

KASC Center Activities – January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1. CENTER IS CLOSED 	2. 8-10 Trevoise (W) 10-12 Alzheimer's Support Group (RR) 10 Games 10 Legislative Mtg 10:30 Pet Therapy 11 SilverSneakers 12:30 Sing-A-Long 1-2 Digital Photo (Stlr) 1-6 American Red Cross Blood Drive (by appt. only) (W)	3. 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*** 2 Tech Help (Stlr) 6:30 Line Dancing	4. 9-12 Genealogy 9:30 Not Just Quilts (RR) 10 Needlework 10 Games NO SilverSneakers 11 Tech Help (Stlr) 1 Tech Help (Stlr) NO AquaCrosslands** 5-9 BINGO	5.
6.	7. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	8. NO TEA PARTY 9:30 Living History NO Arts & Crafts 10 Needlework 10 Games 10 Book Club (Stlr) NO Mental Gymnastics NO AquaKendal* 1-3 YMCA*** NO Tea Party 3-4 TAI CHI	9. 8-10 Trevoise (W) 10 Games 10 Legislative Mtg 10:30 Pet Therapy 11 SilverSneakers 12:30 Sing-A-Long 1-2 Digital Photo (RR) 1-3 Staff Meeting 1-4 Audiologist (Stlr) 4 OrgDev Comm Mtg. (RR)	10. 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*** 2 Tech Help (Stlr) 6:30 Line Dancing	11. 9-12 Genealogy 9:30 Not Just Quilts (RR) 10 Needlework 10 Games NO SilverSneakers 11 Tech Help (Stlr) 12:30 Mind Matters 1 Tech Help (Stlr) NO AquaCrosslands** 5-9 BINGO	12.
13.	14. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	15. 9:30 Living History NO Arts & Crafts 10 Needlework 10 Games NO Mental Gymnastics 11 Mem/Dir Mtg NO AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	16. BIRTHDAY LUNCH 8-10 Trevoise (Stlr) NO Legislative Mtg 10:30 Pet Therapy NO SilverSneakers 11 Entertainment - TBD NO Sing-A-Long 12:30 Food Cupboard Presentation 1-2 Digital Photo (W)	17. 6-9 BNI Brkfst(W) 9 Medicare 9:30 Line Dancing 10 Games 10 Bible Study (RR) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** NO Tech Help (Stlr) 4-5 Marketing Mtg (R) 6:30 Line Dancing	18. 8-9:30 Finance Comm 9-12 Genealogy 9:30 Not Just Quilts (RR) 10-11 Prog Comm 10 Needlework 10 Games NO SilverSneakers NO Tech Help (Stlr) NO AquaCrosslands** 5-9 BINGO	19.
20.	21. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 3:30 Exec Comm (RR) 6:30 Weight Watchers (S)	22. 7:30-9 BOD 9:30 Living History NO Arts & Crafts 10 Needlework 10 Games NO Mental Gymnastics 10:30-2 Audiologist (Stlr) 11 BMRH Presentation NO AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	23. 8-10 Trevoise (W) 10 Games 10 Legislative Mtg 10:30 Pet Therapy 11 SilverSneakers 12:30 Sing-A-Long 1-2 Digital Photo (RR)	24. 9 Medicare 9:30 Line Dancing 10 Games 10 Bible Study (RR) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 2 Tech Help (Stlr) 6:30 Line Dancing	25. 9-12 Genealogy 9:30 Not Just Quilts (RR) 10 Needlework 10 Games NO SilverSneakers 11 Tech Help (Stlr) 1 Tech Help (Stlr) NO AquaCrosslands** 5-9 BINGO	26.
27.	28. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	29. 9:30 Living History NO Arts & Crafts 10 Needlework 10 Games NO Mental Gymnastics NO AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	30. 8-10 Trevoise (W) 10 Games 10 Legislative Mtg 10:30 Pet Therapy 11 SilverSneakers 12:30 Sing-A-Long 1-2 Digital Photo (RR)	31. 9 Medicare 9:30 Line Dancing 10 Games 10 Bible Study (RR) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 2 Tech Help (Stlr) 6:30 Line Dancing	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
	1 CENTER IS CLOSED 	2 Baked Meatloaf Marinara w/Mozzarella Topping 1/2c. Garlic Whipped Potatoes 1/2c. Parmesan Corn Wheat Bread 1/2 c. Banana Pudding & Nilla Wafers	3 Creamy Chicken Divan over 1/2c. White Rice 1 c. Tossed Salad w/tomato & drs Breadstick 1/2c. Mandarin Oranges	4 Baked Ham w/ Fruit Sauce 1/2c. Whipped Sweet Potatoes 1/2c. Harvard Beets White Bread Fresh Fruit
7 Pork Ribette 1/2c. Seasoned Potatoes 1/2c. Baked Beans Dinner Roll 1/2c. Sliced Peaches	8 Swiss Steak w/2 oz Onion Gravy 1/2c. Cabbage & Noodles 1/2c. Diced Carrots Wheat Bread 1/2c. Pineapple Delight	9 Happy New Year! Roasted Pork Loin- 1 Slice w/Sauerkraut 1/2c. Whipped Potatoes Dinner Roll Pineapple Upside Down Cake	10 Grilled Chicken Bacon & Swiss Club w/lettuce, tomato, & condiments 1 c. Creamy Potato Soup w/Crackers Sandwich Roll 1/2c. Blushed Pears	11 Breaded Fish Square 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Wheat Bread Fresh Fruit
14 Baked Meatloaf w/Gravy Baked Potato w/margarine 1/2c. Mixed Bean Medley White Bread 1/2c. Applesauce	15 Smokey BBQ Burger w/ cheddar, bbq sauce, crispy onions 1/2c. Sweet Potato Bites Hamburger Roll Fresh Seasonal Fruit	16 January Birthdays Hot Turkey Sandwich w/gravy 1/2c. Whipped Potatoes w/chives 1/2c. Crinkle Cut Carrots White Bread Cherry Chip Cake w/ topping	17 Chicken & Dumplings- 1c. 1/2c. Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c. Warm Peaches	18 Baked Salmon w/white wine cream sauce 1/2c. White Rice 1/2c. Broccoli Wheat Bread 1/2c. Pineapple Tidbits
21 Porcupine Ball w/2 oz tomato Sauce 1/2c. Garlic Whipped Potatoes 1/2c. Corn Cinnamon Raisin Bread Pudding	22 Turkey & Provolone Sandwich w/lettuce, tomato, & condiments 1 c. Creamy Broccoli Soup w/Crackers WG Pretzel Roll Fresh Fruit	23 Center Cut Pork Chop w/2 oz Gravy 1/2c. Whipped Potatoes w/Chives 1/2c. Lima Beans White Bread 1/2c. Sliced Apples	24 Reuben Sandwich (Corn Beef, kraut, swiss) w/condiments 1/2c. Hot Potato Salad Sandwich Roll 1/2c. Warm Peaches	25 Lemon Pepper Chicken w/gravy 1/2c. Wild Rice 1/2c. Brussel Sprouts Wheat Bread Fresh Fruit
28 Mushroom Swiss Burger 1c. Creamy Cauliflower Soup w/crackers Hamburger Roll Fresh Fruit	29 Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Apple Cranberry Crisp	30 Pot Roast w/1 oz Gravy 1/2c. Baked Potato w/margarine 1/2c. Sliced Carrots Italian Bread Cookie	31 Crab Cake 1/2c. Cheesy Twists 1/2c. Baked Beans WG Dinner Roll 1/2c. Mandarin Oranges	 *Menu Subject to Change*

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