

SEPTEMBER 2025 NEWSLETTER

WEST CHESTER AREA SENIOR CENTER

Your trusted resource for active aging in community.

530 East Union Street, West Chester, PA 19382

Phone: 610-431-4242 | Email: assistant@wcseniors.org

www.wcseniors.org



Our Mission

WCASC is a vibrant hub serving adults age 60+ in West Chester and surrounding communities. We believe in aging vibrantly—together, offering connection, care, and countless ways to stay engaged.

Signature Program: FREE Lunch for Seniors

Seniors age 60+ and their spouses are eligible for a free, nutritious lunch served daily around noon at the Center. Meals are designed to meet the dietary needs of older adults, including those with conditions like heart disease or diabetes.

- Reservations: Please call at least 3 days in advance.

Cost: FREE for those 60+ (donations welcome); \$5.70 for others.

Call 610-431-4242 today to reserve your spot and enjoy a healthy meal in great company! If you'd prefer to make your reservation via email, please email Olivia Force, Executive Assistant, assistant@wcseniors.org.

Why Join WCASC as a member?

For just \$48/year, members enjoy full access to a wide variety of programs designed to support well-being, learning, creativity, and connection.

September is National Senior Center Month!

Did you know? National Senior Center Month is celebrated every September to highlight the essential role senior centers play in providing older adults with access to services, opportunities, and a supportive community. Centers like ours offer various programs focused on health, social engagement, creativity, and lifelong learning, serving as trusted, local places where older adults can connect, thrive, and overcome challenges associated with aging.

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 will be **CLOSED Monday, September 1 for Memorial Day!**
- Level Two and Level One class will be **cancelled on Sept 3rd** due to Scam Workshop.
- **Rhythm of Life** will be on Thursdays starting September 11th at 11:15 am in place of Level 1 Fitness.
- September book club read: *The Boys of Riverside* by Thomas Fuller.
- Class name change for September: Cardio Interval on Thursdays is now Zumba Gold.
- **Pancake Breakfast** September 26th from 9:00 am – 10:30 am!
- Join Pearl for crafts *every Wednesday* starting *October 2nd* for **November Bizarre!**
- **Tuesday, October 21st** the Annual Fall Health Expo!
- **50 Acts of Service:** Gratitude Cards.
- **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).

Join us on Wednesday, September 10 at 12:00 PM for a special treat! We're partnering with **If Not For Music** to welcome the **Orpheus Supertones**—a legendary old-time fiddle band with over 200 years of combined musical experience. 🎻🌟

Get ready for incredible fiddle, banjo, guitar, and harmonies from some of the finest musicians around: Walt, Claire, Pete, and Kerrie. You won't want to miss this!



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.*

National Senior Center Month
Powering Possibilities: Flip the Script

This is the perfect opportunity to shine a spotlight showcasing *OUR* programs, activities, and services that enrich the lives of older adults. It's also a chance to promote a positive view of aging, demonstrate the impact our center has on the community, and expand visibility among new participants, local partners, and community leaders.

SEPTEMBER SPEAKER SERIES

Wednesday, September 3rd @ 10:30 AM : *Verify Before you Comply, Scam Workshop*
hosted by Chester County's Sheriff Office and District Attorney Office, Guest Speaker
Senator Comitta

Monday, September 8th @ 10:00 AM : Coffee with Constituents w/ Tasha

@ 10:00 – 11:00 AM : Singing Bowls

Tuesday, September 9th @ 11:00 AM : Full Range PT: Joint Pain & Arthritis Management

@ 12:45 PM : Creative Sparks Workshop (*on Tuesdays for 12 weeks*)

Wednesday September 10th @ 12:30 PM: *If Not for Music Performance: Orpheus*
Supertones

Friday, September 12th @ 11:00 AM : *Are you the Jerk* w/ Arbor Terrace

Wednesday, September 17th @ 12:30 PM : Town Hall with the New Executive Director,
Leah Reynolds

Thursday, September 18th @ 9:30 AM – 10:30 AM : Coffee with a Cop

@ 11:15 AM: Aging in Place Support Group: Generation
Senior University/ Sarah Care

Monday, September 22nd @ 11:00 AM : *Fall Asleep, Stay Asleep* w/ Humana

Wednesday, September 24th @ 11:00 AM : *Benefits of Mindfulness* w/ Ela

Thursday, September 25th @ 12:00 PM : Sayanora Summer featuring The Legends Band

Friday, September 26th @ 9:00 am – 10:30 AM : Pancake Breakfast

Monday, September 29th @ 10:00 AM : *Home Safety* w/ Main Line Health

Fridays in September @ 12:30 – Chi Walking

September 2025 Programs, Events

MONDAY	TUESDAY	WEDNESDAY
1 Closed for Memorial Day 	2 Continental Breakfast & Socialization 9:30 – Cardio Interval Fitness 10:00 – Spanish Class 10:30 – Stretch & Strengthening 11:30 – Level One Fitness NOON- Lunch	3 Continental Breakfast & Socialization 9:30 – Level Three Fitness 10:00-1:00 Corner Cabinet 10:00- German Klub 10:30 – Level Two Fitness (<i>canceled</i>) 10:30 – Bingo 10:30- Verify Before you Comply Scam Workshop 11:30 – Level One Fitness (<i>canceled</i>) NOON- Lunch 12:45 - Knitting and Crocheting Club
8 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10:00- 12:00- Coffee with Constituents w/ Tasha & Presentation 10-11:00 - Singing Bowls 10:30 - Level Two Fitness 10:30 - Bingo 10:30- Current Events 11:30- Level One Fitness NOON- Lunch	9 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00 – Spanish Class 10:30- Stretch & Strengthening 11:00 – Full Range PT: Joint Pain & Arthritis Management 11:15 – Chair Yoga NOON – Lunch 12:45 – NEW! Creative Sparks Workshop	10 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 12:30 - If Not For Music Performance: Orpheus Supertones 12:45 - Knitting and Crocheting Club
15 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	16 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00 – Spanish Class 10:00-3:00- Tech & Assist 10:30 – Stretch & Strengthening 11:15- Chair Yoga 11:15 – Book Club NOON – Lunch 12:45 – NEW! Creative Sparks Workshop	17 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10:00 -1:00 - Corner Cabinet 10:00-11:30- Technology Q&A 10-12- State Rep Pielli's Office 10:00- German Klub 10:30 – Level Two Fitness 10:30- Bingo 11:30- Level One Fitness NOON- Birthday Lunch 12:30–Townhall with New ED 12:45- Knitting and Crocheting Club 
22 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 11:00 – Humana : Fall Asleep Stay Asleep 11:30 - Level One Fitness NOON- Lunch	23 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00 – Spanish Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening 11:15- Chair Yoga NOON- Lunch 12:45 – NEW! Creative Sparks Workshop	24 Continental Breakfast & Socialization 9:30 - Level Three Fitness 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 11:00 – Benefits of Mindfulness w/ Ela 11:30- Level One Fitness NOON- Lunch 12:45- Knitting and Crocheting 1:00 – Parkinsons Support
29 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10:00 – 3:00 - Tech & Assist 10- 11:00 – Home Safety 10:30 - Level Two Fitness 10:30 – Bingo 10:30 -Current Events 11:30- Level One Fitness NOON- Lunch	30 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:00 – Spanish Class 10:30- Stretch & Strengthening 11:15- Chair Yoga NOON- Lunch 12:45 – NEW! Creative Sparks Workshop	

Activities Schedule and more.....

THURSDAY	FRIDAY
4 Continental Breakfast & Socialization 9:30- ZUMBA Gold 10:30 - Level Two Fitness Class 11:30- Level One Fitness NOON- Lunch 12:30 – Tai Chi 12:30 - UNO 12:45- Mahjong	5 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 12:30 – Chi Walking
11 Continental Breakfast & Socialization 9:30- ZUMBA Gold 9:30 – Bible Study 10:30 - Level Two Fitness Class 10-12- Senator Comitta Outreach 11:15- Rhythm of Life NOON- Lunch 12:30 – Tai Chi 12:30 - UNO 12:45- Mahjong	12 Continental Breakfast & Socialization 9:45-10:30- "Team" Word Games 10:30- Friday Fun Fitness 11:00 – Are you the Jerk? 11:30- Level One Fitness NOON- Lunch 12:30 – Chi Walking
18 Continental Breakfast / Socialization 9:30–10:30 – Coffee with a Cop 9:30 – ZUMBA Gold 10:30 – Level Two Fitness Class 11:15- Aging in Place Support Group: Generation Senior University/ Sarah Care 11:15- Rhythm of Life NOON- Lunch 12:30 – Tai Chi 12:30 - UNO 12:45- Mahjong	19 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 12:30 – Chi Walking
25 Continental Breakfast / Socialization 9:30 – ZUMBA Gold 9:30 – Bible Study 10:30 – Level Two Fitness Class 10:30- French Class 11:15- Rhythm of Life NOON- Sayanora Summer with The Legends Band 12:30 – Tai Chi 12:30 - UNO 12:45-Mahjong	26 Continental Breakfast & Socialization 9:00-10:30 – Pancake Breakfast 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 12:30 – Chi Walking

September Lunch Schedule

Please **reserve 3 days in advance!** Menu subject to change.

Call 610-431-4242 or email assistant@wcseniors.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">1</p> <p style="text-align: center;">CLOSED for Memorial Day</p> 	<p style="text-align: center;">2</p> <p style="text-align: center;">Fish Filet Mandarin Oranges Vegetable Soup Coleslaw</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">BBQ Chicken Brussel Sprouts Rice Pears</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">Veal Parm Carrots Fruit Salad Beef Noodle Soup</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">Chef Salad Strawberries Angel Food Cake</p>
<p style="text-align: center;">8</p> <p style="text-align: center;">Stuffed Chicken Broccoli & Carrots Rice Peaches</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">Swedish Meatballs Brussel Sprouts Tropical Fruit Egg Noodles</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">BBQ Pulled Pork Sweet Potatoes Chicken Noodle Soup Pineapple</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">Chicken Alfredo Mixed Vegetables Pineapples</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Kielbasa Sauerkraut Pierogies Orange Slices</p>
<p style="text-align: center;">15</p> <p style="text-align: center;">Chicken Cordon Bleu Mixed Vegetables Pineapple</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">Roast Beef Coleslaw Orange Slices Cream of Mushroom Soup</p>	<p style="text-align: center;">17</p>  <p style="text-align: center;">Baked Ziti Side Salad Cake</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">Pork Roast Cream of Potato Soup Brussel Sprouts Oatmeal Crème Pie</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Beef Stroganoff Mixed Vegetables Fruit Salad Egg Noodles</p>
<p style="text-align: center;">22</p> <p style="text-align: center;">Fish Filet Coleslaw Vegetable Soup Mandarin Oranges</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">Pizza</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">Meatloaf Mashed Potatoes Broccoli Tropical Fruit</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">Sayonara Summer Hot Dogs Burgers Coleslaw Chips Pasta Salad Dessert</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Baked Penne with Meatballs Fruit Salad</p>
<p style="text-align: center;">29</p> <p style="text-align: center;">Lasagna Roll Up Broccoli Pears</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Open Faced Roast Beef Peas & Carrots Tropical Fruit Sugar Cookie</p>			

WCASC Program Areas at a Glance:

Engage Your Mind

- Town Halls with Local Leaders
- Language Classes: Spanish, French, German
- Computer Q&A & Tech Help
- Aging in Place Workshops
- Tax Prep Assistance
- Educational Speaker Series
- Book Club, Current Events & Movies

Explore Your Creativity

- Crafts & Creativity Studio
- Knitting & Crocheting
- Quilts from the Heart
- Puzzles & Games
- Singing Bowls & Meditation
- Music Programs
- In-House Library

Stay Active & Healthy

- Fitness Classes: Level 1, 2, and 3
- Tai Chi, Chair Yoga, Stretch & Strength
- Zumba Gold, Balance Classes
- Fun Friday Fitness
- Rhythm of Life Drumming
- Free Wellness Checks with Health Partners

Support & Volunteer

- Corner Cabinet Food Program
- PA MEDI (Medicare Counseling)
- Social Resources & Referrals
- Support Groups (peer & professional-led)
- Volunteer Opportunities & Service Groups

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*)

610-696-4990

Senator Carolyn Comitta's Office (*Rent/Prop Tax Rebate Help*)

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

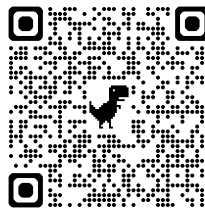
530 East Union Street
West Chester, PA 19382

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WCASC remains a vital part of promoting aging with dignity, purpose, and joy in Chester County. Join WCASC today to rediscover community, creativity, and connection at every stage of life.

DONATE NOW!



West Chester Area Senior Center / www.wcseniors.org / 610-431-4242

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.