

## NOVEMBER 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](mailto:assistant@wcseniors.org)

[www.wcseniors.org](http://www.wcseniors.org)



### A Note from Leah

Dear Members,

As we welcome November, I want to thank each of you for being the heart of the West Chester Area Senior Center. Your enthusiasm, kindness, and ideas make this such a vibrant and joyful place to gather. Whether you join us for lunch, volunteer, attend a class, or share your talents—you are what makes WCASC thrive.

Over the past few months, your participation and feedback have shaped new programs and strengthened our role as a **hub of connection, care, and engagement** for adults 60 and better. I'm so grateful for your energy and commitment to helping us grow together.

This month, I have one small request: please help us spread the word about WCASC! Our **new brochure** highlights the many ways people can connect here—through meals, fitness, creative arts, learning, and friendship. Share it with a friend, neighbor, or local business. Your personal invitation can make all the difference.

Together, we're proving that aging isn't about slowing down—it's about **living fully, learning continually, and caring for one another.**

With gratitude & enthusiasm,

Leah Reynolds, M.S.P.L.

*Executive Director, WCASC*

[lreynolds@wcseniors.org](mailto:lreynolds@wcseniors.org)

## 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!**
- **There's still a little bit of time left.....**Our popular Fall Event, **Casino Night**, is being held at the Downingtown Country Club, **November 14<sup>th</sup>**, at **6:30 PM**.  
For tickets go to [www.wcseniors.org](http://www.wcseniors.org) & click on “Casino Night” box.
- We will be **OPEN Tuesday, November 11<sup>th</sup>** on Veterans Day!
- Join Thomas on **Thursdays 11:00 AM – 12:00PM for Tabletop Games**.
- **At the same time, same place, NEW Name:** Aging in Place has been renamed to *Aging with Dignity, Grace and Vitality*.
- November book club read: *The Heaven and Earth Grocery Store* by James McBride
- **50 Acts of Service:** VA donations (veterans)
- We will be **CLOSED Thursday, November 27<sup>th</sup> and Friday, November 28<sup>th</sup>** for the Thanksgiving Holiday! *Have a Happy Thanksgiving!*

Starting December 1st





## November Speaker Series

Monday, November 3<sup>rd</sup> @ 10:00 AM : Singing Bowls

@ 11:00 AM : Everest Pharmacy Q&A

Tuesday, November 4<sup>th</sup> @ 11:00 AM: Suicide Prevention and Awareness

Wednesday, November 5<sup>th</sup> @ 11:00AM-12:00PM: Anderson Elder Law on Asset Protection

Thursday, November 6<sup>th</sup> @ 11:00 AM: Giving Hands Presentation

Monday, November 10<sup>th</sup> @ 12:30 PM: NEW! Caregiver Support Group

@ 11:00 AM: Thanksgiving Trivia

Tuesday, November 11<sup>th</sup> @ 11:00 AM: Holiday Pitfalls w/ Sarah Care

Wednesday, November 12<sup>th</sup> @ 12:30PM: Town Hall w/ Leah

@ 11:00 AM: 12:00 PM: Cholesterol w/Humana

Thursday, November 13<sup>th</sup> @ 12:30 PM: Unlocking your Personal Mantra w/ Carin: New Residences at Chadds Ford

Monday, November 17<sup>th</sup> @ 11:00 AM: Are you the Jerk? With Arbor Terrace


Tuesday, November 18<sup>th</sup> @ 11:00 AM: Full Range PT: Staying Active during the Holidays

Wednesday, November 19<sup>th</sup>: All Day the Holiday Bizarre

Thanksgiving Birthday Lunch

Friday, November 21<sup>st</sup> @ 12:30PM: Hope and Healing Support Group

# November 2025 Programs, Events

MONDAY	TUESDAY	WEDNESDAY
<b>3</b> Continental Breakfast & Socialization 9:30 - Level Three Fitness 10:00 – 3:00 - Tech & Assist <b>10:00 – Singing Bowls</b> 10:30 - Level Two Fitness 10:30 - Bingo 10:30- Current Events <b>11:00 – Everest Pharmacy Q&amp;A</b> 11:30- Level One Fitness NOON- Lunch	<b>4</b> Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretch & Strengthening <b>11:00 – Suicide Awareness &amp; Prevention</b> <b>11:15 – Chair Yoga</b> NOON – Lunch <b>12:45 – NEW! Creative Sparks Workshop</b>	<b>5</b> Continental Breakfast 9:30 - Level Three Fitness 10:00-1:00 Corner Cabinet <b>10:00-11:30- Technology Q&amp;A</b> 10:00- German Klub 10:30 - Level Two Fitness 10:30 – Bingo <b>11:00- 12:00 – Anderson Elder Law: Asset Protection</b> 11:30 - Level One Fitness NOON – Lunch <b>12:30 – Crafts with Pearl</b> 12:45 - Knitting and Crocheting
<b>10</b> 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 <b>11:00 – Thanksgiving Trivia w/Thema</b> 11:30- Level One Fitness NOON- Lunch <b>12:30 – Caregiver Support Group</b>	<b>11</b> Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30 – Stretch & Strengthening <b>11:00 – Holiday Pitfall w/ Sarah Care</b> <b>11:15- Chair Yoga</b> NOON – Lunch <b>12:45 – NEW! Creative Sparks Workshop</b>	<b>12</b> Continental Breakfast 9:30 - Level Three Fitness 10:00 -1:00 - Corner Cabinet <b>10:00-11:30- Technology Q&amp;A</b> 10:00- German Klub 10:30 - Level Two Fitness 10:30- Bingo <b>11:00-12:00- Cholesterol w/ Humana</b> 11:30- Level One Fitness NOON- Lunch <b>12:30 – Town Hall</b> <b>12:30 – Crafts with Pearl</b> 12:45- Knitting and Crocheting
<b>17</b> 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 <b>11:00 – Are you the Jerk w/ Arbor Terrace</b> 11:30 - Level One Fitness NOON- Lunch	<b>18</b> Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening <b>11:00 – Full Range PT: Stay Active during Holidays</b> <b>11:15- Chair Yoga</b> <b>11:15 – Book Club</b> NOON- Lunch <b>12:45 – NEW! Creative Sparks Workshop</b>	<b>19</b> Continental Breakfast 9:30 - Level Three Fitness <b>10:00-11:30- Technology Q&amp;A</b> <b>10-12- State Rep Pielli's Office</b> 10:00-1:00 – Corner Cabinet 10:00 German Klub 10:30 – Level Two Fitness 10:30- Bingo 11:30- Level One Fitness <b>NOON- Thanksgiving/ Birthday Lunch</b> 12:45- Knitting and Crocheting 
<b>24</b> 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	<b>25</b> Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening NOON- Lunch <b>12:45 – NEW! Creative Sparks Workshop</b>	<b>26</b> Continental Breakfast 9:30 – Level Three Fitness 10:00-1:00 Corner Cabinet <b>10:00-11:30- Technology Q&amp;A</b> 10:00- German Klub 10:30 – Level Two Fitness 10:30 – Bingo 11:30 – Level One Fitness NOON- Lunch 12:45 - Knitting and Crocheting


# Activities Schedule and more.....

THURSDAY	FRIDAY
<p><b>6</b> Continental Breakfast &amp; Socialization  <b>9:30-</b> Cardio Interval Fitness Class  <b>9:30 – Bible Study</b>  <b>10:30- French Class</b>  10:30 - Level Two Fitness Class  <b>11:00- 12:00 – Tabletop Games with Thomas</b>  <b>11:00 – Better Nutrition, Better Health w/ Barbara Myers</b>  <b>11:00- Giving Hands Presentation</b>  <b>11:30- Level 1 Fitness</b>  NOON – Lunch  <b>12:30 - UNO</b>  <b>12:45- Mahjong</b></p>	<p><b>7</b> Continental Breakfast &amp; Socialization  <b>9:45-10:30- "Team" Word Games</b>  10:30- Friday Fun Fitness  <b>11:00- Brain Aerobics</b>  11:30- Level One Fitness  NOON- Lunch</p>
<p><b>13</b> Continental Breakfast / Socialization  9:30 - Cardio Interval Fitness Class  <b>9:30 – Bible Study</b>  <b>10-12- Senator Comitta Outreach</b>  <b>10:30- French Class</b>  10:30 - Level Two Fitness Class  <b>11:00- 12:00 – Tabletop Games with Thomas</b>  <b>11:00 – Better Nutrition, Better Health w/ Barbara Myers</b>  <b>11:30- Level 1 Fitness</b>  NOON- Lunch  <b>12:30 – Unlocking you Personal Mantra with Carin: Residences at Chadds Ford</b>  <b>12:30 - UNO</b>  <b>12:45- Mahjong</b></p>	<p><b>14</b> Continental Breakfast &amp; Socialization  <b>9:45-10:30- "Team" Word Games</b>  10:00-3:00- Tech &amp; Assist  10:30- Friday Fun Fitness  <b>11:00- Brain Aerobics</b>  11:30- Level One Fitness  NOON- Lunch</p>
<p><b>20</b> Continental Breakfast / Socialization  9:30 - Cardio Interval Fitness Class  10:30 – Level Two Fitness Class  <b>10:30- French Class</b>  <b>11:00 – Right Size Location: Simplify your Move</b>  <b>11:00- 12:00 – Tabletop Games with Thomas</b>  <b>11:00 – Better Nutrition, Better Health w/ Barbara Myers</b>  <b>11:15- Aging with Dignity, Grace and Vitality</b>  <b>11:30- Level 1 Fitness</b>  NOON- Lunch  <b>12:30 - UNO</b>  <b>12:45-Mahjong</b></p>	<p><b>21</b> Continental Breakfast &amp; Socialization  <b>9:45-10:30- "Team" Word Games</b>  10:00-3:00- Tech &amp; Assist  10:30- Friday Fun Fitness  <b>11:00- Brain Aerobics</b>  11:30- Level One Fitness  NOON- Lunch  <b>12:30 – Hope and Healing Support Group</b></p>
<p><b>27</b></p> <p style="text-align: center;"><b>CLOSED</b>  <b>HAPPY THANKSGIVING</b></p>	<p><b>28</b></p> <p style="text-align: center;"><b>CLOSED</b></p>

## November Lunch Schedule

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

Call 610-431-4242 or email [assistant@wcseniors.org](mailto:assistant@wcseniors.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>Stuffed Chicken</b> Broccoli & Carrots Rice Peaches	4 <b>Swedish Meatballs</b> Brussel Sprouts Tropical Fruit Egg Noodles	5 <b>BBQ Pulled Pork</b> Sweet Potatoes Chicken Noodle Soup Pineapple	6 <b>Chicken Alfredo</b> Mixed Vegetables Pineapples	7 <b>Baked Ziti</b> Side Salad Cake
10 <b>Veal Parm</b> Carrots Ziti noodles	11 <b>Cheeseburger</b> Fries Cantaloupe	12 <b>Kielbasa</b> Sauerkraut Pierogies Orange Slices	13 <b>Pork Roast</b> Cream of Potato Soup Brussel Sprouts Oatmeal Crème Pie	14 <b>Beef Stroganoff</b> Mixed Vegetables Fruit Salad Egg Noodles
17 <b>Fish Filet</b> Coleslaw Vegetable Soup Mandarin Oranges	18 <b>Baked Chicken</b> Scalloped Potato Broccoli	19 <b>Thanksgiving Lunch</b> 	20 <b>Grilled Cheese</b> Tomato Soup	21 <b>Chef Salad</b> Dessert
24 <b>Lasagna Roll Up</b> Broccoli Pears	25 <b>BBQ Chicken</b> Rice Broccoli Pears	26 <b>Tuna Noodle Casserole</b> Mixed Vegetables Peaches	27 <b>CLOSED</b>	28 <b>CLOSED</b>

## **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](http://www.westchesterfoodcupboard.org)

610-344-3175

Chester County Food Bank [www.chestercountyfoodbank.org](http://www.chestercountyfoodbank.org)

610-873-6000

Lord's Pantry [www.lordspantryofdowningtown.org](http://www.lordspantryofdowningtown.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!



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*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.*