

KASC Center Activities – May 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1. 9 Needlework 9:30 Living History 10 Arts & Crafts 10:30 Pet Therapy 10:30-1:30 Surrey Services-Diabetes Workshop (W) 12:30 Poker 1-2 AquaKendal* 1-3 YMCA***	2. 8-10 Trevoze (W) 10-12 Alzheimer's Support Group (R) 10-11 Games 11 SilverSneakers 11 Legislative Mtg(Stlr) 12:30 Sing-A-Long 1-2 Digital Photo (Stlr) 1:30 Scrapbooking	3. 6-9 BNI Brkfst (W) 9 Medicare 9:30 Line Dancing 10 Bible Study (R) 11 SilverSneakers NO Bingo 12:30 Electronic Crack Film 1-3 YMCA*** NO Tech Help (Stlr) 6-9 Pinochle (W) 6:30 Line Dancing	4. 9-12 Genealogy 9-3 IGC Jewelry Event 9:30 Not Just Quilts (R) 11 Tech Help (Stlr) 1 Tech Help (Stlr) NO SilverSneakers 1-2 AquaCrosslands** 5-9 BINGO	5. Yard Clean-up 8-12
6.	7. 9 Needlework 10 Poker 11 SilverSneakers 12:30 Bingo 1-2 Gentle YOGA (W) 6:30 Weight Watchers (S)	8. TEA PARTY 9 Needlework 9:30 Living History 10 Book Club (Stlr) 10:30-1:30 Surrey Services-Diabetes Workshop (W) 10 Arts & Crafts 10:30 Pet Therapy 1-2 AquaKendal* 1-3 YMCA*** 2-3:30 Tea Party	9. 8-10 Trevoze (W) 10-11 Games 11 SilverSneakers 11 Legislative Mtg(Stlr) 12:30 Sing-A-Long 1-2 Digital Photo (W) 1-3 Staff Mtg (R) 1-4 Audiologist (Stlr) 1:30 Scrapbooking 4-5:30 OrgDev Mtg (R) 7-8:30 Bridging (S)	10. 6-9 BNI Brkfst(W) 9 Medicare 9:30 Line Dancing 10 Bible Study (R) 10:30 BPS (W) 11-12 Constituent Outreach 11 SilverSneakers 12:30-1:30 Bingo 1-3 YMCA*** 1:30 Sunshine Chorus NO Tech Help (Stlr) 4-5 Mktg/Dev (R) 6-9 Pinochle (W) 6:30 Line Dancing	11. 9-12 Genealogy 9:30 Not Just Quilts (R) NO Tech Help (Stlr) NO SilverSneakers 12:30 Mind Matters 1-2 AquaCrosslands** 5-9 BINGO	12. Hollywood Senior Prom Dinner Dance 6pm - 9pm
13. Happy Mother's Day	14. 9 Needlework 10 Poker 11 SilverSneakers 12:30 Bingo 1-2 Gentle YOGA (R) 6:30 Weight Watchers (S)	15. 9 Needlework 9:30 Living History 10 Arts & Crafts 10:30-1:30 Surrey Services-Diabetes Workshop (W) 11 MemDir Mtg. (R) 12:30 Ask Your Pharmacist 10:30 Pet Therapy 1-2 AquaKendal* 1-3 YMCA***	16. BIRTHDAY LUNCH 8-10 Trevoze (W) 11 Entertainment - Cindy McGrath NO Games NO SilverSneakers NO Legislative Mtg NO Sing-A-Long 1-2 Digital Photo(Stlr) 1:30 Scrapbooking	17. 6-9 BNI Brkfst 9-2 Sr. Games & Picnic 9 Medicare 9:30 Line Dancing 10 Bible Study (R) 11 SilverSneakers 2 Tech Help 12:30 Bingo 12:30-4:30 AARP Safe Driver Course 1-3 YMCA*** 6-9 Pinochle (W) 6:30 Line Dancing	18. 8-9:30 FINANCE Comm Mtg (W) 9-12 Genealogy 9:30 Not Just Quilts (R) 10-11 Program Comm Mtg (W) 11 Tech Help 1 Tech Help 1-2 AquaCrosslands** 5-9 BINGO	19.
20. Sunday Dinner With Friends 1-3	21. 9 Needlework 10 Poker 11 SilverSneakers 12:30 Bingo 1-2 Gentle YOGA (W) 6:30 Weight Watchers (S)	22.7:30-9 BOD (W) 9:30 Living History 10 Arts & Crafts 10:30 Audiologist 10:30-1:30 Surrey Services-Diabetes Workshop (W) 10:30 Pet Therapy 11 Ted's Piano 12:30 Nutrition w/ Matt 12:30 Poker 1-2 AquaKendal* 1-3 YMCA***	23. 8-10 Trevoze (W) 10 Games 10 Rover Visit (R) 11 SilverSneakers 11 Legislative Mtg 12:30 Sing-A-Long 1-2 Digital Photo (Stlr) 1:30 Scrapbooking	24. 6-9 BNI Brkfst(W) 9 Medicare 9:30 Line Dancing 10 Bible Study (R) 11 SilverSneakers 12:30 Bingo 1-3 YMCA*** 2 Tech Help (Stlr) 6:30 Line Dancing	25. 9-12 Genealogy 9:30 Not Just Quilts (R) 11 Tech Help (Stlr) 1 Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	26.
27.	28. Memorial Day Center is Closed	29. 9:30 Living History 10 Arts & Crafts 10:30 Pet Therapy 1-2 AquaKendal* 1-3 YMCA***	30. 8-10 Trevoze (W) 10 Games 11 SilverSneakers 11 Legislative Mtg NO Sing-A-Long 12:30 Nutrition Talk 1-2 Digital Photo (Stlr) 1:30 Scrapbooking	31. 6-9 BNI Brkfst(W) 9 Medicare 9:30 Line Dancing 10 Bible Study (R) 11 SilverSneakers 12:30 Bingo 1-3 YMCA*** 2 Tech Help (Stlr) 6:30 Line Dancing	BPS - Blood Pressure Screenings * @ Kendal Fitness Center ** @ Crosslands Pool *** @ YMCA Staller Center (Stlr) M-F 8:00am-5:00pm except when class or meeting is in session	

Calendar activities subject to change due to unforeseen circumstances.



May 2018

Chester County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 Baked Salmon- 1pc 1/2c. Parsley Potatoes 1/2c. Broccoli & Sliced Carrots White Bread Cookie	2 Orange Glazed Pork Loin- 1 pc 1/2c. Vegetable Rice Pilaf 1/2c. Cauliflower Wheat Bread 1/2c. Applesauce	3 Creamy Chicken Salad Croissant- 1/2c. w/lettuce & tomato 1c. Tomato Soup w/Crackers WG Croissant Fresh Seasonal Fruit	4 Chicken Primavera- 1pc w/vegetable cream sauce-3oz 1/2c. Penne Pasta 1c. Tossed Salad w/Cucumber Hardboiled Egg, Ital. Drs Garlic Breadstick 1/2c. Sliced Pears	Call for reservations by 3pm Tuesday for the ENITRE following week 610-444-4819
7 Kielbasa- 1 Ea 1/2c. BBQ Butterbeans 1/2c. Macaroni Salad Hotdog Roll Fresh Seasonal Fruit (Orange)	8 Roasted Turkey-1 sl 1/2c. Whipped Potatoes w/gravy 1/2c. Peas & Carrots Wheat Dinner Roll 1/2c. Gelatin	9 Hamburger-1 Ea w/lettuce & tomato 1/2c. Sweet Potato Bites 1/2c. Green Beans Sandwich Roll, Condiments Fresh Melon	10 Tuna Salad Sandwich- 1/2c. w/lettuce & tomato 1c. Creamy Potato Soup w/Crackers 2 Wheat Bread 1/2c. Pineapple & Cherries	11 Baked Breaded Chicken Cutlet-1 Ea 1/2c. Au Gratin potatoes 1/2c. Sweet Peas White Bread Cookie	For 60+ the Meal cost is a voluntary, confidential contribution of \$2.00
14 Roasted Pork Loin w/gravy 1/2c. Sauerkraut 1/2c. Whipped Potatoes White Bread 1/2c. Cinnamon Applesauce	15 Taco Salad (3oz taco meat & .5 oz cheddar cheese) 1c. Tossed salad w/tomato 1c. Black Bean Soup w/Crackers Nacho Chips 1/2c. Pineapple Tidbits	16 <u>May Birthdays</u> Chicken Parmesan- 1 Ea w/ marinara & cheese topping 1/2c. Rotini Pasta w/sauce 1/2c. Parmesan Zucchini & Corn Wheat Bread Fresh Seasonal Fruit <u>Birthday Cake</u>	17 Roast Beef w/Gravy-1 Slice 1/2c. Whipped Potatoes 1/2c. Green Beans White Bread Brownie	18 Pork Ribette-1 Ea Baked Potato w/margarine 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Sliced Peaches	For under 60 the Meal cost is \$4.89
21 Sweet Sausage Sandwich- 1 Ea w/2 oz peppers & sauce 1/2c. Cheesy Hashbrowns 1/2c. Yellow Beans WG Sausage Roll Cookie	22 Southwestern Chicken Salad (3oz diced chicken, .5oz cheddar cheese) 1c. Tossed Salad w/tomato & ranch topped w/roasted peppers, corn, black beans, tortilla strips 1 c. Creamy Cauliflower Soup w/crk Biscuit 1/2c. Gelatin	23 <u>Memorial Day Special</u> BBQ Pulled Pork Sandwich 1/2c. Potato Salad 1/2c. Baked Beans Sandwich Roll Fresh Seasonal Fruit (Melon)	24 Pasta & Meatballs (4) 3/4c. Pasta w/Sauce/Parm Cheese 1/2c. Italian Green Beans Italian Bread 1/2c. Sliced Peaches	25 Chili Cheese Hot Dog (2oz Chili, 1 oz Cheddar) 1/2c. Sweet Potato Bites Hot Dog Roll Apricots w/oatmeal topping	PLEASE BE AWARE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE
28 Center is Closed 	29 Egg Omelet- 1 Ea 1- Sausage Patty WG English Muffin w/Jelly 4 oz Orange Juice Fresh Banana	30 Chicken Marsala-1 Pc, 2 oz Sauce 1/2c. Buttered Bowties 1/2c. Broccoli & Carrots Wheat Bread 1/2c. Sliced Pears	31 Antipasto Salad (1.5oz Ham & 1.5oz Salami, .5oz Mozzarella, 2 Olives) 1c. Tossed Salad w/tomato, Italian Drs 1c. Wedding Soup w/Crackers Breadstick 1/2c. Sunset Peaches	* Menu Subject to Change*	Rover Transportation Available

All Menus Subject to Change

Served Daily 8 oz Milk & 1 tsp Margarine

The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.