

# OCTOBER



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

October 2024  
NEWSLETTER

*From our Executive Director, Kathy Sullivan ....*



*If I've learned anything from all of you in my almost 15 years of working here at WCASC, it's to always find a way to appreciate all that's around us every day.....you know, to "stop and smell the roses" as a very good friend of mine often reminds me.*

Well, I've decided to do just that - and I've finally bought the little beach house that I've been dreaming about since I was a teenager! From the day I first became a certified lifeguard, I've wanted to live at the beach, and it appears it's finally going to happen!

I'll be moving to my brand-new little corner of the world where I'll look out to Rehoboth Bay every day, where my old blue kayak will be parked at the water's edge, and where I can be at the shore of my beloved ocean in less than 15 minutes any day I choose.

I quietly shared my plans with our Board of Directors earlier this summer and they have been hard at work on plans for the next phase of our senior center's history. 2025 will mark WCASC's 50<sup>th</sup> year of service to our community and it will be a year of celebration and planning for the next 50 years just around the corner!

I'll wrap up my time working here at WCASC the last week of September and then I'll transition into the "great clean out" at my West Chester house (I know many of you have "been there, done that!") so I can live a little lighter in my new home.

The thing I'll clearly remember and cherish most about my many years here is quite simple. It's not the long days. It's not the seemingly endless deadlines. It's not the leak that sprung out of nowhere. It's not even shoveling the snow and ice at our front door at 6 AM in the middle of winter. Quite simply, what I'll remember the most is **THE PEOPLE**.

Whether I think of WCASC's members, volunteers, staff, Board of Directors, or many other community partners and friends, it's clearly **THE PEOPLE** around us who have made this such a memorable and special place to me.

**THANK YOU** for allowing me to share this almost 15 years of my life with all of you here. **THANK YOU** for your support of our Senior Center and your friendships that have made this a truly enjoyable place for me to spend this time. **I see only a bright and growing future to come for WCASC .....and I promise I'll be cheering you all on - from my new little beach house where I'm smelling the roses (and my ocean!).**

**CHEERS FRIENDS!**

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....

- *No 11:30 Level One Class on Wednesday, October 2<sup>nd</sup>.*
- *Flu shots will be available at the Fall Health Expo Wednesday, October 2<sup>nd</sup>.*
- **Brain Aerobics** is back Oct 4<sup>th</sup>!
- Don't forget to sign up for chair or mat yoga in the lobby!
- On *Tuesday, October 29<sup>th</sup>* Stretch & Strengthening with be at **11:30 am.**
- October book club read: *Eye of the Needle* by Ken Follett.



## 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



**Special Guest Appearance:  
Super Bowl Champion &  
Former Eagles' Tight End Brent Celek.**

**SATURDAY, NOVEMBER 2<sup>nd</sup> @ 6:30PM**

Prepare for an unforgettable evening of elegance and excitement at our Casino Night! Delight in classic casino games, indulge in a sumptuous dinner with beer and wine, and be serenaded by the enchanting acoustic melodies of Bob Starner. Experience the thrill of our live and silent auctions, where extraordinary items await your bid.

Every contribution directly supports our essential senior programs and services. Embrace the glamour and gamble! *Join us in making a meaningful impact!*

**\*\*Buy tickets ASAP; space is limited!**

**Sponsorship & Donated Auction Items due  
Oct. 21, 2024**

\*\*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.

## 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

### **October Specials**

- *All hardback and paperback mysteries 50% off.*
- *A guessing jar: a customer can purchase chances for 25 cents. The closest guess to the number of candies in the jar, will win it.*

<p style="text-align: center;"><b>MONDAY</b></p> <p style="text-align: center;"><b>OCTOBER PROGRAMS &amp; ACTIVITIES</b></p>	<p style="text-align: center;"><b>1 TUESDAY</b></p> <p>Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretching &amp; Strengthening <b>11:00- Price is Right w/ Humana</b> NOON- Lunch 12:00-3:00 Tech &amp; Assist</p>	<p style="text-align: center;"><b>2 WEDNESDAY</b></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 NOON – Lunch <b>12:30-2:30- Fall Health Expo (flu shots available)</b> 12:45 - Knitting and Crocheting Club</p>	<p style="text-align: center;"><b>3 THURSDAY</b></p> <p>Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 – Level Two Fitness Class 10:30- French Class <b>11:00-12:00- Weight Wise</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:45-Mahjong</b></p>	<p style="text-align: center;"><b>4 FRIDAY</b></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><b>7 Continental Breakfast / Socialization</b> <b>WCU Spa Day: Nails</b> 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>8 Continental Breakfast /Socialization</b> 9:30 - Cardio Interval Fitness Class 10:30- Stretch &amp; Strengthening <b>11:15-12:00- Chair Yoga</b> NOON – Lunch 12:00-3:00 - Tech &amp; Assist <b>12:15-1:00- Mat Yoga</b></p>	<p><b>9 Continental Breakfast/Socialization</b> 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 – 90<sup>th</sup> Birthday Lunch</b> 12:45 - Knitting and Crocheting Club</p>	<p><b>10 Continental Breakfast /Socialization</b> 9:30- Cardio Interval Fitness Class <b>10-12- Senator Comitta Outreach</b> 10:30 - Level Two Fitness Class 10:30- French Class <b>11:00- Fall Flowers Workshop</b> <b>11:00-12:00- Weight Wise</b> 11:30 - Level One Fitness Class NOON- Lunch <b>12:30- West Chester PD on Scams</b> <b>12:45- Mahjong</b></p>	<p><b>11 Continental Breakfast /Socialization</b> <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><b>14 Continental Breakfast / Socialization</b> 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 Bingo &amp; Current Events <b>11:00- Crafts w/ Pearl</b> 11:30- Level One Fitness Class NOON- Lunch 12:00 – 3:00 Tech &amp; Assist</p>	<p><b>15 Continental Breakfast / Socialization</b> 9:30 - Cardio Interval Fitness Class 10:30-Stretch &amp; Strengthening <b>11:15- Chi Walking Presentation</b> <b>11:15- Book Club</b> NOON- Lunch 12:00-3:00 Tech &amp; Assist</p>	<p><b>16 Continental Breakfast / Socialization</b> 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 11:30- Level One Fitness Class NOON- Lunch 12:45 - Knitting and Crocheting Club</p>	<p><b>17 Continental Breakfast / Socialization</b> 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> <b>11:00-12:00- Weight Wise</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:45- Mahjong</b></p>	<p><b>18 Continental Breakfast / Socialization</b> <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><b>21 Continental Breakfast/Socialization</b> 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>22 Continental Breakfast / Socialization</b> 9:30 - Cardio Interval Fitness Class 10:30- Stretching &amp; Strengthening <b>11:15-12:00- Chair Yoga</b> NOON- Lunch 12:00-3:00 Tech &amp; Assist <b>12:15-1:00- Mat Yoga</b></p>	<p><b>23 Continental Breakfast / Socialization</b> 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- Tips on How to Downsize</b> 11:30- Level One Fitness Class NOON- Lunch 12:45- Knitting and Crocheting</p>	<p><b>24 Continental Breakfast / Socialization</b> 9:30 - Cardio Interval Fitness Class 10:30 – Level Two Fitness Class 10:30- French Class <b>11:00- Senior Living 101 w/ Oasis</b> <b>11:00-12:00- Weight Wise</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:45- Harvest Party</b> <b>12:45-Mahjong</b></p>	<p><b>25 Continental Breakfast /Socialization</b> <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><b>28 Continental Breakfast /Socialization</b> 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo &amp; Current Events <b>11:00- Revolutionary Home HealthCare Presentation</b> 11:30 - Level One Fitness Class NOON- Lunch 12:00-3:00 Tech &amp; Assist</p>	<p><b>29 Continental Breakfast / Socialization</b> 9:30 - Cardio Interval Fitness Class <b>10:00- Ankle, Feet &amp; Balance w/ Andrew from Kinetic PT</b> <b>11:30- Stretching &amp; Strengthening</b> NOON- Lunch 12:00-3:00 Tech &amp; Assist</p>	<p><b>30 Continental Breakfast / Socialization</b> 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>11:15-1:30- Cookie Baking w/ WCU Healthy Aging Students</b> 11:30- Level One Fitness Class NOON- Lunch 12:45- Knitting and Crocheting <b>1:00- Parkinson Support</b></p>	<p><b>31 Continental Breakfast / Socialization</b> 9:30 - Cardio Interval Fitness Class 10:30 – Level Two Fitness Class 10:30- French Class <b>11:00-12:00- Weight Wise</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:45-Mahjong</b></p>	<p style="text-align: center;"><b>**EVERYDAY 9-3**</b> <b>Puzzles &amp; games</b> <b>Computer lab</b> <b>Reading café</b></p> <p style="text-align: center;"><b>**Schedules are subject to change</b></p>

## OCTOBER LUNCH SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u> 1	<u>WEDNESDAY</u> 2	<u>THURSDAY</u> 3	<u>FRIDAY</u> 4
<b>**Please reserve 10 days in advance! **</b>	<b>Chicken Cordon Bleu</b> Mixed Vegetables Pineapple Dinner Roll	<b>Breakfast</b> Pancakes Sausages Eggs	<b>Chicken Salad Hoagie</b> Peaches	<b>Chef Salad</b> Whole Wheat Roll Strawberries w/ Angel Food Cake
<b>7</b> <b>Baked Penne with Meatballs</b> Fruit Salad	<b>8</b> <b>Open Faced- Roast Beef</b> Peas & Carrots Tropical Fruit Sugar Cookie	<b>9</b> <b>Chicken Alfredo</b> Mixed Vegetables Pineapple Dinner Roll	<b>10</b> <b>Kielbasa &amp; Sauerkraut</b> Pierogis French Lentil Soup Orange Slices	<b>11</b> <b>Veal Parmesan</b> Carrots Fruit Salad Beef Noodle Soup Dinner Roll
<b>14</b> <b>Swedish Meatballs</b> Brussel Sprouts Tropical Fruit Egg Noodles Dinner Roll	<b>15</b> <b>Pork Roast</b> Brussel Sprouts Cream of Potato Soup Dinner Roll Oatmeal Cream Pie	<b>16</b> <b>Meatball Florentine</b> Green Beans Fruit Salad Garlic Knot	<b>17</b> <b>Chicken Marsala</b> Oven Roasted Potatoes Carrots Orange Slices Dinner Roll	<b>18</b> <b>Beef Stroganoff</b> Mixed Vegetables Fruit Salad Dinner Roll
<b>21</b> <b>Lasagna Roll Up</b> Broccoli Pear Italian Bread	<b>22</b> <b>Meatloaf</b> Mashed Potatoes Green Beans Tropical Fruit Dinner Roll	<b>23</b> <b>Fish Filet</b> Vegetable Soup Madarin Oranges	<b>24</b> <b>BBQ Pulled Pork</b> Oven Roasted Sweet Potatoes Pineapple Chicken Noodle Soup	<b>25</b> <b>Chicken Divan</b> Noodles Peaches
<b>28</b> <b>BBQ Chicken</b> Brussel Sprouts Pears Brown Rice	<b>29</b> <b>Breakfast</b> Pancakes Sausages Eggs	<b>30</b> <b>Pizza</b> Tuscan Blend Vegetables Fruit Cocktail	<b>31</b> <b>Grilled Cheese &amp; Tomato Soup</b>	*Milk served with lunch daily* Menus are always subject to change.

Happy  
Birthday





## **OCTOBER SPEAKER SERIES**

**TUESDAY, OCTOBER 1<sup>ST</sup> @ 11:00AM: PRICE IS RIGHT W/ HUMANA**

**WEDNESDAY, OCTOBER 2<sup>ND</sup> @ 12:30PM-2:30PM: FALL EXPO**

**MONDAY, OCTOBER 7<sup>TH</sup>: WCU SPA DAY: NAILS**

**TUESDAY, OCTOBER 8<sup>TH</sup> & 22<sup>ND</sup> @ 11:15AM-12:00PM: CHAIR YOGA**

**12:15PM-1:00PM: MAT YOGA**

**WEDNESDAY, OCTOBER 9<sup>TH</sup>: 90<sup>TH</sup> BIRTHDAY LUNCH**

**THURSDAY, OCTOBER 10<sup>TH</sup> @ 11:00AM: FALL FLOWER WORKSHOP**

**@ 12:30PM: WEST CHESTER PD ON SCAMS**

**MONDAY, OCTOBER 14<sup>TH</sup> @ 11:00: CRAFTS WITH PEARL**

**TUESDAY, OCTOBER 15<sup>TH</sup> @ 11:15AM: CHI WALKING**

**WEDNESDAY, OCTOBER 23<sup>RD</sup> @ 11:00AM: TIPS TO DOWNSIZE**

**THURSDAY, OCTOBER 24<sup>TH</sup> @ 11:00AM: SENIOR LIVING 101**

**@ 12:45PM: HARVEST PARTY**

**MONDAY, OCTOBER 28<sup>TH</sup> @ 11:00AM: REVOLUTIONARY HOME  
HEALTHCARE**

**TUESDAY, OCTOBER 29<sup>TH</sup> @ 10:00AM: ANKLE, FEET & BALANCE  
WITH KINETIC PT**

**WEDNESDAY, OCTOBER 30<sup>TH</sup> @ 11:15AM-1:30PM: COOKIE BAKING**

**@ 1:00PM PARKINSON'S SUPPORT**

**\*\*WEIGHT WISE THROUGH OCTOBER ON THURSDAYS @ 11:00AM\*\***



**SPECIAL GUEST APPEARANCE: Super Bowl Champ & Former Eagles' Tight End Brent Celek.**

Buy tickets ASAP; space is limited! Also, Sponsorships & Donated Auction Items due October 21, 2024. Call Bernadette Walsh at 610-431-4242, ext. 106 or see [www.wcseniors.org](http://www.wcseniors.org) & click on "Casino Night Nov 2, 2024" box.

**THANK YOU TO OUR SPONSORS, PATRONS, AUCTION & FOOD DONORS (as of 9/24/24)**

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O'Rourke & Sons Inc.

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

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			Loretta Rokke & Kim Boerema

**EVENT PATRONS**

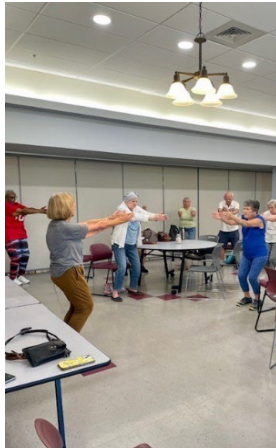
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Calista Salon & Spa	Hills Quality Seafood Market	People's Light
Carlino's Market	Natalie Howell	Philadelphia Eagles
Chanticleer	In Harmony Wellspring	Philadelphia Phillies
Delaware Art Museum	Iron Hill Brewery	Spence Café
Delaware Museum of Nature & Science	John Serock Catering	Stephanie Rogers
Delaware Theatre Company	JustDucky.Life	Tyler Arboretum
Desmond Hotel	Kaplans Fine Jewelry	Uptown!
Dragonfly	Kimberton Whole Foods	Valley Forge Casino & Resort
Honeygirl Flowers	Limoncello	Visual Expansion Gallery
Kim England	Alissa McGrory, Esq.	White Manor Country Club



## WCASC HIGHLIGHTS



Our seniors enjoyed an interactive presentation on Mindful Movement and Breath Work with Cari & Samantha from [Independence Blue Cross](#). We sure hope they come back soon since the reviews were quite positive!



When we consider the classics brought into the world 100 years ago, we may think about George Gershwin's timeless and beautiful "Rhapsody in Blue" or the Isham Jones song, "It Had to Be You!" But, here at the West Chester Area Senior Center, we are overjoyed to think of our very own Les who turned 100 years young September 12<sup>th</sup>! Les, you looked great blowing out your candles on that birthday cake. Happy Birthday, Les!



Thank you, Andrea Ferment, for leading two excellent Fall Fun Craft classes! Our seniors always look forward to your classes because they know they take away something beautiful!



**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

### **2024-2025 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.*

