

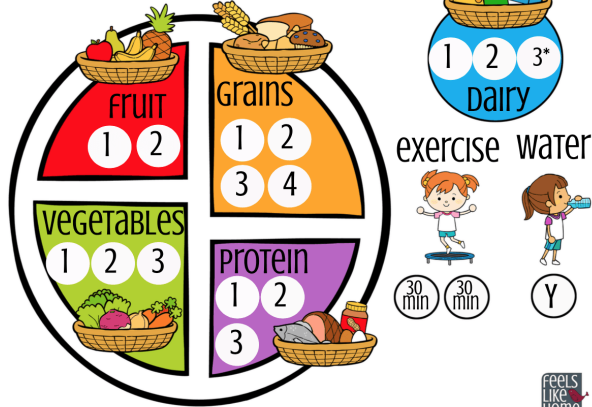
# Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • March 2024

March is  
**NATIONAL  
NUTRITION  
MONTH**



## MY HEALTHY CHECKLIST



“We cannot expect to think right, sleep right and move well if we don't provide our body with the right food to do so”

Nicola  
Foreverfit.tv



## 5 Wholesome Picks for

### National Nutrition Month

- 1 Quinoa with vegetables:**  
 quinoa is high in protein and vegetables lower the risk for chronic disease  
 source: eatright.org
- 2 Coconut:**  
 Good source of fiber which helps aid digestion  
 source: eatright.org
- 3 Chia seeds:** Excellent source of Omega-3 Fatty acids to maintain heart health  
 source: eatright.org  
 Chia Drink!
- 4 Fruit with Greek yogurt:**  
 Greek yogurt packs more protein than regular yogurt, while fruit provides essential daily nutrients.  
 source: eatright.org
- 5 Green Tea:**  
 Loaded with antioxidants to counter harmful effects of free radicals





## Oatmeal Topped with Blueberries

Improves: Glucose, Triglycerides, LDL, HDL, Total Cholesterol



### Ingredient List:

- 1/2 cup rolled oats
- 1 tbsp flaxseed, ground
- 1/2 cup blueberries
- 1 cup skim milk
- salt, pinch

### Recipe Directions and Serving Size

🕒 **Prep Time:** 1 min  
**Cook Time:** 3 min

🍴 **Special Kitchen Tools:**

- Saucepan

**Stove Top Cooking:** In a small saucepan, combine the oats and milk. Heat over medium heat, stirring constantly, until the mixture is creamy and the milk has been absorbed, approximately 2 minutes.

Stir in the ground flaxseed and pour the oatmeal into a serving bowl. Top with blueberries and serve.

**Microwave Cooking:** In a microwave safe bowl, combine the oats and milk. Use a bowl that is twice as tall as the oats and milk mixture. Cook on high power for approximately 2 minutes, or until the mixture is creamy and the milk has been absorbed.

Remove the bowl from the microwave and stir in ground flaxseed. Pour the oatmeal into a serving bowl and top with blueberries.

InsideTracker



## Chia Seed Pudding

Improves: White Blood Cells, hsCRP



### Ingredient List:

- 1/2 cup chia seeds
- 1/4 cup skim milk
- 1 tsp cinnamon
- 1 tsp honey
- 2 tbsp chopped walnuts

### Recipe Directions and Serving Size

🕒 **Prep Time:** 3 min  
**Cook Time:** 30 min

🍴 **Special Kitchen Tools:**

In a mason jar or sealable container, combine and stir the chia seeds, milk, cinnamon, and honey.

Place the bowl in the refrigerator for at least 30 minutes to allow the mixture to form a gel. Can sit overnight in refrigerator.

Remove the mixture from the refrigerator and top with the chopped walnuts.

InsideTracker



## Lemon Herb Chicken

Improves: Creatine Kinase, Cortisol, Testosterone



### Ingredient List:

- 1 chicken breast
- 1 lemon
- 1 1/2 tsp olive oil
- 1/2 tsp dried oregano
- 1 tsp fresh parsley

Prep Time: 3 min  
 Cook Time: 15 min

Special Kitchen Tools:

- Frying pan

### Recipe Directions and Serving Size

Cut the lemon in half and squeeze the juice over the chicken breast, making sure to remove any seeds.

Season the chicken with salt and pepper.

Heat the olive oil in a medium-sized frying pan over high heat.

Place the chicken breast in the pan and sprinkle it with oregano. Sauté the chicken breast until cooked (the inside is white, or the chicken has reached an internal temperature of at least 165F).

Top with fresh parsley.



## Grilled Salmon with Avocado Dip

Improves: Potassium, Sodium



### Ingredient List:

- 1 salmon fillet
- 1 tsp dried dill weed
- 1 tsp lemon zest
- 1/2 avocado
- 1/2 clove garlic, minced
- 1 1/2 tbsp greek yogurt
- 1 tsp lemon juice
- 1 tsp chopped fresh mint
- 1 tsp pepper

Prep Time: 5 min  
 Cook Time: 14 min

Special Kitchen Tools:

- Grill

### Recipe Directions and Serving Size

Preheat grill to high heat.

In a small bowl, mash the avocado, greek yogurt, lemon juice, and mint. Salt and pepper to taste.

Rub the salmon with the lemon zest, pepper, dill weed, and salt.

Spray the grill with non-stick spray and cook the salmon for about 7 minutes on each side, or to desired doneness. Top with avocado mixture. Serve.



# March 2024 Center Activities

## BOSWELL AREA SENIOR CENTER

332 Stonycreek Street  
Boswell, PA 15531  
Center Operator: 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

4th March Birthday Lunch  
4th 10:45 Auction with  
Valarie from Via-Quest  
Afternoon Craft  
11th 11:00 Hospice  
Activity with Merit  
Afternoon BINGO

18th St. Patrick's Lunch  
Wear GREEN  
18th Let's Chat  
12:15 March Auction  
25th 11:00 Blood  
Pressures with Jordan  
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  
Center Operator: 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**

4th 10:30 Fire Safety  
with Dale Russian  
Birthday Lunch  
5th PA MEDI  
6th 10:30 Home Wood  
Estates with Maranda  
7th Treasure Hunt with  
Cleda  
11th 10:30 Music with  
Fast Eddie  
13th 10:30 Vantage  
Therapy with John

18th St. Patrick's Day  
Lunch  
20th 10:30 Music with  
John Larimer  
21st 10:30 The Makery  
22nd Battle of the  
Sexes with Cleda  
25th Easter LUNCH  
27th 10:30 Music with  
Denise Baldwin

27th 10-2 Depart-  
ment of Revenue-PA  
40 & Property/Rent  
Rebates-MUST SIGN  
UP



**Monday &  
Wednesday: 10:30**  
Exercise Class

**Monday-Friday:**  
Bingo

**Bible Study Class:**  
2nd Thursday of the  
month 6:00-8:00 pm

## CONEMAUGH TOWNSHIP AREA SENIOR CENTER

959 South Main Street  
Hollisopple, PA 15935  
Center Operator: 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**

4th March Birthday Lunch  
7th 12:30 BINGO  
12th 12:30 BINGO  
18th St Patrick's Day  
Lunch—Wear your GREEN  
19th 12:30 BINGO  
20th Blood Pressures with  
Jordan  
21st 11:30 Hospice  
Activity with Merit  
12:00 Music with Tom &  
Carolyn  
22nd 12:30 BINGO

25th Easter Lunch—Sign  
up by 3-18-2024  
26th 12:15 Maranda with  
Homewood  
28th March Auction  
29th Center Closed—  
Good Friday  
31st Easter Sunday



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

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

**Thursday: 9:00**  
Quilting

# March 2024 Center Activities

## CONFLUENCE AREA SENIOR CENTER

700 Reynolds Street  
Confluence, PA 15424  
Center Operator: 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

4<sup>th</sup> Birthday Lunch  
8<sup>th</sup> 12:00 Music with John  
Larimer  
18<sup>th</sup> St Patrick's Day  
Lunch—Wear your GREEN  
19<sup>th</sup> 10:30 Heartland  
Hospice  
21<sup>st</sup> 12:00 Veteran  
Community Initiatives

25<sup>th</sup> Easter Lunch—Last  
day to sign up 3-18-2024  
29<sup>th</sup> Center closed—Good  
Friday  
31<sup>st</sup> Easter Sunday



**Monday, Wednesday  
& Friday:**  
10:00 Exercise  
**Tuesday:** 10:00  
Theology class w/Pastor  
Dean  
**Everyday:**  
9:30 Wii Games  
12:00 BINGO

## MEYERSDALE AREA SENIOR CENTER

120 North Street  
Meyersdale, PA 15552  
Center Operator: 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

4<sup>th</sup> Birthday Lunch  
5<sup>th</sup> 10:00 Geri Fit  
7<sup>th</sup> 10:00 Craft  
12<sup>th</sup> 10:00 Geri Fit  
15<sup>th</sup> 10:00 Craft  
18<sup>th</sup> St. Patrick's Lunch  
Wear GREEN

18<sup>th</sup> 10:00 Heartland  
Hospice Blood Pres-  
sures and Seminar  
20<sup>th</sup> 10:00 Geri Fit  
21<sup>st</sup> 10:30 UPMC Hospice  
Seminar & Activity  
25<sup>th</sup> Easter Lunch &  
Party

26<sup>th</sup> 10:00 Geri Fit  
27<sup>th</sup> PA MEDI by  
appointment  
28<sup>th</sup> 10:00 Sing Along

**Monday-Friday:**  
11:00 Bingo, Wii  
Games (unless otherwise  
noted.)  
**WEDNESDAY:** Word  
Search Puzzles

## SOMERSET SENIOR CENTER

1338 S Edgewood Avenue  
Somerset, PA 15501  
Center Operator: 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

4<sup>th</sup> March Birthday Lunch  
7<sup>th</sup> 9:30 TAI CHI  
8<sup>th</sup> 10:00 Heartland Hospice  
Seminar and Blood  
Pressures  
11<sup>th</sup> 10:30 UPMC Trivia with  
Bobbie  
12<sup>th</sup> 10:30 Music with John  
Larimer

13<sup>th</sup> 10:30 Vikki Deneen VA  
Community Initiatives  
14<sup>th</sup> 9:30 TAI CHI  
18<sup>th</sup> St Patrick's Day Lunch  
19<sup>th</sup> 10:30 Community Life  
Activity with Renae  
20<sup>th</sup> 10:30 Somerset Co  
Library with Jennifer  
Working with Apps

21<sup>st</sup> 9:30 TAI CHI  
25<sup>th</sup> Easter Lunch  
27<sup>th</sup> 10:30 Interim Hospice  
Seminar & Activity with  
Tara  
28<sup>th</sup> 9:30 TAI CHI  
29<sup>th</sup> Center is Closed for  
Good Friday

**Monday-Friday:** 9:30  
BINGO (unless otherwise  
noted.)  
**Tuesday & Thursday:**  
9:30 Prize Bingo (unless  
otherwise noted.)  
**Thursday:** 12:15 Games  
and other activities (unless  
otherwise noted.)  
**FRIDAY:** -12:30 Geri-Fit

## CENTER FOR LIFE

700 Fifth Street, Suite 200  
Windber, PA 15963  
Center Operator: 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

4<sup>th</sup> Birthday Lunch  
6<sup>th</sup> 10:30 Music with John  
Wolfe  
11<sup>th</sup> 10:30 Caring &  
Sharing Grief & Loss with  
Heartland Hospice  
13<sup>th</sup> 10-2 Department of  
Revenue-PA 40 &  
Property/Rent Rebates-  
MUST SIGN UP

15<sup>th</sup> 11:00 Heartland  
Hospice  
18<sup>th</sup> St Patrick's Day  
Lunch—Wear your  
GREEN  
20<sup>th</sup> 10:30 Music with  
Billy Stoppe 10:30  
25<sup>th</sup> Easter Lunch—  
Sign up by 3-18-2024

25<sup>th</sup> 10:30 Music with  
John Larimer  
29<sup>th</sup> CLOSED—Good  
Friday  
31<sup>st</sup> Easter Sunday



**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

				<p><b>1</b> Fish Sandwich w/Cheese on Bun Tartar Sauce Cole Slaw Diced Peaches Milk</p>
<p><b>4</b> <b>BIRTHDAY LUNCH</b> Roast Turkey w/Gravy Mashed Potatoes Capri Vegetables Cranberry Sauce Carrot Cake w/Icing Milk</p>	<p><b>5</b> Macaroni &amp; Cheese Stewed Tomatoes Three Bean Salad Pineapple Tidbits Milk</p>	<p><b>6</b> Chopped Steak w/Gravy Parslied Red Potatoes Brussel Sprouts Fresh Apple Wheat Bread w/Margarine Milk</p>	<p><b>7</b> Beef Barley Soup Chicken Salad on Whole Grain White Bread Pickled Beets Fruit Medley Crackers Milk</p>	<p><b>8</b> Breaded Fish Tartar Sauce Pierogis Normandy Vegetables Church Slaw Fresh Banana Milk</p>
<p><b>11</b> Salisbury Steak w/Gravy Mashed Potatoes Succotash Mandarin Oranges Milk</p>	<p><b>12</b> Stuffed Chicken w/Gravy Mashed Potatoes Peas Quartered Fruit Salad Milk</p>	<p><b>13</b> Country Fried Pork Loin Fritter Spanish Rice Broccoli &amp; Cauliflower Applesauce Milk</p>	<p><b>14</b> Kielbasa w/Sauerkraut Mashed Potatoes Sliced Carrots Pineapple Tidbits Dinner Roll w/Margarine Milk</p>	<p><b>15</b> Vegetarian Vegetable Soup Egg Salad on Whole Grain White Bread Cole Slaw Fruit Cocktail Mozzarella Cheese Stick Milk</p>
<p><b>18</b> <b>ST. PATRICK'S DAY LUNCH</b> Irish Pot Roast Cucumber Salad Fruit Cocktail Irish Scone Milk</p>	<p><b>19</b> Chicken Pot Pie Mixed Green Salad w/Eggs Apricot Halves Wheat Dinner Roll w/Margarine Milk</p>	<p><b>20</b> Stuffed Cabbage Mashed Potatoes Chuckwagon Vegetables Melon Cup Cheddar Cheese Rectangle Wheat Dinner Roll w/Margarine Milk</p>	<p><b>21</b> Ham, Green Beans, and Potatoes Cole Slaw Diced Pears Strawberry Yogurt Rye Bread w/Margarine Milk</p>	<p><b>22</b> Cheese Omelet Sausage Link Fresh Orange Whole Grain Muffin V-8 Juice Milk</p>
<p><b>25</b> <b>EASTER LUNCH</b> Baked Ham w/Pineapple Sauce Sweet Potato Souffle Green Beans Melon Fruit Salad Peach Pie Milk</p>	<p><b>26</b> Beef Ravioli Mixed Green Salad w/Cheese Italian Dressing Citrus Salad Italian Bread w/Margarine Milk</p>	<p><b>27</b> Baked Chicken w/Gravy Mashed Potatoes Brussel Sprouts Cranberry Salad Wheat Dinner Roll w/Margarine Milk</p>	<p><b>28</b> BBQ Beef Sandwich on Wheat Bun Broccoli Salad Mozzarella Cheese Stick Diced Peaches Milk</p>	<p><b>29</b> <b>CLOSED</b> <b>GOOD FRIDAY</b></p>

**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.**

**St. Patrick's Day Word Search**

Words to Find:

rainbow	luck	green	pot
shamrock	jig	gold	Irish
leprechan	lucky		

www.thechirpingmoms.com (art from <http://TeacherKarma.com>)

**SAVE THE DATE:**

**Volunteer Banquet May 24, 2024**

**Elder Justice June 14, 2024**

**Senior Picnic July 19, 2024**

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## Senior News

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**Linda Myers, Advisory Council Chairperson**

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**(814) 443-2681 or 1-800-452-0825**

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*reaching out, making a difference*

Area Agency on Aging  
of Somerset County

