



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

March 2024 NEWSLETTER

• <u>COME ONE COME ALL:</u> Display your beautiful artwork at the Annual Senior Center Collaborative Art Show in May at the Government Services Center. Watch for more info to come in our lobby.

Some many fun PROGRAMS planned for this month, See PG. 5 for:

- ➤ On Thursday, March 7 from 10-2 join Soleil Simpson from the PA Department of Revenue and her team to assist seniors in electronically filing Property Tax/Rent Rebate applications.
- ➤ <u>JOIN US:</u> for a *Tea Party Hosted by East Bradford Elementary School Girl Scout*Troop # 4870 & 4108 on *Monday, March 11th at 12:30*. Make sure to <u>SIGN UP on</u>

 the GREEN clipboard.
- WE WILL BE CLOSED: Friday, March 29th for Good Friday.
- <u>SAVE THE DATE:</u> *Thursday, May 9, 2024,* the Annual Chester County Senior Picnic at Springton Manor Farm is back! *Watch for more info to come!*
- <u>CHECK OUT PAGE 7:</u> WCASC is kicking off its <u>Annual Campaign</u>, which supports the programs our seniors rely on every day! <u>You can be a critical difference-maker!</u>

West Chester Senior Center Updates

Reminders.....

SAVE THE DATE



CHESTER COUNTY SENIOR PICNIC SPRINGTON MANOR FARM

MAY 9, 2024

- RAIN OR SHINE - - \$5 SUGGESTED DONATION - - MORE INFO TO FOLLOW -

• Book Club: March Read, *The Hidden Life of Trees* by Peter Wohlleben



Closed March 29th for Good Friday.

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

Questions about Medicare? We can help!

The county recommends that everyone take the Medicare 101 course before speaking with someone. They are offered both virtually and in person all over the county. The schedule can be found at chesco.org or by calling the

Department of Aging (610-344-6350)

LEARN MORE

Are you 65? Did you take the Medicare 101 Course? Are you already on Medicare?

If so, we can help! PA MEDI Counselors are specially trained to answer your questions about Medicare and provide you with objective, easy-to-understand information about health insurance. Specifically, we can help answer your questions about Medicare, prescription drug plans, Medicare Supplement Insurance (Medigap), Medicaid, and Medicare Savings Plans available to you.

Contact us today at 610-431-4242 to make an appointment today.

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



March Specials

 All Green Hardback and Paperback Fiction will be 50 % off.

MARCH PROGRAMS & ACTIVITIES	TUESDAY **EVERYDAY 9-3** Puzzles & games Computer lab Reading café	WEDNESDAY Thank you to AARP for partnering with us again to help with tax filing WE ARE FULL!!!	THURSDAY	1 FRIDAY Continental Breakfast //Socialization 9:45-10:30- "Team" Word Games 10:30- Friday Fun Fitness 10:30 Jenga 11:00-11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist
4 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	5 Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10-11:30- WCU Nurses BPs 10:30 - Stretching & Strengthening NOON - Lunch 12:00-3:00 - Tech & Assist.	10:30 - Level Two Fitness Class 10:30 – Bingo 11:30 - Level One Fitness Class NOON – Lunch	7 Continental Breakfast /Socialization 9:30- Cardio Interval Fitness Class 10-11:30- WCU Nurses BPs 10-2 Rent Rebate with Soleil 10:30 - Level Two Fitness Class 11:30 - Level One Fitness Class NOON- Lunch 12:45- Mahjong	8 Continental Breakfast /Socialization 9:45-10:30- "Team" Word Games 10-12- ENTACC Hearing Clinic 10:30- Friday Fun Fitness 10:30 Jenga 11:00-11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist
11 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 12:30- Girl Scout Tea, Coco & Cookies 12:00 – 3:00 Tech & Assist	12 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10-11:30- WCU Nurses BPs 11:00- Full Range PT: Balance NOON- Lunch 12:00-3:00 Tech & Assist.	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- Dr. Kathy: Pelvic Floor Presentation 12:45 - Knitting and Crocheting Club	14 Continental Breakfast / Socialization 9:00-10:30 Crafts with Andrea session 1 9:30- Bible Study 9:30 - Cardio Interval Fitness Class 10-11:30- WCU Nurses BPs 10-12- Senator Comitta Outreach 10:30 - Level Two Fitness Class 11:00-12:30 Crafts with Andrea session 2 11:30- Level One Fitness Class NOON- Lunch 12:45- Mahjong	15 Continental Breakfast / Socialization 9:45-10:30- "Team" Word Games 10:30- Friday Fun Fitness 10:30- Jenga 11:00-11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist
18 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	19 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:00- Kinetic PT 10-11:30 WCU Nurses BPs 10:30- Stretching & Strengthening 11:15- Book Club NOON- Lunch 12:00-3:00 Tech & Assist	10:00-1:00 – Corner Cabinet 10-12 State Rep Pielli's Office 10:00 German Klub 10:30 - Level Two Fitness Class 10:30- Bingo	21 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- Games with Wellington 12:45- Mahjong	22 Continental Breakfast /Socialization 9:45-10:30- "Team" Word Games 10:30- Friday Fun Fitness 10:30 Jenga 10:30-11:30- Healthy Weight Peer Discussion Group 11:00-11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist
25 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 12:30- Trivia w/Jess, WellSprings	26 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10-11:30- WCU Nurses BPs 11:00- Stretching & Strengthening NOON- Lunch 12:00-3:00 Tech & Assist	10:00 German Klub 10:30 - Level Two Fitness Class	28 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	CLOSED

MARCH LUNCH SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
				Grilled Cheese & Tomato Soup
*Milk served with lunch daily				
4	5	6	7	8
Turkey Divan	Beef Stroganoff	Rotisserie Chicken	Tuna Noodle Casserole	Baked Ziti
Broccoli	Green Beans	Potatoes Au Gratin	Mixed Vegetables	Green Beans
Fruit Salad	Brown Rice	Winter Blend Vegetables	Pears	Pineapple
Chicken Noodle Soup	Mandarin Oranges	Dinner Roll	Dinner Roll	
Oatmeal Cookie	Dinner Roll	Beef Barley Soup		
		Chocolate Pudding		
11	12	13	14	15
Meatballs	Chicken Parm	Roast Turkey	Chicken Cacciatore	Tuna Salad Sandwich
Green Beans	California Blend Vegetables	Mashed Potatoes	Spaghetti	Tomato Soup
Fruit Salad	Pineapples	Green Beans	Pears	Saltines
Ziti Pasta	Spaghetti	Tropical Fruit	Cream of Potato Soup	
Dinner Roll		Dinner Roll		
18	19	20	21	22
Chicken Pot Pie	Chili Con Carne	Chicken Kiev	Lasagna	Salmon
Brussel Sprout	Mixed Vegetables	Oven Roasted Potatoes	Broccoli	Rice
Peaches	Corn Muffin	Brussel Sprouts	Garlic Knot	Mixed Vegetables
Biscuit	Pineapple	D: D !!	Oatmeal Cookie	
		Cupcake Happy		
25	26	27	28	29
Cheeseburger	Fish Filet	Salisbury Steak	Baked Chicken	
Coleslaw	Brussel Sprouts	Mashed Potatoes	Potatoes Au Gratin	CLOSED
Tropical Fruit	Vegetable Soup	Peas & Carrots	Winter Blend Vegetables	
	Mac n cheese	Fruit Salad	Beef and Cabbage Soup	
	Pears	Dinner Roll	Vanilla Pudding	
		Sugar Cookie		



Annual Campaign

ANYONE CAN BE A CRITICAL DIFFERENCE-MAKER!

The year 2024 marks WCASC's 49th year of service to seniors in our community!

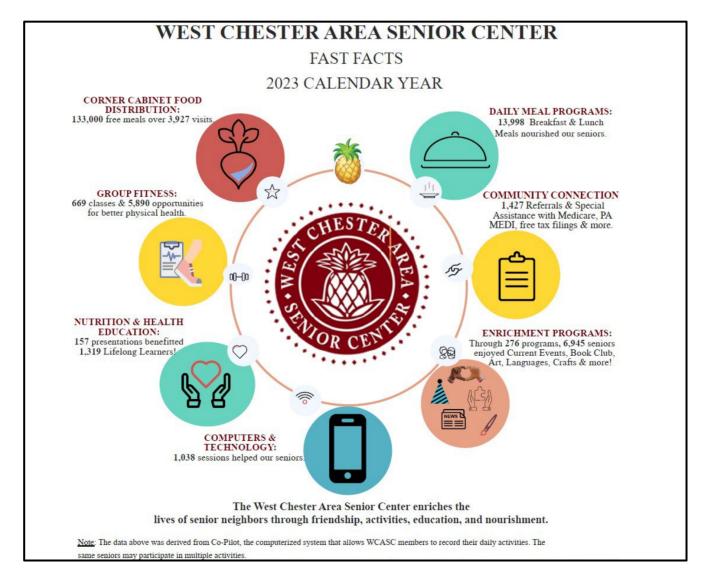
WCASC hums with life and laughter! As the Fast Facts 2023 graphic illustrates, seniors participate in Group Fitness, Daily Meal Programs, Corner Cabinet Food Distribution, Nutrition & Health Education, Enrichment Programs, Referrals and Special Assistance with Medicare, PA MEDI, free tax filings, and more!

While we are thankful for all the opportunities to enrich seniors' lives, our annual costs have risen, and we imagine yours did as well. As just one example, Pennsylvania ranks highest in the nation regarding the rising cost of food, with an increase of 8.2% just in the past year.

As an independent 501(c)(3) nonprofit organization, WCASC depends on donations from individuals, foundations, and corporations for its annual operating costs. Currently, we are in the midst of the Annual Campaign, raising funds for the programs seniors rely on to be active, healthy, and as independent as possible.

Anyone can be a critical difference-maker by participating in the Annual Campaign, making it possible for seniors to thrive. We welcome you to make a gift. You can make a gift via check to WCASC or via the donations tab on our website, www.wcseniors.org.

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



WCASC HIGHLIGHTS











Students from all over the globe including New York, Singapore, Arizona, California, etc. sent Valentine's Day cards/arts and crafts and treats for our seniors. Thank you all so much for your time, generosity, creativity, and thoughtfulness. You are responsible for many happy faces!





Exton Malayali Association visited the Senior Center with 80 handmade Valentine's Day. Thank you Saji, Aiswarya, and the children who support and made a difference for our seniors.







The Arc of Chester County (The Arc) did something extraordinary for WCASC, which they've been doing annually since 2016! Corner Cabinet was stocked with many, many crates of delicious food...620 pounds for our seniors!



Fall prevention is an important topic. Agapi from Heron Companions gave a presentation on "Fall Risks - Learn How to Prevent Falls." Thank you, Agapi!

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

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.

