

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • APRIL 2011

Three *Centenarians* Honored



CALVIN TRESSLER

Mr. Calvin Tressler, a resident of the Golden Living Center in Meyersdale, has been recognized as an honoree for the Area Agency on Aging's Centenarian Program. In celebration of this important milestone, a special certificate was presented, before a gathering of family members at the Golden Living facility on January 22, 2011.

Calvin Sylvester Tressler was born in the village of Silbaugh, near the Fort Hill area of Somerset County, on December 23, 1910. He was one of the 9 children bestowed to the marital union of George and Janie [Wiltrout] Tressler. After completing the sixth grade, Calvin eventually married the former Kathryn Meyers [now deceased]. This marriage lasted 58 years and produced 3 children- Paul; Phyllis and Ray. All of these children now live in the southwestern sector of Somerset County.

Calvin's work history includes working on the family farm and in the coal mines of Pennsylvania and West Virginia. Before retirement, he worked for the Keystone Lime Company of Springs and then later, served as a supervisor for Addison Township for 6 years.

Although working was a primary focus for many years, Calvin took some time to go hunting and fishing. He recalls the time when at the age of 82 years, he took a hunting trip to Canada and bagged a 400 pound bear.

When asked about his secret for a long life, the personable and respectful gentleman said: "I think I lived so long because I hard worked and steady for 70 years."



PAUL PECK

Mr. Paul J. Peck of the Golden Living Center in Meyersdale has been recognized as one the latest honorees for the Area Agency on Aging's Centenarian Program. He

was presented with a special certificate, in honor of his life, at the Golden Living facility on January 27, 2011.

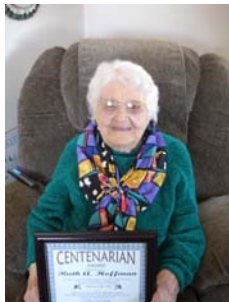
Paul was born in the High Point Lake area of Meyersdale on August 31, 1910, as one of 6 children born to the union of Jonas and Mary Peck. After completing the 8th grade, he eventually married twice. With the first union, Paul and wife, Lola, raised 5 children-- Carolyn and Gale [both deceased]; Paul "Ron"; Sharon and Terry. Paul's second marriage was to wife, Edna.

Paul's work life included farming until early in his first marriage. He then decided to purchase several trucks for hauling milk. His career in the milk transport business lasted a total of 33 years.

During his non-working time, Paul enjoyed wood-working. He explained he got great satisfaction out of "making things." When asked what he was most proud of during his lifetime, he quickly commented it was raising his family and working hard to earn a living for them.

And his advice to others, on how to live a long life? "Well, I think it all comes down to good, hard work. You have to stay busy and be useful."

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RUTH A. HOFFMAN

Ruth A. Hoffman of Somerset was recently named as an honoree for the Area Agency on Aging's Centenarian Program. Mrs. Hoffman received a special certificate for the milestone in her life, at her residence on February 15, 2011.

Born on February 20, 1911, in Lincoln Township, near Belltown, Somerset County, Ruth was one of 4 children born to William and Julia Fritz. She attended the Knepper School until the 8th grade and eventually married the late Harrison Hoffman. This Hoffman union lasted 43 years and it produced 4 children: Dean; Carl; Marian and Terry. Ruth also has 8 grandchildren; 11 great-grandchildren and 5 great-great-grandchildren.

Ruth's work life included helping her father on the family farm as a youngster and later, being a homemaker for 2 local families. She also stayed quite busy, raising her own family.

When asked about her hobbies and interesting life experiences, this very personable and charming centenarian spoke of sewing; photography; growing flowers and making ceramics. A long-time active member of the St. John's

United Methodist Church, she also participated in mission work and proudly recalled a trip to the country of Israel with an educational group.

Her advice on how to live a long life? : "Well, it's like I once told my doctor.... If I tell you, it won't be a secret anymore!"

Senior Snapshot



Name: Viola E. Janshego

Age: 70

Spouse: David J., married for 50 years

Current Residence: Johnstown

Children: 3: David K., Daniel R., Dawn

Senior Center Attending: Conemaugh Township

Years attending Senior Center: 2

Hobbies: Reading, Sewing, Cross-Stitch

Interesting Life Achievements: Having 4 Grandchildren

Favorite Things About Somerset

County: The country setting, the people I met.

Piece of Childhood Memorabilia I wish I still had: My first doll baby.

Favorite TV show: Food Channel

Favorite Meal at the Senior Center: Ham BBQ & Beans

One word my friends would use to describe me: Nice

Three People I'd love to have Dinner

with: My husband, children and grandchildren at special occasions.

Top thing on my "Bucket List": I

would like to take a trip to Alaska with my husband, Dave.

People would be surprised to know

that: I went to Bible College in Canada for one year, then I attended WBC (Washington Bible College) for a semester

If I had 3 wishes: I would wish for

many more years of good health, to see all of my grandchildren graduate from High Scholl, and to go on that trip to Alaska.

Favorite Activity at the Senior Center:

The entertainment and socializing.

A typical day at the Center: My typical

day at the Center is demanding but fun. I open and close the center with the absence of a manager. I also work in the kitchen. I enjoy my volunteer time.

What brought me to the Senior Center

for the first time: I wanted to meet new people and have a place to volunteer.

How coming to the Senior Center has

changed my life: It has given me some time to spend with other people and make new friends.

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 (814) 443-2681. Next month's edition will feature a senior from Boswell.

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 Challenges, Exercise and Wii Games.
APPRISE by appointment 1st Monday of every month

4	8:30 AM Socialization Wii Games 10:30 Spring Safety Check with Jocelyn Brant- Windber Home Health 11:30 AM Lunch 12:00 Nickel Bingo Last Day to Sign up for Easter Lunch!!	11	8:30 AM Socialization Wii Games 10:30 AM Homewatch Caregivers 11:30 AM Lunch 12:00 Nickel Bingo	18	8:30 AM Socializa- tion Wii Games 10:30 AM Penn State Extension-Dying with Diabetes with Janice Stoudnour 11:30 AM Easter Lunch 12:00 Nickel Bingo	25	8:30 AM Socialization Wii Games 10:30 AM Pain Management with Diana Mock 11:30 AM Lunch 12:00 Nickel Bingo
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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	Van to Somerset 4 PM Fish Fry TBA	11	10:30 Spring Safety Check List with Jocelyn Brant- Windber Medical Center	18	Easter Lunch 10:30 Beginnings Inc with Vickie Wilson Easter Egg Hunt	26	Birthday Lunch Birthday Jingo
4	Bon Worth Trunk, Fashion Show with Cindy	12	10-11 AM Windber Black Lung BP and Pulse Ox	19	Eat Early	27	Exercise Class Van to Market Basket
5	Casino Trip to the Rivers	13	10 AM Exercise Class Van to Ideal Market	20	10 AM Exercise Class Van to Somerset	28	BBQ Covered Dish
6	10 AM Exercise Class Van to Bi Lo	14	10:30 AM Pain Management with Diana Mock	21	Music by Rich Hagens	29	Van to Galleria
7	Fondue Fun	15	Van to Windber 4 PM Fish Fry Pick Up TBA	22	Good Friday! Center Closed!!		
8	Van to Galleria 4 PM Fish Fry TBA			25	10:30 AM Victim Services with Barbara Holly		

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

4	12:15 Bingo Last Day to Sign up for Easter Lunch		Check List with Jocelyn Brant		10 AM Exercise Class		Monday -Exercise; Bingo
5	12:15 Victim Services with Barbara Holly	14	10:30 AM Exercise Class 12:15 Music by Rich Hagens	22	Good Friday! Center Closed!!		Tuesday -Exercise; Bingo
6	Blood Pressure	18	Easter Lunch 12:15 Bingo	25	12:15 Bingo		Wednesday -Exercise
7	10:30 AM Exercise 12:15 Nail Parlor- Home Health & Hos- pice	19	12:15 Beginnings Inc- Vickie Wilson	26	12:15 Music by Pat Montaime		Thursday -Exercise Class; Quilting
8	Word Searches	21	Nutrition with Dorothy Naugle-Allied Produc- ers	27	12:15 Beulah Kitchen Band		
11	12:15 Bingo			28	10:30 Exercise class 12:15 Music by Carol Gresh		
12	12:15 Spring Safety						

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 Opportuni-
ties, 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	Frivolous Friday Van to Somerset	11	Van to Uniontown 10 AM Medi-Home Health with Audrey Sadler	19	12:30 Bingo 10 AM Theology Class with Pastor Dean Hay 12:30 Grocery Shop- ping		Class with Pastor Dean Hay
4	12:30 Bingo	12	10 AM Theology Class with Pastor Dean 12:30 Grocery Shop- ping	20	10 AM Exercise Class 12 Noon Van to Somerset	27	10:30 Conemaugh Home Health with Carol Collins 12:30 Grocery Shop- ping
5	10 AM Theology Class with Pastor Dean Hay 12:30 Grocery Shop- ping	13	10 AM Exercise Class 12:30 Bingo	21	Celebrate Earth Day 12:30 Bingo	28	12:30 Bingo
6	10 AM Exercise Class 10:30 AM Vicki Wilson 12:30 Bingo	14	9:30 Oil Painting class with Ken Corson 12:30 Bingo	22	Good Friday! Center Closed!!	29	5th Friday Field Trip???
7	10 AM Somerset Home Health with Jane Lowry 10:30 AM State Rep- Karl Walker Metzgar 12:30 Bingo	15	Frivolous Friday Van to Uniontown	25	12:30 Bingo		
8	Frivolous Friday	18	Easter Lunch	26	Birthday Lunch 10 AM Theology		

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

RSVP for Easter
Dinner by April 4th.

4

5

Hot Meal
Baked Chicken/Gravy
Parslied Potatoes
Mixed Vegetables
Diced Pears
Chocolate Chip Cookie
Dinner Roll-Marg.
Milk

Entrée Salad
Ham/Cheese Chef
Salad w/Ranch
Dressing
Café Menu
Taco Salad
Tropical Fruit Salad
Dinner Roll
Milk

Hot Meal
Meatloaf
Scalloped Potatoes
Sliced Carrots
Tossed Salad
Fresh Orange
Wheat Bread-Margarine
Milk

Entrée Salad
Grilled Chicken/Egg
Spinach Salad w/
Bacon Dressing
Café Menu
Chicken Teriyaki Sub
Carrot Sticks
Mandarin Oranges
Milk

11

12

Hot Meal
Roast Turkey/Gravy
Mashed Potatoes
Broccoli Spears
Cranberry Sauce/Whole
Berries
Rice Raising Pudding
Rye Bread-Margarine
Milk

Entrée Salad
Seafood Chef Salad w/
Vinaigrette Dressing
Café Menu
Vegetable Soup
Turkey/Cheese Chef
Salad
Cranberry Applesauce
French Roll
Milk

Hot Meal
Cheeseburger on Bun
w/lettuce/tomato
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

18

19

Hot Meal
Baked Ham
Sweet Potato Patties
Green Bean Casserole
Tropical Fruit
Pecan Pie
Dinner Roll-Margarine
Milk

Entrée Salad
Chicken/Cheese Spin-
ach Salad w/Bacon &
Tomato Dressing
Café Menu
BLT Wrap
Pickled Egg/Beets
Pineapple Chunks
Chocolate Chip Cookie
Milk

Hot Meal
Roast Beef/Gravy
Mashed Potatoes
Brussel Sprouts
Fruit Cup
Butterscotch Pudding
Wheat Bread-Margarine
Milk

Entrée Salad
Cheese/Egg Garden
Salad w/House
Dressing
Café Menu
Grilled Chicken Caesar
Wrap
Apricots
Brownie
Milk

25

26

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
Bread
Broccoli Salad
Fresh Banana
Milk

Hot Meal
Roast Pork/Gravy
Mashed Potatoes
Succotash
Apricots
Yogurt
Chocolate Cake/Icing
Rye Bread-Margarine
Milk

Entrée Salad
Shrimp/Cheese
Caesar Salad w/
Caesar Dressing
Café Menu
Greek Chicken Wrap
Pasta Salad
Fresh Grapes
Chocolate Cake/Icing
Milk

WEDNESDAY

THURSDAY

FRIDAY



(814) 443-2681
www.somersetaaa.org

1

Hot Meal
Breaded Fish w/Tartar Sauce
Brown Rice Pilaf
Tossed Salad
Tomato Juice
Pineapple Upside Down Cake
Wheat-Margarine Milk

Entrée Salad
Cheese/Egg Garden Salad w/House Dressing
Café Menu
Tuna Salad on Pita Bread
Broccoli Salad
Fresh Banana Milk

6

7

8

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

Entrée Salad
Turkey/Cheese Chef Salad w/Ranch Dressing
Café Menu
Chicken Rice Soup
Seafood Salad Spread on Croissant
Church Slaw
Quartered Fruit Milk

Hot Meal
Stuffed Pepper
Mashed Potatoes
Corn
Apricots
Wheat Bread-Margarine Milk

Entrée Salad
Grilled Chicken/Cheese Salad w/Ranch Dressing
Café Menu
Roast Beef Sub
Sun Chips
Garden Salad
Fresh Apple Milk

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

Entrée Salad
Shrimp/Cheese Caesar Salad w/Caesar Dressing
Café Menu
Beef Barley Soup
Southwest Chicken Salad
Fresh Banana Milk

13

14

15

Hot Meal
Lasagna
Tossed Salad
Fresh Apple
Italian Bread-Margarine Milk

Entrée Salad
Turkey/Cheese Chef Salad w/Ranch Dressing
Café Menu
Stuffed Pepper Soup
Steak Salad
Sliced Peaches
Dinner Roll Milk

Hot Meal
Smoked Sausage
Brown Rice Pilaf
Country Blend Vegetables
Apple Juice
Wheat Bread-Margarine Milk

Entrée Salad
Steak/Cheese Salad w/Ranch Dressing
Café Menu
Asian Salad
Baked Potato Chips
Muffin Milk

Hot Meal
Vegetable Soup
Cheese Spread on Bun
Cottage Cheese
Mandarin Oranges
Crackers
Milk

Entrée Salad
Taco Salad w/Catalina Dressing
Café Menu
Turkey & Swiss on Croissant
Spring Salad
Mandarin Oranges/Strawberries
Milk

20

21

22

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
Roast Beef Sub
Sun Chips
Garden Salad
Fresh Apple Milk

Hot Meal
BBQ Chicken
Parslied Red 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 on Croissant
Church Slaw
Quartered Fruit Milk

Good Friday
Center Closed!!



27

28

29

Hot Meal
Chicken Cacciatore
Penne Pasta w/Sauce
Peas
Fruit Salad
Graham Crackers
Italian Bread-Margarine Milk

Entrée Salad
Ham/Cheese Chef Salad w/French Dressing
Café Menu
Vegetable Soup
Turkey/Cheese Chef Salad
Cranberry Applesauce
French Roll Milk

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

Entrée Salad
Chicken/Egg Spinach Salad w/Bacon & Tomato Dressing
Café Menu
Southwest Chicken Wrap
Macaroni Salad
Fresh Apple Milk

Hot Meal
Fish Sandwich w/Cheese w/Tartar Sauce
Macaroni Salad
Fresh Strawberries
Tomato Juice
Pineapple Upside Down Cake
Milk

Entrée Salad
Cheese/Egg Garden Salad w/Ranch Dressing
Café Menu
Stuffed Pepper Soup
Steak Salad
Sliced Peaches
Dinner Roll Milk

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
11 AM Bingo Monday through Friday
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

- 1 12 PM Singer-Ricky Housel
- 5 10-11:30 AM-APPRISE
- 6 Grocery Bingo
- 7 10 AM Conemaugh Home Health-Blood Pressure Check
- 10-11:30 AM-APPRISE

- 8 Word Search Puzzle Van to Johnstown
- 12 10-11:30 AM-APPRISE
- 6:30 PM Night Bingo
- 14 10-11:30 AM APPRISE
- 15 Word Search Puzzle
- 4 PM Volunteer Party
- 18 Easter Lunch
- 19 10-11:30 AM APPRISE
- 21 10 AM Conemaugh Home Health-Blood

- Pressure Check
- 10-11:30 AM APPRISE
- 22 Good Friday Center Closed!!
- 26 Birthday Lunch
- 10-11:30 AM APPRISE
- 6:30 PM Night Bingo
- 28 10:30 Carl Metzgar
- 10-11:30 AM AP-PRISE
- 29 Word Search Puzzle Van to Johnstown

Daily:
11 AM Bingo
Tuesday/Thursday:
10-11:30 AM APPRISE
Wednesday:
10:30 AM Exercise
w/LeAnn

SOMERSET AREA SENIOR CENTER

Senior Services Director:

Karen Ritchey
Phone (814) 445-7772
E-Mail: karitchey@somersetaaa.org

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

- 1 Movie Day & Popcorn
- 4 10 AM Bingo
- 6 PM Military Support Group Meeting
- 5 10:30 AM Wii Bowling Tourney
- 6 10 AM Bingo Computer Class
- 7 6 PM TOPS
- 8 10 AM Windber Medical Center-Jocelyn Brant-Blood Pressure Check

- 11 10 AM Bingo
- 6 PM Military Support Group Meeting
- 12 10:30-11:30 Karaoke with Gene Smith
- 13 10 AM Bingo Computer Class
- 14 8-2 Newsletter Assembly
- 6 PM TOPS
- 18 10 AM Bingo
- 6 PM Military Support Group Meeting
- 19 10:30 AM Easter Egg Coloring

- 20 10 AM Bingo Computer Class
- 21 6 PM TOPS
- 22 Good Friday Center Closed!!
- 25 10 AM Bingo
- 6 PM Military Support Group Meeting
- 26 1 PM The Hat Ladies
- 6-8 PM Karaoke with Gene Smith
- 27 10 AM Bingo Computer Class
- 28 6 PM TOPS

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 8-10 AM Doctor Ordered Blood Work
- 4 Last Day to Sign up for Easter Lunch
- 5 Casino Trip to Wheeling
- 2 PM Zumba Dance
- 7 10:30 Victim Services with Barbara Holly
- 12 Allied Producer-When a Cow is more than a Cow-Dorothy Naugle
- 2 PM Zumba Dance
- 13 10:30-11:30 AM Nail Parlor-Windber Home Care
- 14 10:30 AM Beginnings Inc with Vickie Wilson
- 15 8-10 AM Doctor Ordered Blood Work
- 18 Easter Lunch
- 19 10:30 AM Key Board-Guitar Sings Country Music-John Wolf
- 2 PM Zumba Dance
- 21 Thursday Night Wii

- Bolwing League
- 22 Good Friday! Center Closed!!
- 26 Birthday Lunch
- Brian Harshburger-sing-a-long
- 2 PM Zumba Dance
- 27 CFL Dance-Music by Rich Hagens
- Girl Scout Brownie Troop 40902 to visit
- 28 10:30 Music by Pat Montaine

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

Steeler Rallies & Valentine's Day Parties from County Senior Centers



Helen & George Housel Meyersdale Senior Center Queen & King



Somerset Senior Center Valentines Party



Meyersdale Senior Center Steeler Rally



Central City Senior Center Steeler Rally-Helen Nussrallah, Marge Rypczyk, Anges Palya, Helen Elko, Lillian Koleszarik, Mildred Kline, Kate Tomlinson, Ila Jean Custer, Margaret Tremel, Nellie Mihelcic, Joe Rosey, Kate Lensie, Betty Wain, Sandra Lasut.



Somerset Senior Center Steeler Rally-George Faidley, Louise Sem-bower, Georgia Borese, Betty Smith, and Shirley Tinkey.



CFL Senior Center Steeler Rally-Mary Farbo, Joe Farbo, Mary Ellen Kupecky, Rose Ann Kleinman, Paul Marone, Peggy Marone, Dewey Conner, Cathy Kebisek, Margaret Walerysiak, Warren Mangus, Paula Mangus, Virginia Ursino, Anna Marie Barzensky, Bill Barensky, Henry Renaldi, Betty Renaldi, Alice Vater, Bernie Bater, Dolores Block, Mike Pascovich, Kay DiBattista, Mary Kay Pcola, Karen Hyatt, Carol Snyder, and Vi Patrick.

Caregiver Assistance

Windber Caregiver Support Group

April 14, 2011 at 10 AM

Somerset Caregiver Support Group

April 28, 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

April 27, 2011 at Noon—Town Hall- Call to make reservations to (814) 926-4308 or (814) 926-3439. Speaker-Ruthie Romesberg

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.

Next Step Center-Next Step Center offers shelter to county residents for up to 30 days while they are transitioning to more permanent, independent living arrangements. Volunteers are needed to serve as shelter hosts while guests are in residence. Volunteers can interact with guests, answer phones and doors, monitor safety issues, and report concerns to the director. Training on shelter policies and procedures is provided.

Windber Hospice-Volunteers are needed to visit patients at the Hospice, in nursing homes, or in the patient's homes. Volunteers are provided training and engage in such activities as reading, companionship,

running errands, etc. For more information call Deb Leach at RSVP.

Great Allegheny Passage-Throughout the spring, summer and fall, spend time walking the Great Allegheny Passage as trail ambassador. Trail ambassadors assist those traveling the trail with information on local attractions, services and other activities in the area. The trail ambassadors share what they know about their communities with those traveling from all over the world. This is a great way to stay in shape and share with others. Training and identification is provided.

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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