



## JUNE 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)

The West Chester Area Senior Center extends heartfelt thanks to everyone who helped make our 50th Anniversary Celebration such a joyful and meaningful success. From longtime members and volunteers to sponsors, donors, Board members, community partners, staff, and friends — your support, generosity, and enthusiasm reminded us just how special the WCASC community truly is.

Celebrating 50 years of community was more than honoring our past. It was a celebration of connection, friendship, resilience, and the bright future ahead for older adults in our community. The evening was filled with laughter, music, memories, and a shared commitment to ensuring that WCASC continues to thrive for generations to come.

As we look toward the future, one of our most important goals is reaching 500 members by June 30th. Membership is the heartbeat of our Center. Every new member strengthens our community and helps expand opportunities for programs, wellness activities, educational workshops, social events, creative arts, and lifelong learning experiences.

We are proud to share that membership at WCASC has already grown tremendously this year, reflecting the growing need for connection and community among older adults. With your help, we know we can reach this exciting milestone together.

If you are already a member, invite a friend or neighbor to join. If you have been considering membership, now is the perfect time to become part of our vibrant and welcoming community.

The future of WCASC is membership-driven, community-focused, and filled with possibility. Thank you for helping us celebrate 50 incredible years — and for helping us build the next 50 together.



## WEST CHESTER AREA SENIOR CENTER UPDATES

- Follow us on [Facebook](#) for the latest news and updates, photos, and upcoming events at the Center.
- 📖 **June Book Club Pick:** *Frozen River* by Ariel Lawson . Grab a copy and join!
- **New Program:** Do you want to Dance? *Mondays starting in June 12:30pm -1:15 pm.*
- *The Villanova nurses are back this **June and July!** Join us on Mondays & Wednesdays **starting June 8<sup>th</sup>***
- Did you enjoy the **Cyber Scam Support Group?** The next Cybercrime topic: **Romance Scams Monday, June 15<sup>th</sup> at 11:00 am.**
- **Living Well Through Change:** 🗓️ *Wednesdays: June 3, June 10 & June 17* 🕒 **11:00 AM** Join us for a welcoming and supportive conversation group designed to help older adults navigate life's changes with resilience, connection, and hope. This group is facilitated by Colleen, a graduate student in counseling, who brings compassion, active listening, and a thoughtful approach to supporting healthy aging and emotional well-being.
- Start your morning at our **Pancake & Sausage Breakfast on Friday, June 26<sup>th</sup>!** 😊

### Did You Know?

Many people are surprised to learn that the Pennsylvania Lottery does **not** directly fund the West Chester Area Senior Center (WCASC). While the Lottery helps support a variety of senior programs across Pennsylvania through the state Lottery Fund, those dollars are distributed through state agencies and county systems — not directly to local senior centers like ours.

At WCASC, only a small portion of our funding comes from the government-supported meal program administered by the Chester County Department of Aging Services (CCDAS). In fact, all the programs, services, activities, and welcoming environment our members enjoy every day are made possible through memberships, donations, grants, sponsorships, fundraising events, and community support. **That means your support truly matters.**

Every membership purchased, donation made, sponsorship secured, and event attended helps WCASC continue providing nutritious meals, wellness and fitness classes, educational programs, social activities, creative arts, technology help, and meaningful opportunities for older adults to stay connected and thrive.

WCASC is more than a building — it is a community hub dedicated to reducing isolation, promoting healthy aging, and enriching the lives of older adults throughout our region. Thank you for helping us continue this important mission. Together, we are building a stronger and more connected community for older adults every day.



## June Speaker Series – WCASC

### A Fun & Engaging Month of Connection!

Join us this June for an exciting lineup of educational talks, wellness programs, community favorites, and delicious gatherings.

---

#### June Events

**Wednesday, June 3rd – 11:00 AM**

Everest Pharmacy Presentation

**Thursday, June 4th – 11:00 AM**

Personalized Transportation & Home Care

**Monday, June 15th – 11:00 AM**


Cyber Scam Support Group: Romance Scams

**Friday, June 18th – 11:00 AM**

Brain Health Session

Common Grounds w/ Carin

**Friday, June 26th – 9:00 AM**

Pancake & Sausage Breakfast 

**Tuesday, June 30<sup>th</sup> -12:30 PM**

If not for Music : Steve Rhoads Performance

---

#### Ongoing Weekly Program

**Wednesdays June 3, 10 and 17<sup>th</sup> @11:00 am : Living Well Through Change**

**Mondays 12:30 pm – 1:15 pm : Do you want to dance?**

**Mondays – Wednesdays 10:00 am : *starting Monday June 8<sup>th</sup>***

Villanova Nurses – BP's, Fast Facts, and Presentations

---

On “Sumer Break” Brain Aerobics and Tai Chi (as of June 4<sup>th</sup> – TBD)

# June 2026 Programs, Events

| <b>MONDAY</b>  | <b>TUESDAY</b>  | <b>WEDNESDAY</b>  |
|--|---|---|
| <p><b>1</b> Continental Breakfast &amp; Socialization<br/>           9:30 - Level Three Fitness<br/>           10:00 - 3:00 - Tech &amp; Assist<br/>           10:30 - Level Two Fitness<br/>           10:30 - Bingo<br/> <b>10:30- What's Poppin'!</b><br/>           11:30- Level One Fitness<br/>           NOON- Lunch</p>  | <p><b>2</b><br/>           Continental Breakfast &amp; Socialization<br/>           9:30 - Cardio Interval Fitness<br/>           10:00-3:00 - Tech &amp; Assist<br/>           10:30- Stretch &amp; Strengthening<br/>           NOON - Lunch<br/> <b>12:30 - UNO</b></p>  | <p><b>3</b> Continental Breakfast<br/>           9:30 - Level Three Fitness<br/>           10:00-1:00 Corner Cabinet<br/> <b>10:00-11:30- Technology Q&amp;A</b><br/>           10:00- German Klub<br/>           10:30 - Level Two Fitness<br/>           10:30 - Bingo<br/> <b>11:00 - Everest Pharmacy</b><br/>           11:30- Level One Fitness<br/>           NOON - Lunch<br/>           12:45 - Knitting and Crocheting</p>          |
| <p><b>8</b> Continental Breakfast &amp; Socialization<br/>           9:30 - Level Three Fitness<br/>           10:00 - 3:00 - Tech &amp; Assist<br/>           10:30 - Level Two Fitness<br/>           10:30 - Bingo<br/> <b>10:30- What's Poppin'!</b><br/>           11:30- Level One Fitness<br/>           NOON- Lunch</p>  | <p><b>9</b><br/>           Continental Breakfast &amp; Socialization<br/>           9:30 - Cardio Interval Fitness<br/>           10:00-3:00 - Tech &amp; Assist<br/>           10:30- Stretch &amp; Strengthening<br/>           NOON - Lunch<br/> <b>12:30 - UNO</b></p>  | <p><b>10</b> Continental Breakfast<br/>           9:30 - Level Three Fitness<br/>           10:00-1:00 Corner Cabinet<br/> <b>10:00-11:30- Technology Q&amp;A</b><br/>           10:00- German Klub<br/>           10:30 - Level Two Fitness<br/>           10:30 - Bingo<br/>           11:30- Level One Fitness<br/>           NOON - Lunch<br/>           12:45 - Knitting and Crocheting</p>  |
| <p><b>15</b> Continental Breakfast &amp; Socialization<br/>           9:30 - Level Three Fitness<br/>           10:00 - 3:00 - Tech &amp; Assist<br/>           10:30 - Level Two Fitness<br/>           10:30 - Bingo<br/> <b>10:30- What's Poppin'!</b><br/> <b>11:00 - Romance Scams</b><br/>           11:30- Level One Fitness<br/>           NOON- Lunch</p>               | <p><b>16</b><br/>           Continental Breakfast &amp; Socialization<br/>           9:30 - Cardio Interval Fitness Class<br/>           10:00-3:00- Tech &amp; Assist<br/>           10:30 - Stretch &amp; Strengthening<br/> <b>11:15 - Book Club</b><br/> <b>11:15 - Chair Yoga</b><br/>           NOON - Lunch<br/> <b>12:30 - UNO</b></p>                                | <p><b>17</b> Continental Breakfast<br/>           9:30 - Level Three Fitness<br/>           10:00 -1:00 - Corner Cabinet<br/> <b>10:00-11:30- Technology Q&amp;A</b><br/> <b>10-12 - State Rep Pielli's</b><br/>           10:00- German Klub<br/>           10:30 - Level Two Fitness<br/>           10:30- Bingo<br/>           11:30- Level One Fitness<br/> <b>NOON- Birthday Lunch</b><br/>           12:45- Knitting and Crocheting</p> |
| <p><b>22</b> Continental Breakfast &amp; Socialization<br/>           9:30 - Level Three Fitness<br/>           10:00 - 3:00 - Tech &amp; Assist<br/>           10:30 - Level Two Fitness<br/>           10:30 - Bingo<br/> <b>10:30- What's Poppin'!</b><br/>           11:30- Level One Fitness<br/>           NOON- Lunch</p>   | <p><b>23</b><br/>           Continental Breakfast &amp; Socialization<br/>           9:30 - Cardio Interval Fitness Class<br/>           10:00-3:00- Tech &amp; Assist<br/>           10:30- Stretch &amp; Strengthening<br/> <b>11:15 - Chair Yoga</b><br/>           NOON- Lunch<br/> <b>12:30 - UNO</b></p>  | <p><b>24</b> Continental Breakfast<br/>           9:30 - Level Three Fitness<br/>           10:00-1:00 Corner Cabinet<br/> <b>10:00-11:30- Technology Q&amp;A</b><br/>           10:00- German Klub<br/>           10:30 - Level Two Fitness<br/>           10:30 - Bingo<br/>           11:30- Level One Fitness<br/>           NOON - Lunch<br/>           12:45 - Knitting and Crocheting</p>  |
| <p><b>29</b> Continental Breakfast &amp; Socialization<br/>           9:30 - Level Three Fitness<br/>           10:00 - 3:00 - Tech &amp; Assist<br/>           10:30 - Level Two Fitness<br/>           10:30 - Bingo<br/> <b>10:30- What's Poppin'!</b><br/>           11:30- Level One Fitness<br/> <b>NOON- Hot Diggity Dog Lunch</b><br/> <b>12:30 - Colonial Games</b></p> | <p><b>30</b><br/>           Continental Breakfast &amp; Socialization<br/>           9:30 - Cardio Interval Fitness Class<br/>           10:00-3:00- Tech &amp; Assist<br/>           10:30- Stretch &amp; Strengthening<br/> <b>11:15 - Chair Yoga</b><br/>           NOON- Lunch<br/> <b>12:30 - UNO</b><br/> <b>12:30 - If Not For Music Performance: Steve Rhoads</b></p> | <p style="text-align: center;"><b>Villanova Nurses:</b><br/> <i>Mondays and Wednesdays @<br/>           10:00 am</i></p> <p style="text-align: center;"><b>Living Well Through Change:</b><br/> <i>Wednesdays<br/>           June 3,10,17 @ 11:00 am</i></p>  |

# Activities Schedule and more.....

| THURSDAY  | FRIDAY   |
|---|--|
| <p><b>4</b> Continental Breakfast &amp; Socialization<br/> <b>9:30-</b> Cardio Interval Fitness Class<br/>           10:30- French Class<br/>           10:30 - Level Two Fitness Class<br/> <b>11:00 – Personalized Transportation &amp; Home Care</b><br/>           NOON – Lunch<br/> <b>12:45- Mahjong</b><br/> <b>1:00 – Tai Chi</b></p>                             | <p><b>5</b> Continental Breakfast &amp; Socialization<br/> <b>9:45-10:30- “Team” Word Games</b><br/>           10:30- Friday Fun Fitness<br/>           11:30- Level One Fitness<br/>           NOON- Lunch<br/> <b>12:30 – Rummikub</b></p>   |
| <p><b>11</b> Continental Breakfast &amp; Socialization<br/>           9:30- Cardio Interval Fitness Class<br/> <b>9:30 – Bible Study</b><br/> <b>10-12 – Senator Comitta Outreach</b><br/>           10:30- French Class<br/>           10:30 - Level Two Fitness Class<br/>           11:30- Level 1 Fitness<br/>           NOON – Lunch<br/> <b>12:45- Mahjong</b></p>  | <p><b>12</b> Continental Breakfast &amp; Socialization<br/> <b>9:45-10:30- “Team” Word Games</b><br/>           10:30- Friday Fun Fitness<br/>           11:30- Level One Fitness<br/>           NOON- Lunch<br/> <b>12:30 – Rummikub</b></p>  |
| <p><b>18</b> Continental Breakfast &amp; Socialization<br/>           9:30 - Cardio Interval Fitness Class<br/>           10:30- French Class<br/>           10:30 – Level Two Fitness Class<br/> <b>11:00 – Brain Health</b><br/> <b>11:00 – Common Grounds w/ Carin</b><br/>           11:30- Level 1 Fitness<br/>           NOON- Lunch<br/> <b>12:45- Mahjong</b></p> | <p><b>19</b> Continental Breakfast &amp; Socialization<br/>           9:45 -10:30- “Team” Word Games<br/>           10:00-3:00- Tech &amp; Assist<br/>           10:30- Friday Fun Fitness<br/>           11:30- Level One Fitness<br/>           NOON- Lunch<br/> <b>12:30 - Rummikub</b></p>   |
| <p><b>25</b> Continental Breakfast &amp; Socialization<br/>           9:30- Cardio Interval Fitness Class<br/> <b>9:30 – Bible Study</b><br/>           10:30- French Class<br/>           10:30 - Level Two Fitness Class<br/>           11:30- Level 1 Fitness<br/>           NOON – Lunch<br/> <b>12:45- Mahjong</b></p>   | <p><b>26</b> Continental Breakfast &amp; Socialization<br/> <b>9:00 – Pancake &amp; Sausage Breakfast</b><br/> <b>10:00- “Team” Word Games</b><br/>           10:00-3:00- Tech &amp; Assist<br/>           10:30- Friday Fun Fitness<br/>           11:30- Level One Fitness<br/>           NOON- Lunch<br/> <b>12:30 - Rummikub</b></p> |
|   |  |

## June 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  |
|--|--|---|---|---|
| 1  | 2  | 3   | 4   | 5   |
| <b>Baked Chicken</b><br>Sweet Potato<br>Mixed Vegetables<br>Banana Slices                  | <b>Beef Stroganoff</b><br>Mandarin Oranges<br>Egg Noodles                  | <b>Meatloaf</b><br>Mashed Potato<br>Broccoli<br>Applesauce                              | <b>Chicken Marsala</b><br>Green Beans<br>Watermelon                                   | <b>Chef Salad</b><br>Peaches  |
| 8  | 9  | 10  | 11  | 12  |
| <b>Cheeseburger</b><br>Coleslaw<br>Cantaloup &<br>Honeydew<br>Tater Tots                   | <b>Roast Turkey</b><br>Sweet Potato<br>Broccoli<br>Oatmeal Cookie          | <b>Chicken Cordon Bleu</b><br>Baked Potato<br>Broccoli<br>Strawberries &<br>Blueberries | <b>Pasta &amp; Meatballs</b><br>Salad<br>Pineapple                                    | <b>Pork &amp; Sauerkraut</b><br>Mashe Potato<br>Green Beans<br>Applesauce   |
| 15   | 16   | 17  | 18  | 19  |
| <b>Open Faced Roast Beef</b><br>Mashed Potato<br>California Blend<br>Vegetables<br>Peaches | <b>Tuna Sandwich</b><br>Honeydew &<br>Cantaloupe<br>Chicken & Orzo<br>Soup | <b>BBQ Pulled Turkey</b><br>Sweet Potato Fries<br>Strawberry<br>Shortcake               | <b>Sausage w/ Peppers &amp; Onions</b><br>Watermelon                                  | <b>Chicken Alfredo</b><br>Broccoli<br>Cantaloupe<br>Texas Toast             |
| 22   | 23   | 24  | 25  | 26  |
| <b>Chicken Salad</b><br>Carrot Raisin Salad<br>Pineapples                                  | <b>Swedish Meatballs</b><br>Carrots<br>Watermelon<br>Egg Noodles           | <b>Shrimp Scampi</b><br>Green Beans<br>Fruit Salad                                      | <b>Pork Loin</b><br>Baked Potato<br>Mixed Vegetables<br>Strawberries &<br>Blueberries | <b>Beef &amp; Broccoli</b><br>Green Beans<br>Mandarin Oranges<br>Brown Rice |
| 29   | 30   |   |   |   |
| <b>Hot Diggity Dog</b>   | <b>Grilled Cheese</b><br>Tomato Soup<br>Fruit Salad                        |   |   |   |

*\*\*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*)

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.lordspantryofdowningtowntown.org](http://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](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.*