



APRIL 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

Celebrating National Volunteer Month

April is National Volunteer Month—a time to celebrate and recognize the incredible contributions of volunteers across our community.

At the West Chester Area Senior Center, we are especially grateful for the many hands and hearts that make our Center such a vibrant, welcoming place. From dedicated members who give their time and talents within our walls, to the many individuals from outside the Center who generously show up to support our mission—our volunteers truly make it all possible.

Because of you, WCASC is more than a place to gather—it's a thriving community built on kindness, connection, and care.

*With heartfelt gratitude,
Leah, Jess, Mia, Olivia & Jim*

Working Together

Good nutrition is a cornerstone of healthy aging—and thanks to the generous support of the **Friends Foundation for the Aging**, we're able to offer even more healthy food options at the West Chester Area Senior Center.

Through their \$10,000 grant, we've expanded our nutrition programs with Graduate Students in Nutrition from Immaculata and WCU who are facilitating cooking classes to expand the palate and to explore lighter fare options for warmer weather.

We're already seeing the impact—more members are joining us for lunch, and spending the day enjoying fitness classes, art programs, and time with friends. For many older adults, sharing a healthy meal here is about more than food—it's about connection and community.

We're deeply grateful to the **Friends Foundation for the Aging** for their partnership in helping our members stay healthy, active, and thriving.



WEST CHESTER AREA SENIOR CENTER UPDATES

- Follow us on [Facebook](#) for the latest news and updates, photos, and upcoming events at the Center.
- 📖 **April Book Club Pick:** *Big Lies in a Small Town* by Diane Chamberlain. Grab a copy and join!
- Our weekly “**Current Events**” program has a fresh new name—“**What’s Poppin’!**”—chosen by YOU, our members! This new name reflects the exciting energy and evolving conversations happening each week. From the latest in AI and weather trends to updates in science, health, and medications, *What’s Poppin’* is your go-to space for lively discussion, curiosity, and connection. Same great group—just a little more pop! Join us and see what’s poppin’ next.
- *Need Technology Assistance?* Come see Andy Thursdays from **10-11:30 am**. No appointment is needed.
- Schedule Update: There will be *no Tai Chi on April 2*.
- **Volunteer Appreciation Lunch – April 9**. We’re celebrating the amazing volunteers who help make our Center so special! *RSVP by April 3rd*.
- **Don’t forget to Rock Around the Clock with us on Friday, April 24th from 5:00 -8:00 pm!**
- **Save the Date!** Celebrate spring at our Fashion Show & Mother’s Day Tea on **May 7** at 12:30 PM
- *Celebrate Earth Day w/ QVC Wednesday, April 22nd 10:00 am – 2:00 pm.*

Through Fresh Eyes: A Student’s Reflection on WCASC

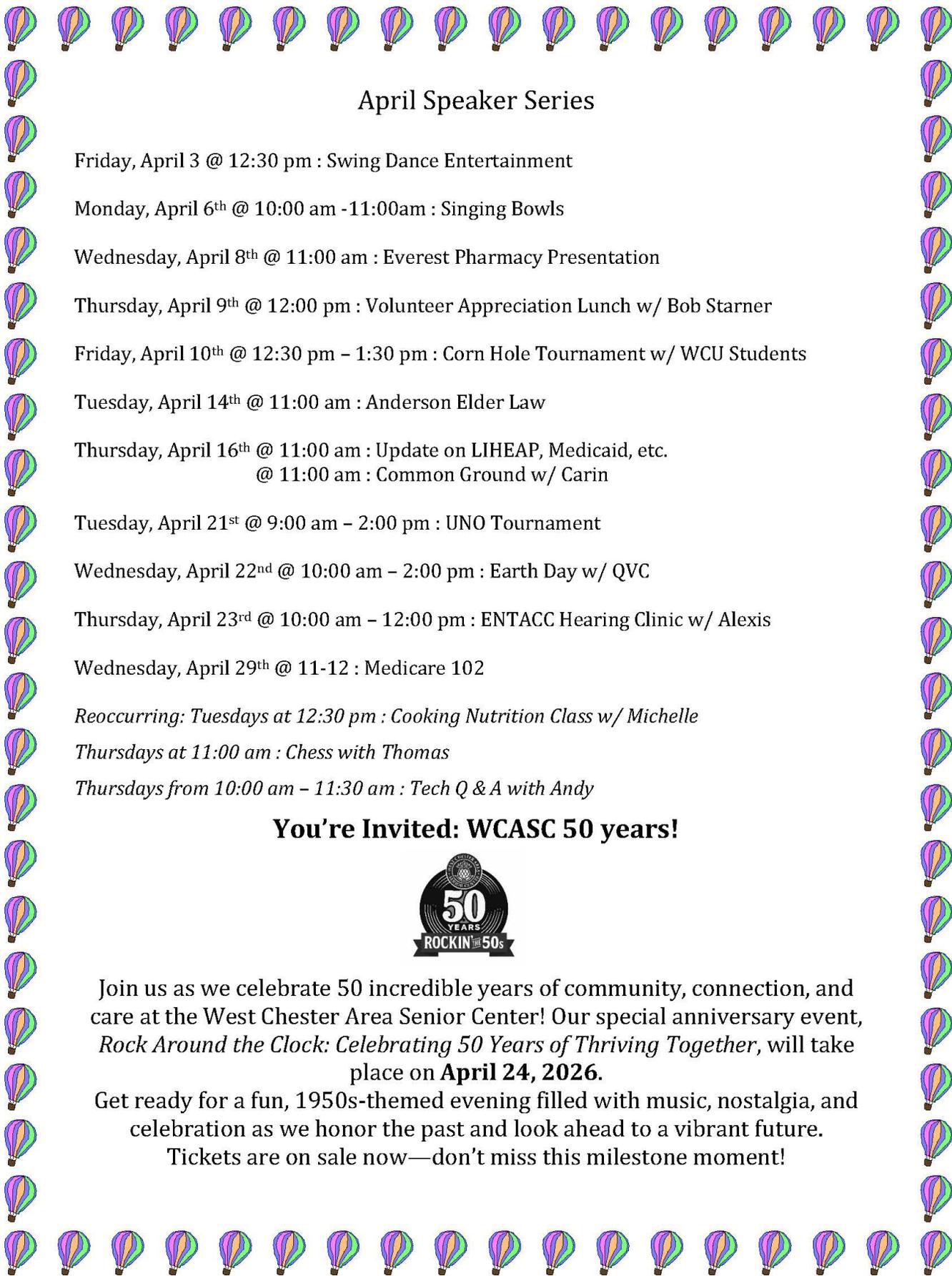
Recently, the West Chester Area Senior Center received a thoughtful note from Angela DiBitetto, a senior nursing student from Villanova University who has been completing part of her health promotion clinical at the Center.

Angela shared how much she has enjoyed her time at WCASC and how impressed she has been by the warm and welcoming community she has witnessed here. She described the wide variety of programs offered—from exercise classes and technology workshops to language classes, current events discussions, live music, and the Center’s free food pantry. These opportunities, she noted, help members stay physically active, mentally engaged, and socially connected.

Angela also shared a conversation she had with her grandmother in the Bronx, New York. After hearing about the programs and sense of community at WCASC, her grandmother said she wished her own senior center offered similar opportunities.

What struck Angela most during her visits was the spirit of connection among members. She observed how people greet one another by name, check in on each other, and create a place where everyone feels welcome. She wrote that it is clear many people come not only for activities, but also for companionship, support, and a true sense of belonging.

Her message was a beautiful reminder of something we see every day: the West Chester Area Senior Center is more than a place for programs—it is a vibrant community where people come together to learn, connect, and thrive.



April Speaker Series

Friday, April 3 @ 12:30 pm : Swing Dance Entertainment

Monday, April 6th @ 10:00 am -11:00am : Singing Bowls

Wednesday, April 8th @ 11:00 am : Everest Pharmacy Presentation

Thursday, April 9th @ 12:00 pm : Volunteer Appreciation Lunch w/ Bob Starner

Friday, April 10th @ 12:30 pm – 1:30 pm : Corn Hole Tournament w/ WCU Students

Tuesday, April 14th @ 11:00 am : Anderson Elder Law

Thursday, April 16th @ 11:00 am : Update on LIHEAP, Medicaid, etc.
@ 11:00 am : Common Ground w/ Carin

Tuesday, April 21st @ 9:00 am – 2:00 pm : UNO Tournament

Wednesday, April 22nd @ 10:00 am – 2:00 pm : Earth Day w/ QVC

Thursday, April 23rd @ 10:00 am – 12:00 pm : ENTACC Hearing Clinic w/ Alexis

Wednesday, April 29th @ 11-12 : Medicare 102

Reoccurring: Tuesdays at 12:30 pm : Cooking Nutrition Class w/ Michelle

Thursdays at 11:00 am : Chess with Thomas

Thursdays from 10:00 am – 11:30 am : Tech Q & A with Andy

You're Invited: WCASC 50 years!



Join us as we celebrate 50 incredible years of community, connection, and care at the West Chester Area Senior Center! Our special anniversary event, *Rock Around the Clock: Celebrating 50 Years of Thriving Together*, will take place on **April 24, 2026**.

Get ready for a fun, 1950s-themed evening filled with music, nostalgia, and celebration as we honor the past and look ahead to a vibrant future.

Tickets are on sale now—don't miss this milestone moment!

April 2026 Programs, Events

MONDAY	TUESDAY	WEDNESDAY
		1 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
6 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10:00 -Singing Bowls 10:00 - 3:00 - Tech & Assist 10:30 - Level Two Fitness 10:30 - Bingo 10:30- What's Poppin'! 11:30- Level One Fitness NOON- Lunch	7 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00 - 11:00 - Bingo Sized 10:30- Stretch & Strengthening 11:15 - Chair Yoga NOON - Lunch 12:30 - UNO 12:30 - Cooking w/ Michelle	8 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 11:00 - Everest Pharmacy 11:30- Level One Fitness NOON - Lunch 12:45 - Knitting and Crocheting
13 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10:00 - 3:00 - Tech & Assist 10:30 - Level Two Fitness 10:30 - Bingo 10:30- What's Poppin'! 11:30- Level One Fitness NOON- Lunch	14 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:00 - 11:00 - Bingo Sized 10:00-10:30 - WCU Nurses 10:30 - Stretch & Strengthening 11:00 - Anderson Senior Law 11:15 - Chair Yoga 11:15 - Book Club NOON - Lunch 12:30 - UNO 12:30 - Cooking w/ Michelle	15 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 11:30- Level One Fitness NOON- Birthday Lunch (sponsored by Fieldstone) 12:45- Knitting and Crocheting 
20 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10:00 - 3:00 - Tech & Assist 10:30 - Level Two Fitness 10:30 - Bingo 10:30- What's Poppin'! 11:30- Level One Fitness NOON- Lunch	21 Continental Breakfast & Socialization 9:00-2:00- UNO Tournament 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:00 - 11:00 - Bingo Sized 10:00-10:30 - WCU Nurses 10:30- Stretch & Strengthening 11:15 - Chair Yoga NOON- Lunch 12:30 - Cooking w/ Michelle	22 Continental Breakfast 9:30 - Level Three Fitness 10:00- 2:00- Earth Day w/QVC 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
27 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10:00 - 3:00 - Tech & Assist 10:30 - Level Two Fitness 10:30 - Bingo 10:30- What's Poppin'! 11:30- Level One Fitness NOON- Lunch	28 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:00 - 11:00 - Bingo Sized 10:00-10:30 - WCU Nurses 10:30- Stretch & Strengthening 11:15 - Chair Yoga NOON- Lunch 12:30 - UNO 12:30 - Cooking w/ Michelle	29 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 11:00 - 12:00- Medicare 102 11:30- Level One Fitness NOON - Lunch 12:45 - Knitting and Crocheting

Activities Schedule and more.....

THURSDAY	FRIDAY
<p>2 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00 – 11:00 – Bingo Sized 10:30- French Class 10:30 – Level Two Fitness Class 10:00-10:30 – WCU Nurses 11:00 – Chess with Thomas 11:30- Level 1 Fitness NOON- Lunch 12:45- Mahjong</p>	<p>3 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 12:30 – Swing Dance Entertainment</p>
<p>9 Continental Breakfast & Socialization 9:30 - Bible Study 9:30- Cardio Interval Fitness Class 10:00 – 11:00 – Bingo Sized 10:00-10:30 – WCU Nurses 10:30- French Class 10:30 - Level Two Fitness Class 11:00 – Chess with Thomas 11:30- Level 1 Fitness NOON – Volunteer Appreciation Lunch w/music 12:45- Mahjong 1:00 – Tai Chi</p>	<p>10 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 12:30-1:30 – Cornhole Tournament with undergrad WC Ethics</p>
<p>16 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00 – 11:00 – Bingo Sized 10:00-10:30 – WCU Nurses 10:30- French Class 10:30 – Level Two Fitness Class 11:00 – Chess with Thomas 11:00 – Common Ground with Carin 11:00 – Update LIHEAP, Medicaid, etc. 11:30- Level 1 Fitness NOON- Lunch 12:45- Mahjong 1:00 – Tai Chi</p>	<p>17 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>23 Continental Breakfast & Socialization 9:30- Cardio Interval Fitness Class 10:00 – 11:00 – Bingo Sized 10:00-10:30 – WCU Nurses 10:00- 12:00 – ENTACC Hearing Clinic 10:30- French Class 10:30 - Level Two Fitness Class 11:00 – Chess with Thomas 11:30- Level 1 Fitness NOON – Lunch 12:45- Mahjong 1:00 – Tai Chi</p>	<p>24 Continental Breakfast & Socialization 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 style="text-align: center;">50's Celebration! 5:00 PM – 8:00 PM</p>
<p>30 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 9:30 - Bible Study 10:00 – 11:00 – Bingo Sized 10:00-10:30 – WCU Nurses 10:30- French Class 10:30 – Level Two Fitness Class 11:00 – Chess with Thomas 11:30- Level 1 Fitness NOON- Lunch 12:45- Mahjong 1:00 – Tai Chi</p>	



April 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 Chicken & Gravy Oven Roasted Potatoes Brussel Sprouts Peaches	2 Salisbury Steak Mashed potatoes Peas & Carrots Fruit Salad	3 Garlic & Herb Tilapia Scalloped Potatoes Carrots Corn Chowder Mandarin Oranges
6 Chicken Parmesan California Vegetable Blend Pineapples Pasta	7 Cheeseburger Coleslaw Tropical Fruit Chicken Noodle Soup Tater Tots	8 Chicken Pot Pie Brussel Sprouts Peaches	9 Volunteer Appreciation Lunch Pizza 	10 Tuna Noodle Casserole Winter Blend Vegetables Pears
13 Spaghetti & Meatballs Winter Blend Vegetables Pears	14 Cheesesteak Tater Tots Escarole Soup Mandarin Oranges	15 BBQ Thigh Chicken Broccoli Mixed Fruit Egg Noodles 	16 Beef Stroganoff Mandarin Oranges Brown Rice	17 Grilled Cheese Tomato Soup Fruit Salad
20 Roast Turkey Mashed Potatoes Green Beans Tropical Fruit	21 Chicken Marsala Oven Roasted Potatoes Brussel Sprouts Vegetable Soup Mandarin Oranges	22 Swedish Meatballs Baby Carrots Egg Noodles Strawberries & Angel Food Cake	23 Baked Chicken Potatoes Au Gratin Spinach Beef & Vegetable Soup Pineapples	24 Lasagna Roll Ups Broccoli Peaches
27 Sloppy Joe Tater Tots	28 Chicken Salad Sandwich Chips Oatmeal Raisin Cookie	29 Rotisserie Thigh Chicken Sweet Potatoes Winter Blend Vegetables Pears	30 Turkey Hoagie Pineapples Vegetable Soup	

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 (*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*)
Senator Carolyn Comitta's Office (*Rent/Prop Tax Rebate Help*)

610-696-4990
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.lordspantryofdowningtown.org

610-873-1149

530 East Union Street
West Chester, PA 19382

Non-Profit
Organization
US Postage Paid
Permit # 77
West Chester, PA



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.