

Senior News

AREA AGENCY ON AGING OF SOMERSET COUNTY • March 2026

Local Events

Somerset County MEGASHOW

March 20-22

12pm ~ 5pm

Where: Johnstown Galleria

Address: 500 Galleria Drive
Johnstown, PA 15904

Event is Free

What to Expect

- A Variety of Vendors of local businesses
- Product Demonstrations
- Prize Drawings
- Home Improvement
- Family Activities

Maple Taste and Tour Weekends

March 7-8, 14-15

10am ~ 4pm

Where: The Pennsylvania Maple
Museum and the Somerset
Historical Center

Address: 10649 Somerset Pike
Somerset, Pa 15501

Admission is free

What to Expect

- Scrub Brush Making
- Coopering
- History of the Maple Industry in Somerset County
- Taste many delicious maple goods





FRAUD BINGO

Fraud Bingo is a fun and interactive game that will help you learn to spot and avoid financial and investment related frauds and scams by playing a familiar game: Bingo! Not only will you be more equipped to protect yourself, but you will also have fun and may even win a PRIZE!

Join the Somerset AAA Senior Center for Fraud BINGO
Tuesday, April 7, at 10:30 a.m.
 Somerset Sr. Center
 1338 South Edgewood Ave, Somerset, PA 15501

Registration is strongly recommended -
 Call: 814.445.7772 or
 Email: gmaust@somersetaaa.org
*If you're staying for lunch, reservations must be received at least
 24-hours ahead of time.*

Bring a friend – and don't miss this fun and interactive event!



**Pennsylvania
 Department of Banking
 and Securities**

| Fraud BINGO | | | | |
|---|---|--|--|--|
| F | R | A | U | D |
| 5 <small>The amount of money you receive on your next withdrawal</small> | 26 <small>Don't get too excited if you see a "hot" stock</small> | 34 <small>Remember, there's no such thing as a free lunch</small> | 50 <small>Don't let your emotions get the best of you</small> | 74 <small>Remember, you can't win if you don't play</small> |
| 7 <small>Look out and high, you may be in for a big surprise</small> | 19 <small>Don't let your emotions get the best of you</small> | 36 <small>Don't let your emotions get the best of you</small> | 57 <small>Don't let your emotions get the best of you</small> | 63 <small>Don't let your emotions get the best of you</small> |
| 15 <small>Don't let your emotions get the best of you</small> | 21 <small>Don't let your emotions get the best of you</small> | FREE <small>Don't let your emotions get the best of you</small> | 60 <small>Don't let your emotions get the best of you</small> | 70 <small>Don't let your emotions get the best of you</small> |
| 8 <small>Don't let your emotions get the best of you</small> | 23 <small>Don't let your emotions get the best of you</small> | 37 <small>Don't let your emotions get the best of you</small> | 58 <small>Don't let your emotions get the best of you</small> | 69 <small>Don't let your emotions get the best of you</small> |
| 2 <small>Don't let your emotions get the best of you</small> | 30 <small>Don't let your emotions get the best of you</small> | 45 <small>Don't let your emotions get the best of you</small> | 56 <small>Don't let your emotions get the best of you</small> | 67 <small>Don't let your emotions get the best of you</small> |



Join us for Learn
More! Grow More!
Unleash your inner
gardener and reap
the benefits of
growing your own
vegetables!
Learn basic
vegetable
gardening
techniques and
reinforce existing
gardening skills to
maximize your
vegetable garden's

WHEN

Four Thursdays in
March 2026 –
March 5, 12, 19, & 26
6:00 to 8:00 PM

WHERE

Somerset Extension
Conference Room,
6024 Glades Pike Rd.
Somerset, PA 15601

REGISTRATION

Register by March 3, 2026
Cost is \$35 for all 4
sessions. Register at
<https://extension.psu.edu>

WHO

For aspiring
gardeners looking to
start and experienced
gardeners seeking to
expand their
knowledge.

SIGN UP NOW

AND LET'S GET



LEARN MORE!

GROW MORE!

**PRESENTED BY THE PENN STATE MASTER
GARDENERS OF SOMERSET COUNTY**

For more information, contact Lashawn Richburg-Hayes at lkr5497@psu.edu or
814-483-7160.

The Pennsylvania State University encourages qualified persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact 814-483-7160 in advance of your participation or visit.

MARCH 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
 3rd Full Lunar Eclipse Day
 6th National Day of
 Unplugging
 10th 10:30 Music with Tom
 & Carolyn
 11th 10:30 Music with Billy
 Stoppe

13th 10:00 Wii Finals
 at Windber Senior
 Center
 16th National Panda
 Day / PA Medi-Sue
 Holliday will be
 here
 17th St Patrick's Day
 20th World
 Storytelling Day

23rd 10:30 Music with
 Ed Cominsky
 24th Hannah Watkins,
 Care Manager, from
 AAA
 30th Easter Lunch
 31st National Crayon
 Day

Daily Activities:
 9:00 to 1:00 Exercise
 Machines available
 9:30 Wii Games
 10:30 Exercise Monday
 & Wednesday
 Skipbo card games
 available daily

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

2nd Birthday Lunch
 9th Sign up for St. Patrick's
 Lunch
 10th 12:00 Music with Ed
 Cominsky
 12th 12:00 Craft w/Interim
 Hospice
 13th 10:00 Wii Finals at
 Windber Senior Center

13th 10:00 Wii Finals
 at Windber Senior
 Center
 17th 12:00 Music with
 Denise Baldwin
 19th 12:00 Music with
 Billy Stoppe
 20th 12:00 Computer
 Education/Ginny
 Kelly, Care Manager,
 from AAA

23rd Sign up for
 Easter Lunch
 26th 12:00 Music
 with Tom & Carolyn
 27th Hannah
 Watkins, Care
 Manager, from AAA
 30th Easter Lunch
 31st 12:00 Music
 with John Larimer

Daily Activities:
 10:00 Geri-Fit
 Tuesday & Thursday
 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
 8th Daylight Savings Time -
 Spring your clocks forward an
 hour
 9th Last day to sign up for the
 St. Patrick's Day Lunch on the
 16th
 13th 10:00 Wii Finals at
 Windber Senior Center
 16th St. Patrick's Day Lunch

17th St. Patrick's Day
 - Wear your green
 19th National Lets
 Laugh Day - bring
 your best joke
 20th First Day of
 Spring/Taylor Lytle,
 Care Manager, from
 AAA

23rd Last day to sign
 up for the Easter
 Lunch on the 30th
 27th Becky Raley,
 Care Manager, from
 AAA
 30th 12:00 Music with
 Billy/Easter Lunch

Daily Activities:
 9:00 to 1:00
 Exercise machines
 available daily
 9:30 Will 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
 6th Nicole Sechler,
 Care Manager, from
 AAA
 9th 12:00 Music with
 Billy Stoppe/Sign up
 for St. Patrick's Lunch
 13th 10:30 Bingo with
 Community Life

13th 10:00 Wii Finals at
 Windber Senior
 Center
 16th St. Patrick's Day
 Lunch/12:00 Music
 with John Larimer
 18th 12:00 Music with
 Tom & Carolyn/Amy
 Hankinson, Care
 Manager, from AAA

23rd National Chips
 & Dip Day/Sign up
 for Easter Lunch
 25th 12:00 Music
 with Denise Baldwin
 27th 12:00 Computer
 Education
 30th Easter Lunch/
 12:00 Music with Ed
 Cominsky

Daily Activities:
 9:30 Monday on the
 move exercise
 10:30 Bingo
 Exercise Machines
 Wii Games
 Computers
 Puzzles

MARCH 2026



Center Activities

Meyersdale Area Senior Center

| | | | | |
|---|--|---|--|--|
| <p>120 North Street Meyersdale, PA 15552</p> <p>Senior Center Manager: Julie Yinkey</p> <p>Phone: (814) 634-0713</p> <p>E-mail: jyinkey@somersetaaa.org</p> <p>Hours of Operation: Monday - Friday 9:00AM - 2:00PM</p> | 2 nd Birthday Lunch | 12 th 10:00 Scavenger Hunt | 23 rd 10:00 Popcorn/ Easter Lunch Reservation due | <p>Daily Activities: 9:30 Wii Games 10:00 Geri-Fit every Tuesday 11:00 Bingo Exercise Machines & Computers available daily Puzzles Word Search Puzzle every Wednesday</p> |
| | 3 rd Becky Raley, Care Manager, from AAA | 13 th 10:00 Wii Finals at Windber Senior Center | 25 th 11:00 Seminar Medicare and Programs | |
| | 4 th 10:00 Music with Billy Stoppe | 16 th 10:00 craft/St. Patrick's Day Lunch | 26 th 10:30 Seminar & Activity UPMC Hospice | |
| | 5 th 10:00 Computer Class | 18 th 10:00 Computer Class | 27 th 10:00 Sing Along | |
| | 6 th 10:00 Sing Along | 19 th 10:00 1 Laurel Highland Hospice Care | 30 th Easter Lunch & Party | |

Somerset Senior Center

| | | | | |
|--|--|--|---|---|
| <p>1338 Edgewood Avenue Somerset, PA 15501</p> <p>Senior Center Manager: Gloria Maust</p> <p>Phone: (814) 445-7772</p> <p>E-mail: gmaust@somersetaaa.org</p> <p>Hours of Operation: Monday - Friday 9:00AM - 2:00PM</p> | 2 nd Birthday Lunch/ 12:00 Billy Stoppe Music/Last day to make reservations for St. Patrick's Day Lunch | 13 th 10:00 Wii Finals at Windber Senior Center | 23 rd PA-Medi-Sue Holliday Medicare Information/Easter Lunch Reservations | <p>Daily Activities: 9:30 Bingo everyday (Tuesday and Thursday are prize bingo) 9:30 TAI CHI every Thursday Wii, Crafts, and Exercise room available daily</p> |
| | 6 th Bri Aultz, Care Manager, from AAA | 16 th St. Patrick's Day Lunch | 25 th 10:45 Phil Little Atty Generals Office on Identity Theft | |
| | 9 th 10:30 Bobbie from UPMC | 17 th Noon High Strung Music | 30 th 10:30 Renae from Community Life/ Easter Lunch/Nicole Sechler, Care Manager, from AAA | |
| | 12 th Popcorn Lovers Day | 18 th Global Recycling Day bring your cans to recycle | | |

Windber Senior Center - CFL

| | | | | |
|--|--|--|--|---|
| <p>Fifth Street, Suite 200 Windber, PA 15963</p> <p>Senior Center Manager: Marika Roberts</p> <p>Phone: (814) 467-5912</p> <p>E-mail: mroberts@somersetaaa.org</p> <p>Hours of Operation: Monday - Friday 9:00AM - 2:00PM</p> | 2 nd Birthday Lunch | 13 th 10:00 Wii Finals at Windber Senior Center | 23 rd National Puppy Day | <p>Daily Activities: 9:00 to 10:00 Yoga Tuesdays & Thursdays 9:00 to 1:00 Exercise Machines available 9:30 Wii Games 10:15 Exercise classes Monday to Friday Skipbo card games available daily</p> |
| | 3 rd 10:30 Music with Tom & Carolyn | 16 th St Patrick's Day Lunch/National Panda Day | 25 th Music with Ed Cominsky | |
| | 6 th National Day of Unplugging | 17 th St Patrick's Day (Wear Green) | 27 th Ginny Kelly, Care Manager, from AAA | |
| | 9 th PA-Medi-Sue Holliday will be here | 18 th Music with Billy Stoppe | 30 th Easter Lunch | |
| | 11 th Johnny Apple- seed Day | 19 th Let's Laugh Day | 31 st National Crayon Day | |

March 8th



St. Patrick's Day

March 17th



March

2026 MENU



| | | | | |
|--|--|---|--|---|
| <p>BIRTHDAY LUNCH 2</p> <p>Chicken Cordon Bleu w/Gravy Scalloped Potatoes Sliced Carrots Apricot Halves Lime Jello Cake Milk</p>  | <p>3</p> <p>Kielbasa w/Sauerkraut Mashed Potatoes Peas Diced Pears Snack Bar Milk</p> | <p>4</p> <p>Macaroni & Cheese Stewed Tomatoes 3 Bean Salad Fresh Apple Milk</p> | <p>5</p> <p>Beef Rice Soup Mixed Green Salad w/Cheese Melon Cup Dinner Roll w/Margarine Milk</p> | <p>6</p> <p>Baked Haddock Cheesy Hash Browns Tomato Zucchini Salad Mango Cup Sugar Cookie Milk</p> |
| <p>9</p> <p>Baked Smoked Sausage Red Beans & Rice Brussel Sprouts Citrus Salad Milk</p> | <p>10</p> <p>Spaghetti w/Meatballs Mixed Green Salad Diced Peaches Garlic Breadstick Milk</p> | <p>11</p> <p>Ham & Bean Soup Tuna Salad on Wheat Bread Broccoli Salad Quartered Fruit Milk</p> | <p>12</p> <p>Honey Mustard Marinated Pork Chops Seasoned Whole Mini Potatoes Italian Blend Vegetables Pudding Clementine Milk</p> | <p>13</p> <p>Crab Cakes Maple Roasted Sweet Potatoes Carrot Raisin Salad Pineapple Tidbits Milk</p> |
| <p>ST PATRICK'S DAY LUNCH 16</p> <p>Roast Beef w/Gravy Mashed Potatoes Peas & Carrots Limey Applesauce Jello Dinner Roll w/Margarine Milk</p>  | <p>17</p> <p>Chicken Noodle Soup Mixed Green Salad w/Ham & Croutons Fruit Medley Rye Bread w/Margarine Milk</p> | <p>18</p> <p>Swedish Meatballs In Gravy Brown Rice Pilaf California Blend Vegetables Banana Milk</p> | <p>19</p> <p>Ham, Green Beans & Potatoes Peaches & Cream Cottage Cheese Granola Bar Wheat Bread w/Margarine Milk</p> | <p>20</p> <p>Coconut Mango Papaya Crusted Fish Bermuda Blend Vegetables Potato Salad Mandarin Oranges Milk</p> |
| <p>23</p> <p>Salisbury Steak Mashed Potatoes w/Gravy Succotash Pineapple Tidbits Milk</p> | <p>24</p> <p>Italian Wedding Soup Egg Salad on Wheat Bun Sliced Strawberries in Syrup Milk</p> | <p>25</p> <p>Ham Loaf w/Pineapple Glaze Au Gratin Potatoes Caribbean Blend Vegetables Cranberry Salad Whole Grain White Bread w/Margarine Milk</p> | <p>26</p> <p>Beef Barley Soup Tossed Salad Diced Pears Milk</p> | <p>27</p> <p>Breaded Haddock Hush Puppies Macaroni Salad Fresh Orange Milk</p> |
| <p>EASTER LUNCH 30</p> <p>Baked Ham w/Raisin Sauce Fire Roasted Red Diced Potatoes Broccoli Florets Tropical Fruit Lemon Meringue Pie Milk</p> | <p>31</p> <p>Chicken Pot Pie Mixed Green Salad w/Croutons Applesauce Wheat Dinner Roll w/Margarine Milk</p> | <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.</p> | | |

Medicare Advantage Open Enrollment Now Underway, PA MEDI Is Here to Help

Medicare Advantage Enrollment
January 1 to March 31

We're here to
HELP
1-800-783-7067

Call the PA MEDI Helpline,
Monday - Friday, 8AM - 5PM



Pennsylvania
Medicare Education
and Decision Insight

The annual Medicare Advantage Open Enrollment Period runs from January 1 to March 31. During this time, beneficiaries who have a Medicare Advantage plan can switch to a different plan or to original Medicare. Changes to their enrollment will take effect on the first of the month following the month in which they enroll.

Pennsylvania Medicare Education and Decision Insight, or PA MEDI, Pennsylvania's Medicare counseling program, is available through local Area Agencies on Aging to help seniors with their Medicare questions. Older adults can receive unbiased, no-cost Medicare assistance from trained PA MEDI counselors who can walk them through their options to assist in making informed health insurance decisions that optimize their cost-savings and access to health care and benefits.

PA MEDI counselors do not sell Medicare insurance products, nor do they endorse any insurance company, product, or agent. Counselors will not recommend policies, companies, or insurance agents but will provide free, confidential, and unbiased personalized assistance.

Older adults can contact their [local Area Agency on Aging](#) to schedule a personalized counseling session. For more information, call the toll-free PA MEDI Helpline at 1-800-783-7067 from 8 AM to 5 PM Monday through Friday. To find a PA MEDI event or presentation, [visit the Department of Aging's website](#).

Senior Center Schedule for:

PA-MEDI Coordinator

Sue Holliday

1st Monday of each month - Laurel Mountain Sr. Center

2nd Monday of each month - Windber Sr. Center (2 hours)

2nd Monday of each month - Conemaugh Township Sr. Center (2 hours)

3rd Monday of each month - Central City Sr. Center

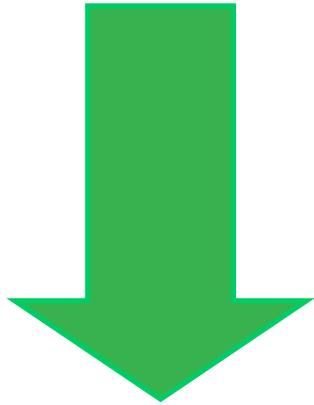
3rd Friday of each month - Confluence Sr. Center

4th Monday of each month - Somerset Sr. Center

Tuesdays/Thursday of each month - Somerset office hours

Wednesday/Friday of each month - Meyersdale Office Hours (other than the 3rd Friday)

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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

www.somersetaaa.org



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Somerset, PA 15501

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