

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • JUNE 2011

Farmers Market Nutrition Program

Spring is finally here and that can only mean one thing! The Farmers Market Program will soon be back in Somerset County.

The purpose of the Farmers Market Program is to provide resources in the form of fresh, nutritious, locally grown fruits, vegetables and herbs from farmers' markets, roadside stands and community supported agriculture programs to low-income seniors.

Low-income seniors who are at least 60 years old may qualify for this benefit. The income guidelines for one person is \$20,147 and the income guideline for two people is \$27,214.

Farmers Market checks are distributed through the Area Agency on Aging of Somerset County. A list will be posted at each site of approximately 12 participating farmers and farmers' markets when they receive their checks. These checks are then redeemable for fresh fruit and vegetables grown in Pennsylvania. Each consumer receives (4) \$5.00 Farmers Market checks to redeem at qualified farmers' markets or roadside stands.

If an eligible consumer is not able to visit a designated site determined by the Area Agency on Aging to receive their checks, a proxy form must be picked up and completed prior to the date of distribution and sent with their representative to pick up their checks. The proxy forms will be available at each of the sites starting May 16, 2011.

Distribution will be on June 15, 2011 from 5 to 7 PM at each of the senior centers. Doors will not open prior to 5 PM.

If you have any questions about this program or would like to obtain information regarding eligibility requirements, please contact your local senior center.

Here is a list of each local center with their phone number, address and hours of operation.

Boswell Area Senior Center

332 Stonycreek Street
Boswell, PA 15531
(814) 629-9926

Mondays only 9 AM to 1 PM

Central City Area Senior Center

103 Sunshine Avenue
Central City, PA 15926
(814) 754-5615

Monday-Friday 9:30 AM–2:30 PM

Conemaugh Township Area Senior Center

959 South Main Street
Holsopple, PA 15935
(814) 479-2216

Monday-Friday 9:30 AM–2:30 PM

Confluence Area Senior Center

700 Reynolds Street
Confluence, PA 15424
(814) 395-5117

Monday-Friday 9 AM to 2 PM

Meyersdale Area Senior Center

120 North Street
Meyersdale, PA 15552
(814) 634-0713

Monday-Friday 10 AM-3 PM

Somerset Area Senior Center

1338 South Edgewood Avenue
Somerset, PA 15501
(814) 443-2681

Monday-Friday 8 AM-3 PM

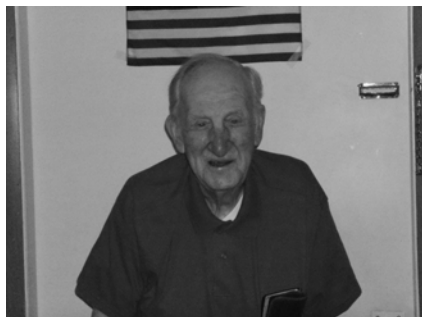
Center For Life/Windber Area Senior Center

700 Fifth Street, Suite 200
Windber, PA 15963
(814) 467-5912

Monday-Friday 9 AM-4 PM



Senior Snapshot



Name: Richard C. Musser.

Age: 86.

Spouse: Evelyn., married 64 years.

Current Residence: Berlin.

Children: Four-Teresa C., Deborah, Joyce, Mary.

Senior Center Attending: Meyersdale

Years attending Senior Center: 20

Hobbies: Woodwork.

Interesting Life Achievements: Farmer and 3 years in service during WWII. Milk Truck Driver for 42 years.

Favorite Things About Somerset County: weather-4 seasons.

Favorite Childhood Memory: I played on first football team in Berlin in 1942 & 1943.

Favorite TV show: Western Movies.

Favorite Meal at the Senior Center: Ham & Barley Soup.

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

Three People I'd love to have Dinner with: My wife and girls.

Top thing on my "Bucket List:": I would like to visit Alaska.

If I had three wishes: I would wish to have good health, take a trip to Hawaii, and the government would get the recession cleaned up.

Favorite Activity at the Senior Center: Playing cards.

A typical day at the Center: My typical day at the Center is playing cards and telling jokes.

What brought me to the Senior Center for the first time: I came with my wife as one of her friends invited us.

How coming to the Senior Center has changed my life: It helps me to get to know other people ■

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 edition will feature a senior from Confluence.

Recipe Corner

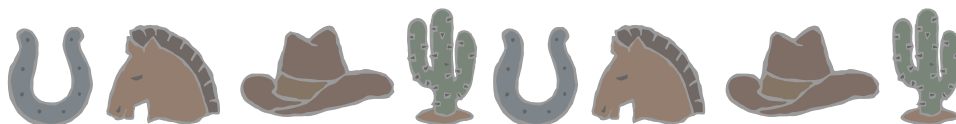


Microwave Snack Mix

2 (1oz) envelopes Ranch dressing mix
1/2 cup vegetable oil
3 cups crisp oatmeal squares
3 cups corn and rice cereal
3 cups crisp wheat cereal squares
2 cups pretzel sticks
1 cup dried cherries
1 cup candy-coated chocolate pieces

Whisk together Ranch dressing mix and 1/2 cup vegetable oil in a large microwave-safe glass bowl. Stir in oatmeal cereal squares and next 3 ingredients.

Microwave mixture at High 2 minutes, and stir well. Spread mixture in a single layer on wax paper, and let cool 30 minutes. Add cherries and candy pieces. Store in an airtight container up to 5 days.



Keep the Date:

The 37th annual Senior Picnic will once again be held at the Hayloft in Rockwood on August 18, 2011. We will still have 2 seatings. The theme this year will be a Western theme. Picnic attendees are encouraged to dress for the theme. More details to follow in the July newsletter.

June 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

6 8:30 AM Socialization
Wii Games
8:30-9:30 Blood
Sugar &
Cholesterol
Screening
10:30 AM Tapestry
of Praise
11:30 AM Lunch
12:00 Nickel Bingo

13 8:30 AM Socialization
Wii Games
10:30 AM Unison
Health w/Audra
Casino
11:30 AM Lunch
12:00 Nickel Bingo

20 8:30 AM Socialization
Wii Games
10:30 AM Music by
Rich Hagens
11:30 AM Lunch
12:00 Nickel Bingo

27 8:30 AM Socialization
Wii Games
10:30 AM Beginnings
w/Vickie Wilson
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

1 10 AM Exercise
Van to Bi Lo &
Farmer's Market
2 Springtime Jingo
3 Van to Somerset
6 11 AM Tapestry
of Praise
7 Trivia Day
8 10 AM Exercise
Van to Conzattis
Ideal Market

9 Mother's & Father's
Day Catered Meal in
memory of Mary
Adame's-given by
Eleanor Rorer
10 Van to Galleria
13 10:30 Music by John
Wolf
14 Casino Trip-Meadows
15 Eat Early
10 AM Exercise
Van to Somerset
16 10 AM Music by Rich
Hagens

17 Van to Windber
20 10:30 AM Unison
Home Health with
Audra Casino
21 Bethlen Communities
Pizza Party Luncheon
with Aaron Salyards
22 10 AM Exercise
Van to Market Basket
23 BBQ Covered Lunch
24 Van to Galleria
27 10-11:30 AM-
Accutone Hearing
Screening

28 Reminisce about
Summertime Fun
29 10 AM Exercise
Van to Value King
30 10:30 Fondue Fun

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
MEDICARE Counseling 1st Monday of the month by appointment

1 10 AM Free Hearing
Screenings-
Miracle Ear
2 12:15 Music by Rich
Hagens
6 Birthday Lunch
7 11 AM McCullough
House Personal
Care Services
8 11 AM CASA Program
9 12:15 Carol Gresh
Sings
14 Flag Day

15 5-7 PM Farmer's
Market Voucher
Distribution
16 10:30 AM Nail Parlor-
Windber Home Care
20 Father's Day
Celebration
21 First Day of Summer
23 12 Noon Touch Your
Hearth with a song-
John Wolf sings
30 12:15 Summer Fun-
Bingo-Senior Life

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

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 Counseling by Appointment

1 10 AM Exercise
12:30 Bingo
2 10 AM Jane Lowry-
Somerset Home Health
12:30 Bingo
3 10 AM Exercise
Van to Somerset
6 10 AM Exercise
12:30 Bingo
7 10 AM Theology Class
w/Pastor Dean Hay Jr
12 Noon Bingo
12:30 Grocery Shop-
ping
8 10 AM Exercise
12:30 Bingo
9 9:30 AM Oil Painting

w/Ken Corson
\$25 per person
12:30 Bingo
10 10 AM Exercise
Van to Pechins
13 10 AM Exercise
10:30 Audrey Sadler-
Medi Home Health
12:30 Bingo
14 10 AM Theology Class
w/Pastor Dean Hay Jr
12 Noon Bingo
12:30 Grocery Shop-
ping
15 10 AM Exercise
Noon Van to Somerset
5-7 PM Farmer's Mar-

ket Voucher Distri-
bution
16 12:30 Bingo
17 10 AM Exercise
Van to Uniontown
20 10 AM Exercise
12:30 Bingo
21 10 AM Theology
Class w/Pastor
Dean Hay Jr
12 Noon Bingo
12:30 Grocery Shop-
ping
22 10 AM Exercise
12:30 Bingo
23 12:30 Bingo

24 10 AM Exercise
Van to Somerset
27 10 AM Exercise
12:30 Bingo
28 10 AM Theology
Class w/Pastor Dean
Hay Jr
10 AM Conemaugh
Home Health-Carol
Collins
12 Noon Bingo
12:30 Grocery Shop-
ping
29 10 AM Exercise
12:30 Bingo
30 12:30 Bingo

June 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



BIRTHDAY LUNCH

6

Hot Meal
Spaghetti w/
Meatballs
Wax Beans
Fresh Apple
White Calke/Icing
Italian Bread-Marg.
Milk

Entrée Salad
Turkey/Cheese Chef
Salad w/Ranch
Dressing
Café Menu
Greek Chicken Wrap
Pasta Salad
Fresh Grapes
White Cake/Icing
Milk

TUESDAY

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

7

Hot Meal
Roast Turkey/Gravy
Mashed Potatoes
Broccoli Cuts
Cranberry Sauce
Rice Raisin Dessert
Wheat Bread-Margarine
Milk

Entrée Salad
Seafood Chef Salad w/
Vinaigrette Dressing
Café Menu
Stuffed Pepper Soup
Steak Salad
Sliced Peaches
Dinner Roll
Milk

13

Hot Meal
Baked Ham
Scalloped Potatoes
Green Beans
Fresh Orange
Snickerdoodle Cookie
Wheat Bread-Margarine
Milk

Entrée Salad
Taco Salad w/Catalina
Dressing
Café Menu
Chicken Rice Soup
Seafood Salad Spread
on Croissant
Cole Slaw
Quartered Fruit
Milk

14

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

Entrée Salad
Seafood/Cheese Salad w/
Vinaigrette Dressing
Café Menu
Taco Salad
Tropical Fruit
Apple Pie
Dinner Roll
Milk

20

Hot Meal
Porcupine Balls
Baby Baker Potatoes
Broccoli Spears
Fresh Peach
Brownie
Wheat Bread-Margarine
Milk

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

21

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

Entrée Salad
Ham/Cheese Chef
Salad w/French
Dressing
Café Menu
Tuna Salad on Croissant
Broccoli Salad
Fresh Cantaloupe
Milk

27

Hot Meal
Baked Chicken/Gravy
Mashed Potatoes
Mixed Vegetables
Diced Pears
Dinner Roll-Margarine
Milk

Entrée Salad
Ham/Cheese Chef Salad
w/Ranch Dressing
Café Menu
BLT Wrap
Pickled Beets
Pineapple Chunks
Snickerdoodle Cookie
Milk

28

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
Chicken Salad on Flat
Bread
Carrot/Celery Sticks
w/Ranch Dressing
Mandarin Oranges
Milk

WEDNESDAY

THURSDAY

FRIDAY

1

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
BLT Wrap
Pickled Beets
Pineapple Chunks
Chocolate Chip Cookie
Milk

Hot Meal

Stuffed Cabbage
Mashed Potatoes
Corn
Apricots
Wheat Bread-Margarine
Milk

Entrée Salad

Cheese/Egg Garden
Salad w/House
Dressing
Café Menu
Beef Barley Soup
Southwest Chicken
Salad
Fresh Banana
Milk

Hot Meal

Baked Chicken/Gravy
Parslied Red Potatoes
Mixed Vegetables
Tossed Salad
Fresh Orange
Dinner Roll-Margarine
Milk

Entrée Salad

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

2

3

8

9

10

Hot Meal

Cheeseburger on Bun
Lettuce/Tomato
Baked Beans
Cole Slaw
Orange Juice
Yogurt
Milk

Entrée Salad

Tuna/Egg Chef Salad
w/Italian Dressing
Café Menu
Turkey & Swiss
on Pretzel Roll
Spring Salad
Mandarin Oranges/
Strawberries
Milk

Hot Meal

Chicken Rice Soup
Egg Salad on White
Bread
Copper Pennies
Cottage Cheese
Tropical Fruit
Milk

Entrée Salad

Grilled Chicken/Egg
Spinach Salad w/
Bacon & Tomato
Dressing
Café Menu
Asian Salad
Baked Potato Chips
Muffin
Milk

Hot Meal

Baked Smoked
Sausage
Brown Rice Pilaf
Country Blend
Vegetables
Diced Peaches
Apple Juice
Wheat Bread-Marg.
Milk

Entrée Salad

Steak/Cheese Salad w/
Ranch Dressing
Café Menu
Tuna Salad on Pita
Bread
Broccoli Salad
Fresh Honeydew
Milk

15

16

17

Hot Meal

Salisbury Steak w/
Gravy/Onions
Mashed Potatoes
Mixed Vegetables
Fresh Banana
Wheat Bread-
Margarine
Milk

Entrée Salad

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

Hot Meal

BBQ Chicken
Baked Potato
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 Strawberries
Milk

Hot Meal

Baked Fish w/
Tartar Sauce
Au Gratin Potatoes
California Blend
Vegetables
Applesauce
Chocolate Chip
Cookie
Rye Bread-Margarine
Milk

Entrée Salad

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

22

23

24

Hot Meal

Roast Pork/Gravy
Whipped Potatoes
Succotash
Apricots
Yogurt
Oatbran Squares
Rye Bread-Margarine
Milk

Entrée Salad

Shrimp/Cheese Caesar
Salad w/Caesar
Dressing
Café Menu
Southwest Chicken Wrap
Macaroni Salad
Fresh Apple
Milk

Hot Meal

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

Entrée Salad

Chicken/Egg Spinach
Salad w/Bacon
Dressing
Café Menu
Stuffed Pepper 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

29

30

Hot Meal

Stuffed Pepper
Mashed Potatoes
Corn
Apricots
Wheat Bread-
Margarine
Milk

Entrée Salad

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

Hot Meal

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

Entrée Salad

Grilled Chicken/Egg
Spinach Salad w/
Bacon Dressing
Café Menu
Chicken Rice Soup
Ham Salad on Croissant
Cole Slaw
Quartered Fruit
Milk

June 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 Word Search Puzzles
- 6 Birthday Lunch
11 AM Bingo
- 7 10-11:30 AM Medicare Counseling & Rebates
- 8 10:30 AM Exercise w/LeAnn
- 9 10:30 AM Audra C.-Scam Identity Theft

- 10 Word Search Puzzles
- 13 11 AM Bingo
- 14 9:30 AM Lung Screening
6:30 PM Night Bingo
- 15 5-7 PM Farmer's Market Distribution
- 17 Word Search Puzzles
- 20 Mandy Menser-Chair Massages
Honoring Our Fathers
- 24 Word Search Puzzles

- 28 10-11:30 AM Medicare Counseling & Rebates
6:30 PM Night Bingo
- 29 10:30 AM Exercise w/LeAnn
- 30 10-11:30 AM Medicare Counseling & Rebates

Daily:
11 AM Bingo
Tuesday/Thursday:
10-11:30 AM Medicare Counseling & Rebates
Wednesday:
10:30 AM Exercise w/LeAnn

SOMERSET AREA SENIOR CENTER

Senior Services Director:

Sonja Rogers
Phone (814) 445-7772
E-Mail: srogers@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

- 1 10 AM Bingo Computers
- 2 Scholarship Award
6 PM TOPS
- 3 BP Checks
- 6 Birthday Lunch
10 AM Bingo
5 PM Military Support Group
- 8 10 AM Bingo Computers
- 9 6 PM TOPS
- 10 Wii Bowling Tourney

- 13 10 AM Bingo
12:30-1:30 PM "Chords of Praise" - Free Will Offering
6 PM Military Support Group
- 15 10 AM Bingo Computers
- 16 6 PM TOPS
- 17 BP Checks & Jocelyn Brant with a presentation

- 20 10 AM Bingo Ice Cream Social to honor fathers
6 PM Military Support Group
- 22 10 AM Bingo Computers
- 23 6 PM TOPS
- 27 10 AM Bingo
6 PM Military Support Group
- 29 10 AM Bingo Computers
- 30 6 PM TOPS

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

Tuesdays 2 PM Zumba \$1 per class

- 1 10:30 AM Help for your Parkinsons Disease or Tremors
- 6 Birthday Lunch
- 7 Center Trip to Meadows
- 8 10:30 AM Eric Harris Sings
- 9 10:30 AM Dance to Rich Hagens Music
- 10 Pizza Party
- 13 11 AM McCullough House Personal Care Services
- 14 11 AM CFL Chorus & Tap Dancers perform their western show
- 15 5-7 PM Farmer's Market Voucher Distribution
- 16 10:30 AM Summer Beach Party with Joe Marotta
- 17 10 AM Free Hearing Screenings-Miracle Ear

- 20 Father's Day Celebration
- 21 First Day of Summer
- 22 10 AM "Touch Your Heart with a Song" - John Wolf sings
Bedford Area Senior Center Visits
6:30 PM CFL Dance-Music by Rich Hagens
- 23 10:30 AM Free Summer Fun Bingo with Senior Life
- 24 Ice Cream Day
- 27 10:30 AM Nail Parlor-Windber Home Care
- 28 10:30 AM 5-Wishes-A Living Will with a Heart

1st Tuesday of each month at 9 AM Book Club.

Available Weekly at Center For Life:

APPRISE: 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
8:30 AM Poker; 9:30 AM Chorus; 10:30 AM Strong Bones Exercise Class; 12:30 PM Pinochle Club; 12:30 Cribbage

Fri: **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

Howard "Smitty" Smith Honored for 100 Years



Harry O. "Smitty" Smith of Fairhope is the latest person to be recognized through the Area Agency on Aging's Centenarian Program. On April 21, 2011, a special certificate was presented to the honoree, before a large gathering of family and friends at the Somerset Area Senior Community Center.

Recognized as an active and humorous gentleman who clearly belies his years, Smitty was born on April 24, 1911 to the union of Harry A. and Annie [Coughenour] Smith, in Allegheny Township, Somerset County. The family farm, on which he was raised, remains as his residence to this day. It is located along a township road, which bears his family's name.

After completing the eighth

grade, Smitty eventually married the late Ruth Saylor. This union lasted 59 years and resulted in the birth of 2 daughters— Janet Miller of Fairhope and Barbara Scheller of Berlin. Presently, there are 3 grand-children; 9 great-grandchildren and 9 great-great-grandchildren.

Smitty's work life consisted of mostly dairy farming and a ten-year experience in coal mining. Five of the coal mining years included ownership of a coal mine.

His hobbies and leisure-time activities consist of chopping wood; helping his grandson on the farm

and pool-shooting at the Somerset Area Senior Community Center. Since 1994, the Somerset Area Community Center has served as a second home for Smitty, where he visits with his network of friends and regularly delivers jokes before the noon meal. He teasingly adds: "If they [the other consumers at the center] don't throw me out, I'll keep on coming back."

And Smitty's advice for a long life? He quickly answers, with a twinkle of the eye: "I don't have any!" ■

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.

Volunteers with technology and people skills needed—RSVP needs volunteers as peer counselors in the areas of Medicare (APPRISE) and tax counseling (TCE/VITA). Volunteers serving in these programs must learn basic and specialized information, must be able to retain the basics, use resource materials and more importantly, be comfortable with accessing or submitting information on-line. In depth and on-going training is provided, along with peer and staff support. If you like challenges and wish to stay informed in the areas for Medicare or taxes, this is the ideal way to meet those needs and to help others. If you or anyone you know would like to learn more about future placement, please call Debbie.

Somerset Area Ministerium Service-The SAM Van provides rides to Pittsburgh for medical appointments and hospital visits. There is an urgent need to expand the pool of volunteer drivers to assure service. The van leaves Somerset on pre-scheduled days. Drivers choose trips based on their availability. Call RSVP to sign on.

AARP Safe Driving Program-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.

Caregiver Assistance ♥

Windber Caregiver Support Group

June 08, 2011 at 10 AM

Somerset Caregiver Support Group

June 30, 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

June 22, 2011 at Noon—Town Hall. - 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

Pamela A. Tokar-Ickes

John P. Vatavuk

James C. Marker

Arthur N. DiLoreto

Administrator

Nancy Miller

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

www.somersetaaa.org

RETURN SERVICE REQUESTED

Website: www.somersetaaa.org
Email: webmaster@somersetaaa.org
Phone: (814) 443-2681
Fax: (814) 443-0557

Somerset, PA 15501

1338 South Edgewood Avenue

Area Agency on Aging of Somerset County

STD PRSRT
US Postage
Paid
Somerset, PA
Permit No. 76