

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • October 2024



Area Agency on Aging
of Somerset County
reaching out, making a difference

JOIN US FOR AN OUTREACH & SERVICES SEMINAR

HOSTED BY:

Area Agency on Aging of Somerset County

Seminar Topic:

Overview of AAA Services

Presented By:

AAA Care Management Supervisors & Senior Center Director

Date: October 21st, 2024

Time: 6:00pm - 8:00pm

Place: Somerset Senior Center

1338 S Edgewood Ave

Somerset, PA 15501

OR

Date: October 29th, 2024

Time: 6:00pm - 8:00pm

Place: Windber Senior Center

700 Fifth St

Windber, PA 15963

Reservation is required for the date/location of your choice

Please call 814-443-2681 to reserve your spot by October 11th, 2024

Light refreshments will be provided

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Smart Ways to Make Physical Activity Part of your Day

While exercise may sound intimidating to some people, it doesn't have to be. Any type and amount of activity is better than none and there are so many enjoyable ways to get moving.

In order to "move more and sit less", as the new physical activity guidelines recommend, it's important to find activities that you enjoy!

If you like group activities, you can look into virtual classes or those that can be done at a safe distance inside or outdoors. If you prefer being active alone, consider rollerblading, lifting weights or yoga.

Finding time may also be a struggle but being more active can be as simple as taking the stairs instead of the elevator, parking further away, walking or riding a bicycle to the store and cleaning the house or working in the yard.

It's important to choose activities that match your abilities*. If you've never run a mile, it would be better to work up to that goal before training for a marathon. Set realistic goals to avoid risking an injury or becoming discouraged and less active.

For adults, the recommendation is 150 minutes or more of moderate-intensity physical activity each week. This could be as simple as brisk walking for 25 minutes six days per week. Another option would be to walk briskly for only 15 minutes at a time, but twice a day for five days.

To realize the most health benefits, physical activity should be done regularly – meaning most days of the week. How often, how long and the intensity of the activity can make a difference, too.



*For people who are sedentary or have chronic diseases or disabilities, check with your health care provider before increasing physical activity.

CONTINUE NEXT PAGE

Research has shown that regular physical activity can lead to better health, including a reduced risk for many chronic diseases, such as heart disease, high blood pressure and diabetes.

Aerobic activities, such as brisk walking or bicycling, are important for cardiovascular health, because they work out your heart.

Muscle-strengthening activities include some type of resistance, such as weights, elastic bands or your own body weight. Activities that help you increase the strength of different muscles is recommended two times or more per week.

Both aerobic and muscle-strengthening activities may also offer **bone-strengthening benefits**. Activities that involve stretching can help to increase flexibility, or the range of motion for joints.

In order to stay active, find activities that you enjoy. Try these tips to get started:

- Plan ways to gradually increase your physical activity. This could involve setting reminders to move more throughout the day or by scheduling times to be active during the week.
- Think about the best time for physical activity. Some people prefer to be active in the morning, whereas others dedicate time mid-day or after school or work.
- Decide how you want to be active. Walking is convenient for many people. However, others may choose to participate in organized sports or specific exercise programs.

For more information, check out the **Move Your Way** website at health.gov/moveyourway.



**Wii Bowling League
Starting This Fall!
Date: October 7th
Location: Senior Centers**

Join us for a fun and exciting Wii Bowling league this fall! Whether you're a seasoned pro or a complete beginner, everyone is welcome. More information will be provided soon, so stay tuned!

**For more details, contact:
Senior Center Managers**

October 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

7th Hunt a Pumpkin
 7th 12:00 Halloween
 BINGO
 7th Birthday Lunch
 14th CLOSED- Happy
 Columbus Day

15th 12:00 October Auction
 21st 12:00 Bobbi from
 UPMC
 21st Oktoberfest Lunch
 21st 6:00 PM AAA Seminar

28th 12:00 Music with
 Tom & Carolyn
 28th Halloween Lunch
 28th Wear your
 Halloween Costumes

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

1st National Hair Day.
 Also known as the good
 old days!
 2nd 10:30 Music with
 Denise Baldwin
 4th 10:00 BelTone Talk
 with Vinnie
 7th Birthday Lunch
 8th 10:30 Trivia with Bob-
 bie from UPMC
 9th Hat Day-Decorate it
 or just wear one
 14th CLOSED-Columbus
 Day Observed

16th 10:30 Music with
 John Larimer
 17th 10:30 Prize Bingo
 with Leah from
 Conemaugh Home Health
 21st Oktoberfest Lunch
 23rd 10:30 Music with Fast
 Eddie
 28th Halloween Lunch



**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
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

1st 10:00 Terrance Lane
 Bowling
 10th Hunt the Pumpkin
 11th M&M Day
 14th CLOSED- Happy
 Columbus Day
 16th 12:00 Bobbi from UPMC
 17th Music with Tom &
 Carolyn
 18th National Prayer Day
 Chocolate Cupcake Day
 Have a cupcake with us!

23rd National Croc Day
 Wear your Crocs!
 24th 12:00 October Auction
 29th 6:00 PM AAA Seminar
 31st Happy Halloween
 Wear your Halloween
 costumes!

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

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

Thursday: 9:00
 Quilting



October 2024 Center Activities

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

4th Pumpkin Fest starts the
 4th through the 6th
 7th Birthday Lunch
 9th 12:00 Music with
 Sheilah
 11th M & M Day
 14th Center Closed—
 Happy Columbus Day

21st Oktoberfest Lunch
 28th Halloween Lunch
 28th Wear your best
 costume



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

1st 10:00 Bowling at
 Terrace Lanes
 4th 10:00 Craft
 7th Birthday Lunch
 9th 10:00 Sing Along
 14th Closed- Columbus Day
 17th 10:30 UPMC Hospice
 Seminar & Activity

18th 10:00 Ice Cream
 Sundaes
 21st Oktoberfest Lunch &
 National Apple Day
 23rd PA MEDI by
 appointment
 24th 10:00 Sing Along
 25th 10:00 Craft & National
 Art Day

28th Halloween Lunch &
 National Chocolate Day
 29th 10:00 Community Life
 Seminar and Music/Elvis
 Impersonator
 30th National Candy Corn
 Day
 31st Halloween Party

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

1st 10:00 Bowling at
 Terrace Lanes
 7th Birthday Lunch
 10th 10:30 Presentation
 with Leah from
 Conemaugh Home Health
 14th Center Closed in
 Observance of Columbus
 Day
 15th Drawing at noon for
 current raffle

16th Presentation with
 Jennifer on What's
 available for Seniors
 through the Somerset
 County Library
 18th 10:30 Music with
 John Larimer
 21st Oktoberfest Lunch
 Outreach and Services
 Seminar on Overview of
 AAA Services 6:00 to
 9:00 PM

28th Halloween Lunch
 Dress in your favorite
 Halloween Costume
 10:30 Community Life
 Halloween Activity with
 Ranae
 30th 10:30 Music with
 Denise Baldwin

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: csay-
 lor@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


1st 10:00 Terrance Lanes
 Bowling
 2nd 10:30 PA Health &
 Wellness
 3rd 10:30 Music with John
 Wolfe
 7th Birthday Lunch
 9th 10:30 Music with
 Denise Baldwin

14th Center Closed-
 Happy Columbus Day
 15th Hollywood, WV
 Casino Trip
 16th 10:30 Music with
 Billy Stoppe
 21st Oktoberfest Lunch
 25th 12:00 Auction
 28th 11:15 Costume
 contest

28th Halloween Lunch
 28th 10:30 Music with Ed
 Cominsky
 29th 6:00 AAA Seminar



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

	1 Chicken Pot Pie Mixed Green Salad w/Cheese Papaya Mango Fruit Milk	2 Lasagna Broccoli Florets Yogurt Fresh Pear Italian Bread w/Margarine Milk	3 Baked Cod Loin Tartar Sauce Macaroni & Cheese Capri Vegetables Fresh Orange Rye Bread w/Margarine Milk	4 Country Fried Pork Loin Fritter w/Gravy Parslied Red Potatoes Succotash Melon Fruit Salad Wheat Roll w/Margarine Milk
7 <u>BIRTHDAY LUNCH</u> Baked Ham Pineapple Sauce Yams & Apples Brussel Sprouts Diced Pears Carrot Cake Milk	8 Chicken Patty Cheese on Wheat Bun Sliced Tomato & Lettuce Copper Penny Carrot Salad Fresh Apple Milk	9 Beef Noodle Soup Egg Salad on Bun Pineapple Tidbits Church Slaw Milk	10 Chile W/Cheddar Cheese Mixed Green Salad w/Egg Mandarin Oranges Corn Muffin w/Margarine Milk	11 Italian Chicken Breast Parslied Red Potatoes Broccoli Florets Apricot Halves Milk
14 <u>CLOSED</u> <u>COLUMBUS</u> <u>DAY</u>	15 Rigatoni w/Meat Sauce Normandy Vegetables Fresh Plum Mozzarella Cheese Stick Italian Bread w/Margarine Milk	16 Barbequed Chicken Potato Salad Baked Beans Fruit Medley Milk	17 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Fresh Clementine Milk	18 Sirloin Beef Tips Mushroom Gravy Rice Pilaf Sliced Seasoned Carrots Citrus Salad Milk
21 <u>OKTOBERFEST LUNCH</u> Roast Pork Sauerkraut Mashed Potatoes Green Beans Quartered Fruit Salad German Chocolate Cake Milk	22 Salisbury Steak Gravy Parsley Diced Potatoes Winter Blend Vegetables Fresh Banana Milk	23 Italian Wedding Soup Crackers Chicken Salad on Whole Grain White Bread Tomato & Lettuce Mandarin Oranges Milk	24 Ham Loaf Pineapple Glaze Au Gratin Potatoes Green Beans, Wax Beans, & Baby Carrots Applesauce Milk	25 Stuffed Cabbage Mashed Potatoes Italian Vegetable Blend Cottage Cheese Fruit Cocktail Milk
28 <u>HALLOWEEN LUNCH</u> Chicken Cordon Bleu w/Gravy Scalloped Potatoes Normandy Vegetables Apricot Halves Halloween Cookie Milk	29 Hot Dog on Bun Pickled Egg/Beets Tropical Fruit Salad Sugar Cookie Milk	30 Chopped Steak Gravy Mashed Potatoes Mixed Vegetables Fresh Apple Milk	31 Ham Pot Pie Mixed Green Salad w/Egg Fruit Cup Wheat Dinner Roll w/Margarine Milk	

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.



HALLOWEEN

WORD SEARCH

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

WORD BANK

WWW.ALWAYSTHEHOLIDAYS.COM

ALL HALLOWS EVE	GHOST	PUMPKIN
BAT	HALLOWEEN PARTY	SAMHAIN
BLACK CAT	HAUNTED HOUSE	SKELETON
CANDY	JACK O LANTERN	SPIDER
CARAMEL APPLE	MASK	TRICK OR TREAT
COSTUMES	MUMMY	VAMPIRE
DECORATIONS	ORANGE	WITCH

WINTER HOME CHECKLIST

prepare your home for the winter season

- ☐ Change furnace filters
- ☐ Check your thermostat and if possible program so the temperature is lowered when you aren't home
- ☐ Reverse ceiling fans to run clockwise
- ☐ If you have a snow-blower, it's time for a check-up
- ☐ Have your fireplace cleaned and inspected
- ☐ Wash your blankets and throw rugs
- ☐ Check for drafts around windows and doors and seal accordingly with caulk or weather stripping.
- ☐ Check smoke and carbon monoxide detectors
- ☐ Close vents in unused rooms
- ☐ Protect plants and vegetable gardens from frost
- ☐ Clean gutters from fall leaves
- ☐ Disconnect, drain, and store outdoor hoses to prevent freezing
- ☐ Remove limbs that could potentially come down in a heavy storm or under the weight of snow and damage your home or vehicles.

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If you would like to obtain further infor-
mation about any newsletter topic or Agency
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