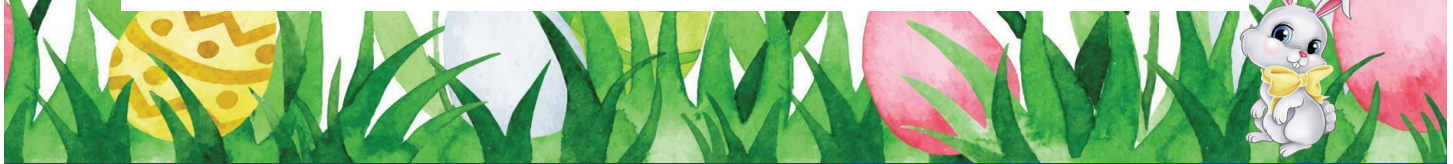


# Senior News

AREA AGENCY ON AGING OF SOMERSET COUNTY • April 2026




## EASTER FUN FACTS:

Easter is celebrated on the Sunday after the full moon following March 21st

 The Easter Bunny legend began in Germany.

More than 1.5 million Cadbury Creme Eggs are produced every day

The act of painting eggs originates from a Ukrainian tradition 



**Fraud Bingo** is a fun and interactive game that will help you learn to spot and avoid financial and investment related frauds and scams by playing a familiar game: Bingo! Not only will you be more equipped to protect yourself, but you will also have fun and may even win a PRIZE!

Join the Somerset AAA Senior Center for Fraud BINGO  
**Tuesday, April 7, at 10:30 a.m.**  
 Somerset Sr. Center  
 1338 South Edgewood Ave, Somerset, PA 15501

Registration is strongly recommended -  
 Call: 814.445.7772 or  
 Email: [gmaust@somersetaaa.org](mailto:gmaust@somersetaaa.org)  
*If you're staying for lunch, reservations must be received at least 24-hours ahead of time.*

Bring a friend - and don't miss this fun and interactive event!



## April SEASONAL PRODUCE GUIDE

### RED/PINK

antioxidants, heart health, reduced risk of colon cancer



Grapefruit, Radishes, Strawberries

### ORANGE/YELLOW

beta-carotene and folate, improves vision, bone health



Carrots, Lemons, Mandarins, Oranges, Sweet Potato

### GREEN

Vitamin C, E, K, good for eyes, bones, & teeth, helps blood clot



Artichoke, Asparagus, Avocado, Broccoli, Chard, Peas

### BLUE/PURPLE

antioxidants, cancer fighting, anti-inflammatory, heart health



Beets

### WHITE

antioxidants, high fiber, reduce risk of strokes



Cauliflower

## Days to Remember in April

April 12th- Grilled Cheese Day

April 13th - Scrabble Day

April 14th - Look up at the Sky Day

April 22nd- Jelly Bean Day

April 26th - Pretzel Day

April 29th - Zipper Day

April 30th - Honesty Day

On February 12, 2026, the first annual Valentine's Day Intergenerational Event took place at the Somerset Senior Center, Area Agency on Aging. The event was hosted by the Somerset High School Interact Club, which is a subset of the local Rotary club. The Interact Club focuses on benefitting the local mobile food bank, raising donations to Dolly Parton's Imagination Library, and overall community service.

There were activities, games, prizes, and snacks, all in the theme of Valentine's Day. For the activities, there was a card-making station, and a conversation table. At the card-making station, seniors could make Valentine's cards for friends or family or donate cards they created to the Patriot Manor. Interact members assisted seniors to make cards or talked with them at this table. Patriot Manor residents were very grateful for the 25 cards seniors donated to them. Then, the conversation table focused on senior's interactions with Interact students. Round-table discussions were held with advice given to students on topics such as love, relationships, and Valentine's Day memories.

Next, games included "Who is Most Like Cupid", timed word searches and unscramblers, and ended with Valentine's Bingo (a senior favorite!). Snacks including chocolate covered strawberries and assorted cookies from the seniors and Somerset Senior Center. Seniors emphasized how much they enjoyed the program and were glad they stayed after the regular day. Multiple seniors also expressed that they wished the Interact Club would return for more events like this. An Interact member said, "I enjoyed being a part of this amazing opportunity and seeing the lovely people with such happy smiles on their faces."

This "Grandparents" program is in the works to be extended, both in the form of a Halloween event like the Valentine's Intergenerational event and Interact members attending certain Somerset Senior Center and Area Agency on Aging events to engage with seniors and foster intergenerational connection between seniors and Interact students. The Interact club would like to thank the Somerset Senior Center and the Area Agency on Aging and the participating seniors for being welcoming and facilitating this event.



## Save Money on Medicare Costs!

If you have limited income and resources, you could save thousands on prescriptions and premiums.



Call PA MEDI and ask about applying for:

- Extra Help** - Lowers Part D drug costs
- Medicare Savings Programs** - Saves over \$2,000 in Part B premiums

**Save Money!**



Call the PA MEDI Helpline // 1-800-783-7067  
Or your local Area Agency on Aging

This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$588,966 with 100% funding by ACL/HHS. The contents are those of the author and do not necessarily represent the official views of, nor and endorsement, by ACL/HHS, or the U.S. Government.

## Save The Date

Elder Justice Day

June 6<sup>th</sup> 10:00 a.m. - 2:00 p.m. (Registration begins 9:30 a.m.)

Location: TBD

Topics Presented By:

The Protection and Advocacy Committee of  
Somerset County

## Save The Date

Senior Picnic: July 24<sup>th</sup> 10:00 a.m. - 2:00 p.m.

Bakersville Fire Hall

2143 Bakersville Edie Rd Somerset PA 15501

Ticket Fee \$10; Lunch Served at Noon


**THIS YEARS THEME IS CASINO!!!**



## Central City Area Senior Center

<p><b>103 Sunshine Avenue</b>  <b>Central City, PA 15926</b>  <b>Senior Center Manager:</b>                  Marika Roberts  <b>Phone:</b>                  (814) 754-5615  <b>E-mail:</b>                  mroberts@somersetaaa.org  <b>Hours of Operation:</b>                  Monday - Friday                  9:00 a.m. - 2:00 p.m.</p>	<p>(Lunch served at 11:30 a.m., call the day before by Noon to order lunch)                  1<sup>st</sup> April Fool's Day/                  Passover Begins                  3<sup>rd</sup> Closed for Good Friday                  6<sup>th</sup> Birthday Lunch/                  10:30 a.m. Bingo with                  Community Life</p>	<p>8<sup>th</sup> Music with Billy Stoppe                  9<sup>th</sup> Paint a Garden Gnome                  14<sup>th</sup> 10:30 a.m. Music with Denise Baldwin                  17<sup>th</sup> National Blah, Blah, Blah Day                  20<sup>th</sup> Patriot's Day</p>	<p>22<sup>nd</sup> Earth Day                  23<sup>rd</sup> Neglect Presentation/Protective Services Care                  24<sup>th</sup> Arbor Day                  27<sup>th</sup> Lemonade Tasting Party                  29<sup>th</sup> Cherry Blossom Day</p>	<p><b>Daily Activities:</b>                  9:30 a.m. Wii games                  Bingo                  Cards                  Puzzles                  Exercise Machines                  10:00 a.m. Mon &amp; Wed-                  Exercise Class                  Laptop Classes available                  Volunteer Opportunities                  Wi-Fi Available</p>
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## Conemaugh Township Area Senior Center

<p><b>959 South Main Street</b>  <b>Hollsopple, PA 15935</b>  <b>Senior Center Manager:</b>                  Allana Guidry  <b>Phone:</b>                  (814) 479-2216  <b>E-mail:</b>                  aguidry@somersetaaa.org  <b>Hours of Operation:</b>                  Monday - Friday                  9:00 a.m. - 2:00 p.m.</p>	<p>(Lunch served at 11:30 a.m., call the day before by Noon to order lunch)                  3<sup>rd</sup> Closed for Good Friday                  7<sup>th</sup> Fraud Bingo at Somerset Senior Center</p>	<p>9<sup>th</sup> Noon-Music with Billy Stoppe                  13<sup>th</sup> Birthday Lunch                  16<sup>th</sup> VA Presentation at Somerset Senior Center</p> 	<p>23<sup>rd</sup> Noon-Music with Tom and Carolyn                  24<sup>th</sup> Noon Computer Education                  30<sup>th</sup> Noon-Neglect Presentation/Protective Services Care</p>	<p><b>Daily Activities:</b>                  Wii Games                  Puzzles                  Exercise Machines available from 9:00 a.m.-2:00 p.m.                  10:00 a.m. Tues &amp; Thurs                  Geri-Fit                  Laptop classes available                  Volunteer Opportunities                  Wi-Fi Available</p>
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## Confluence Area Senior Center

<p><b>700 Reynolds Street</b>  <b>Confluence, PA 15424</b>  <b>Senior Center Director:</b>                  Christine Saylor  <b>Phone:</b>                  (814) 395-5117 or (814) 467-5912  <b>E-mail:</b>                  csaylor@somersetaaa.org  <b>Hours of Operation:</b>                  Monday - Friday                  9:00 a.m. - 2:00 p.m.</p>	<p>(Lunch served at 11:15 a.m., call the day before by Noon to order lunch)                  2<sup>nd</sup> 10:00 a.m. Neglect Presentation/Protective Service Care                  3<sup>rd</sup> Closed for Good Friday</p>	<p>13<sup>th</sup> Birthday lunch/ National Scrabble Day - Get the game out, see what you can spell                  17<sup>th</sup> National Banana Day - Did you have one today?                  27<sup>th</sup> Noon-Music with Billy</p>	<p>30<sup>th</sup> National Raisin Day  <b>Spirit Week</b>                  20<sup>th</sup> Dress Alike Day                  21<sup>st</sup> Tie Dye Day                  22<sup>nd</sup> Bingo Bonanza Day                  23<sup>rd</sup> 1970's Trivia Day                  24<sup>th</sup> Scavenger Hunt Day</p>	<p><b>Daily Activities:</b>                  9:30 a.m. Wii Games                  Noon- Bingo                  Exercise Machines 9:00 a.m. - 1:00 p.m.                  10:00 a.m. Mon, Wed &amp; Fri Exercise Class                  Wed Karaoke                  Laptop classes available                  Volunteer Opportunities                  Wi-Fi Available</p>
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## Laurel Mountain Senior Center

<p><b>1609 W Pitt Street</b>  <b>Jennerstown, PA 15547</b>  <b>Senior Center Manager:</b>                  Allana Guidry  <b>Phone:</b>                  (814) 629-9926  <b>E-mail:</b>                  aguidry@somersetaaa.org  <b>Hours of Operation:</b>                  Monday, Wednesday, &amp; Friday                  9:00 a.m. - 2:00 p.m.</p>	<p>(Lunch served at 11:30 a.m., call the day before by Noon to order lunch)                  3<sup>rd</sup> Closed for Good Friday                  7<sup>th</sup> Fraud Bingo at Somerset Senior Center</p>	<p>13<sup>th</sup> Birthday Lunch/ Noon-Music with Billy Stoppe                  15<sup>th</sup> Neglect Presentation/Protective Services Care                  16<sup>th</sup> VA Presentation at Somerset Senior Center</p>	<p>17<sup>th</sup> Noon-Computer Education                  22<sup>nd</sup> Noon-Music w/Tom &amp; Carolyn                  27<sup>th</sup> 10:30 a.m. Community Life</p> 	<p><b>Daily Activities:</b>                  Exercise Equipment                  9:30 a.m. Mon &amp; Wed On the Move                  10:30 a.m. Bingo                  Wii Games                  Pool Table                  Puzzles                  Games                  Cards                  Laptop classes available                  Volunteer Opportunities                  Wi-Fi Available</p>
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# APRIL 2026

## Center Activities


### Meyersdale Area Senior Center

<p><b>120 North Street Meyersdale, PA 15552</b> <b>Senior Center Manager:</b> Julie Yinkey <b>Phone:</b> (814) 634-0713 <b>E-mail:</b> jyinkey@somersetaaa.org <b>Hours of Operation:</b> Monday - Friday 9:00 a.m. - 2:00 p.m.</p>	<p>(Lunch served at 11:30 a.m., call the day before by Noon to order lunch)</p> <p>1<sup>st</sup> 10:00 a.m. Easter Trivia 2<sup>nd</sup> 10:00 a.m. Scavenger Hunt/Easter Covered Dish 3<sup>rd</sup> Closed for Good Friday</p>	<p>6<sup>th</sup> 10:00 a.m. Sing Along 9<sup>th</sup> 10:00 a.m. Craft 10<sup>th</sup> 5:00 p.m. - 7:00 p.m. Open House 13<sup>th</sup> Birthday Lunch 15<sup>th</sup> 10:00 a.m. Neglect Presentation/Protective Services Care 16<sup>th</sup> 10:00 Computer Class</p>	<p>20<sup>th</sup> 10:00 a.m. Ice Cream Sundaes 22<sup>nd</sup> 10:00 a.m. Music with Gary Yoder 24<sup>th</sup> 10:00 a.m. Sing Along 27<sup>th</sup> 10:00 a.m. Music with Tom and Carolyn 29<sup>th</sup> 10:00 a.m. Computer Class</p> 	<p><b>Daily Activities:</b> 9:30 a.m. Wii, Games, Exercise Machines, Cards 11:00 a.m. Bingo 10:00 a.m. Tues Geri-Fit Every Wednesday Word Search Puzzle Laptop classes available Volunteer Opportunities Wi-Fi Available</p>
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### Somerset Senior Center

<p><b>1338 S Edgewood Avenue Somerset, PA 15501</b> <b>Senior Center Manager:</b> Gloria Maust <b>Phone:</b> (814) 445-7772 <b>E-mail:</b> gmaust@somersetaaa.org <b>Hours of Operation:</b> Monday - Friday 9:00 a.m. - 2:00 p.m.</p>	<p>(Lunch served at 11:30 a.m., call the day before by Noon to order lunch)</p> <p>3<sup>rd</sup> Closed for Good Friday 7<sup>th</sup> 10:30 a.m. PA Department of Banking &amp; Securities Presentation 9<sup>th</sup> 10:15 a.m. Neglect Presentation/Protective Services Care 11<sup>th</sup> 5:00 p.m. Social Night</p>	<p>13<sup>th</sup> Birthday Lunch/Noon-Music with John Larimer 14<sup>th</sup> 10:30 a.m. Community Life presents music with Ricky Howsare 16<sup>th</sup> 10:30 a.m. VA guest speaker Caregiver Support 17<sup>th</sup> Game afternoon/night 20<sup>th</sup> Noon-Music with Billy Stoppe</p>	<p>22<sup>nd</sup> Earth Day. Bring your pots for soil &amp; seeds 26<sup>th</sup> 2:00 p.m. Afternoon Tea 27<sup>th</sup> 9:30 a.m. Miracle Ear Hearing Screenings/PA-Medi assistance</p>	<p><b>Daily Activities:</b> Wii Games Exercise Machines 9:00 a.m. Thurs Tai Chi 9:30 a.m. Bingo (Tues &amp; Thurs prize Bingo) 12:15 p.m. Tues Craft 12:15 p.m. Thurs Games and other activities Laptop classes available Volunteer Opportunities Wi-Fi Available</p>
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### Windber Senior Center - CFL

<p><b>700 Fifth Street, Suite 200 Windber, PA 15963</b> <b>Senior Center Director:</b> Christine Saylor <b>Phone:</b> (814) 467-5912 <b>E-mail:</b> csaylor@somersetaaa.org <b>Hours of Operation:</b> Monday - Friday 9:00 a.m. - 2:00 p.m.</p>	<p>(Lunch served at 11:30 a.m., call the day before by Noon to order lunch)</p> <p>1<sup>st</sup> April Fool's Day 3<sup>rd</sup> Closed for Good Friday 6<sup>th</sup> Birthday Lunch 7<sup>th</sup> 10:30 a.m. Music w/ Denise Baldwin 10<sup>th</sup> Neglect Presentation/ Protective Services Care</p>	<p>14<sup>th</sup> National Pecan Day 15<sup>th</sup> 10:30 a.m. Music w/Billy Stoppe 20<sup>th</sup> National Patriot Day - Wear Red, White, and Blue 24<sup>th</sup> National Arbor Day 28<sup>th</sup> Bingo with Windber Woods 30<sup>th</sup> 10:30 a.m. Beltone Presentation</p>	<p><b>Spirit Week</b> 20<sup>th</sup> Scavenger Hunt Day 21<sup>st</sup> Dress Alike Day 22<sup>nd</sup> 1970's Trivia Day 23<sup>rd</sup> Tie Dye Day 24<sup>th</sup> Bingo Bonanza Day</p>	<p><b>Daily Activities:</b> Wii Games Puzzles Cards &amp; Board Games 8:00 a.m. &amp; 9:00 a.m. Tues &amp; Thurs Yoga 10:00 a.m. Mon &amp; Fri Strong Bones 10:00 a.m. Tues Body Strengthening 10:00 a.m. Thurs Tai-Chi for Arthritis Noon-Tues, Wed, &amp; Thurs Bingo 12:30 p.m. Mon, Wed, &amp; Fri Pinochle 6:00 p.m. Tues, Wed, Thurs Wii Bowling, Wii Golfing 6:00 p.m. Wed Corn Hole Laptop Classes available Volunteer Opportunities Wi-Fi Available</p> 
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## Senior Centers Open House

We will be hosting an Open House this year at each of the Senior Centers from 5:00 p.m.-7:00 p.m. Please come and explore the centers and see what we have to offer!! Call your local Senior Center with any event related questions. We can't wait to see you there!

Meyersdale Senior Center: April 10, 2026

Windber Senior Center: April 15, 2026

# April

## 2026 MENU

 <p>Happy Easter! April 5<sup>th</sup></p>	 <p>EARTH DAY 22 APRIL</p>	<p><b>1</b> Country Fried Pork Fritter w/Country Gravy Scalloped Potatoes Peas Fresh Pear Milk</p>	<p><b>2</b> Beef Stew Cucumber Pepper Salad Mandarin Oranges Whole Grain White Bread w/Margarine Milk</p>	 <p><b>3</b>  Good Friday</p>
<p><b>6</b> BBQ Chicken Seasoned Whole Mini Potatoes Corn Pineapple Tidbits Tomato Juice Milk</p>	<p><b>7</b> Broccoli Cheese Soup Chicken Salad on Wheat Bun Fresh Orange Milk</p>	<p><b>8</b> Italian Marinated Pork Chops Pierogies Two Bean Salad Fresh Apple Milk</p>	<p><b>9</b> Lasagna Tossed Salad Citrus Salad Dinner Roll w/Margarine Oatmeal Raisin Cookie Milk</p>	<p><b>10</b> Chop Steak w/Gravy Mashed Potatoes Brussel Sprouts Coconut Raisin Whip Milk</p>
<p><b>13</b> <u>BIRTHDAY LUNCH</u> Roast Turkey w/Gravy Stuffing Mixed Vegetables Cranberry Salad Black Forest Cake Milk</p> 	<p><b>14</b> Stuffed Shells Broccoli &amp; Cauliflower Salad Melon Cup Cottage Cheese Garlic Breadstick Milk</p>	<p><b>15</b> Chicken Rice Soup Mixed Green Salad w/Ham Clementine Pudding Rye Bread w/Margarine Milk</p>	<p><b>16</b> Meatloaf Au Gratin Potatoes Sliced Carrots Diced Pears Milk</p>	<p><b>17</b> Hot Dog on Whole Grain White Bun Cheesy Hash Browns Green Beans Tropical Fruit Milk</p>
<p><b>20</b> Chicken Quesadilla w/Salsa Mexican Rice Chuck Wagon Vegetables Apricot Halves Milk</p>	<p><b>21</b> Potato Crusted Fish Asian Blend Vegetables Macaroni Salad Fruit Cup Milk</p>	<p><b>22</b> Chili w/Cheese Mixed Green Salad Fresh Blueberries Corn Bread w/Margarine Milk</p>	<p><b>23</b> BBQ Ham on Whole Grain Kaiser Roll Baked Potato Chips Cole Slaw Applesauce Milk</p>	<p><b>24</b> Chicken/Vegetable Alfredo over Linguini Rice Pudding w/Raisins Diced Peaches Milk</p>
<p><b>27</b> Chicken Patty on Wheat Bun Italian Blend Vegetables Pizza Pasta Salad Mango Papaya Cup Milk</p>	<p><b>28</b> Ham Pot Pie Mixed Green Salad w/Egg Fruit in Jello Whole Grain White Bread w/Margarine Milk</p>	<p><b>29</b> Sirloin Beef Tips in Mushroom Gravy Seasoned Baked Potato w/Sour Cream. Peas &amp; Carrots Banana Milk</p>	<p><b>30</b> Stuffed Pepper Soup Egg Salad on Wheat Bread Quartered Fruit Milk</p>	<p><i>April Showers Bring May Flowers</i></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 a.m. the day before. The menu is subject to change due to typographical errors or other unforeseen circumstances.

# Cooling Centers

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!

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

Laurel Mountain  
Senior Center  
1609 W Pitt Street, Jennerstown  
814-629-9926

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

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

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

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## Senior News

Published monthly by the  
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Department of Aging.  
If you would like to obtain further information about any news-  
letter topic or Agency services please call the Somerset office at

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

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



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Somerset, PA 15501

1338 South Edgewood Avenue

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