

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

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2019 Volunteer Appreciation Luncheon



Judi Dahlen (left)
Anita O'Connor (center)
Brenda Sharp (right)

This year our search for ***Volunteer of the Year*** focused on volunteers for specific programs. Assisted Senior Program Volunteers **Brenda Sharp & Judi Dahlen** were selected. Congratulations again & thank you for all you do!



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

You make all the difference!

Do you wonder how all those programs happen at KASC? Last year, you helped us raise more than \$50,000 at the Senior Center's annual fundraising dinner. It takes over half a million dollars to keep the lights on and programs running! This year, Cuisine 2019 will repeat that success. To do that, though, we need you. There are many ways that you can support

Cuisine 2019. For example, you can buy a ticket or help secure silent auction gifts. Please call me at 610-444-4819 to talk!

Our Spring appeal is in progress and you should have received a letter asking for your support. Please respond as generously as you can; your donation makes a difference!

Warm regards,

Anita M. O'Connor



A "Jack Of All Trades" is how volunteer Pat Farmer describes herself. With daily gratitude we describe Pat as invaluable! Her versatility, willingness to learn new tasks and to help wherever needed contributes every day to center programming and to meeting members' needs.

Pat became a member KASC over 16 years ago and almost immediately, began volunteering. She was born at home in 1940 in the village of Westwood (just west of Coatesville). She grew up in Westwood and Parkersburg, PA as one of 13 children. In 1959 she married Don Farmer (also a KASC volunteer) and she has 2 daughters, 5 grandchildren, 2 great grandsons and 2 great granddaughters.

Pat had a home based specialty printing business for twenty years. Her business primarily focused on marketing materials for businesses such as t-shirts and mugs.

After closing her business, Pat wasn't quite ready to stop working and took a job

in a Delaware bridal shop, where she remained for 5 years.

Pat first learned about the KASC from a longtime friend who encouraged her to visit. Pat explained that, after retiring, she was spending too much down time at home and her friend thought she might enjoy the activities at the Center. At first Pat declined, telling her friend, "That is a place for old people". With a little coaxing she acquiesced and made her first visit to KASC. Pat described that during her first visit she sat and watched people and then introduced herself to some. She quickly became a member and soon after that, a volunteer. Her first activity was sewing and crafts and after only one year she was voted Member Director to represent KASC members on the Board of Directors. She was a Member Director for 6 years (2 terms) and when again eligible was elected and served another 3 year term. In her role as Member Director, Pat most enjoyed being an advocate for members and making sure their needs, concerns and requests were heard. She continues to be an ear for members who often share their thoughts with her.

Every day Pat volunteers at the senior center taking on various administrative and supervisory tasks. She greets visitors and coordinates the greeter's group. She pinch hits for Reception and Program staff whenever needed. Pat oversees all

mass mailings. She presents tours of the facility for newcomers and helps orient new members. Pat actively recruits volunteers, including her husband Don, who now runs a driver safety course at the senior center. She also oversees registration and attendance data entry. Why does she do all this? . . . Pat says it's because she loves helping people.

Pat was awarded KASC Volunteer of the Year in 2015 and subsequently won the Pennsylvania Association of Senior Centers' (PASC) Statewide Volunteer of the Year Award in October 2016, a competitive award between 150 senior centers. PASC is a statewide organization that serves to advocate for senior centers, provides training to senior center professionals, and educates the public about the crucial role of senior centers.

There are no words to adequately describe the gratitude we feel for all that Pat gives to KASC, its' members and staff. We love her and can't imagine KASC without her!

We can only do what we do with the help of volunteers. If you have an interest in volunteering please let us know. We have many needs, large and small! Please contact Andrea Durynski to learn more. adurynski@KennettSeniorCenter.org or call 610-444-4819.

We are on the web
www.kennettseiorcenter.org

Where you can find details on KASC's happenings.



<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

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.

“Donations towards the scholarship fund are greatly appreciated”

KASC Scholarship Fund - Information and Assistance Department

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

PROGRAM NOTES: 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)



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@kennettseiorcenter.org

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
Lizabeth Conners, 610-444-4819 x105

Information & Assistance

Mysteries of Medicare: What are the different parts of Medicare?

APPRISE is Pennsylvania's statewide program of Medicare counseling under the auspices of the Chester County Department of Aging in Chester County. This newsletter from the APPRISE program will help you understand what each of the parts of Medicare provides.

The four parts of Medicare are:

Part A (hospital insurance) helps pay for medically necessary inpatient hospital care, inpatient care in a skilled nursing facility, home health care and hospice care. The Part A premium is free if you have worked ten years (40 quarters) and paid your FICA (Medicare) taxes.

Part B (medical insurance) helps pay for medically necessary doctors' services, outpatient services and other medical services and supplies that are not covered by Part A. There is a monthly premium for Part B.

Medicare Part C, also known as Medicare Advantage, covers all Medicare Part A and Part B services and may offer other services such as vision and dental assistance. Most Part C plans include prescription drugs. Premiums for Part C vary and most plans have co-pays when you receive medical services.

Medicare Part D offers prescription drug coverage for those not enrolling in a Medicare Advantage Plan. There is a monthly premium for Part D.

Trained APPRISE counselors meet with Medicare beneficiaries to help explain Medicare programs and enrollment. You can contact APPRISE to schedule a free, confidential meeting with a counselor with any Medicare questions by calling the **Kennett Senior Center at 610-444-4819** or the APPRISE Helpline 610-344-5004 to leave a message. You can also email us at apprisèchesco@outlook.com. Visit our website at <http://www.chesco.org/477/Apprise-Health-Insurance-Counseling>.

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.

Pennsylvania Senior Farmers Market Nutrition Program (FMNP)

Seniors who are 60+ years old during the program year and meet the income requirements are eligible for FMNP. During the summer there are many farmers markets and produce stands that accept these checks as payment.

Income is total income including interest, Social Security wages, etc. Income is determined by household. All members of the household are to be considered.

Each eligible senior may receive four \$5.00 checks for a total of \$20.00 one time

during the program year. A married couple is eligible to receive eight \$5.00 checks for a total benefit of \$40.00 one time during the program year. The FMNP checks will be distributed at the Kennett Area Senior Center Tuesday and Thursday afternoons this summer, from 1:30 PM to 4:30 PM, and by appointment. **Please contact Lizabeth Conners for more information at 610-444-4819.**

The Chester County Department of Aging Services (CCDAS) provides

the Pennsylvania Senior Farmers Market Nutrition Program (FMNP) checks for distribution to eligible individuals age 60 and older.



2019 household income eligibility is:		
# in household	monthly	yearly
1	\$1,871	\$22,459
2	\$2,537	\$30,451
3	\$3,203	\$38,443

Mysteries of Medicare: Low Income Subsidy and Medicare Savings Program helps pay for Medicare Part D and Part B for those who qualify

Lizabeth Conners
Information & Assistance
Coordinator
&
Assisted Senior Program
Coordinator

610-444-4819
x105

lconners@kennettseniorcenter.org

Lizabeth 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.

BirthDay Luncheon

Join your friends at the Kennett Area Senior Center on
Wednesday, June 19
 as we celebrate this month's birthdays!

Lunch at 12:00 pm
Entertainment: 11:00 am
Last Chance

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 by Tuesday the week before the event.



Ladies & Gentlemen,
 join us at KASC for our

"Teddy Bear" Tea Party

June 11, 2019
2:00-3:30pm

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 June Birthdays!

- | | |
|--------------------|-----------------|
| Bill Allen | Laverne Jones |
| Rosemary Angelucci | Roger Lore |
| Wynn Annechino | Jim MacLachlan |
| Betty Baker | Patty Maisano |
| Bruce Baker | Diane Martin |
| Chris Barber | Joan McClintock |
| Dick Betts | Ray McClure |
| Betty Bogle | Gloria Mckee |
| Gene Chell | Robert McKee |
| Guillermina Colón | Bob McKinstry |
| Pat Cordivano | Dave Moorhead |
| Flo Costello | Mike Moyer |
| Maria DeLuca | Joseph Nangle |
| John DeVido | Julie Noolan |
| Philip Dunwody | Jo-Anne Pessin |
| Robert Eastwood | Steven Pizzini |
| Lynn Evans | Elaine Raimats |
| Denise Fortier | Karin Raunigk |
| Rosalie Foster | Joe Ross |
| Mohan Garg | Lee Savage |
| Pres Goodwyn | Sarah Schaefer |
| Betty Gorman | Arlene Schock |
| Mack Graham | Ella Sestrich |
| Richard Greenwood | Peg Spahn |
| Stella Guest | Jean Thompson |
| Donna Hood | Harry Wackerman |
| Dot Huf | Barb Weer |
| Carolyn Inciardi | Sue West |
| Sally Jacks | |

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!

- ♥ Christine J Barber
- ♥ Benida Lou Bazzano
- ♥ James Baldo Bazzano
- ♥ Balamini Bezbaruah
- ♥ Justin Dettore
- ♥ James R Dillow
- ♥ Margaret Erling
- ♥ Rosa M Hart
- ♥ Elaine M Raimats
- ♥ Eric G Wilkins
- ♥ Marcia Wilkins



New Member Orientation

Wednesday, July 17, 2019
 9:30am-11:00am

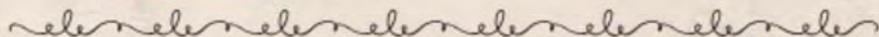
Stay for our Birthday party & Entertainment starting at 11
 RSVP for Orientation and Lunch





Sunday Supper

Food, Friends, Fun



Great Food & Fun with Family & Friends

August 11, 2019

4-6pm

4-5pm: Dinner

5-6pm: Entertainment

BYOB

EVERYONE IS WELCOME TO THIS INTER-GENERATIONAL EVENT

Bring your children and grandchildren for a delicious dinner, entertainment and fun for all!

Menu

- Tossed Salad
- Grilled Pork Tenderloin
- Mashed Potato
- Carrots
- Broccoli Salad
- Rolls & Butter
- Pound Cake w/ Strawberries & Whipped Cream

Cost:

- \$15.00/person (12+)
- \$5/child (11 & under)

Reservations are a must please reserve your seat by calling one week in advance

Menu

- Children's Varies (11 and under)
- Mac N Cheese
- Chicken Nuggets
- French Fries

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



Sponsored in part by
W.W. Smith Charitable Trust

Needlework Returns!!

Beginners welcomed
Tuesday & Friday, 10:00am-12:00pm
Join Nancy "Lee" Savage

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.



THANK YOU FOR YOUR SUPPORT
WE RAISED APPROXIMATELY \$50,000+
Please take time to thank our Major and Event sponsors listed below.

Major Donor
Anonymous

Event Sponsor
Mushroom Farmers of PA



ATTENTION BOOKWORMS!

(Second Tuesdays at 10:00am)



Next meeting

June 11, 2019

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

The book choice for:

June	July
"Fallen" by David Baldacci	"A Great Reckoning" by Louise Penney

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! She can also provide Free Notary Services.

**Sandy will be at KASC
the second Thursday
of each month
from 10:00 am to 12:00 pm
Thursday, June 13, 2019**

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

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.



Donation Recognitions....

During the year, the Kennett Area Senior Center receives donations in **memory** of friends who have passed or **honoring** one of our members or staff. We wish to thank these donors for **remembering** or **honoring** their friends or loved ones in this way.

In Memory of Betty Bogle

Judith Packheiser



Exciting NEWS!! Planning new "Italian Culture" Class



Lead by:

Jack Yateman & Joe Annichino

Anyone interested in participating in this class, please contact Andrea.

Dates and Times to be determined.

Watch upcoming newsletter for more information.



"Indoor" Yard Sale

Saturday, June 1, 2019
8:00am - 3:00pm



Decorations for the home,
Kitchen Supplies, Appliances,
Puzzles, Toys, Clothing,
Furniture ...and much, much more!

Hot dogs, Hamburgers,
chips and drinks will be
available for purchase



Programs and Services partially funded by Chester County Department of Aging Services

Living History Storytelling

Presented by Jan Michener

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

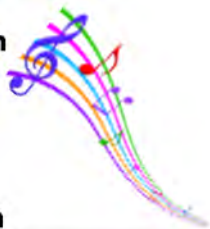
You're never too old to have fun! Creativity and imagination is key to sharing life experiences, bringing back fond memories! Really, all that's needed is a willingness to play and share your stories and build lasting friendships as well!



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.



Cindy McGrath
on Piano
Wednesday,
June 5, 2019
12:15-1:15pm



Rover 2019 Visits

Q&A's & New Client Registrations

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

June 26
October 23
December 11

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

Thank You!



Ask Your Pharmacist

"Blood Pressure & Cholesterol Management" and "Drug Interaction & Medication Safety"

Wednesday, June 26, 2019
12:30-2:00pm

Nutrition Talk

"A "Review" of Today's Most Popular Diets"
w/Barbara Myers

Tuesday, June 25
11:00am-12:00pm



MindMatters:

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

Friday, July 12, 2019
at 12:30 pm-2:00 pm

"Memory as We Age"

Presented by Dr. Nancy Dennis

Associate Professor: Department of Psychology, Penn State

Dr. Nancy Dennis work focuses on understanding how memory changes in aging and ways we can ameliorate memory decline. She uses brain imaging technology to identify neural markers of memory processes. By 2050, roughly 83.7 million in the U.S. will be over 65 with memory declines at the forefront of age-related cognitive complaints. She will discuss both stability and decline in various types of memory in aging, and describe methods for improving memory across the lifespan.

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:

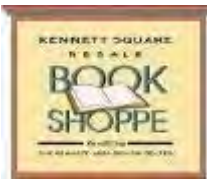
AARP Member \$15.00, Non-Member \$20.00
 and a \$1.00 Donation to KASC

2019 Schedule

July 18
 September 19
 November 21

Reserve your spot today!
Class limit of 14





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

www.ksbookshoppe.org
kascbooks@kennettcenter.org

**Gently Used Books,
CDs & DVDs**
*All proceeds benefit the
Kennett Area Senior Center*

**GENEALOGY
w/ John Beck**



**Fridays,
9:00am-12:00pm**
Walk-ins welcome,
appointments preferred

**All other times Monday-Friday
by appointment only**

John can help....Are you searching for:

- Family History - Your Roots
- Family Stories (myth or reality)

To schedule an appointment contact John by calling 610-444-4819 or by email at JBeck@KennettSeniorCenter.org. Please fill out and bring the completed Genealogy Questionnaire to the appointment. Questionnaire is available in the KASC Front Office, or by emailing John or visiting <http://kennettcenter.org/event/genealogy-with-john-beck/> to open, fill in and email the questionnaire.

**BEACH BAG SALE
JUNE 7 & 8, 2019
10 AM-4 PM
KENNETT RESALE
BOOK SHOPPE
113 S. UNION ST.
KENNETT SQUARE, PA**

**CHILDREN'S BOOKS &
SPECIAL VALUE
ITEMS NOT INCLUDED
IN SALE**

**"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

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.



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

THURSDAY		FRIDAY	
Day	Time	Day	Time
June 6	2:00pm	June 7	11:00am & 1:00pm
June 13	No Session	June 14	11:00am & 1:00pm
June 20	2:00pm	June 21	No Sessions
June 27	2:00pm	June 28	11:00am & 1:00pm

You can email your questions in advance to Colleen at covens@kennettcenter.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@kennettcenter.org.

We have a seat for you!

Please plan to join friends and supporters of the Kennett Area Senior Center Wednesday, September 18 5:30 PM to 8:30 PM

Cuisine 2019

14th annual fundraising dinner presented by the Mushroom Farmers of Pennsylvania At The Inn at Mendenhall

*Champagne Welcome
Dinner and Dessert
Cash Bar*

Tickets available NOW!

Call the Center at 610-444-4819 to reserve yours TODAY!

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



Save the Date!

KENNETT AREA SENIOR CENTER



CUISINE 2019

We have a seat for you!

Wednesday, September 18, 2019

Presented by



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.

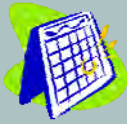
Friends Home
128 Years in Kennett

147 W. State Street, Kennett Square
610.444.8785 | FHKennett.org



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





Check out our
Activity
Calendar on
the next page
for more
activities!

Andrea Durynski
Program
&
Volunteer
Coordinator

610-444-4819
x101

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

Call or email for
Volunteer
opportunities
or to discuss
upcoming
programs or events





Programs and
Services partially
funded by Chester
County Department
of Aging Services.

MARK YOUR CALENDAR IMPORTANT DATES – June 2019

6/4	Tues.	Mental Gymnastics Compassionate Care Presentation (see ad)	10:00am-11:00am 10:30am-11:30am
6/5	Weds.	Alzheimer's Support Group Music - Cindy McGrath on Paino	10:00am-12:00pm 12:15pm-1:15pm
6/6	Thurs.	Medicare Counseling (by appointment only) Words of Life Study Gentle "Chair" Yoga	9:00am-2:00pm 10:00am-11:00am 2:00pm-3:00pm
6/7	Fri.	Genealogy w/ John Beck	9:00am-12:00pm
6/11	Tues.	Mental Gymnastics Book Club (see ad) "Teddy Bear" Tea Party	10:00am-11:00am 10:00am-11:00am 2:00pm-3:30pm
6/12	Weds.	Audiologist	1:00pm-4:00pm
6/13	Thurs.	Medicare Counseling (by appointment only) Words of Life Study Blood Pressure Screening Constituent Outreach (see ad) Gentle "Chair" Yoga	9:00am-2:00pm 10:00am-11:00am 10:30am-11:30am 10:00am-12:00pm 2:00pm-3:00pm
6/14	Fri.	Genealogy w/ John Beck NO Mind Matters for June, next one July (see ad)	9:00am-12:00pm
6/18	Tues.	Mental Gymnastics	10:00am-11:00am
6/19	Weds.	Entertainment: Last Chance (see ad) Birthday Luncheon	11:00am-12:00pm 12:00pm-12:30pm
6/20	Thurs.	Medicare Counseling (by appointment only) Words of Life Study Gentle "Chair" Yoga	9:00am-2:00pm 10:00am-11:00am 2:00pm-3:00pm
6/21	Fri.	Genealogy w/ John Beck	9:00am-12:00pm
6/25	Tues.	Mental Gymnastics Audiologist Nutrition w/ Barbara Myers (see ad)	10:00am-11:00am 10:30am-2:00pm 11:00am-12:00pm
6/26	Weds.	Rover Outreach Ask Your Pharmacist (see ad)	10:00am-11:00am 12:30pm-1:30pm
6/27	Thurs.	Medicare Counseling (by appointment only) Words of Life Study Gentle "Chair" Yoga Bazaar Committee Meeting	9:00am-2:00pm 10:00am-11:00am 2:00pm-3:00pm 3:00pm-4:00pm
6/28	Fri.	Genealogy w/ John Beck Laugh Out Loud	9:00am-12:00pm 10:00am-11:00am
July			
7/4	Thurs.	Independence Day - CENTER IS CLOSED	
7/26	Fri.	I.G.C. Jewelry Appraiser (see ad) Floral Challenge (see ad)	9:00am-3:00pm 10:00am-12:00pm
August			
8/11	Sun.	Sunday Supper	4:00pm-6:00pm

KASC Center Activities – June 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. YARD SALE 8AM- 3PM
2.	3. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 6:30 Weight Watchers (S)	4. 9:30 Living History NO Arts & Crafts 10 Needlework (S) 10 Games 10 Mental Gymnastics 10:30 Compassionate Care Presentation 1-2 AquaKendal* 1-3 YMCA***	5. 8-10 Trevoze (Stlr) 9:30 Not Just Quilts X 10-12 Alzheimer's Support Group (R) 10 Games 10:30 Pet Therapy 11 SilverSneakers 12:15 Music - Cindy McGrath on Piano NO Sing-A-Long 1-2 Digital Photo (Stlr)	6. 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) 10 MOVIE (W) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 2-3 Gentle YOGA (W) 2 Tech Help (Stlr) 6:30 Line Dancing (S)	7. 9-12 Genealogy 9:30 Not Just Quilts 10 Needlework 10 Games 11 Tech Help (Stlr) 1 Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	8.
9.	10. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 6:30 Weight Watchers (S)	11. TEA PARTY 9:30 Living History NO Arts & Crafts 10 Book Club (Stlr) 10 Needlework (S) 10 Games 10 Mental Gymnastics 11-1:30 FoodPrep (R) 1-2 AquaKendal* 1-3 YMCA*** 2 Tea Party	12. 8-10 Trevoze (W) 9:30 Not Just Quilts X 10 Games 10:30 Pet Therapy 11 SilverSneakers NO Sing-A-Long 1-3 Staff Meeting (W) 1-2 Digital Photo (RR) 1-4 Audiologist (Stlr) 4 Org Dev Mtg (R)	13. 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) 10-12 Constituent Outreach 10:30 BPS (W) 11 SilverSneakers 12:30-2 Bingo 2-3 Gentle YOGA (W) 1-3 YMCA*** NO Tech Help (Stlr) 5:30 Fund Dev (offsite) 6:30 Line Dancing (S)	14. 9-12 Genealogy 9:30 Not Just Quilts 10 Needlework 10 Games 11 Tech Help (Stlr) 1 Tech Help (Stlr) NO Mind Matters 1-2 AquaCrosslands** 5-9 BINGO 	15.
16. Happy Father's Day! 	17. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 3:30 Exec Comm Mtg (R) 6:30 Weight Watchers (S)	18. 9:30 Living History NO Arts & Crafts 10 Needlework (S) 10 Games 10 Mental Gymnastics NO Mem/Dir Mtg (W) 1-2 AquaKendal* 1-3 YMCA***	19. BIRTHDAY LUNCH 8-10 Trevoze (W) 9:30 Not Just Quilts X 10 Games 11 Entertainment - Last Chance NO Pet Therapy NO SilverSneakers NO Sing-A-Long 1-2 Digital Photo (Stlr)	20. 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 2-3 Gentle YOGA (W) 2 Tech Help (Stlr) 4-5:30 Mktg Comm (R) 6:30 Line Dancing (S)	21. 8-9:30 Finance Comm (W) 9-12 Genealogy 10-11 Program Comm 9:30 Not Just Quilts NO Laugh Out Loud 10 Needlework&Games NO Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	22.
23. 30.	24. 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 6:30 Weight Watchers (S)	25. 7:30 BOD (W) 9:30 Living History NO Arts & Crafts 10 Needlework (S) 10 Games 10 Mental Gymnastics 10:30 Audiologist(Stlr) 11 NUTRITION with Barbara Myers 1-2 AquaKendal* 1-3 YMCA***	26. 8-10 Trevoze (W) 9:30 Not Just Quilts X 10 Games 10-11 ROVER Outreach 10:30 Pet Therapy 11 SilverSneakers 12:30 Ask Your Pharmacist NO Sing-A-Long 1-2 Digital Photo (Stlr)	27. 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 2-3 Gentle YOGA 2 Tech Help (Stlr) 3-4 Bazaar Comm Mtg 6:30 Line Dancing (S)	28. 9-12 Genealogy 9:30 Not Just Quilts 10 Laugh Out Loud (W) 10 Needlework 10 Games 11 Tech Help (Stlr) 1 Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	29.

Calendar activities subject to change due to unforeseen circumstances.

June 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			
3 Meatloaf with Gravy Mashed Potatoes Green Beans w/ Tomatoes Whole Roll Rice Raisin Pudding	4 Roasted Pork Loin Baked Sweet Potato Broccoli Florets Mini Corn Muffin Cinnamon Applesauce	5 Cheeseburger Lettuce & Tomato Steak Fries Parslied Carrots Honeydew Chunks	6 Chicken Cordon Bleu Mixed Vegetable White & Wild Rice Wheat Roll Mandarin Oranges	7 Stuffed Tilapia WG Mac n Cheese Stewed Tomatoes Romaine & Onion Salad Sliced Strawberries, w/ Whipped Topping
10 Beef Stroganoff Romaine & Onion Salad w/ Dressing Parslied Noodles Fruited Jello Wheat Roll	11 Roast Turkey Gravy Yams Brussel Sprouts Wheat Roll Hot Spiced Apples	12 Open-Faced Roast Beef w/ Gravy Mashed Potatoes Zucchini WG Wheat Bread Orange Sections	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
17 Pepper Steak Brown Rice Sugar Snap Peas w/ Shredded Carrots Wheat Roll Vanilla Ice Cream Cup	18 Pulled BBQ Turkey Sandwich Corn Cobbette Broccoli WG Hamburger Bun Watermelon & Cantaloupe Chunks	19 Birthday Penne w/ Meatballs Marinara Sauce Spinach Salad Balsamic Vinaigrette Breadstick Pear Halves	20 Chicken Cacciatore WW Penne Pasta Marinara Sauce Tuscan Blend Veg Italian Bread Sliced Apricots	21 Fathers Day Meal Chopped Steak w/ Mushroom Gravy Baked Potato w/ Sour Cream & Cheddar Cheese Broccoli Dinner Roll Boston Cream Pie
24 Chicken Marsala Oven Roasted Potatoes Green Beans Spinach Salad Wheat Roll Tapioca Pudding	25 Rotisserie Seasoned Chicken Alfredo Noodles Winter Blend Veg WG Wheat Bread Peaches & Cream	26 Italian Sausage Peppers & Onions Green Beans & Tomatoes Parslied Noodles Club Roll Honeydew Chunks	27 Glazed Turkey Ham Red Roasted Potatoes Zucchini w/ Peppers & Onions Wheat roll Cinnamon Applesauce	28 Beef Stew Romaine & Onion Salad w/ Dressing WG Biscuit Fruited Mandarin Jello

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.

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

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 Supper - One Sunday, quarterly, with Dinner and entertainment from 4:00pm-6:00pm. 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. Classes on Hold

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

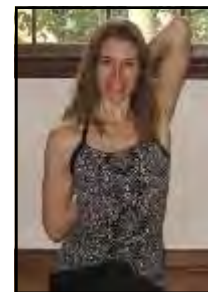
Trevoze Behavioral Modification Program (TBMP) - This is behavior modification for weight loss. Wednesdays, 8:00-10:00am

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

Yoga (Gentle) - Thursdays, 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”



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

- **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)

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)

Kennett Area Senior Center

Local Business Membership benefits 2019 - cont.

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)



SAVE THIS DATE
FRIDAY, September 27, 2019
9:00am-3:00pm

FINE JEWELRY, WATCH, CLOCK REPAIR & APPRAISAL CLINIC

Presented by I.G.C.
"YOUR CONCIERGE JEWELER &
PRECIOUS GEM & METALS BUYERS"

Hosted by KENNETT AREA SENIOR CENTER
427 S. Walnut St., Kennett Square, PA 19348
Call 610-444-4819 for an appointment!

HERE IS A PARTIAL LIST OF THE FOLLOWING
SERVICES THAT WE OFFER:

- ◆ Ring Sizing's ◆ Finger Fit Shanks ◆ Broken Chain Solders ◆
Repair Or Replace Broken Prongs ◆ Stone Replacement ◆
Stone Resetting Or Tightening ◆ Custom Design Services ◆
Jewelry Refinishing ◆ Rhodium Plating ◆ Clasp Replacement
◆ Safety Chains & Secondary Catches ◆ Earring Posts ◆
Watch Battery Replacement ◆ Watch Repairs ◆ Restringing



"Advanced Directives"
Presented by Kelly Liberato
Tuesday, June 4, 2019
10:30am - 12:00pm



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.



Caregivers . . . Need a Break?
**Consider Respite Care
 at the Kennett Area Senior Center**

Benefit to you:	For your Loved One:
<ul style="list-style-type: none"> ♥ Flexible Schedule ♥ Peace of Mind ♥ Time for "You" 	<ul style="list-style-type: none"> ♥ Mental Activities ♥ Physical Exercise ♥ Social Activities



Call today to learn more about our inclusive, affordable, non-medical Assisted Senior Program.

Kennett Area Senior Center
 427 S. Walnut Street
 Kennett Square, PA 19348
 610.444.4819
 www.KennettSeniorCenter.org




Funded in part by the Chester County Department of Aging Services.

Call to learn more or for an assessment
 Lizabeth Conners, Assistant Senior Program
 610-444-4819 x105




**"FLORAL"
 CHALLENGE**
 by the
Four Seasons Garden Club
Friday, July 26, 2019
10:30am-12:00pm
 We have a limit of 25 participants.
 Sign up sheet available
 Check with Andrea
 for details!!
Thank you...

GENTLE CHAIR YOGA

Thursdays
 2-3PM
 \$10/class
 paid in full at the beginning of each month

This class focuses on deep breathing, stretching, and strengthening our muscles. It begins seated in a chair with breathing exercises and movement to warm up the spine and shoulders. We then stand and use the chair for leg, hip, and balance exercises. Sometimes we use the wall as an aid for these yoga postures. Class ends seated again with a cool down and guided meditation. All are welcome. Students may sit the whole time if they choose. They may bring a mat if they prefer to do the same exercises without the chair.

Caitlin Reilly has been teaching yoga in DE and PA since 2012. She has trained and continues learning how to adapt traditional yoga practices for diverse populations. Yoga has helped her recover from and prevent anxiety, illness, and injury over the years. She hopes to share the gift of yoga and meditation with you! Caitlin lives in DE with her husband and their two fluffy cats.



**Falls Prevention
 Awareness Expo 2019**






**Just Because it's "Fall"
 Doesn't Mean You Have to!**
 Falls remain the leading cause of injury for older Americans often threatening senior's safety and independence

Meet with injury prevention experts to learn:

- How to prevent falls
- Strategies to decrease your risk for falls

Blood Pressure, Hydration & Fall Risk/Balance Assessment Screenings will be offered

Appointment needed for the Fall Risk/Balance Screening, Please call 610.444.4819

Expo will also include:
 Osteoporosis, Nutrition and Low Vision Information, Pharmacist, Matter of Balance Program Sign-Up, Medication Drop Off Box

THURSDAY, SEPTEMBER 26
 10:00 AM-12 NOON
Kennett Area Senior Center
 427 S. Walnut St.
 Kennett Square
THIS PROGRAM IS FREE!

Kennett Area Senior Center
427 South Walnut Street
Kennett Square, PA 19348
610-444-4819 www.KennettSeniorCenter.org

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