



JULY 2026 NEWSLETTER

WEST CHESTER AREA SENIOR CENTER

Your trusted resource for active aging in community.

530 East Union Street, West Chester, PA 19382
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www.wcseniors.org

As America celebrates its 250th Birthday, we at the West Chester Area Senior Center proudly honor the older adults who helped shape our nation, strengthen our communities, and preserve the values that continue to guide us today.

This historic milestone is more than a celebration of America's founding — it is a celebration of generations of Americans whose hard work, resilience, sacrifice, and determination built the country we know today. Older adults carry the stories of our nation in their hearts and memories. They lived through defining moments in history, raised families, served their communities and country, built businesses, created traditions, and paved the way for future generations.

At WCASC, we believe older adults are not only part of America's story — they are among its greatest treasures. Their wisdom, experience, creativity, and perseverance continue to inspire us every day. As we gather this July to celebrate America250, we also celebrate the friendships, diversity, and vibrant spirit of the older adults who make our community stronger.

The spirit of America has always been rooted in connection, courage, compassion, and hope for the future. Those same values live within the walls of WCASC each day through laughter shared over lunch, wellness classes, volunteerism, lifelong learning, and neighbors supporting one another.

This July, we invite everyone to celebrate together — honoring the past, embracing the present, and looking forward to the future with gratitude and pride.

Happy 250th Birthday, America — and thank you to the generations who helped make this nation what it is today.



📧 Tiles & Smiles: WCASC Mahjong Club is Coming This Fall! 📧

Everyone is talking about Mahjong—and now it's your turn to discover why! Join us for one of the hottest, most social, and most fun games around.

Tiles & Smiles: WCASC Mahjong Club is the perfect place to learn, laugh, and connect. Never played before? Perfect! This beginner-friendly group is designed for those who want to learn together in a welcoming, fun environment.

- 🎯 Meet new friends
- 🎯 Keep your mind sharp
- 🎯 Learn an exciting new game
- 🎯 Laugh, socialize, and have fun

Every Friday in September! FREE Beginner classes are forming now—and space is very limited! You must be a member of the Center or join before the class. RSVP today by emailing wcascmahjongclub@gmail.com to reserve your spot. Because learning something new is fun... especially when you do it with friends. 📧 ❤️

Villanova Nursing Students will be available every Monday and Wednesday in July starting at 10am for blood pressure checks and presentations.

NEW! Beginning Thursday, July 9

Bites & Insights: Healthy Food • Nutrition Tips • Great Company

Join us for this new healthy aging program that combines nutritious food distributions with practical nutrition education. Each week, participants will receive healthy foods and fresh ingredients while learning simple ways to support their well-being through better nutrition. Weekly "Food Spotlight" discussions will highlight featured foods, their health benefits, easy preparation ideas, and topics such as heart health, brain health, diabetes prevention, healthy cooking, reading food labels, and making nutritious choices on a budget.

Come for the healthy food, stay for the insights and great company!

Did You Know?

Did you know that the West Chester Area Senior Center (WCASC) is a nonprofit charity and operates through the generosity of the community?

While many people assume senior centers are fully funded by the government, the reality is very different. Only a very small portion of WCASC's budget is supported through county-administered nutrition funding that helps offset lunches. The majority of our operational expenses — including rent for the building, insurance, taxes, utilities, staffing, all the building maintenance, furniture, program activities, and enrichment opportunities — must be raised independently.

Like many nonprofit organizations across the country, WCASC faces rising costs for utilities, insurance, building upkeep, and programming, while the demand for services continues to grow. Every day, more older adults rely on the Center for nutritious meals, social connection, health and wellness programs, educational activities, and vital support services that help reduce isolation and improve quality of life. That is why memberships, donations, sponsorships, grants, fundraising events, and volunteers are so critically important to our future.



MONDAY	TUESDAY	WEDNESDAY
<p>Available Every Day ☉ Continental Breakfast & Community Time 9am ☉ Lunch 12 noon</p> <p>Fitness Classes L1 – Level One Fitness L2 – Level Two Fitness L3 – Level Three Fitness</p> <p>Join us daily for friendship, wellness, learning, and fun!</p>		<p>1</p> <p>9:30 – L3 10 - 1pm Corner Cabinet 10 - 11:30 Technology Q&A 10 - German Klub 10:30 – L2 10:30 – Bingo 11:00 – Everest Pharmacy 11:30- L1 12:30 – Patriotic Music Trivia 12:45 - Knitting and Crocheting</p>
<p>6</p> <p>9:30 – L3 10 – 3pm Tech Assist 10:30 – L2 10:30 - Bingo 10:30 - What's Poppin'! 11:30 – L1 12:30 – Movie 🎬</p>	<p>7</p> <p>9:30 - Cardio Interval Fitness 10 - 3pm Tech Assist 10:30 - Stretch & Strengthening 12:30 – UNO 12:45 – Art Project</p>	<p>8</p> <p>9:30 – L3 10 -1pm Corner Cabinet 10 -11:30 Technology Q&A 10 - German Klub 10:30 – L2 10:30 – Bingo 11:30- L1 12:45 - Knitting and Crocheting</p>
<p>13</p> <p>9:30 – L3 10-3pm Tech Assist 10:30 – L2 10:30 - Bingo 10:30 - What's Poppin'! 11:30 – L1 12:30 – Movie 🎬</p>	<p>14</p> <p>9:30 - Cardio Interval Fitness Class 10-3pm Tech Assist 10:30 – Stretch & Strengthening 11 – Full Range PT: Hips 11:15 – Book Club 11:15 – Chair Yoga 12:30 – UNO</p>	<p>15</p> <p>9:30 – L3 10 -1pm Corner Cabinet 10 -11:30 Technology Q&A 10-12 State Rep Pielli's 10 - German Klub 10:30 – L2 10:30 - Bingo 11:30 – L1 12 - Birthday Lunch & <i>Townhall</i> 12:45- Knitting and Crocheting</p>
<p>20</p> <p>9:30 – L3 10-3pm Tech Assist 10:30 – L2 10:30 – Bingo 10:30 - What's Poppin'! 11:00 – Cyber Scams 11:30 – L1 12:30 – Movie 🎬</p>	<p>21</p> <p>9:30 - Cardio Interval Fitness Class 10-3pm Tech Assist 10:30 - Stretch & Strengthening 11:15 – Chair Yoga 12:30 - UNO</p>	<p>22</p> <p>9:30 – L3 10 -1pm Corner Cabinet 10 - 11:30 Technology Q&A 10 - German Klub 10:30 – L2 10:30 – Bingo 11 – Hearing Presentation 11:30 – L1 12:45 - Knitting and Crocheting</p>
<p>27</p> <p>9:30 – L3 10-3pm Tech Assist 10:30 – L2 10:30 - Bingo 10:30 - What's Poppin'! 11:30 – L1 12:30 - Movie 🎬</p>	<p>28</p> <p>9:30 - Cardio Interval Fitness Class 10-3pm Tech Assist 10:30 - Stretch & Strengthening 11:15 – Chair Yoga 12:30 – UNO</p>	<p>29</p> <p>9:30 – L3 10 -1pm Corner Cabinet 10 - 11:30 Technology Q&A 10 - German Klub 10:30 – L2 10:30 – Bingo 11:30 – L1 12:45 - Knitting and Crocheting</p>

THURSDAY	FRIDAY
<p>2</p> <p>9:30 - Cardio Interval Fitness 10 - 11:30 Tech Assist 10:30 - French Class 10:30 - L2 12:45 - Mahjong</p>	<p>3</p> <p>CLOSED Independence Day</p>
<p>9</p> <p>9:30 - Cardio Interval Fitness Class 9:30 - Bible Study 10 - 11:30 Tech Assist 10-12 - ENTACC Hearing Clinic 10-12 - Senator Comitta Outreach 10:30 - French Class 10:30 - L2 11:30 - L1 12:15 - Bites & Insights Food Program 12:45 - Mahjong</p>	<p>10</p> <p>9:45 - 10:30 "Team" Word Games 10 - 3pm Tech Assist 10:30 - Friday Fun Fitness 11:30 - L1 12:30 - Rummikub</p>
<p>16</p> <p>9:30 - Cardio Interval Fitness 10 - 11:30 Tech Assist 10:30 - French Class 10:30 - L2 11:00 - Bingo w/ Med Minder 11:30 - L1 12:15 - Bites & Insights Food Program 12:45 - Mahjong</p>	<p>17</p> <p>9:45 -10:30 "Team" Word Games 10 - 3pm Tech Assist 10:30 - Friday Fun Fitness 11:30 - L1 12:30 - Rummikub</p>
<p>23</p> <p>9:30 - Cardio Interval Fitness Class 9:30 - Bible Study 10 - 11:30 Tech Assist 10:30 - French Class 10:30 - L2 11:30 - L1 12:15 - Bites & Insights Food Program 12:45 - Mahjong</p>	<p>24</p> <p>9:45 -10:30 "Team" Word Games 10 - 3pm Tech Assist 10:30 - Friday Fun Fitness 11:30 - L1 12:30 - Rummikub</p>
<p>30</p> <p>9:30 - Cardio Interval Fitness 10 - 11:30 Tech Assist 10:30 - French Class 10:30 - Level 2 Fitness 11:30 - Level 1 Fitness 12:15 - Bites & Insights Food Program 12:45 - Mahjong</p>	<p>31</p> <p>9:45 -10:30 "Team" Word Games 10 - 3pm Tech Assist 10:30 - Friday Fun Fitness 11:30 - L1 12:30 - Rummikub</p>

Join Us for Lunch This July

MUST reserve 3 days in advance! Call 610-431-4242

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Meatloaf Mashed Potato Broccoli Applesauce	2 Chicken Marsala Green Beans Watermelon	3 CLOSED Independence Day
6 Cheeseburger Coleslaw Cantaloup & Honeydew Tater Tots	7 Roast Turkey Sweet Potato Broccoli Oatmeal Cookie	8 Chicken Cordon Bleu Baked Potato Broccoli Strawberries & Blueberries	9 Pasta & Meatballs Salad Pineapple	10 Pork & Sauerkraut Mashe Potato Green Beans Applesauce
13 Open Faced Roast Beef Mashed Potato California Blend Vegetables Peaches	14 Tuna Sandwich Honeydew & Cantaloupe Chicken & Orzo Soup	15 Cheese Ravioli Bake Italian Sauge Salad Birthday Cake Ice Cream	16 Sausage w/ Peppers & Onions Watermelon	17 Chicken Alfredo Broccoli Cantaloupe Texas Toast
20 Chicken Salad Carrot Raisin Salad Pineapples	21 Swedish Meatballs Carrots Watermelon Egg Noodles	22 Shrimp Scampi Green Beans Fruit Salad	23 Pork Loin Baked Potato Mixed Vegetables Strawberries & Blueberries	24 Beef & Broccoli Green Beans Mandarin Oranges Brown Rice
27 Beef Stroganoff Mandarin Oranges Egg Noodles	28 Grilled Cheese Tomato Soup Fruit Salad	29 Baked Chicken Sweet Potato Mixed Vegetables Banana Slices	30 BBQ Pulled Turkey Sweet Potato Fries Strawberry Shortcake	31 Pizza Salad

This menu reflects the approved congregate meal plan as authorized by the Chester County Department of Aging Services and is subject to change.

Healthy Aging Starts with You! Take charge of your health today:

- *Move every day.* Walk, stretch, dance, or join a fitness class. Even 30 minutes of activity can improve strength, balance, and heart health.
- *Fuel your body well.* Choose more fruits, vegetables, lean proteins, and whole foods that give you energy and support healthy aging.
- *Keep your mind active.* Read, learn something new, work a puzzle, or attend a class,
- *Stay connected.* Friendships and social activities help reduce loneliness, improve mood, and keep us engaged in life.
- *Prioritize sleep.* Aim for 7–9 hours each night to help your body and mind recharge.
- *Be proactive about your health.* Schedule regular checkups, stay current on vaccinations, and talk with your healthcare provider about any concerns.
- *Join the WCASC community.* Participate in programs, share a meal, attend an event, volunteer, and make meaningful connections.

Every healthy choice you make today helps build a stronger, happier, and more independent tomorrow.

We Want Your Ideas!

What programs, classes, workshops, or activities would you like to see at WCASC? Your input helps us create engaging opportunities that reflect the interests of our members. If you have an idea, we'd love to hear it! Please stop by and speak with Jess or Leah and share your suggestions. Together, we can make WCASC an even more vibrant place to connect, learn, and thrive.

Featured Events

July 9 – ENTACC Hearing Clinic & Senator Comitta Outreach

July 14 – Full Range PT: Hips (11:00 AM)

July 15 – Birthday Lunch & Executive Director Town Hall

July 16 – Bingo with Med Minder

Happy 3rd Anniversary to the WCASC Book Club!

Congratulations to our Book Club as we celebrate three years of great books, lively discussions, and wonderful friendships! The July selection will be Lab Girl by Hope Jahren. In August, they'll do something a little different with a free-choice discussion, giving members the opportunity to share and recommend some of their favorite books. Whether you're a longtime member or curious about joining for the first time, we'd love to have you be part of the conversation!

Volunteers Needed for Veterans Day Poppy Project

We're looking for volunteers to help create beautiful poppies from recycled egg cartons for our Veterans Day display. This fun and meaningful project is a wonderful way to honor those who have served while enjoying time with fellow members. No artistic experience is necessary—we'll show you how! Donations of clean cardboard egg cartons are also appreciated. If you'd like to participate, please stop by the front desk. Together, let's create something special for our veterans and our community.

Community Resources:

Chester County Dept. of Aging	610-344-6340
PA Medi	610-344-5004 option 2
Medicare Hotline	800-633-4227
Chesco Connect Transportation	610-344-5545
West Chester Food Cupboard	610-344-3175

WCASC Moving Forward: Board Updates & Strategic Plan

The West Chester Area Senior Center continues to grow and evolve to meet the needs of older adults throughout our community. We thank our members, volunteers, donors, staff, and community partners for helping make WCASC a vibrant and welcoming place to connect, learn, and thrive.

The WCASC Board of Directors provides leadership and oversight to ensure the Center's long-term success. We are grateful for the service of our current officers:

President: Loretta Rokke
Vice President: Steve Brown
Treasurer: Bill Ronayne
Secretary: Alessandra Bellwoar

This spring, the Board approved a new Strategic Plan that will guide WCASC through 2028. The plan reflects member input, Board leadership, and a shared commitment to supporting healthy, independent aging.

Our Mission

To be a welcoming community hub that connects older adults, reduces isolation, and supports healthy, independent living through programs, resources, and nourishment.

Our Vision

A connected, inclusive community where every older adult feels a sense of belonging, purpose, and opportunity to thrive.

The Strategic Plan focuses on five key priorities:

- Strengthen Financial Sustainability through fundraising, grants, memberships, and donor engagement.
- Grow Membership and Participation by expanding outreach and welcoming new members.
- Enhance Programs and Health Outcomes through fitness, nutrition, educational, and wellness opportunities.
- Reduce Social Isolation by fostering friendship, volunteerism, and community connections.
- Strengthen Governance and Infrastructure to support a growing and sustainable organization.

Together, we are building a stronger, healthier, and more connected future for older adults throughout the greater West Chester area.

530 East Union Street
West Chester, PA 19382

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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.