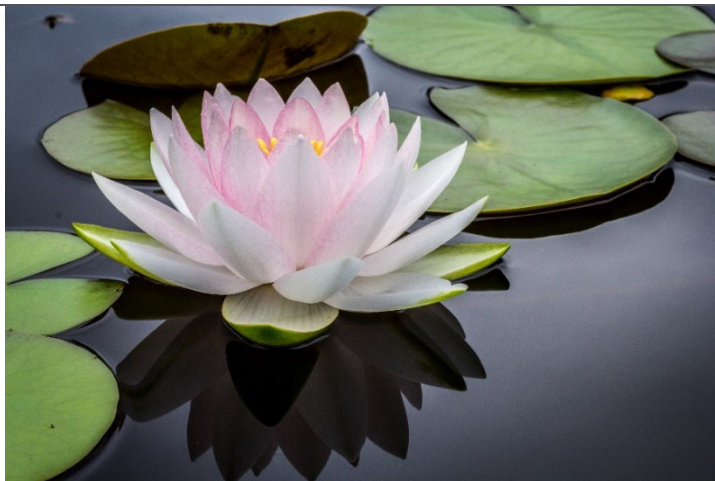


AUGUST 2025



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

**AUGUST 2025
NEWSLETTER**

Bring a Friend, WIN a Prize!

Join Us for Lunch at the Center – and Bring Someone New!

Did you know that seniors age 60+ and their spouses are eligible for a **FREE, nutritious lunch** served daily around **noon** at the West Chester Area Senior Center?

Now, here's the fun part...




Contest Alert!

Bring a *new friend* (someone who's never had lunch at the Center before), and you'll both be entered to win a special prize! The more friends you bring, the more chances you must win!

Lunch Details:

- **Who:** Seniors age 60+ and their spouses
- **Cost:** FREE (donations welcome) | \$5.70 for guests under 60
- **When:** Daily around noon
- **Where:** Right here at the Center!

 **Reservations Required:** Please call **610-431-4242** or email **Olivia Force** at assistant@wcseniors.org at least **3 days in advance** to reserve your spot.

Let's fill the dining room with friends old and new—because everything tastes better when shared!

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 easier!** Check out our website and click on the **"donate"** box!
- Book Club is not meeting in August for summer break.
- French club will be cancelled for the first three weeks in August.
- Every fourth Wednesday of the month **Senator Kanesh** will be here in the lobby!
- **Second Reading 1 Bookstore** 32 N. Church St, West Chester, PA 19380 **is permanently CLOSED.**
- **50 Acts of Service:** School Supply Drive for Friends Association of West Chester.
- **ITEMS NEEDED:** We are always in need of shelf stable milk, crackers/ snack crackers, cereals, chicken/vegetable/beef broths, and canned soup (Chunky or Progresso).

Keyboardist Mandy Smith returns for a solo performance. She will *present classic jazz* standards in her own dynamic style. Her set will also include *popular hits from the 1960's through the 2000's*. Don't miss this inspired musical journey by this gifted musician!



Presented by If Not for Music
(www.ifnotformusic.org).

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**.*

Sayonara Summer

Come celebrate the end of summer for lunch September 25 with burgers, hot dogs and a musical performance by The Legends Band! Come to the center and sign your name on the clipboard or call 610-431-4242 to reserve your spot.

The poster features a light pink background with tropical illustrations. Large green monstera leaves are on the left and bottom right. A vibrant red hibiscus flower is on the top right. The text is centered and uses a mix of bold and regular fonts.

AUGUST SPEAKER SERIES

Monday, August 4th @ 10:00 – 11:00 AM: Singing Bowls

@ 12:30 PM: Cornhole Championship

Tuesday, August 12th @ 10:00 AM: Kinetic PT: Lower Back Pain

Wednesday, August 13th @ 12:30 PM: If Not For Music Jazz Performance: Mandy Smith

Thursday, August 14th @ 11:00 AM: West Goshen Supervisor

Monday, August 18th @ 12:30 PM: Bocce Ball Tournament

Tuesday, August 19th @ 10 AM: Coffee w/ D

Wednesday, August 20th @ 12:00 PM: Birthday Lunch with Ice Cream Bar

Tuesday, August 26th @ 10 AM: Senator Kanes Office

SCAM PREVENTION WORKSHOP



Safeguarding Seniors and
Families Against Common Scams

September 3rd, 2025
10:30AM - 12:00PM

HOSTED BY:



Chester County
Sheriff's Office



Chester County
District Attorney's
Office

- Spot the Signs
- Know the Tactics
- Report & Respond

GUEST SPEAKER




State Senator
Carolyn Comitta

- Protect Yourself
- Get Resources
- Have Interactive Discussions

Want to learn more? Call:
610-344-6850

West Chester Senior Center
530 E Union Street, West Chester

August 2025 Programs, Events


MONDAY	TUESDAY	WEDNESDAY
4 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10:00-11 – Singing Bowls 10:30 - Level Two Fitness 10:30 - Bingo 10:30- Current Events 11:30- Level One Fitness NOON- Lunch 12:30- Cornhole Tournament	5 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretch & Strengthening 11:15 – Chair Yoga NOON – Lunch 12:30- UNO 12:30 – Movie Day	6 Continental Breakfast/ Socialization 9:30 - Level Three Fitness 10:00-1:00 Corner Cabinet 10:00- German Klub 10:30 - Level Two Fitness 10:30 – Bingo 11:30 - Level One Fitness NOON – Lunch 12:45 - Knitting and Crocheting Club
11 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10:00 – 3:00 - Tech & Assist 10:30 - Level Two Fitness 10:30 - Bingo 10:30 -Current Events 11:30- Level One Fitness NOON- Lunch	12 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:00 – Kinetic PT: Lower Back Pain 11:15- Chair Yoga NOON – Lunch 12:30- UNO 12:30 – Movie Day	13 Continental Breakfast & Socialization 9:30 - Level Three Fitness 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 NOON- Lunch 12:30 - If Not For Music Performance: Mandy Smith, Jazz 12:45 - Knitting and Crocheting Club
18 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10:00 – 3:00 - Tech & Assist 10:30 - Level Two Fitness 10:30 – Bingo 10:30 - Current Events 11:30 - Level One Fitness NOON- Lunch 12:30 – Bocce Ball Tournament	19 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:00 – Coffee w/ D 10:30- Stretch & Strengthening 11:15- Chair Yoga NOON- Lunch 12:30- UNO 12:30 – Movie Day	20 Continental Breakfast & Socialization 9:30 - Level Three Fitness C 10:00-11:30- Technology Q&A 10-12- State Rep Pielli's Office 10:00-1:00 – Corner Cabinet 10:00 German Klub 10:30 – Level Two Fitness 10:30- Bingo 11:30- Level One Fitness NOON- Birthday Lunch with Ice Cream Bar 12:45- Knitting and Crocheting 
25 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10:00 – 3:00 - Tech & Assist 10:30 - Level Two Fitness 10:30 - Bingo 10:30 -Current Events 11:30- Level One Fitness NOON- Lunch	26 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 12:30 – Movie Day	27 Continental Breakfast & Socialization 9:30 - Level Three Fitness Class 10:00-1:00 Corner Cabinet 10-11- Senator Kanes Office 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

Activities Schedule and more.....

THURSDAY	FRIDAY
	1 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 NOON- Lunch
7 Continental Breakfast & Socialization 9:30- Cardio Interval Fitness Class 10:30 - Level Two Fitness Class 11:30 - Level One Fitness Class NOON- Lunch 12:30 – Tai Chi 12:45- Mahjong	8 Continental Breakfast & Socialization 9:45-10:30- "Team" Word Games 10:30- Friday Fun Fitness 11:30- Level One Fitness NOON- Lunch
14 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10-12- Senator Comitta Outreach 10:30 – Level Two Fitness Class 11:00 – West Goshen Supervisor 11:30- Level One Fitness Class NOON- Lunch 12:30 – Tai Chi 12:45- Mahjong	15 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 NOON- Lunch
21 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30 – Level Two Fitness Class 10:30- French Class 11:15- Aging in Place Support Group 11:30- Level One Fitness Class NOON- Lunch 12:30 – Tai Chi 12:45-Mahjong	22 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 NOON- Lunch
28 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 12:45-Mahjong	29 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 NOON- Lunch

August Lunch Schedule

Please **reserve 3 days in advance!** Call 610-431-4242 or email assistant@wcseniors.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Chicken Sweet Potato Brussel Sprouts Stuffing
4 Swedish Meatballs Egg Noodles Carrots Pears	5 Chicken Salad Carrot Raisin Salad Pineapples	6 Beef & Broccoli Rice Mandarin Oranges	7 Pork Loin Baked Potato Green Beans Mandarin Oranges	8 Shrimp Scampi Italian Bread Fruit Salad
11 Beef Stroganoff Carrots Peaches	12 Shredded Chicken w/ Gravy Mashed Potato Biscuit Pudding	13 Cheeseburger French Fries Watermelon	14 Chicken Cordon Bleu Rice Broccoli Fruit Salad	15 Pasta & Meatballs Salad Pineapples
18 Pork & Sauerkraut Mashed Potato Peas & Carrots Applesauce	19 BBQ Pulled Turkey French Fries Cake	20 Italian Sausage w/ Peppers and Onion Tomato Sauce Cake 	21 Chicken Alfredo Broccoli Cantaloupe	22 Tuna Platter Fruit Soup
25 Meatloaf Mashed Potato Broccoli Applesauce	26 Baked Chicken Sweet Potato Brussel Sprouts Stuffing	27 Open Faced Roast Beef Mashed Potato Mixed Vegetable Peaches	28 Chicken Marsala Egg Noodles Green Beans Watermelon	29 Chef Salad Peaches

You're Invited to Lunch!



Are you or someone you know 60 or older? Join us at the **West Chester Area Senior Center** for a delicious, nutritious lunch served daily around **noon**—completely **FREE** for seniors and their spouses!

- ✓ Meals meet dietary needs, including for diabetes and heart health
- ☎ Reservations required—please call **3 days in advance**
- ♥ Donations appreciated | \$5.70 for guests under 60

Come nourish your body and connect with community!

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	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

530 E Union St
West Chester, PA
19382

610-431-4242

Check us out at:
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

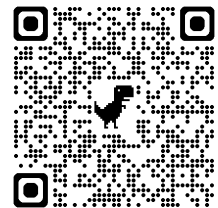
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Program Director: Jessica Tipton
Executive Assistant: Olivia Force
Kitchen Supervisor: Mia Jones
Program Assistant: Drew Orfetel
Tech Education & Volunteer Coordinator: Jim Mobile

[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.