

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
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 16th** for Presidents Day.
- **February** Book Club read: *James by Percival Everett*
- *Villanova Nurses Presentation Schedule:*
Group Presentation- Monday, Feb 2nd: The Immune System
Group Presentation – Monday, Feb 9th: Thyroid, the other master gland
Fast Facts – Wednesday, Feb 11th: 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 2nd @ 10:00 AM : Singing Bowls

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

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

Wednesday, February 18th @ 11:00 AM : Everest Pharmacy

Thursday, February 19th @ 11:00 AM : Love your Life with Carin

Monday, February 23rd @ 11:00 AM – 12:00 PM : Medicare 101

**Wednesday, February 25th @ 11:00 AM : Investment Protection
Presentation**

**Thursday, February 26th @ 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

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

Activities Schedule and more.....

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

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

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.