

# SEPTEMBER

## HAPPY NATIONAL SENIOR CENTER MONTH



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

September 2024  
NEWSLETTER

- **PLEASE NOTE WCASC WILL BE CLOSED ON MONDAY, SEPT. 2ND FOR LABOR DAY.**
- **Happy National Senior Center Month!** During this month we are focusing on topics such as fall risk assessment, economic planning, and International Women's Day. Make sure to keep an eye out around the center for the theme of **powering connections.**
- Welcome back to the **West Chester University Nursing students** who are back in *September and October* on Tuesdays & Thursdays to do blood pressures.
- **OVERWEIGHT, UNDERWEIGHT OR JUST ABOUT IN BETWEEN?** Starting **September 12<sup>th</sup> on Thursdays from 11:00am-12:00pm WEIGHT WISE.** This **8-week course** will include NUTRITION INFORMATION THAT EVERY SENIOR SHOULD KNOW TO LIVE A HEALTHY LIFE. Make sure you sign up on the clipboard in the lobby!
- **SAYONARA SUMMER CELEBRATION:** Come Celebrate the end of the summer with a BBQ Birthday Lunch, desserts and entertainment from The Legends Band on *Wednesday, September 18<sup>th</sup>.* **Please RSVP by September 3<sup>rd</sup> on the lunch sign up sheet.**
- **Exciting Upcoming Events:**  
Wednesday, October 2<sup>nd</sup>: Fall Health Expo @ 12:30-2:30pm.  
Wednesday, October 9<sup>th</sup>: 90<sup>th</sup> & Older Birthday including Birthday Lunch @ 12:00pm.
- Don't forget to **RENEW YOUR WCASC MEMBERSHIP DUES.**

# West Chester Senior Center Updates

## Reminders....

- WE WILL BE CLOSED MONDAY, SEPTEMBER 2<sup>ND</sup> FOR LABOR DAY!
- **WEIGHT WISE:** Thursdays from 11:00-12:00pm starting **Thursday, Sept 12<sup>th</sup>**.
- **Sayonara Summer is on Wednesday, Sept 18<sup>th</sup>**  
**NOTICE \*\*there will be no 11:30 Level One Fitness Class Sept 18<sup>th</sup>.**
- On Wednesday, Sept 19<sup>th</sup> the room assignments:  
**German Klub: ROOM A.**  
**Aging in Place Sharing/Support Group: ROOM B.**  
**Weight Wise: CRAFT ROOM.**
- September Book Club read *Little Women* by *Louisa May Alcott*.
- Sign up for *Crafts with Andrea* in the lobby on the clipboard! Also, there is a \$3 fee.
- **Tuesday, September 10<sup>th</sup> & 24<sup>th</sup>:** chair and mat yoga. Don't forget to sign up in the lobby!

## 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 Starner 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, MasterCard or online at [www.wcseniors.org](http://www.wcseniors.org)) 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

### September Specials

- *Hardbacks fiction 50% off.*
- *Blind Dates to purchase. These are books wrapped in paper with hints about the book.*

<p>2 MONDAY</p> <p><b>CLOSED</b></p> 	<p>3 TUESDAY</p> <p>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>4 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>5 THURSDAY</p> <p>Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10:00-11:30 BP WCU Nurses</b> 10:30 – Level Two Fitness Class 10:30- French Class <b>11:00- Staying Safe in an Unsafe World w/ Dave</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:45-Mahjong</b></p>	<p>6 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>9 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo &amp; Current Events <b>11:00- Aging in Place w/Sarah Care</b> 11:30- Level One Fitness Class NOON- Lunch 12:00 – 3:00 - Tech &amp; Assist</p>	<p>10 Continental Breakfast/Socialization 9:30 - Cardio Interval Fitness Class <b>10:00-11:30 BP WCU Nurses</b> <b>10:00-Hip Pain &amp; Function w/ Andrew from Kinetic PT</b> 10:30- Stretch &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>11 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 <b>11:00- Mindful Movement &amp; Breath Work w/ Samantha from IBX</b> 11:30 - Level One Fitness Class NOON – Lunch 12:45 - Knitting and Crocheting Club</p>	<p>12 Continental Breakfast/Socialization <b>9:00- Fall Fun Craft w/ Andrea</b> 9:30- Cardio Interval Fitness Class <b>10-12- Senator Comitita Outreach</b> <b>10:00-11:30 BP WCU Nurses</b> 10:30 - Level Two Fitness Class 10:30- French Class <b>11:00- Fall Fun Craft w/ Andrea</b> <b>11:00-12:00- Weight Wise</b> 11:30 - Level One Fitness Class NOON- Lunch <b>12:45- Mahjong</b></p>	<p>13 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>16 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>17 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10:00-11:30 BP WCU Nurses</b> 10:30-Stretch &amp; Strengthening <b>11:00- Fall Risk Assessment w/ Josh from Full Range PT</b> <b>11:15- Book Club</b> NOON- Lunch 12:00-3:00 Tech &amp; Assist</p>	<p>18 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 10:30 - Level Two Fitness Class 10:30- Bingo <b>NOON- Sayonara Summer BBQ Birthday Lunch</b> 12:45 - Knitting and Crocheting Club</p> 	<p>19 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10:00-11:30 BP WCU Nurses</b> 10:30 – Level Two Fitness Class 10:30- German Klub <b>11:00- Aging in Place Sharing/Support Group</b> <b>11:00-12:00- Weight Wise</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:45- Mahjong</b></p>	<p>20 Continental Breakfast / Socialization <b>9:45-10:30- “Team” Word Games</b> <b>10:00-11:45- ENTACC Hearing Clinic w/ Alexis</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>23 Continental Breakfast /Socialization 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo &amp; Current Events <b>11:00- Lowering Inflammation &amp; Healthy Eating w/ Stefania</b> 11:30 - Level One Fitness Class NOON- Lunch 12:00-3:00 Tech &amp; Assist <b>12:30- Trivia w/ Jess from Thema Home Care</b></p>	<p>24 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10:00-11:30 BP WCU Nurses</b> 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>25 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>12:30- Pelvic Floor Presentation</b> 12:45- Knitting and Crocheting</p>	<p>26 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10:00-11:30 BP WCU Nurses</b> 10:30 – Level Two Fitness Class 10:30- French Class <b>11:00-12:00- Weight Wise</b> <b>11:00- End of Life Planning w/ Joe DellaVecchia</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:45-Mahjong</b></p>	<p>27 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>30 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>SEPTEMBER PROGRAMS &amp; ACTIVITIES</b></p>	<p><b><u>SCHEDULES ARE SUBJECT TO CHANGE</u></b></p>	<p><b>**EVERYDAY 9-3**</b></p> <p><b>Puzzles &amp; games</b> <b>Computer lab</b> <b>Reading café</b></p>	

## SEPTEMBER LUNCH SCHEDULE

<u>MONDAY</u> 2 <b>CLOSED</b>	<u>TUESDAY</u> 3 <b>Meatloaf</b>	<u>WEDNESDAY</u> 4 <b>Fish Filet</b>	<u>THURSDAY</u> 5 <b>BBQ Pulled Pork</b>	<u>FRIDAY</u> 6 <b>Stuffed Chicken</b>
	Mashed Potatoes Green Beans Tropical Fruit Wheat Roll	Vegetable Soup Mandarin Oranges	Oven Roasted Sweet Potatoes Pineapple Chicken Noodle Soup	Broccoli & Carrots Peaches Brown Rice
<b>9</b> <b>Meatball Florentine</b> Green Beans Fruit Salad Garlic Knot	<b>10</b> <b>Chicken Marsala</b> Oven Roasted Potatoes Carrots Orange Slices Dinner Roll	<b>11</b> <b>Pork Roast</b> Brussel Sprouts Cream of Potato Soup Dinner Roll Oatmeal Cream Pie	<b>12</b> <b>Beef Stroganoff</b> Mixed Vegetables Fruit Salad Dinner Roll	<b>13</b> <b>Lasagna Roll Up</b> Broccoli Pear Italian Bread
<b>16</b> <b>Chef Salad</b> Whole Wheat Roll Strawberries w/ Angel Food Cake	<b>17</b> <b>Kielbasa &amp; Sauerkraut</b> Pierogis French Lentil Soup Orange Slices	<b>18</b> <b>Burgers &amp; Hot Dogs</b> Mixed Salads Desserts	<b>19</b> <b>Veal Parmesan</b> Carrots Fruit Salad Beef Noodle Soup Dinner Roll	<b>20</b> <b>Swedish Meatballs</b> Brussel Sprouts Tropical Fruit Egg Noodles Dinner Roll
<b>23</b> <b>Chicken Cordon Bleu</b> Mixed Vegetables Pineapple Dinner Roll	<b>24</b> <b>Roast Beef</b> Cream of Mushroom Soup Cabbage & Carrots Orange Slices Dinner Roll	<b>25</b> <b>Chicken Salad Hoagie</b> Peaches	<b>26</b> <b>Baked Penne with Meatballs</b> Fruit Salad	<b>27</b> <b>Chicken Alfredo</b> Mixed Vegetables Pineapple Dinner Roll
<b>30</b> <b>Open Faced- Roast Beef</b> Peas & Carrots Tropical Fruit Sugar Cookie	*Milk served with lunch daily* Menus are always subject to change.	<b>**Please reserve                      10 days in advance! **</b>		

**HAPPY NATIONAL SENIOR CENTER MONTH**  
**SEPTEMBER SPEAKER SERIES**



**THURSDAY, SEPTEMBER 5<sup>TH</sup> @ 11:00AM: STAYING  
SAFE IN AN UNSAFE WORLD W/ DAVE FROM HUMANA**

**MONDAY, SEPTEMBER 9<sup>TH</sup> @ 11:00AM: AGING IN PLACE W/  
SARAH CARE**

**TUESDAY, SEPTEMBER 10<sup>TH</sup> @ 10:00AM: HIP PAIN & FUNCTION W/  
ANDREW FROM KINETIC PT**

**TUESDAYS, SEPTEMBER 10<sup>TH</sup> & 24<sup>TH</sup>  
@ 11:15AM-12:00PM- CHAIR YOGA & 12:15PM-1:00PM- MAT YOGA**

**WEDNESDAY, SEPTEMBER 11<sup>TH</sup> @ 11:00AM: MINDFUL MOVEMENTS  
& BREATH WORK W/ SAMANTHA FROM IBX**

**TUESDAY, SEPTEMBER 17<sup>TH</sup> @ 11:00AM: FALL RISK ASSESSMENTS  
W/ JOSH FROM FULL RANGE PT**

**FRIDAY, SEPTEMBER 20<sup>TH</sup> @ 10:00AM-11:45PM:  
ENTACC HEARING CLINIC W/ ALEXIS**

**MONDAY, SEPTEMBER 23<sup>RD</sup> @ 11:00AM: LOWERING  
INFLAMMATION & HEALTHY EATING W/ STEFANIA  
@ 12:30PM: TRIVIA W/ JESS FROM THEMA HEALTHCARE**

**WEDNESDAY, SEPTEMBER 25<sup>TH</sup> @ 12:30PM :  
PELVIC FLOOR PRESENTATION**

**THURSDAY, SEPTEMBER 26<sup>TH</sup> @ 11:00AM: END OF LIFE PLANNING  
W/ JOE DELLAVECCHIA**

**WCU NURSES: TUESDAY & THURSDAYS @ 10:00AM**  
**WEIGHT WISE: THURSDAYS @ 11:00AM**

# 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



**JOIN US FOR CASINO NIGHT!  
THERE'S STILL TIME, BUT ACT FAST!**

**Life can be incredibly  
challenging for seniors.**

**Casino Night proceeds provide vital services to  
2,000 seniors a year!**

**\*\*Tickets sell out fast, so get yours soon!**

**\*\*There's still time to Sponsor,  
and Donate Auction Items & Food!**

**\*\*Call Bernadette Walsh at 610-431-4242,  
ext. 106 or see [www.wcseniors.org](http://www.wcseniors.org) & click on  
the "Casino Night Nov 2, 2024" box.**

**\*\*THANK YOU TO OUR CURRENT SPONSORS, PATRONS, AUCTION & FOOD DONORS (as of 8/20/24)**

## GOLD SPONSORS

Rosanne Facciolo-Serendipity Farm, in memory of Mary C. and Frank Facciolo

## SILVER SPONSORS

Elizabeth M. Facciolo      Gawthrop Greenwood      HealthMarkets  
Howell Engineering, Surveying, Environmental  
Schorn Construction      Whitford Insurance Network      WSFS Cares Foundation

## BRONZE SPONSORS

BJ Montgomery Discovery Foundation      Guest Financial Services      Claudia Inmon  
MacElree Harvey      Physis Associates      Loretta Rokke & Kim Boerema      Bernadette Walsh

## EVENT PATRONS

The Arc of Chester County      Haydon Bolts Incorporated      Kerry Hewson      Andrea B. Pettine, Esq.  
PentaHealth      Sheller Propane      West Chester Lions Club

## AUCTION & FOOD DONORS

American Helicopter Museum & Education Center	Elizabeth M. Facciolo	Maggie Gleeson Designs
Andiaro	Greg Zeller Custom Photography	Mt. Cuba Center
Arden Theatre Co.	Hedgerow Theatre Company	People's Light
Calista Salon & Spa	Hills Quality Seafood Market	Philadelphia Eagles
Carlino's Market	Natalie Howell	Philadelphia Phillies
Chanticleer	In Harmony Wellspring	Spence Café
Delaware Art Museum	Iron Hill Brewery	Tyler Arboretum
Delaware Museum of Nature & Science	John Serock Catering	Uptown!
Desmond Hotel	JustDucky.Life	Visual Expansion Gallery
Dragonfly	Kimberton Whole Foods	White Manor Country Club
Kim England	Limoncello	
Joseph Esworthy	Ludwig's Village Market	

# WCASC HIGHLIGHTS

**ncoa** National Institute Of Senior Centers | September 2024  
national council on aging

## National Senior Center Month Powering Connections



**How will you connect?**

West Chester Area Senior Center  
530 E Union Street  
West Chester, PA 19382  
610-431-4242  
www.wcseniors.org

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

**Senior centers power connections!**  
They also follow the **5 pillars** of Healthy Aging, Economic Security, Generation to Generation, Diverse Populations, and Digital Connections!

This is a poster demonstrating our senior center and how the connections here help our seniors feel empowered!

**THANK YOU** to fantastic volunteers Emilia, Kevin, Steve (l to r), and Glenn (kneeling) for working hard to stock the shelves for the Corner Cabinet Food Distribution program!  
**We appreciate you!**



We celebrated Hawaiian & Tropical Shirt Day here at WCASC! Also, it was "National Tell a Joke Day!"  
Why did the chicken cross the road.....

**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**  
**Jess Deplet**  
**Lee Ann Embrey**  
**Joe Esworthy- Treasurer**  
**Elizabeth Facciolo- Vice President**  
**Stacey L. Fuller, Esq.- President**  
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**Dave Mauer**  
**Alissa McGrory, Esq.**  
**Andrea Napoli**  
**Andrea Pettine, Esquire**  
**Loretta Rokke**  
**Chris Sullivan**

*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.*

