

APRIL



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

April 2024
NEWSLETTER

- Come have coffee with our very own **West Chester Borough Police Dept.** on **Monday, April 22** for **“Coffee with a Cop”** from **9:30-10:30!**
We look forward to welcoming *West Chester’s* New Police Chief Josh Lee, Mayor Lillian DeBaptiste, and West Chester Chief Communications Officer/Public Information Officer Dave March.
- **Try something different with Chi Walking.** This approach encourages a different way of walking to make it easier on the body. **Check it out on Wednesday, April 3rd at 12:30.**
 - **The instructor that was schedule to conduct the same program at 2 other senior centers has resigned her position. If any opportunity arises, we will let you know. Therefore, Tai Chi is cancelled.**
- Please see **Page 2** for info on the **Senior Picnic!**
- Join us in **celebrating** and **thanking** our volunteers at our **Volunteer Luncheon: Thursday, April 25th!** **Make sure to RSVP at the front desk lunch list by April 12th!**
- Everyone is invited to submit up to **2 pieces/person/category** of: **Fine Art** (framed works of charcoal, pastel, watercolors), **Craft and Photography** for the **Chester County Senior Center Collaborative Art Show** to be held in May at the Government Services Center at 601 Westtown Rd., West Chester, PA. **DEADLINE IS THURSDAY, MARCH 28th** FOR SUBMISSION TO WCASC’s front desk, INCLUDING REGISTRATION FORM (available at the center). *More info and show details available at our front desk.*
NOTE: Art must be ready to hang on a wall!

West Chester Area Senior Center
A 501 (c)(3) Non-Profit (610) 431-4242

530 East Union Street
Website wcseniors.org

West Chester, PA 19382
Monday-Friday 9:00 AM – 3:00 PM

West Chester Senior Center Updates

Reminders....

The instructor that was schedule to conduct the same program at 2 other senior centers has resigned her position.

If any opportunity arises, we will let you know.

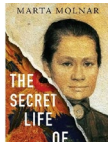
Therefore, Tai Chi is cancelled.

Monday, April 22nd from 9:30-10:30 Coffee with a Cop!

Volunteer Luncheon: Thursday, April 25th!
Make sure to RSVP at the front desk lunch list by April 12th!

WCU Nutrition Program restarts Fridays at 11:00

Book Club: April Read, *The Secret Life of Sunflowers* by Maria Molnar.



Technology Assistance Available with Jim Mobile!



To schedule an appointment,
call 610-431-4242 x105 or email
assistant@wcseniors.org

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



TO REGISTER:

Electronically register by visiting the Chester County Department of Aging Services website:

chesco.org/aging

****Registration must be received by April 25th ****

OR

Email mwebb@chesco.org and the form will be sent to you by return email.

If you do not have access to a computer, you may call 610-344-6733 for assistance.

TRANSPORTATION:

Transportation to the Senior Picnic is provided by Chesco Connect. Contact your local Senior Center by April 25th to reserve your ride to the Picnic:

New riders must be registered with Chesco Connect.

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



April Specials

- All Trade Fiction and James Patterson's books 50% off.

1 MONDAY 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 	2 TUESDAY 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.	3 WEDNESDAY 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 12:30—Chi Walk Your Way to Wellness 12:45 - Knitting and Crocheting Club	4 THURSDAY Continental Breakfast /Socialization 9:30- Cardio Interval Fitness Class 10-11:30- WCU Nurses BPs 10-2:00- Rent Rebate with Soleil 10:30 - Level Two Fitness Class 11:00- Dental Presentation 11:30 - Level One Fitness Class NOON- Lunch 12:45- Mahjong	5 FRIDAY Continental Breakfast /Socialization 9:45-10:30- “Team” Word Games 10:30- Friday Fun Fitness 10:30 Jenga 11:00- WCU Nutrition Program 11:00-11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist
8 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- “Get a Grip” Elite Therapy	9 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 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 12:30- Retirement Concepts 12:45 - Knitting and Crocheting Club	11 Continental Breakfast /Socialization 9:30- Cardio Interval Fitness Class 9:30- Bible Study 10:30-12- ENTACC Hearing Clinic 10-11:30- WCU Nurses BPs 10-12- Senator Comitta Outreach 10:30 - Level Two Fitness Class 11:30 - Level One Fitness Class NOON- Lunch 12:30- Griswold Prizes & Games 12:45- Mahjong	12 Continental Breakfast /Socialization 9:45-10:30- “Team” Word Games 10:30- Friday Fun Fitness 10:30 Jenga 11:00- WCU Nutrition Program 11:00-11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist
15 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	16 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10-11:30- WCU Nurses BPs 10:30-Stretch & Strengthening 11:00- Full Range PT: How to Fall 11:15- Book Club NOON- Lunch 12:00-3:00 Tech & Assist.	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 10:00- German Klub 10:30 - Level Two Fitness Class 10:30- Bingo 11:30 - Level One Fitness Class NOON- Birthday Lunch: Your Senior Savior 12:45 - Knitting and Crocheting Club 	18 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10-11:30- WCU Nurses BPs 10:30 – Level Two Fitness Class 11:30- Level One Fitness Class NOON- Lunch 12:45- Mahjong	19 Continental Breakfast / Socialization 9:45-10:30- “Team” Word Games 10:30- Friday Fun Fitness 10:30- Jenga 11:00- WCU Nutrition Program 11:00-11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist
22 Continental Breakfast /Socialization 9:30-10:30- Coffee with a Cop 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 & Assis 	23 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	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 12:40- Jeopardy Trivia- Echo Lake 12:45 Knitting and Crocheting	25 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 9:30- Bible Study 10-11:30- WCU Nurses BPs 10:30 – Level Two Fitness Class 11:30- Level One Fitness Class NOON- Volunteer Appreciation Lunch 12:45-Mahjong 	26 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- WCU Nutrition Program 11:00-11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist
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 12:00-3:00 Tech & Assist	30 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:00- Kinetic PT: Necks 10-11:30- WCU Nurses BPs 11:00- Stretching & Strengthening NOON- Lunch 12:00-3:00 Tech & Assist	**EVERYDAY 9-3** Puzzles & games Computer lab Reading café	Early Bird news: Fashion Show Wednesday, June 12th	APRIL PROGRAMS & ACTIVITIES

APRIL LUNCH SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 Breakfast for Lunch Pancakes Sausage Eggs	2 Turkey Divan Broccoli Fruit Salad Chicken Noodle Soup Oatmeal Cookie	3 Beef Stroganoff Green Beans Brown Rice Mandarin Oranges Dinner Roll	4 Baked Chicken Potatoes Au Gratin Winter Blend Vegetables Dinner Roll Beef Barley Soup Chocolate Pudding	5 Meatballs Green Beans Fruit Salad Ziti Pasta Dinner Roll
8 Baked Ziti Green Beans Pineapple	9 Tuna Noodle Casserole Mixed Vegetables Pears Dinner Roll	10 Chicken Parm California Blend Vegetables Pineapples Spaghetti	11 Salisbury Steak Mashed Potatoes Peas & Carrots Dinner Roll Sugar Cookie	12 Fish Filet Brussel Sprouts Vegetable Soup Mac n cheese Pears
15 Tuna Salad Sandwich Tomato Soup Saltines	16 Sloppy Joes Tater Tots Green Beans	17 Roast Turkey Mashed Potatoes Green Beans Tropical Fruit Dinner Roll 	18 Chili Con Carne Mixed Vegetables Corn Muffin Pineapple	19 Chicken Kiev Oven Roasted Potatoes Brussel Sprouts Dinner Roll Cupcake
22 Salmon Rice Mixed Vegetables	23 Cheeseburger Coleslaw Tropical Fruit	24 Chicken Cacciatore Spaghetti Pears Cream of Potato Soup	25 Chicken Pot Pie Broccoli Peaches Biscuit 	26 Grilled Cheese & Tomato Soup
29 Baked Chicken Potatoes Au Gratin Winter Blend Vegetables Beef and Cabbage Soup Vanilla Pudding	30 Pizza "Mozzarella" Tuscan Blend Vegetables Vegetable Soup Fruit Cocktail			<i>*Milk served with lunch daily</i>

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

**WEDNESDAY, APRIL 3: "CHI WALK YOUR WAY TO WELLNESS"
CAROL BILEK**

**THURSDAY, APRIL 4: "MORE THAN A PRETTY SMILE", DENTAL
HEALTH WITH ALBERTA 1 1:00**

MONDAY, APRIL 8: "GET A GRIP" MARY FROM ELITE THERAPY

**WEDNESDAY, APRIL 10: "SOCIAL SECURITY & ADVANCE
RETIREMENT CONCEPTS" WITH NORTHWESTERN MUTUAL**

**THURSDAY, APRIL 11: ENTACC HEARING SCREENING
**** (10:30-12:00) ******

THURSDAY, APRIL 11: "GAMES" WITH GRISWOLD LIVE ASSURED

TUESDAY, APRIL 16: FULL RANGE PT: "HOW TO FALL" * 1 1:00*****

**WEDNESDAY, APRIL 17: "BIRTHDAY PARTY", SPONSORED BY YOUR
SENIOR SAVIORS**

**MONDAY, APRIL 22: "COFFEE WITH A COP"
WEST CHESTER POLICE DEPT. **9:30-10:30****

WEDNESDAY, APRIL 24: "JEOPARDY/TRIVIA" ECHO LAKE

TUESDAY APRIL 30: KINETIC PT: NECKS * 10:00*****

MORNING PROGRAMS

***VILLANOVA NURSES: BP'S AND PRESENTATIONS (SEE FLYER)
MONDAYS & WEDNESDAYS 10-12***

WCU NURSES: BP'S: TUESDAYS & THURSDAYS 10:00-11:30

***WCU NUTRITION PROGRAM: PUMP UP YOUR PROTEIN
FRIDAYS 1 1:00-12:00***

ANNUAL CAMPAIGN

ANYONE CAN BE A CRITICAL DIFFERENCE-MAKER!

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

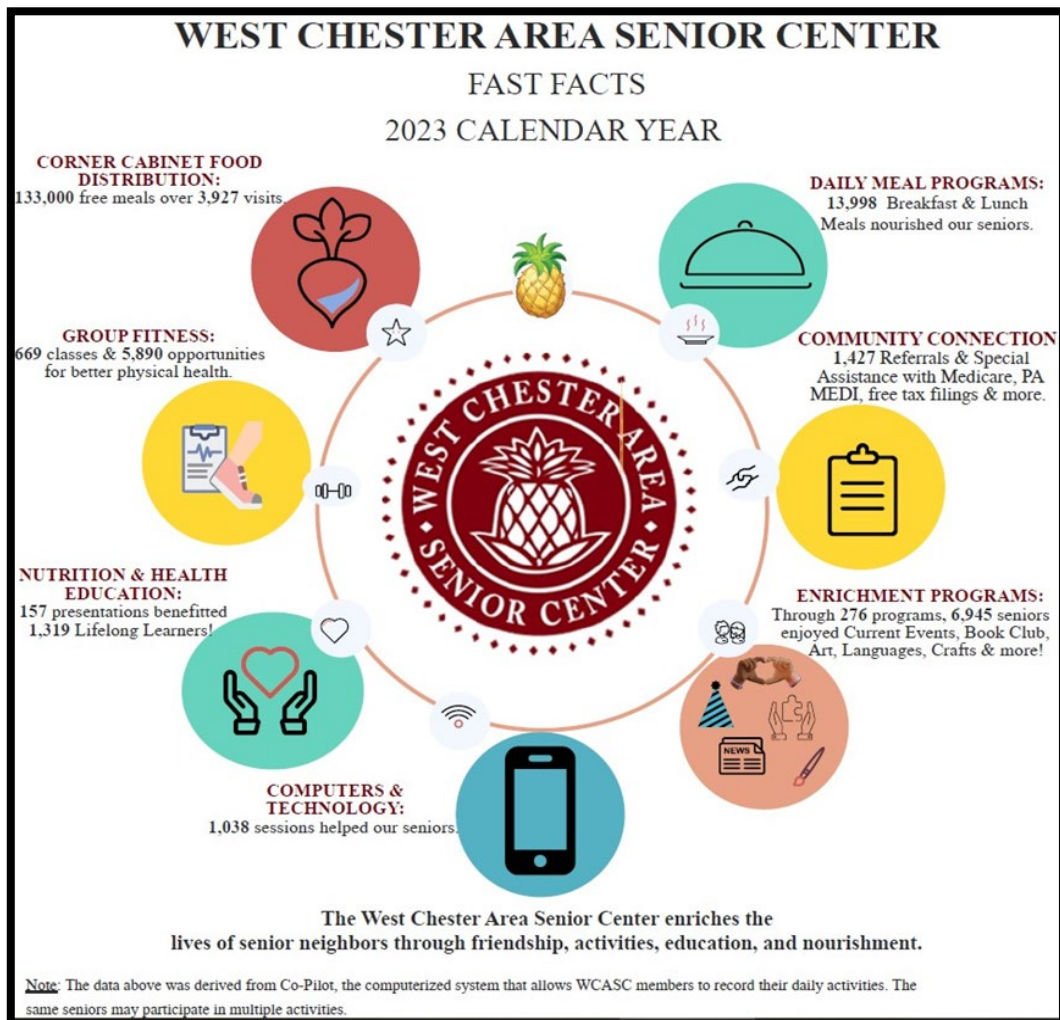
WCASC hums with life and laughter! As the Fast Facts 2023 graphic illustrates, seniors participate in Group Fitness, Daily Meal Programs, Corner Cabinet Food Distribution, Nutrition & Health Education, Enrichment Programs, Referrals and Special Assistance with Medicare, PA MEDI, free tax filings, and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

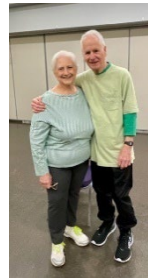


WCASC HIGHLIGHTS



We had a Tea Party hosted by East Bradford Elementary School Girl Scout Troop #4870 & 4108! Seniors enjoyed sharing tea, games, and, of course, delicious cookies with the Girl Scouts! Thank you for a great time!

Andrea's "Decoupage Easter Eggs & Mini Floral Arrangements" class showed Andrea and our talented seniors working on their beautiful creations. Andrea Ferment, owner of "honey girl flowers", is a great friend of WCASC!



There was plenty o' green and lots of smiles at WCASC before St. Patrick's weekend!

**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.

