



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

November 2022 NEWSLETTER

Fall is upon us and we hope you are enjoying some of the beautiful weather we've been having! Be sure to get outside to enjoy a walk or maybe a bike ride during these cooler days and less intense sunlight before winter sneaks up on all of us and chases us back inside!

We have lots "on deck" for the month of November for all of you! Be sure to check out the news and announcements inside where you will read about Nutrition Presentations and sessions about "Relieving Holiday Stress", "Palliative & Hospice Care", and even "Cooking with Aisha"! Our friends from Senior Helpers will join us for some TRIVIA fun this month too!

And we're very happy to announce the return of the popular "Playwrighting Performances" for this month too! Many of you will recall that we've partnered with our good friends at Delaware Theatre Company for many years now as they've led our "Playwrighting" Program. Well, our 3 "resident playwrights" have been hard at work for these last many weeks and now it's just about to be "SHOW TIME"! ***Be SURE to join us for a fabulous Roast Turkey with "all the fixins" lunch on Wednesday, November 16th.....and you can enjoy the plays at the end of lunch performed by professional actors! Don't forget to sign up early!***

And we're so glad that many of you have registered to join us for our big **HOMEcoming celebration scheduled for Saturday, November 5th, at 6:30 PM.** The event promises to be a great evening for everyone attending but it's also a very important fundraiser for us to be able to offer the many activities and programs we hold but also to support our Corner Cabinet that sees about 300 visits each month!

NOVEMBER 2022
SPEAKER SERIES
12:30 PM IN THE DINING ROOM

WED. NOV 9: "UPPER EXTREMITIES" FULL RANGE PT

THURS. NOV 10: "PALLIATIVE & HOSPICE CARE"
ASCERA CARE

MON NOV 14: "RELIEVING HOLIDAY STRESS"
SARAH CARE

WED: NOV 16: WCASC WITH DELAWARE THEATRE CO.
COME ENJOY THE PLAYWRIGHTS' PLAYS
PERFORMED BY PROFESSIONAL ACTORS!

THURS. NOV 17: "NUTRITION" MAIN LINE HEALTH

TUES. NOV 22: COOKING WITH AISHA

MON. NOV 21: "TRIVIA" WITH SENIOR HELPERS

NOVEMBER MORNINGS AT THE CENTER

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

WEDNESDAY MORNINGS: 10:30 AM GERMAN KLUB

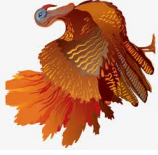
THURSDAY MORNING FRENCH CLASS WILL BE BACK - STAY TUNED!

MONDAY, TUESDAY & FRIDAY: NOON - 3:00PM
TECHNOLOGY ASSISTANCE - APPOINTMENT NECESSARY.
CONTACT: JIMM@WCSENIORS.ORG OR 610-431-4242 x115

November PROGRAMS & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1 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	2 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 NOON - Lunch 12:45 - Knitting and Crocheting Club	3 Continental Breakfast / Socialization 9:30 – Cardio Interval Fitness Class 10:30 - Level Two Fitness Class NOON- Lunch 12-1 Technology Assistance 12:45 Rumikub 12:45 Mahjong	4 Continental Breakfast / Socialization No fitness classes today NOON- Lunch 1:00-6:00pm-HOMECOMING EVENT SET-UP & DELIVERIES	
7 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	8 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 -Beginners Spanish Class 10:10- Stretching & Strengthening 10:30 Delaware Theatre Playwriting NOON - Lunch 12:45 - Brain Games 12:00-3:00 Technology Assistance	9 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 – Birthday Lunch 12:30 Full Range PT Upper Extremities 12:45 - Knitting and Crocheting Club	11 Closed 	
14 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 11:30 - Level One Fitness Class NOON- Lunch 12:00 – 3:00 Technology Assistance 12:30- SarahCare Presentation	15 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	16 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 Thanksgiving Lunch/ Senior Plays 12:45-Knitting and Crocheting Club 12:45-Alzheimer's Support Group	17 Continental Breakfast / Socialization 9:30 – Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 11:30 – Level One Fitness Class NOON- Lunch 12:30- Mainline Health presentation 12:45 Rumikub 12:45 Mahjong	
21 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 12:30- Senior Helpers Program	22 Continental Breakfast / Socialization 9:30 - Cardio Interval 10:30 - Beginners Spanish Class 10:30 - Stretching & Strengthening 11:15 – Instructors Choice NOON- Lunch 12:30 Nutrition Program 12:00-3:00 Technology Assistance.	23 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	24 Closed  ving	
28 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	29 Continental Breakfast / Socialization 9:30 - Cardio Interval 10:30 - Beginners Spanish Class 10:30 - Stretching & Strengthening 11:15 – Instructors Choice NOON- Lunch 12:30 Nutrition Program 12:00-3:00 Technology Assistance.	30 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's Support Group	25 Closed for the Thanksgiving Holiday 	

November Lunch Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Menus are always subject to change. Please reserve TEN days in advance!</i>	1 Shrimp Scampi Linguini Green beans Garlic Knot Lemon Pudding	2 Crispy Chicken Carrots Hamburger Roll Applesauce Vegetable Soup/Crackers	3 Boxed lunch Turkey & Cheese with side items	4 Boxed lunch Chicken Caesar Wrap with side items
7 Salisbury Steak w/ gravy Buttered Noodles Green Beans WG Dinner Roll Margarine Fruited Jello	8 Chicken Cheesesteak Chicken Meat American Cheese Potato Salad Minestrone soup/Crackers Pound Cake Blueberries Whipped Topping	9 - Birthday Celebration Baked Ziti Marinara Sauce Romaine Salad w/ cucs, grapes, tomatoes, shred carrots Italian Dressing Garlic Texas Toast Cupcakes & Ice Cream	10 Ham & Swiss on Rye Turkey Ham Swiss Cheese Rye Bread Crinkle cut Fries Ketchup Tomato Soup/Crackers Sugar Cookies	11 Closed for Veteran's Day 
14 Pizza Personal Pizza Tuscan Blend Veg Chicken Noodle Soup/Crackers Fruit Cocktail	15 Chicken Salad Hoagie Chicken Salad WG/Kaiser Roll Lettuce & Tomato Carrot Raisin Salad Cream of Broccoli Soup/Crackers Oatmeal Cookies	16 - Thanksgiving Lunch Roast Turkey w/ gravy Stuffing Candied Yams Green Bean Casserole Cranberry Sauce Pumpkin Pie	17 Roast Beef Au jus Provolone Cheese WG Kaiser bun Horseradish Sauce Ketchup Tater Tots Winter Blend veg. Chocolate Pudding	18 General Tso Chicken Diced Chicken General Tso sauce Oriental Blend Veg. Brown Rice Egg Roll Mandarin Oranges
21 Chicken Alfredo Noodles Broccoli Sugar Cookies Alfredo Sauce	22 Kielbasa Sauerkraut Pierogies Pineapples	23 - Happy Birthday LUNCH Marinated Beef Peppers & Onions Brown Rice Sugar Snap Peas w/ Shredded Carrots Cupcake & Ice Cream	24 Closed For Thanksgiving 	25 Closed 
28 Seafood Newburg (Pollock, shrimp, imt. Crab) Brown Rice Carrots Fruit Cocktail	29 Turkey Divan Broccoli Egg/Noodles Beef Barley soup/crackers Oatmeal Crème Pie	30 Chili con Carne Corn Muffin Romaine Salad w/ cucs, grape tom, shredded carrots Italian Dressing Pineapple		

2022 HOMECOMING

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West Chester Senior Center Updates

TECHNOLOGY ASSISTANCE AVAILABILITY WITH
JIM MOBILE!
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

We are in need of Volunteers to be Cashiers

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**November Special: All Hardback Fiction Books are 50% Off**

**December Special: Bag Sale**

**Small Bag \$20**

**Large Bag \$40**

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

# LOOK WHAT THE HARVEST OF OCTOBER BROUGHT US!!



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](http://www.wcseniors.org)

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

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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.*

