

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • DECEMBER 2011

Come Visit Your Local Senior Center



BOSWELL SENIOR CENTER

Friends and neighbors meet every Monday at the Boswell senior center located at 322 Stonycreek St., Boswell, PA. Hours of operation are 8:30 AM-1:30 PM on Mondays, with lunch being served at 11:30 AM. A variety of educational and entertaining activities are planned every month. For more information or to reserve a meal, call the Center Manager, Carol Turner, at (814)629-9926 during operational hours.



CENTRAL CITY SENIOR CENTER

The center is located at 103 Sunshine Avenue, Central City, PA. The center is open Monday through Friday, from 9:30 AM - 2:30 PM. Numerous classes and programs from art to podiatry services are enjoyed by the seniors who attend. Lunch is served at 11:30 AM. To reserve a meal or for answers to your questions, call Center Manager Carol Turner at (814) 754-5615.



CONEMAUGH TOWNSHIP SENIOR CENTER

The senior center is located at 959 South Main Street, Hollsopple, PA.

The former schoolhouse is now beautifully remodeled to suit the needs of the centers numerous activities. Exercise classes and quilting sessions take place weekly. The center is open from 9:30 AM - 2:30 PM, Monday through Friday with lunch being served at 11:30 AM. To reserve a meal, call Center Manager Debbie Bench at (814) 479-2216.



CONFLUENCE SENIOR CENTER

Confluence Senior Community Center is located in a scenic setting near hiking and biking trails, the Youghiogheny Dam and the Laurel Hill Creek. The address is 700 Reynolds Street, Confluence, PA. The Center Manager, Betty Mancini, can be reached Monday through Friday 9AM-2PM at (814) 395-5117 for more information. Lunch is 11:30 AM.



CENTER FOR LIFE SENIOR CENTER

Center For Life is located at 700 Fifth St., Suite 200, Windber, PA. The center was appropriately named "Center For Life" where senior citizens are encouraged to keep their minds, bodies and spirits active and healthy to improve or maintain the quality, independence and substance of their lives. The center opens Monday through Friday for breakfast

at 7:30 AM, lunch is served at 11:30 AM, and activities end at 4:00 PM. Most evenings and weekends the center is open for activities. To learn more about the numerous opportunities the center has to offer or to reserve a meal, call Senior Services Director Eleanor Pile at (814) 467-5912.



MEYERSDALE SENIOR CENTER

This center is located in the heart of Meyersdale near the Somerset County Fairgrounds and the Pennsylvania Maple Festival. The address is 120 North Street, Meyersdale, PA. Lunch is served at 11:30 AM. The Center Manager, Cinda Yinkey, can further assist you Monday through Friday 10AM-3PM. by calling (814) 634-0713.



SOMERSET SENIOR CENTER

Located in the County Seat. A variety of entertaining and fun activities are planned each month. Operated by Center Manager Beth Hollis who can be reached Monday through Friday 800AM-3PM (center (814) 445-7772) (office (814) 443-2681) 830 AM-4 PM. Lunch is served at 11:30 AM. Come socialize, meet new friends, and play cards.

Senior Snapshot



Name: Betty Burnsworth
Age: 82
Spouse: Manuel
Current Residence: Confluence

Children: 1; John

Senior Center Attending: Confluence

Years attending Senior Center: 15 years

Hobbies: Volunteering, Shopping, Couponing for Bargains, Ombudsman Representative for Somerset County for 15 years, currently still Active. Volunteer at Turkeyfoot Library for 5 years. Still currently volunteering.

Interesting Life Achievements: Secretary of PTA in Ohiopyle for 15 years, Was an original Charter Member Secretary of ESEA (Reading & Math Program) for 8 years, took annual census in Ohiopyle-Stewart Twp. for 6 years, Volunteer for Ohiopyle-Stewart Twp. Fire Dept. for 16 years.

Favorite Things About

Somerset County: Change of seasons, Mountain streams, Colorful leaves on trees.

Favorite piece of memorabilia from my childhood I wish I still had: My parents.

Favorite Meal at the Senior

Center: Turkey Dinner w/all the trimmings, especially the Cranberry Salad.

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

Three People I'd love to have Dinner with: My Mother, Dad

and Grandmother.

Top thing on my "Bucket List": Trip Around the World.
People would be surprised to know that: Managed a

restaurant at Quantico Marine Base, Quantico Virginia when my husband was in the Marines.

If I had 3 wishes: I would wish for my parents back, some grandchildren, and better health.

Favorite Activity at the Senior Center: Working in the kitchen.

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:

I have increased my social life by meeting new people and getting reacquainted with old 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 will feature a senior from Central City.

Recipe Corner

Oriental Chicken Breasts

3 whole chicken breasts, split in half
5 Tablespoons Salad Oil
1/2 Cup Dark Brown Sugar
1/2 Cup Vinegar
3/4 teaspoon Salt
1/3 teaspoon Ginger
1 teaspoon Soy Sauce
2 Tablespoons Corn Starch
1 Can Pineapple Chunks
1 can Mandarin Oranges (drained)
1 Green Pepper, cut into short strips
1/2 Cup halved Maraschino Cherries

Heat oil in skillet over medium heat. Brown chicken breasts on each side. Pour off excess oil. Combine brown sugar, vinegar, salt, ginger, and soy sauce. Pour over chicken and simmer 35 minutes, covered. Remove chicken from skillet. Blend cornstarch and 2 Tablespoons pineapple syrup and stir into skillet with remaining pineapple and syrup, orange sections, green peppers and cherries. Bring to a boil. Return chicken to skillet.

Serve with rice if desired. Also good with mashed potatoes.

RSVP Cookie Store

RSVP invites you to the 24th Annual Christmas Cookie Store Thursday & Friday, December 7th and 8th, 7:30 AM to 4 PM at 1338 South Edgewood Avenue, Somerset. Come early for the best selection!



December 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 Challenges, Exercise and Wii Games.

Medicare Counseling by appointment 1st Monday of every month

- 5 8:30 AM Socialization
Wii Games
- 10:30 AM Enjoying the
holidays with
Jacelyn Brant
- 11:30 AM Lunch
- 12:00 Nickel Bingo

**Sign up for Catered
Meal on the 12th**

- 12 8:30 AM Socialization
Wii Games
- 10:30 AM Diabetes
Update with Joyce
Ruborsky
- 11:30 AM CATERED LUNCH
- 12:00 Nickel Bingo

- 19 8:30 AM Socialization
Wii Games
- 10:30 AM Music by
Rich Hagens
- 11:30 AM Lunch
- 12:00 Nickel Bingo

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Christmas Observed
Center Closed!!



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

- 1 Decorating for
Christmas
- 2 Van to Somerset
- 5 10:30 AM Bingo w/
Unison Health-
Audra Casino
- 6 10:30 AM Christmas
Songs by Hailee
Click & Amanda
Grine
- 7 Birthday Lunch
10 AM Exercise Class
Van to Bi Lo
- 8 10:30 AM Christmas
& Country Music by
Casey Zemba

- 9 Van to Galleria
- 12 10:30 AM Jocelyn
Brant
- 13 10:30 Christmas &
Hymns by Shirley
Sipe
- 14 10 AM Exercise Class
Van to Ideal Market
Konzattis
- 15 10 AM Music by Rich
Hagens
Mary Piatt-Bruner
comes for a visit
- 16 Van to Windber
Christmas Lunch
- 19 10:30 AM Meadow

- View Christmas Fun-
Sally McClintock
- 20 10:30 Christmas
songs by John Wolf
- 21 Eat Early
10 AM Exercise Class
Van to Somerset
- 22 CATERED Christmas
Lunch
Please Sign Up
10:30 Shade Chorus
- 23 Van to Galleria
- 26 Christmas Observed
Center Closed!!
- 27 Reminisce About
Christmas

- 28 10 AM Exercise
Class
Van to Market
Basket
- 29 Trivia Day
- 30 Van to Richland
Cinemas & Dinner

**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

- 1 Free BP; Gina
Rich Hagens; Quilting
- 2 Word Search
- 5 APPRISE by
appointment; Bingo
- 6 Bingo
- 7 Birthday Lunch
Hidden Picture
- 8 Hooversville COB
Christmas Sing-a-
long
Christmas Cookies
Quilting; Gina
Exercise

- 9 Word Search
- 12 Noon Meadow View
Christmas Bingo
Christmas Dinner Cut
off for registration
- 13 10-11 Nail Parlor
Bingo
- 14 Fill-in
- 15 12 Bureau of Blindness
& Visual Services
Quilting; Gina Exercise
- 16 Word Search
- 19 Christmas Lunch
Party-\$1 Exchange

- 20 Bingo
- 21 Trivia
- 22 Gina-Exercise
Quilting
John Wolfe
Christmas Singing
Christmas Donuts
- 23 Word Search
- 26 Christmas Observed
Center Closed!!
- 27 Bingo
- 28 Word Scramble
- 29 Gina Exercise
Quilting

**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

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

- 1 10 AM Jane Lowry
Blood Pressures-
Somerset Hospital
Home Health
12 Bingo
- 2 10 AM Exercise
Van to Somerset
- 7 Birthday Lunch
- 8 9:30 Oil Painting w/
Ken Corson
- 9 Van to Pechins
- 12 10 AM Audrey Sadler-
Medi Home Health-
Blood Pressures
- 16 Van to Uniontown

- 19 Christmas Lunch
Christmas Party
Special Music
Mr & Mrs Santa
- 21 10:30 AM Sally
McClintock-Meadow
View
Noon Van to Somerset
- 26 Christmas Observed
Center Closed!!
- 27 10 AM Theology Class
w/Pastor Hay
10:30 AM Conemaugh
Home Health w/Carol
Collins-Blood
Pressures

- 28 10 AM Exercise
12 Noon Bingo
- 29 12 Noon Bingo
- 30 10 AM Exercise
Van to Somerset

**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**

December 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

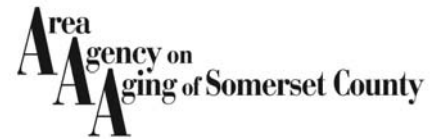
700 5th Street, Suite 201
Windber, PA 15963
Lunch served Mon-Fri 11:30 a.m. - 12 Noon*
(814) 467-5912

*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

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

TUESDAY



5

<p>Hot Meal Porcupine Balls Parslied Red Potatoes Broccoli Florets Fresh Apple Brownie Wheat Bread-Margarine Milk</p>	<p>Entrée Salad Chicken/Cheese Garden Salad w/Ranch Dressing Café Menu Vegetable Soup Turkey/Cheese Chef Salad Cranberry Applesauce French Roll Milk</p>
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6

<p>Hot Meal Chicken/Gravy over Waffles Peas/Carrots Fruit Salad Peanut Butter Cookie Milk</p>	<p>Entrée Salad Chicken/Cheese Caesar Salad w/ Caesar Dressing Café Menu Club Wrap Baked Potato Chips Fruit Cocktail Muffin Milk</p>
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12

<p>Hot Meal Chicken Parmesan w/ Provolone Cheese Pasta w/Sauce Green Beans Fresh Orange Italian Bread-Margarine Milk</p>	<p>Entrée Salad Turkey/Cheese Chef Salad w/Ranch Dressing Café Menu Taco Salad Tropical Fruit Apple Pie Dinner Roll Milk</p>
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13

<p>Hot Meal Ham Pot Pie Tossed Salad w/Egg Baked Apple Banana Split Dessert Wheat Bread-Margarine Milk</p>	<p>Entrée Salad Cheese/Egg Garden Salad w/House Dressing Café Menu Italian Sub Carrot Sticks Tropical Fruit Snickerdoodle Cookie Milk</p>
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CHRISTMAS LUNCH

19

<p>Hot Meal Baked Ham w/ Pineapple Sauce Twice Baked Potato w/ Sour Cream & Chive Winter Blend Veg. Applesauce w/Cinna. Coconut Cream Pie Dinner Roll-Margarine Milk</p>	<p>Entrée Salad Steak/Cheese Salad w/Ranch Dressing Café Menu Greek Chicken Wrap Pasta Salad Fresh Grapes Coconut Cream Pie Milk</p>
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20

<p>Hot Meal Beef Barley Soup Pears w/Peanut Butter Pasta Salad Cranberry Juice Sugar Cookie Crackers Wheat Bread-Margarine Milk</p>	<p>Entrée Salad Chicken/Spinach Salad w/Bacon Dressing Café Menu Vegetable Soup Turkey/Ham/Cheese Chef Salad Cranberry Applesauce French Roll Milk</p>
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26

Christmas Observed

Closed!!



<p>Hot Meal Salisbury Steak/Gravy Mashed Potatoes Peas Fruit Cocktail Vanilla Pudding Wheat Bread-Margarine Milk</p>	<p>Entrée Salad Cheese/Egg Garden Salad w/House Dress. Café Menu Roast Beef Sub Sun Chips Garden Salad Fresh Fruit Milk</p>
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WEDNESDAY

THURSDAY

FRIDAY

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



BIRTHDAY LUNCH

7

1

2

Hot Meal
Salisbury Steak/
Gravy
Mashed Potatoes
Peas
Fruit Cup
Strawberry Mousse
Wheat Bread-
Margarine
Milk

Entrée Salad
Tuna/Cheese Salad w/
Italian Dressing
Café Menu
Grilled Chicken Caesar
Wrap
Apricots
Brownie
Milk

Hot Meal
BBQ Chicken
Scalloped Potatoes
Glazed Carrots
Molded Fruit Salad
Granola Bar
Dinner Roll-Margarine
Milk

Entrée Salad
Ham/Cheese Chef Salad
w/French Dressing
Café Menu
Roast Beef Sub
Sun Chips
Garden Salad
Fresh Fruit
Milk

8

9

Hot Meal
Roast Pork/Gravy
Mashed Potatoes
Sauerkraut
Applesauce/Cinnamon
Maple Cake/Icing
Rye Bread-
Margarine
Milk

Entrée Salad
Shrimp/Cheese
Caesar Salad w/
House Dressing
Café Menu
Cream of Potato Soup
Steak Salad
Sliced Peaches
Maple Cake/Icing
Dinner Roll
Milk

Hot Meal
Breaded Fish w/Tartar
Sauce
Macaroni & Cheese
Tossed Salad
Pineapple Upside Down
Cake
Wheat Bread-
Margarine
Milk

Entrée Salad
Cheese/Egg Garden
Salad w/House
Dressing
Café Menu
Ham Salad on
Croissant
Broccoli Salad
Fresh Fruit
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 a
Pretzel Roll
Spring Salad
Mandarin Oranges/
Strawberries
Milk

14

15

16

Hot Meal
Stuffed Cabbage
Mashed Potatoes
Corn
Apricots
Chocolate Chip
Cookie
Wheat Bread-
Margarine
Milk

Entrée Salad
Grilled Chicken/
Cheese Salad w/
Ranch Dressing
Café Menu
Grilled Chicken
Caesar Wrap
Apricots
Brownie
Milk

Hot Meal
Baked Chicken/Gravy
Mashed Potatoes
Mixed Vegetables
Tossed Salad
Fresh Banana
Dinner Roll-Margarine
Milk

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

Hot Meal
Meatloaf
Scalloped Potatoes
Sliced Carrots
Molded Pear Salad
Butterscotch Pudding
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

21

22

23

Hot Meal
Roast Turkey
Mashed Potatoes
Green Beans
Cranberry Salad
Rice Raisin Dessert
Rye Bread-Margarine
Milk

Entrée Salad
Seafood Chef Salad w/
Vinaigrette Dressing
Café Menu
Tuna Salad on Croissant
Broccoli Salad
Fresh Fruit
Milk

Hot Meal
Rigatoni w/Meat Sauce
Tossed Salad
Fresh Apple
Chocolate Pudding
Italian Bread- Margarine
Milk

Entrée Salad
Turkey/Cheese Chef
Salad w/Ranch
Dressing
Café Menu
Southwest Chicken
Wrap
Macaroni Salad
Sliced Pears
Milk

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

Entrée Salad
Grilled Chicken/Egg
Spinach Salad w/
Bacon Dressing
Café Menu
Stuffed Pepper Soup
Steak Salad
Sliced Peaches
Dinner Roll
Milk

28

29

30

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

Entrée Salad
Seafood/Cheese Salad
w/Vinaigrette
Dressing
Café Menu
Broccoli/Cheese Soup
Southwest Chicken
Salad
Fresh Banana
Milk

Hot Meal
Beef Stew
Apple Juice
Cole Slaw
Blueberry Pie
Corn Bread
Milk

Entrée Salad
Chicken/Cheese Salad
w/Bacon Dressing
Café Menu
BLT Wrap
Pickled Beets
Pineapple Chunks
Chocolate Chip Cookie
Milk

Hot Meal
Baked Fish w/Tartar
Sauce
Brown Rice Pilaf
Flame Roasted Sweet
Corn
Pineapple Chunks
Oatmeal Cookie
Rye Bread-Margarine
Milk

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

December 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

- 1 State Planning & Retirement Program
- 2 Word Search Puzzle
- 7 11 AM Grocery Bingo
- 9 6 PM Volunteer Christmas Party
- 13 6:30 PM Night Bingo Weather Permitting
- 14 Exercise
- 15 10 AM Conemaugh Home Health-Blood

- 16 Pressure Word Search Puzzle
- 19 11 AM Bingo
- 20 Christmas Holiday Lunch
- 21 Exercise
- 22 First Day of Winter
- 23 Word Search Puzzle (Christmas)
- 26 Christmas Observed Center Closed!!

- 27 6:30 PM Night Bingo Weather Permitting
- 28 Exercise
- 30 New Years Word Search Puzzle

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

- 2 Blood Pressure Check 10:30 AM Fred & Nancy "Great" Musical Show
- 5 Bingo Root Beer Float Day-\$1 a Float!! Rich Hagens Oldies Dance 5 PM Covered Dish 6-8 PM Dance. Center provides Meat. Door Prizes!!
- 6 Decorate for Christmas. Bring in old Christmas Ornaments for Tree
- 7 Bingo/Computer
- 9 Sign up for Overly's Christmas Lights

- 12 Bingo
- 13 9-1 Craft Rummage Bake Sale
- 14 Bingo; Computer
- 15 Christmas Movie Day - "Free" Popcorn & Soda Newsletter Assembly
- 16 Blood Pressure Check Bingo Overly's Christmas Light Bus Tour & Dinner-Details on page 7 or call Center
- 16 9-1:30 Mandy Menser for Massages. Call Center to make an appointment.

- 19 Bingo; Senior Cookie Sale
- 20 10:15 Berlin High School Choir
- 21 Bingo; Computer
- 22 Christmas Party-\$5 gift exchange 10:30 Broucher Brothers to sing
- 23 Bingo
- 26 Christmas Observed Center Closed!!
- 28 Bingo; Computer
- 30 Bingo Blood Pressure Checks w/fun Holiday Trivia

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

- 1 10:45 AM Free Christmas Bingo-Senior Life
- 2 6 PM Movie Nite & Refreshments
- 5 12:30 Nickle Bingo
- 6 CFL Trip to the Rivers Casino
- 7 Birthday Lunch 10:30 AM Fred & Nancy Show
- 8 Deadline to reserve with payment for New Year's Party 10:30 AM Windy Mountain
- 9 Super Soup Friday
- 12 10:30 AM Nail Parlor
- 13 10:30 AM Zupe-Singing your Christmas Favorites
- 14 10:30 AM Svonavec Family Old Time Variety Music
- 15 9-12 Free Hearing Tests-Miracle Ear
- 19 Christmas Holiday Lunch

- 11 AM CFL Chorus Christmas Sing-Along 12:30 Free Angel Bingo-Circle of Friends
- 21 10:30 AM Tina Marie's Christmas Show
- 22 11 AM Reminiscing about Christmases of Our Childhood
- 26 Christmas Observed Center Closed!!
- 28 6:30 PM CFL Dance-Music by Rich Hagens
- 29 CFL New Year's Party-Music & Catered Meal

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
- 7:00 PM Digital Camera Class
- 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



Meyersdale Senior Center

Meyersdale Senior Center went to Boyer's Orchards on October 14th for a field trip and brought back apples to the center. Pictured above is Helen Housel standing beside the apple dumplings she helped make for all of the seniors who ate lunch on October 24th at the Center. In the background you can see part of the new cupboards that the center had put in. Stop in and visit the center and see all of the activities available.



Somerset Center Bus Tour to Overly's Christmas Lights

Bus will leave the center at 3 PM on December 16th to go for supper at the Country Buffet. Then we will proceed to view the Christmas Lights at the Overly's. Deadline to register is December 9th. The cost including bus, supper, drinks, and tips will only be \$37 per person. Come join us!

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.

Boys and Girls Club-Assist with after school program tutoring and activities a day or two a week for a few hours. The Club is located on West Catherine Street in Somerset. Make a difference in the lives of our youth. Flexible schedule and times available.

Somerset Elementary School-Volunteers are a great asset to children and teachers. Regular interaction with children enhances their academic, emotional and behavioral success. Working one-on-one or with small groups of children from K through fifth grade improves reading and math skills. Children stay focused and seek approval. Immediate placement is available at Maple Ridge/Eagle View, which now has Sipesville and Friedens students. To learn more about how you can help a child with as little as one hour a week, contact RSVP.

Somerset Technology Center Adult Literacy-You could make a powerful difference in the lives of your neighbors who need tutoring so they can master the basic skills they need to secure jobs, help their children learn to read and do math, and feel better about themselves. Orientation to instruct you in the methods of tutoring adult learners is provided. You will be assigned to a class, managed by a certified teacher, to work as a volunteer with an adult who needs your help. Call RSVP to register.

Meals on Wheels-Drivers are urgently needed for the Meals on Wheels Rockwood Route. Volunteer for just a few hours on Monday, Wednesday or Friday delivering meals for those in the Rockwood area. Drivers are needed to assure that consumers will have this service. Help make a difference in your community, volunteer today or seven consumers will lose this service.

AARP Safe Driving Program-Additional volunteers are needed to train as instructors 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.

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

December 15, 2011 at the Rockwood School. - Call to make reservations to (814) 926-4308 or (814) 926-3439.

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

Find us online at
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