

# AUGUST



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

August 2024  
NEWSLETTER

- WCASC is tremendously grateful to our friends at the **West Chester Food Cupboard!** Due to a forced full-facility power outage we contacted the West Chester Food Cupboard for help. They responded rapidly by picking up our food from our refrigerators and freezers, quickly loading everything into their van, driving back to their facility, and safely storing it all for us. The saying goes, *"If you want to go fast, go alone. If you want to go far, go together."* While multiple sources cite a variety of individuals as the quote's author, the point is - friends make a world of difference in a crisis! **Thank you, West Chester Food Cupboard!**
- Cornhole and Bocce of the Summer Senior Sports proved to be a tight competition. On **Monday, August 19<sup>th</sup> @ 12:00pm** join us for the **Cornhole Championship!** And **Wednesday, August 28<sup>th</sup> @ 12:00pm** join us for the **Bocce Ball Championship.**
- **DON'T MISS** **Wednesday, August 21<sup>st</sup>** for Birthday lunch and from 10am-12pm **Culture Fair....** See some of your friends and learn about their cultural heritage. Also, come celebrate **Birthday Lunch** to the musical performance from our *Grateful Alive* friends.
- *Are you tired of the summer heat? Are you ready for summer to be over?* Then come on **Wednesday, September 18<sup>th</sup> for our Sayonara Summer Celebration!** The Legends Band will be performing as well!
- **SAVE THE DATE!** Casino Night, our fall fundraiser, is on **Saturday, Nov. 2 at 6:30 pm.** Mark your Calendars! See Inside Pgs. 2 & 6.



# West Chester Senior Center Updates

## Reminders....

- **NO BOOK CLUB for AUGUST:** Check on Pg 6 for upcoming book list.
- ***Stretch and Strength cancelled on Tuesday, August 13<sup>th</sup>. Level 1 Fitness Class cancelled on Wednesday, August 21<sup>st</sup>.***
- **Chair & Mat Yoga is back....sign up on the clipboards!** Check Pg 3 for days/times.
- **This is for music lovers!** *The Kennett Symphony season officially begins on Sun., Oct. 13 at 3 pm at the Uptown Knauer Performing Arts Center. Also, Fri., Dec. 13th at 6:30 pm, the symphony performs its Holiday Concert at the Chester County History Center.*
- Don't forget to **RENEW YOUR WCASC MEMBERSHIP DUES.** *You can send or drop a check to "WCASC" or pay with your credit/debit card/PayPal at [www.wcseniors.org](http://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

## CASINO NIGHT!

Saturday, Nov. 2, 2024, 6:30 pm at WCASC

*Here's the Deal... the event features:*

- Casino Games
- Dinner and Drinks
- Live Music with Bob Starnier Acoustic
- Live and Silent Auction

*Proceeds benefit WCASC's programs & services.*

### To purchase Individual Tickets:

- **\$50** for WCASC Members; **\$75** for Non-Members  
Please send or bring payment (check, VISA, or MasterCard) to  
WCASC, 530 E. Union Street, West Chester, PA 19382.  
Hours: Mon. to Fri., 9 am-3 pm



### BETTER YET, serve as a Sponsor or Patron:

- Each level includes **MULTIPLE TICKETS PLUS** opportunities to **BOOST VISIBILITY** of your commitment to WCASC:
  - ❖ Diamond Sponsor
  - ❖ Platinum Sponsor
  - ❖ Gold Sponsor
  - ❖ Silver Sponsor
  - ❖ Bronze Sponsor
  - ❖ Event Patron

*For Sponsor/Patron info, contact Bernadette Walsh,  
[bernadettew@wcseniors.org](mailto:bernadettew@wcseniors.org); 610-431-4242, ext. 106.*

## 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

### August Specials

- Book club reads 50 % off.
- All trades on Wednesday are bogo - buy one get one.



<p>MONDAY</p> <p><b><u>SCHEDULES ARE SUBJECT TO CHANGE</u></b></p>	<p>TUESDAY</p> <p><b>AUGUST PROGRAMS &amp; ACTIVITIES</b></p>	<p>WEDNESDAY</p> <p><b>**EVERYDAY 9-3**</b></p> <p><b>Puzzles &amp; games Computer lab Reading café</b></p>	<p>1 THURSDAY</p> <p>Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 10:30- French Class 11:30- Level One Fitness Class NOON- Lunch <b>12:45-Mahjong</b></p>	<p>2 FRIDAY</p> <p>Continental Breakfast /Socialization <b>9:45-10:30- "Team" Word Games</b> 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>5</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo &amp; Current Events <b>11:00- Painting with Jennifer (see sign up)</b> 11:30- Level One Fitness Class NOON- Lunch 12:00 – 3:00 - Tech &amp; Assist</p>	<p><b>6</b> Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretch &amp; Strengthening 11:00- <b>Price is Right with Dave</b> NOON – Lunch 12:00-3:00 - Tech &amp; Assist</p>	<p><b>7</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>8</b> Continental Breakfast /Socialization 9:30- Cardio Interval Fitness Class <b>10-12- Senator Comitita Outreach</b> 10:30 - Level Two Fitness Class 10:30- French Class <b>11:00- Name That Tune with Shannon</b> 11:30 - Level One Fitness Class NOON- Lunch <b>12:45- Mahjong</b></p>	<p><b>9</b> Continental Breakfast /Socialization <b>9:45-10:30- "Team" Word Games</b> 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>12</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</p>	<p><b>13</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10:00- Kinetic PT: Back Pain</b> <b>11:15-12:00- Chair Yoga</b> NOON- Lunch <b>12:15-1:00- Mat Yoga</b> 12:00-3:00 Tech &amp; Assist</p>	<p><b>14</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>NOON- Lunch</b> 12:45 - Knitting and Crocheting Club</p>	<p><b>15</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 – Level Two Fitness Class 10:30- French Class <b>11:00- Aging in Place Sharing/Support Group</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:45- Mahjong</b></p>	<p><b>16</b> Continental Breakfast / Socialization <b>9:45-10:30- "Team" Word Games</b> 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>19</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 <b>12:00-2:00- Cornhole Championship</b> NOON- Lunch 12:00-3:00 Tech &amp; Assist</p>	<p><b>20</b> 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><b>21</b> 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 <b>10:00-12:00- Culture Fair</b> 10:30 - Level Two Fitness Class 10:30- Bingo <b>NOON- Birthday Lunch w/ Musical Performance by Grateful Alive</b> 12:45- Knitting and Crocheting</p>	<p><b>22</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10:15-12:15- ENTACC Hearing Clinic with Alexis</b> 10:30 – Level Two Fitness Class 10:30- French Class <b>11:00-12:00- Q&amp;A with West Goshen Supervisor</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:45-Mahjong</b></p>	<p><b>23</b> Continental Breakfast /Socialization <b>9:45-10:30- "Team" Word Games</b> 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>26</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</p>	<p><b>27</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretching &amp; Strengthening <b>11:15-12:00- Chair Yoga</b> NOON- Lunch <b>12:15-1:00- Mat Yoga</b> 12:00-3:00 Tech &amp; Assist</p>	<p><b>28</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 <b>12:00-2:00- Bocce Ball Championship</b> 12:45 - Knitting and Crocheting Club</p>	<p><b>29</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 – Level Two Fitness Class 10:30- French Class 11:30- Level One Fitness Class NOON- Lunch <b>12:45-Mahjong</b></p>	<p><b>30</b> Continental Breakfast /Socialization <b>9:45-10:30- "Team" Word Games</b> 10:30- Friday Fun Fitness 10:30- Jenga 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech &amp; Assist</p>



## AUGUST LUNCH SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u> *Milk served with lunch daily* Menus are always subject to change.	<u>WEDNESDAY</u>  <b>**Please reserve 10 days in advance! **</b>	<u>THURSDAY</u> <b>1</b> <b>Sloppy Joe</b> Tater Tots Mixed Vegetables	<u>FRIDAY</u> <b>2</b> <b>Chicken</b> Sweet Potatoes Brussel Sprouts Banana Slices Stuffing
<b>5</b> <b>Chicken Cordon Bleu</b> Roasted Potatoes Strawberries/Blueberries Dinner Roll	<b>6</b> <b>Breakfast for Lunch</b> Omelet Sausage French Toast	<b>7</b> <b>Beef Stroganoff</b> Mandarin Oranges Dinner Roll	<b>8</b> <b>Chicken Marsala</b> Mashed Potatoes Green Beans Watermelon Dinner Roll	<b>9</b> <b>Beef &amp; Broccoli</b> Brown Rice Mandarin Oranges
<b>12</b> <b>Cheeseburger</b> French Fries Cantaloupe	<b>13</b> <b>Roast Turkey</b> Sweet Potato Broccoli Dinner Roll Oatmeal Cookie	<b>14</b> <b>Pasta &amp; Meatballs</b> Salad Garlic Bread Pineapple	<b>15</b> <b>Pork Chop</b> Sauerkraut Mashed Potatoes Brussel Sprouts Applesauce Dinner Roll	<b>16</b> <b>Chef Salad</b> Peaches Dinner Roll
<b>19</b> <b>Chicken Enchiladas</b> Corn & Black Bean Salad	<b>20</b> <b>Tuna Platter</b> Salad Honey Dew Chicken & Orzo Soup	<b>21</b> <b>Glazed Ham</b> Sweet Potato Brussel Sprout Wheat Roll Cupcake/Ice Cream	<b>22</b> <b>Swedish Meatballs</b> Baby Carrots Watermelon Dinner Roll	<b>23</b> <b>Pizza</b> Soup Chocolate Chip Cookies
<b>26</b> <b>Chicken Stir Fry</b> Broccoli Brown Rice Mandarin Oranges	<b>27</b> <b>Roast Beef</b> Mashed Potatoes California Blend Vegetables Peaches	<b>28</b> <b>Sausage w/ Peppers &amp; Onions</b> 3 Bean Salad Watermelon	<b>29</b> <b>Chicken Salad</b> Pineapple Whole Wheat Roll	<b>30</b> <b>Hot Dog</b> Sauerkraut Baked Beans Fruit





## AUGUST SPEAKER SPECIALS: DINING ROOM

MONDAY, AUGUST 5<sup>TH</sup> @ 1 1:00AM: PAINTING WITH  
JENNIFER

TUESDAY, AUGUST 6<sup>TH</sup> @ 1 1:00AM: PRICE IS RIGHT WITH  
DAVE FROM HUMANA

THURSDAY, AUGUST 8<sup>TH</sup> @ 1 1:00AM: NAME THAT TUNE  
WITH SHANNON FROM WELLINGTON

TUESDAY, AUGUST 13<sup>TH</sup> @ 10:00 AM: KINETIC PT: BACK  
PAIN

MONDAY, AUGUST 19<sup>TH</sup> @ 12:00PM: CORNHOLE  
CHAMPIONSHIP

WEDNESDAY, AUGUST 21<sup>ST</sup> @ 12:00PM-2:00PM: CULTURE  
FAIR

THURSDAY, AUGUST 22<sup>ND</sup>

- 10:15AM-12:15PM: ENTACC HEARING CLINIC WITH  
ALEXIS
- 1 1:00AM-12:00PM: Q&A WITH WEST GOSHEN  
SUPERVISOR WITH TINAMARIE SMITH

WEDNESDAY, AUGUST 28<sup>TH</sup> @ 12:00PM-2:00PM: BOCCE  
BALL CHAMPIONSHIP



## UPCOMING ACTIVITIES!

### CASINO NIGHT

Save the Date



Here's the deal...

\*Casino games      \*Live Music with Bob Starnier 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 2, 2024 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)



### Pennsylvania Property Tax or Rent Rebate Has Been Extended

West Chester Area Senior Center  
Assisting in filling out Rent Rebate form

State Rep. Chris Pielli's office

**Wednesdays:**

**Aug 21**

**Sept 18**

State Senator Carolyn Comitta's office

**Tuesdays:**

**Aug 8**

**Sept 12**

**10:00 AM – 12:00 PM**

### Book Club Upcoming Books:

\*\*\***August** is vacation month, so the first new book is in

**September:** *Little Women* by Louisa May Alcott.

**October:** *The Eye of the Needle* by Ken Follett

**November:** *The Catcher in the Rye* by J.D. Salinger

**December:** *I Heard the Owl Call My Name* by Margaret Craven

**January:** *Still Life* by Louise Penney

**February:** *Hello Beautiful* by Ann Napolitano Pub



### Summer Safety Tips for Seniors

**Cooling Stations:** For a list of cooling stations available to those experiencing homelessness during extreme heat, *please call 2-1-1.*

**Seniors:** Seniors in need of assistance during extreme heat can *call the Department of Aging at 610-344-6350.*

### **Splash Pads:**

- Bell Tavern Park in Downingtown
- John O. Green Memorial Park in West Chester
- Marsh Creek State Park in Downingtown
- Paul Palmer Park in Coatesville

### **Resources:**

Sign up for Weather Alerts at ReadyChesco please visit [chesco.org/codered](http://chesco.org/codered) for more information.



## WCASC HIGHLIGHTS



*DAY 1 of our Summer Senior Sports, featuring an exciting **Cornhole competition!** Congratulations to Mary Ann, the Gold Medal Winner! Thank you to our Jess Tipton for organizing the Summer Senior Sports activities & to the Exton Malayali Association for helping to coordinate Cornhole game logistics!*

WCASC is tremendously grateful to our friends at the **West Chester Food Cupboard!** Due to a forced full-facility power outage we contacted the West Chester Food Cupboard for help. They responded rapidly by picking up our food from our refrigerators and freezers, quickly loading everything into their van, driving back to their facility, and safely storing it all for us. This operation also was made possible with the invaluable assistance of our amazing volunteers.

*The saying goes, "If you want to go fast, go alone. If you want to go far, go together."* **Thank you, West Chester Food Cupboard!**



*Summer Senior Sports – **BOCCE BALL, FLAMINGO GOLF, FRISBEE THROW, & PAPER AIRPLANE THROW.** Thank you to the volunteers from the Exton Malayali Association - EMA for making the event a seamless adventure for our seniors. All the players exhibited patience, persistence, and good humor! Congratulations to our champions!*





## WEST CHESTER AREA SENIOR CENTER

530 E Union St  
West Chester, PA  
19382

Phone (610) 431-4242

Check us out at:

[www.wcseniors.org](http://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**

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

**Tim Jefferis**  
**Dave Mauer**  
**Alissa McGrory, Esq.**  
**Andrea Napoli**  
**Andrea Pettine, Esquire**  
**Loretta Rokke**

*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.*

