

JANUARY



HAPPY NEW YEAR



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

January 2025
NEWSLETTER

WELCOME 2025!!! HOW did we get HERE already? The year 2025 marks a momentous milestone for the West Chester Area Senior Center- *our 50th Anniversary!* Before we jump into 2025 too quickly, let's remember some highlights from our December events and celebrations. Here's to a *New Year with New Possibilities!*

Happy New Year to our incredible community of members, donors, and supporters! 2025 marks an exciting milestone as we celebrate the 50th Anniversary of the West Chester Area Senior Center. We're thrilled to kick off this special year with a Town Hall on Wednesday, January 15, at 12:30 PM in the dining room. Enjoy coffee and cookies while I share our vision for the year, including the launch of our "50 Acts of Service for 50 Years" initiative. A Q&A session will follow, and I'd love to hear your thoughts as we start to plan for the future. Let's make this year truly extraordinary together!

-Interim Executive Director Kim Andrews



Thank you, "Miss Amazing," for your wonderful holiday performance.

Thank you to everyone who made Winter Fest a great day! Numerous Winter Fest activities brought our senior members together to enjoy each other's company, mingle with Board Members, listen to beautiful music, and share delicious food. Also, the timeless story of The Grinch came to life thanks to West Chester Dance Works! The excellent performers told the story through energetic, humorous, and scary dances!

OUR GOOD FRIENDS AT CTDI conducted a food Drive for us once again this year. We are grateful for the employees who donated to the CTDI Holiday Food Drive, which resulted in **OVER A TON** of food (literally!) being delivered to the Center. A ton equals 2,000 pounds, and CTDI delivered **2,442 pounds of food for our senior community. 2,442 pounds!!!**

OUR LONG TIME PARTNERS AND FRIENDS AT VENERABLE once again volunteered alongside our Corner Cabinet volunteers to help with our holiday distribution.

Thank you, Grateful Alive Band, for your very popular holiday concert at Holiday Palooza!

West Chester Area Senior Center Updates

Reminders...

We will be **CLOSED** *Wednesday, January 1st* for New Years Day and *Monday, January 20th* for Martin Luther King Day!

Book Club read for January: *Still Life* by Louise Penney

West Chester University nursing students will be back starting on January 28, 2025. Every Tues. & Thurs. they will be available to do blood pressure screenings from 10-11:30 AM.

Donations we could use:

Egg Noodles
Chickpeas
Peanut Butter
Toilet Paper
Hearty Soups
Cereal
Brown/Jasmine Rice

50 ACTS OF SERVICE CAMPAIGN!

2025 marks our 50th Anniversary! Thank you to everyone who has brought our mission to life!

To celebrate, we are excited to launch the *50 Acts of Service Campaign*. This campaign, which includes intergenerational activities, hosting Senior Expos, and supporting local needs, is a testament to our commitment to the community.

But we cannot do it without you! Your gifts help:

- Expand programs;
- Enhance access to Basic Needs; and,
- Build Community!

Please, join us in celebrating by making a gift today. Your gifts ensure that we remain a beacon of hope for older adults for at least 50 more years.

Stay tuned. We will share more information soon.

Contact:

Bernadette Walsh, Director of Development
West Chester Area Senior Center
530 E. Union Street, West Chester, PA 19382
610-431-4242, ext. 106
www.wcseniors.org

Technology Assistance Available with Jim Mobile!



To schedule an appointment,
call 610-431-4242 x105 or email
assistant@wcseniors.org

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

West Chester Area 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 #: 610-431-2538

929 S. High Street, West Chester, PA 19382

It is with great sadness to announce the closing of our Parkway Book Store 2 by Feb. 15. Our wonderful volunteers made the store an amazing part of the West Chester Area Senior Center family. Thank you so much for your support to our center and community!

<p style="text-align: center;">MONDAY</p> <p style="text-align: center;">JANUARY</p> <p style="text-align: center;">PROGRAMS</p> <p style="text-align: center;">& ACTIVITIES</p>	<p style="text-align: center;">TUESDAY</p> <p style="text-align: center;">**EVERYDAY 9-3**</p> <p style="text-align: center;">Puzzles & games</p> <p style="text-align: center;">Computer lab</p> <p style="text-align: center;">Reading café</p> <p style="text-align: center;">**Schedules are subject to change</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">WEDNESDAY</p> <p style="text-align: center;">CLOSED for New Years Day</p> 	<p style="text-align: center;">2</p> <p style="text-align: center;">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 12:45- Mahjong</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">FRIDAY</p> <p>Continental Breakfast/Socialization 9:45-10:30- "Team" Word Games 10:30- Friday Fun Fitness 10:30- Jenga 11:00- 11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist</p>
<p>6 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:30- Level One Fitness Class NOON- Lunch 12:00 – 3:00 - Tech & Assist</p>	<p>7 Continental Breakfast/Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretch & Strengthening 11:15 - Chair Yoga w/Nora NOON – Lunch 12:00-3:00 - Tech & 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 12:30 – Games w/Arbor Terrace 12:45 - Knitting and Crocheting Club</p>	<p>9 Continental Breakfast/Socialization 9:30- Cardio Interval Fitness Class 10-12- Senator Comitta Outreach 10:30 - Level Two Fitness Class 10:30- French Class 11:30 - Level One Fitness Class NOON- Lunch 12:45- Mahjong</p>	<p>10 Continental Breakfast/Socialization 9:45-10:30- "Team" Word Games 10:30- Friday Fun Fitness 10:30 Jenga 11:00- 11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist</p>
<p>13 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:30- Level One Fitness Class NOON- Lunch 12:00 – 3:00 - Tech & Assist 12:30- Crafts w/ Bellingham</p>	<p>14 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30-Stretch & Strengthening 11:15 – Chair Yoga w/Nora NOON- Lunch 12:00-3:00 Tech & Assist</p>	<p>15 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00 -1:00 - Corner Cabinet 10-12- State Rep Pielli's Office 10:00- German Klub 10:30 - Level Two Fitness Class 10:30- Bingo 11:00- Tea Tasting w/SarahCare 11:30- Level One Fitness Class NOON- Birthday Lunch 12:30- Town Hall 12:45 - Knitting and Crocheting Club</p> 	<p>16 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 – Level Two Fitness Class 10:30- French Class 11:00- Aging in Place Sharing/Support Group 11:30- Level One Fitness Class NOON- Lunch 12:45- Mahjong</p>	<p>17 Continental Breakfast / Socialization 9:45-10:30- "Team" Word Games 10:30- Friday Fun Fitness 10:30- Jenga 11:00- 11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:30- Chi Walking 12:00-3:00- Tech & Assist</p>
<p>20</p> <p style="text-align: center;">CLOSED for Martin Luther King Day</p> 	<p>21 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretching & Strengthening 11:15- Book Club 11:15- Chair Yoga w/Ram NOON- Lunch 12:15- Mat Class w/Ram 12:00-3:00 Tech & 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 NOON- Lunch 12:45- Knitting and Crocheting TBA- Service Outreach w/Venerable</p>	<p>23 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 12:45-Mahjong</p>	<p>24 Continental Breakfast/Socialization 9:45-10:30- "Team" Word Games 10:30- Friday Fun Fitness 10:30- Jenga 11:00- 11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist</p>
<p>27 Continental Breakfast/Socialization 9:30 - Level Three Fitness Class 10-11:30- Villanova Nurses 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:30 - Level One Fitness Class NOON- Lunch 12:30- Take Back Your Health 12:00-3:00 Tech & Assist</p>	<p>28 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10-11:30- WCU Nurses BP 10:00- Kinetic PT Balance Screening 11:15 – Chair Yoga w/Nora NOON- Lunch 12:00-3:00 Tech & 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</p>	<p>30 Continental Breakfast/Socialization 9:30- Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 10:30- French Class 10:30- Valentine Crafts w/Andrea 11:30 - Level One Fitness Class NOON- Lunch NOON- Valentine Crafts w/Andrea 12:45- Mahjong</p>	<p>31 Continental Breakfast/Socialization 9:45-10:30- "Team" Word Games 10:30- Friday Fun Fitness 10:30- Jenga 11:00- 11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech & Assist</p>

JANUARY LUNCH SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>**Please reserve 10 days in advance! **</p>	<p>*Milk served with lunch daily* Menus are always subject to change.</p>	<p>1 CLOSED</p> 	<p>2 Chicken Cacciatore Tuscan Vegetables Mandarin Oranges Brown Rice Whole Wheat Dinner Roll</p>	<p>3 Swedish Meatballs Carrots Fruit Salad Egg Noodles Whole Wheat Dinner Roll</p>
<p>6 Roast Turkey Sweet Potatoes Brussel Sprouts Peaches Whole Grain Dinner Roll</p>	<p>7 Chicken Salad Hoagie Cream of Broccoli Soup Oatmeal Rasin Cookie</p>	<p>8 Baked Ziti Salad Pears Garlic Bread</p>	<p>9 Roast Beef au jus Potato Wedges Winter Blend Vegetables Applesauce Whole Grain Dinner Roll</p>	<p>10 Chef Salad Tomato Soup Peaches</p>
<p>13 Chicken Marsala Sweet Potatoes Green Beans Chicken Noodle Soup Pears</p>	<p>14 Salisbury Steak w/ Gravy Green Beans Egg Noodles Whole Grain Dinner Roll Jell-O</p>	<p>15 Meatloaf Salad Chicken Vegetable Soup Pears Town Hall 12:30 PM</p> 	<p>16 Open Faced Roast Beef Sandwich Potatoes Carrots Mandarin Oranges Vanilla Pudding</p>	<p>17 Chicken Kiev Vegetable Beef Soup Broccoli Egg Noodles Oatmeal Raisin Cookie</p>
<p>20 CLOSED</p> 	<p>21 Chicken Bruschetta Green Beans Tropical Fruit Brown Rice Garlic Knot</p>	<p>22 Tilapia Winter Blend Vegetables Fruit Cocktail Brown Rice Whole Wheat Dinner Roll</p>	<p>23 Shrimp Scampi Brussel Sprouts Garlic Knot Lemon Pudding</p>	<p>24 Pizza Tuscan Blend Vegetables Fruit Cocktail</p>
<p>27 Chicken Parmesan Tuscan Vegetables Mandarin Oranges Penne Pasta Whole Wheat Dinner Roll</p>	<p>28 Beef and Broccoli Edamame Applesauce Brown Rice Whole Wheat Dinner Roll</p>	<p>29 Breakfast for Lunch Pancakes Sausages Eggs</p>	<p>30 Pork Loin Scalloped Potatoes Spinach Peaches Biscuit</p>	<p>31 Grilled Cheese and Tomato Soup</p>

JANUARY SPEAKER SERIES
12:30 (UNLESS NOTED BELOW)
DINING ROOM

WEDNESDAY, JAN 8: "GAME" ARBOR TERRACE

MONDAY, JAN 13: "CRAFT" BELLINGHAM WEST CHESTER

WEDNESDAY, JAN 15: (11:00) "TEA TASTING" SARAH CARE

WEDNESDAY, JAN 15: TOWN HALL

FRIDAY, JAN 17: "CHI WALKING DEMO"

WEDNESDAY, JAN 22: "DAY OF SERVICE" VENERABLE

MONDAY, JAN 27: "TAKE BACK YOUR HEALTH"

TUESDAY, JAN 28: KINETIC PT BALANCE SCREENING
***** 10:00-11:00*****

THURSDAY, JAN 30: "VALENTINE CRAFTS WITH ANDREA"
10:30 & 12:00.

MORNING PROGRAMS
TUESDAYS
CHAIR YOGA 11:15
MAT YOGA 12:15 (01/21)

THINGS TO KNOW

WINTRY WEATHER-RELATED CLOSURES

If the West Chester Area School District is delayed or closed due to wintry weather conditions, then the West Chester Senior Center will also be closed, and there will be no Chesco Connect service available. In the event we are closed, we will post on our Facebook page as soon as we are able. Also, you can check the School District website. (www.wsasd.net)



Low-Income Home Energy Assistance Program

HELP KEEPING YOUR HOME WARM & SAFE

dhs.pa.gov/LIHEAP

LIHEAP



Uber Eats now accepts EBT and Medicare Advantage Flex cards

Use code **SENIORCENTER50** to shop for eligible groceries and get **50% off** your next **\$50+** order when you use your EBT or Flex card.

- 1 Download the Uber Eats app
- 2 Add your EBT or Flex card
- 3 Shop and schedule delivery from local stores

If you need support or have questions about how to use your Medicare Advantage Flex card on Uber, call **1-866-UBR-HLTH (1-866-827-4584)**.

Valid only when used with a Health Benefits card or EBT card. Promo expires on 02/28/2025. Promo valid for 50% off on orders of \$50 or more (up to max \$40 off). Before taxes, fees, and promotions, from select stores in the Grocery section of the Uber Eats app. Eligible orders placed ahead of time must be scheduled for delivery before the expiration date. Taxes and fees still apply. Terms are subject to change. Pickup orders excluded. Other exclusions may apply (e.g. alcohol orders). See the Uber Eats app for details.



Applications are now open for the 2024-2025 LIHEAP season!

It can get very cold, very fast, in PA. So don't wait!

Learn more: dhs.pa.gov/LIHEAP

Apply now: dhs.pa.gov/COMPASS

WCASC HIGHLIGHTS

Make sure to check our Facebook page for more holiday photos



Jess and our seniors joyfully prepared for holiday fun. Santa was busy checking a long list of names.



Thank you to Venerable for donating Gingerbread House kits! While the kits came with the house frames, seniors added many decorative touches with colorful candies and plenty of icing! What a fun way to spend the afternoon!



As part of our Festive Fridays, we had West Chester University students come to assist our seniors in cookie baking. The flavors were peanut butter, chocolate chip, almond crescent and cake! The cookies were so good the pictures prove it. 🍪🍪

Come to our Town Hall!

Join us at the West Chester Area Senior Center on Wednesday, January 15, 2025, at 12:30 PM for a special Town Hall gathering in the dining room. Interim Executive Director Kim Andrews will share about the upcoming year, including the launch of our 50th Anniversary celebration and the introduction of our yearlong "50 Acts of Service for 50 Years" initiative. Following the presentation, there will be a Q&A session to engage with your questions and ideas. Enjoy coffee and cookies as we come together to celebrate our community and look forward to a remarkable year ahead!

**WEST CHESTER AREA
SENIOR CENTER**

530 E Union St
West Chester, PA
19382

Phone (610) 431-4242

Check us out at:
wcseniors.org

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

*Non-Profit
Organization
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West Chester, PA*

United Way Member Agency



WEST CHESTER AREA SENIOR CENTER

2024-2025 BOARD MEMBERS

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Lee Ann Embrey
Joe Esworthy- *Treasurer*
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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.

