

# HAPPY NATIONAL SENIOR CENTER MONTH SEPTEMBER



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

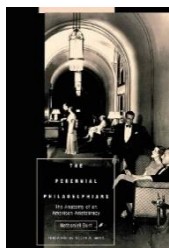
September 2023  
NEWSLETTER

- **HERE COMES THE F-U-N!!!** We're starting off fall with a bang! Go to your basement or hallway closet and dig out your "oldies band memorabilia" to wear because.... **THE LEGENDS OLDIES BAND** is joining us here! Toes will be tapping, hands will be clapping, dancing shoes will be spinning, and singing along is encouraged! **THURSDAY, SEPTEMBER 14th** will be a delicious **BBQ LUNCH & "THE LEGENDS"!!!** Sign up early & come have FUN!
- **FYI..... our LUNCH PROGRAM is currently "Under Construction."** We will continue to provide a healthy lunch for you daily. See the menu inside, be sure to continue to sign up 10 days ahead, and please watch for updates in our front lobby and at the front desk.
- **VOLUNTEERS NEEDED!** We need some volunteers to help us in a few areas so we can keep some of our most popular programs operating strongly.....please pass the word that **we're looking for help with SPANISH, FRENCH, and our CORNER CABINET Food Distribution.** Stop in or give us a call at 610-431-4242.
- **Early HEADS UP for October so you can plan for the big day..... our good friend, Bob Starnier, will be joining us once again with his great vocals and magical guitar! Wednesday, OCTOBER 18th for the Birthday Lunch! BE SURE TO SIGN UP!**
- **PLEASE NOTE WCASC WILL BE CLOSED ON MONDAY, SEPT. 4th FOR LABOR DAY.**
- **SAVE THE DATE..... our big annual fundraising event is coming soon..... CASINO NIGHT is scheduled for SATURDAY, NOVEMBER 4th, 2023, at 6:30 PM.**

## West Chester Senior Center Updates



**Closed September 4<sup>th</sup> for  
Labor Day!**



**Book Club is back!**

**September 19<sup>th</sup> at 11:15:  
Perennial Philadelphians by  
Nathaniel Burt**

**Technology Assistance  
Available with Jim Mobile!**



**To schedule an appointment, call 610-431-4242  
x115 or email [jimm@wcseniors.org](mailto:jimm@wcseniors.org)**

**Availability Monday, Tuesday, & Friday -  
12:00-3:00 PM**

### **National Senior Center Month**

#SeniorCenters are more than just a place  
to pass the time.

They're where friendships blossom,  
creativity is ignited, and self-discovery  
continues.



### **West Chester Senior Center BOOKSTORES**

#### **Book Store 1/ Borough**

Monday - Friday 10 am -6pm  
Saturday - Sunday 11 am-5pm


#### **Book Store 2/Parkway**

*This store accepts 2 bags or boxes Tues-Sat*  
Tuesday – Friday 10:00am-4:00pm  
Saturdays 10:00am-3:00pm





#### **September Specials**

- *Cookbooks & trade fiction will be 50% off.*
- *Christmas in September: bring in a nonperishable food item and get a free book.*

<p>MONDAY</p> <h1>SEPTEMBER</h1> <h2>PROGRAMS &amp; ACTIVITIES</h2>	<p>TUESDAY</p> <p><b>**EVERYDAY 9-3**</b></p> <ul style="list-style-type: none"> <li>• puzzle &amp; games</li> <li>• computer lab</li> <li>• reading café</li> </ul>	<p>WEDNESDAY</p>	<p>THURSDAY</p>	<p><b>1 FRIDAY</b></p> <p>Continental Breakfast /Socialization 10:30- Friday Fun Fitness 10:30 Jenga 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech &amp; Assist</p>
<p><b>4 CLOSED LABOR DAY</b></p> 	<p><b>5</b></p> <p>Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 - Beginners Spanish Class 10:30 - Stretching &amp; Strengthening NOON - Lunch 12:00-3:00 - Tech &amp; Assist.</p>	<p><b>6</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00-1:00 Corner Cabinet 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 Club</p>	<p><b>7</b></p> <p>Continental Breakfast / Socialization 9:30- Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 11:30 - Level One Fitness Class NOON- Lunch</p>	<p><b>8</b></p> <p>Continental Breakfast /Socialization 10:30- Friday Fun Fitness 10:30 Jenga 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech &amp; Assist</p>
<p><b>11</b></p> <p>Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo &amp; Current Events NOON- Lunch 12:00 – 3:00 - Tech &amp; Assist <b>12:30- Oasis Advisors</b></p>	<p><b>12</b></p> <p>Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10- Kinetic PT**(time change)</b> 10:30 - Beginners Spanish Class 11:30- Stretching &amp; Strengthening NOON- Lunch 12:00-3:00 Tech &amp; Assist.</p>	<p><b>13</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00 -1:00 - Corner Cabinet 10:00- German Klub 10:30 - Level Two Fitness Class 10:30- Bingo 11:30 - Level One Fitness Class <b>12:30- Watermark Jeopardy</b> 12:45 - Knitting and Crocheting Club</p>	<p><b>14</b></p> <p>Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 9:30- Bible Study <b>10-11:30 BP's WCU Nurses</b> 10:30 – Fun Thursday Class <b>10-12 Senator Comitta Outreach</b> <b>11:00- Senior Center Celebration</b> NOON- Lunch <b>12:30- The Legends Oldie band</b></p>	<p><b>15</b></p> <p>Continental Breakfast / Socialization 10:30- Friday Fun Fitness 10:30 Jenga 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech &amp; Assist'</p>
<p><b>18</b></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 <b>12:30- Dementia Support: Wellspring Homecare</b> 12:00-3:00 Tech &amp; Assist</p>	<p><b>19</b></p> <p>Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10-12- ENTACC Hearing Clinic with Alexis</b> 10:30 - Beginners Spanish Class 10:30 - Stretching &amp; Strengthening <b>11:15- Book Club</b> NOON- Lunch 12:00-3:00 Tech &amp; Assist</p>	<p><b>20</b> Continental Breakfast / Socialization  9:30 - Level Three Fitness Class 10:00-1:00 – Corner Cabinet <b>10-12 State Rep Pielli's Office and CVIM</b> 10:00 German Klub 10:30 - Level Two Fitness Class 10:30 – Bingo 11:30 - Level One Fitness Class NOON- Birthday Lunch 12:45 Knitting and Crocheting</p>	<p><b>21</b></p> <p><b>Continental Breakfast / Socialization</b> 9:30-Cardio Interval Fitness Class <b>10-11:30- BP's WCU Nurses</b> 10:30- Level Two Fitness Class 11:30 Level One Fitness Class NOON – Lunch <b>12:30- Giant Nutrition Presentation</b></p>	<p><b>22</b></p> <p>Continental Breakfast / Socialization 10:30 – Friday Fun Fitness 10:30 Jenga 11:30- Level One Fitness NOON - Lunch 12:00-3:00- Tech &amp; Assist</p>
<p><b>25</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo &amp; Current Events 11:30 - Level One Fitness Class NOON- Lunch 12:00 – 3:00 - Tech &amp; Assist <b>12:30- PA Railroads Presentation</b></p>	<p><b>26</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 - Beginners Spanish Class 10:30 - Stretching &amp; Strengthening NOON- Lunch 12:00-3:00 Tech &amp; Assist</p>	<p><b>27</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00-1:00 – Corner Cabinet 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>1:00 Parkinson Support/Dermatology</b></p>	<p><b>28</b> Continental Breakfast / Socialization 9:30-Cardio Interval Fitness Class 9:30- Bible Study <b>10-11:30- BP's WCU Nurses</b> 10:30- Level Two Fitness Class 11:30 Level One Fitness Class NOON – Lunch <b>1:00- Flower Fun with Andrea part 1</b></p>	<p><b>29</b></p> <p>Continental Breakfast / Socialization 10:30 – Friday Fun Fitness 10:30 Jenga 11:30- Level One Fitness NOON - Lunch 12:00-3:00- Tech &amp; Assist</p>

## SEPTEMBER LUNCH SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				<b>1</b> <b>Crispy Chicken</b> Wild Rice Green Beans Vanilla Pudding
<b>4</b> <b>CLOSED LABOR DAY</b> 	<b>5</b>  Chefs Special	<b>6</b>  Chefs Special	<b>7</b> <b>Penne Pasta w/ Meatballs</b> Green Beans Italian Bread Pineapple	<b>8</b> <b>Cheeseburger</b> Coleslaw Fries Cantaloupe
<b>11</b> <b>Sausage w/ Peppers &amp; Onions</b> Club Roll Potato Salad Oatmeal Raisin Cookie	<b>12</b> <b>Pork Chop</b> Sauerkraut Wild Rice Sauteed Spinach Dinner Roll Watermelon	<b>13</b> <b>Open Faced Roast beef</b> Mashed Potatoes California Blend Applesauce	<b>14</b>  <b>BBQ Lunch</b>	<b>15</b> <b>Roast Turkey w/ Gravy</b> Sweet Potatoes Broccoli Strawberries, Blueberries, Grape Salad
<b>18</b> <b>Chicken Salad</b> Kaiser Roll Carrot Raisin Salad Watermelon	<b>19</b> <b>Sweet n Sour Chicken</b> White Rice Edamame Banana	<b>20</b> <b>Pulled BBQ Turkey</b> Hamburger Bun Oven Baked Fries Mixed Vegetables Cupcake/Ice Cream Cup 	<b>21</b> <b>Meatball Sandwich</b> Club Roll Green Beans Chocolate Pudding	<b>22</b> <b>Shrimp Scampi</b> Linguine Italian Bread Spinach Fruit Mix
<b>25</b> <b>Grilled Chicken Alfredo</b> Fettuccini Broccoli Texas Toast Peaches	<b>26</b> <b>Lasagna</b> Parmesan Broccoli Garlic Knot Applesauce	<b>27</b> <b>Baked Chicken</b> Stuffing Brussel Sprouts Banana Pudding	<b>28</b> <b>Meatloaf w/ Gravy</b> Mashed Potatoes Green Beans Dinner Roll Honeydew Melon	<b>29</b> <b>Chicken Marsala</b> Egg Noodles Mixed Vegetables Chocolate Pudding





We are celebrating National Senior Center Month, check out these events.....

**September 2023**  
**West Chester Area Senior Center**  
**SPEAKER SERIES**

- **Monday September 11**  
12:30 *Oasis Advisors*
- **Tuesday September 12**  
10:00 *Kinetic PT \*note time change*
- **Wednesday September 13**  
12:30 *Watermark Jeopardy*
- **Thursday September 14**  
12:30 *The Legends Oldie Band*
- **Monday September 18**  
12:30 *Dementia Support: Wellspring Homecare*
- **Tuesday September 19**  
10-12 *ENTACC Hearing Clinic with Alexis*
- **Thursday September 21**  
12:30 *Giant Nutrition Presentation*
- **Monday September 25**  
12:30 *PA Railroads Presentation with Beth Anne Keats*
- **Wednesday September 27**  
1:00 *Parkinson Support/ Dermatology*

**Thursday September 14,21,28**

10-11:30 *BP's with WCU Nurses*

**September MORNINGS AT THE CENTER**

- MONDAY-FRIDAY 9:30-12:00 – Fitness Classes
- MONDAY-FRIDAY 9-3- Puzzle & Games, Computer Lab, and Reading Café
- MONDAY & WEDNESDAY MORNINGS 10:30-12:00 BINGO
- MONDAY MORNINGS 10:30 – Current Events
- TUESDAY MORNINGS 10:30 – Spanish Class
- WEDNESDAY MORNINGS 10:30 – German Klub
- MONDAY, TUESDAY, & FRIDAY 12:00-3:00 – Technology Assistance (Appointment Necessary) Contact: [jimm@wcseniors.org](mailto:jimm@wcseniors.org) or 610-431-4242 x115



## UPCOMING EVENTS

### **"VOLUMETRICS"**

**A PROVEN PROGRAM THAT HAS UNCOVERED  
THE SECRETS OF LOSING WEIGHT AND  
KEEPING IT OFF!**

HOSTED BY: BARBARA MYERS  
CHESTER COUNTY DEPT. OF AGING REGISTERED AND LICENSED  
DIETITIAN

THE SERIES WILL BE HELD EVERY TUESDAY 11:00-12:00  
FOR **TEN** WEEKS  
BEGINNING OCTOBER 10 – DECEMBER 19<sup>TH</sup>  
AT THE WEST CHESTER AREA SENIOR CENTER

REGISTRATION WILL BEGIN IN MID- AUGUST.

Call 610-431-4242 to register.

### **CASINO NIGHT** Save the Date



Here's the deal...

- \*Casino games
- \*Live Music with Bob Starner Acoustic
- \*Dinner & drinks
- \*Live & Silent Auction

West Chester Area Senior Center invites you to get your  
game on to support our senior programs and services!

**Saturday, November 4, 2023 at 6:30 pm**

West Chester Area Senior Center  
530 E. Union Street  
West Chester, PA 19382  
610-431-4242  
[www.wcseniors.org](http://www.wcseniors.org)



**BOB STARNER ACOUSTIC**  
*Fun. Live. Music.*

“Bob Starner is a longtime Chester County resident and lifelong music lover! Bob loves to entertain and plays fun acoustic music at various venues, events, and private parties throughout the area.”

Join us **October 18<sup>th</sup> at 12:15** for Birthday Lunch and Bob Starner Acoustic performance.

## WCASC HIGHLIGHTS



New WCASC member & volunteer Marion joins with “regulars” Kathy and Anne along with our many other volunteers to help with Corner



We had a wonderful first Grandparents Day morning! Filled with fun and games for all!



Author and Train enthusiast Beth Anne Keats presented on our national train systems.

We will welcome her back on Monday, **September 25 at 12:30** for her presentation on the Pennsylvania Rail system and our West Chester railway.



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*

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

United Way Member Agency



## WEST CHESTER AREA SENIOR CENTER

### 2023-2024 BOARD MEMBERS

Alessandra Bellwoar  
David Connor – *Treasurer*  
Lee Ann Embrey  
Joe Esworthy  
Elizabeth Facciolo- *Vice President*  
Stacey L. Fuller, Esq.- *President*  
Kerry Hewson  
Natalie Drury Howell

Tim Jefferis  
Dave Mauer  
Alissa McGrory  
Andrea Napoli  
Timmy Nelson  
Andrea Pettine, Esq.  
Loretta Rokke  
Greg Zeller - *Secretary*

*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.*

