

JANUARY



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

**JANUARY 2024
NEWSLETTER**

WELCOME 2024!!! HOW did we get HERE already? It seems like 2023 flew by in a flash so let's all try to really enjoy this new year ahead. Before we jump into 2024 too quickly, though, we have some highlights to share with you from our December events and celebrations. We've posted some wonderful photos inside for all of you to see, but here's just a snapshot of our busy and FUN times:

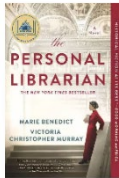
- Thank you, State Rep. Chris Pielli, and the DHS grant for upgrading our computer lab!
- Thank you, "Miss Amazing", for your wonderful holiday performance.
- **Thank you to Santa and Mrs. Claus for visiting and spreading cheer!**
- **OUR GOOD FRIENDS AT CTDI** conducted a food Drive for us once again this year.
- **OUR LONG TIME PARTNERS AND FRIENDS AT VENERABLE** once again volunteered alongside our Cabinet volunteers to help with our holiday distribution.
- **QVC** hosted a very popular hot chocolate bar, crafts, and winter bingo. Also, they surprised us with a generous donation!
- Thank you, Grateful Alive Band, for your very popular holiday concert!
- **SANTA CLAUS SQUEEZED US IN FOR A VISIT DURING CORNER CABINET DISTRIBUTION & LUNCH TIME** and Rep. Chris Pielli joined us too.
- **And a BIG THANK YOU TO** our long-time friends at O'Rourke & Sons for sponsoring our Corner Cabinet for the past month! Mary Kay & Mike O'Rourke truly help us make a difference!

West Chester Senior Center Updates

Reminders.....

•**VOLUNTEER NEEDED!** We need some volunteers to help us so we can keep some of our most popular programs operating strongly.....please pass the word that we're looking for a SPANISH CLASS TEACHER. Stop in or give us a call at 610-431-4242.

- **Book Club:** January read, *The Personal Librarian* by Marie Benedict & Victoria Murray Bell.



Technology Assistance Available with Jim Mobile!



To schedule an appointment, call 610-431-4242 x115 or email jimm@wcseniors.org

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

GIVING TO CELEBRATE OTHERS!

Did you know that donations to the WCASC can be made in memory of or in honor of a friend or family member? What a wonderful way to celebrate others!

MEMORIAL GIFTS: When making a memorial gift, indicate the name of the deceased individual and the name & address of the individual you would like us to notify about your thoughtful donation. Contribution amounts will not be included.

"IN HONOR OF" GIFTS: Please indicate the name & address of the individual you are honoring so we can notify them. Contribution amounts will not be included.



All gifts enrich the lives of our seniors!

Contact Bernadette Walsh at
bernadettew@wcseniors.org or 610-431-4242,
ext. 106 for more information.

West Chester Senior Center BOOKSTORES

Book Store 1/ Borough

32 N. Church St, West Chester, PA 19380
Monday - Friday 10 am -6pm
Saturday - Sunday 11 am-5pm

Book Store 2/Parkway

929 S. High Street, West Chester, PA 19382
This store accepts 2 bags or boxes Tues-Sat
Tuesday – Friday 10:00am-4:00pm
Saturdays 10:00am-3:00pm



January Specials

- 50% off winter books

<p>1 MONDAY</p> <p>CLOSED FOR HOLIDAY</p> <p>HAPPY NEW YEAR!!</p> <p>(No Corner Cabinet Wednesday 1/3)</p>	<p>2 TUESDAY</p> <p>Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 - Stretching & Strengthening NOON - Lunch 12:00-3:00 - Tech & Assist.</p> <p>(No Corner Cabinet Wednesday 1/3)</p>	<p>3 WEDNESDAY</p> <p>Continental Breakfast / Socialization 9:30 - Level Three Fitness Class No 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>4 THURSDAY</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>5 FRIDAY</p> <p>Continental Breakfast /Socialization 10:30- Friday Fun Fitness 10:30 Jenga 11:00- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist</p>
<p>8 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10-12- ENTACC Hearing Clinic 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:30- Level One Fitness Class NOON- Lunch 12:00 – 3:00 - Tech & Assist 12:30- Importance of Primary Care</p>	<p>9 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 - Stretching & Strengthening NOON - Lunch 12:00-3:00 - Tech & Assist.</p>	<p>10 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 12:30- Full Range PT: Arthritis 12:45 - Knitting and Crocheting Club</p>	<p>11 Continental Breakfast /Socialization 9:30- Bible Study 9:30- Cardio Interval Fitness Class 10-12- Senator Comitta Outreach 10:30 - Level Two Fitness Class 11:30 - Level One Fitness Class NOON- Lunch 12:30- “Hands from the Heart” Game Day 12:45- Mahjong</p>	<p>12 Continental Breakfast /Socialization 10:30- Friday Fun Fitness 10:30 Jenga 11:00- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist</p>
<p>15 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:30- Level One Fitness Class NOON- Lunch 12:00 – 3:00 - Tech & Assist</p> <p>**MLK DAY STAY TUNED FOR PLANS</p>	<p>16 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 - Stretching & Strengthening 11:15- Book Club NOON- Lunch 12:00-3:00 Tech & Assist.</p>	<p>17 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10-12- Villanova Nurses 10:00 -1:00 - Corner Cabinet 10-12 State Rep Pielli’s Office and CVIM 10:00- German Klub 10:30 - Level Two Fitness Class/Bingo 11:30 - Level One Fitness Class NOON- Birthday Lunch 12:45 - Knitting and Crocheting Club</p>	<p>18 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- Un-Stufficate your Home 12:45- Mahjong</p>	<p>19 Continental Breakfast / Socialization 10:30- Friday Fun Fitness 10:30- Jenga 11:00- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist</p>
<p>22 Continental Breakfast /Socialization 9:30 - Level Three Fitness Class 10-12- Villanova Nurses 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:30 - Level One Fitness Class NOON- Lunch 12:00-3:00 Tech & Assist 12:30- Trivia w/ Jess, WellSprings</p>	<p>23 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretching & Strengthening NOON- Lunch 12:00-3:00 Tech & Assist</p>	<p>24 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10-12- Villanova Nurses 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</p>	<p>25 Continental Breakfast / Socialization 9:30- Bible Study 9:30 - Cardio Interval Fitness Class 10:30 – Level Two Fitness Class 11:30- Level One Fitness Class NOON- Lunch 12:45- Mahjong</p>	<p>26 Continental Breakfast /Socialization 10:30- Friday Fun Fitness 10:30 Jenga 11:00- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist</p>
<p>29 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10-12- Villanova Nurses 10:30 - Level Two Fitness Class 10:30 – Bingo & Current Events 11:30 - Level One Fitness Class NOON- Lunch 12:30- Elite Therapy Solution 12:00-3:00 Tech & Assist</p>	<p>30 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:00- Kinetic PT 11:00- Stretching & Strengthening NOON- Lunch 12:00-3:00 Tech & Assist</p>	<p>31 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10-12- Villanova Nurses 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 1:00- Parkinsons Support</p>	<p>**EVERYDAY 9-3**</p> <p>Puzzles & games Computer lab Reading café</p>	<p>JANUARY PROGRAMS & ACTIVITIES</p>

JANUARY LUNCH SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 CLOSED FOR HOLIDAY Happy New Year!!	2 Beef & Broccoli Teriyaki Glaze Brown Rice Edamame Mandarin Oranges	3 Chicken Cheesesteak Potato Salad Minestrone Soup Tomato/Cucumber Salad Pineapples	4 Salisbury Steak w/ Gravy Buttered Noodles Green Beans Dinner Roll Jell-O	5 Chicken Salad Hoagie Carrot Raisin Salad Cream of Broccoli Soup Oatmeal Cookies
8 Baked Ziti Romaine Salad Garlic Texas Toast Pears	9 Turkey Ham & Swiss on Wheat Coleslaw Tomato Soup Peaches	10 Breakfast for Lunch Pancakes Sausage Eggs	11 Pizza Tuscan Blend Veg Chicken Noodle Soup Fruit Cocktail	12 Roast Beef Au Jus Tater Tots Winter Blend Vegetables Fruit Crisp
15 General Tso Chicken Oriental Blend Vegetables Brown Rice Egg Roll Mandarin Oranges	16 Sweet N Sour Meatballs Oriental Blend Vegetables Fried Rice w/Egg Chocolate Pudding	17 Roasted Turkey Mashed Potatoes Brussel Sprouts Cupcakes & Ice Cream	18 BBQ Chicken Rice Brussel Sprouts Pineapples	19 Tuna Platter Chicken Orzo Soup Pears
22 Lasagna Green Beans Italian Bread Fruit Cup	23 Turkey Divan Broccoli Egg Noodles Beef Barley Soup Oatmeal Crème Pie	24 Crispy Chicken Sandwich Carrots Applesauce Vegetable Soup	25 Shrimp Scampi Linguini Brussel Sprouts Garlic Knots Lemon Pudding	26 Apple Honey Glazed Pork Loin Rice Pilaf Collard Greens Minestrone Soup Oatmeal Cookie
29 Meatloaf Mashed Potatoes Green Beans Pears	30 Chili Rice Cornbread	31 Chicken Cheesesteak Potato Salad Minestrone Soup Tomato/Cucumber Salad Pineapples		<i>*Milk served with lunch daily</i>

JANUARY SPEAKER SERIES
12:30 (UNLESS NOTED BELOW)
DINING ROOM

MONDAY, JAN 8: "IMPORTANCE OF PRIMARY CARE"
PATINA HEALTH

ENTACC HEARING SCREENING
****** (10:00-12:00) ******

WEDNESDAY, JAN 10: "ARTHRITIS" FULL RANGE PT

THURSDAY, JAN 11: "GAMES" HANDS FROM THE HEART

THURSDAY, JAN 18: "UN-STUFFICATE YOUR HOME"
AMOR'S CUSTOM ORGANIZER

MONDAY, JAN 22: "TRIVIA" WELLSPRINGS/ JESS

**MONDAY, JAN 29: "MOVING BIGGER & BETTER
WITH PARKINSONS AND OTHER NEURO MOVEMENT
DISORDERS"** **ELITE THERAPY SOLUTIONS**

TUESDAY, JAN 30: KINETIC PT
*****10:00-11:00*****

MORNING PROGRAMS
(STARTING JAN 17)

VILLANOVA NURSES: BP'S AND PRESENTATIONS
MONDAYS & WEDNESDAYS
10:00-12:00

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 schools are closed or opening late, the WCASC will be closed & there will be no Chesco Connect service. Please tune to your local TV Station for a list of school closings.



There will be NO Corner Cabinet on
Wednesday, January 3rd due to inventory & restocking for the
New Year!



We will resume Wednesday January 10th.

WCASC HIGHLIGHTS



During numerous holiday activities, led by Jess, our seniors put their unique decorating touches on gingerbread houses, decorated doors and made various delicious cookies.



Elisabeth Myambo, known as "Miss Amazing," and her mother, Carol performed beautifully, dancing to Christmas carols and entertaining our senior community. Also, the QVC Global Impact Team joined our seniors for hours of crafts, games, hot chocolate bar, bingo & generous prizes!



Thank you to State Representative Chris Pielli for your support in helping us with the Pennsylvania Department of Human Services grant to update our computer lab for our seniors. Your generosity is greatly appreciated by all of us!



Santa Claus squeezed us in for a visit alongside our friends at Venerable volunteering once again for our Holiday Distribution.

Also, a BIG thank you to O'Rourke & Sons for sponsoring Corner Cabinet for the past month!

**WEST CHESTER AREA
SENIOR CENTER**

530 E Union St
West Chester, PA
19382

Phone (610) 431-4242

Check us out at:

www.wcseniors.org

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

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United Way Member Agency



WEST CHESTER AREA SENIOR CENTER

2023-2024 BOARD MEMBERS

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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.

