

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • OCTOBER 2011

Senior Picnic Highlights



and many arrived decked out in their finest Western attire. Guests were treated to entertainment throughout the day by Tina Marie, a Country-Western variety act performer, a leg-slapping performance by the BLT Players, and square



A foot-stomping good time was enjoyed by old friends and new acquaintances as they gathered for the 37th Annual Somerset County Senior Citizens' Picnic on Thursday, August 18, 2011 at the Hayloft in Rockwood. This long standing tradition is sponsored by



to try their skills at a quick-draw contest, panning for gold, target-shooting, horseshoes, and Texas Hold'Em and were offered a leisurely wagon ride around the beautiful Svonavec property.



dancing demonstrations by the Wheelers and Dealers. Cowboys and cowgirls were also encouraged

Jim Emert and Helen Mills were chosen as best-dressed cowpoke and cowgirl of the morning, and Frank Bender and Beverly Reese were selected by the crowd in the afternoon.

the Area Agency on Aging and is made possible through the generous donations provided by many local businesses and organizations.

Over 500 seniors attended the Western-themed event this year



We look forward to seeing everyone again at the 38th annual picnic next year!



Senior Snapshot



Name: Harry ("Smitty") Smith

Age: 100

Spouse: Ruth (Deceased)

Current Residence: Fairhope

Children: 2; Jane Miller & Barbara Scheller

Senior Center Attending:

Somerset

Years attending Senior Center:

6 1/2 years

Hobbies: Cutting wood,

gardening, mowing yard, reading, watching TV, fixing farm machinery.

Interesting Life Achievements:

worked whole life as a farmer and a coal worker.

Favorite Things About Somerset County: good place to live.

Favorite TV show: Baseball/

Game Show Network

Favorite Meal at the Senior Center: Anything I can get my

hands on.

One word my friends would use to describe me: Amazing

Three People I'd love to have Dinner with: Anybody that loves to talk.

Top thing on my "Bucket List": Go on a trip out west.

People would be surprised to know that: I am 100 years old.

If I had 3 wishes: finish gold mine on my farm from 1800, to have beer when I want one,

wish I could go into the next century.

Favorite Activity at the Senior Center: shooting pool, bingo,

telling jokes.

How coming to the Senior Center has changed my life:

Made a lot of friends.

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 Meyersdale.

Flu shots at Somerset Senior Center

To be given on Wednesday, October 26, 2011 from 8:30-11:30 AM. Call Beth at the Somerset Center, (814) 445-7772, to schedule a time to receive your flu shot.

Cholesterol/Glucose Screening at Somerset Center

Tuesday, October 4, 2011 from 8:30-10:30 AM. Call Center for price and to register for screening.

Medicare 2012 Enrollment: 5 Tips to Survive the Season

There are a few changes to Medicare enrollment this year. It's more vital than ever to check what your plan will cover in 2012. Will it meet your health needs and budget? Will it cover the prescription drugs you need? If not, it's time to find a new plan.

1. Don't miss your deadline

There are new rules for when you can switch plans.

* Part D and Medicare Advantage plan members can switch plans between October 15-December 7, 2011.

* There is one exception. If you have a Medicare Advantage Plan and want to return to Original Medicare you can do so from January 1-February 15, 2012. You can also join a stand-alone Part D plan at that time.

2. Make sure your plan will be offered next year.

3. If your plan will continue, check to see what it will cover next year.

4. If you want to switch, do your research.

5. Still having trouble? Get help from an APPRISE Counselor. Contact your local senior center for an appointment.

October 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

- 3 8:30 AM Socialization
Wii Games
- 9:45 AM APPRISE-
Learn about your
Medicare Options
for Year 2012
- 10:30 AM Falls
Prevention w/
Jocelyn Brant
- 11:30 AM Lunch
- 12:00 Nickel Bingo

- 10 Columbus Day
Center Closed!!
- 17 8:30 AM Socialization
Wii Games
- 10:30 AM Independent
Living—Brain
Injury Outreach
Support
- 11:30 AM Lunch
- 12:00 Nickel Bingo

- 24 8:30 AM Socialization
Wii Games
- 8:30-10:30 AM Blood
Sugar/
Cholesterol
Screening
- 10:30 AM Music by
Rich Hagens
- 11:30 AM Lunch
- 12:00 Nickel Bingo

- 31 8:30 AM Socialization
Wii Games
- 10:30 AM Halloween
Party
- 11:30 AM Lunch
- 12:30 UNMW Flu
Clinic

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

- 4 10:30 AM APPRISE-
Learn About Your
Medicare Options for
Year 2012
- 5 Birthday Lunch
10 AM Exercise
Van to Bi Lo
- 6 10:30 Sheriff John
Mankey comes for a
visit
- 7 Van to Somerset
- 10 Columbus Day
Center Closed!!
- 11 Come Join Us at
Meadows Casino

- 12 10 AM Exercise
Van to Ideal Market
& Conzattis
- 13 Oktoberfest Lunch
9:30-10:30 Flu Clinic-
Dr Gray Patients
Only
- 14 Van to Galleria
- 17 10:30 AM COPD w/
Jocelyn Brant
- 18 A Thank You to
Shade Township
Supervisors
- 19 Eat Early
10 AM Exercise
Van to Somerset

- 20 8:30-10:30 AM Blood
Sugar/Cholesterol
Screening
- 21 Van to Windber
- 24 Independent Living
Bios-Outreach Sup-
port
- 25 12:30-2:00 PM Free
UNMW Flu Clinic
- 26 10 AM Exercise
Van to Market Basket
- 27 Trivia
- 28 Van to Galleria
- 31 Halloween Party &
Lunch

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

- 3 APPRISE by Appoint-
ment
- 4 12:15 Center for
Independent Living
- 5 Birthday Lunch
Hidden Pictures
- 6 12 PM Fred & Nancy
Free Blood Pressure
- 7 Word Search
- 10 Columbus Day
Center Closed

- 11 Somerset County
Sheriff Department to
visit
- 12 Fill in Word
- 13 Oktoberfest
Rich Hagens to DJ
- 14 Word Search
- 17 Noon-Prime Time
Health Service-Area
Agency on Aging-Lisa
Wadsworth
- 18 Planetree Health-
Windber

- 19 Trivia-Animals
- 20 Potluck Dinner w/
John Wolfe
- 21 Word Search
- 25 10-11 AM Nail
Parlor
- 26 10:15 Laughter Club
Word Scramble
- 27 11-2 Flu Shot Clinic-
Call to Preregister
- 28 Word Search
- 31 Halloween Lunch

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 Counseling by Appointment

- 5 Birthday Lunch
- 6 9:30 AM Oil Painting
Class w/Ken Corson
- 7 Van to Somerset
10 AM Exercise
- 10 Columbus Day
Center Closed!!
- 13 Oktoberfest
10 AM Jane Lowry-
Somerset Home Health

- 14 Van to Pechins
- 20 10 AM-1 PM Interim
Flu Clinic-Call to Re-
serve
- 21 Van to Uniontown
- 24 United Nations Day
10:30 Audra Sadler-
Unison

- 25 10:30 AM Carol
Collins-Somerset
Home Health
- 28 Van to Somerset
- 31 Halloween Lunch

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

October 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

3

Hot Meal

Baked Ham
Sweet Potato Patties
Green Beans
Fresh Apple
Sugar Cookie
Wheat Bread-Margarine
Milk

Entrée Salad

Taco Salad w/Catalina
Dressing

Café Menu

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

TUESDAY

4

Hot Meal

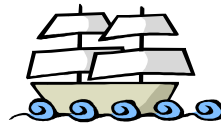
BBQ Chicken
Scalloped Potatoes
Glazed Carrots
Fruit Cocktail
Granola Bar
Dinner Roll-Margarine
Milk

Entrée Salad

Ham/Cheese chef
Salad w/French
Dressing
Café Menu
BLT Wrap
Pickled Beets
Pineapple Chunks
Chocolate Chip Cookie
Milk

10

Columbus Day
Center Closed!!



Hot Meal

Porcupine Balls
Scalloped Potatoes
Broccoli Florets
Fresh Orange
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

17

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
Taco Salad
Tropical Fruit
Apple Pie
Dinner Roll
Milk

Hot Meal

Baked Chicken/Gravy
Baby Baker Potatoes
Mixed Vegetables
Tossed Salad
Fresh Banana
Dinner Roll-Margarine
Milk

Entrée Salad

Ham/Cheese Chef Salad
w/Ranch Dressing
Café Menu
Italian Sub
Carrot Sticks
Mandarin Oranges
Snickerdoodle Cookie
Milk

24

Hot Meal

Roast Turkey/Gravy
Mashed Potatoes
Autumn Blend Veg.
Cranberry Sauce
Tapioca Pudding
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

Beef Barley Soup
Pears w/Peanut Butter
Pasta Salad
Cranberry Juice
Sugar Cookie
Crackers
Wheat Bread-Margarine
Milk

Entrée Salad

Chicken/Spinach Salad
w/Bacon Dressing
Café Menu
Greek Chicken Wrap
Pasta Salad
Fresh Grapes
Milk

31

Hot Meal

Scary Macaroni &
Cheese
Blood Stewed Tomatoes
Goblin Bean Salad
Haunted Fruit Salad
Pumpkin Pie w/Top.
Wheat Bread- Margarine
Milk

Entrée Salad

Seafood/Cheese Salad
w/Vinaigrette
Dressing
Café Menu
Broccoli Cheese Soup
Egg Salad on Whole
Grain White
Church Slaw
Quartered Fruit
Pumpkin Pie w/Top.
Milk

Area
Agency on
Aging of Somerset County



BIRTHDAY LUNCH

WEDNESDAY

5

Hot Meal

Macaroni & Cheese
Stewed Tomatoes
3 Bean Salad
Pineapple Chunks
Yellow Cake/Icing
Wheat Bread-Margarine
Milk

Entrée Salad

Seafood/Cheese Salad
w/Vinaigrette Dress.
Café Menu
Roast Beef Sub
Sun Chips
Garden Salad
Fresh Fruit
Yellow Cake/Icing
Milk

12

THURSDAY

6

Hot Meal

Roast Beef/Gravy
Mashed Potatoes
Broccoli Florets
Fresh Banana
Vanilla Pudding
Wheat Bread-
Margarine
Milk

Entrée Salad

Cheese/Egg Garden
Salad w/House Dress.
Café Menu
Grilled Chicken Caesar
Wrap
Apricots
Brownie
Milk

13

FRIDAY

7

Hot Meal

Baked Fish w/Tartar
Sauce
Brown Rice Pilaf
California Blend Veg.
Diced Pears
Snickerdoodle Cookie
Rye Bread-Margarine
Milk

Entrée Salad

Turkey/Cheese Chef
Salad w/Ranch Dress.
Café Menu
Italian Sub
Carrot Sticks
Mandarin Oranges
Snickerdoodle Cookie
Milk

14

Hot Meal

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

Entrée Salad

Ham/Cheese Chef
Salad w/French
Dressing
Café Menu
Club Wrap
Baked Potato Chips
Fruit Cocktail
Muffin
Milk

19

Hot Meal

Roast Pork/Gravy
Mashed Potatoes
Sauerkraut
Applesauce
German Chocolate Cake
Rye Bread-Margarine
Milk

Entrée Salad

Shrimp/Cheese Caesar
Salad w/Caesar
Dressing
Café Menu
Cream of Potato Soup
Steak Salad
Sliced Peaches
German Chocolate
Cake
Dinner Roll-Margarine
Milk

20

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
Tuna Salad on
Croissant
Broccoli Salad
Fresh Fruit
Milk

21

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
Chicken Rice Soup
Ham Salad on
Croissant
Church Slaw
Quartered Fruit
Milk

26

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
Roast Beef Sub
Sun Chips
Garden Salad
Fresh Fruit
Milk

27

Hot Meal

Chicken Parmesan
w/Prov. Cheese
Pasta w/Sauce
Green Beans
Mandarin Oranges
Italian Bread-
Margarine
Milk

Entrée Salad

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

28

Hot Meal

Chicken Patty on Bun
Baked Beans
Perfection Salad
Fresh Orange
Yogurt
Milk

Entrée Salad

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

Hot Meal

Rigatoni w/Meat Sauce
Tossed Salad
Fresh Apple
Strawberry Mousse
Italian Bread-Margarine
Milk

Entrée Salad

Turkey/Cheese Chef
Salad w/Ranch Dress.
Café Menu
Vegetable Soup
Turkey/Ham/Cheese
Chef Salad
Cranberry Applesauce
French Roll
Milk

Hot Meal

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

Entrée Salad

Taco Salad w/Catalina
Dressing
Café Menu
Southwest Chicken
Wrap
Macaroni Salad
Fresh Fruit
Milk

(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.

October 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

- 4 10:30 AM Sheriff John Mankey
- 5 Birthday Lunch Grocery Bingo 10:30 AM Exercise
- 6 Conemaugh Home Health Blood Pressure
- 7 Word Search Puzzles
- 10 Columbus Day Center Closed

- 13 Oktoberfest Lunch
- 14 Word Search Puzzles Van to Johnstown
- 20 Conemaugh Home Health Blood Pressure 12:30 Fred & Nancy Music Show
- 21 Word Search Puzzle

- 24 10-11 AM Joyce Roborsky-Diabetic Overview
- 28 Word Search Puzzle
- 31 Halloween Lunch Halloween Party Bring a Covered Dish and come in Costume! Prizes

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

- 4 8:30-10:30 AM Cholesterol/Glucose Screening-Sign Up at Center-Light Snack Provided
- 5 Birthday Lunch
- 6 10:30-11:30 AM Shawna-Highland Home Healthcare Medical Supplies Blood Pressure Checks Visit from Carl Metzger (No Bingo)
- 10 Columbus Day Center Closed!!
- 11 10:30-11:30 AM VCS Group/Medicare Advantage Plan

- 13 Oktoberfest Lunch 10:30-11:30 AM Vanessa Gardner-Information on Classes at Somerset Co. Vo-Tech-designed for Senior Citizens
- 14 5 PM Covered Dish Dinner with DJ Charles Champagne 6-8 PM
- 18 10 AM Area Agency/Senior Center Fire Drill
- 20 Newsletter Assembly
- 21 Blood Pressure & Breast Cancer Awareness Presentation by Jocelyn Brant (No Bingo)

- 24 10:30-11:30 AM Woody & Dixie Music by Guitar & Dulcimer (No Bingo)
- 25 5 PM Evening Covered Dish Halloween Party with Rich Hagen to DJ from 6-8 PM
- 26 8:30-11:30 Windber Hospital Flu Clinic-Sign Up at Center
- 27 10:30-11:30 AM Danny Conner to sing/play piano
- 31 Halloween Lunch Come in Costume!

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

- 4 CFL Trip to Charles Town Casino
- 5 Birthday Lunch 11 AM Information on Medicare Options for 2012
- 6 11 AM Stroke Awareness-Windber Medical Center
- 7 6 PM Line Dancing Movie Nite & Free Refreshment
- 10 Columbus Day Center Closed!!
- 11 Call to Register-Deadline for AARP 55 Alive Driving Class
- 12 10:30 AM Variety Show with Fred and Nancy
- 13 Oktoberfest Lunch 10 AM A Variety of Music by Iggy
- 14 6 PM Line Dancing
- 18 6 PM 55-Alive Driver's Education Class-AARP

- 19 10:30 AM 50's & 60's Music by Tina Marie
- 20 6 PM 55-Alive Driver's Education Class-AARP
- 21 6 PM Line Dancing
- 24 10:30 AM Nail Parlor
- 25 11 AM Osteoporosis-Senior Life
- 26 6:30 PM CFL Dance-Music by Rich Hagens
- 27 10:30 Halloween Show w/Joe Marotta
- 28 8:30 AM Blood Sugar & Cholesterol Testing-12 Hour Fasting
- 9-11 AM Flu Shot Clinic -WMC Call 467-5912 to Register
- 6 PM Line Dancing
- 31 Halloween Party-Wear A Costume & Win a Prize
CFL Chorus & Tap Dancers

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

Available Weekly at Center For Life:

Medicare Counseling: Every 3rd Tuesday by appointment

- Mon:** 8 AM Tap Dance Class; 8:30 AM Poker; 9 AM Crochet Class; 10:30 Strong Bones Exercise Class; 12:30 Pinochle Club; 12:30 PM Cribbage; 3 PM Table Tennis Lessons; 6 PM Game Night
- Tues:** 10:30 AM Body Strengthening Class; 12:30 Bingo; 12:30 Wii Bowling;
- Wed:** 8 AM Tap Dance; 8:30 AM Poker; 12:30 PM Bingo; 12:30 PM Pinochle Club; 9:30-10:30 AM Internet Computer Class; 10:30-11:30 AM Advanced Computer Class; 1-2 PM Beginner's Computer Class; All classes open to the public and FREE
- Thurs:** 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

Centenarians Honored



Floyd Pullin Honored for 100 Years



Mr. Pullin celebrated his 100th birthday on August 18, 2011. He is the son of the late Alfred and Mary Pullin. He grew up in Addison with four brothers, Howard, Wilbur, Carlton, and John.

Floyd completed 8th grade. He met and married Elizabeth in his early 20s who passed away 2 years ago. They raised five children, Mary (deceased as a baby), Bertha (resides in SC), Ruby (resides in MO), Erma (resides in Indiana) and Ronald (WC).

Floyd has 8 grandchildren and too many great grandchildren and great-great grandchildren to remember.

Floyd's advice for living a long life is "no tobacco, no alcohol, no drugs, no chasing wild women and work hard."

Floyd is a very happy person who jokes around and has a nice smile. He has twinkling ornery eyes and is very affectionate.

Ella M. Hittie Honored for 100 Years



Mrs. Ella M. Hittie was presented a centenarian at the Patriot on August 12, 2011 for her birthday. Ella was born on August 14, 1911. She was raised in Berlin with four (4) sisters and five (5) brothers.

She completed 10th grade in school. She met and married George and they had one son, Blaine Hittie. Ella worked and operated a farm. She received some awards in the Grange. Ella likes to see people happy. When asked how to deal with difficult crisis she stated, "You just deal with it."

Ella's advice on how to live a long life she stated, "Never drink or smoke. I lived a simple life on the farm."

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.

Adopt-A-Grandparent- Volunteers are needed for the Adopt-A-Grandparent Program in Salisbury. Volunteers are matched to a fifth-grade student. Meetings are once a month from October - May and are held in the Community Building during the school day.

Somerset Blind Center- 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 would 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 445-1310 for details.

County Office Building- Information desk volunteers are needed to assist people entering the building. Learn what offices do what and where they are located in the building or court house. This is a seated job on your selected schedule of time and day. Learn more by calling RSVP.

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.

ROCKWOOD SENIORS CLUB

October 26, 2011 at Noon—Town Hall. - Call to make reservations to (814) 926-4308 or (814) 926-3439.

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*.

Caregiver Assistance ♥

Windber Caregiver Support Group

October 13, 2011 at 10 AM

Somerset Caregiver Support Group

October 27, 2011 at 10 AM

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

Senior News

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—●—
Mary Piatt-Bruner, 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

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