

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • January 2025



Welcoming 2025: A Year of New Beginnings

As we bid farewell to 2024 and welcome the dawn of 2025, it's a wonderful time to reflect on the past year and look forward to the opportunities and adventures that lie ahead. For many of us, the New Year is a time of renewal, a chance to set new goals, and to embrace the changes that come with each passing day.

Reflecting on 2024

The past year has been filled with its share of challenges and triumphs. We've seen the world continue to adapt to new technologies, witnessed incredible acts of kindness within our communities, and celebrated personal milestones. It's important to take a moment to appreciate the resilience and strength we've shown, both individually and collectively.

Looking Ahead to 2025

As we step into 2025, let's carry forward the lessons we've learned and the connections we've made. This year, let's focus on:

Health and Well-being: Prioritizing our physical and mental health is crucial. Whether it's through regular exercise, healthy eating, or mindfulness practices, let's make our well-being a top priority.

Staying Connected: Maintaining relationships with family and friends is more important than ever. Let's continue to find creative ways to stay in touch, whether through phone calls, video chats, or in-person visits.

Lifelong Learning: It's never too late to learn something new. Consider picking up a new hobby, taking a class, or exploring new interests. Lifelong learning keeps our minds sharp and our spirits high.

Community Involvement: Giving back to our community can be incredibly rewarding. Whether it's volunteering, participating in local events, or simply lending a helping hand to a neighbor, let's make a positive impact in our community.

A Message of Hope and Gratitude

As we embark on this new year, let's do so with hope and gratitude. Let's cherish the moments we have, celebrate the joys, and support each other through the challenges. Together, we can make 2025 a year filled with happiness, health, and fulfillment.

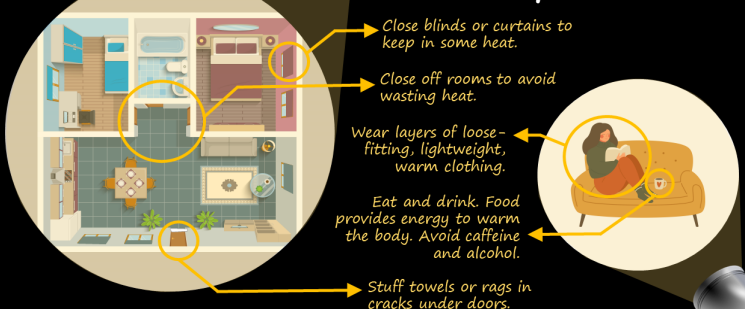
Happy New Year to all our wonderful readers! May 2025 bring you peace, joy, and prosperity.

WINTER SAFETY

weather.gov/winter



Staying warm when the power is out



Indoor Winter Safety

Check your smoke/carbon monoxide (CO) detectors. The danger of CO poisoning is greater during winter storms when doors and windows stay closed and fireplaces and gas heaters are in use. You can also be exposed to deadly CO levels when "warming up" your car in the garage or when snow covers your tail pipe.



weather.gov

SHOVEL SMART!



Shoveling heavy, wet snow can cause back injuries and heart attacks. Don't push yourself!



Dress warmly, making sure to cover your head, fingers and toes.



Stay hydrated, but avoid heavy meals right before or after shoveling.



Move only small amounts of snow with each pass of the shovel.



Take frequent breaks. Stop shoveling entirely if you feel exhausted!

weather.gov



PROTECT YOURSELF FROM SNOW SQUALLS



If a Snow Squall Warning is issued, delay travel. If you're already driving, safely exit the road at the next opportunity.

If you cannot exit the road in time:



Slow down, but avoid slamming the brakes



Turn on your lights (low-beam headlights & hazards, if allowed)



Pull over safely to the side of the road, and when safe, quickly exit your vehicle and move as far away from the road as possible

weather.gov



Winter Storm Planning Timeline

A few days out

If the forecast calls for winter weather, start preparing now.



Have emergency supplies for your home & car



Check your smoke and carbon monoxide detectors



Replenish fuel for your car and heating sources

The day before

Forecast accuracy continues to improve, so keep checking the latest.



Adjust plans



Have multiple ways to receive Warnings



Bring pets indoors and ensure they have water

During & After

Remain vigilant and stay informed. Drive only if necessary.



Check on neighbors and family



Properly ventilate emergency heat sources



Keep generators at least 20 feet from your home



Take it easy when shoveling

weather.gov



Fun days at the Windber Senior Center

We've been having a fantastic time at the center with a variety of activities and events. Our Spirit Week included fun themes like Hat Day, Slipper Day, Retro Dress-Up Day, Mismatch Day, and Windber T-Shirt Day. We've also enjoyed Christmas in July, Halloween costume contests, auctions, homemade soup days, football day games, entertainment, penny wars, ugly sweater contests, casino trips, and, of course, bingo. We'd love to introduce you to our seniors and invite you to join in our fun! See our schedule on page 5 for more information.



Join us
for some
fun!!



January 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

6th Sweet Treats with
 Melissa from Windber
 Woods
 13th 12:00 Help at Home
 with Angelica
 20th Center Closed—
 Martin Luther King Day

21st 12:00 Decorate
 Snowman Cookies
 27th 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

1st CLOSED-HAPPY NEW YEAR!
 3rd Battle of the Sexes with Miss Cleda / Not the Psychic!
 6th 10:30 Music with Tom & Carolyn
 6th Birthday Lunch
 7th PA Medi
 14th 10:30 Renee from Community Life Prize bingo
 15th 10:30 Music with Denise Baldwin
 17th Battle of the Sexes with Miss Cleda / Not the Psychic!
 23rd 10:30 Trivia
 24th National Compliment Day
 27th 10:30 Music with John Larimer



**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 AREA SENIOR CENTER


959 South Main Street
Hollsopple, 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

1st Closed-Happy New Year

 2nd 12:00 Help at Home
 with Angelica
 2nd Potluck Dinner
 6th Birthday Lunch 
 9th Sweet Treats with
 Melissa from Windber
 Woods
 9th 12:00 January
 Crossword Puzzle
 15th 12:00 Decorate
 Snowman Cookies
 16th Find the Balloons

17th Popcorn Day 
 20th Center Closed—
 Martin Luther King Day
 23rd Music with Tom &
 Carolyn
 30th Scavenger Hunt



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

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

Thursday: 9:00
 Quilting

January 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

1st Closed-Happy New Year 🌸
 6th Birthday Lunch 🍰
 9th 12:00 🎵 Music with Sheilah
 10th Hot Tea Day ☕
 13th 12:00 🎵 Music with John Larimer
 20th Center Closed—Martin Luther King Day 🗓️
 23rd 12:00 Help at Home with Angelica
 29th Puzzle Day



Monday, Wednesday & Friday:
 10:00 Exercise
Tuesday: 10:00
 Theology class w/Pastor Dean
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

1st Happy New Year
 CLOSED
 6th Birthday Lunch
 8th 10:00 Craft
 10th 10:00 Sing Along

16th 10:00 Music with Tom & Carolyn
 20th Martin Luther King Jr. Day CLOSED
 22nd 10:00 Sing Along
 23rd 10:00 Craft

29th 10:00 Healthy Steps for Older Adults class
 30th 10:00 Healthy Steps for Older Adults class

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

6th Birthday Lunch
 7th 10:30 Renae Community Life Activity
 8th 10:30 Music with Richard Stoppe
 10th 10:30 Get Winter Ready

13th 10:30 Bobbie from UPMC
 17th 10:30 Music with John Larimer
 22nd 10:30 Music with Eric Harris
 January 20th — 24th Spirit Week



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: csaylor@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

1st Closed-Happy New Year 🌸
 2nd 10:30 Music with Gary Lee
 6th Birthday Lunch 🍰
 8th 10:30 🎵 Music with Denise Baldwin
 10th Hot Tea Day ☕

15th 10:30 🎵 Music with Billy Stoppe
 17th Popcorn Day 🍿
 20th Center Closed—Martin Luther King Day 🗓️
 22nd 10:30 Music 🎵 with John Larimer

24th 12:00 Decorate Cookies with Senior Life
 27th 10:30 Music 🎵 with Ed Cominsky
 28th Help at Home with Angelica 10:30
 29th Puzzle 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
Monday: 5:00 Tops
T-W-TH: 6:00 P.M. Wii Golfing, Wii Bowling & Corn Hole

		<u>CLOSED</u> <u>NEW YEAR'S</u> <u>DAY</u>		1 2 Chicken Noodle Soup Egg Salad on Whole Grain White Bread Fresh Tomato Salad Diced Peaches Crackers Milk	3 Barbeque Chicken Brown Rice Pilaf Broccoli Florets Tropical Fruit Salad Oatmeal Cookie Milk
6 BIRTHDAY LUNCH Chicken Cordon Bleu Gravy Mashed Potatoes Capri Vegetables Fresh Apple Raisin Spice Cake w/ Icing Milk	7 Spaghetti w/Meatballs Italian Blend Vegetables Citrus Salad Italian Bread w/Margarine Milk	8 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Diced Pears Milk	9 Baked Chicken w/Gravy Mashed Potatoes Normandy Vegetables Fresh Clementine Chocolate Chip Cookie Milk	10 Potato Crusted Cod Tartar Sauce Au Gratin Potatoes Brussel Sprouts Fruit Cocktail Wheat Roll w/Margarine Milk	
13 Chopped Steak Gravy Parslied Red Potatoes Winter Blend Vegetables Apricot Halves Dinner Roll w/ Margarine Milk	14 Beef Rice Soup Chicken Salad on Whole Grain White Bread Pea & Carrot Salad Fresh Clementine Crackers Milk	15 Italian Marinated Pork Chop Seasoned Whole Mini Potatoes Green & Wax Beans Cole Slaw Pineapple Tidbits Milk	16 Stuffer Pepper Soup Mixed Green Salad w/ Cheese Fresh Banana Cottage Cheese Corn Bread w/Margarine Milk	17 Cheese Omelet Sausage Links Fresh Orange Whole Grain Muffin V8 Juice Milk	
20 <u>CLOSED</u> <u>MARTIN LUTHER</u> <u>KING JR. DAY</u>	21 Chicken & Vegetable Alfredo over Noodles Peas & Carrots Melon Fruit Salad Yogurt Milk	22 Beef Stew Mixed Green Salad w/Eggs Fruit Cocktail Wheat Bread w/Margarine Milk	23 Ham Loaf w/Pineapple Glaze Scalloped Potatoes Succotash Applesauce Rye Bread w/Margarine Milk	24 Stuffed Chicken Breast Gravy Mashed Potatoes Normandy Vegetables Diced Peaches Milk	
27 Stuffed Cabbage Mashed Potatoes Winter Blend Vegetables Fresh Apple Yogurt Milk	28 Chicken Rice Soup Egg Salad on Whole Grain White Bread Leaf Lettuce Pickled Beets Citrus Salad Crackers Milk	29 Roast Pork w/Gravy Mashed Potatoes Brussel Sprouts Apricot Halves Milk	30 Ham, Green Beans & Potatoes Mixed Green Salad w/ Cheese Baked Apples Cottage Cheese Milk	31 Sirloin Beef Tip in Mushroom Gravy Rice Pilaf Sliced Carrots Fresh Orange 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.

Start simple
with MyPlate



Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.



Go to [MyPlate.gov](https://www.MyPlate.gov) for more information.
USDA is an equal opportunity provider,
employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**

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Brian Fochtman

Irvin Kimmel

Pamela A. Tokar-Ickes

Jennifer Clark, Director

Jessica Berkey, Assistant Director

Linda Myers, Advisory Council Chairperson

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Somerset, PA 15501
Phone: (814) 443-2681
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Area Agency on Aging
of Somerset County

