



# CENTER ACTION

*Kennett Area Senior Center*

*Celebrating 45 years of service to the community*

427 South Walnut Street, Kennett Square, PA 19348

610-444-4819

February 2019

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## A Warm Welcome to our Newest Member Director

We are happy to welcome new board member, Marge Laigaie. On December 15th Marge was elected by KASC members to represent them on the Board of Directors.

Marge joined KASC in January of 2014. Shortly after, she began coming regularly to the Center for classes and activities including camera class and one of her favorites, tea parties. In 2015 Marge began volunteering on the tea party committee and she also works on the

legislative committee.

Marge is currently retired and lives in New Garden Township. During her work years Marge wore many hats. She has worked as a realtor, homemaker, and for the Philadelphia Department of Revenue. She looks forward to representing members and helping KASC to grow and expand its' programming. She believes she is a good fit as a Member Director because she is enthusiastic, not afraid to say what is on her mind,

energetic, and goal oriented.



Marge Laigaie  
Member Director

### Our Mission

The Kennett Area Senior Center is committed to preserving and enhancing the dignity and well-being of all adult residents of southern Chester County by providing a vital assortment of services that enrich social relationships, foster physical health, encourage educational interest and promote self-reliance.

## Message from our Executive Director

I hope your holiday season was wonderful, fun and exciting. We're now in the coldest part of winter and we all hope that we don't experience many storm-related electrical outages. We have information to share about how to be prepared for such conditions. Just call our Information and Assistance Coordinator, Lizabeth Connors at 610-444-4819.

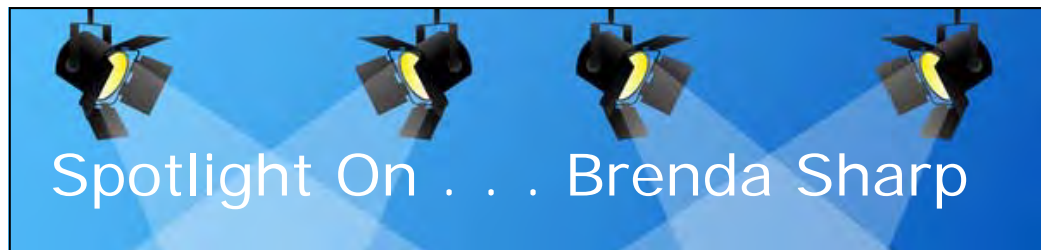
Please remember that if you haven't paid your membership dues for 2019, do so now so that you don't miss out on our newsletter and any new activities we're planning. Also, we would be especially grateful if you included a donation with your dues, which helps provide direct support to programs that benefit the seniors.

While you're looking at the rest of the newsletter, you'll find that we have refreshed its appearance. We have implemented a new format that is more content driven and we hope you will like it. We also invite you to send in information or articles that you think others at the senior center would enjoy reading. If you have impactful stories to share or news that is important to members, please send it to us. To do so, contact Stephanie D'Amico at 610-444-4819 or by email at [sdamico@kennettseiorcenter.org](mailto:sdamico@kennettseiorcenter.org). She will be happy to review and discuss your story.

Warm regards,

*Anita M. O'Connor*





## Spotlight On . . . Brenda Sharp



Brenda Sharp and David Roberts

We are fortunate to have and grateful to the many wonderful volunteers who help out at KASC. Without their help we couldn't provide the services so critically needed in our community. Today we would like to shine the "spotlight" on one of them!

Brenda Sharp is a loving, talented and amazing volunteer who helps us nearly every day. She became a member of KASC about 3 years ago and at that time she was hesitant to come to the center to participate in activities. That all changed when Brenda attended her grandson's baseball game and met Karen Martin, our Book Shoppe Manager. The two women began to talk and Karen shared information about volunteer needs at KASC.

Specifically, Karen shared information about our Assisted Senior Program. The Assisted Senior Program (ASP) offers socialization and meaningful activity for I

individuals who are living with Alzheimer's-type memory impairment and/or mild mobility impairment, as well as much needed respite for their caregivers and their families. The ASP program is designed to be an affordable intermediary option prior to seniors requiring adult day care or long term care, but should not be left home alone.

Brenda was intrigued and came to the center to meet members and observe our respite care program. She described that before coming to the Center she was feeling bored, somewhat isolated, lacked purpose and that she was grieving the recent loss of her husband. Brenda shared that when she arrived at KASC she felt warmly welcomed and it made her heart soar to see so many friendly faces and the kindness of the ASP program caregivers. She began work as a volunteer caregiver and every day Brenda shares her smiles, hugs, patience and kindness with ASP program participants, their families, and KASC staff and volunteers.

Brenda volunteers 4 days per week from 9:30 to 3:30. Her commitment in time is big and we are very fortunate to have her here at KASC. She shared that she loves how it makes her feel to see an ASP

participant smile, light up and come out of their shell through the support of the program activities and caregivers. She also shared how much she enjoys her time spent with other KASC members who come to socialize and participate in activities.

In addition to her role in the ASP program, Brenda has also spoken on behalf of the Center at various events, including a meeting of the United Way of Southern Chester County and our annual Cuisine Dinner. She also shares her story and KASC information at new member meetings. In her free time Brenda enjoys spending time with her children and engaging in her other passion, shopping! She is also a collector of carousel horses, enjoys gardening and attending her grand children's events.

Brenda truly lights up a room when she enters and is appreciated more than we could ever express.

There are many volunteer opportunities at KASC and we need your help! Please contact Andrea Durynski to learn more. She may be reached at 610-444-4819 or by e-mail at [adurynski@KennettSeniorCenter.org](mailto:adurynski@KennettSeniorCenter.org).

We are on the web  
[www.kennettseiorcenter.org](http://www.kennettseiorcenter.org)

Where you can find  
details on KASC's  
happenings.



[https://  
www.facebook.com/  
KennettSeniorCenter/](https://www.facebook.com/KennettSeniorCenter/)

### DO YOU HAVE AN E-MAIL ADDRESS?

If you would like to receive your copy of the Newsletter in **full color** via e-mail, let Andrea know at [adurynski@kennettseiorcenter.org](mailto:adurynski@kennettseiorcenter.org)

### Do you receive our newsletter by email?

Having problems receiving the newsletter via email? Please don't forget to check your JUNK or SPAM folders. If the email with the newsletter is there, click and mark as NOT JUNK or NOT SPAM. This will whitelist our email address and the newsletter will no longer fall in the JUNK or SPAM folder.

### KASC Scholarship Fund - Information and Assistance Department

“Donations towards the scholarship fund are greatly appreciated”

KASC offers certain special events for which a fee is required. Through the generosity of an anonymous donor the KASC Scholarship Fund was created. The main purpose is to serve those KASC members

who cannot pay the fee in order to participate, and/or to have part of their membership dues paid. You may be eligible if your income is \$20,036 or less for one person or \$26,955 for a couple. Assistance is

available when there are funds. All information will be kept private. If you want to apply for this fund, contact Lizabeth Conners at 610-444-4819. Donations towards this scholarship fund are greatly appreciated.

### MEMBERS KEY TAG

**PLEASE NOTE for access to the following programs:** For the **YMCA** facilities (pool, track, fitness room) Tuesdays and Thursdays, 1:00-3:00pm, there is a new sign-in procedure for KASC members. Please show your KASC **2019 salmon (orange)** key tag, fill out an application, have your photo taken (for informational purposes), and then you will receive an electronic key tag to be swiped at the front desk at each visit.

For the **AquaCrosslands** and **AquaKendal** swim programs you need to have your KASC **2019 salmon** key tag and to have registered with Andrea. Stop by the office to update your membership. Membership is now based on a calendar year. Your 2019 membership is due January 1st and is valid through December 31st, 2019. (Just \$35.00)



### INCLEMENT WEATHER ANNOUNCEMENT

Just a friendly reminder ... during the winter months, if the Kennett Consolidated School District is closed or is on a delayed opening, the senior center will be closed. That includes all activities during the day and evening. Should the closure be on a Friday, there will be no Friday Night Bingo. You can find school closure announcements on TV stations : Fox-TV 29|KYW-TV3|NBC-TV 10|ABC-TV 6. Or listen to radio stations KYW-1060 AM|WSTW-93.7 FM|WCOJ 1420 AM|WDEL-1150 AM|WILM-1450 AM for closing information. You can also call the center after 6:30 AM and listen to the recording for current closure information. We will also post the center's closure on our website, [www.kennettSeniorCenter.org](http://www.kennettSeniorCenter.org) and on Facebook, <https://www.facebook.com/KennettSeniorCenter/>.

Join us for **Sunday Dinner with Friends**  
**Best kept secret!!! Relax, enjoy good food, music and friends.**  
 Everyone is welcome! \$12.00/member - \$14/non-member - **Reservations** are a must,  
 please reserve your seat by calling one week in advance - 610-444-4819



**February 10, 2019**

***"All You Need is Love"***

Dinner: 1:00 pm-2:00 pm

Music Dave Miceli  
 2:00 – 3:00 pm

**MENU**

- Italian Ravioli Soup
- Caesar Salad
- Baked Ziti with Meatballs
- Green Bean Almandine
- Rolls & Butter

Chocolate Covered Strawberries over Cheesecake  
 Iced tea & Coffee



**March 17, 2019**

***"Let's Go Green"***

Dinner: 1:00 pm-2:00 pm

Music TBD  
 2:00 – 3:00 pm

**MENU**

- Vegetable Soup
- Tossed Salad
- Rosemary Chicken
- Roasted Red Potatoes
- Mixed Vegetables
- Rolls & Butter
- Apple Pie Ala Mode
- Iced tea & Coffee



**427 South Walnut Street  
 Kennett Square, PA 19348  
 610-444-4819**

**Sponsored  
 by  
 W.W. Smith Charitable Trust**



**MindMatters:**

A distinctive approach to learning  
 Join us on the 2nd Friday of the month

**Friday, February 8, 2019  
 at 12:30 pm-2:00 pm**

**Be a Spring Chicken Stay  
 Young Forever**



Presented by Bill Gifford, Journalist/Author

Is it possible to slow down the aging process? As we get older hair gets thinner, our pace gets slower, and sadly many of us develop illnesses. Often so-called "cures" for aging are not cures at all, but rather money makers for companies that target hopeful seniors.

However, current scientific research may hold promise for a better understanding of aging in our future. Journalist Bill Gifford talks about humankind's obsession with slowing the aging process and the effects it has on our lives.

Offered by WITF - PBS, NPR, PA Dept. of Aging (PDA), Senior Community Centers & Continuing Care Retirement Communities (CCRC).

**AARP One-Day Smart Driver's  
 Refresher Course  
 Don Farmer, Instructor**

**AARP 8-hour course is required before  
 taking this 4-hour refresher course**

Classes are Thursdays:  
**12:30-4:30pm**

Costs:  
 AARP Member \$15.00,  
 Non-Member \$20.00  
 and a \$1.00 Donation to KASC

**2019 Schedule**

- March 21
- May 16
- July 18
- September 19
- November 21

**Reserve your  
 spot today!  
 Class limit of 14**



## Program Highlights

**Alzheimers' Support Group** - 1st Wednesday of the month, 10:00am-12:00pm

**AquaKendal / Crosslands** - Tuesday or Friday - Class limited to 18 people - Registration is required through Andrea.

**Arts & Crafts** - Scheduled once a month -date/time TBD

**Bingo (Day)** - Mondays, Thursdays 12:30-2:00pm

**Bingo (Friday Night)** - Doors open at 5:00pm; games begin at 6:30pm. Food available for purchase from 5-6:25pm. Cards run \$15.00-\$44.00

**BPS Blood Pressure Screenings** - 2nd Thursday of the month 10:30-11:30am (Neighborhood Health)

**Book Club** - The club meets on the 2nd Tuesday of the month at 10:00am. See ad for more info.

**Creative Crafters** - Mondays and Thursdays, 4:00-6:00pm. Dates TBD

**Digital Photography Class with Chris Barber** -

Wednesdays 1:00-2:00pm. \$2.00 per class. Please bring your own camera.

**Games** - Wednesdays, 10:00am-12:00pm

**Genealogy** - John Beck - Fridays or by appointment. See ad

**Legislative Committee Group** - Wednesdays 10:00-11:00am

**Living History Storytelling** with Jan Michener - Tuesdays, 9:30-11:00am, \$4.00 fee/class

**Line Dancing** - Thursday mornings 9:30-10:30am FREE; Thursday evenings 6:30-8:30pm - \$5.00 fee

**Medicare Counseling** - Thursdays, 9:00am 2:00pm by appointment only

**Mental Gymnastics** - Tuesdays 10:00-11:00am

**Mind Matters - Lecture Series** - 2nd Friday each month - 12:30-2:00pm

**Needlework** - Tuesdays & Fridays, 10:00am-12:00pm

**Not Just QUILTS** - Wednesdays & Fridays 9:30am-12:00pm - Join Arlene Kozlowski & Judy Peterson

**Pet Therapy** - Wednesdays 10:30-11:00am

**SilverSneakers (S) - Muscular Strength & Range of Movement Exercise Program** - Monday,

Wednesday, Thursday - 11:00-11:45am; S/S & KASC members FREE; Others, \$2.00 per session

**Sing-A-Long** - with Margene & Susan, Wednesdays 12:30pm

**Sunday Dinner** - One Sunday a month with Dinner and entertainment from 1:00pm-3:00pm. See ad.

**Staller Computer Lab** - Open M-F 8:00am-5:00pm unless class or meeting in session

Tai Chi - Art Ferris, Instructor - \$8.00/class paid in advance for month.

**Technology Help with Colleen Owens** - **Thursdays and Fridays**, Check newsletter for schedule or call us

**Trevoze Behavioral Modification Program (TBMP)**

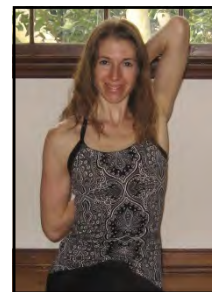
For more info see ad in newsletter. 8:00-10:00am

Words of Life Study - (Bible Study) Thursdays, 10:00-11:00am with Gloria Moulden.....need her title and church affiliation

**Yoga (Gentle)** - Mondays, 2:00-3:00pm - Caitlin Reilly, \$10.00/class paid in advance for month.

**YMCA - Tuesdays & Thursdays (1:00-3:00pm Only)**

KASC members may use fitness room, pool and track. Must sign in/out. KASC current key tag required.



“Come in every day to enjoy all the programs we have to benefit you both in mind and body”



## BirthDay Luncheon



Join your friends at the Kennett Area Senior Center on **Wednesday, February 20**, as we celebrate this month's birthdays!

Lunch at 12:00 pm  
 Entertainment: 11:00 am  
**Music in the Living with Cindy McGrath**

This celebration is part of the Chester County Department of Aging Services Congregate Meal program. Please RSVP by calling 610-444-4819 or by signing up.

Ladies & Gentlemen,  
 join us at KASC for our

*Tea Parties Begin in March 2019*

Save the date - March 12th

Fine teas and delicacies are served.

Pricing: \$10.00 KASC Members  
 \$12.00 Non-members

Seating is limited, please call  
 early for reservations: 610-444-4819



## Birthdays



### Happy Birthday to our February Birthdays!

- |                     |                 |
|---------------------|-----------------|
| Pat Abbadini        | Art Knechtel    |
| Nancy Angle         | Sue Larmann     |
| Mary Jane Bennett   | Mary Lavallee   |
| Doris Benyak        | Donna Leo       |
| Ninetta Bertolini   | Marilyn Lofland |
| Betty Boyer         | Jo Manley       |
| Jean Burke          | Jan Marquard    |
| Mary Lou Callahan   | Bruce McKenzie  |
| Bunny Cameron       | Linda McKinstry |
| Glenn Ciemania      | Frank McNally   |
| Mary Etta Clendenin | Jean Mitchell   |
| Edward Cluff        | Marietta Neary  |
| Mary Drinker        | Ann Nutt        |
| Don Feyler          | Tim O'Brien     |
| JoAnn Fisher        | Herb Pessin     |
| Bob Garrett         | Linda Poe       |
| Ann Giacchino       | Alice Severance |
| Laura Gonzalez      | Teresa Sheehan  |
| Betty Lou Griffith  | Caroline Smith  |
| Lee Harris          | Rachel Smith    |
| Eileen Hickman      | Ruth Smith      |
| Naomi Hughes        | Elvera Stengel  |
| Jean Inglis         | Rosemary Teel   |
| Bob Kane            | Nick Teti       |
| Berjinder Kaur      | Angie Walls     |
| Gracie Kinkade      |                 |

## Hello New Members!

This is an exciting time for us and we thank you for your support! As we begin what we hope is a long and rewarding relationship, we encourage you to take an active role in the Kennett Area Senior Center. Please contact us and become involved!

- ♥ Elise Blanchet
- ♥ Deborah L Dart
- ♥ Rosalie McHoul
- ♥ Dale F Mincer
- ♥ Robert S Pasternack
- ♥ Marie Patterson
- ♥ Carmen E Silva

## Donations IN MEMORY OF OR IN HONOR OF....

Did you know that you can help the Kennett Area Senior Center by remembering or honoring that special person with a donation in their name.

For more information,  
 contact Bert Lutz at 610-444-4819.



“Experience as a driver is a wonderful asset.”

“ALWAYS WEAR YOUR SEATBELT”

Lizbeth Conners  
Information &  
Assistance  
Coordinator

610-444-4819  
x105

[lconners@  
kennettseiorcenter.  
org](mailto:lconners@kennettseiorcenter.org)

Lizbeth is available by appointment to discuss your needs and assist in determining the appropriate resources needed. Call or email to make an appointment and discuss your needs.

## Information & Assistance

### Safe Driving

“Experience as a driver is a wonderful asset.” Highway and traffic conditions constantly change, and so must we. As smart drivers, we’ve got to recognize what those changes are and respond to their challenges. The Kennett Area

Senior Center offers state-approved Driver Improvement Courses with the AARP Driver Safety Program. The following tips may also be helpful.

### Mature Driver Safety Tips

- Have regular eye and medical examinations to maintain your driving ability.
- Reduce driving at night, dusk or dawn, when visibility is more difficult.
- Avoid looking directly into headlights of approaching vehicles.
- Have your mirrors properly adjusted.
- Watch for parked vehicles, pedestrians, children, and animals in your side vision.
- Know your medications. Some prescription medications and over the counter medications can make you drowsy and affect your driving.
- Know your route and try to stay on familiar roads.
- Avoid difficult driving. Rush hour, left turns, driving at night and driving in bad weather can make driving more complicated.
- Avoid distractions while driving, such as eating or cell phone use.

**ALWAYS WEAR YOUR SEATBELT**  
**It is the law!**

*Informational quotes and tips adapted from Pennsylvania Department of Transportation “Drive Smart and Drive Longer” and PUB474*

### Chester County Food Bank Chester County Senior Food Box Program (CCSFBP)

This program that helps seniors gain access to nutritious foods so they can better improve their health. Each food box may contain: fruit, non-perishable proteins, vegetables, carbohydrates & dairy.

To qualify for the program, participants must be:

- \* 60 years or older
- \* Low Income
- \* A resident of Chester County, PA

Proof of age is required at sign up. There is no charge for this food. If you qualify, then the CCSFBP Box can be picked up on the 1st Wednesday of every month between 1pm-3pm. If you cannot pick up the box on this day or by the second week of the month, please call.

For more information contact  
**Lizbeth Conners, 610-444-4819 x105**

### ATTENTION BOOKWORMS!

(Second Tuesdays at 10:00am)



**Next meeting**  
**February 12, 2019**

Please call Cindy Engle @ 610-467-1660 if you would like more info.

**The book choice for:**

February	March
"Exit West" by Mohsin Hamid	"Becoming" by Michelle Obama

### FAMILY CAREGIVER SUPPORT GROUP

Caring for someone with memory loss?  
Who is caring for you?

The Alzheimer's Association has the compassion to care. **Learn practical caregiving info, receive mutual support, and learn about resources**, all in a complimentary and confidential setting. Join us for our Support Group Meetings first Wednesday of each month from 10-12 noon at Kennett Area Senior Center. Call Group Leader Jim via Lizabeth Conners @ 610-444-4819 x105 or email [lconners@kennettseiorcenter.org](mailto:lconners@kennettseiorcenter.org)

To receive more information about Alzheimer's disease, call the 24 hour Caregiver's Helpline at 1-800-272-3900.

Alzheimer's Association, Delaware Valley Chapter.

### State Senator Killion's Constituent Outreach

State Senator Killion's Constituent Outreach Representative Connie Windsor has retired. Her replacement is Sandy Snyder. Sandy will regularly visit our Senior Center to answer any questions you may have regarding Commonwealth of PA programs and services they offer. In addition, she will have brochures and forms for state resources with her!

**Sandy will be at KASC the second Thursday of each month from 11:00 am to 12:00 pm.**  
**Thursday, February 14, 2019**



February 1, 2019

Music  
By  
Dave Miceli



Food  
Dancing

## MARDI GRAS

**Laissez Le Bon Temps Rouler**  
**Let the good Times Roll**

**Saturday, March 2, 2019**

**5:30—8:30 P.M.**

**Cost: \$15 KASC Member, \$20 Non-Member**

**R.S.V.P. and payment**  
**by Monday, February 20th**  
**in the front office**

Kennett Area Senior Center  
427 S. Walnut Street  
Kennett Square, PA 19348  
610-444-4819



### Always Best Care of Exton, Pa invitation!

Please join us as we discuss health information on having a healthy heart and have fun playing bingo. There will be prizes and refreshments. Hope to see you there.



Kennett Area  
Senior Center

Prizes

Refreshments

Great Information

Join Us  
on  
Wednesday,  
February 20, 2019  
12:45-2:00pm

Looking forward  
to seeing  
you  
at  
KASC!



### VOLUNTEERS DESIRED

Are you looking for somewhere to donate your time?  
At the KASC,  
we treasure our great volunteers!  
If you can donate your time,  
please call or email Andrea  
610-444-4819, [adurynski@kennettcenter.org](mailto:adurynski@kennettcenter.org)

### Needlework Returns!!



Beginners welcomed  
Tuesday & Friday  
10:00am-12:00pm

Join Nancy "Lee" Savage

### Celebration of Life Wednesday, March 6, 2019 1:00 pm - 3:00 pm



Family and friends are asked to join us to share food and memories of those who have recently passed....

Louise Cappelli, Catherine (Kay) Cardillo, Susan Hammel, Robert (Bob) Mantell, Kul Mahon Singh

Family and friends are encouraged to bring favorite photos and memories. Accepting desserts and snacks the day of the celebration. Please let us know what you would like to bring. Cash donations can be made in front office to help pay for refreshments.

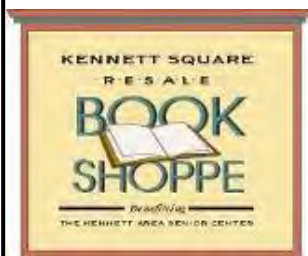


### Tai Chi Classes have come to KASC with Art Ferris, Instructor

Tuesdays  
3:00-4:00pm  
Fee: \$8/class



Minimum of 5 participants  
for each session  
Are you interested?  
Please call Andrea for more  
information and to let us know you  
plan to attend!!



### Book Shoppe News

113 S. Union St., Kennett Square  
610-444-6069  
Mon-Sat - 10am-4pm

[www.ksbookshoppe.org](http://www.ksbookshoppe.org)  
[kascbooks@kennettcenter.org](mailto:kascbooks@kennettcenter.org)

### SAVE THE DATE

Book Bash  
Friday February 1st  
10:00 AM-8:00 PM  
Saturday February 2nd  
10:00 AM-4:00 PM

50% off

All Books, CDs and DVDs  
Except for special value items.



Class attendance is free for all KASC members on Mondays, Wednesdays and Thursdays at 11:00 am. Attendance for a SilverSneakers® member is free. Others pay \$2 per class. If you have any questions about this program please call Andrea Durynski.

### "WORDS OF LIFE" STUDY GROUP The Bible & other inspirational resources

Our leader is  
Evangelist, Gloria Moulden  
New Life GHCOG

Thursdays  
10:00am - 11:00 am

Please check calendar for Room

## Living History Storytelling

Presented by Jan Michener

**Tuesdays from 9:30am - 11:00am**  
**Cost \$4/class**

You're never too old to have fun! Creativity and imagination is key to sharing life experiences, bringing back fond memories! Really, all that's needed is a willingness to play and share your stories and build lasting friendships as well!



This program is supported in part by the Pennsylvania Council on the Arts, a state agency funded by the Commonwealth of Pennsylvania and the National Endowment for the Arts, a federal agency.



### Rover 2019 Visits

**Q&A's & New Client Registrations**

**Visits will be Wednesdays, 10:00-11:00am:**

<b>February 27</b>	<b>October 23</b>
<b>April 24</b>	<b>December 11</b>
<b>June 26</b>	

Please plan to meet with your ROVER outreach representative with your questions and concerns!  
 Thank You!



## Free Health Insurance Counseling

Counselors are available at the Kennett Area Senior Center

**Every Thursday by appointment**  
**call 610-444-4819**

Certified APPRISE counselors provide Pennsylvanians age 65 and over with objective, easy-to-understand information and can answer your questions about Medicare and health insurance.

### Do you need wardrobe repairs?

Our sewing group can help.

- Buttons
- Ripped seams
- Hems
- Other minor sewing repairs



Donations to KASC accepted for repairs

Location: Rotary Room & Sewing Room

When: Wednesdays & Fridays at 9:30am

See: Judy & Barbara

Not Just Quilts Sewing Supervisor, Arlene, is looking for individuals to help with Bazaar sewing projects (Fridays).

### Technology Help with Colleen

The Kennett Area Senior Center holds Technology Help Sessions. Bring in your laptop, tablets, ipads and cell phones during these sessions or we can use the lab computers.



#### February 2019 Technology Help Sessions - \$10 per one hour session

THURSDAY		FRIDAY	
Day	Time	Day	Time
February 7	2:00pm	February 8	11:00am & 1:00pm
February 14	No Session	February 15	No Sessions
February 21	2:00pm	February 22	11:00am & 1:00pm
February 28	2:00pm	March 1	11:00am & 1:00pm

You can email your questions in advance to Colleen at [covens@kennettseiorcenter.org](mailto:covens@kennettseiorcenter.org) with the subject "Help". Please sign up for the session so that we can provide one-on-one service. Call 610-444-4819 or email Colleen to sign up.

#### ***Would you prefer Private Technology Lessons?***

*Private Technology lessons are available for a fee at the Kennett Area Senior Center or your home. Please contact Colleen Owens for more information and pricing at 610-806-6337 or [covens@kennettseiorcenter.org](mailto:covens@kennettseiorcenter.org).*



## MARK YOUR CALENDAR

### IMPORTANT DATES – February 2019

2/1	Fri.	Genealogy w/ John Beck	9:00am-12:00pm
2/4	Mon.	Gentle "Chair" Yoga	2:00pm-3:00pm
2/5	Tues.	Mental Gymnastics	10:00am-11:00am
		Tai Chi	3:00pm-4:00pm
2/6	Weds.	Alzheimer's Support Group	10:00am-12:00pm
		Sing-a-Long	12:30pm-1:30pm
2/7	Thurs.	Medicare Counseling (by appointment only)	9:00am-2:00pm
		Words of Life Study	10:00am-11:00am
2/8	Fri.	Genealogy w/ John Beck	9:00am-12:00pm
2/10	Sun.	Sunday Dinner with Friends (see ad)	1:00pm-3:00pm
2/11	Mon.	Gentle "Chair" Yoga	2:00pm-3:00pm
2/12	Tues.	Mental Gymnastics	10:00am-11:00am
		Book Club (see ad)	10:00am-11:00am
		<b>"NO"</b> Tea Party	
		Tai Chi	3:00pm-4:00pm
2/13	Weds.	Audiologist	1:00pm-4:00pm
		Collette presents-Spotlight on San Antonio Holiday (see ad)	2:00pm-3:00pm
2/14	Thurs.	Medicare Counseling (by appointment only)	9:00am-2:00pm
		Words of Life Study	10:00am-11:00am
		Blood Pressure Screening	10:30am-11:30am
		Constituent Outreach (see ad)	11:00am-12:00pm
2/15	Fri.	Genealogy w/ John Beck	9:00am-12:00pm
		Mind Matters (see ad)	12:30pm-1:30pm
2/18	Mon.	Gentle "Chair" Yoga	2:00pm-3:00pm
2/19	Tues.	Mental Gymnastics	10:00am-11:00am
		Member Director Meeting (Wendel)	11:00am-12:00pm
		Tai Chi	3:00pm-4:00pm
2/20	Weds.	Entertainment: TDB (see ad)	11:00am-12:00pm
		Birthday Luncheon	12:00pm-12:30pm
		<b>NO</b> Sing-A-Long	
		Always Best Care - Music Bingo	12:45pm-2:00pm
2/21	Thurs.	Medicare Counseling (by appointment only)	9:00am-2:00pm
		Words of Life Study	10:00am-11:00am
2/22	Fri.	Genealogy w/ John Beck	9:00am-12:00pm
2/25	Mon.	Gentle "Chair" Yoga	2:00pm-3:00pm
2/26	Tues.	<b>NO</b> Mental Gymnastics	
		Tai Chi	3:00pm-4:00pm
2/27	Weds.	ROVER Outreach	10:00am-11:00am
		<b>NO</b> Sing-A-Long	
2/28	Thurs.	Medicare Counseling (by appointment only)	9:00am-2:00pm
		Words of Life Study	10:00am-11:00am
<b>March</b>			
3/2	Sat.	"Mardi Gras" Dinner Dance (see ad)	5:30pm-8:30pm

## KASC Center Activities – February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1. 9-2:30 AARP Taxes 9-12 Genealogy 9:30 Not Just Quilts (RR) 10 Needlework 10 Games <b>NO</b> SilverSneakers 11 Tech Help (Stlr) 1 Tech Help (Stlr) <b>NO</b> AquaCrosslands 5-9 BINGO	2.
3.	4. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	5. 9-2:30 AARP Taxes 9:30 Living History <b>NO</b> Arts & Crafts 10 Needlework 10 Games 10 Mental Gymnastics <b>NO</b> AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	6. 8-10 Trevoze (W) 9:30 Not Just Quilts X 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 (RR) 4 OrgDev Comm Mtg. (RR)	7. 6-9 BNI Brkfst (W) 9 Medicare 9:30 Line Dancing 10 Games 10 Bible Study (RR) 10 MOVIE (W) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 2 Tech Help (Stlr) 6:30 Line Dancing	8. 9-2:30 AARP Taxes 9-12 Genealogy 9:30 Not Just Quilts 10 Needlework 10 Games <b>NO</b> SilverSneakers 11 Tech Help (Stlr) 12:30 Mind Matters 1 Tech Help (Stlr) <b>NO</b> AquaCrosslands** 5-9 BINGO	9.
10. Sunday Dinner With Friends 1-3	11. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	12. <b>NO</b> Tea Party 9-2:30 AARP Taxes 9:30 Living History <b>NO</b> Arts & Crafts 10 Book Club (Stlr) 10 Needlework 10 Games 10 Mental Gymnastics 11 Mem/Dir Mtg <b>NO</b> AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	13. 8-10 Trevoze (W) 9:30 Not Just Quilts X 10 Games 10 Legislative Mtg 10:30 Pet Therapy 11 SilverSneakers <b>NO</b> Sing-A-Long 1-2 Digital Photo (R) 1-3 Staff Meeting 1-4 Audiologist (Stlr) 2 Collette Presents 4 Org. Dev. (R)	14. 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*** <b>NO</b> Tech Help (Stlr) 6:30 Line Dancing	15. 9-2:30 AARP Taxes 8-9:30 Finance Comm 9-12 Genealogy 9:30 Not Just Quilts (RR) 10-11 Prog Comm 10 Needlework 10 Games <b>NO</b> SilverSneakers <b>NO</b> Tech Help (Stlr) <b>NO</b> AquaCrosslands** 5-9 BINGO	16.
17.	18. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 3:30 Exec Comm (RR) 6:30 Weight Watchers (S)	19. 9-2:30 AARP Taxes 7:30-9 BOD 9:30 Living History <b>NO</b> Arts & Crafts 10 Needlework 10 Games 10 Mental Gymnastics 10:30-2 Audiologist (Stlr) 11 Mem/Dir Mtg (W) <b>NO</b> AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	20. BIRTHDAY Lunch 8-10 Trevoze (W) 9:30 Not Just Quilts X 10 Games 10 Legislative Mtg 11 Entertainment 10:30 Pet Therapy <b>NO</b> SilverSneakers <b>NO</b> Sing-A-Long 12:45 Always Best Care Music Bingo 1-2 Digital Photo (RR) 6 Tenant Rights Workshop	21. 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*** 2-4 Bazaar Comm Mtg 4-5 Marketing Mtg (R) 2 Tech Help (Stlr) 6:30 Line Dancing	22. 9-2:30 AARP Taxes 9-12 Genealogy 9:30 Not Just Quilts (RR) 10 Needlework 10 Games 10 Laugh Out Loud (W) <b>NO</b> SilverSneakers 11 Tech Help (Stlr) 1 Tech Help (Stlr) <b>NO</b> AquaCrosslands** 5-9 BINGO	23.
24.	25. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	26. 9-2:30 AARP Taxes 9:30 Living History <b>NO</b> Arts & Crafts 10 Needlework 10 Games 10 Mental Gymnastics 10:30 Audiologist(Stlr) <b>NO</b> AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	27. 8-10 Trevoze (W) 9:30 Not Just Quilts X 10 ROVER Outreach 10 Games 10 Legislative Mtg 10:30 Pet Therapy 11 SilverSneakers <b>NO</b> Sing-A-Long 1-2 Digital Photo (RR)	28. 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*** 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.

### February 2019

Contact us at 610-444-4819 to reserve your meal by 3pm Tuesday for the ENTIRE following week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*PLEASE BE AWARE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE*			1 Beef Burrito Bowl Seasoned Corn & Blackbeans Cilantro Rice Taco Sauce & Sour Cream Pineapple Tidbits
4 Hot Dog & Roll Cheesy Potatoes Sweet Peas Fresh Seasonal Fruit	5 Vegetable Lasagna Tossed Salad w/ dressing Breadstick Cottage Cheese & Diced Peaches	6 Chili Con Carne Baked Potato WG Mini Biscuit Warm Apples	7 Burgundy Meatballs w/Mushrooms Egg Noodles Broccoli & Carrots Wheat Bread Mixed Fruit Salad	8 Warm Ham & Cheese on Ciabatta Creamy Tomato Bisque w/crackers WG Ciabatta Roll Fresh Fruit
11 Pulled Turkey w/ gravy Whipped Potatoes Green Beans Wheat Bread Applesauce	12 Sloppy Joe Ranch Seasoned Potatoes Coleslaw WG Sandwich Roll Cookie	13 <b>Happy Valentine's</b> Chicken Rosa Baked Potato w/sour cream Sweet Peas & Onions Dinner Roll Strawberry Fluff	14 Hawaiian Pork Chop Blended Rice Pilaf Mixed Vegetables White Bread Fresh Fruit	15 Warm Roast Beef Sandwich w/cheese & au jus Homemade Vegetable Soup w/crackers Sandwich Roll Pineapple tidbits
18 Creamy Chicken Divan White Rice Sliced Carrots Breadstick Mandarin Oranges	19 Bratwurst Sauerkraut Whipped Potatoes Hot Dog Roll Warm Cinnamon Applesauce	20 <b>February Birthdays</b> Baked Meatloaf Garlic Whipped Potatoes Parmesan Corn Wheat Bread Birthday Cake	21 Greek Chicken Salad w/dressing Bean Soup w/ Crackers Dinner Roll Cookie	22 Baked Ham w/ Raisin Sauce Whipped Sweet Potatoes Harvard Beets White Bread Fresh Fruit
25 Pork Ribette Seasoned Potatoes Baked Beans Dinner Roll Sliced Peaches	26 Baked Ziti w/ Meatballs Caesar Salad Garlic Breadstick Mixed Fruit Salad	27 Swiss Steak w/ Onion Gravy Cabbage & Noodles Diced Carrots Wheat Bread Pineapple Delight	28 Grilled Chicken Bacon & Swiss Club w/lettuce, tomato Creamy Potato Soup w/Crackers Blushed Pears	<b>SENIORS</b> <b>60 &amp; ABOVE</b> A voluntary confidential requested \$2.00 donation <b>INDIVIDUALS</b> <b>UNDER 60</b> <b>\$4.89</b>

Membership is not required in order for individuals 60 and over to participate in this program. All residents 60 and older are invited to attend and enjoy a noontime meal. Meals provided by Chester County Dept. of Aging Services. **IMPORTANT NOTICE:** Lunch that must be consumed at the Senior Center. We discourage seniors from taking food home due to health risks from spoiled food. Thank you for your cooperation.

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.

### Trevose Behavior Modification Program w/ Jeanne Searer

**T  
B  
M  
P**

This is behavior modification for weight loss. Participants must:

- attend **all** of the first **6** weekly meetings.
- 18 years old and need to lose 20-80lbs

Applications are available in the office or by calling **Jeanne Searer** at **484-467-8011** (message prompt starts in Spanish)

**Next group will start March 20, 2019**  
**Applications due March 6, 2019**

**Meet at KASC: Wednesday, 8:30 am**

For more information go to [www.TBMP.org](http://www.TBMP.org)



**ALERT: If out of TBMP 5 years - RETURN as a NEWBIE!**

#### Bread and Baked Goods

Every Tuesday and Thursday morning, the Giant Food Store in the New Garden Shopping Center donates its day-old bread and pastries to our Center. Pick up some bread and pastries while you're here.

*Kennett Area Senior Center presents...*  
Spotlight on  
San Antonio Holiday  
December 1-5, 2019

**YOU'RE INVITED TO A  
SPECIAL COLLETTE TRAVEL  
PRESENTATION  
At Kennett Area Senior Center  
Wednesday, February 13, 2019  
2:00pm - 3:30pm**



**Book Now  
& Save \$100  
Per Person**

For more information  
contact  
**Andrea Durynski**

**Kennett Area Senior Center**  
**(610) 444-4819**  
**adurynski@kennettSeniorcenter.org**

## Where friends become family.

#### A MISSION TO SERVE

This vibrant, senior community provides for the needs of older men and women with Independent Living, Personal Care, and Skilled Nursing. Residents enjoy a homey, comfortable atmosphere with a Quaker mission.

#### AN ADAPTABLE APPROACH & A HEART FOR COMMUNITY

Rather than having residents adapt to Friends Home, we work to adapt our environment to their individual interests and needs. In addition, residents actively participate in various intergenerational programs throughout the community and enjoy giving back.

**Friends Home**  
*120 Years in Kennett*

147 W. State Street, Kennett Square  
610.444.8785 | [FHKennett.org](http://FHKennett.org)



**Independent Living | Supportive Independent Living | Personal Care | Skilled Nursing**



# Kennett Area Senior Center



## Local Business Membership benefits 2019

In our continuing effort to provide additional benefits for our members, we have partnered with many local businesses to extend discounts to KASC members upon presenting their key ring ID tag. Below is a current list of merchants who are participating in the benefits provision.

***Please patronize these local businesses!***

### Auto

- **Auto Glass Fitters**  
215-825-5602  
*10% discount/Free mobile service*
- **Blitz Automotive**  
465 E. State St., Kennett Square, Pa 19348  
610-444-3830  
*10% discount (Will pick up and drop off at center. Exclusions may apply)*
- **J&G Automotive**  
719 W. Cypress St., Kennett Square, Pa 19348  
610-444-1449  
*10% discount (Tires excluded)*
- **Mr. Wizard Car Wash**  
140 S. Mill Rd., Kennett Square, Pa 19348  
610-444-9870  
Ask attendant for code

### Bookstores

- **Kennett Square Resale Book Shoppe**  
113 South Union St., Kennett Square, Pa 19348  
610-444-6069  
*25% on total purchase (exclusions may apply)*

### Cleaners

- **Kennett Square Cleaners**  
817 E. Baltimore Pike, Kennett Square, Pa 19348  
610-925-3478  
*20% on your total purchase (exclusions may apply)*

### Fitness Centers

- **Kennett YMCA**  
636 South Walnut St., Kennett Square, Pa 19348  
610-444-2448  
*Free access of swimming pool, track and fitness room (Tuesdays and Thursdays from 1:00pm – 3:00pm)*

### Florists / Boutique

- **Kennett Florist**  
405 West State St., Kennett Square, Pa 19348  
610-444-6040  
*10% discount (exclusions may apply)*

### Funeral Homes

- **Kuzo Funeral Home**  
250 West State St., Kennett Square, Pa 19348  
610-444-4116  
*5% discount (exclusions may apply)*

### Gift Shop and Consignment Stores

- **Habitat for Humanity ReStore**  
345 Scarlet Road, Kennett Square, Pa 19348  
610-925-2585  
*Wednesday only Senior discount*

### Gift Shop and Consignment Stores

- **Mushroom Cap/ The Growing Tree**  
114 W. State St., Kennett Square, Pa 19348  
610-444-8484  
*10% discount (Dried mushrooms excluded)*

### Hair Salons

- **Artistic Edge Hair Design**  
305 West State St., Kennett Square, Pa 19348  
610-444-9040  
*10% discount (exclusions may apply)*

### Handyman

- **A Hand For All Seasons LLC**  
152 Prange Road, West Grove, Pa 19390  
610-869-8308  
\$10 off Customer's first job

### Hardware/Mower Repairs

- **Scott True Value Hardware**  
324 Lantana Dr., Lantana Square  
Hockessin, DE 19707  
302-234-4777  
*10% discount (must be 65 years old)*

### Insurance Agencies

- **Kennett Tag & Insurance Agency**  
1001 West Baltimore Pk, Kennett Square, Pa 19348  
610-444-8873  
*(Waive application fee for car insurance - \$30 value, Waive Fee for notary- \$5 value)*

## Kennett Area Senior Center

### Local Business Membership benefits 2019—cont.

#### Jewelry Stores

- **Bove Jewelers**  
124 West State St., Kennett Square, Pa 19348  
610-444-4525  
*20% discount (exclusions may apply)*
- **Kennett Square Jewelers**  
123 W. State St., Kennett Square, Pa 19348  
610-444-5595  
*10% discount (exclusions may apply)*

#### Markets

- **The Produce Place**  
606 E. Cypress St., Kennett Square, Pa 19348  
610-444-3808  
*10% discount (exclusions may apply)*

#### Personal Financial Management

- **Principled Money Management, LLC**  
**George Lock**  
www.principledmoney.com  
484-748-0021  
*20% discount on all services*  
*5% discount on any purchase over \$10.*  
*Not in combination with other discounts.*

#### Restaurants

- **Barretta's Italian Restaurant and Pizzeria**  
739 W. Cypress St., Kennett Square, Pa 19348  
610-925-5540  
*10% discount*
- **El Rancho Mexican Restaurant**  
305 W. State St., Kennett Square, Pa 19348  
*10% discount (exclusions may apply)*
- **Fox's Pizza**  
345 Scarlet Road, Kennett Square, Pa 19348  
610-444-6060  
*10% discount*
- **Hong Kong Buffet**  
345 Scarlet Road, Ste. 28, Kennett Square, Pa 19348  
610-925-3788  
*10% discount (exclusions may apply)*
- **Jake's Wayback Burgers**  
811 E. Baltimore Pk, Kennett Square, Pa 19348  
*10% discount (exclusions may apply)*
- **Longwood Family Restaurant**  
938 E. Baltimore Pk, Kennett Square, Pa 19348  
610-388-1144  
*10% discount (exclusions may apply)*
- **Subway**  
174 Onix Drive, Kennett Square, Pa 19348  
484-732-8740  
*5% discount*

#### Retail Stores

- **Green Eyed Lady**  
100 E. State St., Kennett Square, Pa 19348  
610-444-0700  
*10% discount (exclusions may apply)*
- **Kennett Beverage**  
710 W. Baltimore Pk, Kennett Square, Pa 19348  
610-444-0155  
*5% discount (exclusions may apply)*

#### Sanitation Services

- **McGovern, Inc**  
1156 W. Baltimore Pk, Kennett Square, Pa 19348  
610-444-5797  
*\$10 discount (exclusions may apply)*



**Tenant Rights & Responsibilities Workshop**

**Wednesday, February 20th**  
6:00—7:30PM

Kennett Area Senior Center  
427 South Walnut St,  
Kennett Square, PA 19348

Are you a tenant?  
Do you have questions about your rights?  
What are the Landlord’s responsibilities?  
Please come and learn at this free workshop!

Call and RSVP to Carol at KACS  
(Kennett Area Community Services)

by Feb. 18th  
610-925-3556 Ext. 119



Thursday  
**04**  
April

**GIVE**  
THE GIFT  
OF  
*life*

**YOU ARE JUST THE RIGHT TYPE!**

**BLOOD DRIVE**

**American Red Cross**

Please call 1-800-Red Cross (1-800-733-2767) or the Kennett Area Senior Center @ 610-444-4819 to schedule your appointment.

**ONLINE SCHEDULING IS ALSO AVAILABLE AT**  
**WWW.REDCROSSBLOOD.ORG**

Kennett Area Senior Center, 427 S. Walnut St., Kennett Square, PA 19348

The Kennett Area Senior Center is hosting a blood drive for the American Red Cross. Please save the date and register for an appointment between 1:00 PM and 6:00 PM on Thursday, April 4th.

**Made for You**

Location:

**Kennett Area Senior Center**  
**427 South Walnut Street**  
**Kennett Square, PA 19348**  
**Phone: 610 444-4819**

**Free In-Person Tax Preparation Service**

We offer free tax preparation help to anyone and if you're 50 and older, and can't afford a tax preparation service, we were made especially for you. We understand that retirement or other life changes may mean your taxes are a little more complicated now. With the help of our team of IRS-certified volunteers we make it easy for you.

Schedule for 2019:

**Tuesdays and Fridays**  
**February 1, 5, 8, 12, 15, 19, 22, and 26**  
**March 1, 5, 8, 12, 15, 19, 22, 26, 29**  
**April 2, 5, 9, 12**

**Hours: 9:00AM to 2:30PM**  
**(By Appointment Only)**

In accordance with federal law and the Department of the Treasury – Internal Revenue Service policy, discrimination against taxpayers on the basis of race, color, national origin (including limited English proficiency), disability, sex (in education programs or activities), age or reprisal is prohibited in programs and activities receiving federal financial assistance. Taxpayers with a disability may request a reasonable accommodation and taxpayers with limited English proficiency may request language assistance to access service. To report unethical behavior to IRS, email us at [wi.voltax@irs.gov](mailto:wi.voltax@irs.gov).

If a taxpayer believes he or she has been discriminated against, a written complaint should be sent to: Operations Director, Civil Rights Division, Internal Revenue Service, Room 2413, 1111 Constitution Avenue, NW, Washington, DC 20224. For all other inquiries concerning taxpayer civil rights, contact us at the mailing address or email us at [edi.civil.rights.division@irs.gov](mailto:edi.civil.rights.division@irs.gov). Do not send tax returns or other tax-related information to the Civil Rights Division office or email address.

**AARP FOUNDATION**  
**TAX-AIDE**

[aarp.org/taxaide](http://aarp.org/taxaide) 1-888-227-7669

**Kennett Area Senior Center**  
**427 South Walnut Street**  
**Kennett Square, PA 19348**  
610-444-4819 [www.KennettSeniorCenter.org](http://www.KennettSeniorCenter.org)

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