Walking meets

Phoenixville Area
Senior Center
Opening Our Doors to Seniors … Again

Like most businesses in Pennsylvania, The Phoenixville Area Senior Center (PASC) closed its doors on March 13, 2020. But unlike many others, PASC continued to operate its food program without disruption. Preparing and delivering lunch to 15 individuals drive thru style on Monday, March 16, the number of participants grew as the fear of illness spread. Before we knew it, we were feeding over 200 individuals a week. Today, PASC continues to provide frozen meals through Chester County's Department of Aging contract with Linton's Food Service Co., a dozen eggs, milk, and bread and a bag of produce provided by the Chester County Food Bank. We are very proud and grateful for our staff and a few key volunteers who served more than 125,000 meals to over 230 individuals during the pandemic. We are also proud of facilitating vaccinations. In March, the center started hosting a weekly vaccination clinic in conjunction with Chester County Health Department. The Senior Center staff and a few volunteers made over 8,000 calls

Food bank drive thru

Vaccination clinic

and scheduled 5,000 vaccines throughout Chester and Montgomery Counties. We are currently a vaccination site with the Chester County Health Department providing Covid vaccines and boosters every Tuesday. Schedule a vaccine yourself at https://chesco.org/4822/COVID19Vaccine or if you need help, call us at 610.935.1515. Leave a message with your name and number and we will get back to you promptly.

While our doors remained closed to the public, the staff recognized the loneliness that many of our participants were feeling. Knowing that isolation is detrimental to the health and well-being of older adults, we worked hard to adapt the programs we previously offered, just in a

different way. We contracted with our exercise instructor to tape classes which Phoenixville Media Group aired on public access cable channels on Verizon and Xfinity through mid-December. PASC offered other activities on Zoom, including: Armchair Adventure, Book Club, Classic Movies, Coffee Hour, BINGO, flower arranging, art class, crafts, and much more. Birthday parties, Health Fairs, and Veteran's Recognition Ceremony were held tailgate style. We even offered Drive-thru Income Tax preparation. And, of course, we continued to provide information and assistance and PA MEDI (formerly APPRISE) counseling via video conference or teleconference.

To ensure our participants' and staff's safety, we needed to upgrade our facilities. We installed new windows to bring in fresh air, and renovated office spaces. A new HVAC system with filtration will replace old window units in the lower level soon. All of this is done through the generosity of individuals, foundations, and grants. Renovating the kitchen is in progress and a new HVAC throughout the building are 2022 projects awaiting final funding. A Pennsylvania Department of Aging grant funded a new sign, LED outside lighting, a new security system with cameras, and updated façade which are now completed.

This summer we resumed activities in the building. Exercise classes meet Monday, Wednesday, Friday at 8:45. Outdoor walking meets Tuesday and Thursday morning at local parks. Bingo, mahjong, stitching and pinochle groups resumed. Every Third Thursday evening we have a special activity. For example, October was our Oktoberfest, November was Line Dancing, December is Painting with a Peppermint Twist.

Please see our website for more activities at:www.phoenixvilleseniorcenter.org/activities. Our programs, activities, and services are offered to anyone 60 years or better living in Chester or Montgomery Counties in the Phoenixville area. We are located at 153 Church Street in Phoenixville. Our doors are now OPEN for BUSINESS!

Exercise classes