









KASC Center Activities – November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>BPS - Blood Pressure Screenings</p> <p>* @ Kendal Fitness Center ** @ Crosslands Pool *** @ YMCA</p> <p>Staller Center (Stlr) M-F 8:00am-5:00pm except when class or meeting is in session</p>			<p>1. 6-9 BNI Brkfst(W) 9 Medicare 9:30 Line Dancing 10 Games 10 Bible Study (R) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** NO Tech Help (Stlr) 6:30 Line Dancing</p>	<p>2. VETERANS LUNCHEON 9:30am-1:00pm</p> <p>NO Tech Help (Stlr) NO SilverSneakers NO Needlework 1-2 AquaCrosslands** 5-9 BINGO</p>	
	<p>5. 9 Needlework 10 Poker 10 Games 10-11 Nutrition Talk w/ Barbara Myers 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)</p>	<p>6. TEA PARTY 9:30 Living History NO Arts & Crafts 10 Needlework 10 Games 10 Mental Gymnastics 10:30 Pet Therapy 1-2 AquaKendal* 1-3 YMCA*** 2-3:30 Tea Party 3-4 TAI CHI</p>	<p>7. 8-10 Trevoze (W) 10-12 Alzheimer's Support Group (RR) 10 Games 10-11 Rover Outreach 11 SilverSneakers 11 Legislative Mtg 12:30 Sing-A-Long 1-2 Digital Photo (Stlr)</p>	<p>8. 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) 4-5 Mktg/Dev (RR) 6:30 Line Dancing</p>	<p>9. 9-4 Medicare Open Enrollment by appt. 9-12 Genealogy 9:30 Not Just Quilts (RR) 10 Needlework 10 Games NO SilverSneakers NO Tech Help (Stlr) NO Mind Matters 1-2 AquaCrosslands** 5-9 BINGO</p>	10.
11.	<p>12. 9 Needlework 10 Poker 10 Games 11 SilverSneakers 12:30 Bingo 1-3 Black Friday Setup Meeting 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)</p>	<p>13. 9:30 Living History NO Arts & Crafts 10 Needlework 10 Games 10 Mental Gymnastics 10 Book Club (Stlr) 10:30 Pet Therapy 12:30 Nutrition w/ Matt 1-2 AquaKendal* 1-3 YMCA*** 3-4 TAI CHI</p>	<p>14. BIRTHDAY LUNCH 8-10 Trevoze (Stlr) 9-2 Black Friday 9:30 New Member Orientation 11 Entertainment - Sweet Life NO Sing-A-Long 1-2 Digital Photo (W) 1-3 Staff Meeting 1-4 Audiologist (Stlr) 4 OrgDev Comm Mtg. (RR)</p>	<p>15. 6-9 BNI Brkfst(W) 9 Medicare 9:30 Line Dancing 10 Games 10 Bible Study (RR) 11 SilverSneakers 12:30-2 Bingo 12:30 AARP Safe Driver (RR) 1-3 YMCA*** NO Tech Help (Stlr) 6:30 Line Dancing</p>	<p>16. 9-12 Genealogy 9:30 Not Just Quilts (RR) 10 Needlework 10 Games NO SilverSneakers NO Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO</p>	17.
18.	<p>SUNDAY DINNER WITH FRIENDS 1-3</p> <p>19. 9 Needlework 10 Poker 10 Games 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)</p>	<p>20. 8-9:30 Finance Comm 9-4 Medicare Open Enrollment by appt. 9:30 Living History 10-11 Prog Comm NO Arts & Crafts 10 Needlework 10 Games 10 Mental Gymnastics 10:30 Pet Therapy 1-2 AquaKendal* 1-3 YMCA*** 2-3 Collette Travel 3-4 TAI CHI</p>	<p>21. 8-10 Trevoze (Stlr) 10 Games 11 SilverSneakers 11 Legislative Mtg NO Sing-A-Long NO Digital Photo (W)</p> <p>1 Closing early</p>	<p>22. CLOSED</p> <p>HAPPY THANKSGIVING</p>	<p>23. CLOSED</p> <p>HAPPY THANKSGIVING</p> <p>NO BINGO</p>	24.
25.	<p>26. 9 Needlework 10 Poker 10 Games 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)</p>	<p>27. 7:30-9 BOD (W) 9:30 Living History NO Arts & Crafts 10 Needlework 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</p>	<p>28. 8-10 Trevoze (W) 10 Games 11 SilverSneakers 11 Legislative Mtg 12:30 Sing-A-Long 1-2 Digital Photo (Stlr)</p>	<p>29. 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*** 2 Bazaar Mtg NO Tech Help (Stlr) 6:30 Line Dancing</p>	<p>30. 9-12 Genealogy 9:30 Not Just Quilts (R) 9-3 I.C.G. Concierge Jewelers 10 Needlework 10 Games 11 Tech Help (Stlr) 1-2 AquaCrosslands** 1 Tech Help (Stlr) 5-9 BINGO</p>	

Calendar activities subject to change due to unforeseen circumstances.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 *Menu Subject to Change*			1 Warm Ham & Cheese on Ciabatta 1 c. Creamy Tomato Bisque w/crackers WG Ciabatta Roll Fresh Fruit	2 Burgundy Meatballs w/Mushrooms over 1/2c. Penne Pasta 1/2c. Carrots Wheat Bread 1/2c. Mixed Fruit Salad
5 Hawaiian Pork Chop 1/2c. Blended Rice Pilaf 1/2c. Mixed Vegetables White Bread 1/2c. Sliced Apples	6  Sloppy Joe 1/2c. Ranch Seasoned Potatoes 1/2c. Green Beans WG Sandwich Roll Cookie	7 Chicken Picatta 1/2c. Bowties 1c. Tossed Salad w/ tomato & dressing Italian Bread 1/2c. Sliced Peaches	8 Warm Roast Beef Sandwich w/cheese & au jus 1 c. Homemade Vegetable Soup w/crackers Sandwich Roll 1/2c. Pineapple Tidbits	9  Country Fried Chicken w/2 oz Creamy Gravy 1/2c. Whipped Potatoes 1/2c. Peas & Carrots WG Mini Biscuit Fresh Fruit
12 Baked Meatloaf Marinara w/Mozzarella Topping 1/2c. Garlic Whipped Potatoes 1/2c. Parmesan Corn Wheat Bread 1/2 c. Banana Pudding & Nilla Wafers	13 Greek Chicken Salad Chicken, Blk Olives, Tomato, & Drs & Mozzarella Cheese 1c. Mixed Greens w/dressing 1c. Bean Soup w/Crackers Dinner Roll Cookie	14 <u>November Birthdays</u> Roasted Turkey w/gravy 3 oz Stuffing 1/2c. Whipped Potatoes 1/2c. Carrots Dinner Roll Pumpkin Pie Slice 2oz Cranberry Sauce 	15 Bratwurst w/Kraut topping 1/2c. Creamed Potatoes & Peas Hot Dog Roll Mustard Pkt 1/2c. Warm Cinnamon Applesauce	16 Creamy Chicken Divan over 1/2c. White Rice 1 c. Tossed Salad w/tomato & drs Breadstick 1/2c. Mandarin Oranges
19 Pork Ribette 1/2c. Seasoned Potatoes 1/2c. Baked Beans Dinner Roll 1/2c. Sliced Peaches 	20 Grilled Chicken Bacon & Swiss Club w/lettuce, tomato, & condiments 1 c. Creamy Potato Soup w/Crackers Sandwich Roll 1/2c. Blushed Peas	21 Baked Ziti(3/4c.) w/Meatballs (3) Marinara Sauce & .5 oz Cheese Topping 1 c. Caesar Salad Garlic Breadstick 1/2c. Mixed Fruit Salad	22 Center is Closed  Happy Thanksgiving	23 Center is Closed
26 Baked Meatloaf w/Gravy Baked Potato w/margarine 1/2c. Mixed Bean Medley White Bread Cherry Chip Cake w/ topping	27  Hot Turkey Sandwich w/gravy 1/2c. Whipped Potatoes w/chives 1/2c. Crinkle Cut Carrots White Bread 1/2c. Applesauce	28 Smokey BBQ Burger Topped with cheddar, bbq sauce, crispy onions 1/2c. Sweet Potato Bites Brioche Bun Fresh Seasonal Fruit	29 Chicken & Dumplings- 1c. 1/2c. Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c. Warm Peaches 	30 Baked Salmon w/white wine cream sauce 1/2c. White Rice 1/2c. Broccoli Wheat Bread 1/2c. Pineapple Tidbits

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.

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