

KASC Center Activities – June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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					1 NO PROGRAMS 7 YARD SALE SET-UP UNTIL FINISHED! NO BINGO	2 YARD SALE 8am - 3pm
3.	4. 9 Needlework 10 Poker 11 SilverSneakers 12:30 Bingo 1-2 Gentle YOGA (W) 6:30 Weight Watchers (S)	5. 9 Needlework NO Living History Arts & Crafts (ON HOLD) 10:30 Pet Therapy 12:30 Matt Jones 12:30 Poker 1-2 AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	6. 10 Trevoze (W) 10-11 Games 10-11 CCIU Nurses(W) 11 SilverSneakers 11 Legislative Mtg(Stlr) NO Sing-A-Long 1-2 Digital Photo (W) NO Scrapbooking	7. 6-9 BNI Brkfst(W) 9 Medicare 9:30 Line Dancing 10 Bible Study (R) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 1:30 Sunshine Chorus NO Tech Help (Stlr) 3-4 Bazaar Comm Mtg. 6:30 Line Dancing	8. 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	9.
10. SUNDAY DINNER WITH FRIENDS 1-3 PRO MUSICA RECITAL	11. 9 Needlework 10 Poker 11 SilverSneakers 12:30 Bingo 1-2 Gentle YOGA (R) 6:30 Weight Watchers (S)	12. TEA PARTY 9 Needlework NO Living History 10 Book Club (Stlr) NO Arts & Crafts 10:30 Pet Therapy 1-2 AquaKendal* 1-3 YMCA*** 2-3:30 Tea Party 3-4 TAI CHI 4:30 Bert's Crafters	13. 8-10 Trevoze (W) 10 Games 11 SilverSneakers 11 Legislative Mtg NO Sing-A-Long 1-3 Staff Mtg. (R) 1-2 Digital Photo (W) NO Scrapbooking 1-4 Audiologist (Stlr) 4 OrgDev Comm Mtg. (R)	14. 6-9 BNI Brkfst 9 Medicare 9:30 Line Dancing 10 Bible Study (R) 10:30 BPS (W) 11 Constituent Outreach 11 SilverSneakers 2 Tech Help 12:30 Bingo 1-3 YMCA*** 4-5 Mktg/Dev (R) 6:30 Line Dancing	15. 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	16.
17. Father's Day	18. 9 Needlework 10 Poker 11 SilverSneakers 12:30 Bingo 1-2 Gentle YOGA (W) 6:30 Weight Watchers (S)	19. NO Living History NO Arts & Crafts 10:30 Pet Therapy 11-12 Mem/Dir Mtg.(W) 12:30 Ask Your Pharmacist 12:30 Poker 1-2 AquaKendal* 1-3 YMCA*** 3-4 TAI CHI 5- 6:30 DONOR APPRECIATION	20. BIRTHDAY LUNCH 8-10 Trevoze (W) NO Games NO SilverSneakers NO Legislative Mtg 11 Entertainment - Hal DeHaven on Piano NO Sing-A-Long 1-2 Digital Photo (Stlr) NO Scrapbooking	21. BAL GAMES 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	22. 9-12 Genealogy 9:30 Not Just Quilts (R) 11 Tech Help (Stlr) 1 Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	23.
24.	25. 9 Needlework 10 Poker 11 SilverSneakers 12:30 Bingo 1-2 Gentle YOGA (W) 6:30 Weight Watchers (S)	26. NO Living History NO Arts & Crafts 10:30 Pet Therapy 10:30 Audiologist(Stlr) 11 Ted's Piano 12:30 Poker 1-2 AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	27. 8-10 Trevoze (W) 10 Barbara Myers-Carbs Discussion 10 Games 11 SilverSneakers 11 Legislative Mtg NO Sing-A-Long 12:30 Robert Milliken 1-2 Digital Photo (Stlr) NO Scrapbooking	28. 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	29. 9-12 Genealogy 9:30 Not Just Quilts (R) 11 Tech Help (Stlr) 1 Tech Help (Stlr) 1-2 AquaCrosslands 5-9 BINGO	30

Calendar activities subject to change due to unforeseen circumstances.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>Roasted Pork Loin w/Gravy- 1 pc 1/2c. Whipped Potatoes 1/2c. Green Beans Wheat Bread Cookie</p>
<p>Beef Stroganoff w/ gravy- 4oz 1/2c. Buttered Bowties 1/2c. Mixed Vegetables Wheat Bread Fresh Seasonal Fruit(melon)</p>	<p>Chicken Caesar Salad-3ozChicken 1c. Mixed Greens w/1 TBS Parmesan, Croutons, & Caesar Drs 1c. Minestrone Soup w/Crackers Breadstick 1/2c. Sliced Peaches</p>	<p>Stuffed Pepper -1 Ea w/tomato sauce 1/2c. Garlic Whipped Potatoes 1/2c. Coin Carrots Wheat Bread Strawberry Shortcake</p>	<p>Turkey, Bacon, & Cheese Jr. Club Sandwich (2.5oz sl. Turkey, 1 bacon round 1 cheese sl.) w/condiments 1c. Cream of Broccoli Soup w/Crackers Sandwich Roll 1/2c. Applesauce</p>	<p>Pineapple Glazed Ham- 1 slice 1/2c. Whipped Sweet Potatoes 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Chocolate Pudding</p>
<p>Pork Carnita Taco- 3oz Topped w/2 oz sweet & sour slaw 1/2c. Rice w/Chives 1/2c. Corn Tortilla Fresh Melon</p>	<p>Sweet & Sour Meatballs (4) 1/2c. Penne Pasta 1/2c. Hawaiian Coleslaw Dinner Roll 1/2c. Sliced Pears</p>	<p>Meatloaf - 1pc w/2oz Gravy 1/2c. Whipped Potatoes 1/2c. Green Beans White Bread 1/2c. Banana Pudding, 2 Nilla Wafers</p>	<p>Chicken, Spinach & Cranberry Salad (3oz Chicken, 1 TBS Cranberries) w/Balsamic Drs (1.5oz Pkt) 1c. Mixed Greens & Spinach w/Cucumber 1/2c. Pickled Diced Beets Breadstick Cookie</p>	<p>Steak Sandwich- 1 pc w/2oz onions, peppers, .5oz cheese, condiments 1/2c. Ranch Seasoned Potatoes Sandwich Roll Fresh Seasonal Fruit (Melon)</p>
<p>Baked Salmon 1/2c. Parsley Potatoes 1/2c. Broccoli & Carrots White Bread Cookie</p>	<p>Creamy Chicken Salad Croissant-1/2c. w/lettuce & tomato 1c. Tomato Soup w/Crackers WG Croissant Fresh Seasonal Fruit</p>	<p>June Birthdays Orange Glazed Pork Loin- 1 pc 1/2c. Vegetable Rice Pilaf 1/2c. Cauliflower Wheat Bread 1/2c. Applesauce Birthday Cake</p>	<p>Chicken Primavera1-pc w/3oz vegetable cream sauce 1/2c. Penne Pasta 1c. Tossed Salad w/Cucumber, Hardboiled Egg, Ital. Drs Garlic Breadstick 1/2c. Sliced Pears</p>	<p>Salisbury Steak -1pc w/2oz Gravy Cheesy Whipped Potatoes 1/2c. Sweet Peas White Bread Brownie</p>
<p>Roasted Turkey- 3oz 1/2c. Whipped Potatoes w/gravy 1/2c. Peas & Carrots Wheat Dinner Roll 1/2c. Gelatin</p>	<p>Hamburger- 1Ea w/lettuce & tomato 1/2c. Sweet Potato Bites 1/2c. Green Beans Sandwich Roll, Condiments Fresh Seasonal Fruit (Melon)</p>	<p>Baked Breaded Chicken Cutlet-1Ea 1/2c. AuGratin potatoes 1/2c. Sweet Peas White Bread Cookie</p>	<p>Tuna Salad Sandwich-1/2c. w/lettuce & tomato 1c. Creamy Potato Soup w/Crackers 2 Wheat Bread 1/2c. Pineapple & Cherries</p>	<p>Kielbasa-1 Ea 1/2c. BBQ Butterbeans 1/2c. Macaroni Salad Hotdog Roll Fresh Seasonal Fruit (Orange)</p>

PLEASE BE AWARE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Served Daily 8 oz Milk & 1 tsp Margarine

Rover Transportation Available

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.

Call for reservations by 3pm Tuesday for the ENITRE following week, 610-444-4819

For 60+ the Meal cost is a voluntary, confidential contribution of \$2.00
For under 60 the Meal cost is \$4.89