

# Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • November 2024

## *Happy Veterans Day*

### **A Heartfelt Thank You**

At our senior centers, we are privileged to welcome and serve many remarkable individuals, but today, we want to extend a special thank you to our veterans. Your presence enriches our community in countless ways, and we are deeply grateful for your service and sacrifices.

Your stories of bravery, resilience, and dedication inspire us all. Whether you served on the front lines or supported from behind the scenes, your contributions have shaped our nation's history and safeguarded our freedoms. We honor your courage and the unwavering commitment you have shown to protect our country.

The interactions between our veterans and other members of our senior centers create a unique and invaluable bond. Sharing your experiences and wisdom not only educates but also bridges the gap between generations. These connections foster a sense of community and mutual respect that is truly special.

We are committed to providing a welcoming and supportive environment for all our veterans. Your presence reminds us of the importance of service, and we strive to honor that by ensuring you feel valued and appreciated every day. Our programs and activities are designed to celebrate your contributions and provide opportunities for camaraderie and engagement.

To all our veterans, thank you. Thank you for your bravery, your sacrifices, and your continued contributions to our community. Your legacy is one of honor and strength, and we are proud to have you as part of our senior centers. We look forward to continuing to learn from you and to celebrate your remarkable lives.

#### **CENTRAL CITY SENIOR CENTER**

Ronald Petrina  
Patrick Shaffer  
Steve Lonesky  
Harry Page  
Art McClucas  
James Russell  
Richard Shiffhauer Jr.  
Stanley Monko  
Ted Deneen  
Ron Wadsworth  
**BOSWELL SENIOR CENTER**  
Karen Ryan

#### **SOMERSET SENIOR CENTER**

Larry Barnhart  
Dennis Dickey  
Gary Elwood  
Irvin Fleegle  
Mike Fromholz  
Joseph Grew  
Larry Gross  
Joseph Grew  
Harold King  
Paul Kosar  
Victoria Kosar  
James Macy

Marion Nichols

Louis Orris  
Rick Parson  
Roger Pyle  
Curtis Shaulis  
Carey Leroy Sipple  
Tom Villeneuve  
Jay Weimer  
Robert Wilttrout

#### **CONEMAUGH TOWN-SHIP SENIOR CENTER**

Cyndi Guzzone  
Jerry Miller  
Larry Millinder

#### **MEYERSDALE SENIOR CENTER**

Leroy Kovack  
Dale Smiley  
Harold Tinkey  
Lloyd Trout  
Jay Weaver  
Joan Weaver

#### **WINDBER SENIOR CENTER**

Bill Barkhimer  
James Bates  
David Bender  
Thomas Corle

Mary DiGuilio

Frances Gabrowsek  
Robert Gruca  
George Hazlett  
Roger Houghton  
Vincent Keilman  
Joseph LaPorta  
John Lushko  
Warren Mangus  
Donald May  
Rudolph Mrsnik Jr.  
John Nibert  
David Owens

Lester Peterson

John Rogers  
Ronald Sottile  
Joseph Spinelli  
Ronald Tinkle  
Richard Vargo

#### **CONFLUENCE SENIOR CENTER**

Larry Kemp  
Gordan Byrd  
Robert Sheely

# Terrace Lanes Bowling Center

Our Bowling Adventure at Terrace Bowling Lanes - October 1st, 2024

On October 1st, 2024, our group embarked on a fun-filled bowling trip to Terrace Bowling Lanes. The day was perfect for some friendly competition and bonding over strikes and spares.

We arrived at Terrace Bowling Lanes around 10 AM, greeted by the vibrant atmosphere and the sound of pins crashing. The staff was incredibly welcoming, helping us get our shoes and set up our lanes quickly. The facility was clean and well-maintained, with plenty of lanes available for our group.

Once we were all set up, the games began! The excitement was palpable as everyone took turns trying to outdo each other. There were some impressive strikes and a few hilarious gutter balls, but the best part was the camaraderie and laughter that filled the air.

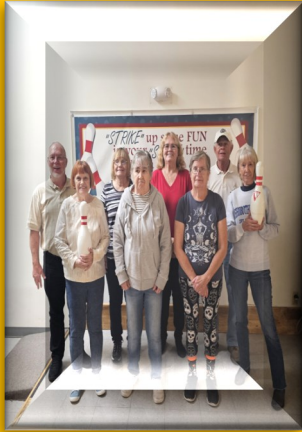
Pizza Hut pizza and Giant Eagle cupcakes did not disappoint. The drinks were refreshing, and the service was prompt and friendly.

As the day came to a close, we gathered for a group photo to capture the memories of our fantastic day. It was a day filled with fun, laughter, and a bit of friendly competition. We left Terrace Bowling Lanes with smiles on our faces and plans for our next bowling adventure already in the works.

Please take a moment to enjoy the pictures on the next page of our bowling adventures.









# November 2024 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**

1<sup>st</sup> Daylight savings time  
 ends on Sunday, Turn  
 back one hour!  
 4<sup>th</sup> Birthday lunch  
 4<sup>th</sup> 11:00 Blood Pressures  
 with Heartland

11<sup>th</sup> CLOSED-VETERANS  
 DAY. THANK A VETERAN!  
 12<sup>th</sup> 12:00 Play games  
 with Chopper  
 18<sup>th</sup> 12:00 Bobbi with  
 UPMC

**18<sup>th</sup> Last day to**  
**reserve for the**  
**Thanksgiving Lunch**  
 25<sup>th</sup> Thanksgiving Day  
 Lunch  
 25<sup>th</sup> 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**

1<sup>st</sup> Daylight savings time  
 ends on Sunday, Turn back  
 one hour!  
 4<sup>th</sup> 9:30-10:30 FLU SHOT  
 CLINIC-BRING INS. CARD.  
 4<sup>th</sup> Birthday lunch  
 5<sup>th</sup> PA Medi  
 6<sup>th</sup> 10:30 Music with Tom &  
 Carolyn  
 7<sup>th</sup> 10:30 Prize Bingo with  
 Renae

11<sup>th</sup> CLOSED-VETERANS  
 DAY. THANK A VETERAN!  
 13<sup>th</sup> 10:30 Music with  
 John Larimer.  
 14<sup>th</sup> 10:30 Blood  
 Pressures with Heartland  
**18<sup>th</sup> Last day to**  
**reserve for the**  
**Thanksgiving Lunch**  
 20<sup>th</sup> Wear two different  
 shoes day.

25<sup>th</sup> Thanksgiving Day  
 Lunch  
 27<sup>th</sup> 10:30 Music with  
 Denise Baldwin  
 28<sup>th</sup> CLOSED-  
 Thanksgiving Day  
 29<sup>th</sup> CLOSED-Black Friday



**Monday &**  
**Wednesday: 10:00**  
 Geri-Fit Class  
**Monday-Friday:**  
 Bingo  
**Bible Study Class:**  
 2nd Tuesday of the  
 month at 5:00 pm  
 and 1st and 3rd  
 Saturday of the  
 month at 11:00 am

## 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

**Wi-Fi Available**

1<sup>st</sup> Daylight savings time  
 ends on Sunday, Turn back  
 one hour!  
 4<sup>th</sup> Birthday lunch  
 4<sup>th</sup> Everything Pumpkin  
 Day  
 4<sup>th</sup> 11:00 Blood Pressures  
 with Heartland  
 11<sup>th</sup> CLOSED-VETERANS  
 DAY. THANK A VETERAN!  
 14<sup>th</sup> Turkey Hunt  
**18<sup>th</sup> Last day to reserve**  
**for the Thanksgiving**  
**Lunch**  
 20<sup>th</sup> 12:00 Bobbi from  
 UPMC

21<sup>st</sup> 12:00 Music with Tom  
 & Carolyn  
 25<sup>th</sup> Thanksgiving Day  
 Lunch  
 26<sup>th</sup> 11:15 Lunch with  
 Conemaugh Township  
 Pre-K/Headstart  
 27<sup>th</sup> 12:00 November  
 Auction  
 28<sup>th</sup> CLOSED-Thanksgiving  
 Day  
 29<sup>th</sup> CLOSED-Black Friday

**Spirit Week:**  
 4<sup>th</sup> Everything  
 Pumpkin Day  
 5<sup>th</sup> Dress in Brown &  
 Orange  
 6<sup>th</sup> Favorite Sports  
 Day  
 7<sup>th</sup> Mismatch Day  
 8<sup>th</sup> Our School Color  
 Day or Your School  
 Color Day



**Monday-Friday:**  
 Exercise Equipment  
 9:00-2:00  
**Tues & Thurs:**  
 10:00-11:00  
 Geri-Fit Class  
**Thursday: 9:00**  
 Quilting

## 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**

4<sup>th</sup> Birthday Lunch  
 7<sup>th</sup> 10:00 UMPC Family Hospice, Chaplain Riddle  
**11<sup>th</sup> CLOSED-VETERANS DAY. THANK A VETERAN!**  
 14<sup>th</sup> National Pickle Day  
**18<sup>th</sup> Last day to sign up for the Thanksgiving Lunch**  
 25<sup>th</sup> 12:00 Music with John Larimer  
 25<sup>th</sup> Thanksgiving Lunch  
 28<sup>th</sup> CLOSED-Thanksgiving Day  
 29<sup>th</sup> CLOSED-Black Friday



**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

4<sup>th</sup> Birthday Lunch  
 5<sup>th</sup> Election Day GET OUT AND VOTE!  
 6<sup>th</sup> 10:00 Sing Along  
 8<sup>th</sup> 10:00 Craft  
**11<sup>th</sup> CLOSED-VETERANS DAY. THANK A VETERAN!**

13<sup>th</sup> 10:00 Root Beer Floats  
 14<sup>th</sup> 10:00 Music with Tom & Carolyn  
 15<sup>th</sup> 10:30 Blood Pressures with Heartland Hospice  
 18<sup>th</sup> 10:00 Craft

21<sup>st</sup> 10:30 UPMC Hospice Seminar & Activity  
 25<sup>th</sup> Thanksgiving Lunch & Party  
 27<sup>th</sup> 10:00 Sing Along  
 28<sup>th</sup> CLOSED-Thanksgiving Day  
 29<sup>th</sup> CLOSED-Black Friday

**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**

4<sup>th</sup> Birthday Lunch  
 5<sup>th</sup> Election Day — Somerset Senior Center is serving as a polling place for Somerset Boro  
 10:30 Heartland Hospice BP's  
 7<sup>th</sup> 10:30 Presentation from Leah from Conemaugh Home Health

8<sup>th</sup> Veterans Day Celebration  
**11<sup>th</sup> CLOSED-VETERANS DAY. THANK A VETERAN!**  
 13<sup>th</sup> 10:30 Jennifer from Somerset County Library  
 12:00 Drawing for current Raffle

15<sup>th</sup> 10:30 Music with John Larimer  
 19<sup>th</sup> 9:30 BINGO with Tiffany from Heartland Hospice  
 25<sup>th</sup> Thanksgiving Lunch  
 28<sup>th</sup> CLOSED-Thanksgiving Day  
 29<sup>th</sup> CLOSED-Black Friday

**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**

4<sup>th</sup> Birthday Lunch  
 6<sup>th</sup> 10:30 Music with Denise Baldwin  
**11<sup>th</sup> CLOSED-VETERANS DAY. THANK A VETERAN!**  
 13<sup>th</sup> 10:30 UMPC Family Hospice, Chaplain Riddle  
 14<sup>th</sup> 10:30 Music with John Larimer

18<sup>th</sup> Football Day-Wear your favorite colors  
**18<sup>th</sup> Last day to reserve for the Thanksgiving Lunch**  
 20<sup>th</sup> 10:30 Music with Billy Stoppe  
 25<sup>th</sup> Thanksgiving Lunch

25<sup>th</sup> 10:30 Music with Ed Cominsky  
 28<sup>th</sup> CLOSED-Thanksgiving Day  
 29<sup>th</sup> CLOSED-Black Friday



**Monday & Friday:**  
 10:00 Strong Bones  
**Tuesday:** 10:00-Body Strengthening  
**T-W-TH:** 12:30 Bingo  
**Thursday:** 10:00 Tai-Chi  
**Monday, Wednesday & Friday:** 12:00 Pinochle  
**T-W-TH:** 6:00 P.M. Wii Golfing, Wii Bowling & Corn Hole



2024

## Menu

|  |  |   |   |   |
|--|--|---|---|---|
|  |  |   |   | <p>1</p> <p>Spaghetti w/Meatballs<br/>Broccoli Florets<br/>Cheese Stick<br/>Fruit Cup<br/>Italian Bread w/Margarine<br/>Milk</p>                        |
| <p>4</p> <p><u>BIRTHDAY LUNCH</u><br/>Swedish Meatballs in Gravy<br/>Noodles<br/>Sliced Carrots<br/>Fresh Orange<br/>Marble Cake w/Icing<br/>Milk</p>                  | <p>5</p> <p>Vegetable Soup<br/>Egg Salad on Whole Grain White Bread<br/>Mozzarella Cheese Stick<br/>Baked Apples<br/>Crackers<br/>Milk</p> | <p>6</p> <p>Ham, Green Beans &amp; Potatoes<br/>Mixed Green Salad w/Cheese<br/>Diced Peaches<br/>Rye Bread w/Margarine<br/>Milk</p> | <p>7</p> <p>Barbequed Chicken<br/>Seasoned Whole Mini Potatoes<br/>Corn<br/>Fresh Citrus Salad<br/>Rye Bread w/Margarine<br/>Milk</p>     | <p>8</p> <p>Stuffed Pepper<br/>Mashed Potatoes<br/>Winter Blend Vegetables<br/>Yogurt<br/>Apricot Halves<br/>Wheat Dinner Roll w/Margarine<br/>Milk</p> |
| <p>11</p> <p><u>CLOSED</u><br/><u>VETERAN'S DAY</u></p>  | <p>12</p> <p>Macaroni &amp; Cheese<br/>Stewed Tomatoes<br/>Three Bean Salad<br/>Mandarin Oranges<br/>Milk</p>                              | <p>13</p> <p>Potato Crusted Cod<br/>Pierogis<br/>Melon Fruit Salad<br/>Cole Slaw<br/>Milk</p>                                       | <p>14</p> <p>Chili w/Cheese<br/>Mixed Green Salad w/egg<br/>Tropical Fruit Salad<br/>Wheat Dinner Roll w/Margarine<br/>Milk</p>           | <p>15</p> <p>Chicken &amp; Vegetable Alfredo<br/>Linguine<br/>Pea/Carrots<br/>Cottage Cheese<br/>Pineapple Tidbits<br/>Milk</p>                         |
| <p>18</p> <p>Cheeseburger on Bun<br/>Baked Beans<br/>Pickled Egg/Beets<br/>Fresh Orange<br/>Milk</p>   | <p>19</p> <p>Baked Ham w/Raisin Sauce<br/>Sweet Potatoes<br/>Broccoli Florets<br/>Fruit Cocktail<br/>Sugar Cookie<br/>Milk</p>             | <p>20</p> <p>Baked Chicken w/Gravy<br/>Parslied Red Potatoes<br/>Mixed Vegetables<br/>Quartered Fruit Salad<br/>Milk</p>            | <p>21</p> <p>Chicken Rice Soup<br/>Ham Salad on Whole Grain White Bread<br/>Tomato/Cucumber Salad<br/>Melon Cup<br/>Crackers<br/>Milk</p> | <p>22</p> <p>Meatloaf<br/>Scalloped Potatoes<br/>Peas<br/>Fresh Banana<br/>Wheat Bread w/Margarine<br/>Milk</p>   |
| <p>25</p> <p><u>THANKSGIVING LUNCH</u><br/>Roast Turkey w/Gravy<br/>Mashed Potatoes<br/>Normandy Vegetables<br/>Cranberry Salad<br/>Pumpkin Pie w/Topping<br/>Milk</p> | <p>26</p> <p>Lasagna<br/>Mixed Green Salad w/Egg<br/>Applesauce<br/>Italian Bread w/Margarine<br/>Milk</p>                                 | <p>27</p> <p>Salisbury Steak in Gravy<br/>Cheesy Hash Browns<br/>Brussel Sprouts<br/>Banana<br/>Milk</p>                            | <p>28</p> <p><u>CLOSED</u><br/><u>THANKSGIVING</u><br/><u>DAY</u></p>   | <p>29</p> <p><u>CLOSED</u><br/><u>TODAY</u></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.**



## 10 TIPS FOR HEALTHY EATING

Making healthy food choices doesn't have to be overwhelming. These tips will get you on your way.

- 1 Cook at home more often to avoid processed foods.
- 2 How you eat is as important as what you eat.
- 3 Enjoy your meals without multitasking.
- 4 Listen to your body - eat when you're hungry and stop when you're satisfied.
- 5 Eat at regular times.
- 6 Plan healthy snacks.
- 7 Eat a variety of vegetables and fruit at every meal.
- 8 Eat whole grains more often.
- 9 Eat fish at least twice a week.
- 10 Include legumes like beans, chickpeas, lentils, nuts and seeds more often.
- 11 Don't be afraid of fat. Choose olive oil and canola oil more often.



## impressive THANKSGIVING fun facts

The first Thanksgiving lasted for 3 days

The first Thanksgiving was held in 1621

The first Thanksgiving feast included venison, deer, duck, fish, and lobster but no turkey

Thanksgiving is the busiest day for plumbers

Americans eat 46 million turkeys & 50 million pumpkin pies each Thanksgiving

The American Automobile Association estimates that 51 million Americans will travel 50+ miles to their Thanksgiving destination

Sarah Josepha Hale, the writer of "Mary Had a Little Lamb", convinced President Abraham Lincoln to make Thanksgiving a national holiday

The Detroit Lions and the Dallas Cowboys always host the first two NFL games on Thanksgiving, with the third game having no predetermined matchup

**2018 Thanksgiving Football Schedule:**

- CHI vs DET @ 9:30 AM PST (CBS)
- WA D.C. vs DAL @ 1:30 PM PST (FOX)
- ATL vs NO @ 5:20 PM PST (NBC)

**Where your food may come from:**

- Minnesota raises the most turkeys
- Wisconsin grows the most cranberries
- Illinois produces the most pumpkins
- North Carolina makes the most sweet potatoes

### PRESS RELEASE

#### PA MEDI Medicare Annual Open Enrollment Period 2024

Pennsylvania Department of Aging reminds Medicare beneficiaries that the annual Medicare Open Enrollment Period runs from October 15 to December 7 each year. Beneficiaries can join, switch, or drop Medicare Advantage or Prescription Drug Coverage. Open Enrollment is the time to take the opportunity to think about what benefits will matter and compare available options for 2025. For any changes made, new coverage will start January 1, 2025.

Pennsylvania Medicare Education and Decision Insight, also known as PA MEDI, is based in PA's local Area Agencies on Aging and is the known and trusted resource to help you understand Medicare and your coverage options. Older adults can receive unbiased, no-cost Medicare assistance from specially trained PA MEDI counselors who can walk them through their options to assist in making informed health insurance decisions that best fit their needs and budget.

Important changes to Medicare in 2025 include a new \$2,000 out of pocket cap for prescription drugs, the elimination of the "donut hole" coverage gap for prescription drugs, an optional payment plan to spread out drug costs, and Medicare Part B will now cover Pre-exposure Prophylaxis (PrEP) for HIV prevention with no co-pays or deductibles.

"If you haven't reviewed your plan in recent years, now may be the time to check in," said Susan Neff, PA MEDI director. "PA MEDI can help you compare all aspects of Medicare Advantage and Prescription Drug plans by looking at overall costs, provider networks, supplemental benefits, prior authorization requirements, and drug formularies."

PA MEDI Counselors do not sell insurance products, nor do they endorse or recommend any insurance company, product, or agent. PA MEDI counselors can help determine if an older adult may be eligible for any of Pennsylvania's Medicare cost-savings programs like PACE/PACENET, Extra Help, and the Medicare Savings Programs.

Call your local AAA, find your local Area Agency on Aging or a PA MEDI event in your area at [Dept of Aging Medicare Help](#). For more information, call the toll-free PA MEDI Helpline at 1-800-783-7067 from 8 AM to 5 PM Monday through Friday. All services are free and confidential.

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## Senior News

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If you would like to obtain further infor-  
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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

