



September 2026 Newsletter

West Chester Area Senior Center
Building Connections • Promoting Wellness • Celebrating Life

530 East Union Street, West Chester, PA 19382

Phone: 610-431-4242

www.wcseniors.org

OPEN Mon-Fri 9am-3pm

Honoring Labor Day

The West Chester Area Senior Center will be **CLOSED on Monday, September 7**, in observance of Labor Day. We look forward to welcoming everyone back during our regular hours on Tuesday.

Labor Day honors the generations of American workers whose dedication, perseverance, and service have helped build our communities and strengthen our nation.

At WCASC, we are especially grateful for the many members whose years of hard work—in every profession, in military service, and in caring for families—have made a lasting difference. Your contributions continue to inspire and strengthen our community.

Members-Only Supper Club Returns!

Join us for an evening of delicious food, great conversation, and wonderful friendships at our Members-Only Supper Club on **Friday, September 18, from 3:30–5:00 p.m.** at the West Chester Area Senior Center.

Bring a favorite entrée, side dish, salad, or dessert to share—or simply come enjoy the fellowship. It's a wonderful opportunity to reconnect with friends and meet new ones.

Please RSVP by Friday, September 11, by signing up in the lobby. We hope to see you there!

September is Healthy Aging Month

September is *Healthy Aging Month*, a time to celebrate the many ways we can stay active, healthy, and engaged at every stage of life. This year's theme, "*Curiosity Has No Age Limit*," reminds us that it's never too late to learn something new, try a new activity, or discover a new passion.

West Chester University Nursing Students will be at the center this month on Tuesdays and Thursdays from 10-12pm for BP screenings and presentations.

Sayonara Summer Party - Save the Date!

Mark your calendars for **Thursday, Sept. 24** as we celebrate the end of summer with our Sayonara Summer Party at the West Chester Area Senior Center! Join friends for a fun-filled day as we say goodbye to summer and welcome the new season with great food, laughter, and plenty of community spirit. **Lunch reservations are required**, so be sure to RSVP when sign-ups open. We can't wait to celebrate with you—it's the perfect way to wrap up summer together!

Dementia Friends Information Session

Join us on **Monday, Sept. 22** at 12:45 for an engaging and informative Dementia Friends Information Session presented by *Amy Rodriguez Miller*, Co-Founder and Co-Chair of Dementia Friends of Chester County and the newest member of the WCASC team.

Dementia Friends is part of a global movement dedicated to increasing understanding of dementia, reducing stigma, and creating more supportive communities for those living with the condition. This free, interactive session is designed for anyone who wants to better understand dementia—whether you are a family member, friend, neighbor, volunteer, or simply interested in learning more.

Participants will learn:

- What dementia is and how it affects the brain
- Common myths and misconceptions about dementia
- Practical ways to support people living with dementia
- Simple actions that can help make our community more dementia-friendly

By the end of the session, you'll leave with a greater understanding of dementia and the confidence to make a positive difference in the lives of those living with memory loss.

WCASC Special Programs in September

8th Tuesday 11am Full Range PT for the back.
9th Wednesday 12:30pm If Not For Music Performance
14th Monday 11am Matter of Balance Presentation
17th Thursday 12:30-2:30 WCASC Fall Health Expo and Vaccination Clinic
18th Friday 3-5pm Members-Only Supper Club
21st Monday 11am Ivy Rehab Program on Balance
21st Monday 11am Cyber Scams
22nd Monday 12:45pm Dementia Friends Information Session
23rd Wednesday 1pm Parkinson's Support
24th Thursday Sayonara Summer Party
30th Wednesday 11am Medicare Open Enrollment Q&A with PA Medi

Save the Date! WCASC Halloween Party

Mark your calendars for **Friday, October 30**—our **WCASC Halloween Party** is creeping your way!

Join us for a frightfully fun day filled with festive treats, games, music, laughter, and plenty of Halloween spirit. Whether you come dressed in costume or simply ready to enjoy the celebration, you're sure to have a spook-tacular time with friends old and new.

A Holiday Gift That Makes a Difference

The holidays will be here before you know it, and many people are already beginning to plan their gift-giving. This year, we invite you to ask your family and friends for something that truly matters. Instead of another sweater, candle, or coffee mug, ask them to make a gift to the West Chester Area Senior Center *in your honor*.

Every day, the Center changes lives by providing nutritious meals, meaningful friendships, fitness and wellness programs, educational opportunities, and vital support services for older adults throughout our community. As demand for our programs continues to grow, so does our need for community support.

If the West Chester Area Senior Center has made a difference in your life, now is the time to let your loved ones know that the greatest gift they can give you is a gift that gives back.

Simply add this to your holiday wish list:

"This year, instead of buying me another gift, please consider making a donation to the West Chester Area Senior Center in my honor. The website is www.wcseniors.org."

Your request could help ensure that thousands of older adults continue to find friendship, purpose, nourishment, and belonging at the Center for years to come.

Scratch. Sniff. Make an Impact.

Researchers are studying the link between sense of smell and brain disease. People with and without Parkinson's can help by taking a free at-home smell test.

Smell loss can be linked to brain disease.

People with Parkinson's may also qualify for free genetic screening.

This is part of the Parkinson's Precision Medicine Initiative (PPMI), a research study sponsored by The Michael J. Fox Foundation. By participating, you'll help researchers learn more about disease risk and progression. Go online today and participate at www.michaeljfox.org.

Get Ready for Falls Prevention Awareness Week!

Falls Prevention Awareness Week is September 21-25, 2026, and it's the perfect time to take a proactive step toward staying healthy, active, and independent.

Did you know that regular exercise is one of the most effective ways to reduce your risk of falling? At the West Chester Area Senior Center, we offer a variety of fitness classes designed to improve strength, balance, flexibility, and confidence—from Chair Yoga and Tai Chi to Cardio Fitness, Fun Fitness, and more.

Whether you're just getting started or already have an exercise routine, there's a class that's right for you. Join us during Falls Prevention Awareness Week—or any time—to discover how moving more today can help you stay steady tomorrow. Your future self will thank you!

September Menu

MUST reserve 3 days in advance! Call 610-431-4242 \$4 suggested donation to CCDAS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fish Filet Rice/Carrots Vegetable Soup Oranges	2 BBQ Chicken Brussel Sprouts Pears	3 Baked Penne w/MB Italian Bread Fruit Salad	4 BBQ Pulled Pork Tator Tots Dessert
7 CLOSED LABOR DAY HOLIDAY	8 Kielbasa & Sauerkraut Pierogies Vegetable Soup Dessert	9 Chicken Alfredo Mixed Green Beans Pineapple	10 Veal Parm Spaghetti Beef Noodle Soup Dessert	11 Swedish Meatballs Broccoli Egg Noodles Fruit
14 Chicken Cordon Bleu Mixed Vegetables Pineapple	15 Roast Beef Mashed Potatoes Green Beans Cream of Mushroom Soup	16 BIRTHDAY LUNCH Baked Ziti Carrots Salad Cake	17 Fish Sticks Tator Tots Dessert	18 Baked Chicken Sweet Potato Mixed Vegetables
21 Meatloaf Mashed Potatoes Broccoli Fruit	22 Fish Filet Cabbage/Carrots Vegetable Soup Oranges	23 Pork Roast Cream of Potato Soup Brussel Sprouts Pie	24 SAYANORA SUMMER PARTY Burgers & Dogs Cookout Sides Ice Cream	25 Lasagna Roll-Up Broccoli Pears
28 Chef Salad Fruit	29 Taco Bar	30 World of Soups Salad		

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

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Cardio Fitness 10-3 Tech Assist 10:30 Stretch & Strengthen 11:15 Chair Yoga 12:30 UNO 12:30 T'ai Chi Chih	2 9:30 L3 10:00 Computer Q & A 10-1pm Corner Cabinet 10 :00German Klub 10:30 L2 10:30 Bingo 11:00 Everest Pharmacy 11:30 L1 12:45 Knit & Crochet	3 9:30 Cardio Fitness 10-3 Tech Assist 10:30 French Class 10:30 L2 11:00 Eye Health Talk 11:30 L1 12:15 Bites & Insights 12:45 Mahjong	4 9:45 Team Word Games 10-3 Tech Assist 10:30 Fun Fitness 10:30 Tai Chi Intermediate 11:15 Tai Chi Beginner 11:30 L1 12:30 Rummikub
7 CLOSED LABOR DAY HOLIDAY	8 9:30 Cardio Fitness 10-3 Tech Assist 10:30 Stretch & Strengthen 11:00 Full Range PT for the back 11:15 Chair Yoga 12:30 UNO 12:30 T'ai Chi Chih	9 9:30 L3 10:00 Computer Q & A 10-1pm Corner Cabinet 10:00 German Klub 10:30 L2 10:30 Bingo 11:30 L1 12:30 If Not for Music 12:45 Knit & Crochet	10 9:30 Cardio Fitness 10-12 WCUNursing 10-12 Comitta Outreach 10:00 Bible Study 10-3 Tech Assist 10:30 French Class 10:30 L2 11 Outsmart Scammers 11:30 L1 12:15 Bites & Insights 12:45 Mahjong	11 9:45 Team Word Games 10-3 Tech Assist 10:30 Fun Fitness 10:30 Tai Chi Intermediate 11:15 Tai Chi Beginner 11:30 L1 12:30 Rummikub
14 9:30 L3 10:00 Singing Bowls 10-3pm Tech Assist 10:30 L2 10:30 Bingo 10:30 What's Poppin' 11:00 Medical Decision Making 11:30 L1 12:30 Movie	15 9:30 Cardio Fitness 10-12 WCUNursing 10-3 Tech Assist 10:30 Stretch & Strengthen 11:15 Book Club 11:15 Chair Yoga 12:30 UNO 12:30 T'ai Chi Chih	16 BIRTHDAY LUNCH 9:30 L3 10-2 State Rep. Pielli 10:00 Computer Q & A 10-1pm Corner Cabinet 10:00 German Klub 10:30 L2 10:30 Bingo 11:00 Matter of Balance 11:30 L1 12:45 Knit & Crochet	17 9:30 Cardio Fitness 10-12 WCUNursing 10-3 Tech Assist 10:30 French Class 10:30 L2 11:30 L1 12:15 Bites & Insights 12:30-2:30 WCASC Fall Health Expo and Vaccination Clinic 12:45 Mahjong	18 9:45 Team Word Games 10-3 Tech Assist 10:30 Fun Fitness 10:30 Tai Chi Intermediate 11:15 Tai Chi Beginner 11:30 L1 12:30 Rummikub 3-5pm WCASC Supper Club
21 9:30 L3 10-3pm Tech Assist 10:30 L2 10:30 Bingo 10:30 What's Poppin' 11:00 Ivy Rehab Balance Program 11:00 Cyber Scams 11:30 L1 12:30 Movie	22 9:30 Cardio Fitness 10-12 WCUNursing 10-3 Tech Assist 10:30 Stretch & Strengthen 11:15 Chair Yoga 12:30 UNO 12:30 T'ai Chi Chih 12:45 Dementia Friends	23 9:30 L3 10:00 Computer Q & A 10-1pm Corner Cabinet 10:00 German Klub 10:30 L2 10:30 Bingo 11:30 L1 1:00 Parkinson's Support 12:45 Knit & Crochet	24 SAYANORA SUMMER PARTY 9:00 Bible Study 9:30 Cardio Fitness 10-12 WCUNursing 10-3 Tech Assist 10:30 French Class 10:30 L2 11:00 Creative Sparks 12:45 Mahjong	25 9:45 Team Word Games 10-3 Tech Assist 10:30 Fun Fitness 10:30 Tai Chi Intermediate 11:15 Tai Chi Beginner 11:30 L1 12:30 Rummikub
28 9:30 L3 10-3pm Tech Assist 10:30 Bingo 10:30 L2 10:30 What's Poppin' 11:30 L1 12:30 Movie	29 9:30 Cardio Fitness 10-12 WCUNursing 10-3 Tech Assist 10:30 Stretch & Strengthen 11:15 Chair Yoga 12:30 UNO 12:30 T'ai Chi Chih	30 9:30 L3 10:00 Computer Q & A 10-1pm Corner Cabinet 10:00 German Klub 10:30 L2 10:30 Bingo 11:30 L1 12:45 Knit & Crochet	<u>Available Every Day:</u> 9:00am Continental Breakfast & Community 12pm Lunch <u>Fitness Classes:</u> L1 – Level One Fitness L2 – Level Two Fitness L3 – Level Three Fitness	