



Our Mission

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

Sept/October 2025

Inside this issue:	Pg
Executive Director Message	1
Legacy Giving	2
Center Highlights	3
Yard Sale & General Info	4
Simply Potatoes	5
Rent Rebate / Medicare Assistance	6
Medicare Info & Utility Assistance	7
Happenings!	8
Sept Menu	9
Sept Activities	10
One Joke at a Time	11
KASC Creativity	12
Program Spotlight	13
Get With The Program	14
Impact Highlights	15
Upcoming Events	16
Scram Scammers!	17
Resources	18
Membership & Space Rental Info	19
Board & Staff	20

CENTER SCOOP

Celebrating over 50 years of service to our community!

Message from our Executive Director

Dear Friends,

In the coming weeks, we'll have several wonderful opportunities to be out and about together. We'll be celebrating traditions, building connections, and showing our community spirit and hope that you will join us!

First up is the **Mushroom Festival Parade on Thursday, September 4th, from 6:00 to 8:00 p.m.** We are excited to be part of the festivities. Be sure to look for us along the parade route. You'll recognize our "mushroom spirit" as we celebrate the heritage and pride of our town in a fun and lively way.

Later in the month, we'll be joining our neighbors at **National Night Out on Thursday, September 25th**, from 6:00 to 8:00 pm. This event, hosted by the Kennett Township and Borough Police Departments, is about more than food and fun. It's about coming together to strengthen the ties that make our community safe, supportive, and welcoming for all.

Finally, we'll round out our fall community events at **New Garden Township's Community Day on Saturday, October 4th, from 12:00 to 4:00 p.m.** This family-friendly celebration is always filled with energy and excitement.

These events remind us that our mission extends beyond our walls. It's about being present where people gather, sharing who we are, and inviting others to be part of our work. I encourage you to stop by, say hello, and bring a friend. We'd love to see you!

We are excited to announce the launch of the **Kennett Area Senior Center's Living Well Speaker Series**—a monthly opportunity to learn, grow, and connect around topics that matter most to you. These sessions will be held on **Wednesday evenings from 6:00 to 8:00 p.m. at the Kennett Library Auditorium.**

Each evening will feature trusted experts who will share practical information, answer your questions, and help you make confident choices for your health, safety, and future. Whether you come for one session or attend them all, you'll leave with valuable tools and insights.

Here's what's coming up:

September 3rd – *Hearing, Your Key to Wellness*

October 1st – *Staying a Step Ahead: Protect Yourself from Scams*

November 5th – *Estate Planning / Planning for Your Future*

December 3rd – *Senior Living Options*

We invite you to bring a friend, a neighbor, or a family member. These conversations are designed to benefit the whole community. Mark your calendars and join us for an evening of learning, connection, and living well!

Stephanie K. Damica

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





LEGACY GIVING PROGRAM

KASC LEGACY GIVING PROGRAM

For over 50 years, the Kennett Area Senior Center has been a cornerstone in the lives of countless older adults. Every day, we provide essential services that enhance the well-being, health, and social connections of our seniors, allowing them to live with dignity, independence, and joy. From nutritious meals and wellness programs to social activities and educational workshops, our services offer a lifeline to individuals who depend on us.

But as we look toward the future, we recognize the growing needs of our aging population. The demand for our programs and services continues to increase, and with it, the responsibility to ensure the Center remains a welcoming and supportive space for all seniors in our community. This is where your legacy can make a profound difference.

What is a Legacy Gift?

A legacy gift is any gift that is given out of your assets. This may include naming the Kennett Area Senior Center in your will and listing the Center as a beneficiary in your retirement plan, giving out of a donor-advised fund, or giving gifts of property or securities.

Why Legacy Giving?

Legacy giving offers a unique opportunity to make a meaningful contribution without impacting your financial situation today. By including the Kennett Area Senior Center in your will, trust, or estate plan, you create a future of hope and security for seniors in Kennett and the surrounding area. Your gift can provide stability for our Center and ensure that generations of seniors will continue to benefit from our wide range of services and programs.

The Power of Your Legacy

When you choose to include the Kennett Area Senior Center in your legacy giving plan, you are doing much more than donating. You are investing in the future of our community, ensuring that seniors will have access to vital resources and a sense of belonging. Whether it's a bequest, beneficiary designation, or charitable remainder trust, your gift will leave an indelible mark, reflecting your commitment to the well-being of others.

How to Get Started

Including the Kennett Area Senior Center in your legacy giving plan is simple and flexible. You can choose the type of gift that best aligns with your goals and values. We encourage you to speak with your financial advisor or attorney to explore the best options for your situation.

By making this important decision, you can ensure your legacy lives on, supporting the health and well-being of seniors in our community. Visit the [KASC Legacy Gift Guide](#) to learn more.

Center Highlights!

It's been a bright and beautiful summer here at the Center! In July, our friends from the Four Seasons Garden Club made their annual visit, working with participants to create lovely floral arrangements that brought plenty of smiles. A special thank you also goes out to volunteer, Joel Schlichter, who shared gorgeous sunflowers from his own garden. They added the perfect touch of summer to our lunch tables!



SAVE THE DATE

OUR AREA'S LARGEST INDOOR YARD SALE FUNDRAISER IS COMING UP!



SATURDAY
SEPTEMBER 20, 2025
8:00 AM TO 2:00 PM

KENNETT AREA
SENIOR CENTER
427 S WALNUT ST
KENNETT SQUARE, PA

DONATIONS FOR THE SALE WILL BE
ACCEPTED THROUGH THURSDAY,
SEPTEMBER 11, 2025.
M-F 9:30 AM TO 2:30 PM

EASY ON-SITE PARKING AND FRONT
DOOR DROP OFF!

CALL 610-444-4819 WITH ANY
QUESTIONS.

GREAT STUFF AT GREAT PRICES.
SOMETHING FOR EVERYONE!

CASH & CREDIT/DEBIT
CARDS ACCEPTED



427 S. Walnut Street, Kennett Square
(one block south of the Country Butcher)
(610) 444-4819

KASC is a 501(c)3 Charitable Organization. The official registration and financial information of KASC may be obtained from the PA Department of State by calling toll free, within PA, 1-800-732-0999. Registration does not imply endorsement.



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
- Free Tax Prep Hosting (in partnership with AARP, early February-April)
- Rent Rebate Assistance
- Reading or filling out forms
- Tech Help
- Food distribution

Simply Potatoes

by Marci Mebane

Just when you thought you had tried potatoes every way possible, a make it work moment turns into a surprise success. I recently found myself with bags of Simply Potatoes O'Brien Shredded Hash Browns to use up. I tested out a recipe the night before I was to serve them and the result was not great. My family and I voted thumbs down, but I needed to use them so I simplified and tried again. And I REALLY simplified. When I made and served them for the lunch program at the Center the next day, I was asked at every table, "What are these potatoes and how did you make them?" So here it is... Just 3 ingredients. Can I really call it a recipe? SO SIMPLE!



"WHAT ARE THESE?" POTATOES

- 1 package Simply Potatoes—O'Brien Hash Browns (20 oz)
- 1 egg
- 2 Tbsp Canola Oil

- Preheat oven to 425 degrees.
- In a large bowl, mix potatoes, egg and canola oil.
- Line a sheet pan with parchment paper (easy clean-up). Spray with cooking spray.
- Scoop potatoes using a 1/4 cup measure and place on parchment paper. Pat down slightly.
- Bake for 20 minutes or until lightly browned.

Marci's serving suggestions:

Appetizer: Make them with a smaller scoop and serve with your favorite dip!

Breakfast: Top them with a sunny side up egg and a side of fruit.

Side Dish: Serve alongside your favorite protein and add a vegetable.

KITCHEN SHOUT OUT

I would like to thank the following for their donations to the Congregate Meal Program:

Brandywine Longwood by Monarch

MJB Mushrooms

Lauri Brockson, Patterson Schwartz Real Estate

Gary Holcomb

Rent / Property Rebate Program



Homeowners and renters in Pennsylvania may be eligible to receive up to \$1,000 through a standard rebate. The amount of money you will receive is based on your income.

Criteria

- 65 and older
- Widows and widowers 50 and older
- People with disabilities 18 and older

The household income must be \$45,000 or less annually.

Let us assist you with online filing; the faster safer way to file!

For more information, please contact Lori Holcombe, Information & Assistance Coordinator 610-444-4819.

Lori Holcombe

Information & Assistance and Member Services Coordinator

610-444-4819

lholcombe@kennettseiorcenter.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.

Medicare Assistance Available Free of Charge!

PA MEDI (formerly APPRISE) is a statewide service operated by the Pennsylvania Department of Aging and is the known and trusted local resource for Medicare help. Did you know KASC has a Medicare Counselor who comes in every other Thursday from 9:00 a.m. to noon? They provide free, unbiased personalized help with:

- Original Medicare
- Medigap (Medicare supplement)
- Medicare Advantage plans
- Prescription drug plans
- Enrollment assistance
- Medicare financial assistance programs
- Medicare appeals
- Long-term care insurance
- Coordination of benefits



All services are free, confidential, and delivered by specially trained certified counselors through the Department of Aging.

Please contact Lori Holcombe, Information & Assistance Coordinator, at 610-444-4819 to schedule an appointment. We cannot accommodate walk-in appointments.



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



Medicare Open Enrollment

The Medicare Annual Open Enrollment Period runs from October 15 – December 7. This enrollment period gives you a chance to revisit your plan choice and make changes if needed. The changes you can make include the following:

- Switch to a different Medicare Advantage plan (Part C).
- Drop your Medicare Advantage plan and switch to Original Medicare (Parts A & B).
- Enroll in a Medicare prescription plan (Part D), if you go back to Original Medicare.

Medicare counselors will be available for appointments at KASC on October 28th and November 13th from 9:00 AM to 1:30 PM. We will begin to schedule appointments on October 1. Open Enrollment is in addition to our normal days. Counselors will also be available on the first and third Thursday of each month for non-open enrollment issues.

To schedule appointments, contact Lori Holcombe at 610-444-4818, ext. 105.



Stay Warm This Winter—Help is Available!

As winter approaches and heaters start running around the clock, keeping your home warm can become a financial challenge, especially for those with limited income. The Community Action Agency of Delaware County (CAADC) offers a Home Weatherization Program that may help qualified households in Delaware, Chester, and Lancaster counties.

If you qualify, free services may include, but are not limited to:

- Home energy audit
- Electric usage evaluation
- Heater inspection, service, repair, or replacement
- Weather stripping and caulking
- Attic and wall insulation

To learn more, contact CAADC directly at 610-521-8770 or reach out to Lori Holcombe, Information & Assistance Coordinator at the Center, at 610-444-4819 ext. 115.

HEARING Your Key to Wellness

A free, informative session open to all—part of the Kennett Area Senior Center's Living Well Speaker Series.

Even mild hearing loss can make dinners out or trips to the movies challenging, leading to social isolation and increased health risks as we age. Hearing loss can affect anyone, but the right treatment can make a big difference. Join Emily Talley of Wilmington Audiology to learn why early care matters and how to get the right treatment—so you don't miss out on life.

Speaker: Emily Talley, Audiology Assistant
Wilmington Audiology

Where: The Kennett Library Auditorium
320 E State St, Kennett Square PA

When: Wednesday, September 3, 2025
6:00 pm to 8:00 pm



Kennett Area Senior Center
(610) 444-4819

LIMITED OPENINGS AVAILABLE!

ATTENTION KASC MEMBERS! Crosslands Aqua Class

EVERY THURSDAY 1:00 PM – 2:00 PM

This class is only available to those
with a current 2025 KASC Membership.
Weekly attendance is expected.

Please Email Debbie Johnston to Register
djohnston@kennettseiorcenter.org



BRING YOUR OWN BAGS "BYOBs"

Beginning, September 3rd, we will
no longer be providing plastic bags
for bread/baked goods and
produce.

Please help us
save costs and
reduce waste by
bringing your own
sturdy, reusable
bags each time
you pick up food.



STAYING A STEP AHEAD PROTECTING YOURSELF FROM SCAMS

A free, informative session open to all—part of the Kennett Area Senior Center's Living Well Speaker Series.



Join us for an eye-opening workshop led by a local police officer who
will share the latest information on common scams and how to
avoid becoming a target.

Speaker: Elysia Simmons
Kennett Township Police Officer

Where: The Kennett Library Auditorium
320 E State St, Kennett Square PA

When: Wednesday, October 1, 2025
6:00 pm to 8:00 pm



Kennett Area Senior Center
(610) 444-4819

KASC Daily Lunch Menu - September

Pre-registration is required. Lunch reservations may be made up to 12:00 p.m. (noon) on the last business day KASC is open before the reservation date. Please sign up in the lunch book or call (610) 444-4819. If you reach the answering machine please leave a message with your name and date(s) for which you wish to make a reservation.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1  KASC CLOSED TODAY	2 Breaded Fish Filet Scalloped Potatoes Carrots Dinner Roll Milk Mandarin Oranges	3 Chicken Caesar Salad Flatbread Milk Vanilla Ice Cream w/ strawberries	4 EAGLES TAILGATE LUNCH Cheesesteaks Loaded Tater Tots Milk Water Ice	5 Turkey Club Sandwich Macaroni Salad Milk Fresh Fruit Salad
8 Swiss Chicken Casserole Egg Noodles Broccoli Milk Peaches	9  NEW MENU ITEM Salmon Patties Mashed Potatoes Brussel Sprouts	10 Greek Chicken Skewer Orzo salad Tzatziki Sauce Pita Milk Honeydew	11 Teriyaki Chicken & Pineapple Brown Rice Vegetable Medley Dinner Roll Milk Vanilla Ice Cream	12 Meatball Sandwich Potato & Green Bean Salad Milk Watermelon
15 Tomato Garlic Shrimp Penne Roasted Vegetables Italian Bread Milk Fruit Cup	16 BIRTHDAY LUNCH  Soup and Salad Bar	17 Meatloaf Sweet Potatoes Mixed Vegetables Dinner Roll Milk Oatmeal Cookie	18 Turkey Sloppy Joe Roasted Potatoes Tomato & Cucumber Salad Milk Cantaloupe	19 KASC CLOSED FOR YARD SALE PREP
22 Lemon Chicken Pasta Garden Salad Italian Bread Milk Pineapple	23 Roast Pork Sandwich Spinach & Provolone Roasted Potatoes Milk Watermelon	24 Stuffed Peppers Ground Beef Brown Rice Garden Salad Milk Peaches	25 BBQ Chicken Thighs Baked Beans Firecracker Cole Slaw Milk Cantaloupe	26 Tuna Salad Sandwich Wheat Bread Carrot Raisin Salad Milk Strawberries
29 Turkey Tacos Brown Rice Salsa, Lettuce, Cheese Milk Peaches	30 Garlic & Herb Tilapia Macaroni & Cheese Carrots Milk Mandarin Oranges		For those age 60+, a voluntary, confidential \$2.00 donation for Chester County Dept. of Aging is requested. The cost of lunch for those under age 60 is \$5.70.	Lunch is served at 12:00 pm PLEASE BE AWARE, MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

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.

KASC Activities – September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 CENTER CLOSED 	2 9:00 Coffee & Conversation 9-3 Games / Cards / Puzzles 10 Bread/Baked Goods 10 Mental Gymnastics 11 Tai Chi Chih* 12 Lunch 12:45 Rummikub 1-2 Aqua-Kendal 1-3 YMCA	3 9:00 New You! (CR)* 9 Coffee & Conversation 9-3 Games/Cards/Puzzles 10 Bread/Baked Goods 10:15 Alzheimer's Support Group (CR) 10:55 SilverSneakers 12 Lunch 12:30 Produce 12:45 Canasta 12:45 Photo Class 6-8pm Living Well Speaker @ Kennett Library	4 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 10:55 SilverSneakers 12 Lunch 12:45 EAGLES DAY KASC Football Game!  1-2 Aqua-Crosslands 1-3 YMCA 6:00 Line Dancing	5 9:00 Coffee & Conversation 9-12 Genealogy 9-3 Games/Cards/Puzzles 10-11:45 Mahjong 10:30-11:30 One-on-One Tech Help (By Appt only) 12 Lunch 1:00 Chair Yoga*
8 9:00 Coffee & Conversation 9-3 Games/Cards/Puzzles 9:30 Fiber Arts Group 10 Bread/Baked Goods 10:55 SilverSneakers 12 Lunch 12:30 Bingo	9 9:00 Coffee & Conversation 9-3 Games / Cards / Puzzles 10 Bread/Baked Goods 10 Mental Gymnastics 11 NO Tai Chi Chih* 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 10:55 SilverSneakers 12 Lunch 12:30 Produce 12:45 Canasta 12:45 Photo Class	11 9:00 Coffee & Conversation 9-3 Cards/Games/Puzzles 9:30 Line Dancing (SH) 10 Bread/Baked Goods 10:55 Words of Life Study Group 10:55 SilverSneakers 12 Lunch 1-2 Aqua-Crosslands 1-3 YMCA 6:00 Line Dancing	12 9:00 Coffee & Conversation 9-12 Genealogy 9-3 Games/Cards/Puzzles 10-11:45 Mahjong 10:30-11:30 One-on-One Tech Help (By Appt only) 12 Lunch 1:00 Chair Yoga*
15 9:00 Coffee & Conversation 9-3 Games/Cards/Puzzles 9:30 Fiber Arts Group 10 Bread/Baked Goods 10:55 SilverSneakers 12 Lunch 12:30 Bingo	16 9:00 Coffee & Conversation 9-3 Games / Cards / Puzzles 10 Bread/Baked Goods 10 Mental Gymnastics 11 NO Tai Chi Chih* 12 BIRTHDAY LUNCH! 12:45 Rummikub 1-2 Aqua-Kendal 1-3 YMCA	17 9:00 New You! (CR) – pre-registration required 9 Coffee & Conversation 9-3 Games/Cards/Puzzles 10 Bread/Baked Goods 10:55 NO SilverSneakers 12 Lunch 12:30 NO PRODUCE 12:45 NO Canasta 12:45 Photo Class	18 9:00 Coffee & Conversation 9-3 Cards/Games/Puzzles 9:30 NO Line Dancing 10 NO Bread/Baked Goods 10 Words of Life Study Group 10:55 NO SilverSneakers 12 Lunch No EVENING LINE DANCE CLOSING @12:30	19 CLOSED YARD SALE PREP 
22 9:00 Coffee & Conversation 9-3 Games/Cards/Puzzles 9:30 Fiber Arts Group 10 Bread/Baked Goods 10:55 SilverSneakers 12 Lunch 12:30 Bingo 12:45 Healthy Grieving Support Group (CR)	23 9:00 Coffee & Conversation 9-3 Games / Cards / Puzzles 10 Bread/Baked Goods 10 Mental Gymnastics 11 NO Tai Chi Chih* 12 Lunch 12:45 Easy Peasy Art* 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 10:55 SilverSneakers 12 Lunch 12:30 Produce 12:45 Canasta 12:45 Photo Class	25 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 10:55 SilverSneakers 12 Lunch 12:45 Kennett Library Visit 1-2 Aqua-Crosslands 1-3 YMCA 6:00 Line Dancing	26 9:00 Coffee & Conversation 9-12 Genealogy 9-3 Games/Cards/Puzzles 10-11:45 Mahjong 10:30-11:30 One-on-One Tech Help (By Appt only) 12 Lunch 1:00 Chair Yoga*
29 9:00 Coffee & Conversation 9-3 Games/Cards/Puzzles 9:30 Fiber Arts Group 10 Bread/Baked Goods 10:55 SilverSneakers 12 Lunch 12:30 Bingo	30 9:00 Coffee & Conversation 9-3 Games / Cards / Puzzles 10 Bread/Baked Goods 10 Mental Gymnastics 11 Tai Chi Chih* 12 Lunch 12:45 Easy Peasy Art* 1-2 Aqua-Kendal 1-3 YMCA	 Thursday, 9/4 KASC Game@ 12:45	 Learn all the Library has to offer! Thursday, 9/25 @12:45	September 20th  8am-2pm

Please note activities subject to change without notice. *PREREGISTRATION RQRD (SH): Shade Hall (WE): Wendel (CR): Community Room Updated 08-27-25



Finding Comfort and Connection . . . One Joke at a Time

By Debbie Johnston, Program Coordinator

They say laughter is the best medicine and I couldn't agree more. It's amazing how something as simple as a laugh can change the way we feel, brighten our mood, and even bring people closer together.

For me, it all started one day this past March. I felt a little like an entertainer using the microphone to make announcements before Silver Sneakers. I'll admit, speaking in front of a crowd has never been in my comfort zone, and I thought to myself, *maybe if I tell a joke, it will help me relax and connect with everyone*. So, I gave it a try, starting with this one:

**Q: How do you keep a bagel from running away?
A: Put lox on it!**

That little joke was the spark that started it all. From that day forward, "joke time" has become our tradition. Now, almost every Silver Sneakers class begins with a laugh, or at least a groan and an eye-roll or two. No matter how it lands, the sound of everyone laughing together is the best part of my day. Even better, participants now bring their own jokes to share, making it something we all enjoy together.

And here's the wonderful thing: laughter really is good for us. It helps reduce stress, lifts our mood, gives our lungs and heart a workout, and even supports the immune system. But beyond all the science, laughter is what connects us. One giggle leads to another, and suddenly the whole room feels lighter.

So, whether it's a funny movie, a silly story, or your own corny joke, I encourage you to find something to laugh about every single day. Your body, mind, and spirit will thank you.

KASC Creativity on Display!

Our participants had a wonderful time joining the Art on the Greenway project with the Kennett Trails Alliance. From painting banners to knitting yarn squares, everyone brought their own creative flair to this community effort.

Beyond the fun of making art together, it was special to know that our work became part of something bigger. The Kennett Greenway is a trail that connects people not just through movement, but through creativity and community spirit. We are especially happy to see our participants represented in this community project and proud that KASC was able to be part of brightening the Greenway for all to enjoy.



Trivia! **Wordplay**

Exercise Your Brain!

Mental Gymnastics

Join Us Every Tuesday at 10am

Mind Games

Brain Teasers

BINGO Mondays

COME JOIN THE FUN!

Every Monday @ 12:30

In The Wendel Room
@ The Kennett Area Senior Center

FIBER ARTS @ THE CENTER

*Love to knit or crochet?
Would you like to learn?*

Join our group of fiber artists who are happy to share their skills and create new memories together!

Every Monday @ 9:30am in the Community Room!

COUNTRY LINE DANCE Lessons

- Thursdays @ KASC
- Morning Class 9:30 - 10:30 AM
- Evening Class 6:00 - 7:15 PM

Kennett Senior Center
427 S. Walnut Street
Kennett Square PA 19348
610 444 4819

JOIN US NOW!

Call us for more Information!

Get with the Program!

Always Learning!

Book Club (10:00-11:00 on the 4th Wednesday). Love books? So do we! Join the conversation and check out what's coming up!

Genealogy Genealogy—the search and documentation for family origins/history. To find out more about that special person in your family lineage, complete a brief Questionnaire (available at the Center Sign-up Table) and our resident Family Search volunteer will use details provided to do the searching for you!

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. Cell phone? Tablet? We're here to help!

Get moving!

Line Dancing (Thursdays 9:30-10:30 am & evening 6:00-7:15 pm). 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!

SilverSneakers (Monday, Wednesday, Thursday, 10:55-11:45). 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 Tuesdays 11:00am A series of movements designed to help the flow of natural energy in our bodies. Experience joy through movement!

(Registration required)

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 Alzheimer's, 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 (Every other 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!

Arts & Crafts (Schedule varies). Together we'll create something fun ... a craft, recipe, art, etc.

Bingo (Every Monday 12:40). A KASC favorite with a loyal following!

Bunco (1st & 3rd Thursday @12:45 pm). A fun and lively dice game! Easy to learn and a fan favorite!

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

Mahjong (every Friday 10:00-11:45 am). American Mahjong is a game of strategy, skill and luck. **Experienced players welcome! New to the game? Contact us first to see if a lesson can be arranged.**

Fiber Arts @ the Center (Every Monday 9:30-10:55) Love to knit or crochet or would like to learn? Join our Fiber Artists every Monday in the Community Room.

Rummikub (1st & 3rd Tuesday 12:45 pm). Combines elements of rummy and mahjong. Come to play, or our group is happy to teach!

Expand your horizons!

Mental Gymnastics Every Tuesday @ 10:00 am. Work out your brain while having fun with friends!

Guest Speakers Check calendar for upcoming topics and details.

Words of Life Group Study (every Thursday @ 10:00 am). A weekly gathering focused on exploring inspirational texts, meaningful passages, and thought-provoking messages.

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

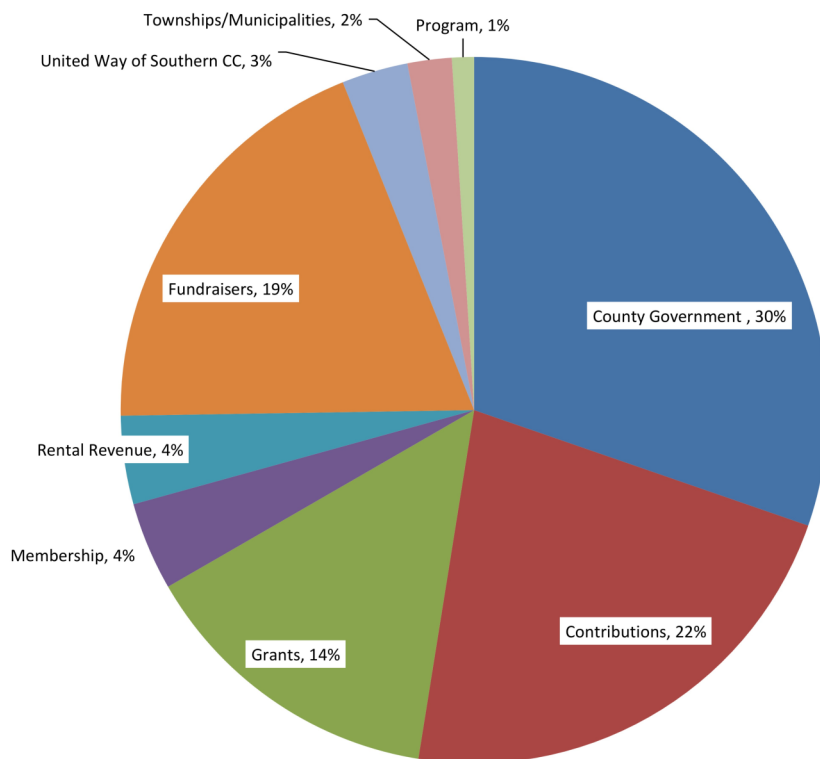
- * Visiting our website
- * Following our Facebook page
- * Stopping in to pick up an activities calendar (Note: Not all activities are scheduled each month)
- * Making a quick call to the Center (610-444-4819).



KASC IMPACT HIGHLIGHTS – Fiscal Year ending 06-30-25

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

Nutrition	Health and Wellness	Information & Assistance	Volunteers	Special Events & Activities	Fast Facts
<p>Daily hot lunch served to 293 individuals.</p> <p>7,486 lunches served</p> <p>Fresh Produce, bread, milk, eggs and more provided to 313 individuals. Total distributions – 7,712</p> <p>15,198 services provided to 414 participants.</p>	<p>Daily exercise classes provided to 253 participants. 7,043 services provided.</p> <p>45 programs designed to foster health, wellness, & to encourage friendship & support among participants.</p> <p>16,889 services provided to 423 participants.</p>	<p>91 Medicare Counseling appointments completed.</p> <p>In partnership with AARP, free tax preparation assistance will be provided to 627 individuals. Minimum savings in tax preparation fees - \$226,350.</p> <p>1,673 services provided to 718 individuals.</p>	<p>250 volunteers served.</p> <p>Volunteers donated 12,500 hours of time in our nutrition, health & wellness, information and assistance & fundraising programs.</p>	<p>Over 70 unique programs provided to over 1,250 participants.</p> <p>Our volunteer driven yard sale fundraisers raised over \$13,000 for program support.</p> <p>Events included a volunteer/donor/grant-maker reception, Veterans' Day Luncheon, Holiday Luncheon, monthly birthday celebrations and special luncheons held by community volunteers.</p>	<p>Participants from 44 Southern Chester County Townships & Municipalities are served.</p> <p>20% of those we serve live at or under 125% of the poverty level.</p> <p>On average, 72 individuals are served each day</p> <p>36,338 services delivered to 1,250 participants.</p>



KASC Fiscal Year 25-26 Annual Revenue Budget

YOUR SUPPORT MAKES IT ALL POSSIBLE!

Donate securely online at <https://kennettseiorcenter.org/donate/>

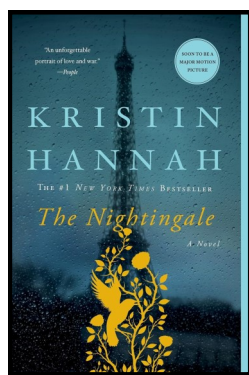
Make a check payable to KASC and mail it to:
427 S. Walnut Street, Kennett Square, PA 19348

Upcoming Special Events & Dates to Note



- ♦ **Monday, 9/1—Center Closed**
Happy Labor Day!
- ♦ **Wednesday, 9/3, 6pm-8pm:**
Living Well Speaker @ Kennett Library
- ♦ **Thursday, 9/4 @ 12:45:**
EAGLES DAY!!! Tailgate lunch and a friendly football game.
- ♦ **Tuesday, 9/16: Birthday Buffet Lunch!**
- ♦ **Thursday, 9/18: Closing @ 12:30** for Yard Sale Prep.
- ♦ **Friday, 9/19: Center Closed** for Yard Sale Prep.
- ♦ **Saturday, 9/20 8am-2pm:** Fall Yard Sale!!
- ♦ **Wednesday, 10/1, 6pm-8pm:**
"Protect Yourself from Scams"
Living Well Speaker Series @ **Kennett Library**
- ♦ **Thursday, 10/9, @ 12:45:**
Titanic Day & Presentation
- ♦ **Tuesday, 10/21: Birthday Lunch!** Come and celebrate October birthdays with a delicious buffet lunch!
- ♦ **Thursday, 10/23—Center Closed** – Private Event
- ♦ **Thursday, 10/30—** Human Slot Machine Game! Join us for the fun at **12:45pm.**

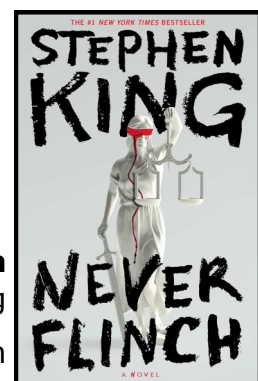
KASC Book Club—Upcoming Reads (4th Wednesday of every month)



The Nightingale

By Kristin Hannah

Wednesday, September 24th @10:00 am



Never Flinch

by Stephen King

Wednesday, October 22nd @10:00 am



Don't Fall For It! Gift Card Scams

Scammers ask their victims to pay them with gift cards because they're a convenient way to steal money and they're difficult to trace or recover. Legitimate organizations will not ask you to pay them with a gift card.

How do gift card scams work?

Scammers persuade individuals to purchase gift cards by impersonating online sellers, pet breeders, government or sweepstakes officials and others. They frequently change their methods of getting consumers to pay with cards instead of money, making them hard to stop.

In most instances, scammers ask people to buy gift cards and send them the bar code and PIN on the back. Gift cards are essentially cash, meaning anyone who has the code can spend the amount on the card. Sometimes scammers ask for a popular brand (Apple Inc., Google, Target Corporation, Walmart, Best Buy) and other times they ask for a general-use card, such as a Visa Vanilla or American Express gift card.

Some scams involve fraudsters going to stores where gift cards are sold, recording the numbers from the cards, and attempting to steal the funds after the cards are loaded. There have also been instances of outright forgery of cards. However, most reports to BBB are the result of fraudsters impersonating sellers, businesses or governmental agencies in order to convince consumers to send them gift cards. Persuading victims that they have an unpaid tax bill, owe fines or have a hacked personal account are all common ruses used as part of gift card scams.

Gift Card Draining

Gift cards are a popular and convenient gift-giving option, but they are also a target for scammers. "Gift card draining" occurs when scammers tamper with gift cards in stores, capture card information, and then check the balance until the card is activated. Once activated, they either clone the card, shop online, or divert the funds, leaving the unsuspecting buyer with an empty gift card.

Scammers can tamper with in-store gift cards by adding barcode stickers over the top of the card's real barcode. These fraudulent bar codes are connected to a different account that the scammer controls. That means when you scan the phony barcode at check-out and pay, you'll add cash to a scammer's account rather than onto your newly purchased gift card.

Thieves are also known to remove gift cards from racks and record the numbers, including the activation PIN. Sometimes, scammers even scratch off the card's security codes. Look carefully at the packaging for any tears, wrinkles, or other signs of tampering, and see if the PIN or barcode is exposed. If anything looks suspicious, take a different card and turn in the compromised one to Customer Service.



Chester County Department 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 <https://www.pa.gov/guides> for resources on Mental Health, Unemployment Compensation, other financial help, food assistance, and driver services.

211

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) (<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>) that is updated daily, the CDC webpage or World Health Organization.

Chester County Assistance Office

For help with Medicaid, Supplemental Nutrition Program (SNAP), emergency rental assistance, cash assistance, and more. Address: 100 James Buchanan Dr., Thorndale, PA 19372. Phone: 610-466-1000

Chesco Connect

Chesco Connect is Chester County's community transit program for residents of Chester County. Services include medical appointments, grocery stores, work, senior centers, and any other destination in Chester County. To schedule a ride, call Chesco Connect at 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. Domestic violence and drug addiction has increased. For assistance, please call 610-692-1926 to make an appointment. Website: www.cvcfcc.org, 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, x115.

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. Signing up is easy! You can visit our website (<https://kennettseiorcenter.org>) 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.

2025 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 2025 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 Aqua Crosslands and Aqua Kendal swim programs, please reach out to Debbie Johnston regarding class openings. We are limited to 15 attendees for each location. For more information email: djohnston@kennettseiorcenter.org

Space Rental

Did you know that KASC has two party and entertainment spaces that can be rented? Whether you are planning a family party, Quinceañera, Sweet Sixteen, or a well-earned Retirement party, our newly renovated spaces provide the perfect combination of size, accessibility, parking and more!

Our main event space is the newly renovated, Shade Hall. Shade Hall accommodates up to 120 guests and comes complete with a stage large enough to accommodate a band or DJ. Shade Hall is a bright, fresh and beautiful space with a high ceiling.

Our Wendel Room provides guests with a smaller space accommodating up to 40 seated guests. The Wendel Room is perfect for club gatherings, business meetings, intimate family parties, or receptions.

The Center provides ample parking, with 57 on-site spaces, including 10 accessible spaces. There is also generous on-street parking to supplement. Learn more by visiting our website at <https://kennettseiorcenter.org/space-rental>

So what are you waiting for? Plan your next event today! Contact Stephanie D'Amico at (610) 444-4819 or she can be reached via email at sdamico@kennettseiorcenter.org.



We are on the web
www.kennettseiorcenter.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 Debbie Johnston know at djohnston@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.

Downsizing, Decluttering, or Do You Have "Stuff" You Would Like to See Put to Good Use?



EASY ON-SITE PARKING
WITH FRONT DOOR DROP OFF!

DROP OFF: MON THRU THUR
9:30AM TO 2:30PM OR BY
APPT.

NEXT SALE SEPTEMBER 20, 2025

THE KENNETT AREA SENIOR CENTER GRATEFULLY ACCEPTS DONATIONS OF MOST HOUSEHOLD ITEMS. SOME ITEMS ARE PROVIDED TO SENIORS WHO HAVE IMMEDIATE NEEDS AND SOME ARE SET ASIDE FOR OUR TWICE A YEAR HUGE INDOOR YARD SALES. AT THESE EVENTS, COMMUNITY MEMBERS CAN PURCHASE WHAT THEY NEED AT AN AFFORDABLE PRICE. ALL PROCEEDS OF OUR SALES SUPPORT LOCAL SENIORS THROUGH A WIDE ARRAY OF FREE NUTRITION, HEALTH & WELLNESS, INFORMATION & ASSISTANCE AND VOLUNTEER PROGRAMS.



427 S. Walnut Street, Kennett Square
(one block south of the Country Butcher)
(610) 444-4819



KASC is a 501(c)3 Charitable Organization. The official registration and financial information of KASC may be obtained from the PA Department of State by calling toll free, within PA, 1-800-732-0999. Registration does not imply endorsement.

EVENT SPACE

DID YOU KNOW THAT KASC HAS TWO BEAUTIFUL PARTY AND ENTERTAINMENT SPACES THAT CAN BE RENTED? WHETHER YOU ARE PLANNING A FAMILY PARTY, BABY SHOWER OR A WELL EARNED RETIREMENT PARTY, OUR NEWLY RENOVATED SPACES PROVIDE THE PERFECT COMBINATION OF SIZE, ACCESSIBILITY, PARKING AND MORE!

• LARGE HALL CAPACITY IS 120
BRING YOUR OWN FOOD, ALCOHOL, CATERER.
CALL US OR VISIT OUR WEBSITE FOR MORE
INFORMATION.

www.kennettseiorcenter.org/space-rental

KENNETT AREA SENIOR CENTER

427 S. Walnut St.
Kennett Square, PA
610-444-4819

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