

Senior News

AREA AGENCY ON AGING OF SOMERSET COUNTY • August 2026

August Seasonal Produce Guide



Blackberries



Blueberries



Cantaloupe



Celery



Corn



Cherries



Cucumbers



Eggplant



Peaches



Swiss Chard



Tomatoes



Watermelon

BEACH BALL
ICE CREAM
POOL
SWIM

CAMPING
LEMONADE
POPSICLE
SUN

HOT
OCEAN
SANDALS
THUNDERSTORM

HURRICANE
PICNIC
SUNGLASSES
TRAVEL

M V I F Q S A M W L L G R C H
K R B C F P L S L A E R A I Q
R T O E E E O A L U M B G N E
T B D T V C B O D E O A S C K
X V E A S H R H L N N T E I L
N Q R F C R O E P U A V S P Z
J T Z A I T E O A I D S S E J
O C E A N B P D B M E T A P P
U B O M N S P R N U S Q L S R
H U R R I C A N E U L P G W B
V C O C V V G X P G H Y N I F
X C L G N I P M A C L T U M Q
X E I J P Q T U V W K Y S B I
T A Y O L Y M H R F C P O N K
H U A T W J P K F Y J Q W D R

National Days to Remember

- 8/2 - National Ice Cream Sandwich Day
- 8/3 - National Watermelon Day
- 8/4 - National Chocolate Chip Cookie Day
- 8/6 - National Root Beer Float Day
- 8/10 - National Lazy Day
- 8/14 - National Creamsicle Day
- 8/15 - National Relaxation Day
- 8/16 - National Tell a Joke Day
- 8/19 - National Potato Day
- 8/21 - National Senior Citizens Day
- 8/24 - National Waffle Day
- 8/25 - National Banana Split Day
- 8/26 - National Dog Day
- 8/31 - National Trail Mix Day

Random Fun Fact

Honey is the only food that will not rot. In fact, it may stay edible for over 3,000 years.



SENIOR CENTER



Laurel Mountain Senior Center

Now Open 5 Days a Week

MON - FRI
9 AM - 2 PM

*Call the day before
to reserve lunch*

1609 Pitt Street Jennerstown 814-629-9926



National Farmers Market Week is August 2 to August 8, for those who received farmers market vouchers here is a great opportunity to put your farmers market vouchers to use!

SoCo Farmers Market
Celebration

Where: 243 W. Main St Somerset, PA

When: Saturday, August 8, 2026
(9:00 a.m. to 1:00 p.m.)

Maple City Farmers Market

Where: Paul E. Fuller Park, 275 Grant St.
Meyersdale, PA

When: Thursday August 6, 2026 (8:00
a.m. to 1:00 p.m.)

LEGAL ASSISTANCE?

The AAA will provide a referral to our solicitor for a complete **Power of Attorney** or **Will**, free of charge, one time only.

You must be a Somerset County resident, over the age of 60 and the service is limited to only a POA or a WILL.

Applications are available on the AAA website www.somersetaaa.org or at the Area Agency on Aging
1338 S Edgewood Ave
814-443-2681

CENTRAL CITY AREA SENIOR CENTER

103 Sunshine Avenue Central City, PA 15926 Senior Center Manager: Marika Roberts Phone: (814) 754-5615 E-mail: mroberts@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	(Lunch Served at 11:30, call the day before by noon to order lunch) 4 th National Chocolate Chip Cookie Day 5 th 10:30 a.m. Music with Luke Ream 6 th Root Beer Float	10 th National Smores day - Smores roast 3 p.m. - 5 p.m. 11 th UPMC prize bingo 13 th Prize bingo 14 th National Creamsicle Day 18 th 10:30 a.m. Music with Denise Baldwin 19 th National Potato Day	20 th Craft Day 25 th Banana split day / Supervisor Maria Piro, from AAA 26 th Prize bingo 27 th 10:30 a.m. Beltone Hearing Center 28 th Cherry Turnover Day	Daily Activities: 9:00 a.m. to 1:00 p.m. Wii Games available 9:00 a.m. to 1:00 p.m. Exercise Machines available 9:00 a.m. to 11:00 a.m. Skipbo card games available 9:30 a.m. Exercise class Mon and Wed Laptop Classes available Volunteer Opportunities Wi-Fi Available
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CONEMAUGH TOWNSHIP AREA SENIOR

959 South Main Street Hollsopple, PA 15935 Senior Center Manager: Cyndi Rose Phone: (814) 479-2216 E-mail: crose@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	(Lunch Served at 11:30, call the day before by noon to order lunch) 6 th 12:00 p.m. Music with John Larimer	10 th Birthday Lunch / Sue Holiday, PA - Medi 13 th 11:30 a.m. I.D. Theft Presentation with Attorney General, Eat and Learn	20 th 12:00 p.m. Music with Billy Stoppe 21 st Supervisor Maria Piro, from AAA 24 th Sign up for Labor Day Lunch	Daily Activities: Bingo Wii Games Puzzles Exercise Machines available 10:00 a.m. Tues & Thurs Geri-Fit Laptop classes available Volunteer Opportunities Wi-Fi Available
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CONFLUENCE AREA SENIOR CENTER

700 Reynolds Street Confluence, PA 15424 Senior Center Director: Teresa Dively Phone: (814) 395-5117 E-mail: tdively@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	(Lunch Served at 11:15, call the day before by noon to order lunch) 3 rd 10:00 a.m. Exercise / Watermelon Day 5 th Sue Holiday PA - Medi 6 th 10:00 a.m. Exercise / Salad Day Lunch 10 th 10:00 a.m. Exercise / Birthday Lunch 12 th Music with Sheilah / Supervisor Amanda Trimpey, from AAA	13 th 10:00 a.m. Exercise / Salad Day Lunch 14 th Bingo with prizes Community Life Renee Billow / Creamsicle Day 17 th 10:00 a.m. Exercise 19 th 10:30 a.m. Music with Pastor Sam / Class of 65 (Turkeyfoot) / Meets for Social Visit/Lunch	20 th 10:00 a.m. Exercise / Salad Day Lunch / Lemonade Day 21 st UPMC/Home Health Hospice Services Games/ Prizes 24 th 10:00 a.m. Exercise 26 th Cherry Popsicle Day 27 th 10:00 a.m. Exercise / Salad Day Lunch 31 st 10:00 a.m. Exercise	Daily Activities: 9:30 a.m. Wii Games 9:00 a.m. - 2:00 p.m. Exercise Machines available for use every day Bingo Laptop classes coming soon Volunteer Opportunities Wi-Fi Available
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LAUREL MOUNTAIN SENIOR CENTER

1609 W Pitt Street Jennerstown, PA 15547 Senior Center Manager: Allana Guidry Phone: (814) 629-9926 E-mail: aguidry@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	(Lunch Served at 11:30, call the day before by noon to order lunch) 3rd 11:30 a.m. Attorney General Presentation / Sue Holiday, PA - Medi 4th Bingo Bucks Store Opens	5th 10:30 a.m. Community Life & Music with Rocky Howsare / Hilltop Heights Health & Rehab / 12:00 p.m. Supervisor Maria Piro, from AAA 10th Birthday Lunch / 12:00 p.m. Music with Billy Stoppe 12th Senior Center CLOSED 14th Make Your Own Ice Cream Sundaes 24th 12:00 p.m. Computer Education with Allana	<u>Spirit Week</u> 17th: Fun Sock Day 18th: Favorite Color Day 19th: Pajama Day 20th: Favorite Decade Day 21st: Hawaiian Outfit Day 26th 12:00 p.m. Music with John Larimer 28th Sign up for Labor Day Lunch 31st 5:00 p.m. Pizza & Popcorn Night	Daily Activities: Exercise Equipment 9:30 a.m. Mon - Thurs On the Move Exercise Class 10:45 a.m. Bingo (play for Bingo Bucks) Wii Bowling Puzzles Table Games Laptop classes available Volunteer Opportunities Wi-Fi Available
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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 9:00AM - 2:00PM	(Lunch Served at 11:30, call the day before by noon to order lunch) 5th 10:00 a.m. Computer Class 6th 10:00 a.m. Root Beer Floats 7th 10:00 a.m. Sing Along 10th Birthday Lunch	12th 10:00 a.m. Craft 11th 4:00 p.m. - 7:00 p.m. Night Bingo and Pizza 14th 10:00 a.m. Creamsicle for National Creamsicle Day / Supervisor Amanda Trimpey, from AAA 17th Music with Tom & Carolyn	19th 10:00 a.m. Music with Gary Yoder 21st 10:00 a.m. Computer Class 24th 10:00 a.m. Sing Along 26th 10:00 a.m. Scavenger Hunt 28th Reservations are due for the Labor Day lunch	Daily Activities: 9:30 a.m. Wii Games Exercise Machines Cards 11:00 a.m. Bingo 10:00 a.m. Tues Geri-Fit 10:00 a.m. Thurs On The Move Word Search Puzzle every Wed Laptop classes available Volunteer Opportunities Wi-Fi Available PA Medi services by appointment
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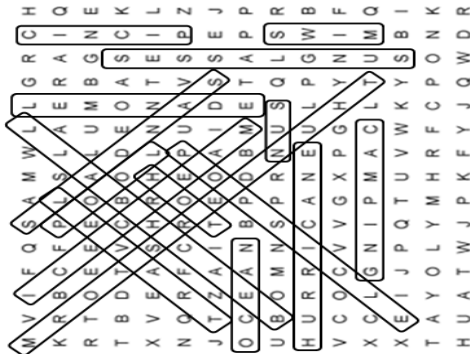
SOMERSET SENIOR CENTER

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 9:00AM - 2:00PM	(Lunch Served at 11:30, call the day before by noon to order lunch) 4 th National Chocolate Chip Cookie Day 6 th National Root Beer Float Day 7 th Supervisor Amanda Trimpey, from AAA	10 th Birthday Lunch / 12:00 p.m. Music with John Larimer 15 th 1:00 p.m. Game Day 21 st National Senior Citizens Day - Come Celebrate being a Senior 26 th Toilet Paper Day Bingo 28 th Last Day for Labor Day Lunch on September 4th	Friday fun days will be every Friday weather permitting. Bring your lawn chair. We will be playing games outside and walking the lower parking lot. Our theme for August is "I choose wellness." Each Day we will talk about one way to celebrate National Wellness month.	Daily Activities: Wii Games Exercise Machines 9:00 Thurs TAI CHI 9:30am Bingo (Tues & Thurs prize Bingo) Games, crafts, and other activities available daily Laptop classes available Volunteer Opportunities Wi-Fi Available Bingocize is every Monday & Wednesday in August at 10:30 a.m. after regular bingo
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WINDBER SENIOR CENTER - CFL

700 Fifth Street, Suite 200 Windber, PA 15963 Senior Center Director: Christine Saylor Phone: (814) 467-5912 E-mail: csaylor@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	(Lunch Served at 11:30, call the day before by noon to order lunch) 3 rd National Watermelon Day / Birthday Lunch 5 th 10:30 a.m. Music with Denise Baldwin 14 th National Creamsicle Day / 12:00 p.m. Ombudsman with Brenda	17 th Supervisor Maria Piro, from AAA 19 th 10:30 a.m. Music with Billy Stoppe 21 st National Senior Citizen Day 25 th 10:30 a.m. Music with Ed Cominsky / 12:00 p.m. Bingo with Windber Woods	26 th Cherry Popsicle Day / National Dog Day - Bring in your dogs picture 31 st National Trail Mix Day Week of August 2nd is Farmers Market Week - Celebrate by visiting your local market and don't forget to use your vouchers	Daily Activities: Wii Games Puzzles Cards & Board Games 10:00 a.m. Mon & Fri Strong Bones 10:00 a.m. Tues Body Strengthening 10:00 a.m. Thurs Tai-Chi for Arthritis 12:00 p.m. Tues, Wed, & Thurs Bingo 12:30 p.m. Mon, Wed, & Fri Pinochle 6:00 p.m. Wed Corn Hole Laptop Classes available Volunteer Opportunities Wi-Fi Available
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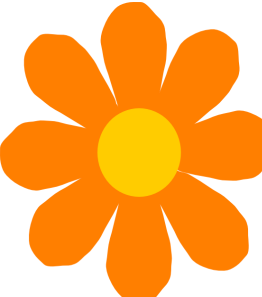
BEACH BALL
 ICE CREAM
 POOL
 SWIM
 CAMPING
 LEMONADE
 POPSICLE
 SUN
 HOT
 OCEAN
 SANDALS
 THUNDERSTORM
 HURRICANE
 PICNIC
 SUNGLASSES
 TRAVEL



"Not every day is good but there is something good in every day."

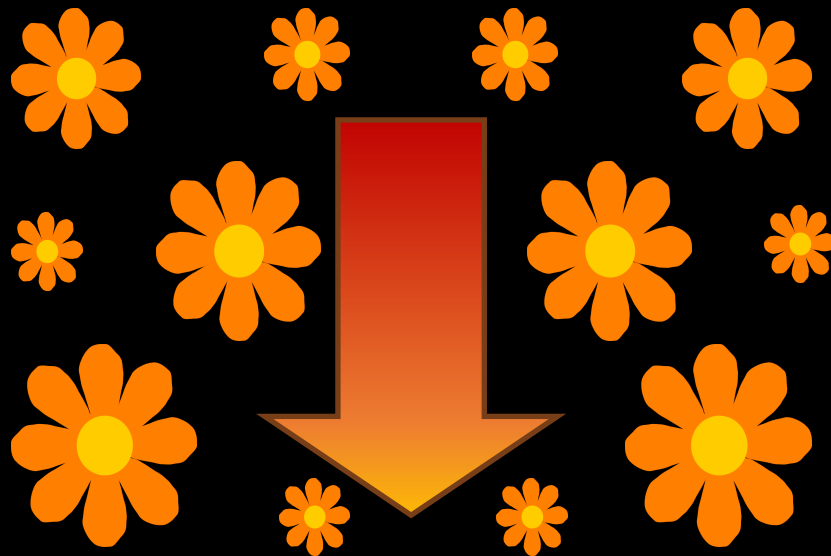
August

2026 MENU

3 Baked Chicken w/Poultry Gravy Stuffing Sliced Carrots Citrus Salad Milk	4 Beef Barley Soup Mixed Green Salad w/Turkey Tropical Fruit Whole Grain White Bread w/Margarine Milk	5 Potato Crusted Cod Asian Blend Vegetables Pasta Salad Banana Milk	6 Beef Ravioli Marinated Salad Honeydew Chunks Dinner Roll w/Margarine Milk	7 Baked Smoked Sausage Cheesy Hashbrowns Italian Blend Vegetables Rosy Pears Granola Bar Milk
10 BIRTHDAY LUNCH Chicken Cordon Bleu` w/Poultry Gravy Mashed Potatoes Peas Apple Slices Pineapple Upside Down Cake Milk	11 Italian Wedding Soup Tossed Salad w/Bacon & Croutons Quartered Fruit Rye Bread w/Margarine Milk	12 Ham Pot Pie Confetti Cole Slaw Pineapple Tidbits Dinner Roll w/Margarine Cheddar Cheese Square Milk	13 Veal Parmesan w/Provolone Cheese Rotini w/Sauce Green Beans Fresh Orange Milk	14 Cheeseburger on Wheat Bun Ranch Potato Bake Normandy Vegetables Fresh Blueberries Milk
17 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad Apple Milk	18 BBQ Pulled Pork on Kaiser Roll Seasoned Whole Mini Potatoes Capri Blend Vegetables Diced Pears Milk	19 Chicken Rice Soup Mixed Green Salad w/Ham Mango Papaya Cup Dirt Pudding Cup Lemon Cookie Milk	20 Porcupine Meatballs Scalloped Potatoes Corn Diced Peaches Milk	21 Cheese Omelet Sausage Home Fries Blueberry Muffin Orange Juice Milk
24 Country Fried Chicken w/Country Gravy Mashed Potatoes Succotash Mandarin Oranges Milk	25 Stuffed Pepper Parslied Red Potatoes Broccoli Florets Melon Cup Snack Bar Milk	26 Chili w/Cheese Taco Salad Fresh Grapes Corn Chips Milk	27 Ham, Green Beans & Potatoes Egg Salad on Whole Grain White Bread Jello with Fruit Cocktail Milk	28 Italian Marinated Pork Chop Au Gratin Potatoes Brussel Sprouts Apricot Halves Chex Mix Milk
31 Fish Sandwich w/Cheese on Wheat Bun Hush Puppies Cole Slaw Applesauce Milk				

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.

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Senior News

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letter topic or Agency services please call the Somerset office at

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