











KASC Center Activities – October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. 9 Needlework 10 Poker 10 Games 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	2. TEA PARTY 9:30 Living History NO Arts & Crafts 10 Games 10 Mental Gymnastics 10:30 Pet Therapy 10:30 Audiologist(Stlr) 1-2 AquaKendal* 1-3 YMCA*** 2-3:30 Tea Party 3-4 TAI CHI 4:30 Bert's Crafters	3. 8-10 Trevoze (W) 10-12 Alzheimer's Support Group (RR) 10 Games 11 SilverSneakers 11 Legislative Mtg TBD Sing-A-Long 1-2 Digital Photo (Stlr)	4. 6-9 BNI Brkfst(W) 9 Medicare 9:30 Line Dancing 9:30 Caregivers Circle 10 Games 10 Bible Study (R) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 2 Tech Help (Stlr) 6-9 Pinochle (W) 6:30 Line Dancing	5. 9-12 Genealogy 9:30 Not Just Quilts (RR) 10 Games NO SilverSneakers 1 Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	6.
7.	8. 9 Needlework 10 Poker 10 Games 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	9. 9:30 Living History NO Arts & Crafts 10 Games 10 Mental Gymnastics 10 Book Club (Stlr) 10:30 Pet Therapy 1-2 AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	10. BIRTHDAY LUNCH 8-10 Trevoze (Stlr) 10 Games NO SilverSneakers NO Legislative Mtg 11 Entertainment - Kurt Lundquist on keyboard NO Sing-A-Long 1-2 Digital Photo (W) NO Staff Meeting 1-4 Audiologist (Stlr) 4 OrgDev Comm Mtg. (RR)	11. 6-9 BNI Brkfst(W) 9 Medicare 9:30 Line Dancing 10 Games 10 Bible Study (RR) 10:30 BPS (W) 11 Constituent OR 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** NO Tech Help (Stlr) 2-3 Bazaar Mtg 4-5 Mktg/Dev (RR) 6-9 Pinochle (W) 6:30 Line Dancing	12. 9-12 Genealogy 9:30 Not Just Quilts (RR) 10 Games NO SilverSneakers NO Tech Help (Stlr) 12:30 Mind Matters 1-2 AquaCrosslands** 5-9 BINGO	13.
14.	15. BAZAAR SETUP NO PROGRAMS Lunch will be served 6:30 Weight Watchers (S)	16. BAZAAR SETUP NO PROGRAMS Lunch will be served 1-2 AquaKendal* 1-3 YMCA***	17. BAZAAR SETUP NO PROGRAMS Lunch will be served Breakfast for Working Bazaar Volunteers ONLY Promptly at 8am	18. BAZAAR SETUP NO PROGRAMS Lunch will be served 1-3 YMCA***	19. BAZAAR 9am-6pm NO PROGRAMS NO BINGO	20. Bazaar 9:00am - 3:00pm
21.	22. 9 Needlework 10 Poker 10 Games 10-11 Compassionate Care "Life with Lily" 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	23. 7:30-9 BOD (W) 9:30 Living History NO Arts & Crafts 10 Games 10 Mental Gymnastics 10:30 Audiologist(Stlr) NO Ted's Piano 10:30 Pet Therapy 12:30 Poker 1-2 AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	24. 8-10 Trevoze (W) 10 Games 11 SilverSneakers 11 Legislative Mtg TBD Sing-A-Long 12:30 Willow Tree Hospice Presentation 1-2 Digital Photo (Stlr)	25. 6-9 BNI Brkfst(W) 9-4 Medicare Open Enrollment by appt. 9:30 Line Dancing 10 Games 10 Bible Study (R) 11 SilverSneakers 12:30 Bingo 1-3 YMCA*** NO Tech Help (Stlr) 6-9 Pinochle (W) 6:30 Line Dancing	26. 9-12 Genealogy 9:30 Not Just Quilts (R) 10 Games NO Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	27.
28. SUNDAY DINNER WITH FRIENDS 1-3	29. 9 Needlework 10 Poker 10 Games 10-12 Flu Shot Clinic (Stlr) 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	30. 9:30 Living History 10 Games 10 Mental Gymnastics 10:30 Pet Therapy 12:30-2 Arts & Crafts 12:30 Nutrition w/ Matt 12:30 Poker 1-2 AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	31. 8-10 Trevoze (W) 10 Games 11 SilverSneakers 11 Legislative Mtg 12:30-2 Candidate Forum 1-2 Digital Photo (Stlr)			

Calendar activities subject to change due to unforeseen circumstances.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Baked Ziti(3/4c.) w/Meatballs (3) Marinara Sauce &.5 oz Cheese Topping 1 c. Caesar Salad Garlic Breadstick 1/2c. Mixed Fruit Salad</p> 	<p>2</p> <p>Pork Ribette 1/2c.Seasoned Potatoes 1/2c. Baked Beans Dinner Roll 1/2c. Sliced Peaches</p>	<p>3</p> <p>Swiss Steak w/2 oz Onion Gravy 1/2c..Cabbage & Noodles 1/2c. Diced Carrots Wheat Bread 1/2c. Pineapple Delight</p>	<p>4</p> <p>Grilled Chicken Bacon & Swiss Club w/lettuce, tomato, & condiments 1 c. Creamy Potato Soup w/Crackers Sandwich Roll 1/2c. Blushed Pears</p> 	<p>5</p> <p>Potato Crusted Fish 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Wheat Bread Fresh Fruit</p>
<p>8</p> <p>Country Fried Chicken w/2 oz Creamy Gravy 1/2c. Whipped Potatoes 1/2c. Peas & Carrots WG Mini Biscuit Fresh Fruit</p>	<p>9</p> <p>Sloppy Joe 1/2c.Ranch Seasoned Potatoes 1/2c. Green Beans WG Sandwich Roll Cookie</p> 	<p>10</p> <p>October Birthdays Hawaiian Pork Chop 1/2c. Blended Rice Pilaf 1/2c. Island Blend Vegetables White Bread 1/2c. Sliced Apples Birthday Cake</p> 	<p>11</p> <p>Chicken Picatta 1/2c. Bowties 1c. Tossed Salad w/ tomato & dressing Italian Bread 1/2c. Sliced Peaches</p> 	<p>12</p> <p>Warm Roast Beef Sandwich w/cheese & au jus 1 c. Homemade Vegetable Soup w/crackers Sandwich Roll 1/2c. Pineapple Tidbits</p>
<p>15</p> <p>Baked Meatloaf w/Gravy Baked Potato w/margarine 1/2c.Mixed Bean Medley White Bread Cherry Chip Cake w/ topping</p> 	<p>16</p> <p>Baked Salmon w/white wine cream sauce 1/2c. White Rice 1/2c. Broccoli Wheat Bread 1/2c. Pineapple Tidbits</p>	<p>17</p> <p>Hot Turkey Sandwich w/gravy 1/2c. Whipped Potatoes w/chives 1/2c. Crinkle Cut Carrots White Bread</p>	<p>18</p> <p>Smokey BBQ Burger Topped w/ cheddar, bbq sauce, crispy onions 1/2c. Sweet Potato Bites Brioche Bun Fresh Seasonal Fruit</p> 	<p>19</p> <p>Bazaar & Craft Show Food available to purchase at this Event Selection and Prices vary</p>
<p>22</p> <p>Mushroom Swiss Burger 1c. Creamy Cauliflower Soup w/crackers Hamburger Roll Fresh Fruit</p>	<p>23</p> <p>Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Apple Cranberry Crisp</p>	<p>24</p> <p>Pot Roast w/1 oz Gravy 1/2c. Seasoned Potatoes 1/2c. Sliced Carrots Italian Bread Cookie</p>	<p>25</p> <p>Crab Cake Slider 1/2c. Cheesy Twists 1/2c. Baked Beans WG Slider Roll 1/2c. Mandarin Oranges</p> 	<p>26</p> <p>Beef Burrito Bowl (3 oz meat & cheddar cheese) 1/2c. Seasoned Corn & Blackbeans 1/2c. Cilantro Rice Taco Sauce & Sour Cream 1/2c. Baked Pineapple</p>
<p>29</p> <p>Vegetable Lasagna w/vegetable cream sauce 1c. Tossed Salad w/hardboiled Egg, cucumber, & dressing Breadstick Cottage Cheese & Diced Peaches</p>	<p>30</p> <p>Kielbasa 1/2c. Cheesy Pierogi Casserole 1/2c. Sweet Peas Hot Dog roll Fresh Seasonal Fruit</p> 	<p>31</p> <p>HALLOWEEN 1c. Ghostly Chili 1/2c. Ant & Finger Salad Moldy Biscuit 1/2c. Hocus Pocus Juice Spooky Pumpkin Potion</p>		<p>*Menus 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