



## MARCH 2026 NEWSLETTER

### WCASC Lunch Program: What We Heard From Our Participants

At the West Chester Area Senior Center (WCASC), we believe transparency and participant voice are essential to strong programs. In early February 2026, WCASC conducted an anonymous lunch program survey to better understand how participants experience our meals and to identify opportunities for improvement.

The survey was conducted in the week of February 2, 2026, by two WCASC interns, with **59 participants** responding. We are pleased to share the results and hope this feedback will be helpful to the Chester County Department of Aging Services (CCDAS) Lunch Program. WCASC serves meals using the CCDAS-approved menu, which is developed and authorized by CCDAS Nutritionist Barbara Myers.

#### Overall Satisfaction

- **86%** of respondents reported being satisfied or very satisfied with the lunches served at WCASC.
- Over half of respondents (52%) reported to be very satisfied.

Food Quality: Participants were asked to rate taste, freshness, and temperature:

- **91%** rated food quality as excellent or good
- No respondents rated the food as “poor”

#### Variety and Portion Size

- **90%** of respondents said the lunches meet their needs always or most of the time
- No respondents selected “rarely”

Participation: Participants shared how often they attend the lunch program:

- 24% participate daily
- 22% attend a few times per week
- 45% participate occasionally

Participant Suggestions: Participants offered thoughtful and constructive feedback, including:

- Requests for more fresh vegetables and additional vegetable servings
- Interest in salad options and box lunches
- Requests for less salty food, less rice, and greater menu variety
- Interest in sugar-free options, milk or juice, and bread or rolls
- Requests for meatless options during Lent
- Appreciation for staff, with comments such as:
  - “Very satisfied. Chef and staff work very hard.”
  - “Taste and smells delicious.”
  - “Good variety and quality.”
  - “Perfect!”

WCASC is grateful to everyone who shared feedback. We will continue to elevate participant voices and share input with CCDAS to support the continued strength and responsiveness of the county’s lunch program.

Thank you to our participants, kitchen volunteers & staff, and partners for helping make WCASC a welcoming place to gather, eat, and connect.

## 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!**
- **March** Book Club read: *Born a Crime by Trevor Noah*.
- Thursday, March 12th: Meet the outreach team from U.S. Representative Chrissy Houlahan and Senator Carolyn Comitta for a “Coffee with Constituents” conversation.
- No Chair Yoga Tuesday, March 17<sup>th</sup> !
- March 25-26 @ 12:45 pm Penn Medicine Presents Healthy Steps in Motion.
- Planning ahead made it easier! Join our three-part speaking series to help you make confident housing decisions for the next chapter. Sessions will be held March 4, 11, and 25 at 11:00 a.m.
- Come relax, socialize, and sharpen your mind by joining our Mahjong group at WCASC! Whether you’re a beginner or experienced player, there’s a seat and a friendly game waiting for you.
- On Tuesdays and Thursdays 10-11am starting March 17 : new program, details to come

### Rock Around the Clock with WCASC! 🎵

We’re turning back the dial and turning UP the fun! Join us as the West Chester Area Senior Center celebrates 50 incredible years with a high-energy, 1950s-themed anniversary party you won’t want to miss.

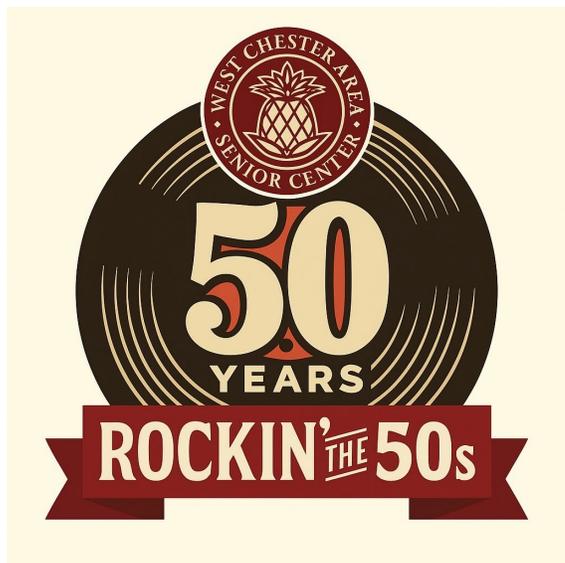
📅 Friday, April 24 | 5:00–8:00 PM

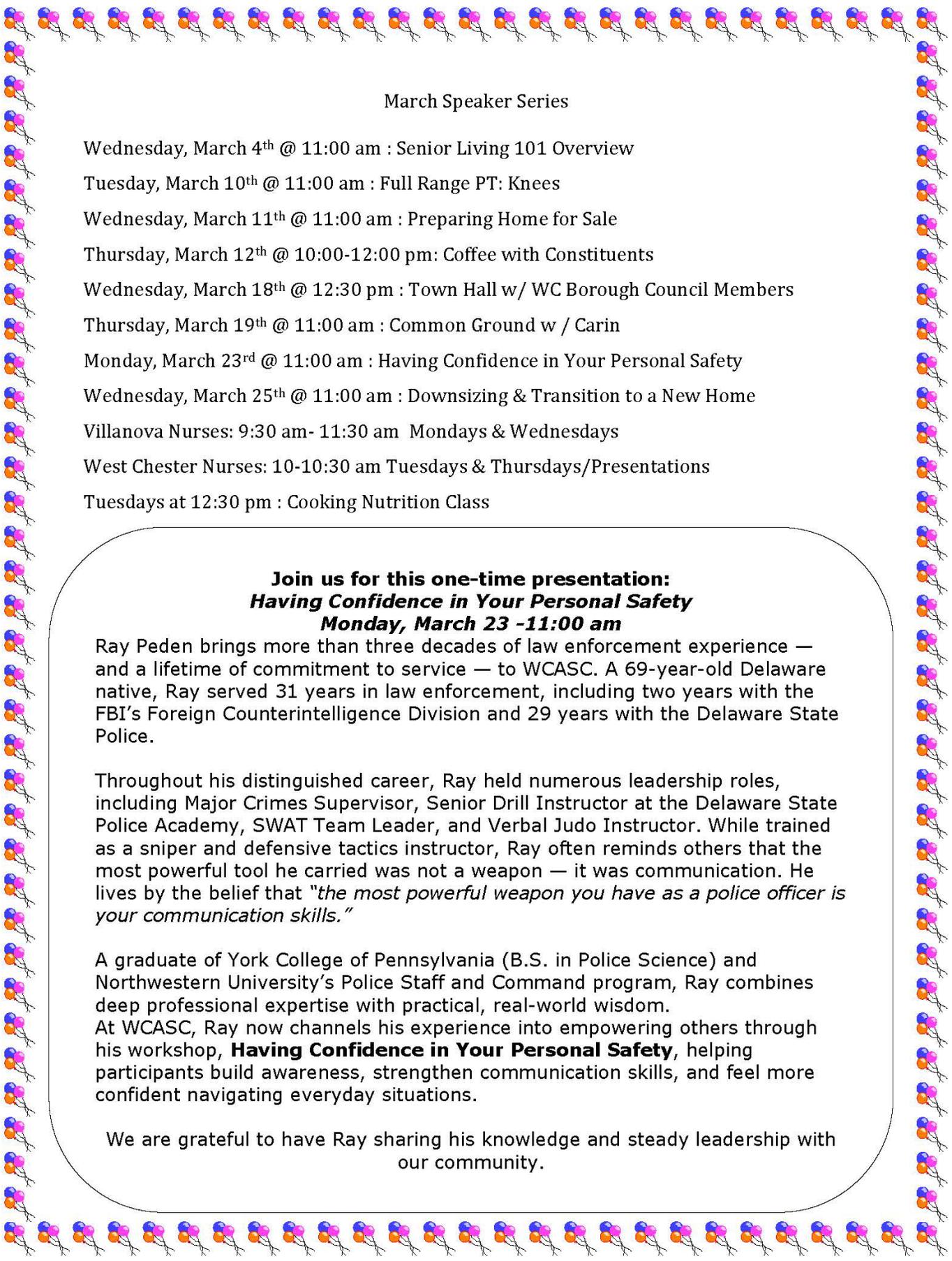
🎟 Tickets available now (early pricing ends March 27!)

Dust off your poodle skirts and saddle shoes, grab a friend, and help us celebrate 50 years of thriving—  
together.

👉 Get tickets & details:

<https://wcseniors.org/.../rock-around-the-clock.../>





## March Speaker Series

Wednesday, March 4<sup>th</sup> @ 11:00 am : Senior Living 101 Overview

Tuesday, March 10<sup>th</sup> @ 11:00 am : Full Range PT: Knees

Wednesday, March 11<sup>th</sup> @ 11:00 am : Preparing Home for Sale

Thursday, March 12<sup>th</sup> @ 10:00-12:00 pm: Coffee with Constituents

Wednesday, March 18<sup>th</sup> @ 12:30 pm : Town Hall w/ WC Borough Council Members

Thursday, March 19<sup>th</sup> @ 11:00 am : Common Ground w / Carin

Monday, March 23<sup>rd</sup> @ 11:00 am : Having Confidence in Your Personal Safety

Wednesday, March 25<sup>th</sup> @ 11:00 am : Downsizing & Transition to a New Home

Villanova Nurses: 9:30 am- 11:30 am Mondays & Wednesdays

West Chester Nurses: 10-10:30 am Tuesdays & Thursdays/Presentations

Tuesdays at 12:30 pm : Cooking Nutrition Class

**Join us for this one-time presentation:  
*Having Confidence in Your Personal Safety*  
Monday, March 23 -11:00 am**

Ray Peden brings more than three decades of law enforcement experience — and a lifetime of commitment to service — to WCASC. A 69-year-old Delaware native, Ray served 31 years in law enforcement, including two years with the FBI's Foreign Counterintelligence Division and 29 years with the Delaware State Police.

Throughout his distinguished career, Ray held numerous leadership roles, including Major Crimes Supervisor, Senior Drill Instructor at the Delaware State Police Academy, SWAT Team Leader, and Verbal Judo Instructor. While trained as a sniper and defensive tactics instructor, Ray often reminds others that the most powerful tool he carried was not a weapon — it was communication. He lives by the belief that *"the most powerful weapon you have as a police officer is your communication skills."*

A graduate of York College of Pennsylvania (B.S. in Police Science) and Northwestern University's Police Staff and Command program, Ray combines deep professional expertise with practical, real-world wisdom. At WCASC, Ray now channels his experience into empowering others through his workshop, **Having Confidence in Your Personal Safety**, helping participants build awareness, strengthen communication skills, and feel more confident navigating everyday situations.

We are grateful to have Ray sharing his knowledge and steady leadership with our community.

# March 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            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>10:00-10:30 – WCU Nurses</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            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 – Senior Living Overview</b>            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>            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            10:30- Stretch &amp; Strengthening  <b>11:00 – Full Range PT: Knees</b>  <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  <b>11:00 – Preparing Home for Sale</b>            11:30- Level One Fitness            NOON – Lunch            12:45 - Knitting and Crocheting</p>
<p><b>16</b> Continental Breakfast &amp; Socialization            9:30 - Level Three Fitness  <b>9:30-11:30 -Villanova 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>17</b> Continental Breakfast &amp; Socialization            9:30 - Cardio Interval Fitness Class            10:00-3:00- Tech &amp; Assist  <b>10:00 – 11:00 – Bingo Sized</b>            10:30 – Stretch &amp; Strengthening  <b>11:15 – Book Club</b>            NOON – Lunch  <b>12:30 – UNO</b>  <b>12:30 – Cooking with Michelle</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            11:30- Level One Fitness  <b>NOON- Birthday Lunch</b>  <b>12:30 – Town Hall w/ WC Borough Council Members</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>            10:00 – 3:00 - Tech &amp; Assist            10:30 - Level Two Fitness            10:30 – Bingo            10:30- Current Event  <b>11:00 – Personal Safety</b>            11:30- Level One Fitness            NOON- Lunch</p>	<p><b>24</b>            Continental Breakfast &amp; Socialization            9:30 - Cardio Interval Fitness Class            10:00-3:00- Tech &amp; Assist  <b>10:00 – 11:00 – Bingo Sized</b>            10:30- Stretch &amp; Strengthening  <b>11:15 – Chair Yoga</b>            NOON- Lunch  <b>12:30 – UNO</b>  <b>12:30 – Cooking with Michelle</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 – Downsizing &amp; Transitioning to a New Home</b>            11:30- Level One Fitness            NOON – Lunch            12:45 - Knitting and Crocheting  <b>12:45 – Healthy Steps in Motion</b>  <b>1:00 – Parkinsons Support</b></p>
<p><b>30</b> Continental Breakfast &amp; Socialization            9:30 - Level Three Fitness            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>31</b>            Continental Breakfast &amp; Socialization            9:30 - Cardio Interval Fitness Class            10:00-3:00- Tech &amp; Assist            10:30- Stretch &amp; Strengthening  <b>11:15 – Chair Yoga</b>            NOON- Lunch  <b>12:30 – UNO</b>  <b>12:30 – Cooking with Michelle</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  <b>10:00-10:30 – WCU Nurses</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>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 Nurses</b>  <b>10-12 – Coffee with Constituents</b>            10:30- French Class            10:30 - Level Two Fitness Class  <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>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 – 11:00 – Bingo Sized</b>            10:30- French Class            10:30 – Level Two Fitness Class  <b>11:00 – Common Ground w/ Carin</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>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 – 11:00 – Bingo Sized</b>            10:30- French Class            10:30 - Level Two Fitness Class  <b>11:00 – Chess with Thomas</b>            11:30- Level 1 Fitness            NOON – Lunch  <b>12:45- Mahjong</b>  <b>12:45 – Healthy Steps in Motion</b>  <b>1:00 – Tai Chi</b></p>	<p><b>27</b> Continental Breakfast &amp; Socialization  <b>9:00 – Pancake Breakfast</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>

## March 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>Rotisserie Thigh Chicken</b> Sweet Potatoes Winter Blend Vegetables Pears	3 <b>Turkey Hoagie</b> Pineapples Vegetable Soup	4 <b>Chicken &amp; Gravy</b> Oven Roasted Potatoes Brussel Sprouts Peaches	5 <b>Salisbury Steak</b> Mashed potatoes Peas & Carrots Fruit Salad	6 <b>Garlic &amp; Herb Tilapia</b> Scalloped Potatoes Carrots Corn Chowder Mandarin Oranges
9 <b>BBQ Chicken</b> Broccoli Mixed Fruit Egg Noodles	10 <b>Cheeseburger</b> Coleslaw Tropical Fruit Chicken Noodle Soup Tater Tots	11 <b>Chicken Pot Pie</b> Brussel Sprouts Peaches	12 <b>Meatloaf</b> Sweet Potatoes Cream of Potato Soup Broccoli Peaches	13 <b>Tuna Noodle Casserole</b> Winter Blend Vegetables Pears
16 <b>Spaghetti &amp; Meatballs</b> Winter Blend Vegetables Pears	17 <b>Cheesesteak</b> Tater Tots Escarole Soup Mandarin Oranges	18 <b>Chicken Parmesan</b> California Vegetable Blend Pineapples Pasta	19 <b>Beef Stroganoff</b> Mandarin Oranges Brown Rice	20 <b>Grilled Cheese</b> Tomato Soup Fruit Salad
23 <b>Roast Turkey</b> Mashed Potatoes Green Beans Tropical Fruit	24 <b>Chicken Marsala</b> Oven Roasted Potatoes Brussel Sprouts Vegetable Soup Mandarin Oranges	25 <b>Swedish Meatballs</b> Baby Carrots Egg Noodles Strawberries & Angel Food Cake	26 <b>Baked Chicken</b> Potatoes Au Gratin Spinach Beef & Vegetable Soup Pineapples	27 <b>Lasagna Roll Ups</b> Broccoli Peaches
30 <b>Sloppy Joe</b> Tater Tots	31 <b>Chicken Salad Sandwich</b> Chips Oatmeal Raisin Cookie			

*\*\*This menu reflects the approved congregate meal plan as authorized by the Chester County Department of Aging Services (CCDAS) and is subject to change in accordance with program guidelines\*\**

## **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 ( <i>please leave a message for a return call</i> )	610-344-5004 option 2
PA Ombudsman ( <i>nursing home problems</i> )	610-344-5004 ext. 1
Medicare Hotline	800-633-4227
CHESCO CONNECT: Transportation Services	610-344-5545
State Representative Chris Pielli ( <i>Rent/Prop Tax Rebate Help</i> )	610-696-4990
Senator Carolyn Comitta's Office ( <i>Rent/Prop Tax Rebate Help</i> )	610-692-2112
VITA Tax Prep Service Hotline ( <i>Same as AARP service here</i> )	610-380-9099
<b>Emergency Food Locations</b>	
West Chester Food Cupboard <a href="http://www.westchesterfoodcupboard.org">www.westchesterfoodcupboard.org</a>	610-344-3175
Chester County Food Bank <a href="http://www.chestercountyfoodbank.org">www.chestercountyfoodbank.org</a>	610-873-6000
Lord's Pantry <a href="http://www.lordspantryofdowningtowntown.org">www.lordspantryofdowningtowntown.org</a>	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](http://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.*