

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • AUGUST 2011

About Senior Diet Planning

As we age, our bodies and our nutritional needs change. Seniors are living longer and healthier lives today than ever before, and diet planning for the elderly is an important part of a healthy lifestyle. As body composition changes, seniors may benefit from a diet that focuses on providing additional nutrients. The focus for elderly diet planning is to maintain lean muscle, reduce body fat and prevent bone loss.

Muscles

As the elderly reduce their physical activity, their muscles are used less frequently and less vigorously. In order to maintain muscle tone strength, they may require more protein in their daily diets. The August 2007 issue of "Science Daily" reports that seniors who consume adequate protein can protect muscle health. Beef, pork, fish and poultry may be prepared in small bites to make them easy to chew. Nuts and dairy also provide protein. The USDA recommends that women consumer at least 46 grams of protein and that men consume 56 grams of protein daily.

Bone Density

The elderly face an increased risk of breaking bones if they fall. Adults over the age of 50 need 1200 milligrams of calcium in their daily diet to reduce the risk of bone loss and osteoporosis. Good dietary sources of calcium include skim or low-fat dairy products and dark leafy greens. In addition, fortified food products such as breakfast cereals, soy products, bread and orange juice offer needed calcium. Foods high in Vitamin D may help with calcium absorption.

Mental Acuity

Including foods high in antioxidants and vitamins may reduce the risk of developing degenerative mental disorders such as Alzheimer's disease. CBS News reported extraordinary findings from a study conducted at Columbia University Medical Center in which seniors who followed the Mediterranean Diet, a diet high in fruits, vegetables and whole grains, but low in red meat and saturated fats were less likely to develop Alzheimer's.

Additional Needs

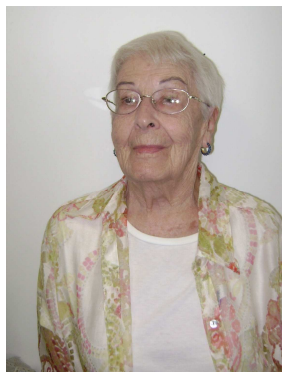
Seniors have additional health needs that may benefit from a special diet. Foods naturally high in antioxidants such as Vitamin E, C and beta-carotene may develop fewer cataracts. Adding foods rich in Vitamin B12, iron and folic acid may improve circulation and neurological function. B12 and folic acid are in organ meats, egg yolks, lentils and nuts.

Considerations

Because seniors are less active, they may have reduced appetites, leading to malnourishment. In addition, loneliness and depression may reduce the desire to eat. Providing nutrient-rich foods at every meal, and offering frequent healthy snacks may help the elderly get sufficient nutrition in their diets. A multi-vitamin may offer an extra boost of nutrition.

Information taken from:
[http://www.livingstrong.com/
article/40810-elderly-diet-planning](http://www.livingstrong.com/article/40810-elderly-diet-planning)

Senior Snapshot



Name: Margaret Tremel

Age: 92

Current Residence: Central City

Husband: Robert (dec.), married for 35 years

Children: Margi Medve

Senior Center Attending:
Central City

Years attending Senior Center: 5

Hobbies: Sewing, Travel, Camping

Interesting Life Achievement:
Teacher for 35 years

Favorite Thing About Somerset County: Topography

Favorite TV shows: PBS (Public Television)

Favorite Meal at the Senior Center: Turkey

3 People I'd love to have dinner with: My friends from the center. We go out to dinner to celebrate each others' birthdays.

If I had 3 wishes I would wish to: Travel again, have dinner with my husband and be able to drive.

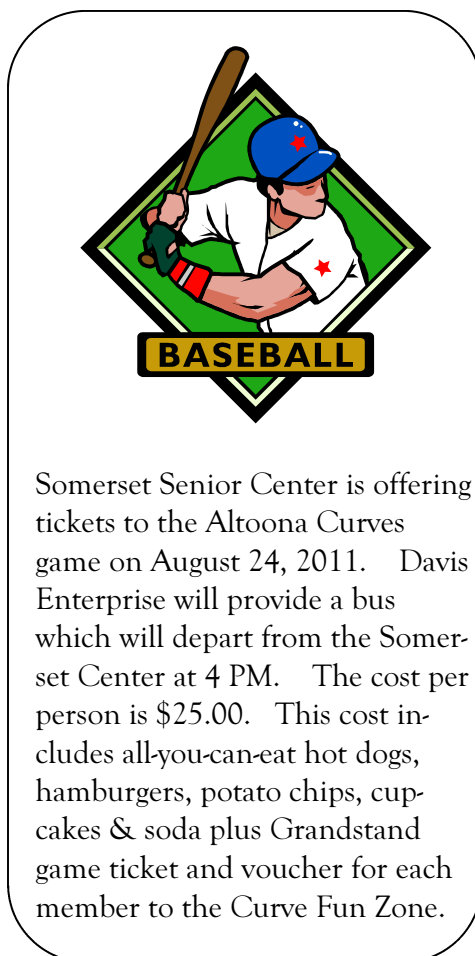
Favorite Activities at the Senior Center: Conversation

A typical day at the Center: Talking to my friends and eating a great meal.

What brought me to the Senior Center for the first time: My friend and neighbor, Helen Nussrallah.

How coming to the Senior Center has changed my life: Provides an activity each day.

Intro: 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 Center for Life.



Somerset Senior Center is offering tickets to the Altoona Curves game on August 24, 2011. Davis Enterprise will provide a bus which will depart from the Somerset Center at 4 PM. The cost per person is \$25.00. This cost includes all-you-can-eat hot dogs, hamburgers, potato chips, cupcakes & soda plus Grandstand game ticket and voucher for each member to the Curve Fun Zone.

The Rockwood Senior Citizens Club is sponsoring a 1 day bus trip to Dutch Apple Dinner Theater at Lancaster, PA on Thursday October 13, 2011 to see the musical "For Me and My Gal. Cost will be \$109.00 per person, including transportation, dinner, theater ticket, gratuity etc. Interested persons may contact Clair Saylor at 814-926-4308 or Margie Mull at 814-926-3439. All reservations with full payment to be in by August 15, 2011 to Margie Mull 127 Emerson St. Rockwood, PA 15557.

ATHLETIC PASSES: SENIOR CITIZENS IN THE SOMERSET AREA SCHOOL DISTRICT

The Somerset Area School District is offering athletic passes to Senior Citizens, age 62 and older, residing in the Somerset Area School District. The pass is for admission to all home athletic events held during the 2011-2012 school year. There is no cost for the athletic pass. We are hopeful that many Senior Citizens will take advantage of this opportunity and support the student-athletes in the Somerset Area School District.

Senior Citizens who live in Somerset School District and wish to participate are encouraged to mail their name, address, phone number, and date of birth along with a **self-addressed stamped envelope** to:

ATHLETIC OFFICE
Somerset Area Senior High School
645 S. Columbia Avenue, Suite 130
Somerset, PA 15501

Passes will be available from Monday, August 1, 2011 through Thursday, September 15, 2011. If you have any questions, please call the Athletic Office at 444-3230.

August 2011 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

1 8:30 AM Socialization
Wii Games
10:30 AM Music by
John Wolf
11:30 AM Lunch
12:00 Nickel Bingo

4 Senior Expo

8 8:30 AM Socialization
Wii Games
10:30 AM National
Clown Week
Razzle & The
Clown Club Come
to Visit
11:30 AM Lunch
12:00 Nickel Bingo

15 8:30 AM Socialization
Wii Games
10:30 AM Fast Bingo
11:30 AM Lunch
12:00 Nickel Bingo

22 8:30 AM Socialization
Wii Games
11:30 AM Covered Dish
Lunch
12:00 Nickel Bingo

29 8:30 AM Socialization
Wii Games
10:30 AM Music by
Fred & Nancy-
Trumpet & Singing
11:30 AM Covered Dish
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 Trivia Day
3 Exercise Class
Van to Bi Lo
Farmers Market
4 Senior Expo
5 Van to Somerset
8 10:30 AM Music by
John Wolf
9 Casino Trip to the
Rivers
10 10 AM Exercise Class
Van to Ideal Market
& Conzattis
11 National Clown
Week

Razzle & the Clown
come for a visit
12 Van to Galleria
15 A Thank You to Shade
TWP Supervisors
16 10:30 AM Chinchilla
Comes for a visit
with a Ferret-Andrea
Beavers
17 Eat Early
10 AM Exercise Class
Van to Somerset
18 Senior Picnic at the
Hayloft

19 Van to Windber
22 10:15 AM Singing
with Fred & Nancy
23 BBQ Covered Dish
24 10 AM Exercise Class
Van to Market Basket
25 Music by Rich Hagens
26 Van to Galleria
29 Root Beer Float Day
30 Trivia Day
31 Van to Richland Wal-
mart
10 AM Exercise
Class

**Tuesday-Zumba 6:30-
7:30 PM; Exercise 6-8
PM**

**Thursday-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

4 Senior Expo
Gina Exercise
Quilting
Free Blood Pressure
John Wolfe
Touch Your Heart
Word Search
9 Birthday Lunch
Exercise; Bingo
Word Search
11 12:15 Tapestry of
Praise

16 10-11 AM Nail
Parlor
17 Ice Cream Sundae
18 Senior Picnic at the
Hayloft
23 Music with Carol Gresh
24 Welcome back to the
50's Trivia
25 Noon Roof Garden
Chorus
Gina Exercise
Quilting
Word Search

26 Word Search
29 Exercise; Bingo
Word Search
30 Exercise; Bingo
Word Search
31 Noon Starlighters
Gospel Music
Word Search

**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

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-Medicare Counsel-
ing by Appointment**

4 Senior Expo
10 AM Jane Lowry-
Somerset Hospital
Home Health-Blood
Pressure
5 Frivolous Friday
Van to Somerset
10 AM Exercise Class
8 10 AM Exercise Class
10:30 AM Audrey
Sadler-Blood Pressure
12:30 Bingo

9 Birthday Lunch
10 AM Theology Class
with Pastor Dean Hay
Noon Bingo
12:30 Grocery
Shopping
10 10 AM Exercise
12:30 Bingo
11 9:30 AM Oil Painting
with Ken Corson-\$25
per person/supplies
included
12 Frivolous Friday
Van to Pechins
10 AM Exercise Class
17 Noon Van to Somerset

19 Frivolous Friday
Van to Uniontown
10 AM Exercise
Class
25 12:30 Bingo
26 Frivolous Friday
Van to Somerset
10 AM Exercise
Class
29 10 AM Exercise
Class
12:30 Bingo
30 10:30 AM Carol
Collins-Conemaugh
Home Health Blood
Pressures

**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**

August 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 11:30 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	
1		2	
Hot Meal Roast Turkey/Gravy Mashed Potatoes Broccoli Florets Cranberry Sauce Rice Raisin Pudding Rye Bread-Margarine Milk	Entrée Salad Seafood Chef Salad w/ Vinaigrette Dressing Café Menu Ham Salad on Flat Bread Broccoli Salad Fresh Honeydew Milk	Hot Meal Pizza Burger on Bun Baked Beans Pasta Salad Fresh Orange Yogurt Milk	Entrée Salad Tuna/Egg Chef Salad w/ Italian Dressing Café Menu Stuffed Pepper Soup Steak Salad Sliced Peaches Dinner Roll Milk
8		 BIRTHDAY LUNCH	
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 Italian Sub Carrot Sticks Mandarin Oranges Snickerdoodle Cookie Milk	Hot Meal BBQ Chicken Scalloped Potatoes Glazed Carrots Fruit Salad Chocolate Cake/Icing Dinner Roll-Margarine Milk	Entrée Salad Ham/Cheese Salad w/ French Dressing Café Menu Beef Barley Soup Southwest Chicken Salad Fresh Banana Chocolate Cake/Icing Milk
15		16	
Hot Meal Roast Pork /Gravy Mashed Potatoes Succotash Apricots Oatbran Square Rye Bread-Margarine Milk	Entrée Salad Shrimp/Cheese Caesar Salad w/Caesar Dressing Café Menu Vegetable Soup Ham/Turkey/Cheese Chef Salad Cranberry Applesauce French Roll Milk	Hot Meal Porcupine Balls Scalloped Potatoes Broccoli Florets Fresh Apple Brownie Wheat Bread- Margarine Milk	Entrée Salad Chicken/Cheese Garden Salad w/Ranch Dressing Café Menu Tuna Salad on Croissant Broccoli Salad Fresh Cantaloupe Milk
22		23	
Hot Meal Baked Chicken/Gravy Mashed Potatoes Mixed Vegetables Diced Pears Butterscotch Pudding Dinner Roll-Margarine Milk	Entrée Salad Ham/Cheese Chef Salad w/Ranch Dressing Café Menu Taco Salad Tropical Fruit Apple Pie 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 Rice Soup Seafood Salad Spread on Croissant Cole Slaw Quartered Fruit Milk
29		30	
Hot Meal Chicken Patty/ Cheese on Bun Baked Beans Pasta Salad Orange Juice Yogurt Milk	Entrée Salad Tuna/Egg Chef Salad w/ Italian Dressing Café Menu Stuffed Pepper Soup Steak Salad Sliced Peaches Dinner Roll Milk	Hot Meal Rigatoni w/Meat Sauce Tossed Salad Applesauce w/ Cinnamon Wheat Bread-Margarine Milk	Entrée Salad Turkey/Cheese Chef Salad w/Ranch Dressing Café Menu Greek Chicken Wrap Pasta Salad Fresh Grapes Milk

WEDNESDAY

THURSDAY

FRIDAY

3

4

5

Hot Meal

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

Entrée Salad

Grilled Chicken/Egg Spinach Salad w/Bacon Dressing

Café Menu

Turkey & Swiss on Pretzel Roll
Pasta Salad
Fresh Grapes
Milk

Hot Meal

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

Entrée Salad

Turkey/Cheese Chef Salad w/Ranch Dress.

Café Menu

Greek Chicken Wrap
Pasta Salad
Fresh Grapes
Milk

Hot Meal

Beefaroni w/Meat Sauce
Green Beans
CPM Salad
Italian Bread-Marg.
Milk

Entrée Salad

Steak/Cheese Salad w/Ranch Dressing

Café Menu

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

10

11

12

Hot Meal

Baked Ham
Sweet Potato Souffle
Green Beans
Fresh Nectarine
Tropical Pineapple Whip
Wheat Bread-Margarine
Milk

Entrée Salad

Taco Salad w/Catalina Dressing

Café Menu

BLT Wrap
Pickled Beets
Pineapple Chunks
Chocolate Chip Cookie
Milk

Hot Meal

Beef Stew
Apple Juice
Fruit Cocktail
Coconut Cream Pie
Corn Bread
Milk

Entrée Salad

Chicken/Cheese Spinach Salad w/Bacon Dressing

Café Menu

Chicken Rice Soup
Seafood Salad Spread On Croissant
Church Slaw
Quartered Fruit
Milk

Hot Meal

Breaded Fish w/Tartar Sauce
Brown Rice Pilaf
Summer Vegetables
Fresh Banana
Snickerdoodle Cookie
Rye Bread-Margarine
Milk

Entrée Salad

Turkey/Cheese Chef Salad w/Ranch Dressing

Café Menu

Roast Beef Sub
Sun Chips
Garden Salad
Fresh Orange
Milk

17

18

19

Hot Meal

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

Entrée Salad

Ham/Cheese Chef Salad w/Ranch Dressing

Café Menu

Cream of Potato Soup
Steak Salad
Sliced Peaches
Dinner Roll
Milk

Hot Meal

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

Entrée Salad

Shrimp/Cheese Caesar Salad w/Caesar Dressing

Café Menu

Turkey & Swiss on Pretzel Roll
Spring Salad
Mandarin Oranges/Strawberries
Milk

Hot Meal

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

Entrée Salad

Chicken/Egg Spinach Salad w/Bacon Dressing

Café Menu

Southwest Chicken Wrap
Macaroni Salad
Fresh Grapes
Milk

24

25

26

Hot Meal

Hot Dog on Bun
Potato Salad
Pickled Beets
Quartered Fruit Salad
Apple Dumpling
Milk

Entrée Salad

Turkey/Cheese Chef Salad w/Ranch Dressing

Café Menu

Grilled Chicken Caesar Wrap
Apricots
Brownie
Milk

Hot Meal

Stuffed Pepper
Mashed Potatoes
Corn
Apricots
Chocolate Chip Cookie
Wheat Bread-Margarine
Milk

Entrée Salad

Grilled Chicken/Cheese Salad w/Ranch Dressing

Café Menu

Beef Barley Soup
Southwest Chicken Salad
Fresh Banana
Milk

Hot Meal

Chicken Noodle Soup
Tossed Salad w/Cheese House Dressing
Pineapple Chunks
Rye Bread-Margarine
Milk

Entrée Salad

Cheese/Egg Garden Salad w/House Dressing

Café Menu

Italian Sub
Carrot Sticks
Mandarin Oranges
Snickerdoodle Cookie
Milk

31

Hot Meal

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

Entrée Salad

Seafood Chef Salad w/Vinaigrette Dressing

Café Menu

Broccoli Soup
Ham/Turkey/Cheese Chef Salad
Cranberry Salad
French Roll
Milk

Area
Agency on
Ageing of Somerset County

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

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

August 2011 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

- 3 10:30 Exercise
- 11 AM Grocery Bingo
- 4 Senior Expo
- 10 AM Conemaugh Home Health-Blood Pressure
- 5 Word Search Puzzle
- 8 11 AM Bingo
- 9 Birthday Lunch
- 1 PM Blind Association

- 12 Night Bingo
- Word Search Puzzle
- Van Ride to Johnstown
- 15 11 AM Bingo
- Ice Cream Day
- 18 Senior Picnic at the Hayloft
- 10 AM Conemaugh Home Health-Blood Pressure

- 19 Word Search Puzzle
- 25 9-11 AM Senior Day at the Fair-free parking and admission
- 26 Word Search Puzzle
- 29 11 AM Bingo
- 31 10:30 AM Exercise

Daily:
11 AM Bingo
Tuesday/Thursday:
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

- 1 Bingo
- 2 10:15 Music w/ Gene Smith
- Mandy Menser-Massage Therapist
- 3 Bingo
- 4 Senior Expo
- 10:15 Brougher Brothers-playing Guitars
- 5 10 AM Joe Betta-Candidate for County Commissioner
- 8 Bingo
- 9 10-11 AM Dr. David Girdany-New Orthopaedic Surgeon-

- Discussion on Joints & Arthritis
- 6-8 PM Oldies Dance-Dress for the Oldies
- 10 Bingo
- 11 Mandy Menser-Massage Therapist
- 12 Blood Pressure Check
- 15 Bingo
- 16 Photography Contest
- Mandy Menser-Massage Therapist
- 17 Bingo
- 18 Picnic at the Hayloft
- 8 AM Newsletter Assembly

- 23 6-8 PM Karaoke w/ Gene Smith
- 24 4 PM Altoona Curve Ball Game-\$25 person w/tickets available at Somerset Center
- 25 Mandy Menser-Massage Therapist
- 26 Blood Pressure Check and Presentation w/Jocelyn Brant Windber Medical Center
- 30 Mandy Menser-Massage Therapist

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

- 1 Call to register for the CFL picnic on 25th
- 2 9:30 AM Berks Entertainment
- 3 11 AM Healthy Nutrition-Senior Life
- 4 Senior Expo
- 10:30 AM Lou Stein Show
- 5 6 PM Movie & Refreshments
- 9 Birthday Lunch
- CFL Trip to Wheeling Casino
- 10 10:30 AM Retired Mens Chorus-Variety Show
- 11 11 AM Intergrative Medicine-Windber Medical Center
- 15 Deadline to register for CFL picnic
- 16 10:30 AM Windy Mountain
- 17 10:30 AM Grand Parents Day-Kids Treats & Entertainment

- 18 AAA County Picnic
- 22 10:30 Nail Parlor-Windbercare
- 23 11 AM Inspirational Guitar Music—Rev. Ed Schoeneck
- 24 6:30 PM CFL Dance-Music by Rich Hagens
- 25 Center for Life Picnic
- 30 10:30 AM "Back to School Show" - Joe Marotta
- 31 10:30 AM Connie Francis & Friends-Joanne Stiffler

2nd 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; 7:00 PM Digital Camera Class

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: 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

Recipe **Corner**



Quick and Easy Peach Cobbler

Printed from cooks.com

1 c. sugar
3/4 tsp. baking powder
1 lg. can sliced or cut up peaches with syrup
1 c. flour
3/4 c. milk

Heat fruit with 1/2 cup butter and 1/2 cup water until simmering. Pour into a glass baking dish.

Meanwhile, mix dry ingredients with milk and pour over fruit. Bake at 350 degrees about 45 minutes. Top will be golden. Test with wooden pick to make sure it isn't "doughy."

NOTE: To substitute 2 cups of fresh peaches, add 3/4 cup sugar and 3/4 cup water. Bring to a boil, add 1/4 cup butter. Pour into glass dish and pour over the batter.

EXTRA GOOD!

Caregiver **Assistance** ♥

Windber Caregiver Support Group

August 10, 2011 at 10 AM

Somerset Caregiver Support Group

August 25, 2011 at 10 AM

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



Representative Carl Walker Metzgar's Senior Expo

The Third Annual Senior Expo will be held on August 4, 2011 from 8 AM-11 AM at the Somerset County Technology Center. This year we again expect approximately 60 exhibitors offering important health screening services and extensive recreational, educational, and social service information for attendees. Mark your calendar! ■

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.

Boswell Food Pantry-A male from the Boswell/Jennerstown area is needed for his brains and brawn to assist the pantry manager about 20 hours a month. This job includes lifting. Please contact RSVP to learn more.

St. Francis Thrift Shop-This shop serves the public Monday through Saturday in the big barn near the Hollsopple/Davidsville cloverleaf of 219. Volunteers are needed to help sort donations and serve as store clerks on scheduled days or to be substitutes. This is an interesting job with like-minded volunteers serving the community.

Safe Driving Program-Newly retiring teachers are ideal for this job. Use your skills and help others. This is a very flexible opportunity to work with adults. Train as an instructor for this service that provides recorded and oral presentation of information that enables senior drivers to recognize and adapt to changes that can affect driving abilities. Classes usually include twenty adult students during two four-hour presentations in two days. Call RSVP for details about this opportunity.

Safe Driving Program-The Center provides vision screening service for children and adults in classrooms, day cares and clubs with the assistance of volunteers. They are in need of volunteers who drive their car to the site when the Center van isn't available and volunteers to do paperwork for parents of children. All positions require clearances in time for the fall schedule. Contact Judy Brick at (814) 445-1310 for details.

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 County Commissioner recognizing achievement, and their biography will be featured in a future edition of the *Senior News*.

ROCKWOOD SENIORS CLUB

August 24, 2011 at Noon—Town Hall. - Call to make reservations to (814) 926-4308 or (814) 926-3439.

Senior News

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Advisory Council, Chairperson

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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 **(814) 443-2681 or 1-800-452-0825**

Find us online at
www.somersetaaa.org

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