

# Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • October 2025



**Got a little extra time and a **big heart**?**  
Looking for a meaningful way to give back to your community?  
Volunteering is a powerful way to make a difference. It connects people, builds a sense of belonging, and helps those who need it most. The Area Agency on Aging is currently seeking compassionate volunteers for several impactful programs:

**PA-MEDI (PA Medicare Education and Decision Insight)**

Help seniors navigate Medicare with confidence.

Contact: Sue Holliday — 814-443-2681

**Ombudsman Program**

Advocate for residents in long-term care facilities.

Contact: Brenda Nicholas — 814-483-6068

**Senior Centers**

Support vibrant community spaces for older adults.

Contact: Chris Saylor — 814-467-5912

Whether you have a few hours, a week or just want to explore how you can help, your time and care can make a real impact. Join us in building a stronger, more connected community!

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

**1-800-783-7067**

# Questions about your Medicare?

We are here to  
**HELP.**

## Understanding Medicare can be difficult.

PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with nonbiased, objective, easy-to-understand information about Medicare.

### Open Enrollment Dates



They can help you:

- Make informed choices about Medicare coverage options, Medigap policies and Medicare Advantage Plans
- Apply for Medicare Savings Programs to save you money... and more!



**Pennsylvania  
Medicare Education  
and Decision Insight**

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**It's getting to be that time of year again! Where to go if you need a place to warm up?**

**Warming shelters in Somerset County are at the Area Agency on Aging Senior Centers:**

Senior Center, 103 Sunshine Ave. Central City

Senior Center, 700 Fifth St., Suite 200, Windber

Conemaugh Township Senior Center, 959 S. Main St. Hollsopple

Senior Center, 700 Reynolds St. Confluence

Senior Center, 120 North St. Meyersdale

Senior Center, 1338 S. Edgewood Ave. Somerset

**The centers are open from 9 a.m. to 2 p.m.**

**Monday through Friday**

## **Looking for Advisory Council Members**

### **Information about what Advisory Council is:**

- The purpose of the council is to review, advise, and make recommendations to the Area Agency on Aging of Somerset County on matters directly dealing with the procedures, operations, and planning of the County Agency for the Aging
- Your role as an Advisory Council member would be to attend the quarterly scheduled meetings, support and promote the Agency in the community and to advise the Agency and the Administrator in the management of the provision of services

**If this is something you're interested in being apart of call Area Agency on Aging at 814 - 443 - 2681 and ask to speak with Sami to get an application or dial extension 1236**



## October 2025 Center Activities

### BOSWELL AREA SENIOR CENTER

332 Stonycreek Street Boswell



*Mark your calendars! We're opening at our new location on November 3, 2025, and we can't wait to welcome you.*

### 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 9:00 AM - 2:00 PM**  
**Daily Activities:** Wii, Exercise Machines, Volunteer Opportunities

**Wi-Fi Available**

2<sup>nd</sup> Oktoberfest  
3<sup>rd</sup> World Smile Day  
6<sup>th</sup> Birthday Lunch  
6<sup>th</sup> 10:30 Music with Ed Cominsky  
7<sup>th</sup> 10:30 Music with John Lairmer  
7<sup>th</sup> 12:00 UPMC Bobbie Trivia  
8<sup>th</sup> Paint a Pumpkin  
10<sup>th</sup> Pumpkin Decorating Contest  
13<sup>th</sup> Columbus Day- Center CLOSED  
14<sup>th</sup> 10:00 Bowling at Terrance Lanes, Somerset  
14<sup>th</sup> 10:30 Blood Pressure Clinic

15<sup>th</sup> 10:30 Music with Dennis Baldwin  
16<sup>th</sup> Fall Foliage  
20<sup>th</sup> Last day to sign up for the Halloween Lunch on the 27<sup>th</sup>  
20<sup>th</sup> Oktoberfest Lunch  
21<sup>st</sup> 12:00 Windber Woods Bingo  
22<sup>nd</sup> Apple Cider Day  
24<sup>th</sup> Festival of Lights  
27<sup>th</sup> Halloween Lunch  
28<sup>th</sup> Harvest Festival  
30<sup>th</sup> Skeleton Treasure Hunt

**Monday & Wednesday: 10:00**  
Exercise Class

**Monday-Friday:**  
Bingo

**EVERYONE IS  
WELCOME !**

### CONEMAUGH TOWNSHIP AREA SENIOR CENTER

**959 South Main Street  
Hollsopple, PA 15935**  
**Senior Center Director:** Christine Saylor  
**Phone:** (814) 479-2216  
**E-Mail:** csaylor@somersetaaa.org

**Hours of Operation:**  
**Monday - Friday 9:00 AM - 2:00 PM**  
**Daily Activities:** Wii, Exercise Machines, Volunteer Opportunities, BINGO

**Wi-Fi Available**

Last day to sign up for Terrance Lanes is October 2<sup>nd</sup>  
3<sup>rd</sup> World Smile Day  
7<sup>th</sup> 11:00 Blood Pressures with Windber Woods  
8<sup>th</sup> 10:30 Nutritional Seminar with Devin  
12:00 Chevy Chase Movie with the CT Library to celebrate his birthday  
9<sup>th</sup> 12:00 Music with Billy  
9<sup>th</sup> National Fire Prevention Day- CHECK YOUR SMOKE DETECTORS  
9<sup>th</sup> 12:00 Ice Cream with Melissa Lux  
13<sup>th</sup> Center Closed-Columbus Day  
13<sup>th</sup> Breast Cancer Awareness Day Wear PINK all week!  
14<sup>th</sup> 10:00 Bowling at Terrance Lanes in Somerset  
17<sup>th</sup> National Mammography Day Get those pictures taken!  
23<sup>rd</sup> 12:00 Music with Tom & Carolyn  
27<sup>th</sup> Halloween Lunch  
30<sup>th</sup> National Candy Corn Day  
31<sup>st</sup> Happy Halloween-bring in a treat to share

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

**Tues & Thurs:**  
10:00-11:00  
Geri-Fit

### LAUREL MOUNTAIN SENIOR CENTER

**1609 West Pitt Street  
Jennerstown, PA 15547**  
**Monday, Wednesday & Friday  
9:00 AM - 2:00 PM**  
Call Chris at 814-467-5912 to reserve a meal or for more information

**We'd love to see you at our Open House  
on November 3, 2025. Come enjoy lunch  
and great company!**



# October 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**

Last day to sign up for Terrace Lanes is  
October 2nd

1<sup>st</sup> International Day of Older Persons

6<sup>th</sup> Birthday Lunch 🍰

7<sup>th</sup> National Taco Day

9<sup>th</sup> National Fire Prevention Day

**CHECK YOUR SMOKE DETECTORS**

13<sup>th</sup> Cener Closed-Columbus Day

14<sup>th</sup> 10:00 Bowling at Terrance Lanes,  
Somerset

20<sup>th</sup> Last day to sign up for the  
Halloween Lunch on the 27<sup>th</sup>

24<sup>th</sup> Wear something Pink Day

27<sup>th</sup> 12:00 Music 🎵 with Billy

27<sup>th</sup> Wear your favorite Halloween  
Costume

27<sup>th</sup> Halloween Lunch

30<sup>th</sup> National Candy Corn Day

31<sup>st</sup> Happy Halloween-bring in a treat  
to share

**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

1<sup>st</sup> Deck of Cards  
Fund Raiser

2<sup>nd</sup> 10:00 Sing Along

6<sup>th</sup> Birthday Lunch 🍰

6<sup>th</sup> 10:30 Seminar/  
Community Life

8<sup>th</sup> 10:00 Beginner  
Computer Class

9<sup>th</sup> 10:00 Seminar/w  
Laurel Highland Hos-  
pice

10<sup>th</sup> 10:00 Craft

14<sup>th</sup> 10:00 Bowling at Ter-  
rance Lanes, Somerset

15<sup>th</sup> 10:00 Geri-Fit

16<sup>th</sup> 10:00 Saran Wrap Ball-  
Game

17<sup>th</sup> 10:00 Sing Along

20<sup>th</sup> 10:00 🎵 Music 🎵  
with Tom & Carolyn

22<sup>nd</sup> 10:00 🎵 Music 🎵  
with Billy Stoppe

23<sup>rd</sup> 10:00 Craft

24<sup>th</sup> 10:00 Special Snack

27<sup>th</sup> Halloween Lunch

27<sup>th</sup> 10:00 Scavenger  
Hunt

29<sup>th</sup> 10:00 🎵 Music  
🎵 with Gary Yoder

30<sup>th</sup> 10:00 Trivia

31<sup>st</sup> Halloween Party  
Covered Dish

**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**

6<sup>th</sup> 10:30 Christy Pritts, NFP:  
Part D (RX) updates for 2026  
Birthday Lunch

9<sup>th</sup> Fire Prevention Day

10<sup>th</sup> Angel food Cake Day

12<sup>th</sup> 1:00 Tailgate Party

13<sup>th</sup> Senior Center is  
Closed—Columbus Day

14<sup>th</sup> National Dessert Day:

Bring 4 helpings of your  
favorite dessert to share

14<sup>th</sup> 10:00 Bowling at  
Terrance Lanes, Somerset

16<sup>th</sup> 10:30 Kaitlyn from

Better Business Bureau

17<sup>th</sup> Wear something gaudy  
day

Halloween Gift Exchange  
Game — bring a \$10

Halloween gift to play

5:00 Game Night

20<sup>th</sup> Octoberfest Lunch

20<sup>th</sup> 9:30 Drew from  
Heartland for Bingo

21<sup>st</sup> 10:30 Dixie &

Friends Music

27<sup>th</sup> 10:30 John Larimer  
Music

Halloween Lunch

Reservations due for  
Birthday Lunch 11-3

30<sup>th</sup> National Candy

Corn Day

**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 Manager:**

Marika Roberts

**E-mail:** mroberts@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**

1<sup>st</sup> World Vegetarian  
Day

2<sup>nd</sup> Sweets Day

3<sup>rd</sup> Football Party

6<sup>th</sup> Full Harvest Moon &  
Birthday Lunch

9<sup>th</sup> Pumpkin Decorating  
Contest

10<sup>th</sup> 10:30 Music with  
John Larimer

13<sup>th</sup> Columbus Day-  
Center CLOSED

14<sup>th</sup> 10:00 Bowling at  
Terrance Lanes, Somerset

15<sup>th</sup> 10:30 Music with  
Billy

17<sup>th</sup> Christmas Party

20<sup>th</sup> Oktoberfest Lunch &  
Festival of Lights

21<sup>st</sup> Smores Day

23<sup>rd</sup> Apple Cider Day

24<sup>th</sup> United Nations Day

27<sup>th</sup> Halloween Lunch

27<sup>th</sup> 10:30 Music with Ed  
Cominsky

28<sup>th</sup> Frankenstein Day

29<sup>th</sup> Halloween Party

31<sup>st</sup> 10:30 Blood

Pressure Clinic

**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



# 2025 MENU

		1 Chopped Steak Gravy Mashed Potatoes Baby Lima Beans Mandarin Oranges Whole Grain White Bread Margarine Milk	2 Italian Wedding Soup Egg Salad on Wheat Bread Honeydew Chunks Milk	3 Roast Pork Loin Gravy Roasted Seasoned Red Skin Potatoes Sliced Carrots Pineapple Tidbits Milk
6 <u>BIRTHDAY LUNCH</u> Chicken Cordon Bleu Gravy Au Gratin Potatoes Broccoli Florets Quartered Fruit Cake w/Icing Milk	7 Beef Noodle Soup Mixed Green Salad Apricot Halves Rye Bread Margarine Milk	8 Ham Loaf Pineapple Glaze Cheesy Hash Browns Peas Apple Milk	9 Vegetable Soup Chicken Salad on Wheat Bun Diced Pears Milk	10 Honey Mustard Marinated Pork Chops Brown Rice Pilaf Capri Vegetables Orange Milk
13 <u>Closed</u> <u>Columbus Day</u>	14 Stuffed Peppers Seasoned Whole Mini Potatoes Green Beans Clementine Milk	15 Rigatoni Meat Sauce Mixed Green Salad w/Egg Applesauce Dinner Roll Margarine Milk	16 Ham Pot Pie 3 Bean Salad Fruit Medley Snack Bar Milk	17 BBQ Chicken Ranch Dressing Potato Wedges Mango Papaya Cup Milk
20 <u>OKTOBERFEST LUNCH</u> Bratwurst with Sauerkraut on Bun Mashed Potatoes Corn Citrus Salad Milk	21 Chicken/Vegetable Alfredo Linguini Tropical Fruit Wheat Dinner Roll Margarine Milk	22 Beef Barley Soup Mixed Green Salad w/Cheese Rosy Pears Whole Grain White Bread Margarine Milk	23 Italian Marinated Chicken Breast Parslied Red Potatoes Mixed Vegetables Banana Milk	24 Swedish Meatballs With Gravy Noodles Bermuda Blend Vegetables Cranberry Sauce Milk
27 <u>HALLOWEEN LUNCH</u> Halloweenie In A Bun Boo Beans Mummy Mac Salad Poisoned Apple Ghostly Milk	28 Lasagna Mixed Green Salad w/Egg Yogurt Fruit Cocktail Wheat Bread Margarine Milk	29 Chicken Rice Soup Ham Salad on Bun Melon Cup Milk	30 Porcupine Meatballs Scalloped Potatoes Prince Edward Vegetables Mandarin Oranges Milk	31 Potato Crusted Cod Pierogis Pickled Beets 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: Menu is subject to change due to typos or other unexpected issues.**

# Pink Out

## Spirit Week

October 13th-17th

**MONDAY:** *accessories make everything better*  
WEAR YOUR PINK HATS, HEADBANDS, SCRUNCIES, ETC.

**TUESDAY:** *sock it to cancer*  
ROCK YOUR PINK SOCKS

**WEDNESDAY:** *throwback*  
WEAR PAST PINK OUT SHIRTS

**THURSDAY:** *dress to impress*  
WEAR PINK JEWELRY OR A PINK TIE TO WORK

**FRIDAY:** *pink out*  
WEAR ALL OF YOUR PINK TO SUPPORT BREAST  
CANCER

**The last day to use your**

**FARMER MARKET**

**VOUCHERS is**

**November 30, 2025**



### Important Resources

To receive a digital copy of our publication, please visit our website

[www.somersetaaa.org](http://www.somersetaaa.org)

### Somerset County Warmline

877-814-4891

866-611-6467

[988lifeline.org](http://988lifeline.org)

You can also call or text  
988

### Homeless Helpline

(814)-444-8588

### Mental Health Association

(814)-445-2699

### Report Elder Abuse

(814)-443-2681 or

1-800-490-8505

### Veterans Affairs

(814)-445-1551

### Funding Sources

Federal and State Grants

Fundraising





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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**

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letter sent right to your email address for FREE!

### RETURN SERVICE REQUESTED

1338 South Edgewood Avenue  
Somerset, PA 15501  
Phone: (814) 443-2681  
Fax: (814) 443-0557  
Email: [webmaster@somersetaaa.org](mailto:webmaster@somersetaaa.org)  
Website: [www.somersetaaa.org](http://www.somersetaaa.org)

*reaching out, making a difference*

Area Agency on Aging  
of Somerset County

