

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • February 2025



happy groundhog DAY! GROUNDHOG FACTS



- Groundhogs are also known as woodchucks.
- They are mammals related to squirrels.
- Groundhogs prefer to spend most of their time alone.
- They burrow underground where they sleep, have babies, and even poop!
- Groundhogs hibernate in their burrows through the winter and come out around the same time every year.
- Groundhogs live in many parts of North America.
- They are herbivores. They only eat plants and grasses.
- Groundhogs are around 2 feet tall and 13 pounds on average.

'Tis the Season!



Capitol staff and visitors gathered Tuesday for the official lighting of the Capitol Christmas tree! The 24-foot Douglas Fir comes from Crystal Spring Tree Farm in Carbon County and is adorned with 1,250 LED lights and more than 700 handmade ornaments donated by Pre-K for PA students and older adults from across the Commonwealth. This is the tallest tree to grace the Capitol Rotunda in at least 10 years.

The tree in the Rotunda will be lit daily from 8 a.m. to 8 p.m. through Jan. 8. An additional tree, located outdoors on the Capitol steps, will be lit daily from 5 p.m. to midnight, also through Jan. 8.

DID YOU KNOW?

"Our seniors from Conemaugh Township Senior Center have crafted beautiful ornaments for this tree, both this year and in previous years! If you haven't yet made an ornament for this tree, please consider creating one for next year. The seniors truly enjoy this activity."



More Retirees Eligible for Reduced-Fee Vehicle Registration



A new state law to allow more Pennsylvania retirees to qualify for a reduction in their vehicle registration fee is in effect.

The benefit now will be available to retired persons earning up to \$29,906, an increase of more than \$10,000 from the prior income eligibility limit. Those who qualify will pay an \$11 processing fee to register their vehicle each year, rather than the standard \$45 registration fee.

Qualified applicants must be retired and receiving Social Security or other pension payments. Please note, 100% of a veterans' benefit payment or payment to unmarried surviving spouse, upon the death of a veteran, should be excluded from the income calculation.

The applicant must be listed as an owner on the vehicle's registration and only one vehicle per qualified applicant may be registered for the reduced fee. Qualifying vehicles must be a passenger car or truck with a registered gross weight of not more than 9,000 pounds.

Please print application from the next page or get your application from any

Somerset County Senior Center



APPLICATION FOR A RETIRED PERSON'S PROCESSING FEE ON A VEHICLE REGISTRATION

ELIGIBILITY INFORMATION ON REVERSE

A.	APPLICANT'S LAST NAME		FIRST NAME	MIDDLE NAME	PA DL/PHOTO ID#	DATE OF BIRTH
	STREET ADDRESS		CITY	STATE	ZIP	
B.	CO-APPLICANT'S LAST NAME		FIRST NAME	MIDDLE NAME	PA DL/PHOTO ID#	DATE OF BIRTH
C.	TITLE NUMBER	VEHICLE IDENTIFICATION NO		MAKE OF VEHICLE	REGISTRATION PLATE NO	
D.	INCOME INFORMATION				Total Gross Income During the Past Calendar Year	
	1. SOCIAL SECURITY, SSI PAYMENTS, RETIREMENT BENEFITS					
	2. PENSIONS AND ANNUITIES					
	3. INTEREST DIVIDENDS AND CAPITAL GAINS					
	4. OTHER INCOME					
Did you pay the Processing Fee for your last renewal? <input type="checkbox"/> Yes <input type="checkbox"/> No				Total Income (Add 1 thru 4)		
E.	<p>I certify under penalty of law that ALL information contained herein is TRUE and CORRECT and that I am retired and receiving Social Security and/or other pension and income as listed in Section D. My total gross income for the previous year did not exceed \$29,906 and unless I am physically or mentally incapable of driving, I am the principal driver of this vehicle. I further certify that my signature authorizes the PA Department of Transportation to verify my/our income and that my occupation is "retired" through Internal Revenue Service income tax filings and that I understand that any misstatement of fact is a misdemeanor of the third degree punishable by a fine up to \$2,500 and/or imprisonment up to 1 year (18 PA. C.S. Section 4904(b)).</p> <p style="text-align: right;">Applicant Signature _____</p>					

ELIGIBILITY REQUIREMENTS AND INSTRUCTIONS FOR THE PROCESSING FEE

1. This form requires a fee. Please review the instructions below carefully prior to submitting the application. For a complete listing of motor vehicle fees, refer to [Form MV-70S, "Bureau of Motor Vehicles Schedule of Fees,"](#) found on our website at www.dmv.pa.gov or scan the QR code on the front of this application.
2. You must be retired and receiving Social Security or other pension payments as described in Section D on the front of this application, regardless of age. Part-time employment is permitted if you are retired from your principal occupation. If you receive only unemployment compensation or public assistance, or are a student or other individual who is not retired, you do not qualify. **NOTE:** 100% of a veterans' benefit payment or payment to the unmarried surviving spouse, upon the death of a veteran, is entitled to receive should not be included as income for the reduced Retired Status fee.
3. Total gross income from all sources must not exceed \$29,906. Other income includes Business/Rental Income, Wages, Public Assistance and Unemployment Compensation.
4. To be eligible for the retired status processing fee, the applicant must meet the qualifications above and the applicant must be listed as an owner on the vehicle's registration. The vehicle may be owned jointly, however, the applicant must be the principal operator of the vehicle, unless physically or mentally incapable of operating the vehicle. The vehicle must be a passenger car or truck with a registered gross weight of not more than 9,000 lbs. Only one vehicle per qualified applicant may be registered for the retired status processing fee.
5. This application must be submitted in conjunction with Form MV-1, MV-4ST, MV-105, MV-120 or MV-140.
6. **NOTE:** Individuals should list their PA Driver's License (PA DL) or Photo ID# in the space provided. Return the completed application with your vehicle registration application and include a check or money order made payable to PA Department of Transportation. **DO NOT SEND CASH.**

February 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

3rd 12:00 Sweet Treats with Melissa from Windber Woods
 3rd Birthday lunch
 10th 12:00 Conversation Heart BINGO
 17th Closed— President's Day
 18th 12:00 BINGO
 24th 12:00 Music with Tom & Carolyn

Exercise equipment,
 Wii games, pool
 table, puzzles,
 games, cards,
 volunteer
 opportunities,
 Somerset County
 Bookmobile

Wi-Fi available

CENTRAL CITY AREA SENIOR CENTER

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

3rd 10:30 Health at Home with Angelica
 3rd Birthday lunch
 4th PA Medi
 5th 10:30 Music with Fast Eddie
 7th National Wear Red Day
 11th 10:30 Trivia with Bobbie from UPMC
 12th 10:30 Music with Denise Baldwin
 14th Happy Valentines Day
 17th CLOSED-President's Day
 25th 10:30 Blood Pressures with Windber Hospice
 26th 10:30 Music with Tom & Carolyn

Happy February!



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
Hollisopple, 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

3rd Birthday Lunch 🍰
 4th Sweater Day
 6th Sweet Treats with
 Melissa from Windber
 Woods
 6th Conversation Heart
 BINGO
 7th Wear **Red**-National
 Heart Day
 10th Valentine's Day
 Lunch
 12th 12:00 Blindness
 & Visual Services w/
 Sarah

13th Hunt a Heart
 14th Happy Valentines
 Day
 17th Closed-President's
 Day
 20th National Comfy
 Day Comfort Food &
 Comfort Clothes
 27th Music with
 Tom & Carolyn



Monday-Friday:
 Exercise Equipment
 9:00-2:00

Tues & Thurs:
 10:00-11:00
 Exercise Class

Thursday: 9:00
 Quilting

February 2025 Center Activities

CONFLUENCE AREA SENIOR CENTER

700 Reynolds Street
Confluence, PA 15424
Senior Center Manager:
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
Daily Activities: Wii, Exercise Machines,
 Volunteer Opportunities
Wi-Fi Available

3rd Birthday Lunch 🍰
 7th Wear **Red**—National Heart ♥ Day
 10th Valentine's Day Lunch
 10th 12:00 🎵 Music with Sam McClintock
 14th ♥ Valentine's Day ♥
 17th Closed-President's Day 🗑️
 25th 10:30 Blindness & Visual Services w/Sarah
 26th 12:00 🎵 Music with Sheilah



Monday, Wednesday & Friday:
 10:00 Exercise
Tuesday: 10:00
 Theology class
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

3rd Birthday Lunch
 3rd 10:30 Community
 Life Seminar & Prize
 Bingo
 7th 10:00 Sing Along
 10th Valentine's Day
 Lunch

10th 10:00 Craft
 12th 10:00 Dementia
 Friends Seminar
 14th Valentine's Day
 Party
 14th 10:30 Music with
 Pastor Sam McClintock

17th CLOSED-Presidents
 Day
 19th 9:00 Trivia about
 The Presidents
 21st 10:00 Sing Along
 24th 10:00 Craft

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

3rd Birthday Lunch
 10th-14th Last week
 for Wii regular
 season games
 10th Valentines Day
 Lunch

10th -14th Make a
 Valentine's week
 12th 10:30 Music with
 Eric Harris
 17th CLOSED-
 Presidents Day

18^h — 21st Game
 Tournament week
 21st 10:30 Music with
 John Larimer

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

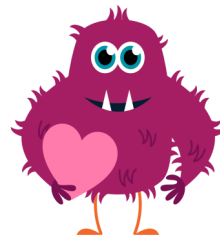
700 Fifth Street, Suite 200
Windber, PA 15963
Senior Center Director: Christine
 Saylor
E-mail: csay-
 lor@somersetaaa.org
Phone: (814) 467-5912

Hours of Operation:
Monday - Friday 9:00 AM - 2:00 PM
Daily Activities: Wii, Exercise
 Machines, Volunteer Opportunities
Wi-Fi Available

3rd Birthday Lunch 🍰
 4th 10:30 Blindness &
 Visual Services w/Sarah
 6th 10:30 🎵 Music with
 John Wolfe
 7th Wear **Red**-National
 Heart ♥ Day
 10th 10:30 Music with
 Denise Baldwin

10th Valentine's Day
 Lunch
 13th Special Valentine's
 Day BINGO after Lunch
 17th Closed-President's
 Day
 19th 10:30 🎵 Music
 with Billy Stoppe
 24th 10:30 Music
 🎵 with Ed Cominsky

24th National Tortilla Chip
 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

BIRTHDAY LUNCH 3 Rigatoni w/Meat Sauce Broccoli Florets Mozzarella Cheese Stick Tropical Fruit Salad Chocolate Cake Milk	4 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Pineapple Tidbits Milk	5 Kielbasa Sauerkraut Mashed Potatoes Sliced Carrots Fresh Oranges Milk	6 Roast Turkey Gravy Mashed Potatoes Capri Vegetables Cranberry Salad Dinner Roll Margarine Milk	7 Honey Mustard Marinated Pork Chop Au Gratin Potatoes Normandy Vegetables Baked Apples Wheat Dinner Roll Margarine Milk
10 VALENTINE'S DAY LUNCH Stuffed Chicken Breast w/Gravy Parsley Potatoes Mixed Vegetable Fruit Cup Cherry Pie Milk	11 Salisbury Steak Gravy Mashed Potatoes Brussel Sprouts Diced Peaches Milk	12 Vegetable Soup Egg Salad on Whole Grain White Bread w/Lettuce Leaf Marinated Pasta Salad Cheddar Cheese Rectangle Fresh Clementine Crackers Milk	13 Chicken/Vegetable Alfredo Linguine Peas/Carrots Cottage Cheese Apricot Halves Milk	14 Meatloaf Scalloped Potatoes Capri Vegetables Fresh Pear Milk
17 CLOSED PRESIDENT'S DAY	18 Baked Chicken Gravy Seasoned Whole Mini Potatoes Peas Fresh Apple Milk	19 Ham Pot Pie Tossed Salad w/Cheese Fruit Cocktail Milk	20 Stuffed Pepper Mashed Potatoes Corn Yogurt Mandarin Oranges Milk	21 Veal Parmesan Provolone Cheese Spaghetti w/Sauce Green Beans Tropical Fruit Salad Italian Bread Milk
24 Country Fried Pork Loin Fritter Gravy Roasted Seasoned Potatoes Peas & Carrots Yogurt Quartered Fruit Salad Milk	25 Cheeseburger Lettuce & Tomatoes Baked Beans Pickled Egg/Beets Melon Fruit Salad Milk	26 Lasagna Mixed Green Salad w/Egg Italian Dressing Mozzarella Cheese Stick Applesauce Italian Bread Margarine Milk	27 Chicken Noodle Soup Tuna Salad on Whole Grain White Bread w/Lettuce Leaf Coleslaw Molded Citrus Salad Crackers Milk	28 Meatball Hoagie w/Provolone Cheese Creamy Cucumbers Fresh Banana V-8 Juice 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.

Dr. Visits Lunch Snacks Breakfast

Choose MyPlate...

Fruits

- Focus on fruits
- Eat a variety of fruit.
- Choose fresh, frozen, canned, or dried fruit.
- Go easy on fruit juices.

Physical Activity

Find your balance between food and physical activity

- Be physically active for at least 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Dairy

Get your calcium-rich foods

- Go low-fat or fat-free.
- If you don't or can't consume milk, choose lactose-free products or other calcium sources.

Vegetables

Vary your veggies

- Eat more dark green veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

Grains

Make half your grains whole

- Eat at least 3 ounces of whole grain bread, cereal, crackers, rice, or pasta every day.

Oils

Know your fats

- Make most of our fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

Protein

Go lean on protein

- Choose low-fat or lean meats and poultry.
- Bake it, broil it, or grill it.
- Vary your choices - with more fish, beans, peas, nuts, and seeds.

ChooseMyPlate.gov

Nutrition

Minerals, Vitamins, Fruit, Sleep, Candy, Starch, Bread, Dentist, Salad, Meat, Protein, Hygiene, Fast Food

Valentine's Day

A day for kindness
A day for smiles
A day for friendship
Across the miles

A day for sharing
A day for hugs
But most of all
A day for love



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Senior News

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reaching out, making a difference

Area Agency on Aging
of Somerset County

