

KASC Center Activities – April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 1 Men's Discussion Group (R) 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	2. <b>8:45-2:15 AARP Taxes</b> 9:30 Living History <b>NO</b> Arts & Crafts 10 Needlework (S) 10 Games 10 Mental Gymnastics <b>NO</b> AquaKendal* 1-3 YMCA***	3. 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 <b>NO</b> Sing-A-Long 12:30 Ask Your Pharmacist (S) 1-2 Digital Photo (Stlr)	4. 6-9 BNI Brkfst (W) 9 Medicare 9:30 Line Dancing 10 Games 10 Bible Study (RR) <b>NO</b> Movie 11 SilverSneakers 12-1-6 BLOOD DRIVE 12:30-2 Bingo 1-3 YMCA*** 2 Tech Help (Stlr) 6:30 Line Dancing	5. <b>8:45-2:15 AARP Taxes</b> 9-12 Genealogy 9:30 Not Just Quilts 10 Needlework 10 Games <b>NO</b> SilverSneakers 1 Tech Help (Stlr) <b>NO</b> AquaCrosslands** 5-9 BINGO	6. "Under the Stars" Senior Prom Dinner Dance 5:30pm - 8:30pm
7. Literary Forum at KASC 2:00pm - 4:00pm	8. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 1 Men's Discussion Group (R) 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	9. <b>TEA PARTY 8:45-2:15 AARP Taxes (W)</b> 9:30 Living History <b>NO</b> Arts & Crafts 10 Book Club (Stlr) <b>NO</b> Needlework 10 Games 10 Mental Gymnastics 11-1:30 FoodPrep (R) 1-2 AquaKendal* 1-3 YMCA*** 2 Tea Party	10. 8-10 Trevoze (Stlr) 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)	11. 6-9 BNI Brkfst (W) 9 Medicare 9:30 Line Dancing 10 Games 10 Bible Study (RR) 10:30 BPS (W) 10 Constituent Otrch. 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 2 Tech Help (Stlr) 5:30 Fund Dev(offsite) 6:30 Line Dancing	12. <b>8:45-2:15 AARP Taxes</b> 9-12 Genealogy 9:30 Not Just Quilts 10 Needlework 10 Games 11 Tech Help (Stlr) 12:30 Mind Matters <b>NO</b> SilverSneakers 1-2 AquaCrosslands** 5-9 BINGO	13.
14. Palm Sunday	15. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 1 Men's Discussion Group (R) 8-1 Wendel (Booked) 2-3 Gentle YOGA (W) 3:30 Exec Comm (R) 6:30 Weight Watchers (S)	16. 9:30 Living History <b>NO</b> Arts & Crafts 10 Needlework (S) 10 Games 10 Mental Gymnastics 11 Mem/Dir Mtg (W) <b>NO</b> AquaKendal* 1-3 YMCA***	17. <b>BIRTHDAY Lunch</b> 8-10 Trevoze (W) 9:30-11 New Member Orientation (R) 9:30 Not Just Quilts X <b>NO</b> Legislative Mtg 11 Kurt Lundquist Music - Keyboard <b>NO</b> Pet Therapy <b>NO</b> SilverSneakers <b>NO</b> Sing-A-Long 1-2 Digital Photo (Stlr)	18. 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*** 4-5:30 Marketing Comm Mtg (R) <b>NO</b> Tech Help (Stlr) 6-9 Pinochle (W) 6:30 Line Dancing (S)	19. <b>GOOD FRIDAY CENTER CLOSED</b> <b>NO</b> AquaCrosslands**  5-9 BINGO No Kitchen	20.
21. Easter	22. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 1 Men's Discussion Group (R) 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	23. 7:30-9 BOD (W) 9:30 Living History <b>NO</b> Arts & Crafts 10 Needlework (S) 10 Games 10 Mental Gymnastics 10:30 Audiologist(Stlr) 1-2 AquaKendal* 1-3 YMCA***	24. 8-10 Trevoze (W) 9:30 Not Just Quilts X 10 Games 10 ROVER Outreach 10 Legislative Mtg 10:30 Pet Therapy 11 SilverSneakers 12:30 Sing-A-Long 1-2 Digital Photo (RR)	25. 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) 6-9 Pinochle (W) 6:30 Line Dancing (S)	26. <b>VOLUNTEER LUNCHEON</b> 9-12 Genealogy <b>NO</b> Not Just Quilts 10:00 Luncheon Program Begins 10:30 Entertainment 12 Luncheon & Award <b>NO</b> Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	27.
28.	29. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 1 Men's Discussion Group (R) 2-3 Gentle YOGA (W) 6:30 Weight Watchers (S)	30. 7:30-9 BOD (W) 9:30 Living History <b>NO</b> Arts & Crafts 10 Needlework 10 Games 10 Mental Gymnastics 1-2 AquaKendal* 1-3 YMCA***			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	

Calendar activities subject to change due to unforeseen circumstances.

**April 2019**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatloaf with Gravy Mashed Potatoes Green Beans w/ Tomatoes Whole Roll Margarine Rice Raisin Pudding	2 Roasted Pork Loin Baked Sweet Potato Broccoli Florets Mini Corn Muffin Margarine Cinnamon Applesauce	3 Cheeseburger w/ Lettuce & Tomato Steak Fries Parslied Carrots Honeydew Chunks	4 Chicken Cordon Bleu Mixed Vegetable White & Wild Rice Wheat Roll Mandarin Oranges	5 Stuffed Tilapia WG Mac n Cheese Stewed Tomatoes Romaine & Onion Salad Sliced Strawberries, w/ Whipped Topping
8 Beef Stroganoff Romaine & Onion Salad w/ Dressing Parslied Noodles Fruited Jello Wheat Roll	9 Roast Turkey w/ gravy Yams Brussel Sprouts Wheat Roll Hot Spiced Apples	10 Penne w/ Meatballs Marinara Sauce Spinach Salad Balsamic Vinaigrette Breadstick Pear Halves	11 Chicken Lo Mein Oriental Blend Veg Sliced Carrots Vegetable Egg Rolls Fortune cookie	12 Baked Pollock Pineapple Salsa Roasted Red Potatoes California Blend Veg Oatmeal Cookie
15 Pepper Steak Brown Rice Sugar Snap Peas w/ Shredded Carrots Wheat Roll Vanilla Ice Cream Cup	16 Chicken Caciatore WW Penne Pasta Marinara Sauce Turscan Blend Veg Italian Bread Sliced Apricots	17 <b>Birthday</b> Roast Beef Gravy Mashed Potatoes Zucchini WG Wheat Bread Orange Sections	18 Pulled BBQ Turkey Sandwich Corn Cobbette Broccoli Watermelon & Cantaloupe Chucks	19 <b>CENTER IS CLOSED</b> 
22 Chicken Marsala Oven Roasted Potatoes Green Beans Spinach Salad Wheat Roll Tapioca Pudding	23 Rotisserie Seasoned Chicken Alfredo Noodles Winter Blend Veg WG Wheat Bread Peaches & Cream	24 Sausage, Peppers & Onions on Club Roll Green Beans & Tomatoes Parslied Noodles Honeydew Chunks	25 Glazed Turkey Ham Red Roasted Potatoes Zucchini w/ Peppers & Onions Wheat roll Cinnamon Applesauce	26 <b>Volunteer Appreciation Lunch</b> Beef Stew Romaine & Onion Salad w/ Dressing WG Biscuit Special Dessert
29 Sweet N Sour Chicken Fried Rice w/ Egg Oriental Blend Veg Mandarin Oranges	30 Breaded Fish Fillet Sandwich Lettuce & Tomato Pasta Salad Brussel Sprouts Tartar Sauce Cantaloupe Chunks		*PLEASE BE AWARE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE*	SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$4.52

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.