

#### **Our Mission**

The Kennett Area Senior Center helps adults, 50 and better, live healthy, active and independent lifestyles.

#### March / April 2024

Inside this issue:	Pg
Executive Director Message	1
June Yard Sale	2
Donation Guidelines	3
Senior Picnic / COVID Guidelines	4
AARP & Gen Info	5
Put on your Apron	6
Information & Assistance	7
March Activities	8
March Lunch Menu	9
April Activities	10
Program Corner	11
Impact Highlights	12
Upcoming Events	13
Garden Naturally	14
Pot Luck Page	15
Resources	16
Membership / Volunteer Info	17
Board and Staff	18



**United Way of** Southern Chester County

# CENTER SCOOP

Celebrating over 50 years of service to our community!

### Message from our Executive Director

Dear Friends,

I hope that you are all well, enjoying your days and looking forward to the warm days of Spring. Having recently faced inclement weather closures and a challenging extended electric outage, KASC is definitely looking forward to Spring!

We have been busy bees and I'm thrilled to announce that we've successfully completed the installation of a much-needed new roof, gutters and insulation, ensuring that our Center remains a safe and welcoming space for all.

In partnership with AARP Foundation, in January we began delivery of tax season services. As many of you know, AARP Foundation provides volunteer certified tax preparers and KASC donates space and administrative staffing for the program. To date we have made over 400 free tax preparation appointments and the phones just keep ringing! We have more open appointments and if you know someone who could benefit from this amazing service, please give us a call.

Early in the year our staff and event planning volunteers, Richard and Ginny Shar, met for our annual planning session. This is a day of collaboration, during which we all put our heads together, share ideas and create a calendar of activities for the year. We encourage you to keep an eye on our posted activities calendars because we will be introducing a range of new activities and programs designed to enrich your experience at the Center. Coffee with friends, daily lunch, food distribution programs, cards & games, exercise, learning workshops, volunteer opportunities and so much more! There is something for everyone to enjoy.

> Words simply cannot express how grateful I am to all who continue to support our Center, whether through donations, volunteer efforts, or participation in our programs. Your contributions are the key in ensuring a warm, welcoming, and supportive community here at KASC.

Wishing you all a joyful Spring season ahead!



427 South Walnut Street, Kennett Square, PA 19348 610-444-4819 / www.kennettseniorcenter.org

Page 2 Center Scoop

## The area's biggest indoor

# YARD SALE

Clothing, furniture, toys, home goods & decor and much more!

Kennett Area Senior Center

427 S. Walnut St. Kennett Square, PA

Saturday, June 1 8 a.m. – 3 p.m.

SUPPORT THE CENTER AND BUY WHAT YOU NEED AT GREAT PRICES!

### Volunteers Needed

It takes a village! Please let us know if you would like to help. Cashiers, Bagging, Set Up, Clean Up and more! Call Deb at 610-444-4819.

### **Kennett Area Senior Center Donation Guidelines**

Thank you so much for considering donation of your household items to the Kennett Area Senior Center! Our Center is a non-profit charitable organization serving seniors in Kennett and nearby areas. Your donation will help us to support seniors through a wide array of Nutrition, Health & Wellness, Information & Assistance, and Volunteer programs. Below are general guidelines for donation. Please do not hesitate to call us with any questions that you may have at 610-444-4819.

### We accept most household items including:

- ♦ Glassware, dishes, utensils, cookware
- ♦ Small electronics (working)
- ♦ Holiday Items
- Toys
- ♦ Puzzles with all of the pieces
- ♦ Stain-free bedding / towels and curtains
- ♦ Baskets
- ♦ Tools
- Home décor items
- Office supplies
- ♦ Small furniture
- Clean, stain-free clothing, handbags, and shoes in good condition



### Items we cannot accept:

- ♦ Medical equipment such as walkers, wheel chairs, or commode chairs (you may wish to consider donating these items to the Avon Grove Lions Club 610-255-4455)
- ♦ Incontinence products
- ♦ TVs
- ♦ Framed artwork/prints
- Full sets of dishes
- ♦ Books (Please consider donating to the Avon Grove Lion Club Book Barn 610-255-4455)
- ♦ Any item which is broken, contains mildew or has a musty smell

**Donation Hours:** Monday, Tuesday, Wednesday & Thursday from 9:30 am to 2:30 pm.

If you cannot stop by during this time, please call 610-444-4819 to

arrange an appointment.

**Drop Off Location:** Kennett Area Senior Center (1 block south of the Country Butcher)

427 S. Walnut Street Kennett Square, PA 19348

**Parking:** We have easy, on-site parking!

Page 4 Center Scoop



The Senior Picnic will be held, rain or shine, on Thursday, May 9, 2024, from 9:30a.m. to 2:00 p.m., at Springton Manor Farm, 860 Springton Road, Glenmoore, PA 19343. Pre-registration is required for both attendance and ChescoConnect bus transportation. Transportation from your home to the event is free.

KASC will have registration forms available by Wednesday, March 6th. Registration for the event is limited to 250 people so please sign up early. The deadline for bus transportation requests is April 24th. All sign up and bus transportation requests must be made at KASC.

#### Covid-19 Guidelines at KASC

The safety and well-being of our participants is of the utmost importance to us. Recent events have shown us that Covid-19 can, and will, continue to rear its ugly head. Please know that we continue to carefully watch and review CDC, State of PA and Chester County Department of Healthguidelines relating to COVID and other illnesses.

Volunteers, visitors and participants may not enter the KASC premises unless in the <u>10 days prior to entering the premises</u>: (1) <u>have not</u> had, been diagnosed with, or been suspected of having COVID-19 and (2) <u>have not</u> had any contact with anyone who has tested positive for COVID-19, experienced any symptoms of COVID-19, or self-isolated due to potential exposure to COVID.

On March 1st, the CDC issued updated guidance for COVID-19. We will be evaluating that information, especially as it pertains to those 65+ and we may modify our current COVID-19 policy. Stay well and stay healthy!



We are pleased to announce that we are again hosting the AARP Foundation to provide free, in-person tax preparation services. On January 25th we began scheduling appointments. Tax preparation appointments will be held on Tuesdays, Thursdays and Fridays in March and early April.

The program provides in-person assistance to anyone free of charge, with a special focus on taxpayers who are over 50 or have low to moderate income. You don't have to be an AARP member. Tax preparations are done by trained volunteers who must complete training and pass IRS certification annually to assist in tax preparation.

Feel free to give us a call at 610-444-4819 to schedule your appointment. Please note that all appointments will be scheduled by phone only.





If you need to connect with community resources and don't know where to look, **PA 2-1-1** can help.

No matter the situation, the specialists at 211 listen, identify underlying problems, and connect people in need with resources and services in their community that improve their lives.

Dial **211** or text your zip code to **898211** to speak with a resource specialist for free.



### Kennett Area Senior Center Provides These Services

- Information and Referral Services
- Medicare / Medicaid Counseling
- Rent Rebate Assistance
- · Reading or filling out forms
- Tech Help
- Food distribution

Page 6 Center Scoop



### Put on your Apron

with Marci Mebane

### Sensational Spinach!

I just love spinach! And now that spring is in the air, fresh, local spinach will be available at your neighborhood farm stand. It is one of the first crops of the season.

Whether raw or cooked, there is no denying the added health benefits you will receive by incorporating this superfood into your meal plan on a regular basis. According to the National Council on Aging, "dark-colored leafy greens such as spinach are rich in carotenoids which have been shown to protect the eyes against oxidative damage. Spinach is also loaded with vitamins A and C, which help protect the heart and moderate blood pressure levels. Vitamin K is another leafy-green nutrient found to play a major role in preventing osteoporosis."

In addition to all the health benefits, what's awesome about spinach is just how easy it is to add it into your diet. For me, I love to add a handful of baby spinach into the pan as I scramble my egg in the morning. At lunch, spinach is a great alternative to lettuce in a sandwich or a salad. And at dinnertime, fresh spinach provides a quick addition to the meal by simply sautéing it in some olive oil with a little garlic, salt, pepper, and a squeeze of lemon.

Not a big fan of spinach? That's an easy fix! Spinach "hides" nicely. Try adding either fresh or thawed and drained frozen spinach in your casseroles, soups, tacos, or pasta dishes. I sometimes hide some in my meatloaf! I have included my meatloaf recipe... so put on your apron and give it a try!



### Marci's Meatloaf

#### Meatloaf:

1 lb. 85% ground beef

1 cup seasoned dry bread crumbs

1 cup chopped fresh spinach (optional)

1/3 cup ketchup

½ cup milk

1 egg

1 tsp onion flake

1/2 tsp salt

½ tsp pepper

### Topping:

8 oz. tomato sauce

¼ cup sugar

1 Tbsp Worcestershire sauce

Preheat oven to 375 degrees.

Mix all meatloaf ingredients together in bowl until well combined. Shape into loaf. Place in loaf pan or casserole dish.

Mix together topping ingredients. Spoon over meatloaf.

Bake for 1 hour.

### LIHEAP Program

The Department of Human Services LIHEAP Program applications are now open!

LIHEAP helps families living on low incomes pay their heating bills in the form of a cash grant. Households in



Low-Income Home Energy Assistance Program

immediate danger of being without heat can also qualify for crisis grants. The cash grant is a one-time payment sent directly to the utility company/ fuel provider to be credited to your bill. These grants range from \$300 to \$1,000 based on household size, income, and fuel type. The crisis grants range from \$25 to \$1,000.

The LIHEAP application period runs between now and April 5, 2024. You can find more information online at: www.dhs.pa.gov/services/assistance/ pages/LIHEAP.

If you need assistance with completing your LIHEAP application, contact Lori Holcombe at lholcombe@kennettseniorcenter.org or 610-444-4819 x105.

### Acquaint yourself with special characters

When producing a password on your own, make sure it has at least eight characters, according to the National Institute of Standards and Technology. But that's a low bar for hackers to crack.

At least 12 characters is better; 20 characters is even better. NIST, the federal agency that creates guidelines for cybersecurity, now wants websites to accommodate as many as 64 characters.

You don't have to limit yourself to lowercase and uppercase letters and numerals. You can use punctuation marks and other symbols such as: & (ampersand), \* (asterisk), @ (at sign), [ (open bracket), ] (close bracket), ^ (caret), \$ (dollar sign), = (equal sign), < (less than), > (greater than), + (plus), / (slash), \ (backslash) and ~ (tilde). Some can work as replacements for letters.

Remember the basic tenets for password protection:

- Don't share them
- Change them often
- Don't leave them lying around

Not all websites accept all special characters. But they often tell you which ones you can use.

Excepted from AARP 's"5 Ways to Build Better Passwords, Jan 2023

Lori Holcombe

Information & Assistance and Member Services Coordinator

610-444-4819 x105

Iholcombe@

<u>kennettseniorcenter</u> .org

Lori 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.





Chester County Department of Aging Services

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

Page 8 Center Scoop

### **KASC Activities - March 2024**

KASC Activities - March 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	
3/14: Garden Naturally w/Mt. Cuba M <sup>T.</sup> CUBA CENTER	3/26: Spring Lunch	3/28 - Spirit Day!		1 9:00 Coffee & Conversation 9-12 Genealogy 9-3 Games/Cards/ Puzzles 10:30-11:00 One-on-One Tech Help (By Appt only) 12 Lunch	
4 9:00 Coffee & Conversation 9-3 Games/Cards/ Puzzles 10 Bread/Baked Goods 11 Silver Sneakers 12 Lunch 12:30 Bingo	9:00 Coffee & Conversation 9-3 Games / Cards / Puzzles 9-3 AARP Tax Prep (by Appt only) 10 Bread/Baked Goods 10-11:30: Blood Pressure Screening (CR) 10 Mental Gymnastics 11 Weight Wise 12 Lunch 1-2 Aqua-Kendal 1-3 YMCA	9:00 New You! (CR) – preregistration required 9 Coffee & Conversation 9-3 Games/Cards/Puzzles 10 Bread/Baked Goods 10:15 Alzheimer's Support Group (CR) 11 Silver Sneakers 11:45 Produce 12 Lunch 1:15 Canasta 12:45 Photo Class	7 9:00 Coffee & Conversation 9-12 Medicare Counseling 9-3 Cards/Games/Puzzles 9-3 AARP Tax Prep (By Appt only) 9:30 Line Dancing (SH) 10 Bread/Baked Goods 10 Words of Life Study Group 11 Silver Sneakers 12 Lunch 12:45 Bunco 1-2 Aqua-Crosslands 1-3 YMCA 6:00 Line Dancing	8 9:00 Coffee & Conversation 9-12 Genealogy 9-3 Games/Cards/ Puzzles 9-3 AARP Tax Prep (by Appt only) 10:30-11:00 One-on-One Tech Help (By Appt only) 12 Lunch	
9:00 Coffee & Conversation 9-3 Games/Cards/ Puzzles 10 Bread/Baked Goods 11 Silver Sneakers 12 Lunch 12:30 Bingo	9:00 Coffee & Conversation 9-3 Games / Cards / Puzzles 9-3 AARP Tax Prep (by Appt only) 10 Bread/Baked Goods 10 Mental Gymnastics 11 NO Weight Wise 12 Lunch 1-2 Aqua-Kendal 1-3 YMCA	9:00 New You! (CR) – preregistration required 9 Coffee & Conversation 9-3 Games/Cards/Puzzles 10 Bread/Baked Goods 11 Silver Sneakers 11:45 Produce 12 Lunch 1:15 Canasta 12:45 Photo Class	9:00 Coffee & Conversation 9:12 Medicare Counseling 9:3 Cards/Games/Puzzles 9:3 AARP Tax Prep (By Appt only) 9:30 Line Dancing (SH) 10 Bread/Baked Goods 10 Words of Life Study Group 11 Silver Sneakers 12 Lunch 12:45 Carden Naturally (Guest Speakers from Mt. Cuba) 1:2 Aqua-Crosslands 1:3 YMCA 6:00 Line Dancing	9:00 Coffee & Conversation 9-12 Genealogy 9-3 Games/Cards/ Puzzles 9-3 AARP Tax Prep (by Appt only) 10:30-11:00 One-on-One Tech Help (By Appt only) 12 Lunch	
18 9:00 Coffee & Conversation 9-3 Games/Cards/ Puzzles 10 Bread/Baked Goods 11 Silver Sneakers 12 Lunch 12:30 Bingo 12:45 Healthy Grieving Support Group (CR)	19 9:00 Coffee & Conversation 9-3 Games / Cards / Puzzles 9-3 AARP Tax Prep (by Appt only) 10 Bread/Baked Goods 10-11:30: Blood Pressure Screening (CR) 10 Mental Gymnastics 11 Weight Wise 12 BIRTHDAY LUNCH! 1-2 Aqua-Kendal 1-3 YMCA	9:00 New You! (CR) — preregistration required 9 Coffee & Conversation 9-3 Cards/Games/Puzzles 10 Bread/Baked Goods 11 Silver Sneakers 11:45 Produce 12 Lunch 12:45 Canasta 12:45 Photo Class	21 9:00 Coffee & Conversation 9-12 Medicare Counseling 9-3 Games/Cards/Puzzles 9-3 AARP Tax Prep (by Appt only) 9:30 Line Dancing (SH) 10 Bread/Baked Goods 10 Words of Life Study Group 11 Silver Sneakers 12 Lunch 12:45 Bunco 1-2 Aqua-Crosslands 1-3 YMCA 6:00 Line Dancing	9:00 Coffee & Conversation 9-12 Genealogy 9-3 Games/Cards/ Puzzles 9-3 AARP Tax Prep (by Appt only) 10:30-11:00 One-on-One Tech Help (By Appt only) 12 Lunch	
9:00 Coffee & Conversation 9-3 Games/Cards/ Puzzles 10 Bread/Baked Goods 11 Silver Sneakers 12 Lunch 12:30 Bingo	26 9:00 Coffee & Conversation 9-3 Games / Cards / Puzzles 9-3 AARP Tax Prep (by Appt only) 10 Bread/Baked Goods 10 Mental Gymnastics 11 Weight Wise 12 Spring Lunch 12:45 Table Games & Craft 1-2 Aqua-Kendal 1-3 YMCA	27 9:00 New You! (CR) — preregistration required 9 Coffee & Conversation 9-3 Cards/Games/Puzzles 10 Bread/Baked Goods 10 Book Club 11 Silver Sneakers 11:45 Produce 12 Lunch 12:45 Canasta 12:45 Photo Class	28 SPIRIT DAY! 9:00 Coffee & Conversation 9-12 Medicare Counseling 9-3 Games/Cards/Puzzles 9-3 AARP Tax Prep (by Appt only) 9:30 Line Dancing (SH) 10 Bread/Baked Goods 10 Words of Life Study Group 11 Silver Sneakers 12 Lunch 12:45 Phillies Home Opening Day Fun! 1-2 Aqua-Crosslands 1-3 YMCA 6:00 NO Line Dancing	Center Closed: Good Fríday	

Please note activities subject to change without notice. (SH): Shade Hall (WE): Wendel (CR): Community Room Updated 02-29-24

### KASC Daily Lunch Menu - March

Contact us at (610) 444-4819 to reserve your meal by 3:00 pm one week ahead or sign up in the lunch binder.

Monday	Tuesday	Wednesday	Thursday	Friday
PLEASE BE AWARE	unch is served at 12:00 pr  MENU IS SUBJECT TO NOTICE  Columbianty, confidential \$2.00 lunch for those under age	CHANGE WITHOUT  donation is requested.	Chester County Department of Aging Services	1 Egg Salad Sandwich Lettuce & Tomato Whole Wheat Bread Tomato Soup Milk Dessert
4	5	6	7	8
Baked Chicken Cornbread Casserole Brussel Sprouts Milk Dessert	Tuna Noodle Casserole Garden Salad Milk Dessert	Cheeseburger Lettuce/Tomato/Onion Oven Baked Fries Milk Dessert	Roast Turkey Sweet Potatoes Green Beans Dinner Roll Milk Dessert	Breakfast for Lunch Scrambled Eggs French Toast Vegetable Juice Fresh Fruit Milk
11	12	13	14	15
Roast Beef Mashed Potatoes Carrots Dinner Roll Milk Dessert	Cheese Lasagna Garlic Salad Italian Bread Milk Dessert	Chili & Baked Potato Turkey Chili Baked Potato Broccoli Milk Dessert	Chicken Sandwich Lettuce / Tomato Sweet Potato Fries Milk Dessert	Tuna Salad Sandwich Lettuce / Tomato Cream of Potato Soup Milk Dessert
18 Sloppy Joe Tater Tots Cole Slaw Milk Dessert	Celebrate March Birthdays!  Pineapple Teriyaki Chicken over Rice	20 Shepherd's Pie Cornbread Muffin Milk Dessert	21 Garlic & Herb Tilapia Macaroni & Cheese Carrots Milk Dessert	22 Cheese Pizza Minestrone Soup Garden Salad Milk Dessert
25 Breaded Fish Sandwich Scalloped Potatoes Winter Blend Veggies Milk Dessert	Broccoli & Ham Quiche Strawberry Spinach Salad	27 Baked Ziti w/ Meat Sauce Green Beans Italian Bread Milk Dessert	28 Chicken Fajitas Peppers & Onions Flour Tortilla Brown Rice Milk Dessert	KASC CLOSED  Spring  Holiday

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 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.

Page 10 Center Scoop

**KASC Activities – April 2024** 

	KASC	Activities – April	2024	
Monday	Tuesday	Wednesday	Thursday	Fríday
1 9:00 Coffee & Conversation 9-3 Games/Cards/ Puzzles 10 Bread/Baked Goods 11 Silver Sneakers 12 Lunch 12:30 Bingo	9:00 Coffee & Conversation 9:3 Games / Cards / Puzzles 9:3 AARP Tax Prep (by Appt only) 10 Bread/Baked Goods 10 Mental Gymnastics 10-11:30: Blood Pressure Screening (CR) 11 Weight Wise 12 Lunch 1-2 Aqua-Kendal 1-3 YMCA	9:00 New You! (CR) – pre- registration required 9 Coffee & Conversation 9-3 Games/Cards/Puzzles 10 Bread/Baked Goods 10:15 Alzheimer's Support Group (CR) 11 Silver Sneakers 11:45 Produce 12 Lunch 1:15 Canasta 12:45 Photo Class	4 9:00 Coffee & Conversation 9-12 Medicare Counseling 9-3 Cards/Games/Puzzles 9-3 AARP Tax Prep (By Appt only) 9:30 Line Dancing (SH) 10 Bread/Baked Goods 10 Words of Life Study Group 11 Silver Sneakers 12 Lunch 12:45 Bunco 1-2 Aqua-Crosslands 1-3 YMCA 6:00 Line Dancing	9:00 Coffee & Conversation 9-12 Genealogy 9-3 Games/Cards/ Puzzles 10:30-11:00 One-on- One Tech Help (By Appt only) 12 Lunch
8 9:00 Coffee & Conversation 9-3 Games/Cards/ Puzzles 10 Bread/Baked Goods 11 Silver Sneakers 12 Lunch 12:30 Bingo	9 9:00 Coffee & Conversation 9-3 Games / Cards / Puzzles 9-3 AARP Tax Prep (by Appt only) 10 Bread/Baked Goods 10 Mental Gymnastics 11 Weight Wise 12 Lunch 1-2 Aqua-Kendal 1-3 YMCA	10 9:00 New You! (CR) – pre- registration required 9 Coffee & Conversation 9-3 Games/Cards/Puzzles 10 Bread/Baked Goods 11 Silver Sneakers 11:45 Produce 12 Lunch 1:15 Canasta 12:45 Photo Class	11 9:00 Coffee & Conversation 9-12 Medicare Counseling 9-3 Cards/Games/Puzzles 9:30 Line Dancing (SH) 10 Bread/Baked Goods 10 Words of Life Study Group 11 Silver Sneakers 12 Lunch 12:45 Greeting Card Making 1-2 Aqua-Crosslands 1-3 YMCA 6:00 Line Dancing	9:00 Coffee & Conversation 9-12 Genealogy 9-3 Games/Cards/ Puzzles 10:30-11:00 One-on-One Tech Help (By Appt only) 12 Lunch
9:00 Coffee & Conversation 9-3 Games/Cards/ Puzzles 10 Bread/Baked Goods 11 Silver Sneakers 12 Lunch 12:30 Bingo 12:45 Healthy Grieving Support Group (CR)	16 9:00 Coffee & Conversation 9-3 Games / Cards / Puzzles 10 Bread/Baked Goods 10 Mental Gymnastics 10-11:30: Blood Pressure Screening (CR) 12 BIRTHDAY LUNCH! 1-2 Aqua-Kendal 1-3 YMCA	9:00 New You! (CR) – pre- registration required 9 Coffee & Conversation 9-3 Games/Cards/Puzzles 10 Bread/Baked Goods 11 Silver Sneakers 11:45 Produce 12 Lunch 1:15 Canasta 12:45 Photo Class	18 9:00 Coffee & Conversation 9-12 Medicare Counseling 9-3 Cards/Games/Puzzles 9:30 Line Dancing (SH) 10 Bread/Baked Goods 10 Words of Life Study Group 10-11:30: Blood Pressure Screening 11 Silver Sneakers 12 Lunch 12:45 Bunco 1-2 Aqua-Crosslands 1-3 YMCA 6:00 Line Dancing	9:00 Coffee & Conversation 9-12 Genealogy 9-3 Games/Cards/ Puzzles 10:30-11:00 One-on- One Tech Help (By Appt only) 12 Lunch
9:00 Coffee & Conversation 9-3 Games/Cards/ Puzzles 10 Bread/Baked Goods 10 Earth Day: Master Gardener (Fred W) (WE) 11 Silver Sneakers 12 Lunch 12:30 Bingo	9:00 Coffee & Conversation 9-3 Games / Cards / Puzzles 10 Bread/Baked Goods 10 Mental Gymnastics 11 T'ai Chi Chih (WE) 12 Lunch 12:45 Speaker Series: Caring Conversations 1-2 Aqua-Kendal 1-3 YMCA	24 9:00 New You! (CR) – pre- registration required 9 Coffee & Conversation 9-3 Cards/Games/Puzzles 10 Bread/Baked Goods 10 Book Club 11 Silver Sneakers 11:45 Produce 12 Lunch 12:45 Canasta 12:45 Photo Class	9:00 Coffee & Conversation 9-12 Medicare Counseling 9-3 Games/Cards/Puzzles 9:30 Line Dancing (SH) 10 Bread/Baked Goods 10 Words of Life Study Group 11 Silver Sneakers 12 Lunch 1-2 Aqua-Crosslands 1-3 YMCA 6:00 Line Dancing	9:00 Coffee & Conversation 9-12 Genealogy 9-3 Games/Cards/ Puzzles 10:30-11:00 One-on- One Tech Help (By Appt only) 12 Lunch
99:00 Coffee & Conversation 9-3 Games/Cards/ Puzzles 10 Bread/Baked Goods 11 Silver Sneakers 12 Lunch 12:30 Bingo	30 9:00 Coffee & Conversation 9:3 Games / Cards / Puzzles 10 Bread/Baked Goods 10 Mental Gymnastics 10 Kentucky Derby Hat Decorating 11 T'ai Chi Chih (WE) 12 Lunch 12:45 KASC @ The Races! 1-2 Aqua-Kendal 1-3 YMCA	April 22 Earth Day: Guest speaker: Master Gardener	April 23 KASC Speaker Series: "Caring Conversations"	April 30 Kentucky Derby Day!

Please note activities subject to change without notice. (SH): Shade Hall (WE): Wendel (CR): Community Room Updated 02-29-24



### Program Corner: by Deb Parrish

### Digital Photography Club

Get

engaged!

(Wednesday @ 12:45-3:00). The world is your oyster and whether you've been passionate about photography for years or just bought your first camera, come together with other enthusiasts who love the lens.

**Book Club** (10:00-11:00 on the 4th Wednesday). We can all admit that books are better when discussed with friends.

**Genealogy Help** (Every Friday 9:00-1:00 pm). Genealogy...the study of family origins and history. Check it out if you're interested in knowing more about your family lineage. (Appts requested).

**Tech Help** (By appt). With technology so much a part of our lives these days, sometimes we just need a little help to better understand it. Computer? Cell phone? Tablet? We're here to help!

**Bingo** (Every Monday 12:30). A KASC favorite with a loyal following!

### **Get moving!**

**Chair Yoga** (Fridays at 12:45). Space is limited and preregistration is required. *On hiatus for the Winter months.* 

Line Dancing (every Thursday 9:15-10:30; no evening classes in February). Come join in this great form of exercise which provides the benefits of an aerobic workout while helping maintain a healthy heart. Lots of fun too!

**Silver Sneakers** (Monday, Wednesday, Thursday, 11:00-11:45). Join in this fun program to help you stay physically active to maintain mobility and physical function, lift your mood and make performing day-to-day activities easier. Geared towards all

abilities.

**T'ai Chi Chih** (Tuesday 4/23-5/28, 11:00). A series of movements designed to help the flow of natural energy in our bodies. Experience joy through movement! (Registration req'd)

### To your health!

**New You!** (Wednesdays 9:00-10:00 am; pre-registration required). Are you looking for a way to step up your game with better eating habits? Join in this program for weight loss and maintenance through behavior modification and accountability.

Alzheimer's Support Group (1st Wednesday of each month, 10:15-12:00pm). Alzheimer's affects not only the individual but also those who have been placed in the role of caregiver. If you are caring for a loved one with Alzheimers, this group is a place to come together with others in a similar role, and to find support and fellowship.

Healthy Grieving Support Group (3rd Monday @ 12:45 pm). Designed to encourage people to deal with grief and trauma in a way that lightens the load of past and present grief.

**Medicare Counseling** (1<sup>st</sup> through 4<sup>th</sup> Thursday 9:00-12:00 pm). Navigating Medicare can sometimes be a daunting task, so why not take advantage of a one-on-one session with an expert who can assist and answer all your questions? Appointments are required.

### Laugh and Have Fun with Friends!

**Bunco** (1st & 3rd Thursday 12:45 pm). A fun and lively dice game! Fan favorite!

**Canasta** (every Wednesday 12:45 pm). A rummy-style game that is tons of fun!

**Maker Day** (Schedule varies). Together we'll create something fun ... a craft, recipe, art, etc.

**Movie Matinee** (12:45, schedule varies). Join us for KASC's matinee where you can catch a just released or classic movie. Popcorn will be served!

### **Expand your horizons!**

Mental Gymnastics (10:00 am note new time!) Have lots of fun as you exercise your mind and learn some new things too!

**New Horizons** (schedule varies). Expand your mind as we enjoy a documentary, Ted talk or a guest speaker. Discussion to follow.

Words of Life Group Study (every Thursday @ 10:00 am). Come study the Bible and other inspirational resources.

These are just a sample of the programs and activities here at KASC. Keep up-to-date by:

- Visiting our website
- following our Facebook page
- stopping in to pick up an activities calendar (Note: Not all activities are scheduled each month)
- \* making a quick call to the Center (610-444-4819).



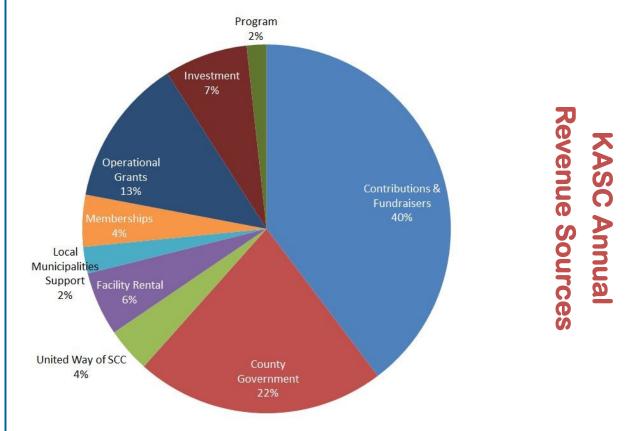
All good things must come to an end and after 20+ years, the Living History program has come to a close. Our heartfelt thanks to Jan Michener for her many years of leading Living History. Her joyful heart lead a multitude of participants through **their** history with each class filled with reminiscing, love and laughter. Thank you dear Jan. We love you!

Page 12 Center Scoop

### **KASC IMPACT HIGHLIGHTS CALENDAR YEAR 2023**

The Kennett Area Senior Center provides a warm and welcoming community for seniors. We deliver a wide array of services and opportunities that foster dignity, independence, learning, health, and wellness.

Nutrition	Health and Wellness	Information & Assistance	Volunteers	Special Events & Activities	Fast Facts
A daily hot lunch has been served to 311 individuals  8,154 lunches served  Fresh produce, bread, milk, eggs and more, was distributed to 369 individuals. Total distributions – 9,959  18,113 services provided to 452 participants	Daily exercise classes provided to 292 participants. 7,398 services provided  43 programs designed to foster health, wellness and to encourage friendship and support among seniors  19,503 services provided to 552 participants	62 Medicare Counseling appointments completed  Support for free Tax Preparation services provided to 411 individuals.  Digital Literacy Services Provided to 39 individuals.  11,488 services provided to 776 participants	273 volunteers have served  Volunteers have donated 12,467 hours of time in our nutrition, health & wellness, and information & assistance programs	Over 70 unique programs provided to 1,200 participants Our volunteer run fundraiser yard sale raised over \$12,000 for program support.  Events included a donor reception, Veteran's Day Luncheon, Holiday Luncheon, participant pot lucks, monthly birthday celebrations and special luncheons held by community volunteers.	Residents of 48 Southern Chester County Municipalities are served  20% of those we serve live at or under 125% of the poverty level  On average, 85 people are served each day  Serve individuals age 50 to 101. 54% served are 75+  41,707 services delivered to 1,200 participants.



### YOUR SUPPORT MAKES IT ALL POSSIBLE!

Donate securely online at <a href="https://kennettseniorcenter.org/donate/">https://kennettseniorcenter.org/donate/</a>

Make a check payable to KASC and mail it to: 427 S. Walnut Street, Kennett Square, PA 19348

### **Upcoming Special Events & Dates to Note**



- Tuesday, 3/5 & 3/19, 10:00 11:30 am: Get your blood pressure checked; walk-ins welcome!
- ◆ Thursday, 3/14, 12:45: Garden Naturally! Special Guests from Mt. Cuba
- Tuesday, 3/19, Noon: Come celebrate March Birthdays
- Tuesday, 3/26, Noon: Join us for a special Spring Lunch; table games & craft to follow
- Thursday, 3/28, 12:45: Join us as we celebrate Phillies home opener day! Wear your Phillies spirit wear and participate in our own indoor ball game after lunch!
- Friday, 3/29: Center <u>Closed</u> for Good Friday



- Tuesday, 4/2 & 4/16 & Thursday, 4/18, 10:00-11:30 am: Get your blood pressure checked; no appt. necessary!
- Tuesday, 4/16, Noon: Come celebrate April Birthdays!
- Monday, 4/22, 10:00: Get ready for a little potted plant gardening with guest speaker & master gardener, Fred Wissemann
- Tuesday, 4/23, 12:45: Speaker
   Series: "Caring Conversations"
- Tuesday, 4/30, all day: All things
   Kentucky Derby: hat decorating,
   special lunch and our infamous horse
   races to follow!



Rent / Property Tax Rebate
Assistance

Monday March 11 10:00 a.m.—2:00 p.m. T'ai Chi Chih-6 Week Series

Tuesday's @ 11:00 a.m.

Beginning April 23 through May 28

Registration Required!

Page 14 Center Scoop

# Garden Naturally!

Discover animal plant relationships and the beauty of native plants.

### Thursday, March 14 @ 12:45 - 1:30 p.m.

Guest Speakers: Eileen Hazard, Community Outreach Coordinator & Kathy Elliot, Educator

Join us to learn about the history and current happenings at Mt. Cuba Center. We will share how native plants in our gardens support butterflies, pollinators, and birds; benefit our water resources; and provide beautiful, healthy spaces for people to enjoy. Turn on your senses as we explore plant samples, animal felts, birds' nests and more. Go home inspired to enjoy the outdoors this spring!

Give us a call and let us know you're attending!



Kennett Area Senior Center 427 S. Walnut St., KSQ 610.444.4819



### Deb's Pot Luck Page

You won't know what's on the menu until you get here!



"I was here first," said the snowdrop: "look!"

"Not before me!" sang the silver brook.

"Why," cried the grass, "I've been here a week!"

"So have I, dear," sighed a violet meek.

"Well," piped a bluebird, "don't leave me out!

I saw the snow that lay round about."

"Yes," chirped a snowbird, "that may be true; But I've seen it all the bleak winter through."

"I came betimes," sang the southwind, "I!"

"After me, love!" spake the deep blue sky.

"Who is it cares?" chimed the crickets gay:

"Now you are here, let us hope you'll stay."

Whispered the sun, "Lo! the winter's past:

What does it matter who's first or last?



Page 16 Center Scoop



### **Chester County Department 211** of Aging Services

Provides county residents aging-related programs and services.

Address: 601 Westtown Road, Suite 130, PO Box 2747, West Chester, PA 19380-0990 Phone: 800-692-1100 x6350

Phone: 610-344-6350 TTY: 610-344-5233 Fax: 610-344-5996 Website: www.chesco.org/

aging.

### **CCDAS Free Legal Consults—Free Legal** Advice

The Chester County Dept. of Aging Services (CCDAS) is making an attorney available to senior residents of Chester County on the 2nd Monday of every month from 9:30 AM to 11:30 AM. This service is free to senior residents of Chester County. Appointments are required. For more information or to schedule an appointment, contact the Dept. of Aging at 610-344-6350. All appointments are at the Dept. of Aging in West Chester.

### Pa.gov website for resources

Visit this website <a href="https://">https://</a> www.pa.gov/quides for resources on Mental Health, Unemployment Compensation, other financial help, food assistance, and driver services.

Don't forget - 211 is a great resource. Visit the website at: https:// www.uwp.org/211gethelp/

### **Up-to-date information on COVID-19** in Pennsylvania,

visit the PA Department of Health's dedicated Coronavirus webpage (https:// www.health.pa.gov/topics/ disease/coronavirus/Pages/ Coronavirus.aspx) that is updated daily, the CDC webpage or World Health Organization.

### **COVID-19 Testing**

For testing through the Pennsylvania Department of Health. Call 1-877-PAHEALTH or Contact your primary care physician. Read more here https://www.health.pa.gov/ topics/disease/coronavirus/ Pages/Symptoms-Testing.aspx

### **Chesco Connect**

As of April 1, 2023, most services provided by Rover Community Transportation in Chester County will move to the Chester County Department of Community Transit. The new provider is called Chesco Connect. To schedule a ride, call 610-344-5545.

### **The Senior Law Center**

continues to help older Americans. Services include:

- Homeownership Rights
- Tenant Rights

- Grandparents raising Grandchildren
- Guardianship
- Victim Services

Reach them at: 610-910-0215 (Delaware/Chester), 610-910-0210 (Bucks/ Montgomery), or statewide at 877-727-7529 or check out their website at www.seniorlawcenter.org.

#### **Veterans Affairs**

In you are a veteran or know of one in need, please call 610-344-6375

### **Crime Victim's Center**

24/7....helping adults and children in their recovery as victims of sexual violence, assault, property crimes, sexual harassment in the workplace and homicide, especially during this pandemic. Domestic violence and drug addiction has increased. For assistance, please call 610-692-1926 to make an appointment.

Website: <a href="https://www.cvcofcc.org">www.cvcofcc.org</a>, Address: 135 W. Market Street, West Chester, PA

19382.

Not sure where to start when you need help? Please call Lori Holcombe at 610-444-4819, x105.

### The Best Deal in Town!

The Kennett Area Senior Center offers many different programs, activities, and benefits to local seniors. For a small annual fee (\$40/person), you can enjoy the perks of membership while also supporting the operational costs of the Center. Sign up is easy! You can go out to our website (<a href="www.kennettseniorcenter.org">www.kennettseniorcenter.org</a>) and sign up on-line or download a membership form. You can also call the Center (610-444-4819) and you will be assisted with your membership.

### **2024 MEMBERS — YMCA and Aqua Programs**

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 2024 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, please check with Deb Parrish to see about availability. We are limited to 15 attendees for each location.



Our volunteers are the backbone of KASC. Giving of your time and talent increases self-confidence and can provide a healthy boost to your self-confidence, self-esteem and life satisfaction. Volunteering combats depression and helps you stay physically healthy.

Have you thought about volunteering but didn't know where you could serve? Here at KASC we have opportunities throughout the year that require "many hands to make light work." Right now, our greatest need is for volunteers who would like to facilitate activities for Center participants.

KASC is open between 9 a.m. and 3 p.m., Monday through Friday and most volunteer commitments are between 1 and 2 hours, 1-2x/month. You may volunteer as your time permits

Please give Deb Parrish a call (610-444-4819,x101) or drop her a line @ dparrish@kennettseniorcenter.org and let her know you'd like to lend a hand.

We are on the web www.kennettseniorcenter.org



www.facebook.com/ KennettSeniorCenter/

### DO YOU HAVE AN E-MAIL ADDRESS?

If you would like to receive your copy of the Newsletter right in your inbox via e-mail, let Deb Parrish know at dparrish@ kennettseniorcenter.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.

Kennett Area Senior Center 427 South Walnut Street Kennett Square, PA 19348

610-444-4819 <u>www.KennettSeniorCenter.org</u>

**Address Service Requested** 

Nonprofit Org. U.S. Postage Paid Oxford, PA Permit #45

### **Kennett Area Senior Center Board of Directors**

### Officers

Karen Martin President

Fred Wissemann Immediate Past President

> John Ogden Treasurer

Susan Minarchi Secretary

#### **Members**

Tom DiCola Herb Grofcsik Whitney Hoffman Christine McDonald Grace Pfeifer Mary Lou Vansant

### **Our Staff**

### **Stephanie D'Amico**

Executive Director

#### Jeanie Dean

Administrative Assistant

#### **Lori Holcombe**

Information & Assistance Coordinator/Membership Coordinator

### **Marci Mebane**

Kitchen Supervisor

#### **Pedro Melendez**

Custodian/Rental Assistant

#### **Debra Parrish**

Program Coordinator

#### Bill Rosen

Financial Assistant Independent Contractor