



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

**APRIL 2025  
NEWSLETTER**

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

We're in an exciting time here at the Senior Center! Each month, we host about 1,500 visits, serve over 500 lunches, and provide groceries through our Corner Cabinet to almost 150 people, and we have a great time doing it.

We're testing out bringing back our beloved hot breakfasts, keeping our members hopping with fitness, and learning with laughter. Our board of directors is interviewing exciting candidates to be the next executive director. And I'm enjoying being here with all of you while we prepare for the future! Let's have an amazing April together.



## **50 Acts of Service – Giving Back, Going Strong**

Our **50th Anniversary** celebration is in full swing, and **50 Acts of Service** is bringing our community together in meaningful ways! This year is all about **giving back with heart, creativity, and purpose**—and we want you to be part of it!

- **Learn Life-Saving Skills!** On **April 15**, Good Fellowship Ambulance & EMS Training Institute will lead a **non-certification CPR & AED training** at the Center. Want to join? **Call 610-431-4242, ext. 106 by April 7** to sign up!
- **Helping Our Furry Friends!** We're donating blankets and towels to **Chester County Animal Hospital** and baking homemade dog treats for the **SPCA**.
- **Spreading Joy!** We're crafting **beautiful flower arrangements** for **Pocopson Home residents** and launching a **letter-writing initiative** for individuals at **Chester County Prison**.
- **See Our Progress!** Check out the **Dining Hall bulletin board** to track our Acts of Service. **New to WCASC?** Stop by the front desk for a tour and discover all we have to offer!

**Got an idea for an Act of Service?** We're performing **50 Acts all year long** and welcome your suggestions! **Contact Bernadette Walsh at 610-431-4242, ext. 106 or [bernadettew@wcseniors.org](mailto:bernadettew@wcseniors.org)** to get involved.

**Open Monday-Friday 9 AM-3 PM**  
**530 East Union St. West Chester, PA 19382 | [wcseniors.org](http://wcseniors.org) | 610-431-4242**

## WEST CHESTER AREA SENIOR CENTER UPDATES

### Celebrate 50 Years of Community at WCASC!

For **50 years**, the **West Chester Area Senior Center** has been a place where friendships grow, members connect, and older adults find **purpose, belonging, and support**. Whether sharing a meal, staying active, or learning new skills, WCASC enriches lives in meaningful ways.

To celebrate this milestone, our members are giving back through **50 Acts of Service for 50 Years**—volunteer projects and community outreach reflecting our gratitude.

**We invite you to get involved!** Suggest an act of service or participate in upcoming opportunities to give back and strengthen our community. Whether it's lending a hand at the center, reaching out to fellow members, or supporting local organizations, your contributions make a lasting impact.

**You can also help secure the future of WCASC by making a financial gift.** Your generosity will allow us to welcome new members, expand outreach, enhance our technology and digital literacy programs, hire our next Executive Director, and plan for a strong, sustainable future. Together, we can ensure that WCASC remains a place of connection, engagement, and care for the next 50 years.

**Make your financial gift today at <https://wcseniors.org/how-to-make-a-gift/>** or stop by to share your service idea!

### Technology Assistance Available with Jim Mobile!



**Available by appointment only  
Monday, Tuesday, & Friday  
12 noon-3 PM**

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

***Stay tuned for new tech classes  
coming soon!***

### Second Reading 1 Bookstore OPEN FOR BUSINESS!

**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!

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>7 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class <b>10:00-11:00- Singing Bowls</b> <b>9:30-11:00- Villanova Nurses</b> <b>10:00-12:00- ENTACC w/ Alexis</b> 10:30 - Level Two Fitness Class 10:30 - Bingo &amp; Current Events <b>11:00- Health Care Presentation</b> 11:30- Level One Fitness Class NOON- Lunch 12:00 – 3:00 - Tech &amp; Assist</p>	<p>8 Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretch &amp; Strengthening <b>10:30 – Beginner’s Spanish Class</b> <b>11:15 – Chair Yoga</b> NOON – Lunch 12:00-3:00 - Tech &amp; Assist <b>12:30 – ZUMBA Gold</b></p>	<p>9 Continental Breakfast/ Socialization 9:30 - Level Three Fitness Class 10:00-1:00 Corner Cabinet <b>10:00- DCCC Nurse BPs</b> <b>9:30-11:00- Villanova Nurses</b> 10:00- German Klub 10:30 - Level Two Fitness Class 10:30 – Bingo <b>11:00- Life After Loss</b> 11:30 - Level One Fitness Class NOON – Lunch 12:45 - Knitting and Crocheting Club</p>	<p>10 Continental Breakfast/Socialization 9:30 – Bible Study 9:30- Cardio Interval Fitness Class <b>10-11:30- WCU Nurses</b> <b>10-12- Senator Comitta Outreach</b> 10:30 - Level Two Fitness Class 10:30- French Class <b>11:00- Medical vs Non-Medical Care w/Dave</b> 11:30 - Level One Fitness Class NOON- Lunch <b>12:45- Mahjong</b></p>	<p>11 Continental Breakfast /Socialization <b>9:45-10:30- “Team” Word Games</b> 10:30- Friday Fun Fitness <b>11:00- Swing Dancing</b> <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>14 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class <b>9:30-11:00- 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- Flower Bar w/ Shannon from Bellingham</b></p>	<p>15 Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretch &amp; Strengthening <b>10:30 – Beginner’s Spanish Class</b> NOON – Lunch 12:00-3:00 - Tech &amp; Assist <b>12:30 – ZUMBA Gold</b></p>	<p>16 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class <b>9:30-11- Villanova Presentation</b> 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 <b>NOON-Birthday Lunch w/ Bob Stamer</b> 12:45 - Knitting and Crocheting Club</p>	<p>17 Continental Breakfast / Socialization 9:30 – Cardio Interval Fitness Class <b>10-11:30- WCU Nurses</b> 10:30 – Level Two Fitness Class 10:30- French Class <b>11:00- Trivia w/ Angel Companions</b> <b>11:15- Aging in Place Support Group</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:45- Mahjong</b></p>	<p>18 <b>CLOSED for Good Friday</b></p>
<p>21 Continental Breakfast /Socialization <b>9:00-10:00- Talbots Shopping</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>22 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10-11:30- WCU Nurses</b> 10:30- Stretching &amp; Strengthening <b>10:30 – Beginner’s Spanish</b> <b>11:15- Chair Yoga</b> NOON- Lunch 12:00-3:00 Tech &amp; Assist <b>12:30 – ZUMBA Gold</b></p>	<p>23 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class <b>9:30-11- Villanova Presentation</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</p>	<p>24 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>10-11:30- WCU Nurses</b> 10:30 – Level Two Fitness Class 10:30- French Class 11:30- Level One Fitness Class NOON- Lunch <b>12:45-Mahjong</b></p>	<p>25 Continental Breakfast /Socialization <b>9:45-10:30- “Team” Word Games</b> 10:30- Friday Fun Fitness <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>28 Continental Breakfast /Socialization 9:30 - Level Three Fitness Class <b>9:30-11:00- Villanova Nurses</b> 10:30 - Level Two Fitness Class 10:30 - Bingo &amp; Current Events <b>11:00- Nurse Program</b> 11:30 - Level One Fitness Class NOON- Lunch 12:00-3:00 Tech &amp; Assist</p>	<p>29 Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class <b>10-11:30- WCU Nurses</b> 10:30- Stretch &amp; Strengthening <b>10:30 – Beginner’s Spanish</b> NOON – Lunch <b>11:15 – Chair Yoga</b> 12:00-3:00 - Tech &amp; Assist <b>12:30 – ZUMBA Gold</b></p>	<p>30 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- West Goshen Supervisor</b> 11:30 - Level One Fitness Class NOON – Lunch 12:45 - Knitting and Crocheting Club</p>	<p><b>APRIL PROGRAMS &amp; ACTIVITIES</b></p>	<p><b>**EVERYDAY 9-3** Puzzles &amp; games Computer lab Reading café</b>  <b>**Schedules are subject to change</b></p>

## APRIL LUNCH SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	<b>1</b> <b>Turkey Burger w/Cheese</b> Cole Slaw Tropical Fruit Chicken Noodle Soup	<b>2</b> <b>BBQ Chicken</b> Broccoli Egg Noodles Mixed Fruit Dinner Roll	<b>3</b> <b>Meatloaf</b> Mashed Sweet Potatoes Broccoli Peaches Dinner Roll Tomato Soup	<b>4</b> <b>Tuna Noodle Casserole</b> Winter Blend Vegetables Pears
<b>7</b> <b>Deconstructed Chicken Pot Pie</b> Brussels Sprouts Peaches	<b>8</b> <b>Cheese Steak w/Sauteed Onions</b> Sweet Potato Fries Mandarin Oranges Soup	<b>9</b> <b>Chicken Parmesan</b> California Blend Vegetables Pineapples	<b>10</b> <b>Breaded Fish</b> Rice Winter Blend Vegetables Fruit Cocktail	<b>11</b> <b>Chicken Cacciatore</b> Dinner Roll Pears
<b>14</b> <b>Roast Turkey w/Gravy</b> Mashed Potatoes Green Beans Dinner Roll Tropical Fruit	<b>15</b> <b>Chicken Marsala</b> Oven Roasted Potatoes Broccoli Dinner Roll Mandarin Oranges Vegetable Soup	<b>16</b> <b>Lasagna</b> Parmesan Broccoli Cake 	<b>17</b> <b>Baked Chicken Breast</b> Au Gratin Potatoes Winter Blend Vegetables Vanilla Pudding	<b>18</b>  <b>CLOSED for Good Friday</b>
<b>21</b> <b>Rotisserie Seasoned Chicken</b> Au Gratin Potatoes Winter Blend Vegetables Dinner Roll Chocolate Pudding	<b>22</b> <b>Garlic &amp; Herbed Baked Tilapia</b> Rice Carrots Mandarin Oranges Corn Chowder	<b>23</b> <b>Chicken Cordon Bleu</b> Roasted Potatoes Brussels Sprouts Dinner Roll Cupcake	<b>24</b> <b>Salisbury Steak</b> Mashed Potatoes Peas & Carrots Dinner Roll Mixed Fruit	<b>25</b> <b>Turkey Cheese Hoagie</b> Pineapples Soup
<b>28</b> <b>Beef Macaroni</b> w/Tomato Sauce Green Beans Bread Pineapples	<b>29</b> <b>Swedish Meatballs</b> Baby Carrots Egg Noodles Oatmeal Cookies	<b>30</b> <b>Pizza</b>	<b>**Please reserve 10 days in advance! **</b>	*Milk served with lunch daily* Menus are always subject to change.

## **APRIL SPEAKER SERIES**

**WEDNESDAY, APRIL 2<sup>ND</sup> @ 11:00 AM: SARAH CARE "GUIDED SKETCH"**

**THURSDAY, APRIL 3 @ 11:00 AM: Q & A WITH CAADC**

**FRIDAYS, APRIL 4 & 25 @ 12:30 PM: "CHI WALKING" WITH CAROL BILEK**

**MONDAY, APRIL 7<sup>TH</sup> @ 10:00 AM: CAROL METZGER-SINGING BOWLS MEDITATION**

**MONDAY, APRIL 7 @ 11:00AM: "MANAGING YOUR HEALTHCARE" MEREDITH DISKIN**

**WEDNESDAY, APRIL 9 @ 10:00 AM: DCCC NURSES**

**WEDNESDAY, APRIL 9 @ 11:00 AM: "LIFE AFTER LOSS", CHRIS FERYO**

**THURSDAY, APRIL 10 @ 11:00 AM "MEDICAL VS NON-MEDICAL CARE" W/ DAVE**

**FRIDAY, APRIL 11 @ 11:00AM: WEST COAST SWING DANCE CLASS**

**MONDAY, APRIL 14 @ 12:30 PM: "FLOWER BAR" BELLINGHAM, SHANNON**

**TUESDAY, APRIL 15 @ 10:00AM: "CPR REVIEW", GOOD FELLOWSHIP**

**WEDNESDAY, APRIL 16 @ 12:30 PM: BOB STARNER BIRTHDAY ENTERTAINMENT**

**THURSDAY, APRIL 17 @ 11:00AM: "TRIVIA" ANGEL COMPANIONS**

**MONDAY, APRIL 28 @ 11:00AM: "STRESS MANAGEMENT" ROSE LANG RN**

**WEDNESDAY, APRIL 30 @ 11:00AM: "TOWN HALL" WEST GOSHEN SUPERVISOR**

**WEDNESDAY, APRIL 30 @ 1:00 PM: PARKINSON'S SUPPORT**

**MONDAYS, & WEDNESDAYS @ 9:30-11:30 AM: VILLANOVA NURSES**

**TUESDAYS & THURSDAYS @ 10:00-11:30AM: WCU NURSES**

## **MORNINGS AT THE CENTER**

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

**MONDAY MORNINGS 10:30 - Current Events/Bingo**

**TUESDAY MORNINGS 10:30 - Spanish Class / 11:15- Chair Yoga**

**WEDNESDAY MORNINGS 10:30 - German Klub/Bingo**

**THURSDAY MORNINGS 10:30 - French Club**

**FRIDAY MORNINGS 9:45-Team Word Games/11:00- Brain Aerobics**

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

## Support the Programs You Love – Join the Annual Campaign!

*Celebrating 50 years of service!*

As a valued member of the **West Chester Area Senior Center**, you know firsthand how important our programs, meals, activities, and friendships are in keeping us all **active, healthy, and independent**. As an **independent nonprofit**, we rely on donations to keep these vital services going strong.

Right now, during our **Annual Campaign**, we're raising the funds needed to continue offering everything you enjoy at WCASC. **Every donation—big or small—helps keep our doors open and our programs thriving for you and your fellow members.**

If WCASC has made a difference in your life, we invite you to give back in whatever way you can. **Together, we can ensure that our center remains a vibrant place for all seniors to connect, learn, and thrive!**

Give at [www.wcseniors.org](http://www.wcseniors.org), drop off your financial gift at the front desk, or talk to Bernadette Walsh at [bernadettew@wcseniors.org](mailto:bernadettew@wcseniors.org) or 610-431-4242, ext. 106.



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## You Are Not Alone – Join Our New Grief Support Group

Grief is a journey that no one should have to navigate alone. If you are coping with the loss of a loved one, we invite you to find comfort, connection, and healing in the company of others who understand.

Starting in **April 2025**, the **West Chester Area Senior Center** is launching a **monthly Grief Support Group**, providing a welcoming and supportive space to share experiences, receive encouragement, and learn practical tools for coping with loss.

Led by **Christopher Feryo, MS, CT**, Funeral Director and owner of **Founds-Feryo Cremation and Burial Services, LLC**, each session will offer **uplifting guidance, compassionate support, and helpful strategies** to help you move forward while honoring your loved ones.

**Join us for the first session on Wednesday, April 9, 2025, at 11AM in the WCASC Board Room.** The group will continue to meet on the **second Wednesday of each month.**

You don't have to face grief alone. **Sign up today in our lobby or call 610-431-4242.** We're here for you.

## WCASC HIGHLIGHTS



In March, Tasha Isaac, MHS, Senior Constituent Advocate from U.S. Representative Chrissy Houlahan's office, visited and shared helpful resources for our community.

We're excited she'll be back regularly! Meet Tasha from 10 AM to noon on:

- **Monday, June 2, 2025**
- **Monday, August 4, 2025**
- **Monday, September 8, 2025**
- **Monday, December 1, 2025**



The Pancake Breakfast on February 28<sup>th</sup> was stacked with fun! In addition to enjoying hotcakes and sausage, we raffled baskets put together by our members and sold beautiful dish towels made by our excellent Knitting and Crocheting Club!



As part of our 50 Acts of Service, we baked treats for the dogs at Brandywine Valley SPCA and donated blankets and towels to West Chester Animal Hospital. We're proud to support those who care for animals in our community!

**WEST CHESTER AREA  
SENIOR CENTER**

530 E Union St  
West Chester, PA  
19382

610-431-4242

Check us out at:

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

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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- Co-Treasurer**

**Natalie Drury Howell**  
**Tim Jefferis- Co-Treasurer**  
**Dave Mauer**  
**Alissa McGrory, Esq.**  
**Andrea Napoli**  
**Andrea Pettine, Esq.**  
**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. All contributions are tax deductible to the extent allowed by law. The Center's official registration may be obtained from the Pennsylvania Department of State by calling toll-free (within PA) 1-800-732-0999. Registration does not imply endorsement.*