

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • May 2025

Spring is finally here and that can only mean one thing! The Farmers Market Program is back in Somerset County. The purpose of the Farmers Market Program is to provide resources in the form of fresh, nutritious, locally grown fruits, vegetables and herbs from farmers markets, roadside stands and community supported agriculture programs to low-income seniors. Low-income seniors who are at least 60 years old (by December 31, 2025) may qualify for this benefit. The income guidelines for one person is \$28,953 and two people is \$39,128 Farmers Market checks are distributed through the Area Agency on Aging of Somerset County. A flyer will be provided to each voucher recipient listing the eligible items for purchase and program guidelines when they receive their checks. These checks are then redeemable for fresh fruit and vegetables grown in Pennsylvania. Each senior receives (5) \$5.00 Farmers Market checks to redeem at qualified farmers' markets or roadside stands within Somerset County. This year we will be mailing checks to eligible recipients. You can use the application on page 2 of this newsletter, print an application from the Area Agency on Aging website at www.somersetaaa.org, if you prefer to pick up a form from a senior center or the AAA, you can do so Monday through Friday 9:00 am to 2:00 pm. Your checks will be mailed in the order they are received. You can make

copies of the application. Proxy forms are not required this year.

You will not be able to walk in and receive your checks. Contact Chris at 814-467-5912 for any questions. The application is on the next page and you can make copies. The USDA Nondiscrimination Statement is on page 7.

2025 Income

- 1 person - \$28,953**
- 2 people - \$39,128**
- 3 people - \$49,303**
- 4 people - \$59,478**
- 5 people - \$69,653**

For office use only
Application _____

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2025 APPLICATION FORM

To qualify, you must be 60 or older (or turn 60 by 12/31/2025) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. By signing this, I acknowledge that my total household income is within the Income guidelines: **\$28,953** for 1 person in the household; or **\$39,128** for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2025).

1st Participant Name (print): _____ **Birth Date** _____
(Person checks are for) (Month, Day, Year)

(Signature)

2nd Participant Name (print): _____ **Birth Date** _____
(Person checks are for) (Month, Day, Year)

(Signature)

Address (print): _____
(Street) (City) (State) (Zip Code)

Telephone Number: _____ **County of residence:** SOMERSET

☐ I will/have watched the "My Plate for Older Adults" video prior to redeeming my SFMNP vouchers.

Please circle appropriate identifier for each:

Ethnicity:	Hispanic or Latino	Not Hispanic or Latino	
Race:	American Indian or Alaskan Native	Asian	Black or African American
	Native Hawaiian or other Pacific Islander	White	

Check Range: _____ **(Office Use Only)**

Please see back for USDA Nondiscrimination Statement

Please mail or email your completed form before September 15, 2025 to: Attn: FMNP/Christine Saylor
Windber Senior Center-CFL
700 Fifth Street, Suite 200
Windber, PA 15963
OR EMAIL: csaylor@somersetaaa.org
Questions call 814-467-5912

May is Physical Activity & Mental Health Awareness Month

The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



Reduce feelings of depression and stress



Enhance your mood and overall emotional well-being



Increase your energy level



Improve sleep

To learn more about the benefits of exercise visit www.nia.nih.gov/exercise.



Name : _____ Date : _____

Physical Education Word Search

G L F A M C B F R E Y A H Y Z M O X Z R V
W N A D E P D T Z J D Q I Z G E W U N Z R
J E I S V C Z O U C U N P W A P W S E D X
Q U U N C M K U F Y H P U S K R Y W P G Z
I P M P N I T G N I N I A R T I I R G I O
T F U P S U T G G H T G N E R T S K B D C
L K E S I C R E X E F N N V L L H E A U Z
Z F H H H N B A L A N C E J U M A E T Z T
S X F C I U G J F H M N G S S S W M U G Y
H U C W T J P E C S T E Q N S K B F B U I
X F A L K E F S R V D A N C I N G B L K C
Z J Z G K T R I E Q Y A M E M M K J A T A
F E S D Q N S T R S Q T U P R N M A X F V
P D S J E R Z U S P C O N Q L G Y I B S B
S Q K V W Q G P Z S T R A T E G Y H W C P
J W H D R M M S G G Z J F L L M K K J S V
F V X C X L B G Y H P L T U U Y P H Q R D
N Q L M U Y X X S B W S Q C B L H I E U N
L S T O J J R Z Y P D J Q T F B G N I I Z

Stretch	Quads	Fitness	Energy
Jumping	Sit-Ups	Exercise	Dancing
Push-Ups	Balance	Training	Strategy
Swimming	Running	Strength	Athletics



OLDER ADULTS

What's your move?

Physical activity can make daily life better.
When you're active and strong, it's easier to:

Do everyday tasks, like chores and shopping

Keep up with the grandkids

Stay independent as you get older

And it has big health benefits, too.

Less pain

Better mood

Lower risk of many diseases

What types of activity do I need?

Moderate-Intensity aerobic activity
Anything that gets your heart beating faster counts.

at least 150 minutes a week

Muscle-strengthening activity
Activities that make your muscles work harder than usual count.

at least 2 days a week

And mix in activities to improve your balance!
Aim for a mix of aerobic, muscle-strengthening, and balance activities.

Try activities that count as more than 1 activity type — like dancing, sports, or tai chi — to help keep your body strong and lower your risk of falls.

May 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

5th Birthday Lunch
 12th 12:00 Help at Home with Angelica
 12th Mother's Day Lunch
 12th Popcorn Day-Pop in and celebrate our volunteers
 19th 12:00 Decorate Flag Cookies

26th CLOSED— Memorial Day
 27th 12:00 Music with Tom & Carolyn



Exercise equipment,
 Wii games, pool
 table, puzzles,
 games, cards,
 volunteer
 opportunities,
 Somerset County
 Bookmobile, BINGO

Wi-Fi available

CENTRAL CITY AREA SEN-

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

2nd 10:30 Ann Somerset Health Care & Rehab-Prize bingo
 5th Birthday lunch
 5th 10:30 Music with Fast Eddie
 6th 10:30 Blindness & Visual Services with Sarah
 6th PA Medi
 7th 10:30 Prize Bingo with Renae from Community Life
 8th 10:30 Lincoln Heritage with Gavin
 12th 10:30 Music with Tom & Carolyn
 12th Mother's Day Lunch
 12th Popcorn Day-Pop in and celebrate our volunteers
 13th 10:30 Carol from Conemaugh Hospice
 14th Hot Digity Dog Day-Come have lunch with us and celebrate our volunteers
 16th CLOSED FOR VOLUNTEER BANQUET
 19th Memorial Day lunch
 21st 10:30 Music with John Larimer
 26th CLOSED-HAPPY MEMORIAL DAY
 28th 10:30 Battle of the Sexes

**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
Hollisopple, 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 ,
 BINGO

Wi-Fi Available

5th Birthday Lunch
 5th Last day to sign up for
 the Mother's Day Lunch
 6th 12:00 Blood Pressures
 with Windber Hospice
 8th National No Sock Day
 12th Mother's Day Lunch
 12th Popcorn Day-
 Pop in and celebrate
 our Volunteers
 14th Hot Digity Dog Day-
 Come have lunch
 with us and
 celebrate our volunteers

16th Center Closed-For
 Volunteer Banquet
 19th Memorial Day Lunch
 22th 12:00 Music with
 Tom & Carolyn
 26th Center Closed for
 Memorial Day



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

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

Thursday: 9:00
 Quilting



May 2025 Center Activities

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 9:00 AM - 2:00 PM
Daily Activities: Wii, Exercise Machines,
 Volunteer Opportunities
Wi-Fi Available

1st 🎵 12:00 Music with Sheilah
 5th Birthday Lunch 🍰
 5th Last day to sign up for the Mother's
 Day Lunch 🌸
 8th National No Sock Day 🧦
 12th Mother's Day Lunch 🌸
 12th Popcorn Day-Pop in and celebrate
 our volunteers 🧺
 14th Hot Dignity Dog Day-Come have lunch
 with us and celebrate our volunteers

16th Center Closed for Volunteer
 Banquet
 19th Memorial Day Lunch
 19th National Plant a Vegetable Garden
 Day 🌱 🍷
 26th Center Closed for Memorial Day
 30th National Flip Flop 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

5th Birthday Lunch
 8th 10:00 Dementia
 Friends Seminar
 9th 10:00 Sing Along
 12th Mother's Day
 Lunch & Party
 12th Popcorn Day-Pop
 in and celebrate our
 volunteers

14th Hot Dignity Dog Day-
 Come have lunch with us
 and celebrate our
 volunteers
 14th 10:00 Craft
 16th CLOSED for Volunteer
 Banquet in Friedens
 19th Memorial Day Lunch

19th 10:30 UPMC Hospice
 Seminar & Activity
 22nd 10:30 Music with
 Pastor Sam McClintock
 26th CLOSED Memorial
 Day
 28th 10:00 Craft
 29th 10:00 Sing Along

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

SOMERSET SENIOR CEN-

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

2nd 10:30 Music with John
 Larimer
 5th Start of sales of
 tickets for Sr Picnic at
 Bakersville on July 25th
 10:30 Renae from
 Community Life
 Birthday lunch
 Reservations due for
 Mother's Day lunch May
 12th
 7th 10:30 Music with Eric
 Harris

12th 10:30 Activity with
 Bobbie from UPMC
 Mother's Day Lunch
 Reservations due for
 Memorial Day lunch
 May 19th
 12th Popcorn Day-Pop in
 and celebrate our
 volunteers
 14th Hot Dignity Dog Day-
 Come have lunch with us
 and celebrate our
 volunteers

16th Volunteer
 Banquet - CENTER
 CLOSED
 19th 10:30 Music with
 Billy Stoppe
 Memorial Day Lunch
 26th Memorial Day
 Observed - CENTER
 CLOSED
 30th Via Quest
 presentation Merrit
 Boucher

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

2nd Golf Day-Come play
 some games
 5th Birthday Lunch 🍰
 5th Last day to sign up for
 the Mother's Day Lunch
 🌸
 8th National No Sock Day
 🧦
 12th Mother's Day Lunch
 🌸

12th Popcorn Day-
 Pop in and celebrate
 our volunteers
 14th Hot Dignity Dog Day-
 Come have lunch
 with us & celebrate our
 volunteers
 16th Center Closed for
 Volunteer Banquet
 19th Memorial Day Lunch

19th National Plant a
 Vegetable Garden Day
 🌱 🍷
 20th Casino Trip
 21st 🎵 10:30 Music
 with Billy Stoppe
 26th Center Closed for
 Memorial Day
 30th National Flip Flop
 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
T-W-TH: 6:00 P.M. Wii
 Golfing, Wii Bowling
 & Corn Hole

					1	2
Stuffed Pepper Soup Chicken Salad on Whole Grain White Bread Lettuce & Tomato Cucumber/Pepper Salad Fruit Cocktail Crackers Milk					Ham Loaf Pineapple Glaze Au Gratin Potatoes Green Beans Melon Fruit Salad Milk	
BIRTHDAY LUNCH	5	6	7	8	9	
Chicken Cordon Bleu Gravy Scalloped Potatoes Baby Carrots Fruit Cup Jello Poke Cake Milk	Vegetable Soup Tuna Salad on Wheat Bun Tomato Salad Blueberry/Pineapple Cup Crackers Milk	Salisbury Steak Gravy Mashed Potatoes Normandy Vegetables Diced Peaches Dinner Roll Margarine Milk	Chicken Pot Pie Mixed Green Salad w/Cheese Mandarin Oranges Milk	BBQ Ham Sandwich on Wheat Bun Pasta Salad Creamy Coleslaw Tropical Fruit Salad Milk		
MOTHER'S DAY LUNCH	12	13	14	15	16	
Baked Ham Pineapple Sauce Maple Sweet Potatoes Broccoli Florets Rosy Pears Boston Cream Pie Milk	Swedish Meatballs Gravy over Noodles Capri Vegetables Quartered Fruit Salad Milk	Hot Dog on Bun Baked Butter Beans Melon Fruit Cup Milk	Meatloaf Mashed Potatoes Gravy Italian Vegetables Fresh Orange Milk	Creamed Chicken over Biscuit Peas & Carrots Yogurt Applesauce Milk		
MEMORIAL DAY LUNCH	19	20	21	22	23	
Cheeseburger on Bun Lettuce & Tomato Pickled Egg/Beets Cantaloupe Chunk Apple Lattice Pie Milk	Hot Turkey Sandwich Gravy Mashed Potatoes Mixed Vegetables Mandarin Oranges Milk	Beef Barley Soup Ham Salad on Wheat Bun Broccoli Salad Apricot Halves Crackers Milk	Honey Mustard Marinated Pork Chop Seasoned Whole Mini Potatoes Corn Fresh Apple Oatmeal Raisin Cookie Milk	Macaroni & Cheese Stewed Tomatoes Three Bean Salad Pineapple Tidbits Milk		
26	27	28	29	30		
<u>CLOSED</u> <u>MEMORIAL DAY</u>	Beef Stew Coleslaw Yogurt Fruit Cup Dinner Roll Margarine Milk	Spaghetti Meatballs Mixed Green Salad w/Cheese Diced Pears Italian Bread Margarine Milk	Baked Smoked Sausage Cheesy Hash Browns Brussel Sprouts Fresh Banana Dinner Roll Margarine Milk	Fish Sandwich w/ Cheese Tartar Sauce Broccoli/Cauliflower Salad Diced Peaches Milk		

To ensure you have a relaxed and comfortable dining experience, we recommend making a reservation. Please call the Center you plan to visit by 11:30 am the day before. Note that the menu might change due to typos or other unexpected issues.

Reminders

Elder Justice Day

Date: June 20th

Join us in honoring and protecting our elders on Elder Justice Day. This special day is dedicated to raising awareness about elder abuse, neglect, and exploitation. Let's come together to ensure our seniors are treated with the respect and dignity they deserve.



Stay Cool and Safe This Summer. Visit Your Local Cooling Center

As temperatures rise, it's important to stay cool and safe. Cooling centers provide a comfortable and air-conditioned environment for those who need relief from the heat. These centers are open to everyone and offer a safe space to escape the summer heat. Whether you're looking for a place to relax, hydrate, or simply cool down, your local cooling center is here to help. Remember to check the operating hours and locations of the nearest cooling centers in your area. Stay cool, stay safe, and take care of yourself and your loved ones this summer!

Somerset Senior Center
1338 South Edgewood Avenue,
Somerset
814-445-7772

Central City Senior Center
103 Sunshine Avenue,
Central City
814-754-5615

Windber Senior Center
700 Fifth Street, Suite 200,
Windber
814-467-5912

Meyersdale Senior Center
120 North Street, Meyersdale
814-634-0713

Conemaugh Township Senior Center
959 S. Main Street, Hollsopple
814-479-2216

Confluence Senior Center
700 Reynolds Street, Confluence
814-395-5117

Save The Date

**SENIOR
PICNIC**

★ JULY 25, 2025 ★
10:00AM TO 2:00PM
BAKERSVILLE FIRE HALL
2142 W. BAKERSVILLE EDIE ROAD
SOMERSET PA 15501

USDA Nondiscrimination Statement

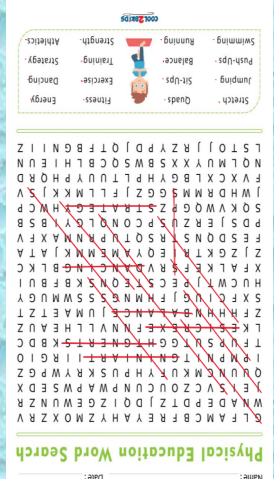
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf> and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- fax:**
(202) 690-7442; or
- email:**
Program.intake@usda.gov

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Senior News

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If you would like to obtain further infor-
mation about any newsletter 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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reaching out, making a difference

Area Agency on Aging
of Somerset County

