



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

May 2024  
NEWSLETTER

*Thank you again to all our VOLUNTEERS, who we celebrated in April during Volunteer Appreciation Month!!*

- Check out the return of the FREE Chester County Collaborative Art Show! Make plans to visit the Government Services Center at 601 Westtown Road, West Chester between May 1-24<sup>th</sup> weekdays from 8:30 AM- 5 PM. Some of our WCASC artists will be featured: Jack, Ray, Beth, Justine, and Doris.
- **A HEARTY THANK YOU** to the **AARP Volunteers** who helped so very many of our seniors file their income taxes for free. **WE APPRECIATE YOUR COMMUNITY SUPPORT!**

*Exciting events this month, Check Page 3 for all the programs/activities....*

- **Mothers Day Tea** will be May 8<sup>th</sup> at 12:45pm, make sure to sign up on the **red** clipboard in the lobby.
- **Health Expo** will be held here with State Rep. Pielli Wednesday, May 15<sup>th</sup> 12:30-2:30pm.
- **MAY BIRTHDAY LUNCH** is Wednesday, May 22<sup>nd</sup>...and the return of our talented musician friend, **BOB STARNER**, will be back singing your favorites with his guitar!
- Making it's return this summer is our very popular **FASHION SHOW** coming this June! Christine and her staff from Christine's Upscale Resale just down the street will coordinate a Fashion Show for us on *Wednesday, June 12<sup>th</sup> at 12:45pm.* **\*\*WE'RE IN NEED OF MODELS AND ESCORTS.** **\*\*** Be sure to sign up at the Center's front desk. Come strut your stuff on our red carpet once again!
- Every May, the Administration for Community Living leads the nation's observance of ***Older Americans Month (OAM)***. \*The 2024 theme is Powered by Connection, **which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being\***



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

530 East Union Street  
Website [wcseniors.org](http://wcseniors.org)

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

# West Chester Senior Center Updates

## Reminders....

- **Book Club:** May Read, *The Reading List* by Sara Nisha Adams.



- **\*\*Wednesday, May 15 Level Two Fitness will be 10:00-10:30 and there will be no 11:30 class\*\***
- **Mothers Day Tea** is May 8<sup>th</sup> at 12:45pm make sure to sign up on the **red** clipboard.
- For those who pre-registered during April, the **CHESTER COUNTY SENIOR PICNIC** will be held *Thursday, May 9th*, at Springton Farm in Glenmoore. ENJOY!
- We will be **CLOSED MONDAY, May 27th** in honor of Memorial Day. We will resume our regular schedule **TUESDAY, May 28th**.



**WEST CHESTER AREA SENIOR CENTER**

**HOSTS**

**ANNUAL SPRING HEALTH EXPO**

**WEDNESDAY, MAY 15, 2024  
12:30-2:30 PM**

**WEST CHESTER SENIOR CENTER  
530 E. UNION ST  
WEST CHESTER, PA 19382  
610-431-4242  
WWW.WCSENIORS.ORG**

## **Technology Assistance Available with Jim Mobile!**



**To schedule an appointment,  
call 610-431-4242 x105 or email  
[assistant@wcseniors.org](mailto:assistant@wcseniors.org)**

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

## **West Chester Senior Center BOOKSTORES**

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

**Phone #: 610-692-6756**

*32 N. Church St, West Chester, PA 19380*

Monday - Friday 10 am -6pm

Saturday - Sunday 10 am-3pm

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

**Phone #: 610-431-2117**

*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



### **May Specials**

- *All beach reads 50% off*

<p style="text-align: center;">MONDAY</p> <p style="text-align: center;"><b>MAY</b></p> <p style="text-align: center;"><b>PROGRAMS &amp; ACTIVITIES</b></p>	<p style="text-align: center;">TUESDAY</p> <p style="text-align: center;"><b>**EVERYDAY 9-3**</b></p> <p style="text-align: center;"><b>Puzzles &amp; games</b></p> <p style="text-align: center;"><b>Computer lab</b></p> <p style="text-align: center;"><b>Reading café</b></p>	<p style="text-align: center;">1 WEDNESDAY</p> <p>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 style="text-align: center;">2 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 <b>12:45- Mahjong</b></p>	<p style="text-align: center;">3 FRIDAY</p> <p>Continental Breakfast /Socialization <b>9:45-10:30- "Team" Word Games</b> 10:30- Friday Fun Fitness 10:30 Jenga <b>11:00-11:30- Brain Aerobics</b> 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech &amp; Assist</p>
<p>6 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo &amp; Current Events <b>11:00- The 5 Ws of Adult Day Care</b> 11:30- Level One Fitness Class NOON- Lunch 12:00 - 3:00 - Tech &amp; Assist</p>	<p>7 Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:30 - Stretching &amp; Strengthening NOON - Lunch 12:00-3:00 - Tech &amp; Assist.</p>	<p>8 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 <b>12:45- Mothers Day Tea</b> 12:45 - Knitting and Crocheting Club</p> 	<p>9 Continental Breakfast /Socialization 9:30- Cardio Interval Fitness Class 9:30- Bible Study <b>10-12- Senator Comitta Outreach</b> 10:30 - Level Two Fitness Class 11:30 - Level One Fitness Class NOON- Lunch <b>12:45- Mahjong</b> <b>12:45- Cornhole</b></p>	<p>10 Continental Breakfast /Socialization <b>9:45-10:30- "Team" Word Games</b> 10:30- Friday Fun Fitness 10:30 Jenga <b>11:00-11:30- Brain Aerobics</b> 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech &amp; Assist</p>
<p>13 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</p>	<p>14 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10:00- Full Range PT: Fall Prevention</b> 11:00-Stretch &amp; Strengthening NOON- Lunch 12:00-3:00 Tech &amp; Assist.</p>	<p>15 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00 -1:00 - Corner Cabinet <b>10-12 State Rep Pielli's Office</b> 10:00- German Klub 10:00 - Level Two Fitness Class 10:30- Bingo NOON- Lunch <b>12:30-2:30 Health Expo</b> 12:45 - Knitting and Crocheting Club</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p style="text-align: center;"><b>Note:</b> todays changes</p> </div>	<p>16 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 11:30- Level One Fitness Class NOON- Lunch <b>12:30- Games with Wellington</b> <b>12:45- Mahjong</b></p>	<p>17 Continental Breakfast / Socialization <b>9:45-10:30- "Team" Word Games</b> 10:30- Friday Fun Fitness 10:30- Jenga <b>11:00-11:30- Brain Aerobics</b> 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech &amp; Assist</p>
<p>20 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; Assis <b>12:30- Trivia w/ Jess WellSprings</b></p>	<p>21 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10:00- Kinetic PT: Managing Neck Pain</b> 11:00- Stretching &amp; Strengthening <b>11:15- Book Club</b> NOON- Lunch 12:00-3:00 Tech &amp; Assist</p>	<p>22 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>NOON- Birthday Lunch w/ musician Bob Starner</b> 12:45 Knitting and Crocheting</p> 	<p>23 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 11:30- Level One Fitness Class <b>12:45-Mahjong</b></p>	<p>24 Continental Breakfast /Socialization <b>9:45-10:30- "Team" Word Games</b> 10:30- Friday Fun Fitness 10:30- Jenga <b>10:30-11:30- Healthy Weight Peer Discussion Group</b> <b>11:00-11:30- Brain Aerobics</b> 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech &amp; Assist</p>
<p>27</p>  <p style="text-align: center;"><b>CLOSED MEMORIAL DAY</b></p>	<p>28 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretching &amp; Strengthening NOON- Lunch 12:00-3:00 Tech &amp; Assist</p>	<p>29 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>30 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 9:30- Bible Study 10:30 - Level Two Fitness Class 11:30- Level One Fitness Class <b>12:45-Mahjong</b></p>	<p>31 Continental Breakfast / Socialization <b>9:45-10:30- "Team" Word Games</b> 10:30- Friday Fun Fitness 10:30- Jenga <b>11:00-11:30- Brain Aerobics</b> 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech &amp; Assist</p>

## MAY LUNCH SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>*Milk served with lunch daily*</p> <p>** Menus are always subject to change. Please reserve <b>10 days in advance!</b> **</p>		<b>1</b> <b>Tuna Casserole</b> Mixed Veggies Pears	<b>2</b> <b>Baked Chicken</b> Potatoes Au Gratin Blend Vegetables Vanilla Pudding	<b>3</b> <b>Meatballs</b> Green Beans Ziti Fruit Salad
<b>6</b> <b>Cheeseburger</b> Cole Slaw Tropical Fruit	<b>7</b> <b>Breakfast for Lunch</b> Cheese Omelet Sausage French Toast	<b>8</b> <b>Chicken Cacciatore</b> Spaghetti Pears	<b>9</b> <b>Beef Stroganoff</b> Brown Rice Green Beans Mandarin Oranges	<b>10</b> <b>Grilled Cheese &amp; Tomato Soup</b>
<b>13</b> <b>Sloppy Joes</b> Tater Tots Green Beans	<b>14</b> <b>Chicken Pot Pie</b> Broccoli Peaches Biscuit	<b>15</b> <b>Tuna Sandwiches</b> Tomato Soup Saltines	<b>16</b> <b>Pizza</b> Tuscan Blend Vegetables Vegetable Soup Fruit Cocktail	<b>17</b> <b>Salmon</b> Rice Mixed Vegetables
<b>20</b> <b>Salisbury Steak</b> Mashed Potatoes Peas & Carrots Sugar Cookies	<b>21</b> <b>Fish Filet</b> Brussel Sprouts Vegetable Soup Mac & Cheese Pears	<b>22</b> <b>Chicken Parmesean w/ Spaghetti</b> Blend Vegetables Cake & Ice Cream 	<b>23</b> <b>Turkey Divan</b> Chicken Noodle Soup Oatmeal Raisin Cookies	<b>24</b> <b>Baked Ziti</b> Green Beans Pineapple
<b>27</b>  <b>MEMORIAL DAY</b> <b>CLOSED MEMORIAL DAY</b>	<b>28</b> <b>Chili Con Carne</b> Mixed Vegetables Corn Bread Pineapple	<b>29</b> <b>Chicken Kiev</b> Oven Roasted Potatoes Brussel Sprouts Cookies	<b>30</b> <b>Tilapia</b> Buttered Noodles Green Beans Pears	<b>31</b> <b>Baked Chicken</b> Potatoes Au Gratin Blend Vegetables Vanilla Pudding



**MAY SPEAKER SERIES**

**DINING ROOM**

**MONDAY, MAY 6: THE 5 WS OF ADULT DAY CARE 1 1:00**

**WEDNESDAY, MAY 8: MOTHERS DAY TEA 12:45PM**

**TUESDAY, MAY 14: FULL RANGE PT: FALL PREVENTION 10:00**

**WEDNESDAY, MAY 15: HEALTH EXPO 12:30-2:30**

**THURSDAY, MAY 16: WELLINGTON @ HERSHEY MILLS "GAMES" AT 12:30**

**TUESDAY, MAY 21: KINETIC PT: MANAGING NECK PAIN 10:00**

**WEDNESDAY, MAY 22: BIRTHDAY LUNCH W/ BOB STARNER**

**THE MONTH OF MAY IS....**



**Powered  
by Connection**

**Materials Available**



**Did You Know that WCASC Accepts Gifts  
of Appreciated Stock?**

***How it works:***

- You transfer appreciated stock you have owned for more than 1 year to WCASC.
- **\*\*Important:** To receive our stock transfer instructions, contact Bernadette Walsh at [bernadettew@wcseniors.org](mailto:bernadettew@wcseniors.org) or 610-431-4242, Ext. 106
- WCASC sells your securities, using the proceeds for its programs.

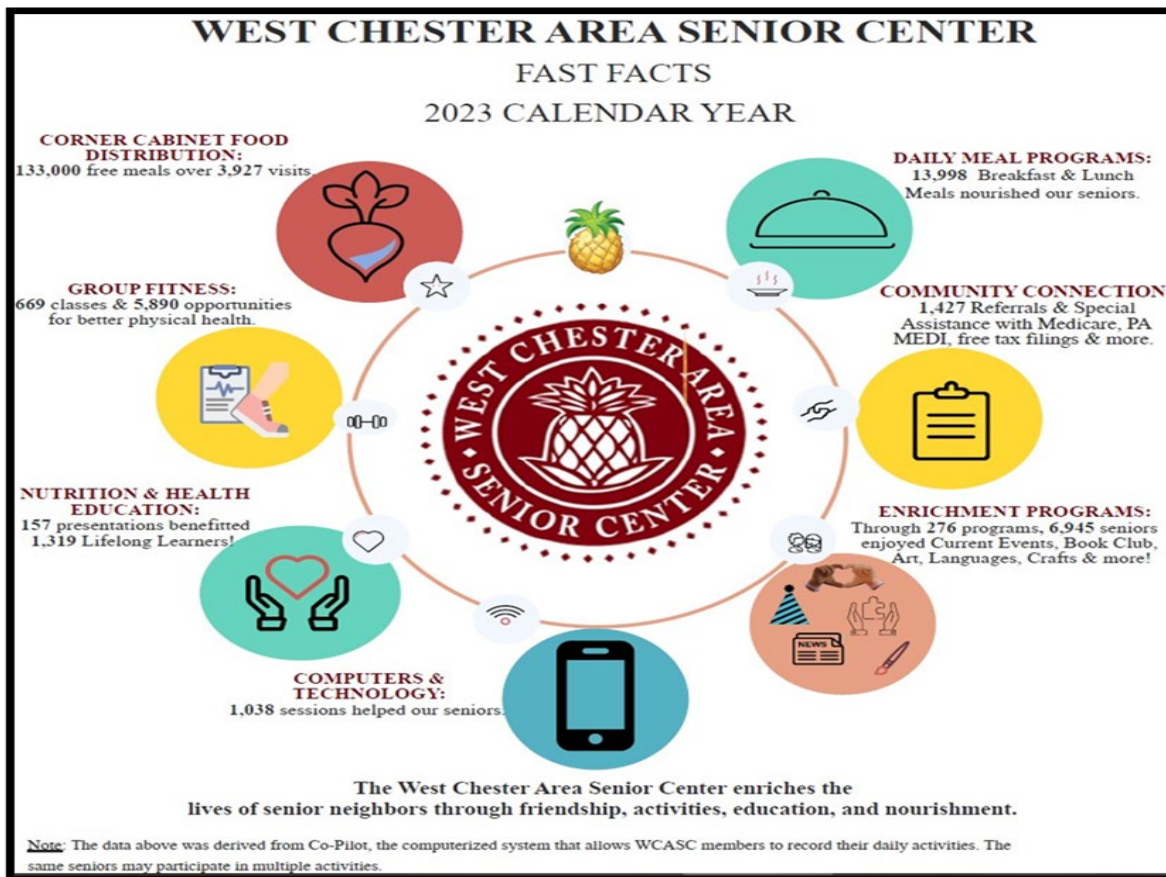
***Benefits to You:***

- You avoid paying capital gains tax on the sale of the appreciated stock.
- You receive an immediate income tax deduction for the fair market value (FMV) of the stock on the date of transfer (even if you originally paid much less for it). FMV is the average of the high & low stock price on the date of the gift.
- You help further the mission of WCASC!



**All gifts enrich the lives of our seniors!**

*Please seek the advice of your financial/legal advisor. Contact Bernadette Walsh at [bernadettew@wcseniors.org](mailto:bernadettew@wcseniors.org) or 610-431-4242, ext. 106 for more information.*



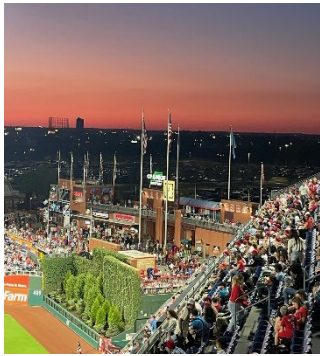


## WCASC HIGHLIGHTS

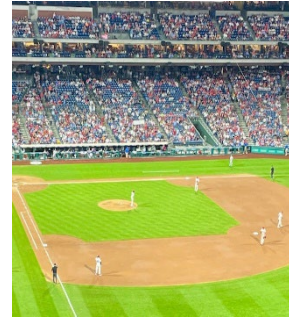


A BIG thank you to our friend Jessica Speroff & WellSprings Home Care who organized a food drive for our Corner Cabinet. Also, we appreciate the generosity we have received from Anderson Elder Law, Brandywine Elder Care Management and Merrill Gardens at West Chester! We are very thankful for their outreach and for supporting our Senior Center!

Thanks to our dedicated volunteers, WCASC's Corner Cabinet Food Distribution Program makes a tremendous difference by providing nutritious foods to seniors.



Thank you to the Philadelphia Phillies' donation of 100 tickets, many friends of the WCASC enjoyed a beautiful evening at Citizens Bank Park! We are so grateful to Phillies Charities, Inc. for their generous support of WCASC and their commitment to the well-being of seniors.



*Christine's*  
UPSCALE RESALE  
• Since 1994 •

Fashion Show on Wednesday, June 12<sup>th</sup> @ 12:45pm.  
**\*\*WE'RE IN NEED OF MODELS AND ESCORTS.\*\***  
Be sure to sign up at the Center's front desk. Come strut your stuff on our red carpet once again!

**WEST CHESTER AREA  
SENIOR CENTER**

530 E Union St  
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19382

Phone (610) 431-4242

Check us out at:

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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**

**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, Esq.**  
**Andrea Napoli**  
**Timmy Nelson**  
**Andrea Pettine, Esquire**  
**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.*

