

# JUNE 2025



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

**JUNE 2025  
NEWSLETTER**

## A Message from Interim Executive Director Kim Andrews

We're always looking for ways to make your experience better! We've made giving easier—just visit our website and click “donate” to support our mission.

This summer, cool off with Tuesday movie screenings at 12:30 p.m. on the Fitness Side—suggest a film in the lobby! Join our 6-week Wellness Group, starting in June, to focus on emotional well-being—sign up in the center. And don't miss Jim Mobile's new tech Q&A Wednesdays from 10–11:30 a.m. in the board room.

***We're excited for all that's ahead—together.  
Let's stay connected and well!***



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

- We assembled and donated food care bags to our local KOA Campground. Each bag was thoughtfully packed with essential items and comforting extras to support individuals and families.
- 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. Let's join them in making a difference! We're accepting donations of:

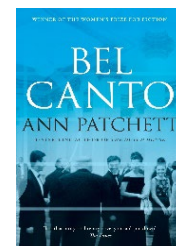
- 🧻 Paper products (toilet paper, tissues, paper towels)
- 🧼 Hygiene kits (soap, shampoo, toothpaste, deodorant, etc.)
- 🧽 Cleaning items (sponges, disinfectants, laundry detergent)
- 🛏 Bedding (sheets, pillows, blankets)
- 🥫 Canned goods and non-perishable food

Every item helps provide comfort and stability to someone starting out on their own. Drop off your donations and show these young adults that their community stands behind them.

**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

- Follow us on [Facebook](#) for the latest news and updates.
- **NEW!!** Come have lunch with us—just register **3 days in advance!**
- **We've made giving even easier!** Check out our website and click on the “donate” box!
- **Beat the Heat with a Summer Movie!** We're planning summer movie screenings on **Tuesdays at 12:30 on Fitness Side** to help us cool off and relax. If you have any movie suggestions, please let Jess know or put your suggestion on the clipboard in the lobby—we'd love your input!
- **Join Our 6-Week Wellness Group Sessions!** Presented by Silver Lining Clinics, these sessions starting in June are designed to support your mental and emotional well-being in a welcoming, group setting. Sign up on the clipboard at the center! It is a 6-week course so **all classes must be attended**. Let's take steps toward wellness—together!
- **Book Club:** Exciting discussions every 3rd Tuesday of the month. Don't miss out!  
*June is Maybe You Should Talk to Someone by Lori Gottlieb*  
*July is Bel Canto by Ann Patchett*  
*August: No meeting/Vacation*
- **ITEMS NEEDED:** We are always in need of shelf stable milk, crackers, cereals, chicken/vegetable/beef broths, and canned soup (Chunky or Progresso).



### Got Tech Questions? Jim's Got Answers. Every Wednesday

Don't miss **Jim's Technology Q&A** – your chance to ask questions, learn tips, and explore new tools!



**When:** Wednesdays 10:00 am – 11:30 am

**Where:** Board Room:  
Drop in or come for the whole session!

Whether you're tech-savvy or just curious, come by and be part of the conversation!

### Senior Farmers Market Nutrition Vouchers are back this June!

To apply, complete the [application](#)


Email to: [mwebb@chesco.org](mailto:mwebb@chesco.org) or

Mail to: Chester County Dept. of Aging Services  
601 Westtown Rd, Suite 320  
West Chester, PA 19380

### Second Reading 1 Bookstore 32 N. Church St, West Chester, PA 19380

After much reflection, we've made the difficult decision to close Second Reading 1 Bookstore. We want to extend our heartfelt thanks to the amazing volunteers who made it all possible.

While the bookstore chapter is ending, we will be able to focus entirely on continuing to improve and invigorate the Senior Center. We look forward to continuing to build community through the Center's programs and services.

<b>MONDAY</b> <b>2</b> 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 <b>10:00- Coffee with Constituents:</b> <b>Congresswoman Houlihan</b> 11:30- Level One Fitness Class NOON- Lunch	<b>TUESDAY</b> <b>3</b> Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening <b>11:00- Silver Lining Clinic</b> <b>11:15 – Chair Yoga</b> NOON – Lunch <b>12:30- UNO</b>	<b>WEDNESDAY</b> <b>4</b> Continental Breakfast/ Socialization 9:30 - Level Three Fitness Class 10:00-1:00 Corner Cabinet <b>10:00-11:30- Technology Q&amp;A</b> 10:00- German Klub 10:30 - Level Two Fitness Class 10:30 – Bingo <b>11:00 - Sarah Care Presentation: Music Bingo</b> 11:30 - Level One Fitness Class NOON – Lunch 12:45 - Knitting and Crocheting Club	<b>THURSDAY</b> <b>5</b> Continental Breakfast/Socialization 9:30- Cardio Interval Fitness Class <b>10-12 – ENTACC W/ Alexis</b> 10:30 - Level Two Fitness Class 10:30- French Class 11:30 - Level One Fitness Class NOON- Lunch <b>12:30- Tai Chi Course</b> <b>12:45- Mahjong</b>	<b>FRIDAY</b> <b>6</b> Continental Breakfast /Socialization <b>9:45-10:30- “Team” Word Games</b> 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:30- Level One Fitness Class NOON- Lunch  <b>**There will be no Brain Aerobics until September for summer break!**</b>
<b>9</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class <b>9:30-11:30 Villanova Nurses</b> 10:00 – 3:00 - Tech & Assist 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events <b>11:00 - Complimentary &amp; Alternative Therapies: Resilience with Rose</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:30 - Cornhole Tournament</b>	<b>10</b> Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening <b>11:00- Silver Lining Clinic</b> <b>11:00 – Full Range PT: Vertigo &amp; Balance</b> <b>11:15 – Chair Yoga</b> NOON – Lunch <b>12:30- UNO</b> <b>12:30 - Movie Day</b>	<b>11</b> Continental Breakfast/ Socialization 9:30 - Level Three Fitness Class <b>9:30-11:30 Villanova Nurses</b> 10:00-1:00 Corner Cabinet <b>10:00-11:30- Technology Q&amp;A</b> 10:00- German Klub 10:30 - Level Two Fitness Class 10:30 – Bingo <b>11:00 - “Life After Loss” Support Group</b> 11:30 - Level One Fitness Class NOON – Lunch 12:45 - Knitting and Crocheting Club <b>1:00 - If Not For Music Performance Jazz Duet</b>	<b>12</b> Continental Breakfast/Socialization <b>9:30 – Bible Study</b> 9:30- Cardio Interval Fitness Class <b>10-12- Senator Comitta Outreach</b> 10:30 - Level Two Fitness Class 10:30- French Class 11:30 - Level One Fitness Class NOON- Lunch <b>12:30- Tai Chi Course</b> <b>12:45- Mahjong</b>	<b>13</b> Continental Breakfast /Socialization <b>9:45-10:30- “Team” Word Games</b> 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:30- Level One Fitness Class NOON- Lunch <b>12:30 - Chi Walking</b>
<b>16</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class <b>9:30-11:30 Villanova Nurses</b> 10:00 – 3:00 - Tech & Assist <b>10:00- 11 -Singing Bowls</b> 10:30 - Level Two Fitness Class 10:30 - Bingo & Current Events <b>11:00 – Trivia With Angel Companions</b> 11:30- Level One Fitness Class NOON- Lunch	<b>17</b> Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening <b>11:00 -Silver Lining Clinic</b> <b>11:15- Book Club</b> <b>11:15- Chair Yoga</b> NOON – Lunch <b>12:30- UNO</b> <b>12:30 - Movie Day</b>	<b>18</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class <b>9:30-11:30 Villanova Nurses</b> 10:00 -1:00 - Corner Cabinet <b>10-12- State Rep Pielli’s Office</b> <b>10:00-11:30- Technology Q&amp;A</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 Dance Party</b> 12:45 - Knitting and Crocheting Club 	<b>19</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 – Level Two Fitness Class 10:30- French Class <b>11:15- Aging in Place Support Group</b> 11:30- Level One Fitness Class NOON- Lunch <b>12:30- Tai Chi Course</b> <b>12:45- Mahjong</b>	<b>20</b> Continental Breakfast /Socialization <b>9:45-10:30- “Team” Word Games</b> 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:30- Level One Fitness Class NOON- Lunch
<b>23</b> Continental Breakfast /Socialization 9:30 - Level Three Fitness Class <b>9:30-11:30 Villanova Nurses</b> 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 <b>12:30 – Bocce Ball Tournament</b>	<b>24</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist <b>10:00- Kinetic PT: Hips</b> 10:30- Stretch & Strengthening <b>11:00 -Silver Lining Clinic</b> <b>11:15- Chair Yoga</b> NOON- Lunch <b>12:30- UNO</b> <b>12:30 - Movie Day</b>	<b>25</b> Continental Breakfast / Socialization 9:30 - Level Three Fitness Class <b>9:30-11:30 Villanova Nurses</b> <b>10:00-11:30- Technology Q&amp;A</b> 10:00-1:00 – Corner Cabinet 10:00 German Klub 10:30 – Level Two Fitness 10:30- Bingo 11:30- Level One Fitness Class NOON- Lunch 12:45- Knitting and Crocheting <b>1:00 – Parkinsons Support</b>	<b>26</b> Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class <b>9:30 – Bible Study</b> 10:30 – Level Two Fitness Class 10:30- French Class 11:30- Level One Fitness Class NOON- Lunch <b>12:30- Tai Chi Course</b> <b>12:45- Mahjong</b>	<b>27</b> Continental Breakfast /Socialization <b>9:45-10:30- “Team” Word Games</b> 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:30- Level One Fitness Class NOON- Lunch <b>12:30 - Chi Walking</b>
<b>30</b> 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			<b>**EVERYDAY 9-3**</b> <b>Puzzles &amp; games</b> <b>Computer lab</b> <b>Reading café</b>  <b>**Schedules are subject to change**</b>	<h1 style="text-align: center;">JUNE</h1> <h1 style="text-align: center;">PROGRAMS</h1> <h1 style="text-align: center;">&amp; ACTIVITIES</h1>

## JUNE LUNCH SCHEDULE

<b><u>MONDAY</u></b> <b>2</b> <b>Meatloaf</b> Mashed Potato Broccoli Applesauce	<b><u>TUESDAY</u></b> <b>3</b> <b>Baked Chicken</b> Sweet Potato Brussel Sprouts Stuffing	<b><u>WEDNESDAY</u></b> <b>4</b> <b>Open Faced Roast Beef</b> Mashed Potato Mixed Vegetables Peaches	<b><u>THURSDAY</u></b> <b>5</b> <b>Chicken Marsala</b> Egg Noodles Green Beans Watermelon	<b><u>FRIDAY</u></b> <b>6</b> <b>Chef Salad</b> Peaches
<b>9</b> <b>Swedish Meatballs</b> Egg Noodles Carrots Pears	<b>10</b> <b>Chicken Salad</b> Carrot Raisin Salad Pineapples	<b>11</b> <b>Shrimp Scampi</b> Italian Bread Fruit Salad	<b>12</b> <b>Pork Loin</b> Baked Potato Green Beans Mandarin Oranges	<b>13</b> <b>Chicken Alfredo</b> Broccoli Cantaloupe
<b>16</b> <b>Beef Stroganoff</b> Carrots Peaches	<b>17</b> <b>Shredded Chicken w/ Gravy</b> Mashed Potato Biscuit Pudding	<b>18</b> <b>Cheeseburger</b> French Fries Cake 	<b>19</b> <b>Chicken Cordon Bleu</b> Rice Broccoli Fruit Salad	<b>20</b> <b>Pasta &amp; Meatballs</b> Salad Pineapples
<b>23</b> <b>Pork &amp; Sauerkraut</b> Mashed Potato Pea & Carrots Applesauce	<b>24</b> <b>BBQ Pulled Turkey</b> French Fries Cake	<b>25</b> <b>Beef &amp; Broccoli</b> Rice Mandarin Oranges	<b>26</b> <b>Italian Sausage w/ Peppers &amp; Onions</b> Watermelon	<b>27</b> <b>Tuna Platter</b> Fruit Soup
<b>30</b> <b>Meatloaf</b> Mashed Potato Broccoli Applesauce			<b>NEW!</b> <b>**Please reserve</b> <b>3 days in advance! **</b>  <b>NEW!</b>	<b>*Milk served with lunch daily*</b> Menus are always subject to change.



# June Speaker Series

Monday, June 2 @ 10:00 AM: Coffee with Constituents Congresswoman Houlihan

Tuesdays, June 3 thru 24th @11:00 AM: Silver Lining Clinic Senior Wellness (Registration for full course Required)

Wednesday, June 4 @11:00 AM: Music Bingo w/Sarah Care

Thursday, June 5 @10-11:00 AM: ENTACC Hearing Clinic w/Alexis

Monday & Wednesdays in June @9:30-11:30 AM: Villanova Nurses

Monday, June 9 @12:30 PM: Cornhole Tournament

@ 11:00 AM: Rose Lang – Complementary & Alt. Therapies

Wednesday, June 11 @ 11:00 AM: Chris Feryo “Life After Loss” Support Group

Wednesday, June 11 @ 1:00 PM: If Not for Music Performance Jazz Duet

Friday, June 13, & 27 @ 12:30 PM: Chi Walking

Monday, June 16 @10:00-11AM: Carol Metzger Singing Bowls

@11:00 AM: – Trivia with Angel Companions

Wednesday, June 18 @12:00 PM: Birthday Lunch-Karaoke Dance Party w/AETNA

Monday, June 23 @12:30 PM: Bocce Tournament

Wednesday, June 25 @ 1:00 PM: Parkinson’s Support – Penn Med

Thursdays Thru July @12:30 PM: Tai-Chi presented by Dept. of Aging

## MORNINGS AT THE CENTER

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

MONDAY MORNINGS 10:30 AM– Current Events/Bingo

TUESDAY MORNINGS 11:15 AM- Chair Yoga

WEDNESDAY MORNINGS 10:30 AM– German Klub/Bingo

THURSDAY MORNINGS 10:30 AM– French Club

FRIDAY MORNINGS 9:45 AM-Team Word Games

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

WEDNESDAYS 10:00 AM to 11:30 AM – Technology Q&A in the Board Room

## Join Us for Lunch at the Senior Center!

*We want you to have lunch with us!*

Looking for a warm meal, great company, and a place to connect? Come enjoy delicious lunches served daily! **NEW:** Please register only 3 days in advance

**Monday–Friday at 12:00 PM**  
**530 E Union Street West Chester, PA 19382**  
**Seniors eat free! EVERYONE WELCOME!**

Bring a friend or make new ones over a hot meal, laughter, and friendly conversation. Every lunch helps support our programs—and brings our community closer together!

***Let's make lunch the best part of your day. See you there!***

*\*\*\$2 donation accepted for remittance to CCDAS. Under 60? Please remit \$5.70 per meal*

## Become a Member

Stay connected, enjoy great company, and never miss out on the fun!

✓ **\$48** – Single Membership

✓ **\$68** – Couple/Household Membership

✓ Membership is valid for a **full year from your join date.**

✓ Includes **lunches, activities, events, and more fun** all year long!

***Don't wait—join today and start enjoying everything we have to offer!***

## Community Resources

Chester County Department of Aging Services	610-344-6350
PA Medi ( <i>please leave a message for a return call</i> )	610-344-5004 option 2
PA Ombudsman ( <i>nursing home problems</i> )	610-344-5004 ext. 1
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	<a href="http://www.westchesterfoodcupboard.org">www.westchesterfoodcupboard.org</a>	610-344-3175
Chester County Food Bank	<a href="http://www.chestercountyfoodbank.org">www.chestercountyfoodbank.org</a>	610-873-6000
Lord's Pantry	<a href="http://www.lordspantryofdowningtowntown.org">www.lordspantryofdowningtowntown.org</a>	610-873-1149



## WCASC HIGHLIGHTS



### A Heartfelt Thank You to Our Volunteers!

In celebration of Cinco de Mayo and in deep appreciation of everything our volunteers do, we hosted a festive taco bar! From the Corner Cabinet to the Front Desk, from Activities to the Kitchen and Bookstore—each and every one brings energy, warmth, and dedication to our center. They help make this place feel like home.

***"You bring light and life to our center!!! Thank you for your thyme!"***



We celebrated Mother's Day with a delightful tea and our annual Fashion Show at the Senior Center! Our fabulous senior models—*Jess, Ester, Toby, Kathy, Suzanne, Anne, Brenda, and the incredible Miss Amazing with her mother*—escorted by Ed graced the runway in stylish outfits from **Christine's Upscale Resale**. We celebrated all the wonderful mothers and mother figures at the Senior Center!



A huge thanks to **Steve Rhoads** from **If Not For Music** for sharing his incredible acoustic guitar talents with us!

We're thrilled to announce our new partnership with If Not For Music, a local nonprofit dedicated to transforming lives through music education and performance.

Join us every *second Tuesday of the month* for live musical performances — **June 11th, we're bringing you jazz!** 🎷

***Don't miss it!***

530 E Union St  
West Chester, PA  
19382

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



## 2024-25 WEST CHESTER AREA SENIOR CENTER BOARD MEMBERS

**Alessandra Bellwoar- Secretary**  
**Jess Declat**  
**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**

## STAFF

**Interim Executive Director: Kim Andrews**  
**Executive Assistant: Olivia Force**  
**Kitchen Supervisor: Mia Jones**  
**Technology Coordinator: Jim Mobile**  
**Program Assistant: Drew Orfetel**  
**Health & Wellness Coordinator: Jess Tipton**

[DONATE](#) NOW!



*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.*