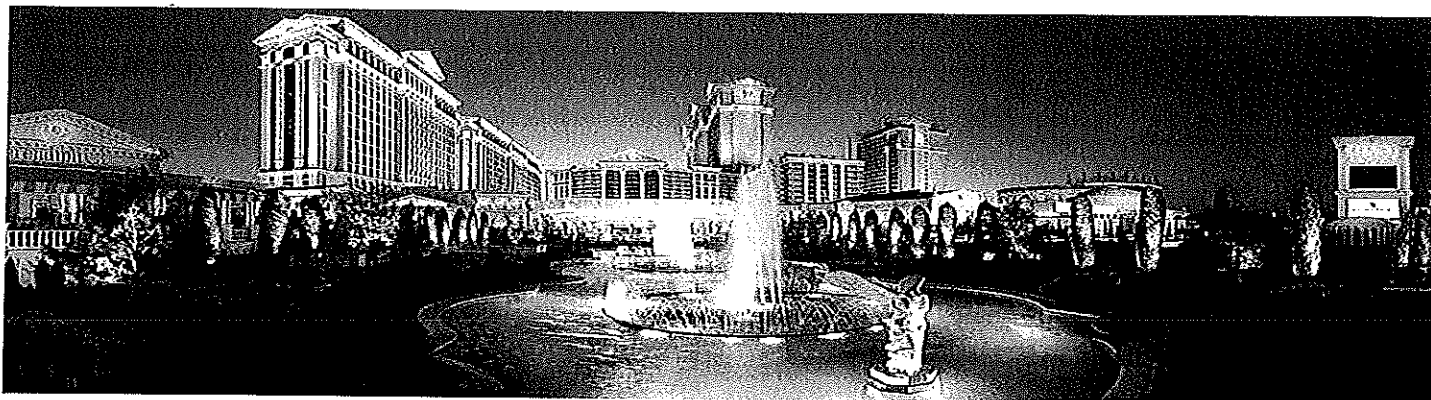
**It's not too late to reserve your spot for
our next**



FREE CASINO TRIP!

On Monday August 14th we will be taking the party to

Caesar's Palace



Date of Trip– Monday August 14th

Deadline For Sign-ups — Monday July 31st

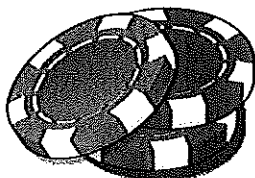
Departure- 10:00am from the Downingtown Area Senior Center

(983 East Lancaster Ave. Condo 3A, 19335)

Return- 6:00pm to the Downingtown Area Senior Center

Location– Caesar's Palace, Atlantic City, NJ

**Cost- \$30/person, but you will receive your whole \$30 back in
casino play when you arrive at the casino**



Please call Karen at 610.269.3939 for more information