

Senior News

AREA AGENCY ON AGING OF SOMERSET COUNTY • February 2026



Holiday Inspired Foods

Heart-Healthy Main:

- Baked Salmon or tuna (rich in omega-3 fatty acids) served with brown rice and a dark leafy green like spinach

Dark Chocolate Treat:

- Small amount of dark chocolate (at least 70% cacao) for its antioxidant properties

Berry Dessert:

- Fresh berries with a low-fat yogurt (high in antioxidants and fiber)

Holiday Inspired Foods

"Groundhog Buffet" or Vegetables:

- Since Groundhogs are herbivores, cooked vegetables like steamed carrots, broccoli, and corn.

Hearty Breakfast:

- Breakfast such as whole-grain pancakes or waffles with real maple syrup and a side of lean chicken or turkey sausage.

Peanut Snacks:

- Small portion of peanuts or peanut butter as a snack,



Holiday Inspired Foods

Lincoln's Gingerbread:

- A modified low-sugar gingerbread made with whole-wheat flour

FDR's Hot Dogs:

- Lean, low-sodium chicken or turkey "yum dogs" in a whole-wheat bun with vegetable toppings

JFK's New England Chowder:

- A creamy fish chowder using low fat milk and minimal salt, providing essential calcium and protein.



George E. Mason
Funeral Home
Inc.

Ron's Collision

Dumbald's Tire
Service

SDC BUILDING
CENTER

Hoffman Funeral
Homes

SHAFFER'S
BOTTLED GAS

Somerset
American Legion

Confluence Lions
Club

Somerset
Anglican
Fellowship

Bowlby's Lawn
Services

K & D Auto
Electric

We want to give a special thanks to these businesses who donated money while the budget had not been put in place yet. We appreciate all the support in continuing to help out our community. Please show your support and appreciation towards these businesses!!

Edgewood
Welding

VFW Post 8826
Walter-Harris
Post-Salisbury

Home Aid
Assn of
Jerome Legion

John Krause
Electrical Service

B.J. MAURER
MOTOR
COMPANY, INC.

Paul Bunyan,
Inc.

Thank you!

American
Legion-Rockwood
(Veterans Club)

Boyer Financial
Planning

Sube Insurance

Fraternal Order
of Eagles

Bingman Packing
Company

Sechler Insurance
Group

Midas Muffler &
Brake Shop

TAILGATEZ

Ace
Hardware-Salisbury
Builders Supply

Center Rock,
Inc.

UPMC Somerset

Somerset Lions
Club

Price Funeral
Home

Stoystown Lions
Club

Riggs Industries,
Inc.

American Legion-
Boswell-Post
461-Home Aid
Association



A Season of Giving – Making a Difference in Your Community

Dear Friends,

As we enter this holiday season and spend time with friends and family enjoying the spirit of the season, there are folks in our local communities that are not as fortunate. As we age, oftentimes, we need help and have limited resources. Things that we take for granted such as bathing, a hot meal and transportation, become a real challenge. Unfortunately, government funding is not sufficient to meet the needs that exist in our community. In short, we are asking for your help.

The mission of the Area Agency on Aging of Somerset County is to enhance the lives of older individuals, their families, and others in need by coordinating and providing support and assistance through a system of quality home and community-based services.

Over the years, the Agency has served a population in our county of 70,000 consumers. Of those consumers, 24,000 are older individuals, the majority of which have incomes near or below the poverty level. Our Agency continues to change and adapt to try to meet the needs of the area's at-risk older adults.

As we close the year 2025, please consider making a financial contribution to The Area Agency on Aging of Somerset County in support of this effort. One hundred percent of your donation will go directly to helping individuals in need in Somerset County.

Some examples of what your gift will buy for the older adults in our community:

A meal, \$8.41

An hour of personal care, \$25.00

A sponsored ride, \$1.25

A Personal Emergency Response Unit in the event of a fall, \$30.00

Your gift, of any amount, will make a real difference in people's lives and in our community as we strive to continue to serve Somerset County's older residents.

On behalf of The Area Agency on Aging of Somerset County, I would like to extend our best wishes for a joyous holiday season and happy new year. Thank you for your support.

Sincerely,

Jennifer Clark, Director

1338 South Edgewood Avenue • Somerset, Pennsylvania 15501
Phone 814.443.2681 • 1.800.452.0825 • Fax 814.443.0557 • Email webmaster@somersetaaa.org • www.somersetaaa.org

Jennifer Clark, Director • County Commissioners: Brian Fochtman, Irvin Kimmel, and Pamela A. Tokar-Ickes

FEBRUARY 2026



Center Activities

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	2 nd Birthday Lunch/ Groundhog Day 4 th 10:30 Music with Denise Baldwin/World Cancer Day 5 th 10:00 Protective Services Presentation and Visit/Lana Merringer 6 th National Wear Red Day	10 th 10:30 Singer from Community Life 11 th 10:30 Music with John Larimer 13 th Valentines Day Lunch 16 th Center Closed Presidents Day	17 th Chinese New Year 18 th Ash Wednesday Lunch 20 th Love Your Pet Day 23 rd 10:30 Music with Ed Cominsky	Daily Activities: 9:00 to 1:00 Exercise Machines available 9:30 Wii Games 10:30 Exercise Monday & Wednesdays Skipbo card games available
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Conemaugh Township Area Senior Center

959 South Main Street Hollisopple, PA 15935 Senior Center Manager: Allana Guidry Phone: (814) 479-2216 E-mail: aguidry@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	2 nd Birthday Lunch 3 rd 12:00 Valentines Day Cookie Decorating 6 th Last Day to Order Valentines Lunch 11 th 12:00 Music with Tom & Carolyn/Last Day to Order Ash Wednesday's Lunch	12 th 12:00 Music with Billy Stoppe 13 th Valentines Day Lunch 16 th Center Closed Presidents Day 18 th Ash Wednesday Lunch	19 th Music with Den- ise Baldwin 24 th 12:00 Protective Service Training/Jadie Leazier 25 th 12:00 Music with John Larimer	Daily Activities: 9:30 Geri-Fit Tuesday and Thursdays 10:30 Bingo Wii Games Exercise Machines Computers Puzzles
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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 9:00AM - 2:00PM	2 nd Birthday Lunch 6 th Last day to sign up for the Valentines Day Lunch on the 13th 11 th Last Day to sign up for Ash Wednes- day Lunch on the 18th	13 th Valentines Day Lunch 16 th Center Closed Presidents Day 17 th 10:00 Protective Services Seminar - Exploitation/Corey Nau	18th Ash Wednesday Lunch 23rd 12:00 Music with Billy Stoppe	Daily Activities: 9:00 to 1:00 Exercise Machines available every day 9:30 Wii Games 12:00 Bingo Karaoke every Wednesday
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Laurel Mountain Senior Center

1609 Pitt Street Jennerstown, PA 15547 Senior Center Manager: Allana Guidry Phone: (814) 629-9926 E-mail: aguidry@somersetaaa.org Hours of Operation: Monday, Wednesday, & Friday 9:00AM - 2:00PM	2 nd Birthday Lunch/ 12:00 Music with Denise Baldwin 4 th 12:00 Valentines Day Cookie Decorating 6 th Last Day to Order Valentines Lunch 9 th 12:00 Music with Billy Stoppe/Craft with Interim Hospice	11 th Last Day to Order Ash Wednesday's Lunch 13 th Renae from Com- munity Life - Special Bingo/Valentines Lunch 16 th Center Closed Presidents Day	18 th Ash Wednesday Lunch/12:00 Music with Tom and Carolyn 23 rd 12:00 Music with John Larimer 27 th 12:00 Protective Service Training/Jadie Leazier	Daily Activities: 10:30 Bingo Wii Games Exercise Machines Computers Puzzles
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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	2 nd Birthday Lunch	9 th 10:00 Computer Class	18 th 10:00 Music w/Gary Yoder Ash Wednesday Lunch	Daily Activities: 9:30 Wii Games 10:00 Geri-Fit Every Tuesday 11:00 Bingo Word Search Puzzle every Wednesday Exercise Machine and Computers available everyday Puzzles
	4 th 10:00 Music with Tom & Carolyn	11 th Ash Wednesday Reservations Due	19 th 10:00 Scavenger Hunt	
	5 th 10:00 Seminar/ Protective Services/ Corey Nau	12 th 10:00 Craft	20 th 10:00 Sing Along 	
	6 th 10:00 Sing along/ Valentines Day Reservations due	13 th Valentines Day Lunch & Party	23 rd 10:00 Trivia	
		16 th Center Closed Presidents Day	25 th 10:00 Music w/Billy Stoppe	
			26 th 10:00 Computer Class	

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	2 nd Birthday Lunch	11 th 10:15 Protective Services Presentation on Neglect/ Corey Nau	18 th 10:30 Music with Eric Harris/ Ash Wednesday Lunch 	Daily Activities: 9:00 TAI CHI every Thursday 9:30 Bingo held every day unless noted otherwise (Tuesday and Thursday are prize Bingo) Crafts, games, Geri Fit, and Chair Yoga available daily <div style="border: 2px solid pink; padding: 5px; transform: rotate(-5deg); display: inline-block;"> WINTER OLYMPICS FEBRUARY 6th - 23rd. Wear your favorite sports jersey and colors </div>
	6 th Last Day to make reservations for Valentines Day Lunch	13 th 10:30 Music with John Larimer/ Valentines Day Lunch/ Dress up Day - Wear your fancy clothes to celebrate Valentines Day/ Random Acts of Kindness Day	20 th National Muffin Day	
	8 th Tailgate celebration of Super Bowl Sunday	16 th Center Closed Presidents Day	24 th National Tortilla Chip Day	
	10 th 9:30 AAA Advisory members visit		26 th National Chili Day - Bring a pot of your best Chili to share and be judged	
	11 th Last Day to sign up for Ash Wednesday Lunch on the 18th			

Windber Senior Center - CFL

Fifth Street, Suite 200 Windber, PA 15963 Senior Center Manager: Marika Roberts Phone: (814) 467-5912 E-mail: mroberts@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	2 nd Birthday Lunch/ Groundhog Day/ 10:30 Music w/Ed Cominsky	11 th 10:30 Music w/Denise Baldwin	17 th Chinese New Year	Daily Activities: 9:00 to 10:00 Yoga Tuesdays and Thursdays 9:00 to 1:00 Exercise Machines available 9:30 Wii Games 10:15 Exercise classes Monday through Friday Skipbo card games available
	4 th World Cancer Day	12 th Valentines Day Party	18 th Ash Wednesday Lunch/ Music with John Larimer	
	6 th National Wear Red Day	13 th Valentines Day Lunch	20 th Love Your Pet Day 	
	10 th 10:00 Protective Services Presentation and Visit/ Lana Merringer	16 th Center Closed Presidents Day		

Protective Services Presentation

Protective Service Care Managers will now be attending Senior Centers in hope to complete three sessions with in the next five months. Protective Service Care Mangers will be giving a presentation to inform you all about the dangers and what to look for in certain situations and how to handle them. February sessions will be focused on Exploitation.



February



2026 MENU

 Birthday Lunch Baked Ham w/Pineapple Sauce Yams & Apples Peas White Cake w/Icing Milk	3 Beef Ravioli Mixed Green Salad w/Egg Tropical Fruit Wheat Dinner Roll w/Margarine Milk	4 Creamed Chicken over Biscuit Peas & Carrots Fresh Orange Milk	5 Broccoli & Cheese Stuffed Chicken w/Gravy Scalloped Potatoes Baby Carrots Quartered Fruit Milk	6 Hamburger on Wheat Bun Baked Beans Tomato Salad Ambrosia Fruit Salad Milk
9 Chicken Patty w/Cheese on Whole Grain Kaiser Roll Ranch Potato Bake Caribbean Blend Vegetables Mandarin Oranges Milk	10 Ham Pot Pie Mixed Green Salad Strawberry Banana Applesauce Dinner Roll w/Margarine Milk	11 Stuffed Pepper Soup Turkey Salad on Whole Grain White Bread Fresh Pear Milk	12 Hot Dog on Whole Grain White Bun Cheesy Hash Browns Sauerkraut Salad Melon Cup Milk	 13 <u>VALENTINE'S DAY LUNCH</u> BBQ Chicken Seasoned Whole Mini Potatoes Mixed Vegetables Apricot Halves Sugar Cookie Milk 
 16	17 Chili w/Cheese Church Slaw Mango/Papaya Cup Cornbread w/Margarine Milk	18 <u>ASH WEDNESDAY LUNCH</u> Vegetarian Vegetable Soup Egg Salad on Wheat Bun Pudding Cantaloupe Chunks Milk	19 Porcupine Meatballs Au Gratin Potatoes Green Beans Banana Milk	20 Breaded Haddock Hush Puppies Tartar Sauce Carrot Raisin Salad Citrus Jello Salad Milk
23 Stuffed Cabbage Mashed Potatoes Chuck Wagon Vegetables Fruit Cocktail Chocolate Chip Cookie Milk	24 Chop Steak w/Gravy Parslied Red Potatoes Broccoli Florets Applesauce Milk	25 Chicken Rice Soup Pickled Egg & Beets Fresh Orange Whole Grain White Bread w/Margarine Milk	26 Pizza Casserole Mixed Green Salad Pineapple Tidbits Dinner Roll w/Margarine Milk	27 Potato Crusted Fish Pierogis Corn Tomato Salad Raisins Tartar Sauce 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.



National Days for February

1st National Dark Chocolate Day

2nd National Tater Tot Day

3rd National Carrot Cake Day

6th National Frozen Yogurt Day

7th Ice Cream for Breakfast Day

9th National Pizza Day

20th National Love your Pet Day

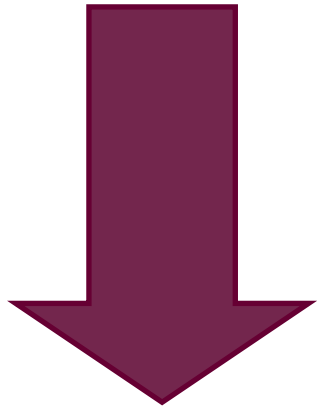
23rd National Banana Bread Day

26th National Chili Day



The Caregiver Support Program provides reimbursement to caregivers who provide services such as personal care, respite, medical supplies/nutritional supplements, adaptive devices, home modifications, school supplies and seasonal clothing. The Caregiver Support Program is based around those caring for a functionally dependent older adult, individuals with Alzheimer's or other chronic dementia, or family members under the age of 18 or relative aged 18-59 with a non-dementia related disability. Caregivers and care receivers must meet the eligibility requirements set by the state of PA. Call 814-443-2681 for more information.

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Senior News

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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

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