



*Enriching the lives of our senior neighbors
through friendship, activities, education,
nourishment and education.*

OCTOBER 2022 NEWSLETTER

None of us here quite knows exactly **HOW** summer has been left behind and it's already time for sweatshirts, pumpkins, and football!?! ***SO many things are on our October schedule and in the works!***

It's Fall which means it's **Medicare Annual Open Enrollment Program time!** Several "AOEP" sessions are available here at WCASC **BY APPOINTMENT ONLY**. Be sure to stop by or to call our Front Desk at 610-431-4242 to schedule a time to review what's best for you and the new year. Make your appointment before we fill up! **IMPORTANT:** Be sure to bring the items listed that your scheduler will share with you when you talk.

Many exciting programs are well underway while others are looking for more people to join in on the fun. We have groups of members who have started **German Klub** and another group learning **Mahjong** – both are hoping others will join them! We have also just started our new **"Playwriting" program** session being done in partnership with our friends returning from the Delaware Theatre Company. Check out the days and times inside and stop by and try any or all of the groups – you may have a whole new skill to share by the holidays this year!

Be sure to check inside for the wide variety of topics in our **October Speaker Series** we've scheduled.....topics include anything from Medicare Fraud to Hearing, Oral Health, Nutrition Tips, and Wills, Trusts, Guardianship, & Power of Attorney.

Remember to check out the news and sponsorship & ticket information for our fun fall event – **HOME COMING is scheduled for Saturday, November 5th, at 6:30 PM** and promises to be a great evening for everyone!

And hearty **CONGRATULATIONS TO WCASC ON BEING NAMED TO "2022 TOP-RATED GREAT NONPROFITS"**! This is our 5th consecutive year to receive this honor with thanks to our awesome volunteers, Board of Directors, partners, donors, members, and staff team. **YEAH TEAM!**

West Chester Area Senior Center
A 501 (c)(3) Non-Profit (610) 431-4242

530 East Union Street
Website wcseniors.org

West Chester, PA 19382
Monday-Friday 9:00 AM – 3:00 PM

OCTOBER
SPEAKER SERIES
12:30 DINING ROOM

WED. OCT 5: "MEDICARE FRAUD PRESENTATION" CARIE

WED. OCT 12: "LOWER EXTREMITIES" FULL RANGE PT

**THURS. OCT 13: "HEAR BETTER, LIVE BETTER"
ENTACC**

**WED: OCT 19: "WILLS, TRUSTS, GUARDIANSHIP, POWER
OF ATTORNEYS" JENNIFER FELD, ESQ.**

THURS. OCT 20: "ORAL HEALTH" MAINLINE HEALTH

MON. OCT 24: "QUIZZO" SENIOR HELPERS.

OCTOBER MORNINGS AT THE CENTER

**ANNUAL OPEN ENROLLMENT FOR MEDICARE: (YOU MUST CALL
FRONT DESK FOR AN APPOINTMENT!) TUES. 10/18, MON 11/14,
THURS. 12/1.**

**MONDAY MORNINGS: 10:10 - 10:30 AM NUTRITION
PRESENTATIONS AND Q&A**

WEDNESDAY MORNINGS: 10:30 AM GERMAN KLUB

TUESDAYS 10:30 AM: DELAWARE THEATRE PLAYWRITING

WED. OCT. 12 : 10:00 AM "VETERANS COFFEE & CHAT"

**MONDAY, TUESDAY, AND FRIDAY: NOON - 3:00PM TECHNOLOGY
ASSISTANCE APPOINTMENT NECESSARY**

OCTOBER PROGRAMS & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Continental Breakfast Coffee/Socialization 9:30- Level Three Fitness 10:30- Level Two Fitness 10:30- Bingo 10:30- Current Events 11:30- Level One Fitness Noon Lunch 12:00-3:00 Technology Assistance 12:45 Group Games</p>	<p>4</p> <p>Continental Breakfast / Socialization 9:30- Cardio Interval Fitness Class 10:30- Beginners Spanish Class 10:30- Stretching & Strengthening 10:30- Delaware Theatre Playwriting NOON - Lunch 12:45 - Brain Games 12:00-3:00 Technology Assistance</p>	<p>5</p> <p>Continental Breakfast / Socialization 10:00 – 1:00 – Corner Cabinet 9:30 - Level Three Fitness Class 10:00- German Klub 10:30 - Level Two Fitness Class 10:30 - Bingo 11:30 - Level One Fitness Class NOON – Lunch 12:30 Medicare Fraud Prevention presentation 12:45 - Knitting and Crocheting Club</p>	<p>6</p> <p>Continental Breakfast / Socialization 9:30 – Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 10:30 - French 11:30 – Level One Fitness Class NOON- Lunch 12:45 Rumikub 12:45 Mahjong</p>	<p>7</p> <p>Continental Breakfast / Socialization 10:30- Friday Fun Fitness 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Technology Assistance</p>
<p>10</p> <p>Continental Breakfast Coffee/Socialization 9:30- Level Three Fitness 10:10-Nutrition presentation 10:30- Level Two Fitness 10:30- Bingo 10:30- Current Events 11:30- Level One Fitness Noon Lunch 12:00-3:00 Technology Assistance 12:45 Group Games</p>	<p>11</p> <p>Continental Breakfast / Socialization 9:30- Cardio Interval Fitness Class 10:30- Beginners Spanish Class 10:30- Stretching & Strengthening 10:30- Delaware Theatre Playwriting NOON - Lunch 12:45 - Brain Games 12:00-3:00 Technology Assistance</p>	<p>12</p> <p>Continental Breakfast / Socialization 10:00 – 1:00 – Corner Cabinet 10:00 Veterans Coffee Chat 9:30 - Level Three Fitness Class 10:00- German Klub 10:30 - Level Two Fitness Class 10:30 - Bingo 11:30 - Level One Fitness Class NOON - Lunch 12:30 Full Range PT Lower Extremities 12:45 - Knitting and Crocheting Club</p>	<p>13</p> <p>Continental Breakfast / Socialization 9:00 Bible Study 9:30 – Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 10:30 - French 11:30 – Level One Fitness Class NOON- Lunch 12:30 ENTACC Hearing Presentation 12:45 Rumikub 12:45 Mahjong</p>	<p>14</p> <p>Continental Breakfast / Socialization 10:30- Friday Fun Fitness 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Technology Assistance</p>
<p>17</p> <p>Continental Breakfast / Socialization 9:30 - Level Three Fitness Class- 10:10 Nutrition Presentation 10:30 - Level Two Fitness Class 10:30 - Bingo 10:30 - Current Events 11:00-1:00 Farmers Market Expo 11:30 - Level One Fitness Class NOON- Lunch 12:00 – 3:00 Technology Assistance 12:45 - Group Games</p>	<p>18</p> <p>Continental Breakfast / Socialization 9:30 - Cardio Interval 10:30 - Beginners Spanish Class 10:30 - Stretching & Strengthening 10:30- Delaware Theatre Playwriting NOON- Lunch 12:45 – Brain Games 12:00-3:00 Technology Assistance</p>	<p>19</p> <p>Continental Breakfast / Socialization 10:00 – 1:00 – Corner Cabinet 10:30 – Qualifications For Medicaid Waiver 9:30 - Level Three Fitness Class 10:00- German Klub 10:30 - Level Two Fitness Class 11:30 - Level One Fitness Class NOON Birthday Lunch 12:30 Wills, Trusts, Guardianship, POA 12:45Knitting and Crocheting Club 12:45-Alzheimers Support Group</p>	<p>20</p> <p>Continental Breakfast / Socialization 9:30 – Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 10:30 - French 11:30 – Level One Fitness Class NOON- Lunch 12:30- Mainline Health presentation 12:45 Rumikub 12:45 Mahjong</p>	<p>21</p> <p>Continental Breakfast / Socialization 10:30-Friday Fun Fitness 11:30- Level One Fitness NOON- Lunch 12:00-3:00 – Technology Assistance</p>
<p>24</p> <p>Continental Breakfast / Socialization 9:30 - Level Three Fitness Class- 10:30 - Level Two Fitness Class 10:30 - Bingo 10:30 - Current Events 11:30 - Level One Fitness Class NOON- Lunch 12:00 – 3:00 Technology Assistance 12:45- Quizzo- Senior Helpers</p>	<p>25</p> <p>Continental Breakfast / Socialization 9:30 - Cardio Interval 10:30 - Beginners Spanish Class 10:30 - Stretching & Strengthening 11:15 – Instructors Choice 10:30- Delaware Theatre Playwriting NOON- Lunch 12:45 – Brain Games 12:00-3:00 Technology Assistance.</p>	<p>26</p> <p>Continental Breakfast / Socialization 10:00-1:00 – Corner Cabinet 9:30 - Level Three Fitness Class 10:00 German Klub 10:30 - Level Two Fitness Class 10:30 - Bingo 11:30 - Level One Fitness Class Noon-Lunch 12:45 Knitting and Crocheting 1:00-Parkinson Support Group</p>	<p>27</p> <p>Continental Breakfast / Socialization 9:00 Bible Study 9:30 – Cardio Interval Fitness Class 10:30- Level Two Fitness Class 10:30- French 11:30 – Level One Fitness Class NOON-Lunch 12:45 Rumikub 12:45 Mahjong</p>	<p>28</p> <p>Continental Breakfast / Socialization 10:30 – Friday Fun Fitness 11:30- Level One Fitness NOON- Lunch 12:00-3:00- Technology Assistance</p>
<p>31</p> <p>Continental Breakfast / Socialization 9:30 - Level Three Fitness Class- 10:30 - Level Two Fitness Class 10:30 - Bingo 10:30 - Current Events 11:30 - Level One Fitness Class NOON- Lunch 12:00 – 3:00 Technology Assistance</p>				

OCTOBER LUNCH SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
3 Meatloaf Mashed Potatoes Gravy Green Beans Dinner Roll w/ Margarine Chocolate Pudding	4 Breaded Fish Fillet Bun Tartar Sauce Cole Slaw Mandarin Oranges Heart Vegetable Soup/Crackers	5 Chicken Brown Rice Brussel Sprouts Dinner Roll w/ Margarine Pears	6 BBQ Pulled Pork Whole Grain Kaiser Roll Oven Baked Fries Chicken Orzo Soup/Crackers Pineapples Ketchup Packet	7 Stuffed Chicken w/ Broccoli & Cheese Mixed Vegetables Brown Rice Peaches
10- Columbus Day Celebration Meatball Florentine Bake Italian Green Beans Garlic Knots Chocolate Cake Minestrone Soup/Crackers	11 Chicken Marsala Oven Roasted Potatoes Carrots Banana	12 Buffet Ham Brussel Sprouts Wheat Bread w/ Margarine Oatmeal Crème Pie Cream of Potato Soup/Crackers	13 Lasagna Roll Up Marinara Sauce Parmesan Broccoli Dinner Roll w/ Margarine Chocolate Chip Cookies	14 Beef Stroganoff Egg Noodles Mixed Vegetables Whole Grain Wheat Bread w/ Margarine Jello w/ Whipped Topping
17 Grilled Chicken Alfredo Noodles Winter Blend Vegetables Alfredo Sauce Peaches	18 Kielbasa Sauerkraut Pierogies Rice Pudding Lentil Soup/Crackers	19 Chef Salad – Ham, Turkey, Shredded Cheddar, Romaine Mix Shredded Carrots, Cherry Tomatoes Dinner Roll w/ Margarine Cupcakes & Ice Cream	20 Veal Parmesan Sandwich Tuscan Blend Vegetables Kaiser Roll Oatmeal Cookies Beef Noodles Soup/Crackers	21 Swedish Meatballs in Brown Gravy Egg Noodles Brussel Sprouts Whole Grain Wheat Bread w/ Margarine Fruit Cup
24 Chicken Lo Mein Lo Mein Noodles Edamame Oriental Blend Vanilla Pudding	25 Roast Beef Au Jus Kaiser Roll Cole Slaw Cream of Broccoli Soup/Crackers Orange	26 Chicken Cheesesteak Hoagie Club Roll Shredded Lettuce Sliced Tomatoes Potato Salad Pears Ketchup Packet	27 Grilled Cheese Macaroni Salad Tomato Soup/Crackers Oatmeal Raisin Cookies	28 Baked Penne Pasta Romano Blend Meatballs (2) Pineapples Garlic Bread w/ Margarine
31 Pepper Steak w/ Peppers & Onions Brown Rice Sugar Snap Peas Shredded Carrots Sugar Cookies			Menus are always subject to change. Please reserve TEN days in advance!	Milk is served with lunch Daily

CONGRATULATIONS WCASC!
We've just been named as a
2022 TOP-RATED NONPROFIT
by GreatNonprofits for the
5th consecutive year!!!



Volunteer

★★★★★ 09/07/2022

I have volunteered with the WCASC for about two years now! I got in touch with them through The Abbé Society, a service organization that I am affiliated with at West Chester University. Those at the center work tirelessly to ensure a fun, safe, inclusive environment for all members and volunteers! They have paired-up with multiple organizations and college programs, and the hospitality and communication with the center has been nothing but flawless. I have grown to love this community, and am so happy that I have the opportunity to volunteer with them as I look forward to coming every time!

Professional with expertise in this field

★★★★★ 08/15/2022

I am a professor at the M. Louise Fitzpatrick College of Nursing at Villanova University. I have been bringing senior nursing students to the WCSC to conduct health promoting activities for over seven years. The students state that the experience at the WCSC is one of their best clinical experiences. They enjoy seeing vibrant seniors, engaged in physical activity, life-long learning, and socializing with their friends. The students conduct health education classes, blood pressure screening, physical strength screening, and write newsletters for the seniors. When the students conduct classes with the seniors, the audience is very inquisitive and stimulated to learn more about the topic. The students state that the WCSC is a "happy place." One student stated, "the WCSC is an ideal place for seniors to enhance their quality of life. It is a place for strengthening your mind, body, and spirit. The WCSC has all of the programs we learn about in class to enhance the health of seniors." I have had students who have decided that they wanted to work as patient educators in the community because of their experience at the WCSC.

Client Served

★★★★★ 08/25/2022

My 80 year old father greatly enjoyed his days at WCASC! Every week he would lace up his sneakers and scoot out the door to attend 2 or 3 "silver sneaker" classes.

My father was a widower and new to West Chester. He was a quiet man all his life, at the Center he found a vibrant welcoming environment that made his transition to the West Chester area invaluable.

WCASC and their dedicated staff bring joy to so many Seniors-what a gift to our community. Thank you.

Volunteer

★★★★★ 09/20/2022

I was introduced to the West Chester Area Senior Center right before covid by a colleague of mine who asked for help in the kitchen to help serve lunch. Being a little intimidated by thought of serving over a large group of people, I was assured it would be a piece of cake, and they were right! They are super organized and everyone is happy to be there making it a very pleasant place to volunteer. I had a fabulous time meeting all these great people and helping out that I've also recruited other friends, colleagues and family members to all help out as well. You really see how your contribution directly impacts the people you help. Also I feel like I get to spend that time I missed with my own grandparents who

Volunteer

★★★★★ 08/12/2022

The center provides excellent programs and activities that support wellness, healthy aging, and independence, as well as resources.

Research has shown that older adults who participate in senior center programs are better at managing chronic diseases and can sometimes delay the onset of these ailments. They found that participants experience measurable improvements in physical, social, emotional, and mental wellbeing.

The dedicated staff at the West Chester Area Senior Center provides a feeling of community to their seniors. Dedication to their members can be felt as you walk through the building. "It is a place where everybody knows your name" and gives you a sense of family.

The Corner Cupboard is truly, a remarkable creative food distribution center. Come check it out!

West Chester Senior Center Updates

TECHNOLOGY ASSISTANCE AVAILABILITY WITH

JIMMOBILE

TO SCHEDULE AN APPOINTMENT CALL 610-431-4242 X115

OR JIMM@WCSENIORS.ORG



MONDAY, TUESDAY, & FRIDAY

NOON - 3:00 PM

25 MINUTE - ONE ON ONE SUPPORT AS NEEDED

West Chester Senior Center **BOOKSTORES!**

Book Store 1/ Borough

Monday through Friday 10 am - 6pm

Saturday through Sunday 11 am - 5pm

Book Store 2/ Parkway

Tuesday through Friday 10 am - 4pm

Saturdays 10am - 3:00pm

Please remember to stop in for all of your reading needs to support the West Chester Area Senior Center!

HOMEcoming

“Welcome Back”



Saturday, November 5, 2022

6:30 - 10:30pm

\$60 - Non - Senior Center Members

\$50 - Senior Center Members

Please join us for a fun filled evening with casual attire, dinner, drinks, silent & live auction and much more!

All proceeds support West Chester Area Senior Center's programs and services.



**WEST CHESTER AREA SENIOR
CENTER
“HOMEcoming”
SATURDAY, NOVEMBER 5,
2022
6:30 – 10:30 PM**

FURTHER INFORMATION AT:

- ✓ Visit our website:
www.wcseniors.org
- ✓ Contact Kathy Sullivan at:
kathys@wcseniors.org
- ✓ Phone: 610-431-4242

**PLEASE COMPLETE THIS FORM AND
RETURN TO US BY OCTOBER 31, 2022:**

**West Chester Area Senior Center
530 E. Union Street
West Chester, PA 19382
Phone: 610-431-4242**

Name/Company: _____

Address: _____

City/State/Zip: _____

Telephone: _____

Email: _____

Number of Tickets purchased at \$60: _____

Number of WCASC Registered Senior Member Tickets purchased at \$50: _____

TOTAL PAYMENT AMOUNT: _____

PAYMENT METHOD: _____ CHECK _____ PAYPAL ONLINE

_____ Please charge my VISA or MASTERCARD #

First & Last Names of Guests in your party (PLEASE PRINT CLEARLY!!!):

West Chester Area Senior Center ~ 530 E. Union Street ~ West Chester, PA 19382
610-431-4242 ~ www.wcseniors.org

Enriching the lives of our senior neighbors through friendship, activities, education and nourishment
The Center's official registration may be obtained from the PA Dept. of State by calling toll free (within Pa)
1-800-732-0999
Registration does not imply endorsement.

WEST CHESTER AREA
SENIOR CENTER

530 East Union Street West Chester, PA 19382

Phone (610) 431-4242

Fax (610) 429-9296

Check us out on the web! www.wcseniors.org

*Enriching the lives of our senior neighbors through friendship,
education, activities, and nourishment*

Non-Profit
Organization
US Postage Paid
Permit # 77
West Chester, PA

United Way Member Agency



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WEST CHESTER AREA SENIOR CENTER

The West Chester Area Senior Center, a non-profit organization, provides services and programs to persons sixty years or older without regard to race, color, creed, handicap, sex or national origin.

The Center is funded in part under a contract with the Chester County Department of Aging Services. Funding is also provided by the Chester County United Way, monies raised by the Board of Directors, Advisory Council, Planning Council, group donations, individual gifts and memorials, wills and bequests. All contributions are tax deductible to the extent allowed by law. The Center serves the following Townships: East and West Goshen, Westtown, Thornbury, East Bradford, Willistown, Birmingham and the Borough of West Chester. The Center's official registration may be obtained from the Pennsylvania Department of State by calling toll-free (within PA) 1800-732-0999. Registration does not imply endorsement.

