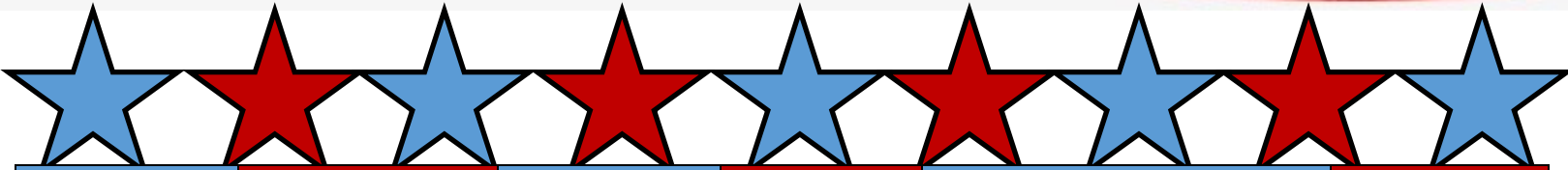
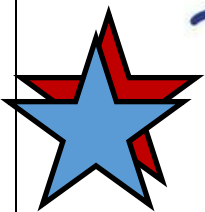


Senior News

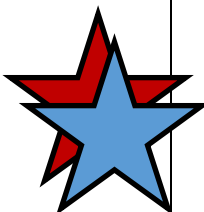
AREA AGENCY ON AGING OF SOMERSET COUNTY • November 2025



Central City Senior Center	Conemaugh Township Senior Center	Confluence Senior Center	Meyersdale Senior Center	Somerset Senior Center	Windber Senior Center
Ted Deneen Alfred Hillegas Art McClucas Gary Manges Stanley Monko Harold Page Lester Roberts James Russell Richard Schiffhauer Patrick Shaffer	Cynthia Guzzone Jerry Miller Edward Persuhn	Gordon Byrd Larry Kemp	Brian Geier Walter Lenhart Ronnie Roadman Harold Tinkey Joan Weaver	Harry Ankeny - Hubert Barkman David Deist - Dennis Dickey Mike Fromholz - Elwood Gary William Glessner - Joseph Grew Durinda Grine - Larry Gross Joseph Kennick - Paul Kosar Victoria Kosar - Frank Kovak Dorothy LaBryer - John Larimer Marion Nichols - Louis Orris Rick Parson - Roger Pyle Walter Rosiak - Samuel Sayler Curtis Shaulis - Carey Leroy Sipple Allen Strausser - Tom Villeneuve Jay Weimer - Harry Weinstein Robert Wilttrout	Dave Bender Mary DiGiulio Robert Gruca Roger Houghton Bob Kasisky Rudy Mrsnik John Nibert Dave Owens Ron Shirt Ron Tinkle Richard Vargo



THANK YOU



VETERANS

FOR YOUR SERVICE

HEALTHY EATING

Choosing healthy foods is a smart thing to do—no matter your age! Healthy habits like eating well and being physically active can help you reduce your risk of chronic diseases such as heart disease, diabetes, and osteoporosis.

Here are some tips to get you started:

- Eat many different colors and types of vegetables and fruits
- Make sure at least half your grains are whole grains
- Limit saturated fat and trans fats
- Eat “good” fats, like those found in seeds, nuts, avocados, and fatty fish like salmon. Any fats added in cooking should come from plant-based oils like olive or canola oils
- Eat 8 ounces of seafood per week. Certain fish, like salmon, shad, and trout, contain less mercury than large fish, like tuna. Mercury can be harmful.

How Much Should I Eat?

- How much you should eat depends on how active you are. If you eat more calories than your body uses, you gain weight.
- What are calories? Calories are a way to count how much energy is in food. The energy you get from food helps you do the things you need to do each day. Try to choose foods that have a lot of the nutrients you need, but not many calories.
- Just counting calories is not enough for making smart choices. Think about this: a medium banana, 1 cup of flaked cereal, 1 1/2 cups of cooked spinach, 1 tablespoon of peanut butter, or 1 cup of 1% milk all have roughly the same number of calories. But, the foods are different in many ways. Some have more nutrients than others do. For example, milk gives you more calcium than a banana, and peanut butter gives you more protein than cereal. Some foods can make you feel more full than others.

Down

1. Squirrel
2. Harvest
7. Apple
8. Leaves

Crossword answers:

Across

3. Gravy
4. Cider
5. Rake
6. Fall
9. Turkey
10. Acorn

Google Enhanced Location Service (ELS)

Google ELS is automatically enabled on 99% of Android devices. No setup needed unless it's been turned off. When enabled, your phone sends location data to emergency services during a 911 call or text (if supported by your network).

Did you know the Pixel and select other devices can share more? See below for details.

Check your device settings for ELS enablement:

1. Open **Settings**
2. Select **Location**
3. Find **Emergency Location Services (Advanced)** and ensure toggle is "On"

Ideal for Community Members:

- Using Google or Pixel Device
- Seniors
- Deaf & Hard of Hearing
- Tourist & Travelers
- Parents & Caregivers
- Medically Inclined (Pixel)

 Pixel Users & select OEM devices:

- **Download the Personal Safety App:** From the Google Play Store.
- **Open the App:** Add medical info and emergency contacts.
- **Enable Data Sharing:** Toggle on Share during emergency call under Emergency info access.
- **Optional:** Set up Car Crash Detection and Safety Check.



Save Money and Stay Healthy With Medicare Preventive Benefits!

- ✓ "Welcome to Medicare" Visit
- ✓ Yearly Wellness Visit
- ✓ Vaccines: Flu, COVID-19, Pneumococcal, Hep B, Shingles
- ✓ Diabetes Care, Nutrition Services, Cardiovascular Behavioral Therapy & Screening
- ✓ Alcohol Misuse Screening & Counseling, Tobacco Use Cessation, Depression Screening
- ✓ Hepatitis B & C, STI, HIV Testing

**PA MEDI, a free service provided by the PA Department of Aging,
offers Medicare counseling and information just for you!**

Find out more!

Call the PA MEDI Helpline // 1-800-783-7067 or your local Area Agency on Aging.

NOVEMBER 2025 ➔ 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	3rd Birthday Lunch 3 rd Music with Fast Eddie 4 th Election Day 7 th Mountain Pie Day 10 th Music with Tom and Carolyn 11 th Center Closed in Observance of Veterans Day	12 th 10:30 Shay from Oasis 13 th Autumn Tree Day 17 th Pumpkin Spice Day 17 th Last day to reserve for the Thanksgiving Day Lunch on the 24th	19 th Gratitude Chain 21 st Friendsgiving (Potluck) 24th Thanksgiving Lunch 25 th Soup Day 27 th & 28 th Center Closed in Observance of Thanksgiving Holiday	Daily Activities: Exercise machines: available 9:00 - 1:00 9:30 Wii Games Monday & Wednesday: 10:30 Exercise Skipbo card games available everyday to play Wi-fi Available
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Conemaugh Township Area Senior Center

959 South Main Street Hollisopple, PA 15935 Senior Center Director: Christine Saylor Phone: (814) 479-2216 E-mail: csaylor@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	2 nd Daylight Saving time ends - Turn your clocks back 3rd Birthday Lunch 4 th Election Day - Don't forget to make your opinion count 6 th Music with Billy	11 th Center Closed in Observance of Veterans Day 13 th 12:00 Decorate Turkey cookies 17 th Last day to reserve for the Thanksgiving Day Lunch on the 24th	17 th 12:00 Bingo with Windber Woods 20 th 12:00 Music with Tom & Carolyn 24th Thanksgiving Lunch 27 th & 28 th Center Closed in Observance of Thanksgiving Holiday	Daily Activities: Monday - Friday: 9:00 - 2:00 Exercise Equipment Tues & Thurs: 10:00 - 11:00 Geri-Fit Wi-fi Available
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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	2 nd Daylight Saving time ends - Turn your clocks back 3rd Birthday Lunch 4 th Election Day - Don't forget to make your opinion count 11 th Center Closed in Observance of Veterans Day	17 th Last day to reserve for the Thanksgiving Day Lunch on the 24th 24 th 12:00 Music with Billy 24 th Thanksgiving Lunch	27 th & 28 th Center Closed in Observance of Thanksgiving Holiday	Daily Activities: 9:00 Exercise machines available every day 9:30 - Wii Games 12:00 - Bingo Karaoke Every Wednesday Wi-fi Available
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Laurel Mountain Senior Center

100 Pitt Street				Daily Activities:
				

NOVEMBER 2025 ➔ Center Activities

Meyersdale Area Senior Center

120 North Street Meyersdale, PA 15552 Senior Center Manager: Julie Yinkey Phone: (814) 634-0713 E-mail: jjyinke@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	3rd Birthday Lunch 5 th 10:00 Sing Along 7 th 10:00 Craft 10 th 10:00 Beginner Computer Class 11 th Center Closed in Observance of Veterans Day 12 th Music with Pastor Sam McClintock	13 th 10:00 Scavenger Hunt 17 th 10:00 Sing Along 17 th Last day to reserve for the Thanksgiving Day Lunch on the 24th 19 th 10:00 Music with Tom and Carolyn	20 th 10:30 Seminar & Activity UPMC Hospice 21 st 10:00 Craft 24 th Thanksgiving Lunch and Party 27 th & 28 th Center Closed in Observance of Thanksgiving Holiday	Daily Activities: 9:30 Wii Games 10:00 Every Tuesday Ger-Fit 11:30 - Bingo Exercise Machines & Computers available for use everyday Every Wednesday Word Search Puzzle
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Somerset Senior Center

1338 Edgewood Avenue Somerset, PA 15501 Senior Center Manager: Gloria Maust Phone: (814) 445-7772 E-mail: gmaust@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	3 rd Denise Baldwin Music 3rd Birthday Lunch 4 th Election Day 5 th Donut Day 6 th 10:30 Heidi Gates from Laurel Highlands Hospice 7 th 2:00 Game Afternoon 10 th Bobbie from UPMC	11 th Center Closed in Observance of Veterans Day 16 th Tail Gate Party 17 th Reservation due for Thanksgiving Lunch on November 24 th 20 th 10:30 Windber Hospice BP's	24 th 10:30 John Larimer Music 24th Thanksgiving Lunch 27 th & 28 th Center Closed in Observance of Thanksgiving Holiday	Daily Activities: 9:00 - Tai Chi Thursday 9:30 - Bingo every day Tuesday and Thursday are prize Bingo, Carfts and Games Geri Fit and Chair Yoga Crochet Club Wednesday after lunch
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Windber Senior Center - CFL

700 Fifth Street, Suite 200 Windber, PA 15963 Senior Center Manager: Marika Roberts Phone: (814) 467-5912 E-mail: mroberts@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	3rd Birthday Lunch 4 th Election Day 5 th 10:30 Shay from Oasis 10 th Pumpkin Spice Day 11 th Center Closed in Observance of Veterans Day 12 th Autumn Tree Day	14 th Friendsgiving 17 th Music with Tom and Carolyn 18 th Gratitude Chain 19 th 10:30 Music with Billy 20 th Mountain Pie Day 24 th Thanksgiving Lunch	24 th 10:30 Music with Denise Baldwin 25 th Windber Woods Prize Bingo 26 th Soup Appreciation 27 th & 28 th Center Closed in Observance of Thanksgiving Holiday	Daily Activities: 12:30 Bingo Tuesday, Wednesday & Thursday 9:00 Poker Wednesday 10:00 Tai Chi Thursday 12:30 Pinochle Monday, Wednesday & Friday 6:00 pm Wii games & Corn Hole Tuesday, Wednesday & Thursday Wi-fi Available
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2025 MENU

 BIRTHDAY LUNCH Sirloin Beef Tips in Mushroom Gravy Mashed Potatoes Winter Blend Vegetables Tropical Fruit Cinnamon Coffee Cake Milk	3 4 Ham, Green Beans & Potatoes Chicken Salad on Whole Grain White Bread Fresh Orange Milk	5 Baked Chicken Gravy Parslied Red Potatoes Capri Vegetables Diced Pears Milk	6 Chili w/Cheese Mixed Green Salad w/Croutons Baked Apples Cornbread Margarine Milk	7 Baked Smoked Sausage Cheesy Hash Brown Sliced Carrots Cantaloupe Chunks Milk
10 Country Fried Pork Fritter Gravy Ranch Potato Bake Broccoli Florets Apricot Halves Milk	11  Veterans Day	12 Chicken Noodle Soup Tomato Salad Rosy Applesauce Wheat Dinner Roll Margarine Milk	13 Stuffed Shells Garden Salad Fruit Medley Rye Bread Margarine Milk	14 Crab Cake Macaroni & Cheese Green Beans Mango Cup Milk
17 Chicken Patty w/Cheese on Wheat bun Au Gratin Potatoes Cole Slaw Quartered Fruit Milk	18 Beef Ravioli Mixed Green Salad w/Cheese Pineapple Tidbits Milk	19 Stuffed Cabbage Seasoned Whole Mini Potatoes Baby Lima Beans Mandarin Oranges Milk	20 Ham Potato Casserole 3 Bean Salad Cottage Cheese V8 Juice Milk	21 Fish Sandwich w/Cheese on Wheat Bun Corn Nuggets Potato Salad Citrus Salad Milk
 Thanksgiving Lunch Roast Turkey w/Gravy Stuffing Mashed Potatoes Corn/Tomato Salad Cranberry Sauce Pumpkin Pie w/Whipped Topping Milk	24 25 Vegetable Soup Egg Salad on Whole Grain White Bread Diced Peaches Milk	26 Salisbury Steak Scalloped Potatoes Peas Fresh Pear Wheat Bread Margarine Milk	27  Thanksgiving Day	28  Day After Thanksgiving

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.



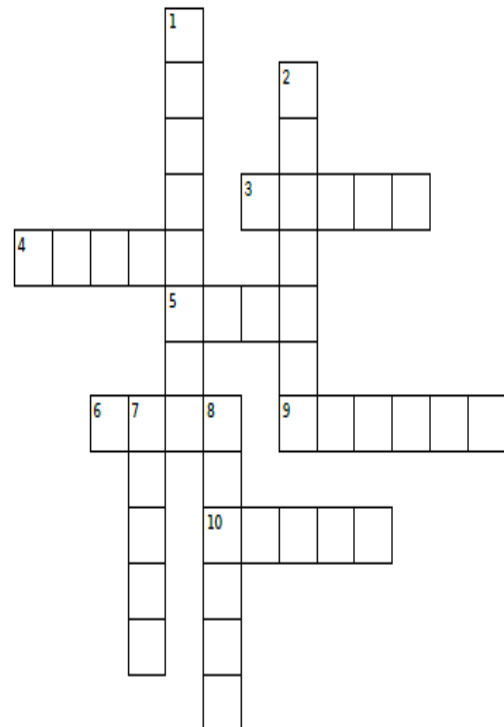
DAYLIGHT SAVING TIME ENDS

Set clocks back an hour

AT 2:00 A.M.



November Crossword Puzzle



Down:

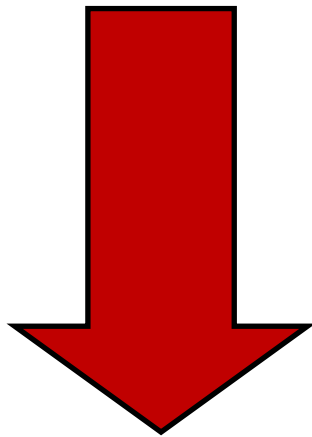
1. furry animal with a bushy tail
2. season for gathering crops
7. orchard fruit
8. they fall from trees in autumn

Across:

3. sauce often served with turkey
4. warm drink made from apples
5. use one of these to tidy up fallen leaves
6. another name for autumn
9. bird often eaten during Thanksgiving dinner
10. the seeds of oak trees

Answers on page 2

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Senior News

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Linda Myers, Advisory Council Chairperson

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