

KASC Center Activities – July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1.	2. 9 Needlework 10 Poker 11 SilverSneakers 12:30 Bingo 1-2 Gentle YOGA (W) 6:30 Weight Watchers (S)	3. 9 Needlework NO Living History Arts & Crafts (ON HOLD) 10:30 Pet Therapy 12:30 Poker 1-2 AquaKendal* 1-3 YMCA*** 3-4 TAI CHI 4:30 Bert's Crafters	4. CLOSED FOR THE HOLIDAY 	5. 6-9 BNI Brkfst(W) 9 Medicare 9:30 Line Dancing 10 Bible Study @ 10 Mind Gymnastics 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 2 Tech Help (Stlr) 6:30 Line Dancing	6. 9-12 Genealogy 9:30 Not Just Quilts (R) NO SilverSneakers 11 Tech Help (Stlr) 1 Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	7.
8.	9. 9 Needlework 10 Poker 11 SilverSneakers 12:30 Bingo 1-2 Gentle YOGA (R) 6:30 Weight Watchers (S)	10. 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	11. 8-10 Trevoze (W) 10-12 Alzheimer's Support Group (R) 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)	12. 6-9 BNI Brkfst 9 Medicare 9:30 Line Dancing 10 Bible Study @ 10 Mind Gymnastics 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	13. 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 12:30 Mind Matters 1 Tech Help 1-2 AquaCrosslands** 5-9 BINGO	14.
15. SUNDAY DINNER WITH FRIENDS 1-3	16. 9 Needlework 10 Poker 11 SilverSneakers 12:30 Bingo 1-2 Gentle YOGA (W) 6:30 Weight Watchers (S)	17. 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 4:30 Bert's Crafters	18. BIRTHDAY LUNCH 8-10 Trevoze (W) 9:30-11 New Member Orientation NO Games NO SilverSneakers NO Legislative Mtg 11 Entertainment - Photo Club Show NO Sing-A-Long 1-2 Digital Photo (Stlr) NO Scrapbooking	19. 6-9 BNI Brkfst(W) 9 Medicare 9:30 Line Dancing 10 Bible Study (R) 10 Mind Gymnastics 11 SilverSneakers 12:30 Bingo 1-3 YMCA*** NO Tech Help (Stlr) 3-4 Bazaar Comm Mtg. 6:30 Line Dancing	20. 9-12 Genealogy 9:30 Not Just Quilts (R) NO Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	21.
22.	23. 9 Needlework 10 Poker 10 Rover Visit 11 SilverSneakers 12:30 Bingo 1-2 Gentle YOGA (W) 6:30 Weight Watchers (S)	24. 7:30-9 BOD (W) NO Living History NO Arts & Crafts 10:30 Pet Therapy 10:30 Audiologist(Stlr) 11 Ted's Piano 12:30 Matt Jones 12:30 Poker 1-2 AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	25. 8-10 Trevoze (W) 10 Games 11 SilverSneakers 11 Legislative Mtg NO Sing-A-Long 1-2 Digital Photo (Stlr) NO Scrapbooking	26. 6-9 BNI Brkfst(W) 9 Medicare 9:30 Line Dancing 10 Bible Study @ 10 Mind Gymnastics 11 SilverSneakers 12:30 Bingo 1-3 YMCA*** 2 Tech Help (Stlr) 6:30 Line Dancing	27. 9-12 Genealogy 9:30 Not Just Quilts (R) 11 Tech Help (Stlr) 1 Tech Help (Stlr) 1-2 AquaCrosslands 5-9 BINGO	28.
29.	30. 9 Needlework 10 Poker 11 SilverSneakers 12:30 Bingo 1-2 Gentle YOGA (W) 6:30 Weight Watchers (S)	31. NO Living History NO Arts & Crafts 10:30 Pet Therapy 12:30 Poker 1-2 AquaKendal* 1-3 YMCA*** 3-4 TAI CHI 4:30 Bert's Crafters			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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Roasted Pork Loin w/gravy 1/2c. Sauerkraut 1/2c. Whipped Potatoes White Bread 1/2c. Cinnamon Applesauce</p>	<p>3</p> <p>Chicken Parmesan w/ marianara & cheese topping 1/2c. Rotini Pasta w/sauce 1/2c. Parmesan Zucchini & Corn Wheat Bread Fresh Seasonal Fruit</p>	<p>4</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>5</p> <p>4th of July Special Pulled Pork Sandwich 1/2c. Potato Salad 1/2c. Baked Beans Sandwich Roll Watermelon</p>	<p>6</p> <p>Roast Beef w/Gravy 1/2c. Whipped Potatoes 1/2c. Green Beans White Bread Brownie</p>
<p>9</p> <p>Spaghetti & Meatballs (4) 3/4c. Pasta w/Sauce/Parm Cheese 1/2c. Italian Green Beans Italian Bread 1/2c. Sliced Peaches</p>	<p>10</p> <p>Chicken Cobb Salad 1c. Mixed Greens w/ diced chicken, cucumber, cheddar, 1/2 egg, bacon bits 1c. Vegetable Noodle Soup w/Crackers Wheat Bread, 2 Ranch pkt 1/2c. Pineapple Tidbits</p>	<p>11</p> <p>Baked Haddock w/ White wine sauce 1/2c. Confetti Rice 1/2c. Broccoli & Cauliflower Blend Wheat Bread 1/2c. Cinnamon Applesauce</p>	<p>12</p> <p>Grilled Chicken Cordon Bleu Sandwich 1/2c. Parmesan Potatoes 1/2c. Tomato & Cucumber Salad Sandwich Roll Orange Dream Cake</p>	<p>13</p> <p>Chili Cheese Hot Dog (2oz Chili, 1 oz Cheddar) 1/2c. Sweet Potato Bites Hot Dog Roll Apricots w/oatmeal topping</p>
<p>16</p> <p>Egg Omelet 1- Sausage Patty WG English Muffin w/Jelly 4 oz Orange Juice Fresh Banana</p>	<p>17</p> <p>Chicken Marsala 1/2c. Buttered Bowties 1/2c. Broccoli & Carrots Wheat Bread 1/2c. Sliced Pears</p>	<p>18</p> <p>July Birthdays Roasted Pork Loin w/Gravy 1/2c. Stuffing 1/2c. Whipped Potatoes 1/2c. Green Beans Birthday Cake</p>	<p>19</p> <p>Antipasto Salad (1.5oz Ham & Salami, .5oz Mozzarella, 2 Olives) 1c. Tossed Salad w/tomato, 2 Italian Drs pkt 1c. Wedding Soup w/Crackers Breadstick 1/2c. Sunset Peaches</p>	<p>20</p> <p>Potato Crusted Pollock 1/2c. Cheesy Twists 1/2c. Stewed Tomatoes Wheat Bread Fresh Seasonal Fruit (Orange)</p>
<p>23</p> <p>Pineapple Glazed Ham 1/2c. Whipped Sweet Potatoes 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Chocolate Pudding</p>	<p>24</p> <p>Chicken Caesar Salad 1c. Mixed Greens w/Parmesan, Croutons, & Caesar Drs 1c. Minestrone Soup w/Crackers Breadstick 1/2c. Sliced Peaches</p>	<p>25</p> <p>Beef Stroganoff w/ gravy 1/2c. Buttered Bowties 1/2c. Mixed Vegetables Wheat Bread Fresh Seasonal Fruit(melon)</p>	<p>26</p> <p>Turkey, Bacon, & Cheese Jr. Club Sandwich w/condiments 1c. Cream of Broccoli Soup w/Crackers Sandwich Roll 1/2c. Applesauce</p>	<p>27</p> <p>Stuffed Pepper w/tomato sauce 1/2c. Garlic Whipped Potatoes 1/2c. Coin Carrots Wheat Bread Stawberry Shortcake</p>
<p>30</p> <p>Meatloaf w/Gravy 1/2c. Whipped Potatoes 1/2c. Green Beans White Bread 1/2c. Banana Pudding, 2 Nilla wafers</p>	<p>31</p> <p>Chicken, Spinach & Cranberry Salad w/Balsamic Drs (1.5oz Pkt) 1c. Mixed Greens & Spinach w/Cucumber 1/2c. Pickled Diced Beets Breadstick Cookie</p>		<p>*Menu Subject to Change*</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