



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

**MARCH 2025  
NEWSLETTER**

### **A Message from Interim Executive Director Kim Andrews**

March is packed with excitement at WCASC! Look for **fun activities**. Our **50 Acts of Service for 50 Years** initiative, and celebrations for our **50th Anniversary**. Our **Annual Campaign** kicks off at the **February 28 Pancake Breakfast on National Pancake Day**, with a **throwback price of just \$4** (Advance registration required). Plus, we're launching the **search for a new Executive Director** in March. We encourage our members to **get involved, look out for each other, and support WCASC** during this milestone year!



### **50 Acts of Service...Enriching Lives in Celebration of 50 Years**

The West Chester Area Senior Center (WCASC) is commemorating its 50th anniversary with the "50 Acts of Service" initiative, led by a committee of members eager to include as many individuals as possible. "50 Acts of Service" aims to strengthen community ties and enrich lives, just like the community has helped bring our mission to life for decades!

"50 Acts of Service" progress includes:

- Writing thank you notes to area First Responders.
- Making and donating afghans to Main Line Hospice patients
- Participating in U.S. Representative Chrissy Houlahan's "Valentine's for Veterans." program to benefit VA Medical Center patients.
- Filling bags with care items for individuals served by the Domestic Violence Center.
- Providing blank cards to Chester County Prison for inmates to send to loved ones.
- Working with Good Fellowship Ambulance and EMS Training Institute to offer CPR/AED training to members.

As the beloved Mr. Fred Rogers once said, "All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors; in our own way, each one of us is a giver and a receiver."

If you have an idea for the "50 Acts of Service" Initiative, please contact Bernadette Walsh at 610-431-4242, ext. 106, or [bernadettew@wcseniors.org](mailto:bernadettew@wcseniors.org).

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

## Make a Gift Today, Ensure WCASC remains a Beacon of Hope and Joy!

The year 2025 marks WCASC's 50th Anniversary!

WCASC has been a cornerstone of community life for half a century, providing an energetic space where seniors connect, thrive, and live their best lives.

We are grateful for the countless individuals who make it possible for WCASC to change lives through:

- Daily Breakfast & Lunch Meals; Weekly Corner Cabinet Food Distribution Program
- Group Fitness Classes; Health and Wellness Presentations
- One-on-One Technology Assistance
- Volunteer Opportunities
- AARP Tax Preparation; APPRISE Medicare Counseling
- Enrichment activities such as Arts & Crafts, Book Club, Language Classes, Current Events, Aging in Place & Support Group, and much more!

To ensure that WCASC remains a beacon of hope & joy for years to come, please make a gift to our Annual Campaign!

Your gift plays a vital role in:

- Supporting New and Ongoing Activities;
- Enhancing Access to Healthy Foods & Information to Help Older Adults Remain Independent; and
- Strengthening WCASC's Outreach and Partnerships, Making a Greater Impact.

Every dollar ensures that WCASC remains a beacon of hope and joy for 50 more years!

### PLEASE SUPPORT OUR WORK!

- Give in person or mail checks to:  
West Chester Area Senior Center; 530 E. Union Street, West Chester, PA 19382
- Give online: <https://wcseniors.org/how-to-make-a-gift>

### Technology Assistance Available with Jim Mobile!



To schedule an appointment,  
call 610-431-4242 x105 or email  
[assistant@wcseniors.org](mailto:assistant@wcseniors.org)

*\*Stay tuned for new tech classes coming soon!\**  
Availability Monday, Tuesday, & Friday  
12:00-3:00 PM

### Second Reading 1 Bookstore 610-692-6756

32 N. Church St, West Chester, PA 19380  
Monday - Friday 10 am - 6pm  
Saturday - Sunday 10 am - 3pm




Second Reading 2 Bookstore  
**IS NOW PERMANENTLY CLOSED**  
Due to impending Parkway Shopping Center  
redevelopment

Look for long-time Second Reading 2 bookstore manager Ann Marie Fletcher's new More Than Books Bookstore to open in March at Gay Street Plaza as an independent nonprofit program to benefit the West Chester Food Cupboard. Best of luck to Ann Marie and her stalwart volunteers in this new venture!

<p><b>3 MONDAY</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 <b>12:30 - WCU Nutrition Cooking Class</b></p>	<p><b>4 TUESDAY</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10-11:30 - WCU Blood Pressures</b> 10:30 - Stretch &amp; Strengthening NOON - Lunch 12:00-3:00 - Tech &amp; Assist</p>	<p><b>5 WEDNESDAY</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>6 THURSDAY</b> Continental Breakfast / Socialization 9:30- Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 10:30- French Class <b>11:00 - OASIS Advisors</b> 11:30 - Level One Fitness Class NOON- Lunch <b>12:45- Mahjong</b></p>	<p><b>7 FRIDAY</b> 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 <b>12:30 - Girl Scouts Tea</b> 12:00-3:00- Tech &amp; Assist</p>
<p><b>10</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 <b>12:30 - WCU Nutrition Cooking Class</b> <b>12:30 - Bellingham w/Shannon Craft</b></p>	<p><b>11</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretch &amp; Strengthening <b>11:15 - Yoga</b> NOON - Lunch 12:00-3:00 - Tech &amp; Assist <b>12:30 - ZUMBA Gold</b></p>	<p><b>12</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00-1:00 Corner Cabinet 10:00- German Klub <b>10:10 - Villanova Presentation</b> 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>13</b> Continental Breakfast / Socialization 9:30 - Bible Study 9:30- Cardio Interval Fitness Class <b>10-12- Senator Comitita Outreach</b> 10:30 - Level Two Fitness Class 10:30- French Class 11:00 - Palliative vs Hospice Care 11:30 - Level One Fitness Class NOON- Lunch <b>12:45- Mahjong</b></p>	<p><b>14</b> Continental Breakfast / Socialization <b>9:45-10:30- "Team" Word Games</b> 10:30- Friday Fun Fitness 10:30- Jenga <b>11:00 - Salsa w/Dee</b> <b>11:00- 11:30- Brain Aerobics</b> 11:30- Level One Fitness Class NOON- Lunch 12:00-3:00- Tech &amp; Assist <b>12:30 - Chi Walking</b></p>
<p><b>17</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 / Grateful Alive Show 12:00 - 3:00 - Tech &amp; Assist <b>12:30 - WCU Nutrition Cooking Class</b></p>	<p><b>18</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretch &amp; Strengthening <b>10:30 - Beginner's Spanish</b> <b>11:15- Book Club</b> <b>11:15 - Yoga</b> NOON- Lunch 12:00-3:00 Tech &amp; Assist <b>12:30 - ZUMBA Gold</b></p>	<p><b>19</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00 -1:00 - Corner Cabinet <b>10-12- State Rep Pilelli's Office</b> 10:00- German Klub 10:30 - Level Two Fitness Class 10:30- Bingo 11:30- Level One Fitness Class <b>NOON-Birthday Lunch/Karaoke</b> 12:45 - Knitting and Crocheting Club</p>	<p><b>20</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>21</b> 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>24</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class <b>9:30 - Villanova Nurses</b> 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 <b>12:30 - WCU Nutrition Cooking Class</b></p>	<p><b>25</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 - Stretching &amp; Strengthening <b>10:30 - Beginner's Spanish</b> <b>11:15- Yoga</b> NOON- Lunch 12:00-3:00 Tech &amp; Assist <b>12:30 - ZUMBA Gold</b></p>	<p><b>26</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class <b>10:00 - DCCC Nurses</b> 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 <b>1:00 - Parkinson's Support</b></p>	<p><b>27</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 10:30- French Class <b>11:00 - Habits of Happy</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:45- Mahjong</b></p>	<p><b>28</b> 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 <b>12:30 - Chi Walking</b></p>
<p><b>31</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 <b>12:30 - WCU Nutrition Cooking Class</b></p>	<h1>MARCH PROGRAMS &amp; ACTIVITIES</h1>			<p><b>**EVERYDAY 9-3**</b> Puzzles &amp; games Computer lab Reading café</p> <p><b>**Schedules are subject to change</b></p>

## MARCH LUNCH SCHEDULE

<u>MONDAY</u> 3	<u>TUESDAY</u> 4	<u>WEDNESDAY</u> 5	<u>THURSDAY</u> 6	<u>FRIDAY</u> 7
<b>Beef Stroganoff</b> Brown Rice Carrots Dinner Roll Mandarin Oranges	<b>Turkey Burger w/Cheese</b> Cole Slaw Tropical Fruit Chicken Noodle Soup	<b>BBQ Chicken</b> Broccoli Egg Noodles Mixed Fruit Dinner Roll	<b>Meatloaf</b> Mashed Sweet Potatoes Broccoli Peaches Dinner Roll Tomato Soup	<b>Tuna Noodle Casserole</b> Winter Blend Vegetables Pears
<b>10</b> <b>Deconstructed Chicken Pot Pie</b> Brussels Sprouts Peaches	<b>11</b> <b>Cheese Steak w/Sauteed Onions</b> Sweet Potato Fries Mandarin Oranges Cream of Potato Soup	<b>12</b> <b>Chicken Parmesan</b> California Blend Vegetables Pineapples	<b>13</b> <b>Breaded Fish</b> Rice Winter Blend Vegetables Fruit Cocktail	<b>14</b> <b>Chicken Cacciatore</b> Dinner Roll Cream of Potato Soup Pears
<b>17</b> <b>Roast Turkey w/Gravy</b> Mashed Potatoes Green Beans Dinner Roll Tropical Fruit	<b>18</b> <b>Chicken Marsala</b> Oven Roasted Potatoes Broccoli Dinner Roll Mandarin Oranges Vegetable Soup	<b>19</b> <b>Lasagna</b> Parmesan Broccoli Cake 	<b>20</b> <b>Baked Chicken Breast</b> Au Gratin Potatoes Winter Blend Vegetables Vanilla Pudding Beef & Cabbage Soup	<b>21</b> <b>Swedish Meatballs</b> Baby Carrots Egg Noodles Oatmeal Cookies
<b>24</b> <b>Rotisserie Seasoned Chicken</b> Au Gratin Potatoes Winter Blend Vegetables Dinner Roll Chocolate Pudding	<b>25</b> <b>Garlic &amp; Herbed Baked Tilapia</b> Scalloped Potatoes Carrots Mandarin Oranges Corn Chowder	<b>26</b> <b>Chicken Cordon Bleu</b> Roasted Potatoes Brussels Sprouts Dinner Roll Cupcake	<b>27</b> <b>Salisbury Steak</b> Mashed Potatoes Peas & Carrots Dinner Roll Mixed Fruit	<b>28</b> <b>Turkey Cheese Hoagie</b> Pineapples Beef Barley Soup
<b>31</b> <b>Beef Macaroni</b> w/Tomato Sauce Green Beans Bread Pineapples			<b>**Please reserve 10 days in advance! **</b>	<b>*Milk served with lunch daily*</b> Menus are always subject to change.





## MARCH SPEAKER SERIES

MONDAYS IN MARCH @12:30 PM: WCU NUTRITION COOKING CLASS

TUESDAY, MARCH 4<sup>TH</sup> @10:00 AM: WCU BLOOD PRESSURES

THURSDAY, MARCH 6<sup>TH</sup> @ 11:00 AM: OASIS ADVISORS

FRIDAY, MARCH 7<sup>TH</sup> @12:30 PM: GIRL SCOUTS TEA

MONDAY, MARCH 10<sup>TH</sup> @12:30 PM: BELLINGHAM WITH SHANNON CRAFTING

TUESDAY, MARCH 11<sup>TH</sup> 18<sup>TH</sup> & 25<sup>TH</sup> @10:30 AM: BEGINNER'S SPANISH CLASS

@11:15 AM: YOGA, 18<sup>TH</sup>: BOOK CLUB

@12:30 PM: ZUMBA GOLD

WEDNESDAY, MARCH 12<sup>TH</sup> @10:10 AM: VILLANOVA STUDENTS PRESENTATION

FRIDAY, MARCH 14<sup>TH</sup> @11:00 AM: SALSA WITH DEE

MARCH 14<sup>TH</sup> & MARCH 28<sup>TH</sup> @12:30 PM: CHI WALKING

MONDAY, MARCH 17<sup>TH</sup> @NOON: ST PADDY'S DAY GRATEFUL ALIVE LUNCH SHOW

WEDNESDAY, MARCH 19<sup>TH</sup> @NOON: BIRTHDAY LUNCH FEATURING KARAOKE  
SPONSORED BY AETNA

THURSDAY, MARCH 20<sup>TH</sup> @11:00 AM: AGING IN PLACE SHARING/SUPPORT GROUP

MONDAY, MARCH 24<sup>TH</sup> @9:30 AM: VILLANOVA NURSES

WEDNESDAY MARCH 26<sup>TH</sup> @10:00 AM: DCCC NURSES

@1:00 PM: PARKINSON'S SUPPORT

THURSDAY MARCH 27<sup>TH</sup> @11:00 AM: HABITS OF HAPPY PEOPLE

## MORNINGS AT THE CENTER

MONDAY-FRIDAY 9:30-12:00 - Fitness Classes

MONDAY MORNINGS 10:30 - Current Events

TUESDAY MORNINGS 10:30 - Spanish Class

WEDNESDAY MORNINGS 10:30 - German Klub

THURSDAY MORNINGS 10:30 - French Club

MONDAY, TUESDAY, & FRIDAY 12:00-3:00 - Technology Assistance (Appointment  
Necessary) Contact: [jimm@wcseniors.org](mailto:jimm@wcseniors.org) or 610-431-4242 x115

# ANYONE CAN BE A CRITICAL DIFFERENCE-MAKER!

*The year 2025 marks WCASC's 50th year of service to seniors in our community!*

As an independent 501(c)(3) nonprofit organization, WCASC depends on donations from individuals, foundations, and corporations for its annual operating costs.

Currently, we are in the midst of the Annual Campaign, raising funds for the programs seniors rely on to be active, healthy, and as independent as possible.

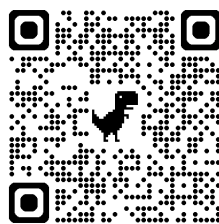
Anyone can be a critical difference-maker by participating in the Annual Campaign, making it possible for seniors to thrive. We welcome you to make a gift!

For more information, contact Bernadette Walsh at [bernadettew@wcseniors.org](mailto:bernadettew@wcseniors.org) or 610-431-4242, ext. 106.



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**AARP QR code for the West Chester Area Senior Center appointment scheduling**



***Taxes Days: Feb 10 - April 3<sup>rd</sup> on Mondays, Tuesdays & Thursdays***

Scheduling is **ONLY** for 21 days out.

Procedures to sign up to have your taxes done:

- 1) Scan URL code above with your cell phone (it will take you to the site)
- 2) Select West Chester Area Senior Center location (second option), tap "Book"
- 3) Chose day of week and AM or PM
- 4) Select date and time, tap select and continue
- 5) Fill out: name, cell phone number, and email address
- 6) Answer the two tax related questions directly below that section
- 7) Tap "Confirm appointment"

\*You will receive confirmation on your cell phone and/or in email. Please check your spam/junk folder.\*



## WCASC HIGHLIGHTS



West Chester Chief Communications Officer Dave March (front left) & Officer Kyle Livesay (front, second from right) from the West Chester Police Department visited. We shared packets of thank you notes from our members, volunteers, and staff, part of our 50 Acts of Service initiative in celebration of our 50th Anniversary.

Thank you, First Responders!! We rely on your bravery, expertise and compassion, and we truly cannot thank you enough!



As part of WCASC's 50 Acts of Service initiative, our Knitting & Crocheting Club (above photo) made and donated afghan blankets to [Main Line Health](#) HomeCare & Hospice.

A beautiful note from [Main Line Health](#), reads:

*"I want to thank you so very much for the beautiful afghans, made and generously donated by the women of the West Chester Senior Center Knitting & Crocheting Club. These blankets will bring warmth & comfort to our patients receiving hospice services in our hospitals and long-term care facilities. Please share our gratitude with everyone who generously donated their time and talent. We are most grateful."*

## PA MEDI APPOINTMENTS

Medicare Drug Plan (APPRISE) appointments may be made through the Center at the front desk either in person or by calling 610-431-4242. Dale McCarter will be available the 2<sup>nd</sup> Monday of each month for three appointments 10 AM, 11 AM, and 12 Noon. Harry Ting will be available the 3<sup>rd</sup> Tuesday of every month for three appointments 9:30 AM, 10:30 AM, and 11:30 AM.

Please remember to bring all insurance information, cards, list of medications and doses, proof of income (assistance is screened), and any letters received from plans, CMS, DHS, SSA, or your employer. Thank you!

**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**

**Alessandra Bellwoar- Secretary**

**Jess Declat**

**Lee Ann Embrey**

**Elizabeth Facciolo- Vice President**

**Stacey L. Fuller, Esq.- President**

**Mickey Hall**

**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.*

