


# KASC Center Activities – August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>BPS - Blood Pressure Screenings</p> <p>* @ Kendal Fitness Center</p> <p>** @ Crosslands Pool</p> <p>*** @ YMCA</p> <p>Staller Center (Stlr)</p> <p>M-F 8:00am-5:00pm</p> <p>except when class or meeting is in session</p>			<p>1. 8-10 Trevoise (W)</p> <p>10-12 Alzheimer's Support Group (R)</p> <p>10 Games</p> <p>11 SilverSneakers</p> <p>11 Legislative Mtg</p> <p><u>NO</u> Sing-A-Long</p> <p>1-3 Staff Mtg. (R)</p> <p>1-2 Digital Photo (W)</p> <p>1-2 Celebration of Life</p>	<p>2. 6-9 BNI Brkfst(W)</p> <p>9 Medicare</p> <p>9:30 Line Dancing</p> <p>10 Games</p> <p>10 Bible Study (R)</p> <p>11 SilverSneakers</p> <p>12:30-2 Bingo</p> <p>1-3 YMCA***</p> <p><u>NO</u> Tech Help (Stlr)</p> <p><u>NO PM</u> Line Dancing</p>	<p>3. 9-12 Genealogy</p> <p>9:30 Not Just Quilts (R)</p> <p>10 Games</p> <p><u>NO</u> SilverSneakers</p> <p>11 Tech Help (Stlr)</p> <p>1 Tech Help (Stlr)</p> <p>1-2 AquaCrosslands**</p> <p>5-9 BINGO</p>	<p>4. Cuisine 2018</p> <p>5:00pm-9:30pm</p>
5.	<p>6. 9 Needlework</p> <p>10 Poker</p> <p>10 Games</p> <p>11 SilverSneakers</p> <p>12:30 Bingo</p> <p>1-2 Gentle YOGA (W)</p> <p>6:30 Weight Watchers (S)</p>	<p>7. <u>NO</u> Living History</p> <p>Arts &amp; Crafts (ON HOLD)</p> <p>10 Games</p> <p>10 Mental Gymnastics</p> <p>10:30 Pet Therapy</p> <p>12:30 Poker</p> <p>12:30 Matt Jones</p> <p>1-2 AquaKendal*</p> <p>1-3 YMCA***</p> <p>3-4 TAI CHI</p> <p>4:30 Bert's Crafters</p>	<p>8. 8-10 Trevoise (W)</p> <p>10 Games</p> <p>11 SilverSneakers</p> <p>11 Legislative Mtg</p> <p>11 Constituent Outreach</p> <p>12:30 Sing-A-Long</p> <p>1-2 Digital Photo (W)</p> <p>1-4 Audiologist (Stlr)</p> <p>4 OrgDev Comm Mtg. (R)</p>	<p>9. 6-9 BNI Brkfst(W)</p> <p>9 Medicare</p> <p>9:30 Line Dancing</p> <p>10 Games</p> <p>10 Bible Study (R)</p> <p>10:30 BPS (W)</p> <p>11 SilverSneakers</p> <p>12:30-2 Bingo</p> <p>1-3 YMCA***</p> <p>2 Tech Help (Stlr)</p> <p>4-5 Mktg/Dev (R)</p> <p><u>NO PM</u> Line Dancing</p>	<p>10. 9-12 Genealogy</p> <p>9:30 Not Just Quilts (R)</p> <p>10 Games</p> <p><u>NO</u> SilverSneakers</p> <p>11 Tech Help (Stlr)</p> <p>12:30 Mind Matters</p> <p>1 Tech Help (Stlr)</p> <p>1-2 AquaCrosslands**</p> <p>5-9 BINGO</p>	11.
12.	<p>13. 9 Needlework</p> <p>10 Poker</p> <p>10 Games</p> <p>11 SilverSneakers</p> <p>12:30 Bingo</p> <p>1-2 Gentle YOGA (R)</p> <p>6:30 Weight Watchers (S)</p>	<p>14. TEA PARTY</p> <p><u>NO</u> Living History</p> <p>10 Book Club (Stlr)</p> <p><u>NO</u> Arts &amp; Crafts</p> <p>10 Games</p> <p>10 Mental Gymnastics</p> <p>10:30 Pet Therapy</p> <p>1-2 AquaKendal*</p> <p>1-3 YMCA***</p> <p>2-3:30 Tea Party</p> <p>3-4 TAI CHI</p>	<p>15. BIRTHDAY LUNCH</p> <p>8-10 Trevoise (W)</p> <p><u>NO</u> Games</p> <p><u>NO</u> SilverSneakers</p> <p><u>NO</u> Legislative Mtg</p> <p>11 Entertainment - Dave Micelli</p> <p><u>NO</u> Sing-A-Long</p> <p>1-2 Digital Photo (W)</p>	<p>16. 6-9 BNI Brkfst</p> <p>9 Medicare</p> <p>9:30 Line Dancing</p> <p>10 Games</p> <p>10 Bible Study (R)</p> <p>11 SilverSneakers</p> <p><u>NO</u> Tech Help</p> <p>12:30 Bingo</p> <p>1-3 YMCA***</p> <p>6:30 Line Dancing</p>	<p>17. 8-9:30 FINANCE Comm Mtg (W)</p> <p>9-12 Genealogy</p> <p>9:30 Not Just Quilts (R)</p> <p>10 Games</p> <p>10-11 Program Comm Mtg (W)</p> <p><u>NO</u> Tech Help</p> <p>1-2 AquaCrosslands**</p> <p>5-9 BINGO</p>	18.
19.	<p>20. 9 Needlework</p> <p>10 Poker</p> <p>10 Games</p> <p>11 SilverSneakers</p> <p>12:30 Bingo</p> <p>1-2 Gentle YOGA (W)</p> <p>6:30 Weight Watchers (S)</p>	<p>21. <u>NO</u> Living History</p> <p><u>NO</u> Arts &amp; Crafts</p> <p>10 Games</p> <p>10 Mental Gymnastics</p> <p>10:30 Pet Therapy</p> <p>11-12 Mem/Dir Mtg.(W)</p> <p>12:30 Ask Your Pharmacist</p> <p>12:30 Poker</p> <p>1-2 AquaKendal*</p> <p>1-3 YMCA***</p> <p>3-4 TAI CHI</p> <p>4:30 Bert's Crafters</p>	<p>22. 8-10 Trevoise (W)</p> <p>10 Games</p> <p>11 SilverSneakers</p> <p>11 Legislative Mtg</p> <p>12:30 Sing-A-Long</p> <p>1-2 Digital Photo (Stlr)</p>	<p>23. 6-9 BNI Brkfst(W)</p> <p>9 Medicare</p> <p>9:30 Line Dancing</p> <p>10 Games</p> <p>10 Bible Study (R)</p> <p>11 SilverSneakers</p> <p>12:30 Bingo</p> <p>1-3 YMCA***</p> <p><u>NO</u> Tech Help (Stlr)</p> <p>3-4 Bazaar Comm Mtg.</p> <p>6:30 Line Dancing</p>	<p>24. 9-12 Genealogy</p> <p>9:30 Not Just Quilts (R)</p> <p>10 Games</p> <p><u>NO</u> Tech Help (Stlr)</p> <p>1-2 AquaCrosslands**</p> <p>5-9 BINGO</p>	25.
26.	<p>27. 9 Needlework</p> <p>10 Poker</p> <p>10 Games</p> <p>11 SilverSneakers</p> <p>12:30 Bingo</p> <p>1-2 Gentle YOGA (W)</p> <p>6:30 Weight Watchers (S)</p>	<p>28. 7:30-9 BOD (W)</p> <p><u>NO</u> Living History</p> <p><u>NO</u> Arts &amp; Crafts</p> <p>10 Games</p> <p>10 Mental Gymnastics</p> <p>10:30 Pet Therapy</p> <p>10:30 Audiologist(Stlr)</p> <p>11 Ted's Piano</p> <p>12:30 Poker</p> <p>1-2 AquaKendal*</p> <p>1-3 YMCA***</p> <p>3-4 TAI CHI</p>	<p>29. 8-10 Trevoise (W)</p> <p>10 Games</p> <p>11 SilverSneakers</p> <p>11 Legislative Mtg</p> <p><u>NO</u> Sing-A-Long</p> <p>1-2 Digital Photo (Stlr)</p> <p><u>NO</u> Scrapbooking</p>	<p>30. 6-9 BNI Brkfst(W)</p> <p>9 Medicare</p> <p>9:30 Line Dancing</p> <p>10 Games</p> <p>10 Bible Study (R)</p> <p>10 Mind Gymnastics</p> <p>11 SilverSneakers</p> <p>12:30 Bingo</p> <p>1-3 YMCA***</p> <p>2 Tech Help (Stlr)</p> <p>6:30 Line Dancing</p>	<p>31. 9-12 Genealogy</p> <p>9:30 Not Just Quilts (R)</p> <p>10 Games</p> <p>11 Tech Help (Stlr)</p> <p>1 Tech Help (Stlr)</p> <p>1-2 AquaCrosslands</p> <p>5-9 BINGO</p>	

Calendar activities subject to change due to unforeseen circumstances.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pork Carnita Taco Topped w/sweet & sour slaw 1/2c. Rice w/Chives 1/2c. Corn Tortilla Fresh Melon	2 Sweet & Sour Meatballs (4) 1/2c. Penne Pasta 1/2c. Hawaiian Coleslaw Dinner Roll 1/2c. Sliced Pears	3 Steak Sandwich w/onions, peppers, cheese, condiments 1/2c. Ranch Seasoned Potatoes Sandwich Roll Fresh Seasonal Fruit
6 Orange Glazed Pork Loin 1/2c. Vegetable Rice Pilaf 1/2c. Cauliflower Wheat Bread 1/2c. Applesauce	7 Chicken Primavera w/vegetable cream sauce 1/2c. Penne Pasta 1c. Tossed Salad w/Cumcumber, Hardboiled Egg, Ital. Drs Garlic Breadstick 1/2c. Sliced Pears	8 Salisbury Steak w/Gravy Cheesy Whipped Potatoes 1/2c. Sweet Peas White Bread Brownie	9 Creamy Chicken Salad Croissant w/lettuce & tomato 1c. Tomato Soup w/Crackers WG Croissant Fresh Seasonal Fruit	10 Baked Salmon w/dill sauce 1/2c. Parsley Potatoes 1/2c. Broccoli & Carrots White Bread Cookie
13 Roasted Turkey 1/2c. Whipped Potatoes w/gravy 1/2c. Peas & Carrots Wheat Dinner Roll 1/2c. Gelatin	14 Kielbasa 1/2c. BBQ Butterbeans 1/2c. Macaroni Salad Hotdog Roll Fresh Seasonal Fruit	15 <b>August Birthdays</b> Baked Breaded Chicken Cutlet 1/2c. AuGratin potatoes 1/2c. Sweet Peas White Bread <b>Birthdays Cake</b>	16 Tuna Salad Sandwich w/lettuce & tomato 1c. Creamy Potato Soup w/Crackers 2 Wheat Bread 1/2c. Pineapple & Cherries	17 Taco Salad (3oz taco meat & cheddar cheese) 1c. Tossed salad w/tomato, taco sauce 1c. Black Bean Soup w/Crackers Nacho Chips 1/2c. Sherbet
20 <b>Pizza Day!</b> Pizza Slice 1c. Tossed Salad w/tomato, hard boiled egg, and dressing 1/2c. Cinnamon Applesauce	21 Hamburger w/lettuce & tomato 1/2c. Sweet Potato Bites 1/2c. Corn Sandwich Roll, Condiments Fresh Seasonal Fruit	22 Chicken Parmesan w/ marianara & cheese topping 1/2c. Rotini Pasta w/sauce 1/2c. Italian Green Beans Wheat Bread Fresh Seasonal Fruit	23 Open Faced Roast Beef Sandwich w/gravy 1/2c. Whipped Potatoes 1/2c. Coin Carrots White Bread Brownie	24 Pork Ribette Baked Potato w/margarine 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Sliced Peaches
27 Sweet Sausage Sandwich w/peppers & sauce 1/2c. Cheesy Hashbrowns 1/2c. Yellow Beans Hoagie Roll Cookie	28 Southwestern Chicken Salad (3oz diced chicken, cheddar cheese) 1c. Tossed Salad w/tomato & 2 ranch topped w/roasted peppers, corn, black beans, tortilla strips 1 c. Creamy Cauliflower Soup w/crk Biscuit, 1/2c. Gelatin	29 Pasta & Meatballs (4) 3/4c. Pasta w/Sauce/Parm Cheese 1/2c. Italian Green Beans Italian Bread 1/2c. Sliced Peaches	30 Grilled Chicken Cordon Bleu Sandwich 1/2c. Parmesan Potatoes 1/2c. Tomato & Cucumber Salad Sandwich Roll Orange Dream Cake	31 Baked Haddock w/ White wine sauce 1/2c. Confetti Rice 1/2c. Broccoli & Cauliflower Blend Wheat Bread 1/2c. Applesauce

**\*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