

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • April 2025

REMINDERS

Attention Volunteers!

As our banquet quickly approaches, we want to remind everyone to complete their volunteer hours. Your dedication and hard work have been truly amazing, and we couldn't have come this far without you. Let's make this event a memorable one by giving it our all in these final days. Thank you for your incredible efforts!

Volunteer Income Tax Assistance-VITA

Where: Tableland Services Inc. 535 East Main St
Somerset, PA 15501

The following items are required: Valid Photo ID for you (and your spouse if married filing jointly), Social Security Cards for you, spouse, and all dependents being claimed on tax return, IF YOU DO NOT HAVE A SOCIAL SECURITY NUMBER - Individual Taxpayer Identification Number (ITIN) Current assignment letter, birth dates for you, your spouse and dependents being claimed. All W2/1099/SSA Forms, 1095 for Obama Care if applicable.

Income Guidelines: \$68,000 or less

Official start date is February 3, 2025

Operation hours: Monday through Friday
10:00 am to 2:00 pm

Registration will remain active up until the last appointment date, (April 14), or unless the client calls to cancel otherwise.

To complete the eligibility intake and schedule an appointment, please visit our office at the address listed above, or call 814-445-9628, extension 289.

DUE TO LIMITED AVAILABILITY

Please do not call for an appointment until you have received all of your 2024 tax documentation.

Rescheduling is not guaranteed if you do not have all your information the day of your appointment.

SPRING ALLERGY PREPARING TIPS



TAKE ALLERGY SHOT



MONITOR POLLEN DAILY LEVEL



CHANGE AFTER EXPOSE



AVOID SYNTHETIC FABRICS



WEAR FILTER MASK



WEAR EYE GLASSES



SHOWER BEFORE BED



KEEP WINDOWS AND DOORS SHUT



EAT HEALTHY FOOD



ADD HONEY

#MoveMore Month

April is National Move More Month! Whether it's an at-home workout or a short walk outside, regular physical activity can keep muscles and joints strong, decrease bone loss and may help control joint swelling and pain.



 COLUMBUS
ORTHOPAEDIC

Did you know?

READ PLEASE



Home Delivered Meals

vs.

Meals on Wheels

from the Area Agency on Aging

Call us at #814-443-2681	Call them at #814-443-2787
Eligibility requirements include homebound, physical, cognitive or financial need, and cannot be working	Eligibility requirements include disability, illness, mobility limitations, and cannot be working
Delivery to all areas of Somerset County	Delivery to all areas of the county except: Addison, Boynton, Cairnbrook, Central City, Champion, Confluence, Fairhope, Fort Hill, Garrett, Glencoe, Hidden Valley, Macdonaldton, Markleton, Meyersdale, Salisbury, Shanksville, Springs, Ursina, and Windber
Aged 60 and older	No age restrictions
Donations accepted	Invoiced for service, per meal
Delivery times run from 8am-1pm	Delivery times run from 11am-1pm
Must greet the driver daily as a wellness check	Cooler approval, allows a "no contact" delivery
Quarterly contacts with care manager and annual reassessments to redetermine eligibility are required	No reassessment needed for Meals on Wheels program



Stay Cool and Safe This Summer: Visit Your Local Cooling Center

As temperatures rise, it's important to stay cool and safe. Cooling centers provide a comfortable and air-conditioned environment for those who need relief from the heat. These centers are open to everyone and offer a safe space to escape the summer heat. Whether you're looking for a place to relax, hydrate, or simply cool down, your local cooling center is here to help. Senior Centers are open 9 a.m. to 2 p.m. Monday through Friday, after hours call Somerset County 911 Non-Emergency at 814-445-1525. Stay cool, stay safe, and take care of yourself and your loved ones this summer!

Somerset Senior Center
1338 South Edgewood Avenue,
Somerset
814-445-7772

Windber Senior Center
700 Fifth Street, Suite 200,
Windber
814-467-5912

Central City Senior Center
103 Sunshine Avenue,
Central City
814-754-5615

Conemaugh Township Senior Center
959 S. Main Street, Hollsopple
814-479-2216

Confluence Senior Center
700 Reynolds Street, Confluence
814-395-5117

Meyersdale Senior Center
120 North Street, Meyersdale
814-634-0713

April 2025 Center Activities

BOSWELL AREA SENIOR CENTER				
332 Stonycreek Street Boswell, PA 15531 Senior Center Manager: Melissa Ray Phone: Mon: (814) 629-9926 or Tues-Fri: (814) 479-2216 E-mail: mray@somersetaaa.org Hours of Operation: Monday 9:00 AM - 2:00 PM	7th 12:00 Music with Denise 7th Sweet Treats with Melissa from Windber Woods 7th Birthday Lunch 7th National NO Housework Day 14th Easter Lunch	14th 10:00 Presentation with Angelica from Help at Home 21st Decorate Spring Cookies 12:00 BINGO with Gavin from Lincoln Heritage 28th 12:00 Music with Tom & Carolyn		Exercise equipment, Wii games, pool table, puzzles, games, cards, volunteer opportunities, Somerset County Bookmobile, BINGO Wi-Fi available
CENTRAL CITY AREA SEN-				
103 Sunshine Avenue Central City, PA 15926 Senior Center Manager: Patrick Shaffer Phone: (814) 754-5615 E-mail: pshaffer@somersetaaa.org Hours of Operation: Monday-Friday 9:00 AM - 2:00 PM Daily Activities: Wii, Exercise Machines, Volunteer Opportunities Wi-Fi Available	1st APRIL FOOLS DAY 1st 10:30 Prize BINGO with Ann from Somerset Health Care & Rehab 7th 10:30 Music with Tom & Carolyn 7th National NO Housework Day-We take this VERY SERIOUSLY! 🤪 7th Birthday Lunch 14th 10:30 Battle of The Sexes 14th Easter Lunch 15th Last day to do your Taxes 17th Wear your PJ's Day 18th Center Closed-Happy Easter 21st 10:30 Music with John Larimer 22nd 10:30 Blood Pressures with Windber Hospice 30th 10:30 Music with Denise Baldwin		Monday & Wednesday: 10:00 Exercise Class Monday-Friday: Bingo Bible Study Class: 1st & 3rd Saturday at 11:00 AM AND every other Tuesday at 5:00 PM EVERYONE IS WELCOME !	
CONEMAUGH TOWNSHIP				
959 South Main Street Hollsopple, PA 15935 Senior Center Manager: Melissa Ray Phone: (814) 479-2216 E-Mail: mray@somersetaaa.org Hours of Operation: Monday - Friday 9:00 AM - 2:00 PM Daily Activities: Wii, Exercise Machines, Volunteer Opportunities Wi-Fi Available	1st APRIL FOOLS DAY 7th National NO Housework Day 7th Birthday Lunch 10th Sweet Treats with Melissa from Windber Woods 11th Scrabble Day-Lets play! 14th Easter Lunch 🐰 14th 12:00 Angelica from Help at Home 16th 12:00 Decorate Easter Cookies	17th 12:00 BINGO with Gavin from Lincoln Heritage 17th National Banana Day 18th CLOSED— Happy Easter 24th 12:00 Music with Tom & Carolyn 30th Find the May Flowers		Monday-Friday: Exercise Equipment 9:00-2:00 Tues & Thurs: 10:00-11:00 Exercise Class Thursday: 9:00 Quilting

April 2025 Center Activities

CONFLUENCE AREA SENIOR CENTER

700 Reynolds Street
Confluence, PA 15424
Senior Center Director:
Christine Saylor
Phone: (814) 395-5117 or
 814-467-5912
E-mail: csaylor@somersetaaa.org
Hours of Operation:
Monday-Friday 9:00 AM - 2:00 PM
 Volunteer Opportunities
 Wi-Fi Available

1st National One Cent Day
 7th Birthday Lunch 
 10th 12:00  Music with Sam
 10th National Hug your dog day 
 11th Scrabble Day come play and have
 fun 
 14th Easter Lunch 
 17th National Banana Day 

18th Center Closed-Happy Easter
  
 21st National Tea Day-Come have a
 cup 
 30th National Raisin Day



Monday, Wednesday
& Friday:
 10:00 Exercise
Tuesday: 10:00
 Theology class w/Pastor
 Dean
WEDNESDAY: Karaoke
DAILY:
 9:30 Wii Games
 12:00 BINGO
 Exercise Machines 9-1

MEYERSDALE AREA SENIOR CENTER

120 North Street
Meyersdale, PA 15552
Senior Center Manager: Julie
 Yinkey
Phone: (814) 634-0713
E-Mail: jyinkey@somersetaaa.org
Hours of Operation:
Monday - Friday 9:00 AM - 2:00 PM
Daily Activities: Wii, Exercise
 Machines, Volunteer Opportunities

4th 10:00 Sing Along
 7th Birthday Lunch
 10th 10:00 Craft
 11th 10:30 Music/Pastor Sam
 McClintock
 14th Easter Lunch & Party

17th 10:00 Easter Covered Dish & Scavenger
 Hunt
 18th Closed-Good Friday
 25th 10:00 Craft
 28th 10:00 Sing Along

Monday-Friday:
 11:00 Bingo, Wii Games
 (unless otherwise noted.)
TUESDAY: Geri-Fit
WEDNESDAY: Word
 Search Puzzles

SOMERSET SENIOR CENTER

1338 S Edgewood Avenue
Somerset, PA 15501
Senior Center Manager: Gloria Maust
Phone: (814) 445-7772
E-Mail: gmaust@somersetaaa.org
Hours of Operation:
Monday - Friday 9:00 AM - 2:00 PM
Daily Activities: Wii, Exercise
 Machines, Volunteer Opportunities
Wi-Fi Available

7th Birthday lunch
 Reservations due for Easter Lunch April 15th
 9th 10:30 Denise Baldwin Music
 14th Easter Lunch
 15th Sarah Krug with Blindness & Visual Service information
 17th Windber Hospice BP's
 18th CLOSED-Happy Easter
 23rd 10:30 Eric Harris Music
 24th Gavin from Lincon Heritage
 28th Reservations due for Birthday Lunch May 5th
 29th 10:30 Renae Community Life



Monday-Friday: 9:30
 BINGO (unless otherwise
 noted.)
TUESDAY: 12:15 Craft
 (unless otherwise noted.)
Tuesday & Thursday:
 9:30 Prize Bingo (unless
 otherwise noted.)
Thursday: 12:15 Games
 and other activities (unless
 otherwise noted.)

WINDBER SENIOR CENTER-CFL



700 Fifth Street, Suite 200
Windber, PA 15963
Senior Center Director:
Christine Saylor
E-mail: csaylor@somersetaaa.org
Phone: (814) 467-5912
Hours of Operation:
Monday - Friday 9:00 AM - 2:00 PM
Daily Activities: Wii, Exercise
 Machines, Volunteer Opportunities
Wi-Fi Available

1st National One Cent Day
 3rd 10:30  Music with
 John Wolfe
 7th Birthday Lunch 
 7th 12:00 Bingo with Lincoln
 Heritage
 9th 10:30  Music with
 Billy Stoppe

10th National Hug your
 dog day 
 11th Scrabble Day come
 play and have fun 
 14th Easter Lunch 
 17th National Banana
 Day 
 18th Center Closed-
 Happy Easter  

21st National Tea Day-
 Come have a cup 
 23rd 10:30 Music with
 John Larimer
 28th 10:30  Music with
 Ed Cominsky
 30th National Raisin Day

Monday & Friday:
 10:00 Strong Bones
Tuesday: 10:00-Body
 Strengthening
Wednesday: 12:30
 Bingo
Thursday: 10:00
 Tai-Chi
Monday, Wednesday
& Friday: Pinochle
T-W-TH: 6:00 P.M. Wii
 Golfing, Wii Bowling
 & Corn Hole

	<p>1</p> <p>Chicken Patty w/ Cheese on Wheat Bun Lettuce Leaf Corn/Tomato Salad Apricot Halves Milk</p>	<p>2</p> <p>Macaroni & Cheese Stewed Tomatoes Three Bean Salad Pineapple Tidbits Milk</p>	<p>3</p> <p>Beef Noodle Soup Tuna Salad Sandwich on Wheat Bun Leaf Lettuce Coleslaw Quartered Fruit Salad Crackers Milk</p>	<p>4</p> <p>Baked Cod Tartar Sauce Cheesy Hash Brown Normandy Vegetables Applesauce Milk</p>
<p>7</p> <p>BIRTHDAY LUNCH Stuffed Pepper Mashed Potatoes Corn Yogurt Fruit Medley White Cake w/Icing Milk</p>	<p>8</p> <p>Hot Dog on Bun Potato Salad Melon Fruit Salad Milk</p>	<p>9</p> <p>Lasagna Mixed Green Salad w/Ham Banana Italian Bread Margarine Milk</p>	<p>10</p> <p>Vegetarian Vegetable Soup Egg Salad on Wheat Bun Lettuce Leaf Cheddar Cheese Rectangle Carrot Raisin Salad Fresh Clementine Crackers Milk</p>	<p>11</p> <p>Meatloaf Scalloped Potatoes Broccoli/Cauliflower Diced Peaches Milk</p>
<p>14</p> <p>EASTER LUNCH Baked Ham Pineapple Sauce Sweet Potato Casserole Green Beans Honeydew Chunks Peach Pie Milk</p>	<p>15</p> <p>Kielbasa Sauerkraut Mashed Potatoes Glazed Carrots Fresh Apple Yogurt Milk</p>	<p>16</p> <p>Porcupine Meatballs Scalloped Potatoes Bermuda Vegetable Blend Diced Pears Sugar Cookie Milk</p>	<p>17</p> <p>Chicken/Vegetable Alfredo over Noodles Peas & Carrots Pineapple Tidbits Cottage Cheese Milk</p>	<p>18</p> <p>CLOSED GOOD FRIDAY</p>
<p>21</p> <p>Roast Turkey Gravy Mashed Potatoes Broccoli Florets Cranberry Sauce Wheat Dinner Roll Margarine Milk</p>	<p>22</p> <p>Cheeseburger on Wheat Bun Lettuce & Tomatoes Pickled Egg/Beets Fruit Cup Milk</p>	<p>23</p> <p>Roast Pork Gravy Mashed Potatoes Succotash Baked Apples Corn Muffin Margarine Milk</p>	<p>24</p> <p>Italian Wedding Soup Ham Salad on Whole Grain White Bread Lettuce Leaf/Sliced Tomato Creamy Cucumber/ Green Pepper Salad Mango Papaya Cup Milk</p>	<p>25</p> <p>Baked Chicken Gravy Seasoned Whole Mini Potatoes Normandy Vegetables Fresh Orange Dinner Roll Margarine Milk</p>
<p>28</p> <p>Chopped Steak Gravy Mashed Potatoes Capri Vegetables Mandarin Oranges Milk</p>	<p>29</p> <p>Ham, Green Beans & Potatoes Mixed Green Salad w/Egg Fruit Cocktail Rye Bread Margarine Milk</p>	<p>30</p> <p>Country Fried Pork Loin Fritter Gravy Parslied Red Potatoes Prince Edward Vegetables Fresh Apple Milk</p>		

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



Property Tax and Rent Rebate Program

Who is eligible?

Pennsylvanians aged 65 and older; widows and widowers aged 50 and older; and people with disabilities aged 18 and older.

New Eligibility Table

INCOME	MAX REBATE
\$0 - \$8,270	\$ 1,000
\$8,271 - \$15,510	\$ 770
\$15,511 - \$18,610	\$ 460
\$18,611 - \$46,520	\$ 380

Qualifications: Income

Property Owner:

- Household income (applicant and spouse residing together) of \$46,520* or less

Renter:

- Household income (applicant and spouse residing together) of \$46,520* or less

Owner/Renter:

- Household income (applicant and spouse residing together) of \$46,520* or less

* Applicants can exclude half of Social Security or Railroad Retirement Tier 1 income and take a deduction for Civil Service Retirement System income.

IMPORTANT DATES:

Application deadline: June 30, 2025

Rebates begin: early July, 2025

****Stop by the AAA main office, any of our 7 Senior Centers, or visit www.myPATH.pa.gov to complete your rebate today.**



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Senior News

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If you would like to obtain further infor-
mation about any newsletter topic or Agency
services please call the Somerset office at

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

www.somersetaaa.org

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reaching out, making a difference

Area Agency on Aging
of Somerset County

