

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • FEBRUARY 2011

HEALTHY AGING-TEN TIPS TO INCORPORATE INTO YOUR LIFE

Activity, is the main item to place into your daily living routine that will help you to live independently for as long as you can.

As a natural progression of aging, the heart declines, lung capacity decreases, muscle tissues weaken, metabolism slows, reaction times slow down, and bones become less dense.

ACTIVITY can slow the aging process significantly. You are never too young or too old to take control of the aging process and become a regular participant in various programs to healthy aging. Physically active people have shown only half as much loss of functional ability as those who live a sedentary lifestyle.

Tip One: Get at least 30 minutes of exercise daily. This can be broken into three separate ten-minute sessions. Your physician should be consulted before you start any exercise routine.

Tip Two: Keep your blood pressure controlled. Following a low sodium diet, regular exercising and medication, if necessary, can help to control your blood pressure.

Tip Three: Keep your muscles and bones strong. Your doctor can screen you for bone loss. You can prevent bone loss by getting enough calcium and vitamin D. Resistance and weight-bearing exercise such as walking and weight training will aid in preventing bone and muscle loss.

Tip Four: Get immunized regularly. Immunization can prevent you from getting sick from the flu and pneumonia. It is recommended that you get a flu vaccine shot once a year. The pneumonia vaccine is recommended once in your lifetime.

Tip Five: Brain health is maintained by social interaction and mental activity. Feelings of isolation can be detrimental to your health. Get out and meet other people, volunteer and try new activities. All of these suggested aids to mental health can be attained by attending you local SENIOR ACTIVITIES CENTER.

Tip Six: Depression is very detrimental to both your mental and physical health. If you or your family suspect depression, help should be sought from your doctor.

Tip Seven: Blood sugar levels need to be treated, if elevated. Diabetes puts you at risk of heart disease, kidney failure and vision loss. Diet, exercise and medication are essential to reduce these complications.

Tip Eight: Stop smoking to improve the quality of your life. Quitting smoking helps lower your risk of cancer, heart and lung disease.

Tip Nine: Get tested to know your cholesterol levels. High cholesterol can increase your risk for heart disease and stroke. Losing weight if you are overweight, exercising regularly, and taking medication if needed, can help lower your cholesterol levels and it's risk to your health.

Tip Ten: Cancer is the second leading cause of death among Americans. Recommended screenings for cancer can lead to early detection and treatment for the disease. PSA (prostate-specific antigen) tests, colonoscopies, mammograms, pap tests and pelvic exams are recommended. Your doctor can tell you when and how often you need to be screened.

Red Hot Valentine's Day Salad

Ingredients:

6 oz Cherry Jello; (2 Pkgs)
4 oz Red Hots Candy
3 cups Boiling Water
20 oz Pineapple, Crushed,
Undrained
2 cups Applesauce

Dissolve jello and cinnamon red hots in boiling water; set aside and let cool till room temperature

When jello is cooled, add pineapple and applesauce. Pour into oiled 8-cup mold.

Chill before serving.

Quick Raisin Dessert for Valentine's Day

Ingredients:

1 cup white sugar
1 cup flour
2 tsp baking soda
1 pinch salt
1 cup raisins
1/2 cup milk

Combine the sugar, flour, baking soda, and salt. Mix well; stir in raisins and milk.

Put in a greased 8"x11" pan and bake at 350 degrees for 30-35 minutes.



Remember your loved one for Valentine's Day. Purchase a gift certificate for lunch at your local Senior Center.

Senior Snapshot



Name: Freeda Marsh

Age: 73

Spouse: Jack (dec.), married for 42 1/2 years

Current Residence: Quemahoning Towers

Children: John Doran (VA), David Dewayne (New Florence), Deborah Aliene (Windber), Jeffrey Baron (South Fork), Margaret Ruth (Waynesboro) & Randy James (dec.)

Senior Center Attending: Center for Life, Windber

Years attending Senior Center: 10

Hobbies: Watercolors, beaded jewelry, reading

Interesting Life Achievements: Raising my family which has grown to 6 children, 9 grandchildren, 10 step-grandchildren and 12 great-grandchildren

Favorite Things About Somerset County: The Quemahoning Dam, Camp Sequanota, and Camp Harmony

Favorite TV show: Law and Order

Favorite Meal at the Senior Center:

Macaroni and cheese
One word my friends would use to describe me: Cheerful

Top thing on my "Bucket List": I would like to have a Thanksgiving dinner for my entire family. That would require a 50-seat table.

People would be surprised to know that I: cry for everything whether I'm happy or sad.

If I had 3 wishes: I wish to see my great-grandchildren graduate, world peace, and better health.

Favorite Activity at the Senior Center: Camaraderie; talking about current events

A typical day at the Center: I arrive, sign in, talk with my friends, and enjoy the entertainment and the meals.

What brought me to the Senior Center for the first time: My friend, Jackie Sweetser, brought me to the center because I had just lost my husband and was feeling depressed.

How coming to the Senior Center has changed my life: It has given me a place to go and people who understand and offer friendship. I have made many new friends and was able to volunteer at the center until my health declined.

Senior Snapshot will be a regular monthly article of the Senior News featuring a participant from a different Senior Center each month. It is designed to highlight the life of a county senior who has been influenced by the services or activities at a Somerset County Senior Center. If you would like to participate in future articles, please call Hilary Strobe at the Area Agency on Aging at 443-2681. Next month's edition will feature a senior from Somerset.

BOSWELL AREA SENIOR CENTER

Center Manager:

Carol Turner
Phone: (814) 629-9926
E-mail: cturner@somersetaaa.org

Hours of Operation:

Monday 8:30 AM-1:30 PM

Available Activities:

Ping-Pong Table, Pool Table, Volunteer Opportunities, Group Activities, Trivia, Brain Challengers, Exercise and Wii Games.
APPRISE by appointment 1st Monday of every month

7 8:30 AM Socialization
Wii Games
10:00 AM Music by
Rich Hagens
11:30 AM Lunch
12:00 Nickel Bingo

14 8:30 AM Socialization
Wii Games
Valentine's Day Party
Wear Your Red
10:30 AM Pain
Management with
Diana Mock
11:30 AM Lunch
12:00 Nickel Bingo

21
President's Day
Center Closed!!



28 8:30 AM Socialization
Wii Games
10:30 AM Senior Life
of Johnstown with
Barb Penna
11:30 AM Lunch
12:00 Nickel Bingo

CENTRAL CITY AREA SENIOR CENTER

Center Manager:

Carol Turner
Phone: (814) 754-5615
E-mail: cturner@somersetaaa.org

Hours of Operation:

Mon - Fri 9:30 AM - 2:30 PM

Available Daily:

Socializing, Cards, Exercise Machines, Volunteer Opportunities, Computer, Crafts & Puzzles
APPRISE Counseling available by appointment 2nd Monday of every month

1 6-8 PM Exercise
Equipment
Open to the Public
every Tuesday
night
2 10 AM Exercise Class
Van to BiLo
3 6-8 PM Exercise
Equipment
4 Van to Somerset
7 10:30 AM Piano
Music with Shirley
8 6-8 PM Exercise
Equipment

9 10 AM Exercise Class
Van to Ideal Market
10 Fondue Fun
6-8 PM Exercise
Equipment
11 Van to Galleria
14 Valentines Day
Jingo & Party-Wear
your Red
15 6-8 PM Exercise
Equipment
President's Day
Trivia

16 Eat Early
10 AM Exercise Class
Van to Somerset
17 Birthday Lunch
10 AM Music by Rich
Hagens
6-8 PM Exercise
Equipment
18 Van to Windber
21 President's Day
Center Closed!!
22 6-8 PM Exercise
Equipment

23 10 AM Exercise Class
Van to Market Basket
24 10:30 AM Pain
Management with
Diana Mock
6-8 PM Exercise
Equipment
25 Van to Galleria
28 10:30 AM Michael
Buben-Language
Writing

CONEMAUGH TOWNSHIP AREA SENIOR CENTER

Center Manager:

Eleanor Pile
Phone (814) 479-2216
E-Mail epile@somersetaaa.org

Hours of Operation:

Mon - Fri 9:30 AM - 2:30 PM

Available Daily:

Exercise machines, Socializing, Volunteer Opportunities, Cards, & Puzzles
Daily: Word Search Puzzle
APPRISE Counseling 1st Monday of the month by appointment

1 12:15 PM Tina
Marie's Variety
Show
2 Happy Ground Hog's
Day
3 12:15 PM
Representative
Frank Burns and
Staff
8 12:15 PM "51 Years
with Congressman
Jack Murtha"-Col.
John Huga

9 12:15 PM Long Term
Care-David Mishler
10 10:45 Overview of
Flight '93-Sharon
Custer
14 Valentine's Party
Wear Your Red
15 12:15 Music with Rich
Hagens
16 12:15 PM Tapestry of
Praise
17 Birthday Lunch

21 President's Day
Center Closed!!
22 12:15 PM Roof
Garden Chorus
23 12:15 PM Nail
Parlor Windber
Home Care
24 12:15 PM Free
Bingo-Senior Life

Monday-Exercise;
Bingo
Tuesday-Exercise;
Bingo
Wednesday-Exercise
Thursday-Exercise
Class; Quilting

CONFLUENCE AREA SENIOR CENTER

Center Manager:

Betty Mancini
Phone: (814) 395-5117
E-mail: bmancini@somersetaaa.org

Hours of Operation:

Mon - Fri 9 AM - 2 PM

Available Daily:

Socialization, Volunteer Opportunities, Current Events, Health Tips, Crafts, New Tread Mill, Computer Use, Tutoring, Exercise Equipment, Brain Builders, Puzzles, Games, Music, Wii Games
9 AM Coffee Social, Current Events, Daily Trivia
Mondays- APPRISE by Appointment

1 10 AM Theology Class
w/Pastor Dean Hay
12:30 Bingo
2 10 AM Exercise Class
12:30 Bingo
3 President's Trivia
12:30 Bingo
4 Frivolous Friday
Van to Somerset
7 States & Capitols
12:30 Bingo
8 10 AM Theology Class
w/Pastor Dean Hay
12:30 Bingo
9 10 AM Exercise Class
12:30 Bingo

10 9:30 AM Oil Painting
w/Ken Corson
10 AM Somerset Home
Health w/Jane Lowry
12:30 Bingo
11 Frivolous Friday
Van to Pechins
14 Valentine's Day Party
Highmark-Karen-One
on One
12:30 Bingo
15 10 AM Theology Class
w/Pastor Dean Hay
12:30 Bingo
16 10 AM Exercise Class
Noon Van to Somerset

17 Birthday Lunch
12:30 Bingo
18 Frivolous Friday
Van to Uniontown
21 President's Day
Center Closed!!
22 10 AM Theology
Class w/Pastor
Dean Hay
10:30 AM
Conemaugh Home
Health-Carol
Collins-BP
12:30 Grocery
Shopping

23 10 AM Exercise Class
12:30 Bingo
24 12:30 Bingo
25 Frivolous Friday
Van to Somerset
28 10:30 AM Medi Home
Health w/Audrey
Sadler
12:30 Bingo
6 PM Senior Night
Uniontown
**Donations of Snacks &
Money are always
Welcome**

February 2011

Menu

THE AREA AGENCY ON AGING
OF SOMERSET COUNTY

Boswell Area Senior Center

332 Stonycreek Street
Boswell, PA 15531
Lunch served Mondays only
11:30 a.m. - 12 Noon*

(814) 629-9926

Central City Area Senior Center

103 Sunshine Avenue
Central City, PA 15926
Lunch served Mon-Fri 11:30 a.m. - 12 Noon*
(814) 754-5615

Conemaugh Township

Area Senior Center

959 South Main Street
Hollsopple, PA 15935
Lunch served Mon-Fri 11:30 a.m. - 12 Noon*
(814) 479-2216

Confluence Area Senior Center

700 Reynolds Street
Confluence, PA 15424
Lunch served Mon-Fri 11:30 a.m. - 12 Noon*
(814) 395-5117

Meyersdale Area Senior Center

120 North Street
Meyersdale, PA 15552
Lunch served Mon-Fri 11:30 a.m. - 12 Noon*
(814) 634-0713

Somerset Area Senior Center

1338 South Edgewood Avenue
Somerset, PA 15501
Lunch served Mon-Fri 11:45 a.m. - 12:15 p.m.*

(814) 445-7772

Center for Life

700 5th Street, Suite 201
Windber, PA 15963
Lunch served Mon-Fri 11:30 a.m. - 12 Noon*
(814) 467-5912

*So you can enjoy a relaxed and comfortable dining experience, reservations are recommended. Please call the Center you plan on attending by 11:30 AM the day before. Please indicate your preference for the hot meal, entrée salad or café menu. You may also reserve "take home" meals at the same time.

MONDAY

TUESDAY

1

Hot Meal

Beef Pepper Steak
Noodles
Green Beans
Tossed Salad
Fruit Medley
Wheat Bread-Margarine
Milk

Entrée Salad

Chicken/Egg Spinach
Salad w/Bacon
Dressing

Café Menu

Asian Shrimp Salad
Baked Potato Chips
Muffin
Milk

7

8

Hot Meal

Stuffed Pepper
Mashed Potatoes
Corn
Apricots
Wheat Bread-
Margarine
Milk

Entrée Salad

Grilled Chicken/
Cheese Salad w/
Italian Dressing

Café Menu

Chicken Rice Soup
Seafood Salad Spread
Church Slaw
Quartered Fruit
Milk

Hot Meal

Ham Pot Pie
Tossed Salad w/Egg
Baked Apples
Banana Split Dessert
Wheat Bread-Margarine
Milk

Entrée Salad

Grilled Chicken/
Cheese Caesar Salad
w/Caesar Dressing

Café Menu

Roast Beef Sub
Sun Chips
Garden Salad
Fresh Apple
Milk

14

15

Hot Meal

Roast Turkey/Gravy
Mashed Potatoes
Broccoli Spears
Cranberry Sauce
Rice Raisin Dessert
Wheat Bread-Margarine
Milk

Entrée Salad

Seafood Chef Salad w/
Vinaigrette Dressing

Café Menu

Greek Chicken Wrap
Pasta Salad
Fresh Grapes
Milk

Hot Meal

Beef Barley Soup
Pears w/Peanut Butter
Perfection Salad
Cranberry Juice
Sugar Cookie
Crackers
Wheat Bread-
Margarine
Milk

Entrée Salad

Chicken/Spinach Salad w/
Bacon Dressing

Café Menu

Vegetable Soup
Turkey/Cheese Chef
Salad
Cranberry Applesauce
French Roll
Milk

21

22

President's Day
Center Closed!!



Hot Meal

Baked Ham
Sweet Potato Patties
Green Beans
Fresh Orange
Tropical Pineapple Whip
Wheat Bread-Margarine
Milk

Entrée Salad

Taco Salad w/Catalina
Dressing

Café Menu

BLT Wrap
Pickled Egg/Beets
Pineapple Chunks
Chocolate Chip Cookie
Milk

28

Hot Meal

Ham, Green Beans &
Potatoes
Orange Juice
Chocolate Pudding
Wheat Bread-
Margarine
Milk

Entrée Salad

Shrimp/Cheese Caesar
Salad w/Caesar
Dressing

Café Menu

Turkey & Swiss on
Croissant
Spring Salad
Mandarin Oranges/
Strawberries
Milk

WEDNESDAY

THURSDAY

FRIDAY

2

3

4

Hot Meal

Chicken Ala King
w/Peas & Carrots
over Biscuit
Church Slaw
Fruit Salad
Graham Crackers
Milk

Entrée Salad

Chicken/Cheese
Caesar Salad w/
Caesar Dressing

Café Menu

Stuffed Pepper Soup
Steak Salad
Sliced Peaches
Dinner Roll
Milk

Hot Meal

Porcupine Balls
Scalloped Potatoes
Broccoli Spears
Fresh Apple
Brownie
Wheat Bread-Margarine
Milk

Entrée Salad

Chicken/Cheese Garden
Salad w/Ranch
Dressing

Café Menu

Tuna Salad on Pita
Broccoli Salad
Fresh Banana
Milk

Hot Meal

Breaded Fish
Brown Rice Pilaf
Tossed Salad
Tomato Juice
Pineapple Upside
Down Cake
Wheat Bread-Margarine
Milk

Entrée Salad

Cheese/Egg Garden
Salad w/House
Dressing

Café Menu

Southwest Chicken
Wrap
Macaroni Salad
Fresh Apple
Milk

9

10

11

Hot Meal

Meatloaf
Scalloped Potatoes
Sliced Carrots
Molded Pear Salad
Chocolate Chip Cookie
Wheat Bread-Margarine
Milk

Entrée Salad

Grilled Chicken/Egg
Spinach Salad w/
Bacon Dressing

Café Menu

Beef Barley Soup
Southwest Chicken
Salad
Fresh Banana
Milk

Hot Meal

Baked Chicken/Gravy
Parslied Red Potatoes
Mixed Vegetables
Tossed Salad
Fresh Orange
Dinner Roll-Margarine
Milk

Entrée Salad

Ham/Cheese Chef
Salad w/Ranch
Dressing

Café Menu

Taco Salad
Tropical Fruit Salad
Dinner Roll
Milk

Hot Meal

Baked Ham
Au Gratin Potatoes
Peas
Orange Juice
Peaches
Graham Crackers
Wheat Bread-Margarine
Milk

Entrée Salad

Shrimp/Cheese Caesar
Salad w/Caesar
Dressing

Café Menu

Grilled Chicken Caesar
Wrap
Apricots
Brownie
Milk

16

17

18

Hot Meal

Ham BBQ on Bun
Baked Beans
Cole Slaw
Orange Juice
Yogurt
Milk

Entrée Salad

Tuna/Egg Chef Salad
w/Italian Dressing

Café Menu

Southwest Chicken
Wrap
Macaroni Salad
Fresh Apple
Milk

Hot Meal

Rigatoni w/Meat Sauce
Tossed Salad w/Italian
Dressing
Fresh Apple
Yellow Cake/Icing
Wheat Bread-Margarine
Milk

Entrée Salad

Turkey/Cheese Chef
Salad w/Ranch
Dressing

Café Menu

Asian Shrimp Salad
Baked Potato Chips
Yellow Cake/Icing
Milk

Hot Meal

Chicken Rice Soup
Egg Salad on White
Bread
Pea & Carrot Salad
Tropical Fruit
Milk

Entrée Salad

Grilled Chicken/Egg
Spinach Salad w/
Bacon Dressing

Café Menu

Stuffed Pepper Soup
Steak Salad
Sliced Peaches
Dinner Roll
Milk

23

24

25

Hot Meal

Macaroni & Cheese
Stewed Tomatoes
Three Bean Salad
Pineapple Chunks
Graham Crackers
Wheat Bread-
Margarine
Milk

Entrée Salad

Seafood/Cheese Salad
w/Vinaigrette
Dressing

Café Menu

Chicken Terriyaki Sub
Carrot Sticks
Mandarin Oranges
Milk

Hot Meal

BBQ Chicken
Parslied Potatoes
Glazed Carrots
Molded Fruit Salad
Granola Bar
Dinner Roll-Margarine
Milk

Entrée Salad

Ham/Cheese Chef Salad
w/French Dressing

Café Menu

Chicken Rice Soup
Seafood Salad Spread
Church Slaw
Quartered Fruit
Milk

Hot Meal

Breaded Fish
Pierogies
California Blend
Fresh Banana
Oatmeal Cookie
Rye Bread-Margarine
Milk

Entrée Salad

Turkey/Cheese Chef
Salad w/Ranch
Dressing

Café Menu

Roast Beef Sub
Sun Chips
Garden Salad
Fresh Apple
Milk

Area
Agency on
Aging of Somerset County

(814) 443-2681
www.somersetaaa.org

MEYERSDALE AREA SENIOR CENTER

Center Manager:

Cinda Yinkey
Phone: (814) 634-0713
E-Mail: cyinkey@somersetaaa.org

Hours of Operation:

Mon - Fri 10 AM - 3 PM

Available Daily: Bingo, Cards, Puzzles, Dominoes, Books, TV, Games, Bike, Treadmill, Arm Bike & Wii Games Bingo Daily at 11 AM, Blood Pressures are taken twice a month

| | | | | | | | |
|---|---|----|-----------------------|----|---------------------------------|----|---------------------|
| 2 | 10:30 AM Jocelyn Brant-Windber Medical Center-Winter Safety | 8 | 10-11:30 AM APPRISE | 15 | 10-11:30 AM APPRISE | 22 | 10-11:30 AM APPRISE |
| | 10:30 AM Exercise | | 6:30 PM Bingo | 16 | 10:30 AM Exercise | | 6:30 PM Night Bingo |
| 3 | 11 AM Grocery Bingo | 9 | Weather Permitting | 17 | Birthday Lunch | | Weather Permitting |
| | 10-11:30 AM APPRISE | 10 | 10:30 AM Exercise | | 10-11:30 AM APPRISE | 23 | 10:30 AM Exercise |
| 4 | Word Search Puzzles | | Birthday Lunch | 18 | Word Search Puzzles | 24 | 10-11:30 AM APPRISE |
| 7 | 11 AM Bingo Daily | 11 | 10-11:30 AM APPRISE | 21 | President's Day Center Closed!! | 25 | Word Search Puzzles |
| | | 14 | Word Search Puzzles | | | | |
| | | | Van to Johnstown | | | | |
| | | | Valentine's Day Party | | | | |

SOMERSET AREA SENIOR CENTER

Senior Services Director:

Phone (814) 445-7772
E-Mail

Hours of Operation:

Mon - Fri 8 AM - 3 PM

Available Daily:

Full-size Pool Table, Exercise Equipment, Cards, Games, Socializing, Volunteer Work, Wii Games, and Computer Classes Available Daily

Military Support Group contact
Gladen Maust (814) 893-5686

| | | | | | | | |
|----|-------------------------------------|----|-------------------------------------|----|---------------------------------|----|-------------------------------------|
| 3 | 10:30-11:30 Exercise with Bryan | 14 | Valentine's Party | 17 | Birthday Lunch | 24 | 10:30-11:30 Exercise with Bryan |
| | 6 PM TOPS | | Wear Your Red | | 8-2 PM Newsletter Assembly | 28 | 6 PM Military Support Group Meeting |
| 7 | 6 PM Military Support Group Meeting | | 10:45-11:30 Art | | 10:30-11:30 Exercise with Bryan | | |
| 9 | 10 AM Bingo | 15 | DiLoreto to Sing | 21 | 6 PM TOPS | | |
| | Computer Class | | 6 PM Military Support Group Meeting | | President's Day Center Closed!! | | |
| 10 | 10:30-11:30 Exercise with Bryan | 16 | 6-8 PM Karaoke with Gene Smith | 23 | 10 AM Bingo | | |
| | 6 PM TOPS | | 10 AM Bingo | | Computer Class | | |

CENTER FOR LIFE

Senior Services Director:

Eleanor Pile
Phone: (814) 467-5912
E-Mail epile@somersetaaa.org

Hours of Operation:

Mon - Fri 8 AM - 4 PM

Available Daily:

Early Morning Coffee Social Group, Breakfast 8:00-10:00 AM

Socializing, Indoor Walking Track, Cards/Games, Jigsaw Puzzles, Volunteer Work, Current Events and Memory Teasers

2:30 PM Pinochle
Exercise Equipment now available
Tuesday Weekly Computer Class

We now have Table Tennis -
Come in and Form a Team

Come In and Try Our Wii Fit Program

Every Monday 6:00 PM Game Night:
Poker, Pinochle, Wii, Scrabble,
Rummicube, Hearts, Mexican Train

Tuesdays 2 PM Zumba \$1 per class

| | | | |
|----|--|----|--|
| 1 | 9 AM Book Club | 23 | 6:30 PM CFL Dance-Music by Rich Hagens |
| 2 | Happy Ground Hog's Day | 24 | 11 AM Long Term Care-David Mishler |
| 3 | 10:30 AM Music by Pat Montaine | | |
| 8 | CFL Trip to the Rivers | | |
| 9 | 10:30-11:30 AM Nail Parlor-Windber Home Care | | |
| 10 | 11 AM-Representative Frank Burns & Staff | | |
| 14 | Valentine's Party Wear Your Red | | |
| 15 | 10:45 AM Svetz Orthotics & Prosthetics | | |
| 16 | 10:45 AM Tapestry of Praise | | |
| 17 | Birthday Lunch | | |
| 21 | President's Day Center Closed!! | | |
| 22 | 10:45 AM Tina Marie's Variety Show | | |

New Book Club starts February 1, 2011 at CFL on Tuesdays at 9 AM.

Available Weekly at Center For Life:

APPRISE: Every 3rd Tuesday by appointment

Mon: 9 AM Crochet Class; 9:30 Poker; 10 AM Tap Dance Class; 10:30 Strong Bones Exercise Class; 12:30 Pinochle Club; 12:30 PM Cribbage; 3 PM Table Tennis Lessons; 6 PM Game Night

Tues: 9 AM Book Club; 10:30 AM Body Strengthening Class; 12:30 Bingo; 12:30 Wii Bowling; 7:00 PM Digital Camera Class

Wed: 9:30 AM Poker; 10 AM Tap Dance Class; 12:30 PM Bingo; 12:30 PM Pinochle Club; 9:30-10:30 AM Internet Computer Class; 9:30-11:30 AM Advanced Computer Class; 1-2 PM Beginner's Computer Class; All classes open to the public and FREE

Thurs: 9:30 AM Free Chair Massage; 10 AM Free Tai Chi Class; 12:30 PM Bingo; 12:30 PM Mahjongg

Fri: 9:30 AM Chorus; 9:30 AM Poker; 10:30 AM Strong Bones Exercise Class; 12:30 PM Pinochle Club; 12:30 Cribbage

Every 1st and 3rd Friday -
Doctor Ordered Blood Work 8-10 AM

2nd Tuesday, 3rd Wednesday, 4th Thursday -
Free Blood Pressure Checks



RSVP Volunteers Marlene Gotjen and Dolores Resh tabulate survey results.

The Area Agency on Aging conducted three separate surveys of senior center participants, homebound meal recipients and community members who have never attended the noon lunch or programs at a Somerset County Senior Center between September through early December. The feedback collected through these surveys was designed to help improve the Centers' services to its current and future participants and to the community, on whole.

RSVP volunteers Dolores Resh and Art and Marlene Gotjen then spent many hours tabulating the survey results. The Retired

Senior Volunteer Program of Somerset County provides hundreds of volunteer opportunities at 70 organizations throughout the county to people age 55 and over who wish to serve their community.

The desire to perform community service and remain active led Dolores to volunteer with RSVP more than ten years ago. In addition to her work tabulating the Senior Center/Meal surveys, she also volunteers at the monthly Courthouse Canteen, at the annual RSVP cookie sale, and at Mountain Craft Days. Marlene wanted to keep in contact with the schools after retiring from teaching and now volunteers in the first grade classes at Maple Ridge Elementary as well as working with the Literacy Council, Habitat for Humanity, and the Next Step Center. Art was involved in Habitat for Humanity and the Next Step Center originally. He had contacted RSVP to recruit volunteers for Habitat projects prior to joining the program himself. Marlene then encouraged him to assist in the tabulation of the survey results.

All three enjoy the social interaction and the many chances to meet new people and share the RSVP opportunity. While they enjoy the experience, their time and talents are very much appreciated at each and every place they volunteer their services. Thank you Dolores, Marlene, and Art!

If you would like to make an impact in your community by volunteering with RSVP, please contact Debbie Baker at 814-443-2681.

Caregiver Assistance

Windber Caregiver Support Group

February 10, 2011 at 10 AM

Somerset Caregiver Support Group

February 24, 2011 at 10 AM

Please contact the Area Agency on Aging at (814) 443-2681 or 1-800-452-0825 for further information.

Centenarian Program

KNOW SOMEONE WHO IS 100 YEARS OLD?

If you know someone who has reached this remarkable milestone, please contact the Agency at (814) 443-2681 or Toll Free at 1-800-452-0825 between the hours of 8 AM and 4 PM Monday through Friday (except those days designated as county holidays). A Centenarian certificate will be presented by the Area Agency on Aging Administrator recognizing achievement, and their biography will be featured in a future edition of the *Senior News*.

ROCKWOOD SENIORS CLUB

February 23, 2011 at Noon—Town Hall—Covered Dish. Call to make reservations to (814) 926-4308 or (814) 926-3439.

Volunteer Opportunities through RSVP

THE RETIRED AND SENIOR VOLUNTEER PROGRAM of Somerset County provides placement services and support benefits to people age 55 and over who wish to serve their community by volunteering for one of 70 organizations county-wide. For information about these and other volunteer opportunities, please call RSVP at (814) 443-2681 or 1-800-452-0825.

Somerset Elementary Schools-

Fight wintertime cabin fever by volunteering to help a child succeed in school. Work with children one-on-one or in small groups under the direction of the classroom teacher. One hour, once a week, can make a difference for a child needing caring adult encouragement. It's not too late to get involved this school year. Berlin, Meyersdale and Somerset have strong volunteer programs that welcome new volunteers.

Escort Drivers-Volunteers are needed throughout Somerset County. Escort drivers use their own vehicles to transport consumers to needed treatment such as dialysis, chemotherapy or doctor's visits. Trips are scheduled through a coordinator for the Area

Agency in Somerset. Reimbursement applies.

Meals on Wheels-Meals on Wheels is in urgent need of drivers for the Rockwood Route. Volunteer one day a week for just a few hours delivering meals for those in the Rockwood area. Without drivers this route may be cancelled. Help make a difference in your community, volunteer today.

Shanksville Clothes Closet-St. Mark Lutheran Church in Shanksville is the site of a free to anyone, lightly used clothing shop. Hours of operation are 10 AM to 1 PM the first Wednesday of each month. Additional volunteers are needed to assist the manager with sorting, stocking and clerking. Call RSVP to learn more.

Senior News

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If you would like to obtain further information about any newsletter topic or Agency services please call the Somerset office at
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