NOVEMBER NEWSLETTER

CELEBRATING THE LIVES OF OLDER ADULTS IN WEST CHESTER

NOVEMBER IS THE SEASON OF GIVING; HELP KEEP WCASC STRONG

As we enter the season of giving, we are reminded of what makes West Chester Area Senior Center so special: the people. Every day, WCASC provides older adults with opportunities to build friendships, stay active, share meals, and find a sense of belonging. We are more than a senior center; we are a community and a home away from home.

But today, our Center needs your help. Like many nonprofits, WCASC faces serious financial challenges due to funding delays, reduced public support, and rising operating costs. We must come together now to protect the programs and services our members depend on. The need is urgent, but with your support, we can build a stronger future.



This season, we invite you to help make a difference. Every gift makes a difference, helping keep our doors open, our programs thriving, and our community connected. Whether you donate, support a fundraising event, or make a planned gift, you are investing in the well-being of older adults. WCASC has continuously supported our neighbors, and now we need our neighbors to support us.

Together, we can ensure our Center continues to serve the community for years to come.

THURSDAY, NOVEMBER 19TH JOIN US FOR A TRADITIONAL THANKSGIVING LUNCH

Gather with friends and celebrate the season of gratitude at our Thanksgiving Lunch on Thursday, November 19th at 12 pm; suggested donation: $5.

Enjoy a delicious traditional Thanksgiving meal filled with holiday favorites, wonderful company, and the warmth of community. After lunch, join us for special Thanksgiving trivia and a chance to win fun prizes!

It's the perfect opportunity to share laughter, make memories, and give thanks for the friendships that make WCASC feel like home.

We look forward to celebrating with you!

PANCAKE BREAKFAST WITH SANTA SATURDAY, DECEMBER 5TH A HOLIDAY FUNDRAISER

Join us Saturday, December 5th, for a festive morning of pancakes, holiday cheer, and a special visit from Santa!

Bring your family and friends to enjoy a delicious pancake breakfast and make wonderful holiday memories together.

$5 Per Person Pancake Breakfast
$5 Per Photo with Santa

Every pancake enjoyed and every photo taken helps support WCASC.



WCU
WEST CHESTER
UNIVERSITY

WCU Nursing Students to Present:

11/3 MentalHealth asWe Age
11/5 Importance of Social Connection as We Age
11/10 Recognizing Depression and When to Seek Help
11/12 Scam Awareness in Older Adults
11/19 Non-Pharmacologic Approaches to Pain
11/24 Vision and Hearing Health

AMADA SENIOR CARE

Medicare & Dementia Care
Wednesday, November 18th 11 am

Monday, November 23rd
10 am to 12 pm

Please visit us at www.chesco.org

Human Needs Network of Chester County

FULL RANGE HEALTH SERVICES
Home Health ➡ House Calls ➡ Outpatient

Josh from Full Range
Tuesday, November 10th at 11 am

Always Best Care® senior services®

IS HOSTING



Thursday, November 12th
at 11AM

Traditional Thanksgiving Luncheon
Thursday, November 19th
$5 suggested Donation
Fun games and Prizes

Please Make Reservation at the Front Desk

Thanksgiving Holiday Hours:	Wednesday, 11/25	Thursday, 11/26	Friday, 11/27
	Close at 1pm	Closed	Closed

November Lunch Menu



Please make your lunch reservation 3 days in advance!
Call 610-431-4242
$4 suggested donation goes to CCSAS



Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ PULLED PORK Tator Tots Desser t	**3** FISH FILET Rice/Carrots Vegetable Soup 	**4** CHICKEN CORDON BLEU Mixed Vegtables Pineapple	**5** PIZZA SALAD DESSERT	**6** BREAKFAST FOR LUNCH
9 KIELBASA & SAUERKRAUT Perogies Vegetable Soup Desser t	**10** VEAL PARM SPAGETTI Beef Noodles Soup Desser t	**11**  CHICKEN ALFREDO Green Beans Pineapple	**12** SOUP DAY! 	**13** HOT DOGS Baked Beans Chips
16 BBQ CHICKEN Brussel Sprouts Pears	**17** GRILLED CHEESE Tomato Soup Desser t	**18** BAKED PENNE W/MEATBALLS Salad Desser t	**19** TRADITIONAL THANKSGIVING LUNCH & FUN $5 Suggested Donation	**20** Lasagna Roll-Up Broccoli Pears
23 BAKED ZITI Carrots Salad Dessert	**24** ROAST BEEF Mashed Potatoes Green Beans Cream of Mushroom Soup	**25** WCASC will CLOSE at 1pm FISH FILET Rice/Carrots Vegetable Soup WCASC will CLOSE at 1pm	**26**  WCASC will be closed for the Thanksgiving Holiday	**27**  WCASC will be closed for the Thanksgiving Holiday
30 BBQ CHICKEN Roasted Potatoes Green Beans Oranges				

9 AM CONTINENTAL BREAKFAST
LUNCH IS SERVED DAILY AT 12 PM
PLEASE MAKE RESERVATIONS AT LEAST 3 DAYS IN ADVANCE

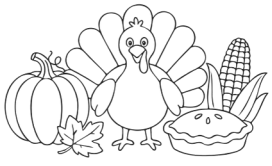
This menu reflects the approved congregate meal plan as authorized by the Chester County Department of Aging Services and is subject to change.

November Daily Schedule



Please make your lunch reservation 3 days in advance!
Call 610-431-4242
$4 suggested donation goes to CCSAS



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 L3 10 Singing Bowls 10-3pm Tech Assistant 10:30 L2 10:30 Bingo 10:30 What's Poppin' 11:30 L1 12:30 Movie	**3** 9:30 Cardio Fitness 10-3pm Tech Assistant 10:30 Spanish 10:30 Stretch & Strengthen 11:15 Chair Yoga 12:30 UNO 12:30 T'ai Chi Chih 	**4** 9:30 L3 10 Computer Q&A 10-1pm Corner Cabinet 10:30 L2 10:00 German Klub 10:30 Bingo 11:30 L1 12:30 Knit & Crochet	**5** 9:30 Cardio Fitness 10-3pm Tech Assistant 10:30 French Class 10:30 L2 11:30 L1 12:15 Bites & Insights 12:45 Mahjong	**6** 9:45 Word Games 10-3pm Tech Assistant 10:30 Fun Fitness 10:30 Tai Chi Intermediate 11 Brain Aerobics 11:15 Tai Chi Beginner 11:30 L! 12:30 Mahjong
9 9:30 L3 10-3pm Tech Assistant 10:30 L2 10:30 Bingo 10:30 What's Poppin' 11:30 L1 12:30 Movie	**10** 9:30 Cardio Fitness 10-3pm Tech Assistant 10:30 Spanish 10:30 Stretch & Strengthen 11:15 Chair Yoga 12:30 UNO 12:30 T'ai Chi Chih	**11**  9:30 L3 10 Computer Q&A 10-1pm Corner Cabinet 10:30 L2 10:00 German Klub 10:30 Bingo 11:30 L1 12:30 Knit & Crochet	**12** 9:30 Cardio Fitness 9:30 Bible Study 10-12 Sen. Comitta 10-3pm Tech Assistant 10:30 French Class 10:30 L2 11:30 L1 12:15 Bites & Insights 12:45 Mahjong	**13** 9:45 Word Games 10-3pm Tech Assistant 10:30 Fun Fitness 10:30 Tai Chi Intermediate 11 Brain Aerobics 11:15 Tai Chi Beginner 11:30 L! 12:30 Mahjong
16 9:30 L3 10 CYBER SCAMS 10-3pm Tech Assistant 10:30 L2 10:30 Bingo 10:30 What's Poppin' 11:30 L1 12:30 Movie	**17** 9:30 Cardio Fitness 10-3pm Tech Assistant 10:30 Spanish 10:30 Stretch & Strengthen 11:15 Chair Yoga 12:30 UNO 12:30 T'ai Chi Chih	**18** 9:30 L3 10 Computer Q&A 10-1pm Corner Cabinet 10-2pm State Rep Pielli 10:30 L2 10:00 German Klub 10:30 Bingo 11:30 L1 12:15 Bites & Insights* 12:30 Knit & Crochet	**19** Thanksgiving Lunch 9:30 Cardio Fitness 10-3pm Tech Assistant 10:30 French Class 10:30 L2 11:30 L1 12:15 Bites & Insights 12:45 Mahjong	**20** 9:45 Word Games 10-3pm Tech Assistant 10:30 Fun Fitness 10:30 Tai Chi Intermediate 11 Brain Aerobics 11:15 Tai Chi Beginner 11:30 L! 12:30 Mahjong
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30 9:30 L3 10-3pm Tech Assistant 10:30 L2 10:30 Bingo 10:30 What's Poppin' 11:30 L1 12:30 Movie	**WHAT SIDE OF THE TURKEY HAS THE MOST FEATHERS?**			

Unitarian Congregation of West Chester
A Welcoming Congregation

Somewhere Over The Rainbow

A Joyful night of music, dancing, and community.
Saturday, November 7th
7- 10 pm
$10 Per Person
$5 for Seniors
All are Welcome



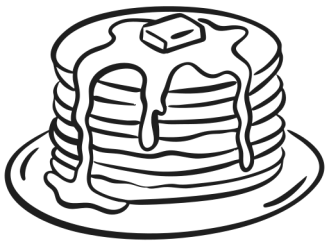


IN HONOR OF ALEX STEEL
THE BJ MONTGOMERY FOUNDATION
CONTRIBUTED THE FUNDS TO MAKE THE
OCTOBER HALLOWEEN PARTY POSSIBLE.
WCASC EXTENDS OUR SINCERE GRATITUDE FOR
THEIR GENEROSITY.

Thank You

Pancake Breakfast & Santa

Pancakes $5 Per Person



Saturday, December 5th

8:30 am to 11:30 am

at

West Chester Area Senior Center

530 East Union Street
West Chester, PA
All Are Welcome-Plenty of Parking

Photos w/ Santa $5 Per Picture



Winter is coming!
In the Event of incliment weather
WCASC follows
West Chester Area School District
closing procedures.
If the WC School district is closed, the senior center will be closed. If the school operates on a delay, the center will be closed. Stay Safe!

Your West Chester Area Senior Center needs your support now more than ever. A recurring donation of just $8 can provide a senior with breakfast, lunch, and a full day of engaging programs and activities.

$8

Provides a day of mealsandprogramming for a senior.

$25

Helps provide a week of programming.

$50

Can help to provide a month of programming.

Please make a recurring donation today and help spread the word!
Share our mission with your family and friends and invite them to support the seniors who make our community so special.
Together, we can keep our center thriving for everyone who calls it their home away from home.
Visit: www.wcseniors.org/how-to-make-a-gift/
To make a reoccuring donation!

530 East Union Street
West Chester, PA 19382

610-431-4242
www.wcseniors.org

Donate Here!

The WCASC is a non-profit organization (501 (c) (3)), EIN 23-21493555. WCASC 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 a small part under a limited contract with the CCDAS. For lunches. All contributions to the extent allowed by law. The official registration may be obtained from the Pennsylvania Department of State by calling 1-800-732-0999. Registration does not impact endorsement.