



OCTOBER 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

Please see DATE CHANGES

CELEBRATING JESSICA TIPTON: A LEGACY OF COMPASSION (SPRING 2027)

For more than 13 years, Jessica Tipton has been part of the heart of the West Chester Area Senior Center, and we are proud to honor her with the Legacy of Compassion Award.

From her years as Fitness Director to her current role as Program Director, Jessica has touched thousands of lives through her leadership, encouragement, compassion, and unwavering commitment to healthy aging. Her legacy isn't simply in the programs she created; it's in the people she encouraged, the friendships she fostered, and the countless members she made feel seen, valued, and welcomed.

Please join us for **SPRING 2027**, from 5-8PM at the West Chester Area Senior Center, 530 East Union Street, as we celebrate Jessica and her extraordinary 13 years of service.

Event tickets are \$150, and sponsorship opportunities range from \$500 to \$10,000. Tickets and sponsorships are available online, or see Amy Miller for more information.

This celebration is also an opportunity to invest in the future of WCASC. Every ticket and sponsorship helps carry Jessica's legacy forward by supporting the programs, services, wellness opportunities, and connections that make our Center such a special community.

Come celebrate Jessica and help us build the next chapter of WCASC together!

SAVE THE DATE: A COMMUNITY THANKSGIVING

This Thanksgiving season, no older adult should have to celebrate alone.

WC.ASC invites older adults from throughout our community to join us for a special Community Thanksgiving on **Thursday, November 19th** an afternoon of good food, warm fellowship, and gratitude shared around the table. Whether you come with friends or come ready to make new ones, there will be a place for you at our table.

SAVE THE DATE! DETAILS AND RESERVATION INFORMATION WILL BE COMING SOON

October Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	Fish Filet Rice/Carrots Vegetable Soup Oranges	BBQ Chicken Brussel Sprouts Pears	Baked Penne w/MB Italian Bread Fruit Salad	BBQ Pulled Pork Tator Tots Dessert
5	6	7	8	9
Fish Filet Rice/Carrots Vegetable Soup Oranges	Kielbasa & Sauerkraut Pierogies Vegetable Soup Dessert	Chicken Alfredo Mixed Green Beans Pineapple	Veal Parm Spaghetti Beef Noodle Soup Dessert	Swedish Meatballs Broccoli Egg Noodles Fruit
12	13	14	15	16
Chicken Cordon Bleu Mixed Vegetables Pineapple	Roast Beef Mashed Potatoes Green Beans Cream of Mushroom Soup	Baked Ziti Carrots Salad Cake	Fish Sticks Tator Tots Dessert	Baked Chicken Sweet Potato Mixed Vegetables
19	20	21	22	23
Meatloaf Mashed Potatoes Broccoli Fruit	Fish Filet Cabbage/Carrots Vegetable Soup Oranges	BIRTHDAY LUNCH Roast Turkey Mashed Potato Green Beans Cake	Hot Dogs Baked Beans Chips	Lasagna Roll-Up Broccoli Pears
26	27	28	29	30
Grilled Cheese Tomato Soup	Chicken Marsala Roasted Potatoes Carrots Oranges	Baked Penne w/MB Italian Bread Fruit Salad	BBQ Chicken Brussel Sprouts Pears	Halloween Party Pizza

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.

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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			1 9:30 Cardio Fitness 10-3 Tech Assist 10:30 French Class 10:30 L2 11:30 L1 12:15 Bites & Insights & Nutrition Presentation 12:45 Mahjong	2 9:45 Team Word Games 10-3 Tech Assist 10:30 Children from Care Foundation visit WCASC 10:30 Fun Fitness 10:30 Tai Chi Intermediate 11:15 Tai Chi Beginner 11:30 L1 12:30 Rummikub
5 9:30 L3 10:00 Singing Bowls 10-3pm Tech Assist 10:30 L2 10:30 Bingo 10:30 What's Poppin' 11:30 L1 12:30 Movie	6 9:30 Cardio Fitness 10-3 Tech Assist 10:30 Spanish 10:30 Stretch & Strengthen 11:15 Chair Yoga 12:30 UNO 12:30 T'ai Chi Chih	7 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	8 9:30 Cardio Fitness 10-12 WCU Nursing 10-12 Comitta Outreach 9:30 Bible Study 10-3 Tech Assist 10:30 French Class 10:30 L2 11:30 L1 12:15 Bites & Insights & Nutrition Presentation 12:45 Mahjong	9 9:45 Team Word Games 10-3 Tech Assist 10:30 Fun Fitness 10:30 Tai Chi Intermediate 11:00 Brain Aerobics 11:15 Tai Chi Beginner 11:30 L1 12:30 Rummikub
12 9:30 L3 10-3pm Tech Assist 10:30 L2 10:30 Bingo 10:30 What's Poppin' 11:30 L1 12:30 Movie	13 9:30 Cardio Fitness 10-3 Tech Assist 10:30 Spanish 10:30 Stretch & Strengthen 11:00 Estate Plan 11:15 Chair Yoga 12:30 UNO 12:30 T'ai Chi Chih	14 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- 2 Everest Pharmacy Vac Clinic 12:45 Knit & Crochet	15 9:30 Cardio Fitness 10-12 Comitta Outreach 10-3 Tech Assist 10:30 French Class 10:30 L2 11:30 L1 12:15 Bites & Insights & Nutrition Presentation 12:45 Mahjong	16 9:45 Team Word Games 10-3 Tech Assist 10:30 Fun Fitness 10:30 Tai Chi Intermediate 11:00 Brain Aerobics 11:15 Tai Chi Beginner 11:30 L1 12:30 Rummikub
19 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	20 9:30 Cardio Fitness 10-3 Tech Assist 10:30 Spanish 10:30 Stretch & Strengthen 11:15 Book Club 11:15 Chair Yoga 12:30 UNO 12:30 T'ai Chi Chih	21 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 11:30 L1 12:45 Knit & Crochet	22 9:30 Cardio Fitness 9:30 Bible Study 10-3 Tech Assist 10:30 French Class 10:30 L2 11:15 Common Grounds 11:30 L1 12:15 Bites & Insights & Nutrition Presentation 12:45 Mahjong	23 9:45 Team Word Games 10-3 Tech Assist 10:30 Fun Fitness 10:30 Tai Chi Intermediate 11:00 Brain Aerobics 11:15 Tai Chi Beginner 11:30 L1 12:30 Rummikub
26 9:30 L3 10-3pm Tech Assist 10:30 L2 10:30 Bingo 10:30 What's Poppin' 11 Oasis Advisors 11:30 L1 12:30 Movie	27 9:30 Cardio Fitness 10-3 Tech Assist 10:30 Spanish 10:30 Stretch & Strengthen 11:15 Chair Yoga 12:30 UNO 12:30 T'ai Chi Chih	28 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	29 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 12:15 Bites & Insights & Nutrition Presentation 12:45 Mahjong	30 HALLOWEEN PARTY 9:45 Team Word Games 10-3 Tech Assist 10:30 Fun Fitness 10:30 Tai Chi Intermediate 11:00 Brain Aerobics 11:15 Tai Chi Beginner 11:30 L1 12:30 Rummikub

MEDICARE OPEN ENROLLMENT IS HERE

Make Sure Your Coverage Still Works for You

Medicare Open Enrollment begins **October 15 and continues through December 7**. This annual enrollment period is an important opportunity for Medicare beneficiaries to review their current coverage and make sure it still meets their health care and prescription drug needs for the coming year.

During Open Enrollment, you can review, switch, drop, or join **Medicare Advantage and Medicare Part D prescription drug plans**. Any changes you make during this period will take effect January 1.

Even if you are happy with your current coverage, it is worth taking the time to review it. Plans can change from year to year-including premiums, deductibles, prescription drug coverage, pharmacy networks, provider networks, and other benefits. A plan that worked well for you this year may not necessarily be the best fit next year.

Free, Unbiased Help Is Available at WCASC.
You don't have to sort through all those choices alone!

The **Pennsylvania Medicare Education and Decision Insight (PA MEDI)** program provides **free, confidential, and objective Medicare counseling**. PA MEDI counselors are trained to help older adults understand their options and make informed decisions based on their individual needs.

Most importantly, **PA MEDI does not sell Medicare insurance products**. There is no sales pressure and no preference for one insurance company or plan over another. The goal is simply to help you understand your choices.

The West Chester Area Senior Center will offer individual PA MEDI appointments during Medicare Open Enrollment on:

Thursday, October 29
Monday, November 2
Thursday, November 12
Monday, November 16
Monday, November 30
Thursday, December 3

Appointments are limited, so members are encouraged to schedule early rather than waiting until the December 7 deadline.

When preparing for your appointment, have your Medicare information available, along with a current list of your medications, dosages, and preferred pharmacies. This information can help your counselor evaluate your options more effectively.

To schedule your PA MEDI appointment, contact the West Chester Area Senior Center.

EVERY GIFT MAKES A DIFFERENCE!

This is your Senior Center-and your support helps keep it strong.

For many of us, the West Chester Area Senior Center is much more than a building. It is a place to gather with friends, share a meal, take a class, learn something new, stay active, find support, and simply know that we belong.

WCASC is at an important turning point, and the support of our members and friends is more important than ever. Every gift-no matter the amount-makes a difference. Your generosity helps sustain the programs and services you enjoy today while helping ensure that the Center will be here for the older adults who come after us.

There are several ways you can help.

MAKE A GIFT TODAY

A gift of \$10, \$25, \$50-or whatever amount is meaningful and comfortable for you-adds up when our community gives together.

Donations may be made by cash, check, or credit card, either as a one-time gift or a recurring donation. WCASC can also receive qualified gifts directly from IRAs and certain retirement accounts, as well as gifts of appreciated stock or other securities.

Checks should be made payable to: West Chester Area Senior Center.

WCASC EIN: 23-2149355

LEAVE A LEGACY

If WCASC has been an important part of your life, you may wish to help make sure it is here for future generations.

Consider including the Senior Center in your estate plans or naming WCASC as a beneficiary of a retirement account, life insurance policy, or other financial asset. A legacy gift of any size is a meaningful way to continue caring for the community long into the future.

Please speak with your financial or estate-planning professional about the options that may be appropriate for you.

CELEBRATE WITH US AND SUPPORT WCASC

Our special events are another wonderful way to support the Center while celebrating the people who make our community special. **In Spring 2027, we will honor Jessica Tipton with the Legacy of Compassion Award**, recognizing her many years of extraordinary service to WCASC and our members.

Tickets and sponsorship opportunities are available, and we hope you will join us for this very special celebration.



Chester County
UNITED WAY



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, EIN 23-2149355 provides services and programs to persons sixty years or older without creed, handicap, sex, or national regard to race, color, origin. The Center is funded in small part under a limited contract with the Chester County Department of Aging Services for lunches. or is Pennsylvania All contributions are tax-deductible to the extent allowed by law. The Center's official registration may be obtained from the Department of State by calling toll-free toll-free (within PA) 1-800-732-0999. Registration does not imply endorsement