

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • JANUARY 2012

Somerset County Senior Center Exercise Programs

Today, physicians and insurance plans stress the importance and benefits of exercise for the senior population.

The Center for Life in Windber offers numerous fun and beneficial forms of exercise. The programs can all be adapted to accommodate most physical limitations. People of all age groups are welcome to attend any of these exercise programs listed below.

Weekly Exercise Program and Schedule:

Monday

8:30-10:00 AM Tap Dance Class

10:30-11:30 AM Strong Bones Class (this is a Penn State developed program)

4:00-9:00 PM or later-Table Tennis

Tuesday

8:00 -10:00 AM-Beginners Tap Dance Class

10:30 -11:30 AM Body Strengthening

Wednesday

8:00-10:00 AM Tap Dance Class

6:30 PM-? Table Tennis as Scheduled

Thursday

8:00-10:00 AM Beginners Tap Dance Class

10:00-11:00 AM Tai Chi Class

4:00 PM-? Table Tennis as Scheduled

6:00-8:00 PM Wii Bowling League

Friday

8:00-9:30 AM Tap Dance Class

9:30-11:00 AM Chorus-exercise your lungs and improve your breathing

10:30-11:30 AM Strong Bones Class

6:00-8:00 PM Line Dance Class

Saturday & Sunday

Table Tennis as Scheduled

Exercise equipment is located in the Activities Room. Equipment includes an exercise bike, a treadmill and a 3 station weight machine that exercises all parts of the body. Wii games are available daily in the Wii room. Choose from Wii Fitness, Bowling, Baseball, and Golf.

At the Conemaugh Township Senior Center in Hollsopple, we have three exercise classes, 1 instruction lead and 2 self-instructed with the assistance of a DVD in the addition to exercise equipment; stationary bikes and tread mills.

The self-instructed classes are held on Mondays and Tuesdays from 10:30am to 11:30 am. The instructed lead class is held on Thursday from 10:30 am to 11:30 am, and is taught by Gina Leis. Gina is contracted through Healthstyles out of Windber, Pa. She is a certified personal trainer through the American Council on Exercise. Gina participates in continuing education with a focus on senior fitness. The seniors really love the instructor lead classes.

Gina provides the seniors with different range of motion exercises and also gives them the proper guidance in doing the exercises. Hopefully more classes will be added in the future, if interest increases.

With many of our seniors here living alone, exercise increases the ability to live more independent lives. In addition to providing them with companionship, exercise increases balance skills, increases speed of walking, and improves the ability to raise from a chair more easily, all which decrease their fall risk.

Yole Shubick, one of our seniors said "I love coming to the Center to exercise and would like to see there be an increase to our exercise activities."

Meyersdale Senior Center has a gym room with exercise equipment that is available to all seniors. Hours of operation are 10:00 AM to 3:00 PM Monday through Friday, except for holidays.

Meyersdale also offers exercise videos which the seniors can use at the senior center. Please see the manager after lunch and she will be happy to put the video in the DVD Player for you.

Starting in the Spring, we hope to offer tap dancing and ballet dancing, if enough people are interested.



Come join the folks at the Central City Senior Center as they have exercise class every Wednesday at 10:00 AM, with the class being led by Gina Leis from Health Styles.

Everyday from 9:30 AM-2:30 PM you can use the exercise equipment which consists of 3 treadmills, 2 stationary bikes, 1 recumbent bike, Stride Trainer, 2 Rowers, 2 bowflexes, and 1 Skier. We also offer the exercise equipment room Monday through Thursday night from 6:00-8:00 PM. Zumba is also available on those evenings. Come join us for great friendships & fun.

There are many reasons to stay in shape and keep active in your community just by visiting the senior center near you. All 7 senior centers have a lot to offer you.

Senior Snapshot



Name: Agnes Palya

Age: 87

Spouse: Stephen (Deceased)

Current Residence: Central City

Children: 2; Steve Palya & Bernadette Miller

Senior Center Attending: Central City

Years attending Senior Center: 23 years

Hobbies: Crocheting for RSVP & Knitting; Bingo; Going to the Casinos. I love to go there.

Interesting Life Achievements: Two children and three grandsons. Two married and one single.

Favorite Things About

Somerset County: Climate.

Favorite piece of memorabilia from my childhood I wish I still

had: My mom, dad & husband.

Favorite Meal at the Senior

Center: Stuffed Peppers & Soup.

One word my friends would use to describe me: Pleasant, Helpful.

Three People I'd love to have

Dinner with: Joe, Tony & Dreana & My family.

Top thing on my "Bucket

List": Aggravate more people.

People would be surprised to

know that: Worked in New York during World War II.

If I had 3 wishes: I would wish for better health, people getting along with one another, and I would love to travel again.

Favorite Activity at the Senior Center: Bingo & socializing with my talk friends.

What brought you to the Senior Center for the first time: My aunt and uncle, Jim & Catherine Martin (both deceased now) for a special dinner, started coming regular after that.

How coming to the Senior Center has changed my life:

It keeps me from being bored, & enables me to have a few good friends.

Senior Snapshot is 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 Tammy Barron at the Area Agency on Aging at (814) 443-2681.

Next month's edition of Senior Snapshot will feature a senior from the Center For Life, Windber.

Recipe Corner



Coffee Cookies

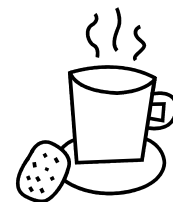
4 cups brown sugar
1 cup butter or oleo
3 eggs
1/2 cup strong coffee
1/2 teaspoon salt
1 teaspoon vanilla
6 to 8 cups flour
1 1/2 teaspoon baking soda
1 1/2 teaspoons cream of tartar

Cream butter, sugar and eggs together. Add dry ingredients slowly with coffee. Have dough thick enough to roll in ball and press on cookie sheet with fork. Bake 375 degrees until light brown. Cool. Put cookie filling between two cookies.

Coffee Cookie Filling

1 can crushed pineapple
3/4 cup brown sugar
1 teaspoon butter
1 Tablespoon flour

Cook 5 minutes. Cool & spread between two (2) baked cookies.



January 2012 Center Activities

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.

Medicare Counseling by appointment 1st Monday of every month

2 Center Closed in Observance of New Year!!

9 8:30 AM Socialization
Wii Games
10:30 AM Unison
Health with Audra
Casino
11:30 AM Lunch
12:00 Nickel Bingo

16 Martin Luther King Jr. Day
Center Closed!!



23 8:30 AM Socialization
Wii Games
10:30 AM Gateway
Insurance with
John Kamler St.
Francis University
Health Research
Specialist with
Tina Trimbath
11:30 AM Lunch
12:00 Nickel Bingo

30 8:30 AM Socialization
Wii Games
10:30 AM Bureau of
Blindness with
Susan Davis &
Sunny
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

MEDICARE Counseling available by appointment 2nd Tuesday of every month

2 New Year's Day
Observed
Center Closed!!
3 Reminisce about
New Years &
Traditions
4 10 AM Exercise Class
Van to Bi Lo
5 The First ever
January Trivia &
Much Much More
Van to Somerset
6

9 10:30 AM St. Francis
University Health
Research Specialist-
Tina Trimbath
10 Rivers Casino Trip
Call to Sign Up
754-5615
11 10 AM Exercise Class
Van to Ideal Market
& Conzattis
12 Word Searches &
Trivia Fun
13 Van to Galleria
16 Martin Luther King
Jr. Day
Center Closed!!

17 Podiatrist Dr. Marc
Schmerin
18 Eat Early
10 AM Exercise Class
Van to Somerset
19 Music by Rich Hagens
20 Van to Windber
23 Birthday Lunch
& Birthday Jingo
24 Search & Rescue with
Amy Kister
25 10 AM Exercise Class
Van to Market Basket
26 10:30 AM Sharades
27 Van to Gallaria

30 Passport to Safety
with Somerset
Hospital
Occupational
Therapy
31 Trivia Day

**Monday thru Thurs-
day-Zumba 6:30-7:30
PM; Exercise 6-8 PM**

CONEMAUGH TOWNSHIP AREA SENIOR CENTER

Center Manager:

Debbie Bench
Phone (814) 479-2216
E-Mail dbench@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

MEDICARE Counseling 1st Monday of the month by appointment

2 New Year's Day
Observed
Center Closed!!
3 Bingo, Exercise
4 Hidden Picture
5 Free Blood Pressure
Check
Gina with Exercise
Quilting
6 Word Search
9 Bingo; Exercise
10 Bingo; Exercise
United Health Bingo-
Audra

11 Fill-In
12 Gina with Exercise
Quilting
12:00 Jerry Intihar
13 Word Search
16 Martin Luther King Jr
Day
Center Closed!!
17 Bingo; Exercise
12:00 Diabetic
Nutrition Education-
Jocelyn Brant
18 Trivia
19 Gina with Exercise

Quilting
John Wolfe/Diane
20 Word Search
23 Birthday Lunch
Exercise; Bingo
24 Nail Parlor-Bonnie
Emma Straple
Bingo-Exercise
25 Word Scramble
26 Gina with Exercise
Quilting
27 Word Search
30 Bingo; Exercise
31 Bingo; Exercise

Monday-Word Search,
Exercise, Socialize,
Bingo

Tuesday-Exercise,
Socialize, Bingo

Wednesday-Socialize

Thursday-Exercise,
Socialize, Quilting

Friday-Socialize, Word
Search

1st Thursday-Blood
Pressures by Windber
Home Care

CONFLUENCE AREA SENIOR

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; Noon Daily Bingo.

**Mondays-Medicare Counsel-
ing by Appointment**

2 New Year's Day
Observed
Center Closed!!
5 10:30 AM Somerset
Home Health Jane
Lowry Blood Pressures
12 Noon Bingo
6 Frivolous Friday
Van to Somerset
9 10 AM Medi Home
Health Audrey Sadler
12 9:30 AM Oil Painting
w/Ken Corson
12 Noon Bingo

13 Frivolous Friday
Van to Pechins
16 Martin Luther King Jr
Day
Center Closed!!
18 12 Noon Van to
Somerset
20 Frivolous Friday
Van to Uniontown
23 Birthday Lunch
26 10 AM "Passport to
Safety"-Amy Pyle
12 Noon Bingo
27 Frivolous Friday
Van to Somerset

31 10:30 AM
Conemaugh Home
Health w/Carol
Collins

Monday-Medicare
Counseling by
appointment; 10 AM
Exercise; 12:30 Bingo

Tuesday-10 AM Theology
class w/Pastor Hay

12:30 Grocery Shopping

Wednesday-

10 AM Exercise,

12:30 Bingo

Thursday-12:30 Bingo

Friday-Frivolous Friday

10 AM Exercise

January 2012 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 11:30 a.m.-12 Noon*
(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 | |
|--|--|--|--|
| 2 | | 3 | |
| Happy New Year Observed Center Closed!! | | Hot Meal Breaded Chicken Breast Scalloped Potatoes Mixed Vegetables Cranberry Sauce Wheat Bread- Margarine Milk | Entrée Salad Cheese/Egg Garden Salad w/House Dressing Café Menu Club Wrap Baked Potato Chips Fruit Cocktail Muffin Milk |
| 9 | | 10 | |
| Hot Meal Porcupine Balls Parslied Red Potatoes Broccoli Florets Fresh Apple Brownie Wheat Bread-Margarine Milk | Entrée Salad Grilled Chicken/Cheese Salad w/Ranch Dressing Café Menu Chicken Rice Soup Seafood salad Spread on Croissant Church Slaw Quartered Fruit Milk | Hot Meal Ham Loaf w/Pineapple Sauce Au Gratin Potatoes Peas Tossed Salad Fresh Banana Wheat Bread- Margarine Milk | Entrée Salad Shrimp/Cheese Caesar Salad w/Caesar Dressing Café Menu Grilled Chicken Caesar Wrap Apricots Brownie Milk |
| 16 | | 17 | |
| Martin Luther King Jr Day Center Closed!! | | Hot Meal Cheeseburger on Bun Baked Beans Cole Slaw Orange Juice Yogurt Milk | Entrée Salad Tuna/Egg Chef Salad w/ Ranch Dressing Café Menu Cream of Potato Soup Steak Salad Sliced Peaches Dinner Roll Milk |
|  | | | |
|  BIRTHDAY LUNCH | | 23 | |
| Hot Meal Macaroni & Cheese Stewed Tomatoes Three Bean Salad Pineapple Chunks Chocolate Cake/Icing Wheat Bread- Margarine Milk | Entrée Salad Steak/Cheese Salad w/Vinaigrette Dressing Café Menu BLT Wrap Pickled Egg/Beets Pineapple Chunks Chocolate Cake/Icing Milk | Hot Meal Baked Ham Sweet Potato Patties Green Beans Fresh Orange Sugar Cookie Wheat Bread- Margarine Milk | Entrée Salad Taco Salad w/Catalina Dressing Café Menu Roast Beef Sub Sun Chips Garden Salad Fresh Fruit Milk |
| 30 | | 31 | |
| Hot Meal Roast Pork/Gravy Mashed Potatoes Succotash Apricots Yogurt Oatbran Squares Rye Bread- Margarine Milk | Entrée Salad Shrimp/Cheese Caesar Salad w/Caesar Dressing Café Menu Greek Chicken Wrap Pasta Salad Fresh Grapes Milk | Hot Meal Beef Pepper Steak Noodles Glazed Carrots Tossed Salad Fruit Medley Wheat Bread- Margarine Milk | Entrée Salad Chicken/Egg Spinach Salad w/Bacon Dressing Café Menu Ham Salad on Croissant Broccoli Salad Fresh Fruit Milk |

WEDNESDAY

THURSDAY

FRIDAY

4

5

6

Hot Meal

Ham, Green Beans & Potatoes
Orange Juice
Diced Peaches
Vanilla Pudding
Wheat Bread-
Margarine
Milk

Entrée Salad

Shrimp/Cheese Caesar Salad w/Caesar Dressing
Café Menu
Turkey and Swiss on Pretzel Roll
Spring Salad
Mandarin Oranges/
Strawberries
Milk

Hot Meal

Porcupine Balls
Potato Bites
Broccoli Florets
Fresh Apple
Brownie
Italian Bread-
Margarine
Milk

Entrée Salad

Chicken/Cheese Garden Salad w/Ranch Dressing
Café Menu
Stuffed Pepper Soup
Steak Salad
Sliced Peaches
Dinner Roll-Margarine
Milk

Hot Meal

Breaded Fish w/Tartar Sauce
Macaroni & Cheese
Tossed Salad
Pineapple Chunks
Applesauce Cake
Wheat Bread-
Margarine
Milk

Entrée Salad

Cheese/Egg Garden Salad w/House Dressing
Café Menu
Greek Chicken Wrap
Pasta Salad
Fresh Grapes
Milk

11

12

13

Hot Meal

Baked Chicken/Gravy
Mashed Potatoes
Mixed Vegetables
Cole Slaw
Fruit Cocktail
Dinner Roll-
Margarine
Milk

Entrée Salad

Ham/Cheese Chef Salad w/Ranch Dressing
Café Menu
Italian Sub
Carrot Sticks
Sliced Pears
Snickerdoodle Cookie
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
Taco Salad
Tropical Fruit
Apple Pie
Dinner Roll
Milk

Hot Meal

Chicken Parmesan w/
Provolone Cheese
Pasta w/Sauce
Green Beans
Fresh Orange
Italian Bread-Margarine
Milk

Entrée Salad

Turkey/Cheese Chef Salad w/Ranch Dressing
Café Menu
Beef Barley Soup
Southwest Chicken Salad
Fresh Banana
Milk

18

19

20

Hot Meal

Vegetable Soup
Ham Salad on
Whole Grain
White
Cottage Cheese
Diced Pears
Crackers
Milk

Entrée Salad

Taco Salad w/Catalina Dressing
Café Menu
Tuna Salad on
Croissant
Broccoli Salad
Fresh Fruit
Milk

Hot Meal

Roast Turkey/Gravy
Mashed Potatoes
Stuffing Balls
Peas & Carrots
Cranberry Salad
Rice Raisin Dessert
Milk

Entrée Salad

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

Hot Meal

Vegetable Lasagna
Tossed Salad w/Egg
Fresh Apple
Wheat Bread-
Margarine
Milk

Entrée Salad

Turkey/Cheese Chef Salad w/Ranch Dressing
Café Menu
Southwest Chicken Wrap
Macaroni Salad
Fresh Fruit
Muffin
Milk

25

26

27

Hot Meal

Battered Haddock
Brown Rice Pilaf
Flame Roasted Corn
Applesauce
Strawberry Mousse
Rye Bread-Margarine
Milk

Entrée Salad

Turkey/Cheese Chef Salad w/Ranch Dressing
Café Menu
Beef Barley Soup
Southwest Chicken Salad
Fresh Banana
Milk

Hot Meal

Roast Beef/Gravy
Mashed Potatoes
Baby Carrots
Fresh Banana
Butterscotch Pudding
Wheat Bread-Margarine
Milk

Entrée Salad

Cheese/Egg Garden Salad w/House Dressing
Café Menu
Italian Sub
Carrot Sticks
Mandarin Oranges
Chocolate Chip Cookie
Milk

Hot Meal

BBQ Chicken
Scalloped Potatoes
Mixed Vegetables
Molded Fruit Salad
Granola Bar
Dinner Roll-Margarine
Milk

Entrée Salad

Ham/Cheese Chef Salad w/French Dr.
Café Menu
Broccoli/Cheese Soup
Seafood Salad Spread
on Croissant
Church Slaw
Quartered Fruit
Milk

The menu is subject to change due to typographical errors or other unforeseen circumstances.



(814) 443-2681 or 1-800-452-0825
www.somersetaaa.org

January 2012 Center Activities

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

- 2 New Year's Day Observed
Center Closed!!
- 3 10-11:30 APPRISE
- 4 Exercise
- 5 Conemaugh Home Health-Blood Pressures
- 6 Word Search Puzzle
- 10 6:30 PM Night Bingo-Weather Permitting

- 11 10-11 Medication & Meal Planning-Joyce Ruborsky
- 12 Ice Cream Social & Bingo
- 13 Van to Johnstown
- 16 Martin Luther King Jr Day
Center Closed!!
- 17 10:30 Auction
- 19 Conemaugh Home

- Health Blood Pressures
- 20 Word Search Puzzles
- 23 10:15 Passport to Safety-Somerset Home Health-Amy Pyle
- 24 6:30 PM Night Bingo
Weather Permitting
- 27 Word Search Puzzles

Daily:
11 AM Bingo
Tuesday/Thursday
(by appointment):
10-11:30 AM Medicare Counseling & Rebates
Wednesday:
10:30 AM Exercise

SOMERSET AREA SENIOR CENTER

Center Manager:

Beth Hollis
Phone (814) 445-7772
E-Mail: bhollis@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
Gladden Maust (814) 893-5686

4th Monday Medicare Counseling upstairs by appointment. Call 443-2681

- 2 New Year's Day Observed
Center Closed
- 4 Bingo; Computer
- 5 10-11 AM Search & Rescue
- 6 Bingo
- 9 Bingo
- 11 Bingo; Computer
- 12 10-11 AM Elena Gary-Subject: "Diabetes & You"
- 13 Blood Pressure Check
Bingo
- 16 Martin Luther King Jr Day
Center Closed!!

- 18 Bingo; Computer
- 19 10-11:15 AM Jane Lowry-Somerset Home Health-Passport to Safety
- 20 Bingo
- 23 Bingo
- 24 10-11 AM Stephanie Faidley-Subject: "The In's & Out's of Coumadin"
- 25 Bingo; Computer
- 27 Blood Pressure checks
Bingo
- 30 Bingo

Daily:
Monday:
10 AM Bingo
6 PM Military Support Group
Wednesday:
10 AM Bingo
Computers
Thursday:
6 PM TOPS
Friday:
10 AM Bingo

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

Line Dancing Classes Fridays 6 PM

- 2 New Year's Day Observed
Center Closed!!
- 4 Trivia Fun & Prizes
- 5 10:30 AM Music Show by Jerry Intihar
- 6 6 PM Movie Nite & Refreshments-Free to the Public
- 9 10:30 AM Nail Parlor-Windber Home Health & Hospice
- 10 Center for Life trip to Meadows Casino
- 11 9:30-11:30 AM 50's & 60's Sock Hop Music by Walt McClelland
- 12 Hot Chocolate on a Cold Day
- 16 Martin Luther King Jr Day
Center Closed!!
- 17 11:15 AM Presentation on Brethren Home Community Windber

- 18 9:30 AM Passport to Safety-Somerset Home Health
- 19 11 AM The Occupational Therapy Program at Windber Care
- 23 Birthday Lunch
- 24 Joke Day
- 25 6:30 PM CFL Dance-Music by Rich Hagens
- 26 10:30 AM Satrycon-Variety Show
- 30 Trivia Fun & Prizes
- 31 10:30 AM Flight '93 Slide Presentation by Wallace Miller
Somerset County Coroner

3rd Tuesday of each month at 9 AM Book Club.
Accepting new members.

Available Weekly at Center For Life:

Medicare Counseling: Every 3rd Tuesday by appointment

Mon: 8 AM Tap Dance Class; 8:30 AM Poker; 9 AM Crochet 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: 10:30 AM Body Strengthening Class; 12:30 Bingo; 12:30 Wii Bowling;
Wed: 8 AM Tap Dance; 8:30 AM Poker; 12:30 PM Bingo; 12:30 PM Pinochle Club; 9:30-10:30 AM Internet Computer Class; 10:30-11:30 AM Advanced Computer Class; 1-2 PM Beginner's Computer Class; All classes open to the public and FREE
Thurs: 7:00 PM Digital Camera Class; 9:30 AM Free Chair Massage; 10 AM Free Tai Chi Class; 12:30 PM Bingo; 12:30 PM Mahjongg
Fri: 8:30 AM Poker; 9:30 AM Chorus; 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

1st Tuesday, 2nd Wednesday, 3rd Thursday -
Free Blood Pressure Checks-Windber Home Care

Centenarian Honored



Mrs. Minnie Ida Mattaliano celebrated her 100th birthday on November 13, 2011. She resides in her own home in Boswell within half mile of where she grew up. She is the daughter of the late Clifford & Irma Smith St. Clair. She has 8 siblings. Mrs. Mattaliano was married to the late Paul who was a coal miner and then worked as a mechanic at Latrobe Steel. They raised three children, Paulette Flick, Terry Jay Mattaliano and the late Irma Gail Perigo. She has six grandchildren and eight great grandchildren.

Mrs. Mattaliano worked ten years at Westinghouse in Latrobe making insulators for telephone poles. She began work there during World War II when the women in the United States began to work in factories while the men were fighting. Mrs. Mattaliano lived on a farm most of her life where she raised horses, sheep, and cows and grew crops. One of her memories of farm life is a mare she raised that gave birth to twin colts, Babe & Boots, which is a rare occurrence.

Mrs. Mattaliano had many hobbies and interests. She crocheted, cooked, baked and made all of her children's clothes.

She was active in her church and loved outdoor activities. She hunted, fished and competed in target shoots. Up to a few years ago she was still shooting vermin on her property. Mrs.

Mattaliano has an interest in photography and used a 35 mm camera until her 90th birthday when she received a digital camera. Mrs. Mattaliano loves to read the Bible and historical novels and recently began emailing grandchildren and great grandchildren. Mrs. Mattaliano exercises every day. And you can tell by the sparkle in her eyes and her upbeat personality that exercising has done her well.

Mrs. Mattaliano spoke of memories of sitting by the radio listening to the broadcast of Lynberg crossing the Atlantic, going everywhere on horseback, carriage or sleigh, raising and growing your own food and bartering with neighbors or stores for your other needs. When asked how did you get to be a hundred and still be so vibrant and healthy Mrs. Mattaliano replied by "God's Blessings" and "I did not drink, smoke, and worked hard all my life." Meeting Mrs. Mattaliano was a joy. She has an infectious smile and wonderful stories to tell of her long happy life.

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.

Laurel Arts-Combat cabin fever by volunteering a few hours at the Laurel Arts Center. Winter events are in need of volunteers. Spend time with others and have an enjoyable time including crafts, music and socializing! Contact RSVP at (814) 443-2681 or 1-800-452-0825.

Somerset County Literacy Council-This volunteer group meets six times a year-April, June, August, October and November-at the Tech Center at 11:30 AM. Additional members are needed to support the adult literacy program, teachers and students, by supporting grants, providing attendance incentives and recognition for students and tutors. Contact Debbie at (814) 443-2681 to learn more.

Drivers-The SAM Van, Koots Karts of Windber, Area Agency on Aging Escort Driver Program, and Meals on Wheels need people who enjoy driving to help provide transportation services for medical appointments, or to provide a warm meal to individuals who are in need. SAM Van and Koots volunteers use the mini-van provided by the program, escort drivers and Meals on Wheels utilizes your own vehicle. Some mileage reimbursements are available for all programs. Please phone RSVP for more 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 8:30 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, Mary Piatt-Bruner, recognizing achievement, and their biography will be featured in a future edition of the *Senior News*.

ROCKWOOD SENIORS CLUB

January 25, 2012 at the new Rockwood Borough Building. - Bring a covered dish. Call to make reservations to (814) 926-4308 or (814) 926-3439.

Senior News

Published monthly by the
Area Agency on Aging of Somerset County
A department of Somerset County
Government under the
Commissioners of Somerset County

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Advisory Council, Chairperson

This project is funded, in part, under contract with the PA Department of Aging.

If you would like to obtain further information about any newsletter topic or Agency services please call the Somerset office at **(814) 443-2681 or 1-800-452-0825**

Find us online at

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