

## FEBRUARY 2026 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)

### Dear Members,

Happy February! As we move into this new month, I am filled with gratitude and excitement for all that is happening at the West Chester Area Senior Center. Already this year, we have welcomed **74 new members** into our community—an incredible reminder that WCASC continues to grow as a vibrant, welcoming place to connect, learn, and thrive.

We are also proud of our meaningful collaborations with higher-education partners such as **West Chester University, Villanova University, and Widener University**. Through these partnerships, students studying nutrition, nursing, and social work bring fresh energy, compassion, and expertise to our Center—enhancing our programs while gaining invaluable real-world experience.

February is a month of reflection and recognition as we celebrate **Black History Month**. It is a time to honor the achievements, resilience, and contributions of Black Americans and to recognize the central role Black history plays in American history. We are grateful for the opportunity to celebrate this important month together through learning, conversation, and community.

February is also **National Heart Month**, a perfect reminder to care for ourselves and one another. Small, simple choices—moving more, eating well, managing stress, and staying connected—can make a meaningful difference in our overall health. Whether it's taking a walk with friends, joining a fitness class, or enjoying a healthy meal at the Center, every step counts.

Most of all, I want to thank *you*. WCASC is what it is because of our members, volunteers, partners, and supporters. Your presence, participation, and kindness make this Center a true community hub. I look forward to seeing you at the Center this month and throughout the year.

With gratitude,  
**Leah M. Reynolds, M.S.P.L.**  
*Executive Director*

## 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 are **closed Monday, February 16<sup>th</sup>** for Presidents Day.
- **February Book Club read: *James* by Percival Everett**
- **Villanova Nurses Presentation Schedule:**  
Group Presentation- Monday, Feb 2<sup>nd</sup> :The Immune System  
Group Presentation – Monday, Feb 9<sup>th</sup> : Thyroid, the other master gland  
Fast Facts – Wednesday, Feb 11<sup>th</sup> : Strategies to improve your balance
- Join us for the **Valentine Dance! Saturday, February 14th at 7 PM** at the West Chester Area Senior Center. Dance the night away with live music by Carry On. **\$5** at the door!

### FREE TAX PREPARATION AT THE W.C. SENIOR CENTER!

*Please use the following link or scan this QR code with your phone camera to schedule an AARP Tax-aide appointment.*

[Appointment link](#)

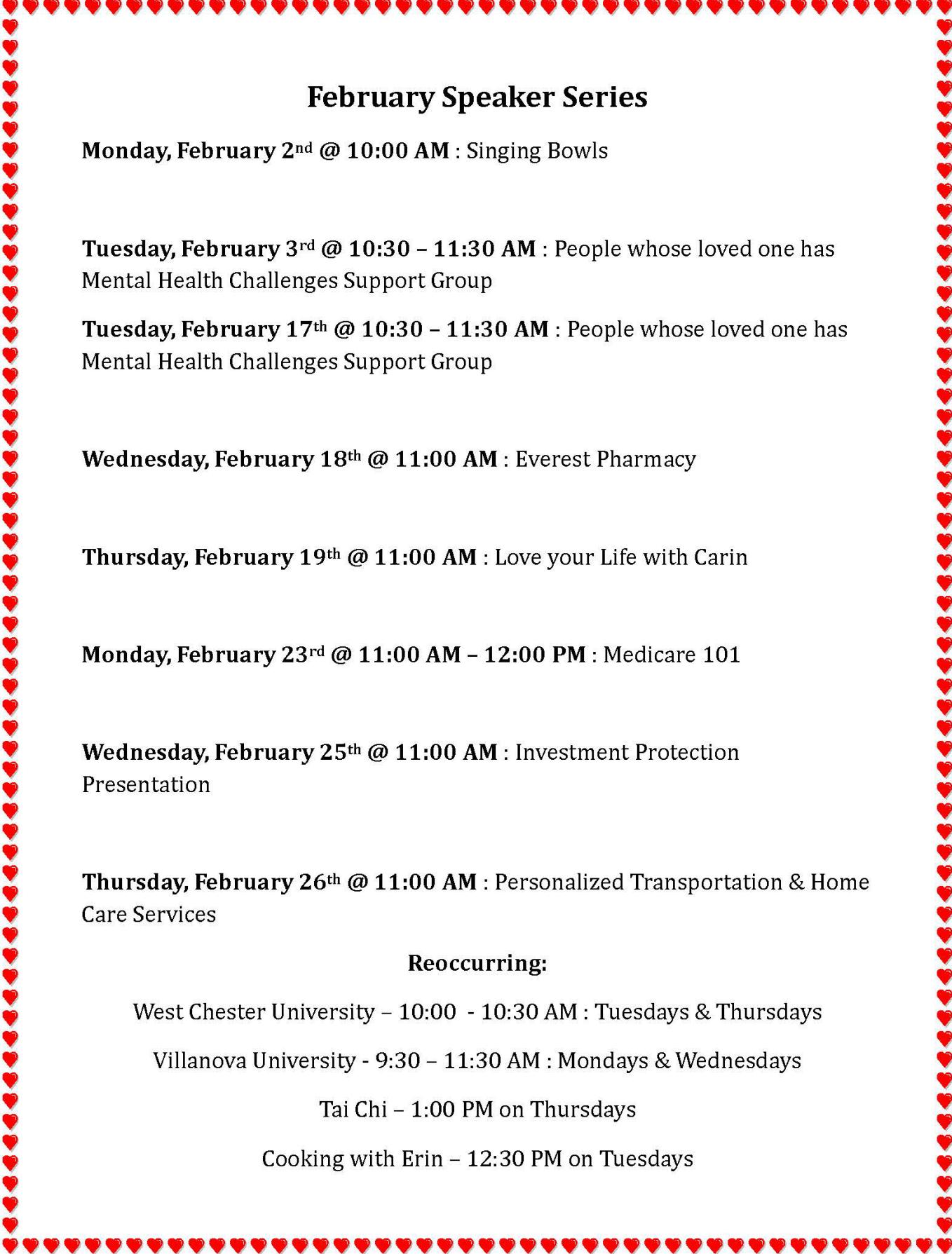


*Tax services will be available from Feb 9th to April 9th on Mondays, Tuesdays & Thursdays.*

#### Steps to schedule your tax preparation appointment:

- 1) Use the link above or scan the QR code to open the scheduling website.
- 2) Choose **“Make appointment”**
- 4) Select your preferred date and choose a time. Tap **“Make Appointment”**
- 5) Fill out: **“name and phone number”** (cell # is preferred and those providing an email address will receive a confirmation message containing important information and appointment reminders)
- 6) Please note your appointment date and time, as the **“Review Appointment”** step will not repeat this information.
- 7) Review your contact information, then tap **“Confirm information”**  
*\*Please return to the same website link above to edit or cancel your appointment. You can also confirm your appointment date & time by choosing the edit option.*





## February Speaker Series

**Monday, February 2<sup>nd</sup> @ 10:00 AM : Singing Bowls**

**Tuesday, February 3<sup>rd</sup> @ 10:30 – 11:30 AM : People whose loved one has Mental Health Challenges Support Group**

**Tuesday, February 17<sup>th</sup> @ 10:30 – 11:30 AM : People whose loved one has Mental Health Challenges Support Group**

**Wednesday, February 18<sup>th</sup> @ 11:00 AM : Everest Pharmacy**

**Thursday, February 19<sup>th</sup> @ 11:00 AM : Love your Life with Carin**

**Monday, February 23<sup>rd</sup> @ 11:00 AM – 12:00 PM : Medicare 101**

**Wednesday, February 25<sup>th</sup> @ 11:00 AM : Investment Protection Presentation**

**Thursday, February 26<sup>th</sup> @ 11:00 AM : Personalized Transportation & Home Care Services**

### **Reoccurring:**

West Chester University – 10:00 - 10:30 AM : Tuesdays & Thursdays

Villanova University - 9:30 – 11:30 AM : Mondays & Wednesdays

Tai Chi – 1:00 PM on Thursdays

Cooking with Erin – 12:30 PM on Tuesdays

# February 2026 Programs, Events

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
<p><b>2</b> Continental Breakfast &amp; Socialization 9:30 - Level Three Fitness <b>9:30-11:30 -Villanova Nurses</b> <b>Nurses</b> <b>10:00 - Singing Bowls</b> 10:00 - 3:00 - Tech &amp; Assist 10:30 - Level Two Fitness 10:30 - Bingo 10:30- Current Event 11:30- Level One Fitness NOON- Lunch</p>	<p><b>3</b> Continental Breakfast &amp; Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech &amp; Assist <b>10:30-11:30 -Mental Health Challenges Support Group</b> 10:30 - Stretch &amp; Strengthening <b>11:15- Chair Yoga</b> NOON - Lunch <b>12:30 - UNO</b> <b>12:30 - Cooking with Erin</b></p>	<p><b>4</b> Continental Breakfast 9:30 - Level Three Fitness <b>9:30-11:30 -Villanova Nurses</b> 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</p>
<p><b>9</b> Continental Breakfast &amp; Socialization 9:30 - Level Three Fitness <b>9:30-11:30 -Villanova Nurses</b> <b>Nurses</b> 10:00 - 3:00 - Tech &amp; Assist 10:30 - Level Two Fitness 10:30 - Bingo 10:30- Current Event 11:30- Level One Fitness NOON- Lunch</p>	<p><b>10</b> Continental Breakfast &amp; Socialization 9:30 - Cardio Interval Fitness Class <b>10:00-10:30 - WCU Students</b> 10:30- Stretch &amp; Strengthening <b>11:15 - Chair Yoga</b> NOON - Lunch <b>12:30 - UNO</b> <b>12:30 - Cooking with Erin</b></p>	<p><b>11</b> Continental Breakfast 9:30 - Level Three Fitness <b>9:30-11:30 -Villanova Nurses</b> 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</p>
<p><b>16</b>  <b>CLOSED for Presidents Day</b></p>	<p><b>17</b> Continental Breakfast &amp; Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech &amp; Assist <b>10:00-10:30 - WCU Students</b> <b>10:30 - 11:30 -Mental Health Challenges Support Group</b> 10:30 - Stretch &amp; Strengthening <b>11:15 - Book Club</b> <b>11:15- Chair Yoga</b> NOON - Lunch <b>12:30 - UNO</b> <b>12:30 - Cooking with Erin</b></p>	<p><b>18</b> Continental Breakfast 9:30 - Level Three Fitness <b>9:30-11:30- Villanova Nurses</b> 10:00 -1:00 - Corner Cabinet <b>10-12 - State Rep Pielli's</b> <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 - Everest Pharmacy</b> 11:30- Level One Fitness <b>NOON- Birthday Lunch w/ Bob Starner</b> 12:45- Knitting and Crocheting</p>
<p><b>23</b> Continental Breakfast &amp; Socialization 9:30 - Level Three Fitness <b>9:30-11:30 -Villanova Nurses</b> <b>Nurses</b> 10:00 - 3:00 - Tech &amp; Assist 10:30 - Level Two Fitness 10:30 - Bingo 10:30- Current Event <b>11:00- 12:00 - Medicare 101</b> 11:30- Level One Fitness NOON- Lunch</p>	<p><b>24</b> Continental Breakfast &amp; Socialization 9:30 - Cardio Interval Fitness Class <b>10:00-10:30 - WCU Students</b> 10:00-3:00- Tech &amp; Assist 10:30- Stretch &amp; Strengthening NOON- Lunch <b>12:30 - UNO</b> <b>12:30 - Cooking with Erin</b></p>	<p><b>25</b> Continental Breakfast <b>9:30-11:30- Villanova Nurses</b> 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 - Investment Protection</b> 11:30- Level One Fitness NOON - Lunch 12:45 - Knitting and Crocheting <b>1:00 - Parkinsons Support</b></p>

# Activities Schedule and more.....

THURSDAY	FRIDAY
<p><b>5</b> 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  <b>12:45- Mahjong</b>  <b>1:00 – Tai Chi</b></p>	<p><b>6</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  <b>12:30 - Rummikub</b></p>
<p><b>12</b> Continental Breakfast &amp; Socialization  <b>9:30 - Bible Study</b>  <b>9:30-</b> Cardio Interval Fitness Class  <b>10:00-10:30 – WCU Students</b>  <b>10-12 – Senator Comitta Outreach</b>  10:30- French Class  10:30 - Level Two Fitness Class  11:30- Level 1 Fitness  NOON – Lunch  <b>12:45- Mahjong</b>  <b>1:00 – Tai Chi</b></p>	<p><b>13</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  <b>12:30 - Rummikub</b></p>
<p><b>19</b> Continental Breakfast / Socialization  9:30 - Cardio Interval Fitness Class  <b>10:00-10:30 – WCU Students</b>  10:30- French Class  10:30 – Level Two Fitness Class  <b>11:00 – Love your Life with Carin</b>  11:30- Level 1 Fitness  NOON- Lunch  <b>12:45- Mahjong</b>  <b>1:00 – Tai Chi</b></p>	<p><b>20</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 - Rummikub</b></p>
<p><b>26</b> Continental Breakfast &amp; Socialization  <b>9:30-</b> Cardio Interval Fitness Class  <b>9:30 - Bible Study</b>  <b>10:00-10:30 – WCU Students</b>  10:30- French Class  10:30 - Level Two Fitness Class  <b>11:00 – Personalized Transportation &amp; Home Care Services</b>  <b>11:00 – Chess with Thomas</b>  11:30- Level 1 Fitness  NOON – Lunch  <b>12:45- Mahjong</b>  <b>1:00 – Tai Chi</b></p>	<p><b>27</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 - Rummikub</b></p>

## February 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
2 <b>Glazed Pork Loin</b> Collard Greens Brown Rice Oatmeal Raisin Cookie	3 <b>Salisbury Steak w/Gravy</b> Green Beans Egg Noodles Jell- O	4 <b>Shrimp Scampi</b> Broccoli Pasta Garlic Bread	5 <b>Beef and Broccoli</b> Green Beans Apple Sauce Brown Rice	6 <b>Chicken Marsala</b> Egg Noodles Green Beans Orzo Soup Pears
9 <b>Chicken Cacciatore</b> Mandarin Oranges Brown Rice	10 <b>Kielbasa</b> Sauerkraut Pierogi Pasta Fruit Salad	11 <b>Swedish Meatballs</b> Carrots Fruit Salad Egg Noodles	12 <b>Chicken Salad Sandwich</b> Chips Soup Oatmeal Raisin Cookie	13 <b>Roast Turkey</b> Mashed Potatoes Green Beans Peaches
16 <b>CLOSED for Presidents Day</b>	17 <b>Pork Loin</b> Scalloped Potatoes Mixed Vegetables Peaches	18 <b>Chicken Bruschetta</b> Green Beans Fruit Salad Brown Rice 	19 <b>Chili</b> Rice Cornbread	20 <b>Crispy Chicken Sandwich</b> Tater Tots Vegetable Soup
23 <b>Baked Ziti</b> Side Salad Pears Garlic Bread	24 <b>Soft Taco</b> Rice Corn	25 <b>Chicken Parmesan</b> Mixed Vegetables Penne Pasta Mandarin Oranges	26 <b>Sloppy Joe</b> Tater Tots	27 <b>Open Faced Roast Beef</b> Mashed Potatoes Carrots Vanilla Pudding

## **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

### **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

### **Explore Your Creativity**

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

### **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.lordspantryofdownington.org](http://www.lordspantryofdownington.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!](#)



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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.*