

MAY 2025



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

**MAY 2025
NEWSLETTER**

A Message from Interim Executive Director Kim Andrews

Spring is a season of celebration and growth here at WCASC as we continue honoring our 50th Anniversary with our "50 Acts of Service" campaign. We're excited to host a special Volunteer Appreciation Luncheon with a Cinco de Mayo twist, and we're bringing back our restarted monthly breakfast—join us on Friday, May 30 for just \$5! We've also launched a new weekly Technology Q&A with Jim Mobile to help members stay connected and confident online. ***Most exciting of all, we'll be announcing our new Executive Director in May.*** Thank you for being part of this vibrant, supportive community!



50 Acts of Service – Giving Back, Going Strong

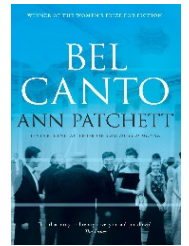
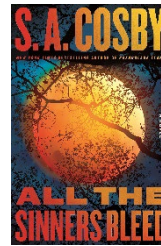
- The **French Club** rallied together to collect non-perishable food items for **The Corner Cabinet**, helping to fight hunger right here in our community.
- Our **Senior Members** got creative, crafting beautiful **artificial flower arrangements** to brighten the rooms and hearts of residents at the **Chester County Pocopson Home**.
- Taking compassion beyond, seniors are also writing **handwritten notes** filled with encouragement and empathy for individuals at the **Chester County Prison**.
- The talented members of our **Knitting and Crocheting Club** are putting their skills to work, lovingly making **baby blankets** for families supported by a local **new parents' organization**.
- And in a powerful show of support for youth, our seniors are collecting **household essentials** for **Eddie's House**—a safe and supportive home for young adults transitioning out of foster care.

These projects remind us that even the smallest acts of kindness can create ripples of hope & connection.

Open Monday-Friday 9 AM-3 PM
530 East Union St. West Chester, PA 19382 | wcseniors.org | 610-431-4242

WEST CHESTER AREA SENIOR CENTER UPDATES

- Check us out on [Facebook](#)...
- **Cinco de Mayo** (Monday, May 5th): Join us in celebrating the incredible volunteers who make our center such a warm and welcoming place to be with a taco bar!
- **Welcome our new Partnership** with *If Not For Music*, their mission is to empower the performer and the listener through the gift of music to create musical journeys that transform the lives of both. On the second Wednesday of every month come listen and enjoy musical performances in the afternoon.
- **Join Us:** Join us for a 10-week Tai Chi session starting Thursday, May 15, hosted by the Department of Aging. Classes will be held every Thursday through July 3.
- Come every **Tuesday at 12:30 pm** to play UNO! We're a loud, competitive bunch who love to have fun—bring your game face and your best Draw Four strategy!
- **Book Club:** Exciting discussions every 3rd Tuesday of the month. Don't miss out!
May read is *All the Sinners bleed* by S.A Crosby
June is *Maybe You Should Talk to Someone* by Lori Gottlieb
July is *Bel Canto* by Ann Patchett.



- **ITEMS NEEDED:** We are always in need of shelf stable milk, crackers, cereals, chicken/vegetable/beef broths, and canned soup (Chunky or Progresso).

Technology Assistance Available with Jim Mobile!



Available by appointment only
Monday, Tuesday & Friday: 10 AM- 3 PM

NEW: Technology Q&A in Board Room
Wednesdays 10 AM- 11:30 AM

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

Discover New Friendships, Fun & Purpose! Join Our Clubs at the Senior Center!

Whether you love *knitting & crocheting*, *board games*, *books*, *foreign language*, *volunteering*, or *simply great conversation*—we've got something for everyone.




OPEN FOR BUSINESS!

Second Reading 1 Bookstore
32 N. Church St, West Chester, PA 19380
Monday - Friday 10 am - 6pm
Saturday - Sunday 10 am - 3pm
610-692-6756

<p><u>MONDAY</u></p> <p>MAY</p> <p>PROGRAMS & ACTIVITIES</p>	<p><u>TUESDAY</u></p> <p>**EVERYDAY 9-3**</p> <p>Puzzles & games</p> <p>Computer lab</p> <p>Reading café</p> <p>**Schedules are subject to change**</p>	<p><u>WEDNESDAY</u></p>	<p><u>THURSDAY</u></p>	<p><u>FRIDAY</u></p>
<p>5 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10-11- Singing Bowls 10:00 – 3:00 - Tech & Assist 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:30- Level One Fitness Class NOON- Volunteer Lunch</p>	<p>6 Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening 11:15 – Chair Yoga NOON – Lunch 12:30- UNO</p>	<p>7 Continental Breakfast/ Socialization 9:30 - Level Three Fitness Class 10:00-1:00 Corner Cabinet 10:00-11:30- Technology Q&A 10:00- German Klub 10:30 - Level Two Fitness Class 10:30 – Bingo 11:00- Intro to Silver Lining Clinic 11:30 - Level One Fitness Class NOON – Lunch 12:45 - Knitting and Crocheting Club</p>	<p>1 Continental Breakfast /Socialization 9:30- Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 10:30- French Class ***11:00 - Level One Fitness Class NOON- Lunch 12:30-2:30- Health Expo 12:45- Mahjong</p>	<p>2 Continental Breakfast /Socialization 9:45-10:30- “Team” Word Games 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:00- 11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch</p>
<p>12 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00 – 3:00 - Tech & Assist 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:30- Level One Fitness Class NOON- Lunch</p>	<p>13 Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening 11:00- Full Range PT: Discussion on Joint Pain and Mobility 11:15- Chair Yoga NOON – Lunch 12:30- UNO</p>	<p>14 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00 -1:00 - Corner Cabinet 10:00-11:30- Technology Q& 10:00- German Klub 10:30 - Level Two Fitness Class 10:30- Bingo 11:00- Grief Support: Life after Loss 11:00- Medicaid Home Care Process 11:30- Level One Fitness Class NOON- Lunch 12:45 - Knitting and Crocheting Club 1-2- If Not for Music: Steve Rhoads</p>	<p>15 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 – Level Two Fitness Class 10:30- French Class 11:00- Oasis Advisors: Reminiscing 11:15- Aging in Place Support Group 11:30- Level One Fitness Class NOON- Lunch 12:30- Tai Chi Course 12:45- Mahjong</p>	<p>16 Continental Breakfast /Socialization 9:45-10:30- “Team” Word Games 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:00- 11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch 12:30- Chi Walking</p>
<p>19 Continental Breakfast /Socialization 9:30 - Level Three Fitness Class 10-12: ENTACC w/ Alexis 10:00 – 3:00 - Tech & Assist 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events 11:30 - Level One Fitness Class NOON- Lunch 10:00-3:00 Tech & Assist</p>	<p>20 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 11:15- Book Club 11:15- Chair Yoga NOON- Lunch 12:30- UNO</p>	<p>21 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10-12- State Rep Pielli's Office 10:00-11:30- Technology Q&A 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- Birthday Lunch 12:45- Knitting and Crocheting</p>	<p>22 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 12:30- Tai Chi Course 12:45- Mahjong</p>	<p>23 Continental Breakfast /Socialization 9:45-10:30- “Team” Word Games 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:00- 11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch</p>
<p>26</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>27 Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 11:15 – Chair Yoga NOON – Lunch 12:30- UNO</p>	<p>28 Continental Breakfast/ Socialization 9:30 - Level Three Fitness Class 10:00-1:00 Corner Cabinet 10:00-11:30- Technology Q&A 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 1:00- Parkinsons Support</p>	<p>29 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 12:30- Tai Chi Course 12:45- Mahjong</p>	<p>30 Continental Breakfast /Socialization 9:45-10:30- “Team” Word Games 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:00- 11:30- Brain Aerobics 11:30- Level One Fitness Class NOON- Lunch</p>

MAY LUNCH SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
**Please reserve 10 days in advance! **	*Milk served with lunch daily* Menus are always subject to change.		1 Meatloaf Mashed Sweet Potatoes Broccoli Peaches Dinner Roll Tomato Soup	2 Tuna Noodle Casserole Winter Blend Vegetables Pears
5 Deconstructed Chicken Pot Pie Brussels Sprouts Peaches	6 Cheese Steak w/Sauteed Onions Sweet Potato Fries Mandarin Oranges Soup	7 Chicken Parmesan California Blend Vegetables Pineapples	8 Breaded Fish Rice Winter Blend Vegetables Fruit Cocktail	9 Chicken Cacciatore Dinner Roll Pears
12 Roast Turkey w/Gravy Mashed Potatoes Green Beans Dinner Roll Tropical Fruit	13 Chicken Marsala Oven Roasted Potatoes Broccoli Dinner Roll Mandarin Oranges Vegetable Soup	14 Lasagna Parmesan Broccoli Cake	15 Baked Chicken Breast Au Gratin Potatoes Winter Blend Vegetables Vanilla Pudding	16 Pizza
19 Chicken Cordon Bleu Roasted Potatoes Brussels Sprouts Dinner Roll Cupcake	20 Garlic & Herbed Baked Tilapia Rice Carrots Mandarin Oranges Corn Chowder	21 Rotisserie Seasoned Chicken Au Gratin Potatoes Winter Blend Vegetables Dinner Roll Chocolate Pudding 	22 Salisbury Steak Mashed Potatoes Peas & Carrots Dinner Roll Mixed Fruit	23 Turkey Cheese Hoagie Pineapples Soup
26 CLOSED FOR MEMORIAL DAY	27 Swedish Meatballs Baby Carrots Egg Noodles Oatmeal Cookies	28 Turkey Burger w/Cheese Cole Slaw Tropical Fruit Chicken Noodle Soup	29 BBQ Chicken Broccoli Egg Noodles Mixed Fruit Dinner Roll	30 Beef Macaroni Green Beans Pineapples

May Speaker Series

Thursday, May 1 @ 12:30 PM: Spring Health Expo

Monday, May 5 @10:00 AM: Carol Metzger-Singing Bowls Meditation

Wednesday, May 7@ 11:00 AM: "Intro to Silver Lining" Sami Quazi

Thursday, May 8 @12:30 AM: Fashion Show & Mother's Day Tea

Tuesday, May 13 @ 11:00 AM "Joint Pain & Mobility", Full Range PT

Wednesday, May 14@ 11:00 AM: "Life after Loss" , Chris Feryo

Wednesday May 14 @ 11:00 AM "Medicaid Homecare Process", Aging with Comfort

Wednesday, May 14@1:00 PM "Steve Rhoades, singer @ Acoustic Guitar "

Entertainment from: "If not for Music" Nonprofit Partner

Thursday, May 15 @ 11:00 AM: "Reminiscing" Heidi, Oasis Advisors

Monday, May 19 @10:00-12:00 PM: "Hearing Clinic" ENTACC Alexis

Wednesday, May 21 @ 12:30 PM: Bob Starner Birthday Entertainment

Wednesday, May 28 @1:00 PM: Parkinson's Support

MORNINGS AT THE CENTER

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

MONDAY MORNINGS 10:30 – Current Events/Bingo

TUESDAY MORNINGS 11:15- Chair Yoga

WEDNESDAY MORNINGS 10:30 – German Klub/Bingo

THURSDAY MORNINGS 10:30 – French Club

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

MONDAY, TUESDAY, & FRIDAY 10:00 am-3:00 pm – Technology Assistance (Appointment Necessary) Contact: jimm@wcseniors.org or 610-431-4242 x115

THURSDAYS 10:00 am-11:30 am: Technology Q&A

******* Starting Thursday May 15 @ 12:30 pm TAI CHI**
The ten-week course will be on Thursdays through July 3
Given by: The Chester County Dept. of Aging

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, or drop off your financial gift at the front desk.



Contact Numbers: Resources

Chester County Department of Aging Services	610-344-6350
PA Medi	610-344-5004
Medicare Hotline	800-633-4227
CHESCO CONNECT: Transportation Services	610-344-5545
State Representative Chris Pielli (<i>Rent/Prop Tax Rebate Help</i>)	610-696-4990
Senator Carolyn Comitta's Office (<i>Rent/Prop Tax Rebate Help</i>)	610-692-2112
VITA Tax Prep Service Hotline (<i>Same as AARP service here</i>)	610-380-9099

Emergency Food Locations

West Chester Food Cupboard www.westchesterfoodcupboard.org	610-344-3175
Chester County Food Bank www.chestercountyfoodbank.org	610-873-6000
Lord's Pantry www.lordspantryofdowningtown.org	610-873-1149

WCASC HIGHLIGHTS (50 Acts of Service Edition)



As part of WCASC's 50 Acts of Service for our 50th Anniversary, our Knitting and Crocheting Club created beautiful blankets for the NICU at Penn Medicine Chester County Hospital, bringing warmth and comfort to its tiniest patients. We're grateful to our talented members for spreading joy and giving back to the community that's shaped our 50-year journey.

As part of our ongoing 50 Acts of Service in celebration of our 50th Anniversary, we created cheerful arrangements of colorful artificial flowers, which we will be donating to brighten the days of residents at Pocopson Home in West Chester.



We were honored to welcome Tammy Johnson from Good Fellowship Ambulance & EMS Training Institute for an engaging CPR and AED training session. As part of our "50 Acts of Service for 50 Years" initiative, this workshop gave our seniors the skills and confidence to respond in emergencies. Thank you, Tammy, for sharing your expertise and helping strengthen our community!

530 E Union St
West Chester, PA
19382

610-431-4242

Check us out at:
www.wcseniors.org

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friendship, activities, education, and nourishment.*

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2024-25 WEST CHESTER AREA SENIOR CENTER 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. 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.

DONATE NOW!



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BECOME A MEMBER!



Scan me!