




KASC Center Activities – September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day Holiday CLOSED	3 <u>NO</u> Arts & Crafts 10 Needlework (S) 10 Games 10 Mental Gymnastics 1-2 AquaKendal 1-3 YMCA	4 8-10 Trevoise (W) 9:30 Not Just Quilts X 10-12 Alzheimer's Support Group (RR) 10 Games 10:30 Pet Therapy 11 SilverSneakers 12:30 Sing-A-Long 1-2 Digital Photo (Stlr)	5 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) NO Movie 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** NO Gentle YOGA (W) 2 Tech Help (Stlr) 6:15 Pinochle (W) 6:30 Line Dancing (S)	6 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	7
8	9 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 6:30 Weight Watchers (S)	10 TEA PARTY <u>NO</u> Arts & Crafts 10 Book Club (Stlr) 10 Needlework (S) 10 Games 10 Mental Gymnastics 11 Food Prep (RR) 1-2 AquaKendal* 1-3 YMCA***	11 8-10 Trevoise (Stlr) 9:30 Not Just Quilts X 10 Games 10:30 Pet Therapy 11 SilverSneakers 12:30 Sing-A-Long 1-4 Audiologist (Stlr) 1-3 Staff Meeting 1-2 Digital Photo (RR) 2 Italian Culture (R) 4 Org Dev Mtg (RR)	12 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) 10-12 Constituent O/R 10:30 BPS (W) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** NO Gentle YOGA (W) 2 Tech Help (Stlr) 5:30 FundDev (offsite) 6:15 Pinochle (W) 6:30 Line Dancing (S)	13 9-12 Genealogy 9:30 Not Just Quilts 10 Needlework 10 Games 12:30 Mind Matters 11 Tech Help (Stlr) 1 Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	14
15	16 9:30-11 Living History 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 3:30-5 Exec Comm Mtg (R) 6:30 Weight Watchers (S)	17 <u>NO</u> Arts & Crafts 10 Needlework (S) 10 Games 10 Mental Gymnastics 11 Mem/Dir Mtg (W) 1-2 AquaKendal* 1-3 YMCA***,wi 2-3:30 ART CLASS with Beverly Bruns	18 Birthday Lunch 9:30 Not Just Quilts 10 Trevoise (W) 10 Games 11 Entertainment - The Rewindz <u>NO</u> Pet Therapy <u>NO</u> SilverSneakers <u>NO</u> Sing-A-Long 1-2 Digital Photo (Stlr) 2 Italian Culture (R) 5:30 Cuisine at The Mendenhall Inn	19 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) 11 SilverSneakers 12:30-2 Bingo 12:30 AARP Safe Driver Class NO Gentle YOGA (W) 1-3 YMCA** 2 YARD SALE SETUP <u>NO</u> Tech Help (Stlr) 4-5:30 Mktg Comm (RR) 6:15 Pinochle (W) NO Line Dancing	20 8-9:30 Finance Comm Mtg (W) 8 YARD SALE SETUP ALL DAY 9-12 Genealogy <u>NO</u> Tech Help (Stlr) 1-2 AquaCrosslands** NO BINGO	21 Indoor YARD SALE 8am- 3pm
22	23 9:30-11 Living History 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 6:30 Weight Watchers (S)	24 7:30 BOD (W) <u>NO</u> Arts & Crafts NO Needlework (S) 10-11 ANNUAL MEMBER/BOD Mtg NO Mental Gymnastics 10:30 Audiologist (Stlr) 1-2 AquaKendal* 1-3 YMCA*** 2-3:30 ART CLASS with Beverly Bruns	25 8-10 Trevoise (W) 9:30 Not Just Quilts X 10 Games 10:30 Pet Therapy 11 SilverSneakers 12:30 Sing-A-Long 1-2 Digital Photo (Stlr) 2 Italian Culture (R)	26 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) 10 Fall Prevention Expo (W) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** NO Gentle YOGA (W) 2 Tech Help (Stlr) 3-4 Bazaar Mtg. 6:15 Pinochle (W) 6:30 Line Dancing (S)	27 9-12 Genealogy 9-3 I.G.C. (S) 9:30 Not Just Quilts <u>NO</u> Laugh Out Loud 11 Tech Help (Stlr) 1 Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	28
29	30 9:30-11 Living History 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 6:30 Weight Watchers (S)			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.

Lunch Menu - September 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>2</p>  <p>Center is Closed</p>	<p>3</p> <p>Chicken Stuffed w/ Broccoli & Swiss Mixed Vegetable White & Wild Rice Wheat Roll Mandarin Oranges</p>	<p>4</p> <p>Labor Day Celebration Turkey Burger w/ Swiss, Mushrooms & Onions Sweet Potato Fries Broccoli Salad Water Ice</p>	<p>5</p> <p>Roast Turkey Gravy Yams Brussel Sprouts Wheat Roll Hot Spiced Apples</p>	<p>6</p> <p>Stuffed Pepper Garboanzo Bean Salad Italian Bread Chocolate Mousse</p>
<p>9</p> <p>Baked Pollock Chopped Pineapple Salsa Roasted Red Potatoes California Blend Veg Oatmeal Cookie</p>	<p>10</p> <p>Beef Stroganoff Romaine & Onion Salad w/ Dressing Parslied Noodles Fruited Jello Wheat Roll</p>	<p>11</p> <p>Chicken Marsala Oven Roasted Potatoes Green Beans Spinach Salad Wheat Roll Tapioca Pudding</p>	<p>12</p> <p>Sliced Roast Beef Brown Gravy Mashed Potatoes Spinach Wheat Bread Cantaloupe Chunks</p>	<p>13</p> <p>Pulled BBQ Turkey Sandwich Corn Cobbette Broccoli Watermelon Chunks</p>
<p>16</p> <p>Pepper Steak w/ Onions & Peppers Brown Rice Seasoned Snap Peas & Shredded Carrots Wheat Roll Vanilla Ice Cream</p>	<p>17</p> <p>Chicken Caciatore WW Spaghetti Marinara Sauce Turscan Blend Veg Italian Bread Sliced Apricots</p>	<p>18 Birthday Sausage Peppers & Onions Green Beans & Tomatoes Parslied Noodles Club Roll Honeydew Chunks</p> 	<p>19</p> <p>Salisbury Steak Mashed Potatoes Carrots Wheat Roll Sugar Cookie</p>	<p>20</p> <p>Rotisserie Seasoned Chicken Alfredo Noodles Winter Blend Veg WG Wheat Bread Peaches & Cream</p>
<p>23</p> <p>Glazed Turkey Ham Red Roasted Potatoes Brussel Sprouts Wheat roll Cinnamon Applesauce</p>	<p>24</p> <p>Sweet n Sour Chicken Oriental Fried Rice w/ Egg Oriental Mixed Veg Mandarin Oranges</p>	<p>25</p> <p>Breaded Fish Fillet Lettuce & Tomato Pasta Salad Brussel Sprouts Cantaloupe Chunks Tartar Sauce</p>	<p>26</p> <p>Meatloaf with Gravy Mashed Potatoes Green Beans w/ Tomatoes Whole Roll Rice Raisin Pudding</p>	<p>27</p> <p>Chicken Parmesan WG Spaghetti Marinara Sauce Cauliflower Romaine Salad w/ Dressing Strawberries Whipped Topping</p>
<p>30</p> <p>Roasted Pork Loin Baked Sweet Potato Broccoli Florets Mini Corn Muffin Cinnamon Applesauce</p>		<p>CCDAS Food Vendor</p> 	<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 \$4.52</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. 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.