





KASC Center Activities – March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BPS - Blood Pressure Screenings * @ Kendal Fitness Center ** @ Crosslands Pool *** @ YMCA Shade (S), Rotary (RR), Wendel (W) Staller Center (Stlr) M-F 8:00am-5:00pm except when class or meeting is in session					1. 8:45-2:15 AARP Taxes 9-12 Genealogy 9:30 Not Just Quilts (RR) 10 Needlework 10 Games NO SilverSneakers NO Tech Help (Stlr) NO AquaCrosslands** 5-9 BINGO	2. Mardi Gras Dinner Dance 5:30pm - 8:30pm
3.	4. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo NO Gentle YOGA (W) 6:30 Weight Watchers (S)	5. 8:45-2:15 AARP Taxes 9:30 Living History NO Arts & Crafts 10 Needlework 10 Games 10 Mental Gymnastics NO AquaKendal* 1-3 YMCA***	6. 8-10 Trevoze (W) 9:30 Not Just Quilts X 10-12 Alzheimer's(RR) 10 Games 10 Legislative Mtg 10:30 Pet Therapy 11 SilverSneakers NO Sing-A-Long 1-2 Digital Photo (Stlr) 1-3 Celebration of Life 4 OrgDev Comm Mtg.	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*** NO Tech Help (Stlr) 6:30 Line Dancing	8. 8:45-2:15 AARP Taxes 9-12 Genealogy 9:30 Not Just Quilts 10 Needlework 10 Games NO SilverSneakers NO Tech Help (Stlr) NO AquaCrosslands** 5-9 BINGO	9.
10.	11. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo NO Gentle YOGA (W) 6:30 Weight Watchers (S)	12. TEA PARTY 8:45-2:15 AARP Taxes (W) 9:30 Living History NO Arts & Crafts 10 Book Club (Stlr) 10 Needlework 10 Games 10 Mental Gymnastics 1-2 AquaKendal* 1-3 YMCA*** 2 Tea Party	13. 8-10 Trevoze (Stlr) 9 Newcomers Mtg (W) 9:30 Not Just Quilts X 10 Games 10 Legislative Mtg 10:30 Pet Therapy 11 SilverSneakers 12:30 Sing-A-Long 1-2 Digital Photo (R) 1-3 Staff Meeting 1-4 Audiologist (Stlr) 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) 10 Constituent Outreach 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** NO Tech Help (Stlr) 6:30 Line Dancing	15. 8:45-2:15 AARP Taxes 8-9:30 Finance Comm 9-12 Genealogy 9:30 Not Just Quilts 10-11 Prog Comm 10 Needlework 10 Games 12:30 Mind Matters NO SilverSneakers NO Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	16.
17. Sunday Dinner With Friends 1-3	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. 8:45-2:15 AARP Taxes 9:30 Living History NO Arts & Crafts 10 Needlework 10 Games 10 Mental Gymnastics 11 Mem/Dir Mtg (W) 1-2 AquaKendal* 1-3 YMCA***	20. BIRTHDAY Lunch 8-10 Trevoze (W) 9:30 Not Just Quilts X 10 Games 10 Legislative Mtg 11 Entertainment (Last Chance) 10:30 Pet Therapy NO SilverSneakers NO Sing-A-Long 12:45 Presentation on SLEEP 1-2 Digital Photo (Stlr)	21. 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 (W) 1-3 YMCA*** 4-5:30 Marketing Comm Mtg (R) 2 Tech Help (Stlr) 6:30 Line Dancing	22. 8:45-2:15 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) 1-2 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. 7:30-9 BOD (W) 8:45-2:15 AARP Taxes 9:30 Living History NO Arts & Crafts 10 Needlework 10 Games 10 Mental Gymnastics 10:30 Audiologist(Stlr) 1-2 AquaKendal* 1-3 YMCA***	27. 8-10 Trevoze (W) 9:30 Not Just Quilts X 10 Games 10 Legislative Mtg 10:30 Pet Therapy 11 SilverSneakers 12:30 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	29. 8:45-2:15 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) 1-2 AquaCrosslands** 5-9 BINGO	30.

Calendar activities subject to change due to unforeseen circumstances.

March 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>*PLEASE BE AWARE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE*</p>	<p>SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$4.89</p>		<p>1 Baked Chicken w/ Gravy Whipped Potatoes Pepper Slaw Whole Grain Buttermilk Biscuit Warm Peaches</p>
<p>4 Smokey BBQ Burger Topped with cheddar, bbq sauce, crispy onions Ranch Potatoes Sandwich Roll Fresh Seasonal Fruit</p>	<p>5 Open Face Hot Turkey Sandwich w/gravy Whipped Potatoes w/ chives Crinkle Cut Carrots White Bread Applesauce</p>	<p>6 Ash Wednesday Breaded Fish Sandwich w/ tartar sauce Macaroni & Cheese Stewed Tomatoes Sandwich Roll Fresh Fruit</p>	<p>7 Baked Meatloaf w/ Gravy Baked Potato w/ margarine Mixed Bean Medley White Bread Cherry Chip Cake</p>	<p>8 Baked Salmon w/white wine cream sauce White Rice Mixed Vegetables Wheat Bread Pineapple Tidbits</p>
<p>11 Breaded Chicken Sandwich w/condiments Parsley Potatoes Sandwich Roll Mandarin Oranges</p>	<p>12 Roasted Pork Loin w/ Gravy Whipped Potatoes w/ Chives Lima Beans White Bread Sliced Apples</p>	<p>13 Baked Porcupine Ball w/ tomato Sauce Garlic Whipped Potatoes Corn Cinnamon Raisin Bread Pudding</p>	<p>14 Lemon Pepper Chicken w/gravy Wild Rice Brussel Sprouts Wheat Bread Fresh Fruit</p>	<p>15 Tuna Salad Sandwich w/lettuce & tomato Cheesy Broccoli Soup w/cracker Sandwich Roll Pears</p>
<p>18 St Patrick's Day Corned Beef & Cabbage Mashed Potatoes Green Beans Dinner Roll Pistachio Pudding</p> 	<p>19 Mango BBQ Chicken Breast Brown Rice Creamy Coleslaw Wheat Bread Apple Cranberry Crisp</p>	<p>20 Birthdays Pot Roast w/ Gravy Baked Potato w/ margarine Sliced Carrots Italian Bread Birthday Cake</p> 	<p>21 Mushroom Swiss Burger Creamy Cauliflower Soup w/crackers Hamburger Roll Fresh Fruit</p>	<p>22 Crab Cake Cheesy Twists Baked Beans WG Dinner Roll Mandarin Oranges</p>
<p>25 Hot Dog Cheesy Whipped Potatoes Sweet Peas Hot Dog roll Fresh Seasonal Fruit</p>	<p>26 Chili Con Carne Tossed Salad w/ Tomato & Dressing Baked Potato w/ margarine WG Mini Biscuit Cookie</p>	<p>27 Burgundy Meatballs w/ Mushrooms over Egg Noodles Carrots Wheat Bread Mixed Fruit Salad</p>	<p>28 Warm Ham & Cheese on Ciabatta Creamy Tomato Bisque w/crackers WG Ciabatta Roll Fresh Fruit</p>	<p>29 Vegetable Lasagna Tossed Salad w/ hardboiled Egg, cucumber, & dressing Breadstick Cottage Cheese & Diced Peaches</p>

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.