



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

November 2024  
NEWSLETTER

- **There's still a little bit of time left.....**Our popular Fall Event, **Casino Night**, is being held here at the Center on Saturday, **November 2<sup>nd</sup>**, at **6:30 PM**.  
**For tickets go to [www.wcseniors.org](http://www.wcseniors.org) & click on "Casino Night Nov 2, 2024" box.**
- **AN EXTRA SPECIAL CASINO NIGHT THANK YOU!** WCASC thanks Maggie Gleeson and Arris Creative for their assistance with Casino Night. They generously donated time and design, communications, and social media strategy expertise!  
**Thank you for everything!**
- **Holidays in November:** WCASC will be closed
  - **Friday, November 1<sup>st</sup>** for *Casino Night* event preparations.
  - **Monday, November 11<sup>th</sup>** in honor of *Veterans Day*.
  - **Thursday & Friday, November 28<sup>th</sup> -29<sup>th</sup>** for *Thanksgiving*.
- *Book Store 2/ Parkway Center* has a **NEW PHONE NUMBER: 484-947-5792.**
- **So many AWESOME PROGRAMS planned this month See PG.5 for:**
  - Returning favorite presentations including **Price is Right** and **Trivia!**
  - Don't miss *Line Dancing* on **Wednesday, November 6<sup>th</sup> & 13<sup>th</sup>** with West Chester University Students after lunch!
  - **Villanova students** are back to present on *Hypertension & Diabetes*.
  - Join the **WCU Nutrition Students** on **Tuesdays at 12:45pm** for a cooking class series called **"Easy Meals to Freeze"** utilizing the vegetables in our Corner Cabinet. *Sign up on the clipboard in the lobby.*
- **Keep an eye out for some winter themed activities coming back to the center this season.... Stay tuned!**

# West Chester Senior Center Updates

## Reminders....

- WCASC will be closed:
  - **Friday, November 1<sup>st</sup>** for *Casino Night event preparations.*
  - **Monday, November 11<sup>th</sup>** in honor of *Veterans Day.*
  - **Thurs. & Fri., November 28-29** for *Thanksgiving.*
- **November Book Club Read:** *The Catcher in the Rye* by J.D Salinger
- **Wednesday, November 20<sup>th</sup> @11:00am** join Villanova nurses on two presentations: *diabetes and hypertension.*
- For help call the *PA MEDI Helpline*, 610-344-5234.

## 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



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

For tickets: [www.wcseniors.org](http://www.wcseniors.org) & click on  
“Casino Night Nov 2, 2024” box.

Prepare for an unforgettable evening of  
elegance & excitement at our Casino Night  
with

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

## 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 #: 484-947-5792 (NEW PHONE #)**

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

## November Specials

- *Cookbooks & How to Section 50 % off.*

<p style="text-align: center;">MONDAY</p> <p style="text-align: center;"><b>NOVEMBER PROGRAMS &amp; ACTIVITIES</b></p>	<p style="text-align: center;">TUESDAY</p> <p style="text-align: center;"><b>**EVERYDAY 9-3**</b> Puzzles &amp; games Computer lab Reading café</p> <p style="text-align: center;"><b>**Schedules are subject to change</b></p>	<p style="text-align: center;">WEDNESDAY</p>	<p style="text-align: center;">THURSDAY</p>	<p style="text-align: center;">1                      FRIDAY</p> <p style="text-align: center;"><b>CLOSED</b> for Casino Night event preparation</p> 
<p>4 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>5 Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretch &amp; Strengthening <b>10:30-12:15- ENTACC Hearing Clinic</b> NOON – Lunch 12:00-3:00 - Tech &amp; Assist <b>12:45-WCU Nutrition cooking class</b></p>	<p>6 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>12:30-1:30- Line Dancing</b> 12:45 - Knitting and Crocheting Club</p>	<p>7 Continental Breakfast /Socialization 9:30- Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 10:30- French Class <b>11-12- Weight Wise</b> 11:30 - Level One Fitness Class NOON- Lunch <b>12:45- Mahjong</b></p>	<p>8 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>11 <b>CLOSED</b> in honor of Veterans Day</p> 	<p>12 Continental Breakfast / Socialization 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> <b>12:45-WCU Nutrition cooking class</b></p>	<p>13 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>12:30-1:30- Line Dancing</b> 12:45 - Knitting and Crocheting Club</p>	<p>14 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10-12- Senator Comitta Outreach</b> 10:30 – Level Two Fitness Class 10:30- French Class <b>11-12- Diabetes Nutrition Class w/ Barabra Myers</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:45- Mahjong</b></p>	<p>15 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>18 Continental Breakfast /Socialization 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo &amp; Current Events <b>11:00-12:00- Seasonal Ornament Craft w/Pearl</b> 11:30 - Level One Fitness Class NOON- Lunch 12:00-3:00 Tech &amp; Assist <b>12:30- Trivia w/ Jess from Thema</b></p>	<p>19 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretching &amp; Strengthening <b>11:00- Price is Right w/ Dave from Humana</b> <b>11:15- Book Club</b> NOON- Lunch 12:00-3:00 Tech &amp; Assist <b>12:45-WCU Nutrition cooking class</b></p>	<p>20 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>11:00- Villanova Hypertension &amp; Diabetic Presentation</b> 11:30- Level One Fitness Class <b>NOON- Birthday Lunch</b> 12:45- Knitting and Crocheting</p> 	<p>21 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 – Level Two Fitness Class 10:30- French Class <b>11:00 – Staying Safe for the Holidays w/Sarah Care</b> <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>22 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>25 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>26 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretching &amp; Strengthening NOON- Lunch 12:00-3:00 Tech &amp; Assist <b>12:45-WCU Nutrition cooking class</b></p>	<p>27 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</p>	<p>28 <b>CLOSED</b> for Thanksgiving</p> 	<p>29 <b>CLOSED</b> for THANKSGIVING HOLIDAY</p> 

## NOVEMBER LUNCH SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><b>**Please reserve 10 days in advance! **</b></p>	<p>*Milk served with lunch daily* Menus are always subject to change.</p>			<p><b>1</b> <b>CLOSED</b> for Casino Night event preparation</p> 
<p><b>4</b> <b>Chicken Cordon Bleu</b> Mixed Vegetables Pineapple Dinner Roll</p>	<p><b>5</b> <b>Breakfast</b> Pancakes Sausages Eggs</p>	<p><b>6</b> <b>Chicken Salad Hoagie</b> Peaches</p>	<p><b>7</b> <b>Baked Penne w/ Meatballs</b> Fruit Salad</p>	<p><b>8</b> <b>Chef Salad</b> Whole Wheat Roll Strawberries w/ Angel Food Cake</p>
<p><b>11</b> <b>CLOSED</b> in honor of Veterans Day</p> 	<p><b>12</b> <b>Kielbasa &amp; Sauerkraut</b> Pierogis French Lentil Soup Orange Slices</p>	<p><b>13</b> <b>Chicken Alfredo</b> Mixed Vegetables Pineapple Dinner Roll</p>	<p><b>14</b> <b>Open Faced- Roast Beef</b> Peas &amp; Carrots Tropical Fruit Sugar Cookie</p>	<p><b>15</b> <b>Veal Parmesan</b> Carrots Fruit Salad Beef Noodle Soup Dinner Roll</p>
<p><b>18</b> <b>Swedish Meatballs</b> Brussel Sprouts Tropical Fruit Egg Noodles Dinner Roll</p>	<p><b>19</b> <b>Pork Roast</b> Mixed Vegetables Cream of Potato Soup Dinner Roll Oatmeal Cream Pie</p>	<p><b>20</b> <b>Chicken Marsala</b> Oven Roasted Potatoes Chicken Noodle Soup Pineapple</p> 	<p><b>21</b> <b>Fish Filet</b> Vegetable Soup Mandarin Oranges</p>	<p><b>22</b> <b>Beef Stroganoff</b> Mixed Vegetables Fruit Salad Dinner Roll</p>
<p><b>25</b> <b>Meatball Florentine</b> Green Beans Fruit Slad Garlic Knot</p>	<p><b>26</b> <b>BBQ Chicken</b> Brussel Sprouts Pears Brown Rice</p>	<p><b>27</b> <b>Pizza</b> Tuscan Blend Vegetables Fruit Cocktail</p>	<p><b>28</b> <b>CLOSED</b> for Thanksgiving</p> 	<p><b>29</b> <b>CLOSED</b> for THANKSGIVING HOLIDAY</p> 

## NOVEMBER SPEAKER SERIES

- **TUESDAY, NOVEMBER 5<sup>TH</sup> @ 10:30AM-12:15PM: ENTACC HEARING CLINIC**
  - **WEDNESDAY, NOVEMBER 6<sup>TH</sup> & 13<sup>TH</sup> @ 12:30PM-1:30PM: LINE DANCING**
  - **TUESDAY, NOVEMBER 12<sup>TH</sup> @ 11:15 AM CHAIR YOGA  
@ 12:15 PM MAT YOGA**
  - **THURSDAY, NOVEMBER 14<sup>TH</sup> @ 11:00AM-12:00PM: DIABETES NUTRITION CLASS W/ BARBARA MYERS**
  - **MONDAY, NOVEMBER 18<sup>TH</sup>:  
@ 11:00AM: SEASONAL ORNAMENT CRAFT W/PEARL  
@ 12:30PM: TRIVIA W/ JESS FROM THEMA**
  - **TUESDAY, NOVEMBER 19<sup>TH</sup> @ 11:00AM: PRICE IS RIGHT W/  
DAVE FROM HUMANA**
  - **WEDNESDAY, NOVEMBER 20<sup>TH</sup> @ 11:00AM & 12:00PM:  
VILLANOVA PRESENTATION ON HYPERTENSION & DIABETES**
  - **THURSDAY, NOVEMBER 21<sup>ST</sup> @ 11:00AM: STAYING SAFE  
DURING THE HOLIDAY W/ SARAH CARE**
- TUESDAYS @ 12:45PM: WCU NUTRITION STUDENTS COOKING CLASS**



**Date: November 2, 2024**

**Time: 6:30 pm**

**For Tickets: [www.wcseniors.org](http://www.wcseniors.org)**

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

**THANK YOU TO OUR SPONSORS, PATRONS, AUCTION & FOOD DONORS (as of 10/23/24)**

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Colonial Village Meat Market	Limoncello	Tyler Arboretum
Delaware Art Museum	Teca	Valley Forge Casino & Resort
Delaware Museum of Nature & Science	Dick Vermeil	Visual Expansion Gallery
Delaware Theatre Company	Ludwig's Village Market	Wayside Market
Desmond Hotel	Maggie Gleeson Designs	West Chester Area Senior Center
Dragonfly	Mt. Cuba Center	West Chester Food Cupboard
Eclat Chocolate	My Training Time	White Manor Country Club
Honeygirl Flowers (Andrea Ferment)	Opa Taverna	West Chester Golf & Country Club
Kim England	Paris MedSpa & Boutique	Vermeil Wines
Mas Mexicali Cantina	Richard & Jeanette Merion	Uptown!
Greg Gerrish	Leland Newell	Yori's Church Street Bakery
Giant	Kim Borema	WCASC Board of Directors
Fresh Look Design		

## WCASC HIGHLIGHTS



Thank you to West Chester Area Senior Center's *Jess Tipton* for making the Fall Expo a tremendous success! WCASC thanks all the vendors who took the time to describe their programs and services to seniors. We host the Expos every fall and spring!



The monthly Birthday Lunch is a big hit at the West Chester Area Senior Center! While the focus was to recognize those 90 years of age and over, many seniors came out to celebrate! We welcomed *Rep. Chris Pielli & his Chief of Staff Julie Mesaros* who acknowledged 90+ milestone birthdays! Truly, these seniors are Masters of Aging! None of this would have happened without our extraordinary *Health and Wellness Coordinator, Jess Tipton, Kitchen Manager, Mia Jones & many volunteers!* **Happy Birthday to all our Birthday celebrants!**

Fall Flowers Workshop by *Andrea Ferment* resulted in beautiful creations by our seniors. Thank you, *Andrea!* We appreciate your wonderful gift of bringing joy and color to our seniors & the Senior Center!



**WEST CHESTER AREA  
SENIOR CENTER**

530 E Union St  
West Chester, PA  
19382

Phone (610) 431-4242

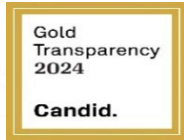
Check us out at:

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

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

*Non-Profit  
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# 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.*

