



MAY 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

Growing Together—Stronger Than Ever!

Because of you, our community is thriving.

This fiscal year, we've experienced an incredible **38% increase in membership**, bringing us to a vibrant and engaged community of **446 members**. That's 446 individuals choosing connection, wellness, friendship, and purpose—right here at WCASC.

Every new member adds energy to our programs, laughter to our gatherings, and strength to our shared mission of *aging vibrantly—together*.

Now, let's keep the momentum going.

✨ **Our next goal: 500 members!** ✨

You are our best ambassadors. If WCASC has made a difference in your life, we invite you to **bring a friend, neighbor, or loved one** to experience it for themselves. A simple invitation could open the door to connection, support, and joy for someone new.

Together, we're not just growing—we're building something truly special.

Invite someone to join today. Let's reach 500—together.

WCASC Member Stories Project: Video Interviews with Board Member, Andrea Napoli

Thursday, May 14 | 10:00 AM - 1:30 PM

Share Your Story. Celebrate Your Journey.

We invite you to sign up for a **10-minute recorded interview** with Andrea Napoli, a member of the WCASC Board. This project is designed to capture and honor the voices, experiences, and stories of our members.

Each person who walks through our doors brings a lifetime of memories, perspectives, and meaningful moments. These stories reflect lives well-lived and deserve to be preserved and shared. By recording these interviews, we are building a living history of our community—one that celebrates connection, dignity, and legacy.

There are limited slots available. Please see Jess Tipton, Program Director, to sign up.

During your interview, you may be asked:

- What inspired you to join WCASC?
- What do you enjoy most about the programs or community here?
 - How has WCASC impacted your life?
- What is something positive or exciting you're experiencing at the Center today?

Your voice matters, and your story helps shape the spirit of WCASC for today and for future generations.

WEST CHESTER AREA SENIOR CENTER UPDATES

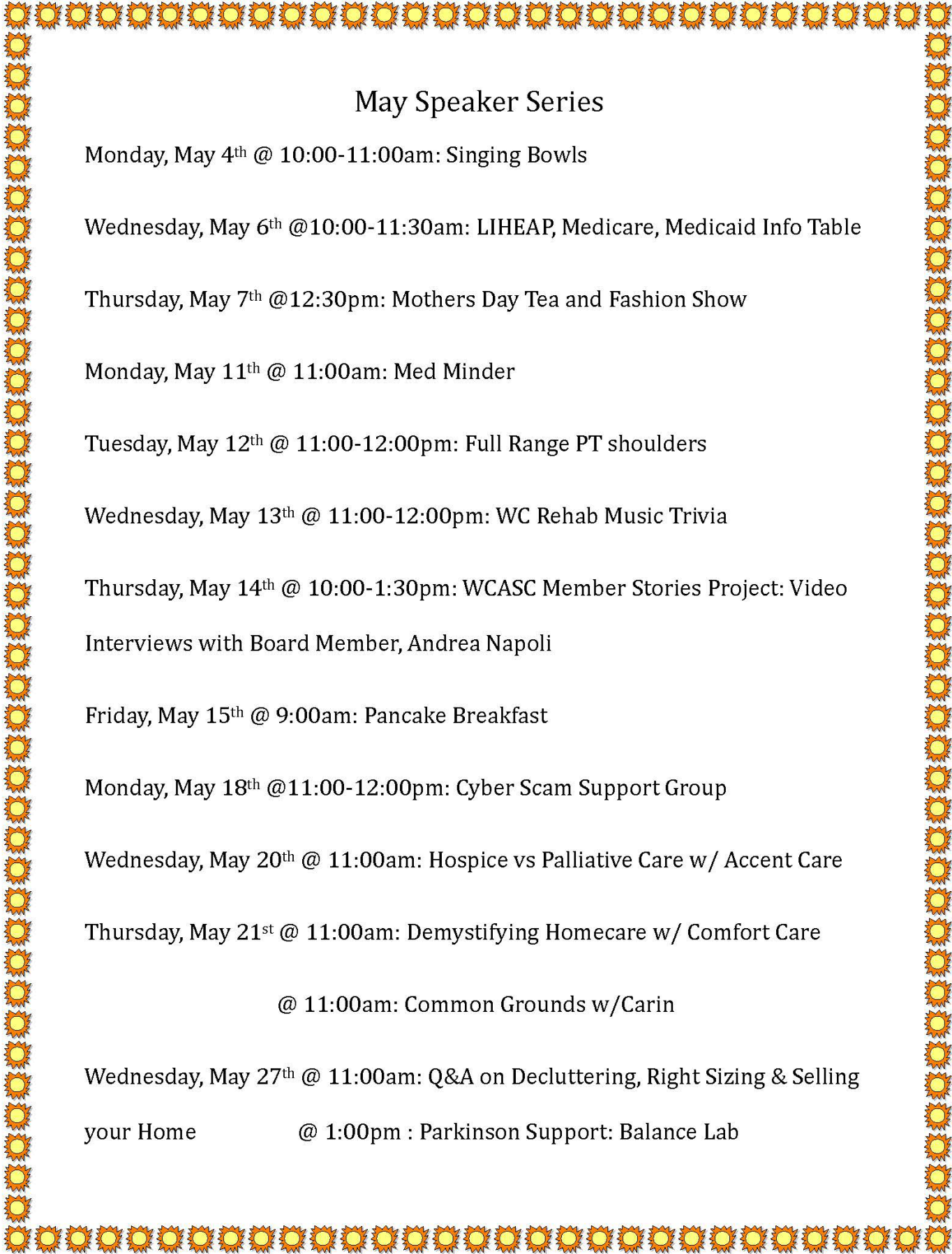
- Follow us on [Facebook](#) for the latest news and updates, photos, and upcoming events at the Center.
- 📖 **May Book Club Pick:** *Becoming Madam Secretary* by Stephanie Dray. Grab a copy and join!
- *Need Technology Assistance?* Come see Andy **Thursdays from 10:00-11:30 am.** No appointment is needed.
- **No Chair Yoga:** *Tuesday May 5th*
- Looking for helpful resources? Stop by on **Wednesday, May 6th from 10:00–11:30 AM** to chat with Drea and learn more about *LIHEAP, Medicare, and Medicaid.*
- **Save the Date!** Celebrate spring at our Fashion Show & Mother's Day Tea on **May 7 at 12:30 PM.**
- Start your morning right at our **Pancake Breakfast on Friday, May 15th!** 🥞
- *Team Word Games is still on for May 15th*—just moved up to **10 AM** so you can enjoy the pancake breakfast *and* still play! See you then!
- We will be **CLOSED Monday, May 25th for Memorial Day!**

New Program:

Join us for a new Cyber Scam Support Group beginning Monday, May 18th from 11:00 AM–12:00 PM. This group offers a safe and welcoming space to share experiences, learn how to recognize scams, and gain helpful tips to protect yourself online and over the phone. Whether you've been affected or just want to stay informed, all are welcome.

Don't Forget:

Check out the Senior Art Expo at the Government Services Building (601 Westtown Rd, West Chester) all month long in May! 🧐 You might even spot some artwork created by our very own members on display—stop by and show your support!



May Speaker Series

Monday, May 4th @ 10:00-11:00am: Singing Bowls

Wednesday, May 6th @10:00-11:30am: LIHEAP, Medicare, Medicaid Info Table

Thursday, May 7th @12:30pm: Mothers Day Tea and Fashion Show

Monday, May 11th @ 11:00am: Med Minder

Tuesday, May 12th @ 11:00-12:00pm: Full Range PT shoulders

Wednesday, May 13th @ 11:00-12:00pm: WC Rehab Music Trivia

Thursday, May 14th @ 10:00-1:30pm: WCASC Member Stories Project: Video

Interviews with Board Member, Andrea Napoli

Friday, May 15th @ 9:00am: Pancake Breakfast

Monday, May 18th @11:00-12:00pm: Cyber Scam Support Group

Wednesday, May 20th @ 11:00am: Hospice vs Palliative Care w/ Accent Care

Thursday, May 21st @ 11:00am: Demystifying Homecare w/ Comfort Care

@ 11:00am: Common Grounds w/Carin

Wednesday, May 27th @ 11:00am: Q&A on Decluttering, Right Sizing & Selling

your Home @ 1:00pm : Parkinson Support: Balance Lab

May 2026 Programs, Events

MONDAY	TUESDAY	WEDNESDAY
<p>4 Continental Breakfast & Socialization 9:30 - Level Three Fitness 10-11 – 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</p>	<p>5 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:30- Stretch & Strengthening NOON – Lunch 12:30 – UNO 12:30 – Cooking w/ Michelle</p>	<p>6 Continental Breakfast 9:30 - Level Three Fitness 10:00-1:00 Corner Cabinet 10-11:30- Info Table w/ Drea 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</p>
<p>11 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’! 11:00 – Med Minder 11:30- Level One Fitness NOON- Lunch</p>	<p>12 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30 – Stretch & Strengthening 11-12 – Full Range PT: Shoulders 11:15 – Chair Yoga NOON – Lunch 12:30 – UNO</p>	<p>13 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 11-12- WC Rehab: Music Trivia 11:30- Level One Fitness NOON- Lunch 12:45- Knitting and Crocheting</p>
<p>18 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’! 11-12- Cyber Scam Support Group 11:30- Level One Fitness NOON- Lunch</p>	<p>19 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening 11:15 – Book Club 11:15 – Chair Yoga NOON- Lunch 12:30 - UNO</p>	<p>20 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 11:00 – Hospice vs Palliative Care 11:30- Level One Fitness NOON – Birthday Lunch 12:45 - Knitting and Crocheting</p> 
<p>25 CLOSED FOR MEMORIAL DAY</p> 	<p>26 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 10:00-3:00- Tech & Assist 10:30- Stretch & Strengthening 11:15 – Chair Yoga NOON- Lunch 12:30 – UNO</p>	<p>27 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 – Right Sizing Q&A 11:30- Level One Fitness NOON – Lunch 12:45 - Knitting and Crocheting 1:00 – Parkinsons Support: Balance Lab</p>

Activities Schedule and more.....

THURSDAY	FRIDAY
	<p>1 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</p>
<p>7 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 12:30- Fashion Show and Mothers Day Tea 12:45- Mahjong 1:00 - Tai Chi</p>	<p>8 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</p>
<p>14 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 9:30 - Bible Study 10-12 - Senator Comitta Outreach 10-1:30 - Members Stories Project 10:30- French Class 10:30 - Level Two Fitness Class 11:30- Level 1 Fitness NOON- Lunch 12:45- Mahjong 1:00 - Tai Chi</p>	<p>15 Continental Breakfast & Socialization 9:00 - Pancake Breakfast 10:00- "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>21 Continental Breakfast & Socialization 9:30- Cardio Interval Fitness Class 10:30- French Class 10:30 - Level Two Fitness Class 11:00- Demystifying HomeCare w/ Comfort Care 11:00 - Common Grounds w/ Carin 11:30- Level 1 Fitness NOON - Lunch 12:45- Mahjong 1:00 - Tai Chi</p>	<p>22 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>28 Continental Breakfast & Socialization 9:30 - Cardio Interval Fitness Class 9:30 - Bible Study 10:30- French Class 10:30 - Level Two Fitness Class 11:30- Level 1 Fitness NOON- Lunch 12:45- Mahjong 1:00 - Tai Chi</p>	<p>29 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>

May 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 Garlic & Herb Tilapia Scalloped Potatoes Carrots Corn Chowder Mandarin Oranges
4 Chicken Parmesan California Vegetable Blend Pineapples Pasta	5 Cheeseburger Coleslaw Tropical Fruit Chicken Noodle Soup Tater Tots	6 Chicken Pot Pie Brussel Sprouts Peaches	7 Salisbury Steak Mashed potatoes Peas & Carrots Fruit Salad	8 Tuna Noodle Casserole Winter Blend Vegetables Pears
11 Rotisserie Thigh Chicken Sweet Potatoes Winter Blend Vegetables Pears	12 Cheesesteak Tater Tots Escarole Soup Mandarin Oranges	13 Sloppy Joe Tater Tots	14 BBQ Thigh Chicken Broccoli Mixed Fruit Egg Noodles	15 Grilled Cheese Tomato Soup Fruit Salad
18 Roast Turkey Mashed Potatoes Green Beans Tropical Fruit	19 Chicken Marsala Oven Roasted Potatoes Brussel Sprouts Vegetable Soup Mandarin Oranges	20 Swedish Meatballs Baby Carrots Egg Noodles Strawberries & Angel Food Cake 	21 Baked Chicken Potatoes Au Gratin Spinach Beef & Vegetable Soup Pineapples	22 Lasagna Roll Ups Broccoli Peaches
25 CLOSED for Memorial Day	26 Beef Stroganoff Mandarin Oranges Brown Rice	27 Spaghetti & Meatballs Winter Blend Vegetables Pears	28 Turkey Hoagie Pineapples Vegetable Soup	29 Chicken Salad Sandwich 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 (*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.lordspantryofdowningtowntown.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.