

# Senior News

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THE AREA AGENCY ON AGING OF SOMERSET COUNTY • JANUARY 2011

## Winter Safety Tips for Seniors

**W**inter can be the most beautiful season of the year, but also one of the most dangerous for Seniors.

When is Winter Dangerous? The National Weather Services Categorizes winter storms in many ways. Understanding the winter lingo could be a safe way to determine if you want to venture out into the winter weather.

1 Winter Advisory-means weather is expected to cause significant inconveniences and may be hazardous. Plan ahead and fill your gas tank to prevent an ice-clogged line.

2 Winter Storm Watch-means heavy ice and snow are expected in one to two days.

3. A winter storm warning means severe weather is about to begin and you should stay indoors.

4. A Blizzard warning means that outdoor conditions could well be life threatening, with winds sometimes above 40 mph, which could be dangerous.

### Walking on Snow and Ice.

When you must walk on snow or ice, take special precautions to avoid falling. Here are Some Tips for walking and going outside in the winter.

1. Try to stay on the sidewalk. If you must step off the curb,

- stay as close to the edge of the streets as possible. Hazardous driving conditions may keep motorists from stopping on time or braking completely.
2. Remember that heavy snow muffles the normal sounds that you expect to hear that alert you to oncoming vehicles.
  3. Try to avoid carrying heavy packages while walking on ice on snow.
  4. Take it slow, wear brightly colored clothing or reflective clothing.
  5. Wear non-slip winter boots, or consider ice cleats, on sale at local department stores.
  6. Wear layers of clothing when you go outside. Layers allow you to add or take off winter wear as needed.
  7. Favor Mittens over gloves, as fingers generate warmth as they rub together.
  8. Always wear a head cover, as 30-50 percent of body heat is lost through the head.
  9. A scarf or mouth covering will help protect lungs against cold air.
  10. Check with you doctor as to if shoveling is safe for you, and how much shoveling he or she recommends for you.
  11. Frostbite and hypothermia are two of the biggest dangers that face seniors. Most susceptible

body parts are fingers, toes, ear lobes, and noses. Symptoms of frostbite include numbness and a white cast to the skin in the affected area. Hypothermia symptoms are shivering, cold skin that is pale or ashy, feeling tired and weak, problems walking and slowed breathing or heart rate. If the body temperature falls below 95 degrees F, a person is hypothermic and medical attention should be sought immediately.

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**“ Have a safe and healthy winter, and remember think SPRING ”**

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### Home Heating Safety

More fires happen during the winter months more than any other time of the year, mainly due to home heating devices. People age 65 or older are three times more likely to die or be injured in a home fire than those younger. Heating devices and household appliance that are fueled by gas, oil, and kerosene or wood in a closed up house, can produce deadly carbon monoxide gas.

(continued on page 2)

## Winter Safety Tips for Seniors

(continued from page 1)

Simple things seniors can do to protect themselves are:

1. Install smoke and carbon monoxide detectors on every level of the home and check the batteries each month and change them a least once a year.
2. If you are using a space heater remember that space heaters need SPACE. Keep anything that can burn at least three feet away from the heater.
3. If you use a wood burning fire place make sure you have a glass front or screen large enough to catch flying sparks and rolling logs, and have your chimney pipe checked one a year.
4. Get an ABC multipurpose fire extinguisher for the home; learn how to use it and check it yearly to be sure it is working.

## Winter Auto Safety

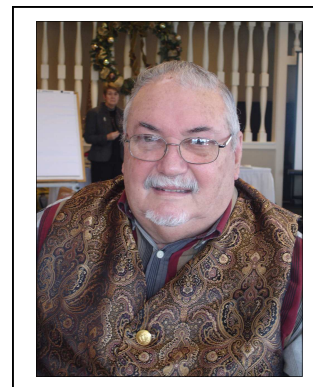
To ensure wintertime driving safely, have your vehicle serviced and winterized so it's ready for winter driving and road conditions

Here are some specific items to be checked:

1. Tires: check the air pressure and make sure you have sufficient tread.
2. Radiator: have the anti-freeze levels checked.
3. Belts: inspect the belts and hoses for cracks or leaks.
4. Oil: ask your mechanic about switching to a thinner grade of engine oil for better performance in colder temperatures.

5. Wipers: inspect the windshield wipers and wiper fluid to ensure better visibility.
6. Battery: make sure the battery is fully charged.

Have a safe and healthy winter, and remember think SPRING. ■



## Senior Snapshot

**Name:** Joe Rosey

**Age:** 71

**Wife:** Shirley Jean (deceased.),  
married for 18 years

**Current Residence:** Cairnbrook

**Children:** Amy Saylor, Patty  
Centeno, George Rosey

**Senior Center Attending:** Central  
City

**Years attending Senior Center:** 8

**Hobbies:** Gardening, Raising  
flowers & houseplants,  
Sightseeing, Volunteering at the  
Senior Center

**Interesting Life Achievements:** I  
volunteered at my church as the  
Sunday school superintendent  
and a Sunday school teacher for  
over 30 years. I also worked at  
Gallikers for 33 years; that is a  
long time at one employer.

**Favorite Things About Somerset**

**County:** I love the mountains  
and the variety of beautiful  
seasons.

**Favorite TV show:** Howdy Doody &  
Hopalong Cassidy

**Favorite Meal at the Senior Center:**

I'm not particular. I like all  
of the meals, but my favorites  
are roast beef and pepper  
steak

**One word my friends would use to describe me:** Happy or jolly.

**Top thing on my "Bucket List":** I  
would like to go see more in-  
teresting places. I've never  
traveled to the Southwestern  
US past Texas.

**If I had 3 wishes:** I wish to have a  
more peaceful world, that  
people would love each other  
better and that they would  
share with each other.

**Favorite Activity at the Senior Center:**  
Comradery; talking about cur-  
rent events

**A typical day at the Center:** I fill in  
for the Center manager, Carol,  
on Mondays. Each day I pass  
out the meals and help with  
the programming. 3 days a  
week, I volunteer as the Bingo  
caller.

**What brought me to the Senior Center for the first time:** I needed  
transportation for grocery  
shopping and doctor appoint-  
ments and the center offered  
that. I then started to attend  
the center.

**How coming to the Senior Center has changed my life:** Coming to the  
center is very fulfilling for me  
in that I feel helpful in getting  
things accomplished. It also  
helps me to get places and is  
an overall good experience.

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 443-2681. Next month's edi-  
tion will feature a senior from Windber's  
Center for Life.

# January 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  
Hollisopple, 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


3		4	
<b>Hot Meal</b> Porcupine Balls Scalloped Potatoes Broccoli Spears Fresh Apple Brownie Wheat Bread- Margarine Milk	<b>Entrée Salad</b> Chicken/Cheese Garden Salad w/ Ranch Dressing <b>Café Menu</b> Vegetable Soup Turkey/Cheese Chef Salad Cranberry Applesauce French Roll Milk	<b>Hot Meal</b> Ham, Green Beans & Potatoes Orange Juice Chocolate Pudding Wheat Bread- Margarine Milk	<b>Entrée Salad</b> Shrimp/Cheese Caesar Salad w/ Caesar Dressing <b>Café Menu</b> Asian Shrimp Salad Baked Potato Chips Muffin Milk
BIRTHDAY LUNCH 10		11	
<b>Hot Meal</b> Baked Chicken/ Gravy Parslied Red Potatoes Mixed Vegetables Diced Pears Marble Cake/Icing Dinner Roll-Margarine Milk	<b>Entrée Salad</b> Ham/Cheese Chef Salad w/Ranch Dressing <b>Café Menu</b> Roast Beef Sub Sun Chips Garden Salad Fresh Apple Marble Cake/Icing Milk	<b>Hot Meal</b> Meatloaf Scalloped Potatoes Sliced Carrots Tossed Salad Fresh Banana Chocolate Chip Cookie Wheat Bread- Margarine Milk	<b>Entrée Salad</b> Grilled Chicken/Egg Spinach Salad w/ Bacon Dressing <b>Café Menu</b> BLT Wrap Pickled Egg/Beets Pineapple Chunks Chocolate Chip Cookie Milk
17		18	
Center Closed  Martin Luther King Day		<b>Hot Meal</b> Smoked Sausage Brown Rice Pilaf Country Blend Vegeta- bles Diced Peaches Apple Juice Dinner Roll-Margarine Milk	<b>Entrée Salad</b> Steak/Cheese Salad w/ Ranch Dressing <b>Café Menu</b> Tuna Salad on Whole Wheat Pita Broccoli Salad Fresh Banana Milk
24		25	
<b>Hot Meal</b> Macaroni & Cheese Stewed Tomatoes Three Bean Salad Quartered Fruit Salad Graham Crackers Wheat Bread- Margarine Milk	<b>Entrée Salad</b> Seafood/Cheese Salad w/Vinaigrette Dressing <b>Café Menu</b> Chicken Teriyaki Sub Carrot Sticks Mandarin Oranges Brownie Milk	<b>Hot Meal</b> BBQ Chicken Scalloped Potatoes Glazed Carrots Fresh Apple Granola Bar Dinner Roll-Margarine Milk	<b>Entrée Salad</b> Ham/Cheese Chef Salad w/French Dressing <b>Café Menu</b> Chicken Rice Soup Seafood Salad Spread on Croissant Church Slaw Quartered Fruit Milk
31			
<b>Hot Meal</b> Roast Pork/Gravy Whipped Potatoes Sauerkraut Apricots Yogurt Oatbran Squares Rye Bread-Margarine Milk	<b>Entrée Salad</b> Shrimp/Cheese Caesar Salad w/Caesar Dressing <b>Café Menu</b> Turkey & Swiss on Croissant Spring Salad Mandarin Oranges/ Strawberries Milk		

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

5		6		7	
<b>Hot Meal</b> Chicken Ala King w/Peas & Carrots Over Biscuit Church Slaw Fruit Salad Graham Crackers Milk	<b>Entrée Salad</b> Chicken/Cheese Cae- sar Salad w/Caesar Dressing <b>Café Menu</b> Stuffed Pepper Soup Steak Salad Sliced Peaches Dinner Roll Milk	<b>Hot Meal</b> Bread Fish w/Tartar Sauce Brown Rice Pilaf Tossed Salad Tomato Juice Pineapple upside down Cake Wheat Bread- Margarine Milk	<b>Entrée Salad</b> Cheese/Egg Garden Salad w/House Dressing <b>Café Menu</b> Turkey & Swiss on Croissant Spring Salad Mandarin Oranges/ Strawberries Milk	<b>Hot Meal</b> Roast Pork/Gravy Whip Potatoes Succotash Apricots Yogurt Oatbran Squares Rye Bread-Margarine Milk	<b>Entrée Salad</b> Shrimp/Cheese Caesar Salad w/ Caesar Dressing <b>Café Menu</b> Southwest Chicken Wrap Macaroni Salad Fresh Banana Milk
12		13		14	
<b>Hot Meal</b> Chicken Parmesan w/ Provolone Cheese Penne Pasta w/Sauce Green Beans Fresh Orange Italian Bread-Margarine Milk	<b>Entrée Salad</b> Turkey/Cheese Chef Salad w/Ranch Dressing <b>Café Menu</b> Chicken Rice Soup Seafood Salad spread on Croissant Church Slaw Quartered Fruit Milk	<b>Hot Meal</b> Stuffed Peppers Mashed Potatoes Corn Apricots Wheat Bread- Margarine Milk	<b>Entrée Salad</b> Grilled Chicken/ Cheese Salad w/ Italian Dressing <b>Café Menu</b> Taco Salad Tropical Fruit Salad Dinner Roll Milk	<b>Hot Meal</b> Ham Pot Pie Tossed Salad w/Egg w/Ranch Dressing Baked Apples Banana Split Dessert Wheat Bread- Margarine Milk	<b>Entrée Salad</b> Cheese/Egg Garden Salad w/House Dressing <b>Café Menu</b> Grilled Chicken Caesar Wrap Apricots Brownie Milk
19		20		21	
<b>Hot Meal</b> Vegetable Soup Egg Salad on Wheat Bread Cottage Cheese Fresh Orange Crackers Milk	<b>Entrée Salad</b> Taco Salad w/Catalina Dressing <b>Café Menu</b> Greek Chicken Wrap Pasta Salad Fresh Grapes Milk	<b>Hot Meal</b> Roast Turkey/Gravy Mashed Potatoes Peas & Carrots Cranberry Salad Rice Raisin Dessert Rye Bread-Margarine Milk	<b>Entrée Salad</b> Seafood Chef Salad w/ Vinaigrette Dressing <b>Café Menu</b> Vegetable Soup Turkey/Cheese Chef Salad Cranberry Applesauce French Roll Milk	<b>Hot Meal</b> Ham BBQ on Bun Baked Beans Church Slaw Orange Juice Yogurt Milk	<b>Entrée Salad</b> Tuna/Egg Chef Salad w/Italian Dressing <b>Café Menu</b> Stuffed Pepper Soup Steak Salad Sliced Peaches Dinner Roll Milk
26		27		28	
<b>Hot Meal</b> Roast Beef/Gravy Parsley Potatoes Broccoli Spears Fruit Cup Butterscotch Pudding Wheat Bread- Margarine Milk	<b>Entrée Salad</b> American Cheese/Egg Garden Salad w/ House Dressing <b>Café Menu</b> BLT Wrap Pickled Egg/Beets Pineapple Chunks Chocolate Chip Cookie Milk	<b>Hot Meal</b> Baked Ham Sweet Potato Patties Green Beans Fresh Orange Tropical Pineapple Whip Wheat Bread- Margarine Milk	<b>Entrée Salad</b> Taco Salad w/Catalina Dressing <b>Café Menu</b> Beef Barley Soup Southwest Chicken Salad Fresh Banana Milk	<b>Hot Meal</b> Breaded Fish w/Tartar Sauce Pierogies California Blend Fresh Orange Pineapple Chunks Oatmeal Cookie Rye Bread-Margarine Milk	<b>Entrée Salad</b> Turkey/Cheese Chef Salad w/Ranch Dressing <b>Café Menu</b> Roast Beef Sub Sun Chips Garden Salad Fresh Apple Milk
					
		(814) 443-2681 www.somersetaaa.org			

# January 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.

APPRISE by appointment 1st Monday of every month

3 8:30 AM Socialization  
Wii Games  
10:00 AM Games Day  
& Flea Market-Bring  
in your old  
treasures  
11:30 AM Lunch  
12:00 Nickel Bingo

10 8:30 AM Socialization  
Wii Games  
10:30 AM Hat Ladies  
of Johnstown  
11:30 AM Lunch  
12:00 Nickel Bingo

17 Martin Luther King  
Day  
Center Closed  
24 8:30 AM Socialization  
Wii Games  
10:00 AM Music by  
Rich Hagens  
11:30 AM Lunch  
12:00 Nickel Bingo

31 8:30 AM Socialization  
Wii Games  
10:30 AM Skin  
Anatomy & Wound  
Healing-Diana  
Mock  
11:30 AM Lunch  
12:00 Nickel Bingo

## CENTRAL CITY AREA SENIOR CENTER

**Center Manager:**

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

**Hours of Operation:**

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

**Available Daily:**

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

3 Hat Ladies of  
Johnstown  
4 6-8 PM Exercise  
Equipment-Open to  
the Public 18 years  
and older-No  
charge.  
5 10:00 Exercise Class  
Van to Bi Lo  
6 6-8 PM Exercise  
Equipment-Open to  
the Public 18 years  
and older-No  
charge.  
7 Van to Somerset

10 Birthday Lunch  
Birthday Jingo  
11 Rivers Casino  
6-8 PM Exercise  
Equipment  
12 10:00 AM Exercise  
Class  
Van to Ideal Market  
& Conzattis  
13 Frank Burns comes  
for a visit  
6-8 PM Exercise  
Equipment  
Van to Galleria  
17 Martin Luther King  
Day

Center Closed  
18 Trivia Day  
6-8 PM Exercise  
Equipment  
19 10:00 AM Exercise  
Class  
Van to Somerset  
20 Music by Rich Hagens  
6-8 PM Exercise  
Equipment  
21 Van to Windber  
24 10:30 AM Pain  
Assessment &  
Management-

Jocelyn Brant  
25 Word Search  
Van to Wal-Mart-  
Johnstown  
6-8 PM Exercise  
Equipment  
26 10:00 AM Exercise  
Class  
Van to Market Basket  
27 10:30 AM Skin  
Anatomy & Wound  
Healing with Diana  
Mock  
6-8 PM Exercise  
Equipment  
28 Van to Galleria

## 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 Carol Gresh  
Sings  
5 10:45 Laughter Club  
by Colonial Court  
yard  
6 12:15 Rich Hagens  
Orthodox  
7 Christmas  
10 Birthday Lunch  
11 10:00-11:00 Nail  
Parlor Windber

Home Care  
12 Memories of Fun In  
the Snow  
13 11:00 Jokes with  
George  
17 Martin Luther King  
Day  
Center Closed  
20 12:15 Free Bingo-  
Senior Life

25 11:15 Alzheimer's  
Windber Home  
Health  
26 Word Search  
27 12:15 Music Show  
by Pat Montaine

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

## CONFLUENCE AREA SENIOR CENTER

**Center Manager:**

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

**Hours of Operation:**

Mon - Fri 9 AM - 2 PM

**Available Daily:**

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

1 Happy New Year  
4 10 AM Theology Class-  
Pastor Dean Hay  
12:00 Bingo  
12:30 Grocery  
Shopping  
5 10 AM Exercise Class  
6 10:30 AM Somerset  
Home Health-Jane  
Lowry  
7 Frivolous Friday  
Van to Somerset  
10 Birthday Lunch  
10 AM Audrey Sadler-  
Medi Home Health-  
Blood Pressures

12:30 Bingo  
11 10 AM Theology Class-  
Pastor Dean Hay  
12:00 Bingo  
12:30 Grocery  
Shopping  
12 10 AM Exercise Class  
13 9:30 AM Oil Painting  
with Ken Corson  
14 Frivolous Friday  
Van to Pechins  
17 Martin Luther King  
Day  
Center Closed  
18 10 AM Theology Class  
with Pastor Dean Hay

12:00 Bingo  
12:30 Grocery  
Shopping  
19 10 AM Exercise  
Class  
12 Noon Van to  
Somerset  
21 Frivolous Friday  
Van to Uniontown  
24 7 PM Senior Night-  
Uniontown VFW  
Dance with Dave  
Dahl and his band  
25 10 AM Theology  
Class with Pastor

Dean Hay  
10:30 Conemaugh  
Home Health-Carol  
Collins-Blood  
Pressures  
12:00 Bingo  
12:30 Grocery  
Shopping  
26 10 AM Exercise Class  
28 Frivolous Friday  
Van to Somerset

# January 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

**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	11 AM Bingo	11	10:00-11:30 AM APPRISE	17	Martin Luther King Day Center Closed	25	10:00-11:30 AM APPRISE
4	10:00-11:30 AM APPRISE	12	6:30 PM Night Bingo	18	10:00-11:30 AM APPRISE	26	6:30 PM Night Bingo
5	10:30 AM Exercise with Bryan	13	Weather Permitting	19	10:30 AM Exercise with Bryan	27	Weather Permitting
6	11:00 AM Grocery Bingo	14	10:00-11:30 AM APPRISE	20	10:30 AM Exercise with Bryan	28	10:30 AM Exercise with Bryan
7	10:00-11:30 AM APPRISE	15	Word Search Puzzle	21	10:00-11:30 AM APPRISE	29	10:00-11:30 AM APPRISE
8	Word Search Puzzle	16	Van trip to Johnstown	22	Word Search Puzzle	30	Word Search Puzzle
9	Birthday Lunch	23		24	11:00 AM Bingo	31	11:00 AM Bingo

## SOMERSET AREA SENIOR CENTER

### Senior Services Director:

Sandy Nicholson  
Phone (814) 445-7772  
E-Mail snicholson@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

3	10:30-11:30 AM Somerset Home Health Free Blood Pressures	11	10:30-11:30 AM Music by Gene Smith	19	10:30-11:30 Exercise 6 PM TOPS	27	6 PM Military Support Group Meeting
4	10 AM Bingo	12	10 AM Bingo	20	Windber Home Health Free Blood Pressures	28	
5	Computer Class	13	Computer Class	21	11 AM Bulletin Board Trivia	29	
6	10:30-11:30 Exercise 6 PM TOPS	14	11 AM Bulletin Board Trivia	22		30	6 PM Military Support Group Meeting
7	Windber Home Health-Free Blood Pressures	15		23		31	
8	Birthday Lunch	16	Martin Luther King Day Center Closed	24	6 PM Military Support Group Meeting		
9	6 PM Military Support Group Meeting	17	6 PM Military Support Group Meeting	25	6-8 PM Music by Gene Smith		
10		18	10 AM Bingo	26	10 AM Bingo		
		19	Computer Class	27	Computer Class		
		20	8-1 PM Newsletter Assembly	28	6 PM TOPS		
				29	Backwards Day- Dress Appropriately		

## 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

2	Steeler Game Party	20	11:00 Carol Gresh Sings
3	10:00-11:00 Nail Parlor-Windber Home Care	21	
4	10:30 Country Variety Show- Casey Zemba	22	11:15 Alzheimer's- Windber Home Health
5	11:00 Jokes with George	23	6:30 PM CFL Dance- Music by Rich Hagens
6	Orthodox Christmas	24	11:00 Podiatry-Dr. Kopp
7	Birthday Lunch		
8	10:45 Overview of Flight '93-Sharon Custer		
9	Martin Luther King Day Center Closed		
10	10:00 AM Tour of German Churches		
11	11:00 Variety Music Show-Carol Yewcic & Bill Stahl		
12	10:30 Music Show 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:** 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

# The Central City Senior Center Exercise and Equipment

Make that New Year Resolution Now starting January 2011. Every Tuesday and Thursday from 6 PM to 8 PM Call (814) 754-5615 to get more information

If you have a New Year Resolution to lose weight or just stay healthy by exercising come join us every Tuesday and Thursday evening from 6 PM to 8 PM.

You can use our fantastic facilities free. Yes that is right anyone over the age of 18 can use it free. We have:

- Treadmills
- Recumbent Bike

- Stride Trainer
- 2 Lifestyler Cardio force
- Air Walker
- Stationary Bike
- Bow flex
- Bands
- Wrist and Ankle Weights
- Balls

Here is a listing of the center exercise classes days and times at each of your local centers:

**Central City Senior Center-** Wednesdays at 10 AM.

**Conemaugh Township Senior Center** Mondays, Tuesdays and Thursdays.

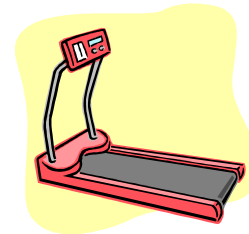
**Confluence Senior Center-** Wednesdays.

**Meyersdale Senior Center-** Wednesdays.

**Somerset Senior Center-** Tuesdays and Thursdays.

**Center For Life/Windber Senior Center-** offers different styles Schedules can be found in the center activities section or call the center.

Each center offers the use of their equipment daily and class schedules as available. Call your local center to see their availability.



## Caregiver Assistance

### Windber Caregiver Support Group

January 13, 2011 at 10 AM

### Somerset Caregiver Support Group

January 27, 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

January 26, 2010 at Noon—Town Hall Reservations to (814) 926-4308 or (814) 926-3439.

# Volunteer Opportunities through RSVP

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

## Escort Driver

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

## Meals on Wheels

Volunteers are needed during the winter months to ensure that recipients continue to receive meals and a friendly smile while regular drivers and carriers are away. Take a regular route or be an on-call fill in for occasional days. Contact RSVP to get started.

## Boswell Helping Hands Food Pantry

This pantry serves over 200 families each month during four half-days of operation the first four Thursday mornings. A volunteer with management skills that include organizing, collecting, and distribution of food items, volunteer support and monthly reporting is needed to oversee this service. Volunteer will have Board status and be a key holder.

## Clothes Closet

Clerks/helpers are needed for this community service that provides good, used clothing to anyone in need. Located in the basement of St. Mark's Lutheran Church in Shanksville, volunteers are needed on the first and/or third Wednesday each month from 10AM to 1PM.

## Senior News

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**Pamela A. Tokar-Ickes**

**John P. Vatavuk**

**James C. Marker**



**Arthur N. DiLoreto**

*Administrator*

**Nancy Miller**

*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](http://www.somersetaaa.org)**

**RETURN SERVICE REQUESTED**

Website: [www.somersetaaa.org](http://www.somersetaaa.org)  
Email: [webmaster@somersetaaa.org](mailto:webmaster@somersetaaa.org)  
Fax: (814) 443-0557  
Phone: (814) 443-2681

Somerset, PA 15501

1338 South Edgewood Avenue

**Area Agency on Aging of Somerset County**

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