

Senior News

AREA AGENCY ON AGING OF SOMERSET COUNTY • September 2026

★ Happy ★

LABOR DAY



Days to Remember

September is Senior Center Month

September 7th - Labor Day

September 11th - Patriot Day

September 13th - Grandparents Day

September 22nd - Autumnal Equinox

Events in Somerset County

Farmers & Threshermans Jubilee

When: September 9th - 13th

Where: 3054 Kingwood Rd,
Rockwood (New Centerville)



Mountain Craft Days

When: September 11th - 13th

Where: At the Somerset
Historical Center, 10649
Somerset Pike, Somerset

Fall Fun Facts

Many favorite
fall fruits have
a lot of air.
This is why
pumpkins,
apples, and
cranberries
will float.



Autumn leaves are different
colors because of sugar. Sugar
from the tree gets trapped
in leaves. More sugar means
brighter red and purple colors.



Candy corn was originally chicken
feed since it was mainly used for
animal feed at the time.

Take the First Step Toward Better Balance and Stronger Walking

Have you noticed that you're walking a little slower than you used to? Maybe you're more cautious about your balance or worried about falling. You're not alone—and the good news is that there is something you can do about it.

ON THE MOVE is a physical therapist-developed group exercise program designed to improve walking, balance, and mobility. Backed by research, it is recognized as an **Evidence-Based Program** by the Administration for Community Living and has helped countless older adults improve their confidence, strength, and independence.

At **Laurel Mountain Senior Center**, we've seen these life-changing results firsthand.

When Nancy joined **ON THE MOVE**, she had recently recovered from back and hip surgery. During the first few classes, she needed to use her hands to lift her leg during some of the exercises. By the end of the 25-session program, she was lifting her leg independently. Her walking gait improved dramatically, and today she moves with far greater confidence.

Nancy isn't our only success story. Many participants have shared that their balance has improved, their joints feel more flexible, they are feeling less pain and they feel steadier and more confident while walking. The benefits extend beyond exercise. Participants encourage one another, celebrate each other's progress, and build lasting friendships in a welcoming and supportive environment.

ON THE MOVE meets every **Tuesday and Thursday at 9:30 a.m.** at the Laurel Mountain Senior Center. The center opens at **9:00 a.m.**, so come early to enjoy coffee and conversation before class. Afterward, you're welcome to stay for **Bingo at 10:45 a.m.** and **Lunch at 11:30 a.m.** (just call the day before to reserve your meal).

We currently have openings in the program, and we'd love to welcome you. Take the first step toward better balance, improved mobility, and a more active, confident lifestyle.

For more information, contact Laurel Mountain Senior Center at 814-629-9926 or visit us at 1609 Pitt Street, Jennerstown, PA 15547.



In-Home Meal Delivery

One of the services that we provide at the Area Agency on Aging of Somerset County is our in-home meal delivery. This service is primarily focused on homebound individuals with meal prep assistance needs. Often, individuals that are eligible for this service do not have supports in the area, have very limited means for transportation or none at all, are living below the poverty line, and have medical diagnoses that limit their ability to make a nutritious meal.

Our meal drivers are responsible for ensuring that individuals receiving this service are home and safe on the day of their delivery. The Area Agency on Aging of Somerset County is required to follow guidelines from the Pennsylvania Department of Aging. The meal delivery driver cannot leave a meal with anyone other than the participant in the program. They cannot leave meals unattended or in coolers.

What should I do if I know that I am not going to be home?

DO	DON'T
Always call our office at #814-443-2681	Call the delivery driver and don't leave a note for the delivery driver
Leave a voicemail if it is after/before hours	Leave a cooler or bag on your door
Call us as far in advance as possible, as late as the day before your scheduled delivery	Tell the driver that you need to cancel your meal. This needs communicated to our office, directly.

Please call our office if you ever have any questions or to cancel a meal for any given delivery day. You don't need to remember the name of your care manager to cancel your meal delivery.

Preparing Together Presentation with Somerset County 911

Make an Emergency Plan in a Safe, Learning Environment

Wednesday	9/9/2026	12-noon	Laurel Mountain	Allana	1609 W Pitt St, Jennerstown, 15547	814-629-9926
Thursday	9/17/2026	10am	Central City	Marika	103 Sunshine Ave, Central City, 15926	814-754-5615
Thursday	9/17/2026	12-noon	Windber	April	700 Fifth St, Ste 200, Windber, 15963	814-467-5912
Thursday	9/24/2026	9:30am	Meyersdale	Julie	120 North St., Meyersdale, 15552	814-634-0713
Friday	9/25/2026	9:30am	Somerset	Gloria	1338 S Edgewood Ave, Somerset, 15501	814-445-7772
Wednesday	10/7/2026	10am	Confluence	Terri	700 Reynolds St, Confluence, 15424	814-395-5117

Please call to reserve a seat and receive a free gift

September 2026

Center Activities

SENIOR CENTER INFO

<u>Central City</u> <u>Senior Center</u>	<u>Conemaugh Township</u> <u>Senior Center</u>	<u>Confluence</u> <u>Senior Center</u>	<u>Laurel Mountain</u> <u>Senior Center</u>
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	959 South Main Street Hollsopple, PA 15935 Senior Center Manager: Cyndi Rose Phone: (814) 479-2216 E-mail: crose@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	700 Reynolds Street Confluence, PA 15424 Senior Center Manager: Teresa Dively Phone: (814) 395-5117 E-mail: tdively@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	1609 W Pitt Street Jennerstown, PA 15547 Senior Center Manager: Allana Guidry Phone: (814) 629-9926 E-mail: aguidry@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM
<u>Meyersdale</u> <u>Senior Center</u>	<u>Somerset</u> <u>Senior Center</u>	<u>Windber</u> <u>Senior Center</u>	
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 9:00AM - 2:00PM	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 9:00AM - 2:00PM	700 Fifth Street, Suite 200 Windber, PA 15963 Senior Center Manager: April Walker Phone: (814) 467-5912 E-mail: awalker@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM	

CENTRAL CITY AREA SENIOR CENTER

**(Lunch Served at 11:30,
call the day before by
noon to order lunch)**

4th National Food Bank Day

7th Labor Day Center

CLOSED

8th 10:30 a.m. Ombudsman
Presentation

9th 10:30 a.m. Music with
Billy Stoppe

10th 10:30 a.m. Magellan
Healthcare Presentation

11th Patriot's Day

14th National Coloring Day

15th Craft Day - Make a hat

16th 2 p.m. to 4 p.m.
Mayflower Tea Party

17th 10:00 a.m. Sharlene
McCoy from Somerset Co
911 Dept of Emergency
Services

23rd 10:30 a.m. Music with Ed
Cominsky

25th National One Hit
Wonder Day

29th National Coffee Day/
Becky Raley, Care Manager,
from AAA

30th National Hot Cider Day



Daily Activities:

9:00 a.m. to 2:00 p.m. Wii Games,
Exercise Machines, Skipbo & card
games available
9:30 a.m. Monday, Wednesday and
Friday exercise class
Laptops available
Volunteer Opportunities
Wi-Fi Available

CONEMAUGH TOWNSHIP AREA SENIOR

(Lunch Served at 11:30, call the day before by noon to order lunch) 2nd 11:00 a.m. Bingo 3rd 12:00 p.m. Music with Tom & Carolyn	4th Labor Day & Food Bank Day (Bring a canned food for the food bank) 7th Labor Day Center CLOSED 8th Hannah Watkins, Care Manager, From AAA 11th 12:00 p.m. Chocolate Day	14th Birthday Lunch 17th 12:00 p.m. Music with Billy Stoppe 21st String Cheese Day & Banana Day 22nd Craft for Fall 23rd Bingo 30th Corn Hole 	Daily Activities: Bingo Wii Games Puzzles Exercise Machines 10:00 a.m. Tuesday & Thursday Geri-Fit Laptops available Volunteer Opportunities Wi-Fi Available
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CONFLUENCE AREA SENIOR CENTER

(Lunch Served at 11:15, call the day before by noon to order lunch) <i>September is National Hunger Awareness Month.</i> <i>Do your part to end hunger by donating canned goods to help fill our local food pantry. Please bring your donations to the Confluence Senior Center on one of your visits.</i>	<i>Every Thursday we offer lunch alternatives to the Center's meal choices.</i> For a \$5.00 fee we have Thursday Specials (taco, steak, chicken, chef salad, trio salad and loaded baked potatoes). Call by Wednesday to reserve Thursday Specials. 7th Labor Day Center CLOSED 9th Angie Rowland from Somerset Trust Presentation on Fraud 10th Ants on a log 11th Renae Billow Community Life Bingo with Prizes	16th 10:30 a.m. Music with John Larimar 16th 5 p.m.-7 p.m. September evening event 50/50 Bingo Refreshments provided. Hope to see you there!!! 18th Red Velvet Cake 22nd 9:00 a.m. Trip to International Conservation Center - Elephants 29th Bri Aultz, Care Manager, From AAA 	Daily Activities: Exercise Machines 10:00 a.m. Monday & Thursday Exercise Classes 10:00 a.m. Tuesday Theology Bingo Wii Games Laptops available Volunteer Opportunities Wi-Fi Available
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LAUREL MOUNTAIN SENIOR CENTER

(Lunch Served at 11:30, call the day before by noon to order lunch) 4th Labor Day Lunch 7th Labor Day Center CLOSED 9th 12:00 p.m. Sharlene McCoy from Somerset Co 911 Dept of Emergency Services 10th Nicole Sechler, Care Manager, from AAA 11th Chocolate Milkshake Day	14th Birthday Lunch/12:00 p.m. Music with Billy Stoppe 16th 12:00 p.m. Bingo with Interim 21st 10:30 a.m. Blood Pressure with Windber Home Health 22nd Ice Cream Cone Day/10:30 a.m. Ricky Howsare 23rd 11:00 a.m. Recovery Support with Natalie Kauffman/12:00 p.m. Fraud Presentation with Somerset Trust	28th 12:00 p.m. UPMC Presentation 30th Mulled Cider & Donuts Day/12:00 p.m. Music with Fast Eddie 	Daily Activities: 9:30 a.m. Monday - Thursday On the Move Exercise Class 10:45 a.m. Bingo Exercise Machines Wii Bowling Puzzles Table Games Laptops available Volunteer Opportunities Wi-Fi Available
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MEYERSDALE AREA SENIOR CENTER

(Lunch Served at 11:30, call the day before by noon to order lunch)

2nd 10:00 a.m. Music with Billy Stoppe

3rd Jadie Leazier, Care Manager, from AAA

4th Bring a canned good to donate to the local food pantry

7th Labor Day Center CLOSED

9th 10:00 a.m. Seminar & Activity/Community Life

11th 10:00 a.m. 9/11/2001 Trivia

14th Birthday Lunch/10:00 a.m. Sing Along

15th 4:00 p.m. to 7:00 p.m.

Night Bingo

16th 10:00 a.m. Computer Class

18th 10:00 a.m. Scavenger Hunt

21st 10:00 a.m. Music with Tom & Carolyn

23rd 10:00 a.m. Craft

24th 9:30 a.m. Sharlene McCoy from Somerset Co 911 Dept of Emergency Services/10:30 a.m. Seminar & Activity/UMPC Hospice

25th 10:00 a.m. Special Day On The Move

28th 10:00 a.m. Sing Along

30th 10:00 a.m. Seminar/Somerset Trust



Daily Activities:

9:30 a.m. Wii Games
Exercise Machines
Cards
11:00 a.m. Bingo
10:00 a.m. Tuesday Geri-Fit
10:00 a.m. Thursday On The Move
Word Search Puzzle every Wednesday
Laptops available
Volunteer Opportunities
Wi-Fi Available

SOMERSET SENIOR CENTER

(Lunch Served at 11:30, call the day before by noon to order lunch)

3rd Ginny Kelly, Care Manager, From AAA

4th 12:00 p.m. Music with John Larimer/National Food Bank - Bring nonperishable food items to donate/Labor Day Lunch

7th Labor Day Center CLOSED

9th 10:30 a.m. Phil Little, Atty Generals Office, Mail Order Pills

10th Windber Hospice B.P.'s

11th Stand up to Cancer Day - Bring your spare change for a donation to the American Cancer Society/2:00 p.m. Game Afternoon

14th Birthday Lunch/10:30 a.m. Trivia with Bobbie from UPMC

20th 1:00 p.m. Afternoon Tea

21st Miniature Golf

24th 10:45 a.m. Natalie Kaufman, Recovery/Support Coordinator Somerset/Bedford Counties

25th 9:30 a.m. Sharlene McCoy from Somerset Co 911 Dept of Emergency Services



September is Suicide Prevention Month

Daily Activities:

Wii Games
Exercise Machines
9:00 a.m. Thursday Tai Chi
9:30 a.m. Bingo every day (Tues & Thurs prize Bingo)
Games, crafts, and other activities daily
Laptops available
Volunteer Opportunities
Wi-Fi Available
10:30 a.m. Bingocize: Mondays 21, 28 Wednesday 2, 9, 16, 23, 30 Fridays 11, 18

WINDBER SENIOR CENTER - CFL

(Lunch Served at 11:30, call the day before by noon to order lunch)

3rd 10:30 a.m. Natalie - Recovery Support

4th 10:30 a.m. Basic Computer Class

7th Labor Day Center CLOSED

8th 10:30 a.m. Music with Denise Baldwin

9th 10:30 a.m. 1960's Trivia

10th Guess who it is? Bring your School Picture

11th Wear Red, White and Blue! Let's Remember!

15th Fall Craft - Mason Jar Leaf Lights

17th 12:00 p.m. Sharlene McCoy from Somerset Co 911 Dept of Emergency Services

22nd 9:00 a.m. Trip to International Conservation Center - Elephants

23rd Amy Hankinson, Care Manager, from AAA

25th Name that Tune of the 60's and 70's

29th Coffee Bar

30th Wear Orange Day

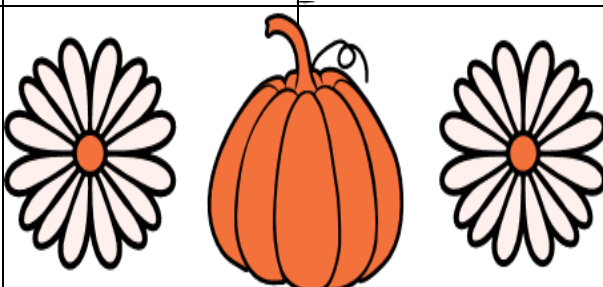


Daily Activities:

Wii Games
Puzzles
Cards & Board Games
10:00 a.m. Mon & Fri Strong Bones
10:00 a.m. Tues Body Strengthening
10:00 a.m. Thurs Tai-Chi for Arthritis
12:00 p.m. Tues, Wed, & Thurs Bingo
12:30 p.m. Mon, Wed, & Fri Pinochle
6:00 p.m. Wed Corn Hole
Laptops available
Volunteer Opportunities
Wi-Fi Available

SEPTEMBER

2026 MENU

 hello FALL! September 22	1 Beef Noodle Soup Mixed Green Salad w/Cheese Citrus Salad Whole Grain White Bread w/Margarine Milk	2 Chicken/Vegetable Alfredo over Linguini Tomato Zucchini Salad Fresh Pear Milk	3 Kielbasa Mashed Potatoes Sauerkraut Mandarin Oranges Butterscotch Pudding Milk	4 LABOR DAY LUNCH BBQ Chicken Potato Salad Broccoli Slaw Watermelon Sugar Cookie Milk
7 Closed Labor Day	8 Stuffed Cabbage Scalloped Potatoes Peas Mango Cup Wheat Bread w/Margarine Milk	9 Roast Pork Loin w/Poultry Gravy Mashed Potatoes Cauliflower Salad Fresh Plum Milk	10 Beef Stew Mixed Green Salad w/Egg Tropical Fruit Dinner Roll w/Margarine Chips Milk	11 Swedish Meatballs in Gravy Beef Broth Rice Prince Edward Vegetables Diced Peaches Milk
14 BIRTHDAY LUNCH Baked Cod Loin Pierogies Church Slaw Apple Raisin Spice Cake Milk	15 Spaghetti w/Meatballs Cucumber Tomato Salad Diced Pears Italian Bread w/Margarine Milk	16 Chicken Pot Pie Tossed Salad Melon Cup Dinner Roll w/Margarine Milk	17 Ham Loaf w/Pineapple Glaze Au Gratin Potatoes Italian Blend Vegetables Cranberry Pineapple Orange Salad Fig Newton Milk	18 Broccoli & Cheese Stuffed Chicken w/Poultry Gravy Fire Roasted Red Diced Potatoes Green Beans Fruit Cocktail Milk
21 Chop Steak w/Gravy Mashed Potatoes Creamed Corn Citrus Salad Milk	22 Loaded Potato Soup Mixed Green Salad w/Ham Mandarin Oranges Garlic Breadstick Milk	23 Italian Marinated Chicken Breast Brown Rice Pilaf Winter Blend Vegetables Banana Milk	24 Vegetable Lasagna Tuna Salad on Croissant Apricot Halves w/Blackberries Milk	25 Salisbury Steak Seasoned Whole Mini Potatoes Brussel Sprouts Quartered Fruit M&M Cookie Milk
28 Crab Cake Macaroni & Cheese Cole Slaw Cantaloupe Chunks Milk	29 Ham Potato Casserole Tossed Salad w/Cheese Clementine Cornbread Milk	30 Stuffed Pepper Soup Turkey & Provolone on Bun Strawberries 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.

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Senior News

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If you would like to obtain further information about any news-
letter topic or Agency services please call the Somerset office at

(814) 443-2681 or 1-800-452-0825

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