

JULY 2025



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

**JULY 2025
NEWSLETTER**

Welcome Our New Executive Director: Leah Reynolds

We are thrilled to announce that Leah Reynolds has joined the West Chester Area Senior Center as our new Executive Director, effective July 1, 2025.



Leah brings more than 30 years of nonprofit leadership experience and a deep commitment to serving the community. Her career has been dedicated to building inclusive programs, strengthening local partnerships, and advocating for those most often overlooked. With her warm presence and proven ability to lead with both heart and strategy, Leah is excited to begin this new chapter with the Center.

“I’m honored to join this vibrant community and look forward to working with members, volunteers, and staff to continue making the Center a place of connection, purpose, and joy,” Leah shared.

Please join us in giving Leah a warm welcome—and don’t hesitate to introduce yourself when you see her around the Center!

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


- 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!
- We are **closed Friday, July 4th**, for the fourth of July! 
- Tai Chi will be cancelled on July 3rd.
- Make sure to check out the activities that are **on break** during the summer **on Pg 3 under summer changes.**
- Looking to donate books or find your next great read? Visit More Than Books! **523 E Gay St, West Chester, PA 19380.**
- **Second Reading 1 Bookstore 32 N. Church St, West Chester, PA 19380 is permanently CLOSED.**
- **ITEMS NEEDED:** We are always in need of shelf stable milk, crackers, cereals, chicken/vegetable/beef broths, and canned soup (Chunky or Progresso).



photo: Ray Reeves IV
Mark Oppenlander

***If Not For Music: Wednesday, July 9th
performance starting at 12:30 pm.***

Mark Oppenlander is an accomplished musician on the electric & acoustic guitar, 12 string-guitar, bass guitar, and ukulele. He specializes in all styles of rock, blues (including slide guitar), reggae, Latin, funk, classical, and flamenco guitar. He teaches guitar at Taylor's Music Store and Studios and regularly performs as a soloist and with his band One Alternative.

PANCAKE & BACON BREAKFAST FRIDAY, JULY 18 9:00 AM - 10:30 AM



\$5.00

**WE WILL ALSO HAVE A COUPLE OF GIFT BASKETS UP FOR
RAFFLE.**

PLEASE SIGN UP ON THE RED CLIPBOARD

***Need Help with Medicare?
Schedule Your Free PA MEDI Appointment!***

 **Available Appointments:**

**2nd Monday of each month: 10:00 AM, 11:00 AM,
12:00 PM**

**3rd Tuesday of each month: 9:30 AM, 10:30 AM,
11:30 AM**

 ***Schedule at the front desk or call 610-431-4242.***

<p><u>MONDAY</u></p> <p>JULY PROGRAMS & ACTIVITIES</p>	<p><u>TUESDAY</u></p> <p>1 Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening 11:00- Silver Lining Clinic 11:15 – Chair Yoga NOON – Lunch 12:30- UNO</p>	<p><u>WEDNESDAY</u></p> <p>2 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</p>	<p><u>THURSDAY</u></p> <p>3 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><u>FRIDAY</u></p> <p>**CLOSED FOR THE FOURTH OF JULY**</p> 
<p>7 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 12:30 – Cornhole Tournament</p>	<p>8 Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening 11:00- Silver Lining Clinic 11:15 – Chair Yoga NOON – Lunch 12:30- UNO</p>	<p>9 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 12:30 - If Not For Music Performance: Different Genres of Guitar 12:45 - Knitting and Crocheting Club</p>	<p>10 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 11:30 – Preparing for a New Chapter with Amada Care NOON- Lunch 12:30 – Tai Chi 12:45- Mahjong</p>	<p>11 Continental Breakfast /Socialization 9:45-10:30- “Team” Word Games 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:30- Level One Fitness Class NOON- Lunch</p>
<p>14 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 11:00 – Trivia w/ Angel Companions 11:30- Level One Fitness Class NOON- Lunch</p>	<p>15 Continental Breakfast /Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening 11:15- Book Club 11:15- Chair Yoga NOON – Lunch 12:30- UNO</p>	<p>16 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00 -1:00 - Corner Cabinet 10-12- State Rep Pielli’s Office 10:00-11:30- Technology Q&A 10:00- German Klub 10:30 - Level Two Fitness Class 10:30- Bingo 11:00 – America the Beautiful: Sarah Care 11:30- Level One Fitness Class NOON- Birthday Lunch with Karaoke 12:45 - Knitting and Crocheting Club</p> 	<p>17 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 – Level Two Fitness Class 10:30- French Class 11:00 – Oasis Advisors 11:15- Aging in Place Support Group 11:30- Level One Fitness Class NOON- Lunch 12:30 – Tai Chi 12:45- Mahjong</p>	<p>18 Continental Breakfast /Socialization 9:00-10:30 – Pancake Breakfast 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:30- Level One Fitness Class NOON- Lunch</p> 
<p>21 Continental Breakfast /Socialization 9:30 - Level Three Fitness Class 10:00 -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- Lunch 12:30 – Bocce Ball Tournament</p>	<p>22 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>23 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 10:30- Bingo 11:30- Level One Fitness Class NOON- Lunch 12:45- Knitting and Crocheting 1:00 – Parkinson Support</p>	<p>24 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>25 Continental Breakfast /Socialization 9:45-10:30- “Team” Word Games 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:30- Level One Fitness Class NOON- Lunch</p>
<p>28 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>29 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>30 Continental Breakfast / Socialization 9:30 - Level Three Fitness Class 10:00-11:30- Technology Q&A 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</p>	<p>31 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>Summer Changes **Bible Study off until September **Brain Games off until September **Life After Loss off until September ** Crafts with Andrea on break **Spanish Club on break</p>

JULY LUNCH SCHEDULE

<p style="text-align: center;"><u>MONDAY</u></p> <p>*Milk served with lunch daily* Menus are always subject to change.</p>	<p style="text-align: center;"><u>TUESDAY</u> 1</p> <p>Baked Chicken Sweet Potato Brussel Sprouts Stuffing</p>	<p style="text-align: center;"><u>WEDNESDAY</u> 2</p> <p>Open Faced Roast Beef Mashed Potato Mixed Vegetables Peaches</p>	<p style="text-align: center;"><u>THURSDAY</u> 3</p> <p>Chicken Marsala Egg Noodles Green Beans Watermelon</p>	<p style="text-align: center;"><u>FRIDAY</u> 4</p> <p>CLOSED FOR THE FOURTH OF JULY</p> 
<p style="text-align: center;">7</p> <p>Swedish Meatballs Egg Noodles Carrots Pears</p>	<p style="text-align: center;">8</p> <p>Chicken Salad Carrot Raisin Salad Pineapples</p>	<p style="text-align: center;">9</p> <p>Shrimp Scampi Italian Bread Fruit Salad</p>	<p style="text-align: center;">10</p> <p>Pork Loin Baked Potato Green Beans Mandarin Oranges</p>	<p style="text-align: center;">11</p> <p>Chicken Alfredo Broccoli Cantaloupe</p>
<p style="text-align: center;">14</p> <p>Beef Stroganoff Carrots Peaches</p>	<p style="text-align: center;">15</p> <p>Shredded Chicken w/ Gravy Mashed Potato Biscuit Pudding</p>	<p style="text-align: center;">16</p> <p>Cheeseburger French Fries Cake</p> 	<p style="text-align: center;">17</p> <p>Chicken Cordon Bleu Rice Broccoli Fruit Salad</p>	<p style="text-align: center;">18</p> <p>Pasta & Meatballs Salad Pineapples</p>
<p style="text-align: center;">21</p> <p>Pork & Sauerkraut Mashed Potato Pea & Carrots Applesauce</p>	<p style="text-align: center;">22</p> <p>BBQ Pulled Turkey French Fries Cake</p>	<p style="text-align: center;">23</p> <p>Beef & Broccoli Rice Mandarin Oranges</p>	<p style="text-align: center;">24</p> <p>Italian Sausage w/ Peppers & Onions Watermelon</p>	<p style="text-align: center;">25</p> <p>Tuna Platter Fruit Soup</p>
<p style="text-align: center;">28</p> <p>Meatloaf Mashed Potato Broccoli Applesauce</p>	<p style="text-align: center;">29</p> <p>Baked Chicken Sweet Potato Brussel Sprouts Stuffing</p>	<p style="text-align: center;">30</p> <p>Open Faced Roast Beef Mashed Potato Mixed Vegetables Peaches</p>	<p style="text-align: center;">31</p> <p>Chef Salad Peaches</p>	<p style="text-align: center;">NEW!</p> <p style="text-align: center;">**Please reserve 3 days in advance! **</p> <p style="text-align: center;">NEW!</p>

JULY SPEAKER SERIES

Monday, July 7 @12:30 PM: Cornhole Tournament

Wednesday, July 9 @1:00 PM: If Not For Music Performance

Thursday, July 10 @11:30 AM: Preparing for a New Chapter w/ Amada Care

Monday, July 14 @ 11:00 AM: Angel Companions Trivia

Wednesday, July 16 @ 11:00 AM: America the Beautiful w/ Sarah Care

@12:00 PM: Birthday Lunch-Karaoke w/AETNA

Thursday, July 17 @ 11:00 AM: Oasis Advisors

Friday, July 18 @ 9:00 AM: Pancake Breakfast

Monday, July 21 @ 10:00 AM: Singing Bowls

@12:30 PM: Bocce Tournament

Wednesday, July 23 @ 1:00 PM: Parkinson Support



Tuesday, July 15th @ 11:15 am Book Club: *Bel Canto* by Ann Patchett

Thursday, July 17th @ 11:15 am Aging in Place Topic: *Where Do We Go From Here?*

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

12:30 AM - UNO

WEDNESDAY MORNINGS 10:30 AM– German Klub/Bingo

THURSDAY MORNINGS 10:30 AM– French Club

12:45 PM- Mahjong

FRIDAY MORNINGS 9:45 AM-Team Word Games

MONDAY, TUESDAY, & FRIDAY 12:00-3:00 PM – Technology Assistance

(Appointment Necessary: Contact 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 (*please leave a message for a return call*)

610-344-5004 option 2

PA Ombudsman (*nursing home problems*)

610-344-5004 ext. 1

Medicare Hotline

800-633-4227

CHESCO CONNECT: Transportation Services

610-344-5545

State Representative Chris Pielli (*Rent/Prop Tax Rebate Help*)
Senator Carolyn Comitta's Office (*Rent/Prop Tax Rebate Help*)

610-696-4990
610-692-2112

VITA Tax Prep Service Hotline (*Same as AARP service here*)

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.lordspantryofdowningtowntown.org

610-873-1149

WCASC HIGHLIGHTS



☀️ Grateful for Community Support! ☀️

Jess was honored to accept an award from Renaissance Academy at a special event hosted by the Helping Hands 8th Grade Youth & Philanthropy Group. We're so thankful for the recognition and generous donation through the Phoenixville Community Health Foundation. *Your support means the world!*



🌸 Thank you **Petals Please** for your blooming generosity! ☀️ Your beautiful arrangements truly made everything budding with joy!

50 Acts of Service: Thank You & July Diaper Drive Announcement

A heartfelt **thank you** to everyone who donated to **Eddie's House**! Your generosity made a powerful impact, and the donations are already making a real difference in the lives of young adults in need. We're so grateful to be part of such a compassionate and giving community.

For our **next act of service**, we're launching a **Diaper Drive** to support **St. Agnes Parish** throughout the month of **July**. The most requested items are:

- Size 3 diapers (most in need!), Baby wipes, Baby bottles, Sippy cups, Diaper cream & Baby lotion

Every donation, big or small, helps support families and babies who need it most.

Thank You, Grateful Alive

We want to extend our deepest gratitude to *Grateful Alive* for the many years of music, energy, and joy you brought to the Center. Your performances have been more than just entertainment—they've been a part of creating memories, uplifting spirits, and bringing our community together.

As you close this chapter as a band, we honor the journey you've taken and the passion you've shared. Thank you for sharing your talents with us so generously. We wish each of you all the best in whatever comes next!



530 E Union St
West Chester, PA
19382

610-431-4242

Check us out at:
www.wcseniors.org

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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

Executive Director: Leah Reynolds
Executive Assistant: Olivia Force
Kitchen Supervisor: Mia Jones
Technology Coordinator: Jim Mobile
Program Assistant: Drew Orfetel
Health & Wellness Coordinator: Jessica 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.