

OCTOBER 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



Copilot Check-In

Please remember to fill out Copilot each time you come into the Center! Your check-ins are vital for reporting to the Chester County Department of Aging Services (CCDAS) and help secure the funding that keeps our programs strong.

Strategic Planning & Name Change

We're excited to share that the Center has begun work on a new strategic plan to guide us over the next several years. This plan will help ensure we're focusing on what matters most to you—our members. At the same time, we're exploring the idea of a new name for the Center, one that better reflects the vibrant, welcoming community we've built together. We'd love your input! Please join a focus group or stop by to chat with me, your Executive Director, about what's important to you.

www.wcseniors.org

NOVEMBER 14TH, 2025

CASINO NIGHT

6:30-10PM

Ticket cost \$125 per person
Includes: dinner, wine/beer, casino games (gambling), live/silent/ticket auction items

**BENEFITTING THE
WEST CHESTER AREA SENIOR CENTER**

Ron Jaworski's Downingtown Country Club
93 Country Club Drive
Downingtown, PA 19335

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!**
- **Creative Sparks is cancelled October 14th**
- **Tuesday, October 21st** the Annual Fall Health Expo!
- **Tuesday, October 28th** Stretch and Strength class is cancelled.
- October book club read: *Migrations by Charlotte McConaghy*.
- Join Thomas, our WCU graduate intern, for *Chess on Thursday, October 16 at 11:00 am in the Café*.
- **50 Acts of Service:** collecting items for Coatesville VA in honor of Veterans Day. Stop by the front desk to see the donation list.
- **On Tuesday, October 14 and 21** instead of Spanish there will be a *Music Appreciation Group* with our undergraduate intern Mia, while D is out.
- **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).

Upcoming Programs & Activities

🌟 Crafts with Pearl

Starting Oct 2nd Wednesdays | 12:30 – 2:00 PM
Unleash your creativity and enjoy an afternoon of fun projects with Pearl for the November Bizarre!

💖 Hope & Healing a Grief Support Group

Friday, October 17 | 12:30 PM
A compassionate space to share, listen, and support one another.

🥗 Better Nutrition, Better Health with Barbara Myers

Starting Oct 2nd Thursdays | 11:00 AM
Learn simple, practical tips for healthier living through better food choices.

⚔️ Cancer Support Group

Thursday, October 30 | 12:30 PM
Join others for encouragement, conversation, and strength.





October Speaker Series

Wednesday, October 1st @ 12:15 pm: Lunch and Learn with Harry; PA Medi

Monday, October 6th @ 10:00- 11:00 am : Singing Bowls

Tuesday, October 7th @ 11:00 am: Humana Brain Boot Camp

Wednesday, October 8th @ 10:00 – 12:00 pm : Flu Shots

@ 12:30 pm: Painting with Shannon

Thursday, October 9th @ 11:30 am : 90th Birthday Citations followed by lunch with State Rep Chris Pielli

Monday, October 13th @ 10:30 am : Fall Prevention Bingo with Assisting Hands Homecare

Friday, October 17th @ 12:30 pm: Hope & Healing Grief Support NEW

Monday, October 20th @ 11:00 am : Are you the Jerk?

Tuesday, October 21st @ 12:20-2:30 pm : Fall Expo

Wednesday, October 22nd @ 11:00 am : Pelvic Floor Presentation

Monday, October 27th @ 11:00 am : Choosing Memory Care Presentation

Tuesday, October 28th from 10:00 -2:30 pm : Uno Tournament

@ 10:00 am : Kinetic PT Balance & Fall Safety

Thursday, October 30th @ 12:30 pm: Cancer Support Group NEW

Friday, October 31st : Membership Appreciation Halloween Party

Reoccurring:

*Better Health Better Nutrition with Barabara Myers: **Tuesdays @ 11:00 am***

*Crafts with Pearl: **Wednesdays from 12:30 – 2:00 pm***

*Brain Aerobics is Back : **Fridays at 11:00 am***

October 2025 Programs, Events

MONDAY	TUESDAY	WEDNESDAY
		1 Continental Breakfast 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 12:15 –PA Medi Lunch & Learn 12:30 – Crafts with Pearl 12:45 - Knitting and Crocheting
6 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10-11:00 - Singing Bowls 10:30 - Level Two Fitness 10:30 - Bingo 10:30- Current Events 11:30- Level One Fitness NOON- Lunch	7 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00 – Spanish Class 10:30- Stretch & Strengthening 11:00 – Humana: Brain Boot Camp 11:15 – Chair Yoga NOON – Lunch 12:45 – NEW! Creative Sparks Workshop	8 Continental Breakfast 9:30 - Level Three Fitness 10-12:00 – Vaccine Clinic 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 – Paint w/ Shannon 12:30 – Crafts with Pearl 12:45 - Knitting and Crocheting
13 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 10:30-Fall Prevention Bingo 11:30- Level One Fitness NOON- Lunch	14 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00 – Music Appreciation Group 10:00-3:00- Tech & Assist 10:30 – Stretch & Strengthening 11:15- Chair Yoga NOON – Lunch	15 Continental Breakfast 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 w/Bob Starnier Music 12:30 – Crafts with Pearl 12:45- Knitting and Crocheting
20 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 – Are you the Jerk w/ Arbor Terrace 11:30 - Level One Fitness NOON- Lunch	21 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00 – Music Appreciation Group 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening 11:00 – Collage and Connect NEW 11:15- Chair Yoga 11:15 – Book Club NOON- Lunch 12:30- 2:30 – Fall Expo 12:45 – NEW! Creative Sparks Workshop	22 Continental Breakfast 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 – Pelvic Floor Presentation 11:30- Level One Fitness NOON- Lunch 12:30 – Crafts with Pearl 12:45- Knitting and Crocheting
27 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 – Choosing Memory Care 11:30- Level One Fitness NOON- Lunch	28 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:00 – Spanish Class 10:00 - Kinetic PT: Balance and Fall Safety 10-2:30 – Fall UNO Tournament 11:00 – Collage and Connect 11:15- Chair Yoga NOON- Lunch 12:45 – NEW! Creative Sparks Workshop	29 Continental Breakfast 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 – Crafts with Pearl 12:45 - Knitting and Crocheting 1:00 – Parkinsons Support

Activities Schedule and more.....

THURSDAY	FRIDAY
2 Continental Breakfast & Socialization 9:30- ZUMBA Gold 10:30 - Level Two Fitness Class 10:30- Intermediate French Class 11:00 – Better Nutrition, Better Health w/ Barbara Myers 11:30- Rhythm of Life NOON- Lunch 12:30 – Tai Chi 12:30 - UNO 12:45- Mahjong	3 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
9 Continental Breakfast & Socialization 9:30- ZUMBA Gold 9:30 – Bible Study 10:30- Intermediate French Class 10:30 - Level Two Fitness Class 11:00 – Better Nutrition, Better Health w/ Barbara Myers 10-12- Senator Comitta Outreach 11:15- Rhythm of Life 11:30- 90th Birthday Lunch w/ Chris Pielli 12:30 – Tai Chi 12:30 - UNO 12:45- Mahjong	10 Continental Breakfast & Socialization 9:45-10:30- "Team" Word Games 10:30- Friday Fun Fitness 11:00- Brain Aerobics 11:30- Level One Fitness NOON- Lunch 12:30 – Chi Walking
16 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30- Intermediate French Class 10:30 – Level Two Fitness Class 11:00 – Chess with Thomas in the Café 11:00 – Better Nutrition, Better Health w/ Barbara Myers 11:15- Aging in Place Open Forum 11:15- Rhythm of Life NOON- Lunch 12:30 – Tai Chi 12:30 - UNO 12:45- Mahjong	17 Continental Breakfast & Socialization 9:45-10:30- "Team" Word Games 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:00- Brain Aerobics 11:30- Level One Fitness NOON- Lunch 12:30 – Hope & Healing a Grief Support Group 12:30 – Chi Walking
23 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 9:30 – Bible Study 10:30 – Level Two Fitness Class 10:30- Intermediate French Class 11:00 – Better Nutrition, Better Health w/ Barbara Myers 11:15- Rhythm of Life NOON- Lunch 12:30 – Tai Chi 12:30 - UNO 12:45- Mahjong	24 Continental Breakfast & Socialization 9:45-10:30- "Team" Word Games 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:00- Brain Aerobics 11:30- Level One Fitness NOON- Lunch 12:30 – Chi Walking
30 Continental Breakfast / Socialization 9:30 – ZUMBA Gold 10:30 – Level Two Fitness Class 10:30- Intermediate French Class 11:00 – Better Nutrition, Better Health 11:15- Rhythm of Life NOON- Lunch 12:30 – Tai Chi 12:30 – Cancer Support Group 12:45- Mahjong	31 Membership Appreciation Halloween Party 9:00–10:30 –Pancake Breakfast 9:45-10:30- "Team" Word Games 10:00-3:00- Tech & Assist 10:30- Friday Fun Fitness 11:00- Brain Aerobics 11:30- Level One Fitness NOON- Lunch 12:30 – Chi Walking

October 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
		1 BBQ Chicken Brussel Sprouts Rice Pears	2 Veal Parm Carrots Fruit Salad Beef Noodle Soup	3 Chef Salad Strawberries Angel Food Cake
6 Stuffed Chicken Broccoli & Carrots Rice Peaches	7 Swedish Meatballs Brussel Sprouts Tropical Fruit Egg Noodles	8 BBQ Pulled Pork Sweet Potatoes Chicken Noodle Soup Pineapple	9 Chicken Alfredo Mixed Vegetables Pineapples	10 Baked Ziti Side Salad Cake
13 Chicken Cordon Bleu Mixed Vegetables Pineapple	14 Cheeseburger Fries Cantaloupe	 15 Kielbasa Sauerkraut Pierogies Orange Slices	16 Pork Roast Cream of Potato Soup Brussel Sprouts Oatmeal Crème Pie	17 Beef Stroganoff Mixed Vegetables Fruit Salad Egg Noodles
20 Fish Filet Coleslaw Vegetable Soup Mandarin Oranges	21 Baked Chicken Scalloped Potato Broccoli	22 Meatloaf Mashed Potatoes Broccoli Tropical Fruit	23 Grilled Cheese Tomato Soup	24 Baked Penne with Meatballs Fruit Salad
27 Lasagna Roll Up Broccoli Pears	28 Open Faced Roast Beef Peas & Carrots Tropical Fruit Sugar Cookie	29 Tuna Noodle Casserole Mixed Vegetables Peaches	30 BBQ Chicken Brussel Sprouts Rice Pears	31 Membership Appreciation Halloween Lunch Pizza

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

Non-Profit
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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.