

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

VFW Post 8826
Walter-Harris
Post-Salisbury

John Krause
Electrical Service

Paul Bunyan,
Inc.

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

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!!

Thank you!



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 Fochtmann, 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

2nd Birthday Lunch/
Groundhog Day

4th 10:30 Music with Denise
Baldwin/World Cancer Day

5th 10:00 Protective Services
Presentation and Visit/Lana
Merringer

6th National Wear Red Day

10th 10:30 Singer from
Community Life

11th 10:30 Music with
John Larimer

13th Valentines Day
Lunch

16th **Center Closed**
Presidents Day

17th Chinese New Year

18th Ash Wednesday
Lunch

20th Love Your Pet
Day

23rd 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

Conemaugh Township Area Senior Center

**959 South Main Street
Hollsopple, 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

2nd Birthday Lunch

3rd 12:00 Valentines
Day Cookie Decorating

6th Last Day to Order
Valentines Lunch

11th 12:00 Music with
Tom & Carolyn/Last
Day to Order Ash
Wednesday's Lunch

12th 12:00 Music with
Billy Stoppe

13th Valentines Day
Lunch

16th **Center Closed**
Presidents Day

18th Ash Wednesday
Lunch

19th Music with Den-
ise Baldwin

24th 12:00 Protective
Service Training/Jadie
Leazier

25th 12:00 Music with
John Larimer



Daily Activities:

9:30 Geri-Fit Tuesday
and Thursdays

10:30 Bingo

Wii Games

Exercise Machines
Computers

Puzzles

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

2nd Birthday Lunch

6th Last day to sign
up for the Valentines
Day Lunch on the
13th

11th Last Day to sign
up for Ash Wednes-
day Lunch on the
18th

13th Valentines Day
Lunch

16th **Center Closed**
Presidents Day

17th 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

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

2nd Birthday Lunch/
12:00 Music with Denise
Baldwin

4th 12:00 Valentines Day
Cookie Decorating

6th Last Day to Order
Valentines Lunch

9th 12:00 Music with
Billy Stoppe/Craft with
Interim Hospice

11th Last Day to Order
Ash Wednesday's
Lunch

13th Renae from Com-
munity Life - Special
Bingo/Valentines
Lunch

16th **Center Closed**
Presidents Day

18th Ash Wednesday
Lunch/12:00 Music with
Tom and Carolyn

23rd 12:00 Music with
John Larimer

27th 12:00 Protective
Service Training/Jadie
Leazier

Daily Activities:

10:30 Bingo
Wii Games

Exercise Machines
Computers

Puzzles



FEBRUARY 2026



Center Activities

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	2nd Birthday Lunch 4th 10:00 Music with Tom & Carolyn 5th 10:00 Seminar/ Protective Services/ Corey Nau 6th 10:00 Sing along/ Valentines Day Reservations due 9th 10:00 Computer Class 11th Ash Wednesday Reservations Due 12th 10:00 Craft 13th Valentines Day Lunch & Party 16th Center Closed Presidents Day	18th 10:00 Music w/Gary Yoder Ash Wednesday Lunch 19th 10:00 Scavenger Hunt 20th 10:00 Sing Along 23rd 10:00 Trivia 25th 10:00 Music w/Billy Stoppe 26th 10:00 Computer Class	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
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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	2nd Birthday Lunch 6th Last Day to make reservations for Valentines Day Lunch 8th Tailgate celebration of Super Bowl Sunday 10th 9:30 AAA Advisory members visit 11th Last Day to sign up for Ash Wednesday Lunch on the 18th 13th 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 16th Center Closed Presidents Day	11th 10:15 Protective Services Presentation on Neglect/ Corey Nau 18th 10:30 Music with Eric Harris/ Ash Wednesday Lunch 20th National Muffin Day 24th National Tortilla Chip Day 26th National Chili Day - Bring a pot of your best Chili to share and be judged	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
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WINTER OLYMPICS
FEBRUARY 6th - 23rd.
Wear your favorite sports jersey and colors

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	2nd Birthday Lunch/ Groundhog Day/10:30 Music w/Ed Cominsky 4th World Cancer Day 6th National Wear Red Day 10th 10:00 Protective Services Presentation and Visit/Lana Merringer	11th 10:30 Music w/Denise Baldwin 12th Valentines Day Party 13th Valentines Day Lunch 16th Center Closed Presidents Day	17th Chinese New Year 18th Ash Wednesday Lunch/Music with John Larimer 20th Love Your Pet Day	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
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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 Managers 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	2 Beef Ravioli Mixed Green Salad w/Egg Tropical Fruit Wheat Dinner Roll w/Margarine Milk	3 Creamed Chicken over Biscuit Peas & Carrots Fresh Orange Milk	4 4 Broccoli & Cheese Stuffed Chicken w/Gravy Scalloped Potatoes Baby Carrots Quartered Fruit Milk	5 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  VALENTINE'S DAY LUNCH BBQ Chicken Seasoned Whole Mini Potatoes Mixed Vegetables Apricot Halves Sugar Cookie Milk
 CLOSED HAPPY PRESIDENTS DAY	16 Chili w/Cheese Church Slaw Mango/Papaya Cup Cornbread w/Margarine Milk	17 ASH WEDNESDAY LUNCH Vegetarian Vegetable Soup Egg Salad on Wheat Bun Pudding Cantaloupe Chunks Milk	18 18 Porcupine Meatballs Au Gratin Potatoes Green Beans Banana Milk	19 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.



Groundhog Day is an annual event on February 2nd



HAPPY GROUNDHOG DAY



The 1st Groundhog Day celebration took place in Punxsutawney, Pennsylvania.

GROUNDHOG DAY FUN FACTS



They are most active during the day.

Groundhogs are herbivores, munching on fruits, vegetables, and plants



The tradition is celebrated in the U.S. and Canada



Groundhogs have strong

teeth
Groundhogs can dig tunnels up to 700 feet long

Groundhogs are known for their whistle-like sound, often called a "whistle pig."



WINTER
Spring



If a groundhog sees its shadow six more weeks of winter, otherwise Spring is around the corner



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



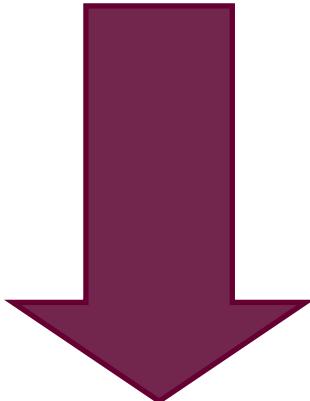
The Caregiver Support Program provides reimbursement to caregivers who provide services such as personal care, respite, medical supplies/nutritional supplements, adaptive devices, home modifications, school supplies and seasonal clothing. The Caregiver Support Program is based around those caring for 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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Jessica Berkey, Assistant Director

Linda Myers, Advisory Council Chairperson

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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



RETURN SERVICE REQUESTED

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Somerset, PA 15501

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