

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 NO SilverSneakers 11 Tech Help (Stlr) 1 Tech Help (Stlr) NO 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 NO Arts & Crafts 10 Needlework 10 Games 10 Mental Gymnastics NO AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	6. 8-10 Trevoise (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 NO SilverSneakers 11 Tech Help (Stlr) 12:30 Mind Matters 1 Tech Help (Stlr) NO 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. NO Tea Party 9-2:30 AARP Taxes 9:30 Living History NO Arts & Crafts 10 Book Club (Stlr) 10 Needlework 10 Games 10 Mental Gymnastics 11 Mem/Dir Mtg NO AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	13. 8-10 Trevoise (W) 9:30 Not Just Quilts X 10 Games 10 Legislative Mtg 10:30 Pet Therapy 11 SilverSneakers NO 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*** NO 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 NO SilverSneakers NO Tech Help (Stlr) NO 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 NO Arts & Crafts 10 Needlework 10 Games 10 Mental Gymnastics 10:30-2 Audiologist (Stlr) 11 Mem/Dir Mtg (W) NO AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	20. BIRTHDAY Lunch 8-10 Trevoise (W) 9:30 Not Just Quilts X 10 Games 10 Legislative Mtg 11 Entertainment 10:30 Pet Therapy NO SilverSneakers NO 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) NO SilverSneakers 11 Tech Help (Stlr) 1 Tech Help (Stlr) NO 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 NO Arts & Crafts 10 Needlework 10 Games 10 Mental Gymnastics 10:30 Audiologist(Stlr) NO AquaKendal* 1-3 YMCA*** 3-4 TAI CHI	27. 8-10 Trevoise (W) 9:30 Not Just Quilts X 10 ROVER Outreach 10 Games 10 Legislative Mtg 10:30 Pet Therapy 11 SilverSneakers NO 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 Happy Valentine's 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 February Birthdays 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	SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$4.89

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.