

DECEMBER 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



🎄 'Twas the Night Before Christmas at the Senior Center... 🎄

On the 12 Day of Christmas, my center gave to me:

- 1 🎁 A brand new Executive Director, so merry and bright
- 2 🌐🗣️ Two foreign languages, to learn day and night
- 3 💪🏃 Three fitness classes, to keep bodies light
- 4 🎨☕ Four crafty mornings, where creativity takes flight
- 5 ⭐ Five amazing staff, always full of cheer
- 6 😊 Six friendly hugs, spreading warmth far and near
- 7 🎲 Seven bingo winners, shouting "Bingo!" with glee
- 8 🙏 Eight grateful members, as happy as can be
- 9 🎵 Nine music mornings, to sing and tap along
- 10 📱 Ten tech Q&A sessions, making sure no one goes wrong
- 1 1 📝 Eleven requests for info, answered with care
- 1 2 🎴 Twelve Uno players, laughter everywhere!

We wish you all Happy Holidays!

❄️🎄 *We can't wait to see you next year!*

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!**
- 🌟 **Book Club has chosen its Favorite Book of 2025!** 🌟
Our top pick is ***Migrations* by Charlotte McConaghy** — a powerful, beautifully written story perfect for adult readers.
- ***NO Chair Yoga Tuesday, December 9th & NO Fitness Classes Wednesday, December 10th.***
- ***Christmas Tree Ornaments: Bring in a colored ball ornament that represents you to put on our tree for our 50th anniversary Christmas Tree.***
- December book club read: *James by Percival Everett.*
- For the Holiday we will **close early on Tuesday, December 23rd at 1:00 pm** and will be **CLOSED Wednesday, December 24 – Friday, December 26th.**
- For New Years we close early **Tuesday, December 30th at 1:00 pm** and will be **CLOSED Wednesday, December 31st and Thursday, January 1st.**

Starting December 1st



A HOLIDAY GIFT THAT TRULY ❤️ MATTERS

This season, as we gather with the people we love, we're reminded that the most meaningful gifts aren't wrapped in paper—they're felt in the heart.

If you're looking for a thoughtful way to honor family or friends, consider making a donation to the West Chester Area Senior Center in their name.

Your generosity helps provide warmth, meals, connection, and community for older adults who rely on the Center every day.

A gift to WCASC is a gift of dignity, companionship, and care—one that carries the true spirit of the holidays.

**Give from the heart. Give in honor.
Give to support our neighbors. ❤️**



DECEMBER SPEAKER SERIES

Monday, December 1st @ 11:00 AM : *Veterans Info* with Thema

Tuesday, December 2nd @ 12:45 PM : Creative Sparks

Monday, December 8th @ 10:00 AM : Congress Woman Houlahan's Outreach

@ 11:00 AM : *Boost your Immunity* with Everest Pharmacy

Tuesday, December 9th @ 10:00-1:30 PM : *Baking Cookies* with Venerable

@ 11:00 AM – *Holiday Bingo* with Comfort Keepers

Wednesday, December 10th @ 9:30 AM : *The Grinch*

Thursday, December 11th @10:00 – 11:30 AM : *QPR Suicide Prevention*

@ 12:30 : *Gratitude* with Carin: New Residences at
Chadds Ford

Friday, December 12th @ 12:30 PM : Intro to how to write a "Book of Life"
with Janet

Monday, December 15th @ 11:00 AM : *Are you the Jerk?* With Arbor Terrace

Tuesday, December 16th @ 12:30 PM – Christmas Crafts with Jess

Wednesday, December 17th @11:00 AM : *Craft: Santa Hats* with Shannon

@ 12:15 PM : Grateful Alive performance, Santa,
& Birthday/ Holiday lunch!

Thursday, December 18th @ 12:30 PM : Miss Amazing dance

Monday, December 29th @ 11:00 AM – Scam Prevention

December 2025 Programs, Events

MONDAY	TUESDAY	WEDNESDAY
1 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 Event 11:00 – Veterans Info with Thema 11:30- Level One Fitness NOON- Lunch	2 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretch & Strengthening 11:15 – Chair Yoga NOON – Lunch 12:45 – Creative Sparks	3 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 12:45 - Knitting and Crocheting
8 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10:00 – Houlahan’s Outreach 10:00 – 3:00 - Tech & Assist 10:30 - Level Two Fitness 10:30 - Bingo 10:30- Current Event 11:00 – Boost your Immunity with Everest Pharmacy 11:30- Level One Fitness NOON- Lunch	9 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-1:30 – Baking Cookies 10:30- Stretch & Strengthening 11:00 – Holiday Bingo with Comfort Keepers NOON – Lunch	10 Continental Breakfast 9:30 – The Grinch 10:00-1:00 Corner Cabinet 10:00-11:30- Technology Q&A 10:00- German Klub 10:30 – Bingo NOON – Lunch 12:45 - Knitting and Crocheting
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 11:00 – Are you the Jerk? 11:30- Level One Fitness NOON- Lunch	16 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30 – Stretch & Strengthening 11:15- Chair Yoga 11:15 – Book Club NOON – Lunch 12:30 – Christmas Crafts with Jess	17 Continental Breakfast 9:30 - Level Three Fitness 10:00 -1:00 - Corner Cabinet 10-12 – State Rep Pielli’s 10:00-11:30- Technology Q&A 10:00- German Klub 10:30 - Level Two Fitness 10:30- Bingo 11:00 – Craft: Santa Hats with Shannon 11:30- Level One Fitness NOON- Holiday/ Birthday Lunch 12:15 – Grateful Alive 12:45- Knitting and Crocheting
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 11:30 - Level One Fitness NOON- Lunch	23 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 CLOSE AT 1:00 PM	24 CLOSED
29 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 – Scam Prevention 11:30- Level One Fitness NOON- Lunch	30 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening NOON- Lunch CLOSE AT 1:00 PM	31 CLOSED

Activities Schedule and more.....

THURSDAY	FRIDAY
<p>4 Continental Breakfast & Socialization 9:30- Cardio Interval Fitness Class 10:30- French Class 10:30 - Level Two Fitness Class 11:30- Level 1 Fitness NOON – Lunch 12:30 - UNO 12:45- Mahjong</p>	<p>5 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 - Rummikub</p>
<p>11 Continental Breakfast & Socialization 9:30- Cardio Interval Fitness Class 10:00 – 10:30 – QPR Suicide Prevention 10-12 – Senator Comitta Outreach 10:30- French Class 10:30 - Level Two Fitness Class 11:30- Level 1 Fitness NOON – Lunch 12:30 – UNO 12:30 – Gratitude with Carin 12:45- Mahjong</p>	<p>12 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 – How to write a "Book of Life" with Janet 12:30 - Rummikub</p>
<p>18 Continental Breakfast / Socialization 9:30 - Cardio Interval Fitness Class 10:30- French Class 10:30 – Level Two Fitness Class 11:15- Aging with Dignity, Grace and Vitality 11:30- Level 1 Fitness NOON- Lunch 12:30 – UNO 12:30 – Miss Amazing Dance 12:45- Mahjong</p>	<p>19 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 - Rummikub</p>
<p>25</p> <p style="text-align: center;">CLOSED</p>	<p>26</p> <p style="text-align: center;">CLOSED</p>

December 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 Salisbury Steak w/Gravy Green Beans Egg Noodles Jell- O Dinner Roll	2 Baked Ziti Side Salad Pears Garlic Bread	3 Roast Beef au jus Potato Wedges Winter Blend Vegetable Apple Sauce Dinner Roll	4 Chicken Marsala Sweet Potatoes Green Beans Pears Orzo Pasta Chicken Noodle Soup	5 Meatloaf Mashed Potatoes Broccoli Vegetable Soup Peaches
8 Chicken Cacciatore Mandarin Oranges Brown Rice Dinner Roll	9 Chicken Salad Hoagie Cream of Broccoli Soup Oatmeal Rasin Cookie	10 Chicken Parmesan Tuscan Vegetables Penne Pasta Mandarin Oranges Dinner Roll	11 Swedish Meatballs Carrots Fruit Salad Egg Noodles Dinner Roll	12 Roast Turkey Sweet Potatoes Brussel Sprouts Peaches Dinner Roll
15 Crispy Chicken Sandwich Sweet Potatoes Vegetable Soup Mandarin Oranges	16 Chicken Kiev Vegetable Beef Soup Broccoli Egg Noodles Oatmeal Raisin Cookie	17 Pork Loin Scalloped Potatoes Spinach Peaches Biscuit	18 Kielbasa Sauerkraut Pierogi Pasta Tropical Fruit Dinner Roll	19 Open Faced Roast Beef Potatoes Carrots Mandarin Oranges Vanilla Pudding
22 Shrimp Scampi Brussel Sprouts Lemon Pudding Pasta Garlic Knot	23 Beef and Broccoli Edamame Apple Sauce Brown Rice Dinner Roll	24 CLOSED	25 CLOSED	26 CLOSED
29 Glazed Pork Loin Collard Greens Minestrone Soup Pineapples Brown Rice Oatmeal Cookie	30 Chicken Bruschetta Green Beans Tropical Fruit Brown Rice Garlic Knot	31 CLOSED		

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.lordspantryofdowningtowndown.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.