



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.