


## KASC Center Activities – May 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. 8-10 Trevoze (W) 9:30 Not Just Quilts X 10-12 Alzheimer's (RR) 10 Games 10:30 Pet Therapy 11 SilverSneakers 12:30 Sing-A-Long 1-2 Digital Photo (Stlr)	2. 6-9 BNI Brkfst (W) 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) 10 Movie 11 SilverSneakers 12:30-1:30 Bingo 1:30 Sunshine Chorus 1-3 YMCA*** 2 Tech Help (Stlr) 3:30 Yard Sale Mtg. 6-9 Pinochle (W) 6:30 Line Dancing (S)	3. 9-12 Genealogy 9-3 I.G.C. Jewelry 9:30 Not Just Quilts 10 Needlework 10 Games 11 Tech Help (Stlr) 11 Barbara Myers - Nutrition 1 Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	4.
5.	6. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 4 Executive Comm Conference Call? 6:30 Weight Watchers (S)	7. 9:30 Living History <b>NO</b> Arts & Crafts 10 Needlework (S) 10 Games 10 Mental Gymnastics 1-2 AquaKendal* 1-3 YMCA***	8. 8-10 Trevoze (Stlr) 9:30 Not Just Quilts X 10 Games 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 Org. Dev. (RR)	9. 6-9 BNI Brkfst (W) 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) 10:30 BPS (W) 10 Constituent Otrch. 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 2 Tech Help (Stlr) 2-3 Gentle YOGA (W) 5:30 Fund Dev(offsite) 6-9 Pinochle (W) 6:30 Line Dancing (S)	10. 9-12 Genealogy 9:30 Not Just Quilts 10 Needlework 10 Games 11 Tech Help (Stlr) 12:30 Mind Matters 1 Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	11.
12. <b>Happy Mother's Day</b>	13. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 6:30 Weight Watchers (S)	14. <b>TEA PARTY</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 (RR) 1-2 AquaKendal* 1-3 YMCA*** 2 Tea Party	15. <b>BIRTHDAY Lunch</b> 8-10 Trevoze (W) 9:30 Not Just Quilts X 11 Entertainment <b>NO</b> Pet Therapy <b>NO</b> SilverSneakers <b>NO</b> Sing-A-Long 1-2 Digital Photo (Stlr)	16. 6-9 BNI Brkfst (W) 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) 11 SilverSneakers 12:30-2 Bingo 12:30 AARP Safe Drvr 1-3 YMCA*** 1-3 Memorial Harry Brown (S) 2-3 Gentle YOGA (W) 4-5:30 MktgComMtg (R) <b>NO</b> Tech Help (Stlr) 6-9 Pinochle (W) 6:30 Line Dancing (S)	17. <b>SENIOR GAMES</b>  <b>CENTER CLOSED</b>  1-2 AquaCrosslands**  5-9 BINGO No Kitchen	18. BOD Retreat  Yard Clean- up Project
19. <b>NEW!! Sunday Supper 4-6pm + Better than Bacon Improv</b>	20. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 6:30 Weight Watchers (S)	21. 9:30 Living History <b>NO</b> Arts & Crafts 10 Needlework (S) 10 Games 10 Mental Gymnastics 11 Mem/Dir Mtg (W) 12:30 Pivot Therapy 1-2 AquaKendal* 1-3 YMCA***	22. 8-10 Trevoze (W) 9:30 Not Just Quilts X 10 Games 10:30 Pet Therapy 11 SilverSneakers 12:30 Sing-A-Long 1-2 Digital Photo (RR)	23. 6-9 BNI Brkfst (W) 9 Medicare <b>NO</b> Line Dancing 10 Bible Study (RR) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 3 Bazaar Comm Mtg 2 Tech Help (Stlr) 2-3 Gentle YOGA (W) 6-9 Pinochle (W) <b>NO</b> Line Dancing (S)	24. 9-12 Genealogy 9:30 Not Just Quilts <b>NO</b> Laugh Out Loud 10 Needlework 10 Games 11 Tech Help (Stlr) 1 Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	25.
26.	27. <b>Memorial Day</b>  <b>CENTER CLOSED</b>   <b>MEMORIAL DAY</b>	28. 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***	29. 8-10 Trevoze (W) 9:30 Not Just Quilts X 10 Games 10:30 Pet Therapy 11 SilverSneakers 12:30 Sing-A-Long 1-2 Digital Photo (RR)	30. 6-9 BNI Brkfst (W) 9 Medicare <b>NO</b> Line Dancing 10 Bible Study (RR) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** <b>NO</b> Gentle YOGA (W) 2 Yard Sale Setup <b>NO</b> Tech Help (Stlr) 6-9 Pinochle (W) <b>NO</b> Line Dancing (S)	31. 8-5 Yard Sale Setup 9-12 Genealogy <b>NO Programs</b> 1-2 AquaCrosslands** <b>NO BINGO</b>	

Calendar activities subject to change due to unforeseen circumstances.

**May 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*	SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$4.52	1 Meatloaf w/Gravy Mashed Potatoes Green Beans w/ Tomatoes Whole Roll Rice Raisin Pudding	2 Roasted Pork Loin Baked Sweet Potato Broccoli Florets Mini Corn Muffin Cinnamon Applesauce	3 Cheeseburger Lettuce & Tomato Steak Fries Parslied Carrots Honeydew Chunks
6 Chicken Cordon Bleu Mixed Vegetable White & Wild Rice Wheat Roll Mandarin Oranges	7 Beef Stroganoff Romaine & Onion Salad w/ Dressing Parslied Noodles Fruited Jello Wheat Roll	8 Roast Turkey w/Gravy Yams Brussel Sprouts Wheat Roll Hot Spiced Apples	9 Penne w/ Meatballs Marinara Sauce Spinach Salad Balsamic Vinaigrette Breadstick Pear Halves	10 <b>Mothers Day Celebration</b> Chicken Piccata Wild Rice Spring Mix w/ Cherry Tomatoes Italian Dressing Warm Biscuit Lemon Meringue Pie
13 Chicken Lo Mein WW Noodles Oriental Blend Veg Sliced Carrots Vegetable Egg Rolls Fortune cookie	14 Baked Pollock Pineapple Salsa Roasted Red Potatoes California Blend Veg Oatmeal Cookie	15 <b>Birthday</b> Pepper Steak Brown Rice Sugar Snap Peas w/ Shredded Carrots Wheat Roll Vanilla Ice Cream Cup	16 Chicken Cacciatore WW Penne Pasta Marinara Sauce Tuscan Blend Veg Italian Bread Sliced Apricots	17 <b>SENIOR GAMES &amp; PICNIC CENTER IS CLOSED</b> 
20 Pulled BBQ Turkey Sandwich Corn Cobbette Broccoli Watermelon & Cantaloupe Chunks	21 Chicken Marsala Oven Roasted Potatoes Green Beans Spinach Salad Wheat Roll Tapioca Pudding	22 Rotisserie Seasoned Chicken Alfredo Noodles Winter Blend Veg WG Wheat Bread Peaches & Cream	23 Italian Sausage Peppers & Onions Green Beans & Tomatoes Parslied Noodles Club Roll Honeydew Chunks	24 Beef Stew Romaine & Onion Salad w/ Dressing WG Biscuit Fruited Mandarin Jello
27 <b>MEMORIAL DAY CENTER IS CLOSED</b> 	28 Turkey Ham Red Roasted Potatoes Zucchini w/ Peppers & Onions Wheat roll Cinnamon Applesauce	29 Beef Stew Romaine & Onion Salad w/ Dressing WG Biscuit Fruited Mandarin Jello	30 Sweet n Sour Chicken Fried Rice w/ Egg Oriental Blend Veg Mandarin Oranges	31 Breaded Fish Fillet Sandwich Lettuce & Tomato Pasta Salad Brussel Sprouts WG Hamburger Bun Tartar Sauce Cantaloupe Chunks

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. For health and safety reasons, perishable food may not be removed from the Center.

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.