



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

## MARCH 2023 NEWSLETTER

**February was a busy month around these parts with “Random Acts of Kindness” permeating all we did here! Be sure to check out the details inside but here’s just some of the fun & kindness:**

- **We always like to start with THANK YOUs** and there are always more than we can type but just in our Corner Cabinet Food Distribution alone, we were most fortunate to receive special deliveries from The Arc of Chester County who delivered 600 pounds; CTDI who made another special trip with 450 pounds; and our friend, Brian, whose neighborhood collected 249 pounds during their Super Bowl food drive! Maybe the Eagles didn’t quite win – but our seniors did!
- **Many friends of all ages joined WCASC in celebrating February’s Random Acts of Kindness Week.....**whether it was cards for our hundreds of volunteers who help us throughout the year, our special afternoon of Ice Cream Sundaes and Valentine’s chocolates, or the surprise fresh pretzels that arrived for us to share, **WCASC was spreading the Kindness to all around!**

**And here are some exciting MARCH HAPPENINGS – see inside for details:**

- **A NEW BASIC DRAWING ART CLASS FOR BEGINNERS is starting!** Come join Instructor Jack on Tuesdays & Thursdays at 1 PM beginning on March 7<sup>th</sup>!
- **Our Birthday Lunch & St. Patrick’s Day Celebration on Wed., March 15<sup>th</sup> at 12 Noon** will feature **LIVE MUSIC WITH BOB STARNER!** Bob and his wife live in Downingtown and he especially enjoys performing acoustic music of the 50s, 60, and 70s – the “music of his youth”!
- **FRENCH IS BACK...and check inside for info on** Fall Prevention, Balance, Shoulders, Knees, UTIs, Different Types of Senior Living, Parkinson’s Support Group, and more!

**It’s possible we’ll get through this winter without any real snow to even talk about but, just in case, our “WINTER STORM ADVISORY” is inside** so you know what happens with the Senior Center on inclement weather days.

# West Chester Senior Center Updates

## Winter Storm Advisory

The WCASC will be closed due to weather conditions in accordance with the West Chester Area School District at <http://www.wcasd.net>. If the schools are closed or opening late, the WCASC will be closed & there will be no Rover Service. Please tune to your local TV Station for a list of school closings. There is also a link to the school district on our website at <http://wcseniors.org>

TECHNOLOGY ASSISTANCE AVAILABILITY WITH

JIM MOBILE!

TO SCHEDULE AN APPOINTMENT: CALL 610-431-4242 X115

OR JIMM@WCSENIORS.ORG



**12:00-3:00 PM**

MONDAY, TUESDAY AND FRIDAY!

25 MINUTE - ONE ON ONE SUPPORT AS NEEDED!

## **CORNER CABINET UPDATES:**

- **WCASC REGISTRATION COMPLETION IS REQUIRED FOR ALL** before any shopping, this includes both people food and pet food.! Registration may be completed in our Front Lobby during normal operating hours. Everyone MUST sign into the Center & to the Corner Cabinet EACH visit!
- Please know that the Corner Cabinet and its variety of foods are offered to you for FREE due to the generosity, time and care of many in our community. Additionally, the Cabinet is coordinated by a caring group of volunteers working alongside our very small staff. THANK YOU for respecting the guidelines set forth and please let our valued volunteers know that you appreciate all of their efforts to help everyone!
- Inside shopping will be offered every Wednesday from 10:00 am – 1:00 pm for REGISTERED MEMBERS/PARTICIPANTS.
- Our “Corner Cabinet” is here for your supplemental food, not your full grocery list. We are able to offer whatever we have each week and in varying limits.
- Please understand that all supplies are limited and we will set up maximum allotments for each item based on supply as we work to fairly and equitably serve everyone each week.
- We hope you all enjoy the Corner Cabinet!
- Dog and cat food is also available once per month as supplies allow.

## **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 your reading needs to support the West Chester Area Senior Center!

**March Special: Bookstore II:** All books with **GREEN** covers **50% OFF**.

## MARCH PROGRAMS & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Art classes starting March 7<sup>th</sup> Tues and Thurs 1:00 Basic Drawing</b>  <b>Conten de te revoir Français!</b>		<b>1</b> Continental Breakfast / Socialization <b>10:00 – 1:00 – Corner Cabinet</b> 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 <b>NOON - Lunch</b> 12:45 - Knitting and Crocheting Club	<b>2</b> Continental Breakfast / Socialization 9:30 – Cardio Interval Fitness Class 10:30 - Level Two Fitness Class <b>11:00 -Elite PT</b> 11:30 – Level One Fitness Class <b>NOON- Lunch</b> 12:45 Rumikub 12:45 Mahjong	<b>3</b> Continental Breakfast / Socialization <b>9:15 DCCC BP (Presentation Wound Care)</b> 10:30 -11:30 Games <b>NOON- Lunch</b> 12:00-3:00- Tech & Assist
<b>6</b> 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 <b>NOON- Lunch</b> 12:00 – 3:00 Computer – Tech & Assist 12:45 - Group Games	<b>7</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 -Beginners Spanish Class 10:30 - Stretching & Strengthening <b>11:15 Aberdeen Audiology</b> <b>NOON - Lunch</b> 12:00-3:00 00 Tech & Assist. <b>1:00 Basic Drawing Art Class/Beginner</b>	<b>8</b> Continental Breakfast / Socialization <b>10:00 – 1:00 – Corner Cabinet</b> 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 <b>NOON - Lunch</b> <b>12:30: Full Range PT “Knee Pain”</b> 12:45 - Knitting and Crocheting Club	<b>9</b> Continental Breakfast / Socialization 9:30 – Cardio Interval Fitness Class 9:30-Bible Study <b>10:00-12:00 Senator Comitita Outreach</b> 10:30 French 10:30 - Level Two Fitness Class 11:30 – Level One Fitness Class <b>NOON- Lunch</b> 12:45 Rumikub 12:45 Mahjong <b>1:00 Basic Drawing Art Class/Beginner</b>	<b>10</b> Continental Breakfast / Socialization 10:30- Friday Fun Fitness 11:30- Level One Fitness Class <b>NOON- Lunch</b> 12:00-3:00- Tech & Assist
<b>13</b> 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 <b>NOON- Lunch</b> 12:00 – 3:00 Computer – Tech & Assist 12:45 Group Games	<b>14</b> Continental Breakfast / Socialization 9:30 - Cardio Interval 10:30 - Beginners Spanish Class 10:30 - Stretching & Strengthening <b>11:00 Kinetic PT-Shoulders</b> <b>NOON- Lunch</b> 12:00-3:00 Tech & Assist. <b>1:00 Basic Drawing Art Class/Beginner</b>	<b>15</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class <b>10:00 – 1:00 – Corner Cabinet</b> 10:00- German Klub <b>10-12:00-State Rep Pielli's Office</b> <b>10:00-12:00 -CVIM</b> 10:30 - Level Two Fitness Class 10:30 - Bingo 11:30 - Level One Fitness Class <b>NOON: Birthday Lunch Entertainment</b> 12:45 Knitting and Crocheting Club	<b>16</b> Continental Breakfast / Socialization 9:30 – Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 10:30 French 11:30 – Level One Fitness Class <b>NOON- Lunch</b> <b>12:30-Main Line Health Presentation-UTI's</b> 12:45 Rumikub 12:45 Mahjong <b>1:00 Basic Drawing Art Class/Beginner</b>	<b>17- St Patrick's Day</b> Continental Breakfast / Socialization 10:30-Friday Fun Fitness 11:30- Level One Fitness <b>NOON- Lunch</b> <b>12:30 St Patrick's Day Activity</b> 12:00– 3:00 Tech & Assist
<b>20</b> 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 <b>NOON- Lunch</b> <b>12:30 Oasis Advisors/Senior Living choices</b> 12:00 – 3:00 Computer – Tech & Assist	<b>21</b> Continental Breakfast / Socialization 9:30 - Cardio Interval 10:30 - Beginners Spanish Class 10:30 - Stretching & Strengthening <b>NOON- Lunch</b> 12:00-3:00 Tech & Assist. <b>1:00 Basic Drawing Art Class/Beginner</b>	<b>22</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class <b>10:00-1:00 – Corner Cabinet</b> 10:00 German Klub 10:30 - Level Two Fitness Class 10:30 - Bingo 11:30 - Level One Fitness Class 12:45 Knitting and Crocheting	<b>23</b> Continental Breakfast / Socialization 9:30 – Cardio Interval Fitness Class 9:30- Bible Study 10:30- Level Two Fitness Class 10:30 French 11:30 – Level One Fitness Class <b>NOON-Lunch</b> 12:45 Rumikub 12:45 Mahjong <b>1:00 Basic Drawing Art Class/Beginner</b>	<b>24</b> Continental Breakfast / Socialization 10:30 – Friday Fun Fitness 11:30- Level One Fitness <b>NOON- Lunch</b> 12:00-3:00- Tech & Assist
<b>27</b> 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 <b>NOON- Lunch</b> 12:00 – 3:00 Computer – Tech & Assist <b>12:30 Senior Helpers</b>	<b>28</b> Continental Breakfast / Socialization 9:30 - Cardio Interval 10:30 - Beginners Spanish Class 10:30 - Stretching & Strengthening 11:15 – Instructors Choice <b>NOON- Lunch</b> 12:00-3:00 Tech & Assist. <b>1:00 Basic Drawing Art Class/Beginner</b>	<b>29</b> Continental Breakfast / Socialization 9:30- Level Three Fitness Class <b>10:00-1:00 – Corner Cabinet</b> 10:00- German Klub 10:30 - Level Two Fitness Class 10:30 - Bingo 11:30 - Level One Fitness Class <b>NOON: Lunch</b> 12:45 Knitting and Crocheting <b>1:00- Parkinson Support</b>	<b>30</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 French 11:30 – Level One Fitness Class <b>NOON-Lunch</b> 12:45 Rumikub 12:45 Mahjong <b>1:00 Basic Drawing Art Class/Beginner</b>	<b>31</b> Continental Breakfast / Socialization <b>9:15 DCCC BP</b> 10:30- Friday Fun Fitness 11:30-Level One Fitness <b>NOON- Lunch</b> <b>11:15-Spring Fling Craft Workshop</b> 12:00-3:00- Computer Tech & Assist

## MARCH LUNCH SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<i>Menus are always subject to change. Please reserve TEN days in advance!</i>	<i>Milk served with lunch daily</i>	1 <b>Chicken Parm</b> Pasta California Blend Pineapples	2 <b>Baked Ham</b> Oven Roasted Potatoes Spinach Dinner Roll Applesauce	3 <b>Garlic &amp; Herbed Baked Tilapia</b> Scalloped Potatoes Carrots Chocolate Pudding Corn Chowder/Crackers
6 <b>Cheeseburger</b> American Cheese Cole Slaw Tropical Fruit	7 <b>Turkey Divian</b> Broccoli Egg Noodles Oatmeal Crème Pie Chicken Noodle/Crackers	8 <b>Beef Stroganoff</b> Brown Rice Carrots Fresh Orange	9 <b>Chef Salad</b> Romain mix Roll Mandarin Oranges Tomato Soup/Crackers	10 <b>Tuna Noodle Casserole</b> Winter Blend Pears Dinner Role
13 <b>Chicken Pot Pie over Biscuit</b> Brussel Sprouts Peaches	14 <b>Cheesesteak</b> Sweet Potato Fries Pears Escarole/Crackers	15 <b>St. Patrick's Day Celebration</b>  <b>Corned Beef</b> Cabbage Potatoes Rye Bread Cupcake & Ice Cream	16 <b>Chicken Cacciatore</b> Peppers & Onions Dinner Roll Cream of Potato/Crackers	17 <b>Seafood Newburg</b> Brown Rice Winter Blend Veggies Dinner Roll Fruit Cocktail
20 <b>Roast Turkey with Gravy</b> Mashed Potatoes Green Beans Tropical Fruit Wheat Roll	21 <b>Chicken Marsala</b> Oven Roasted Potatoes Brussel Sprouts Dinner Roll Mandarin Oranges Brussel Sprouts	22 <b>Swedish Meatballs</b> Meatballs in gravy Egg noodles Baby Carrots Pineapples	23 <b>Baked Chicken Breast</b> Au Gratin Potatoes Winter Blend Veggies Vanilla Pudding Beef & Cabbage Soup	24 <b>Lasagna</b> Parmesan Broccoli Garlic Knot Oatmeal Cookies Seafood Bisque
27 <b>Chili Con Carne</b> Beef Chili Con Carne Corn Muffin Mixed Veggies Pineapples Beef Barley	28 <b>Rotisserie Chicken</b> Au Gratin Potatoes Winter Blend Veggies Wheat Bread Chocolate Pudding	29 <b>Chicken Cordon Bleu</b> Roasted Potatoes Brussel Sprouts Dinner Roll Cupcake	30 <b>Salisbury Steak</b> Brown Gravy Mashed Potatoes Peas & Carrots Wheat Roll Sugar Cookies	31 <b>Breaded Fish Filet</b> Tarter Sauce Mac & Cheese Pears Brussel Sprouts Vegetarian Veggies





## A HUGE BUNDLE OF THANKS

to our exceptionally good friends and long-time partners over at **The Arc of Chester County**! Each year, they conduct a winter-time food drive especially for our West Chester Area

Senior Center and then they load up their van like Santa's sleigh and deliver it right to our "Corner Cabinet" Food Distribution Center. This year, they collected the most ever -- 600 POUNDS! Our lucky seniors will be able to get some of their goodies next week. Seems most fitting that they delivered in the week that had both Valentine's Day and "Random Acts of Kindness Day" squeezed in.

**THANK YOU, DEAR FRIENDS!**



**Wednesday March 15<sup>th</sup> 12:15-1:00 PM [Bob Starner](#)**

Bob Starner plays fun acoustic music at a variety of venues and private parties. He and his wife,

Marylou, live in Downingtown, Pa. where Bob has

performed regularly for the past 30+ years. Bob loves to play the 50s, 60s, 70s, and music of his youth, including songs by America, Simon & Garfunkel, Jim Croce, Nail Diamond, Johnny Cash, and the Beatles.



Thank You to our **CTDI** friends for the **450 pounds of food** delivered by **Eric Miller** with a special thank you to our friend **Courtney**!

Our friend **Brian** rallied his neighborhood to do another Super Bowl Food Drive for us this year and he kindly loaded it up and delivered **250 pounds of shelf stable food** to us for our seniors! **MANY THANKS EVERYONE!**



## Mid-February was Random Acts of Kindness Week

The definition of kindness is the quality of being friendly, generous, and considerate. Being a truly kind person is an important quality to have. We are truly grateful to all those who make the center possible! We also enjoyed Ice Cream Sundaes & fresh hot pretzels!





**MARCH 2023**  
**SPEAKER SERIES**  
**12:30 PM IN THE DINING ROOM**

**THURS. MAR. 2: ELITE PT NOTE: 11:00**

**TUES. MAR 7: ABERDEEN AUDIOLOGY 11:15**

**WED. MAR. 8: "KNEE PAIN" FULL RANGE PT**

**TUES. MAR. 14: "SHOULDERS" KINETIC PT NOTE: 11:00**

**THURS. MAR. 16: "UTI's" MAIN LINE HEALTH  
PRESENTATION**

**MON. MAR. 20: "DIFFERENT TYPES OF SENIOR LIVING"  
OASIS ADVISORS**

**MON. MAR. 27: "TRIVIA" WITH SENIOR HELPERS**

**MARCH MORNINGS AT THE CENTER**

**MONDAY-FRIDAY FITNESS CLASSES 9:30-12:00**

**MONDAY MORNINGS: 10:30 AM CURRENT EVENTS**

**TUESDAY MORNINGS: 10:30 AM SPANISH CLASS**

**WEDNESDAY MORNINGS: 10:30 AM GERMAN KLUB**

**THURSDAY MORNINGS: 10:30 AM FRENCH**

**MONDAY, TUESDAY & FRIDAY: NOON - 3:00PM**

**TECHNOLOGY ASSISTANCE - APPOINTMENT NECESSARY.**

**CONTACT: [JIMM@WCSENIORS.ORG](mailto:JIMM@WCSENIORS.ORG) OR 610-431-4242 x115**

**NEW: "BASIC DRAWING" ART CLASS STARTING MARCH 7  
1:00 TUESDAYS AND THURSDAYS LIMIT 10**

**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)

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*Non-Profit  
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**United  
Way**



## WEST CHESTER AREA SENIOR CENTER

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*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.*

