

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • July 2025

Superhero Volunteer Banquet: A Day of Fun and Fellowship!

On May 16th, our volunteers gathered for an unforgettable Superhero Volunteer Banquet, celebrating our volunteers with a day filled with joy and camaraderie. The event was a tremendous success, thanks to the incredible efforts of our dedicated volunteers.

The day kicked off with an amazing meal that delighted everyone's taste buds. Our volunteers enjoyed a delicious spread, setting the stage for a day of fun and fellowship.

One of the highlights of the day was the super fun game of music bingo. The game brought out the competitive spirit in everyone, with laughter and cheers filling the room as our volunteers matched their favorite tunes to their bingo cards.

Throughout the day, our volunteers shared wonderful times together, creating lasting memories. The vibrant decorations, engaging activities, and the overall superhero spirit made this event truly special.

We extend our heartfelt gratitude to all the volunteers who made this day possible.

Your enthusiasm and commitment brings smiles to many faces and make a significant impact on our senior centers. Thank you for being the superheroes of our community!



Important Resources

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

www.somersetaaa.org

Somerset County Warmline

877-814-4891

866-611-6467

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



You're Invited

LASSO UP SOME FUN

AT THE SENIOR BBQ!

COME JOIN THE AREA AGENCY ON AGING FOR OUR ANNUAL
SENIOR PICNIC ON JULY 25TH, 2025 FROM 10:00AM—2:00PM

WHERE:

Bakersville Fire Hall
2143 W. Bakersville Edie Rd
Somerset, PA 15501

-Western themed lunch
served at 12:00pm

-Western themed music all
day

TICKETS:

-Cost: \$10—Please bring your
ticket for entry

-Tickets on sale May 5th-July 3rd

-Purchase your tickets at the
Area Agency on Aging or at
your local Senior Center

-Call your local Senior Center
for transportation

-Call 814-443-2681 with any
questions or concerns

For office use only
Application _____

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2025 APPLICATION FORM

To qualify, you must be 60 or older (or turn 60 by 12/31/2025) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. By signing this, I acknowledge that my total household income is within the Income guidelines: **\$28,953** for 1 person in the household; or **\$39,128** for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2025).

1st Participant Name (print): _____ Birth Date _____
(Person checks are for) (Month, Day, Year)

(Signature)

2nd Participant Name (print): _____ Birth Date _____
(Person checks are for) (Month, Day, Year)

(Signature)

Address (print): _____
(Street) (City) (State) (Zip Code)

Telephone Number: _____ County of residence: SOMERSET

? I will/have watched the "My Plate for Older Adults" video prior to redeeming my SFMNP vouchers.

Please circle appropriate identifier for each:

Ethnicity: Hispanic or Latino Not Hispanic or Latino
Race: American Indian or Alaskan Native Asian Black or African American
Native Hawaiian or other Pacific Islander White

Check Range: _____ (Office Use Only)

Please see back for USDA Nondiscrimination Statement

Please mail or email your completed form before September 15, 2025 to: Attn: FMNP/Christine Saylor
Windber Senior Center-CFL
700 Fifth Street, Suite 200
Windber, PA 15963
OR EMAIL: csaylor@somersetaaa.org
Questions call 814-467-5912

July 2025 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 & Friday 9:00 AM - 2:00 PM

3rd Last day to purchase your Senior Picnic ticket 📅
 4th Center Closed—Independence Day 🌟
 7th Birthday Lunch 🎂
 7th 12:00 National Strawberry Sundae Day...Come have a sundae with us!

11th Sweet Treats with Melissa from Hilltop Heights
 14th 10:30 BINGO with Merrit
 18th 12:00 BINGO
 21st 12:00 Trivia Pursuit
 25th Hunt the Flag
 28th 12:00 Music with Tom & Carolyn



Exercise equipment, Wii games, pool table, puzzles, games, cards, volunteer opportunities, Somerset County Bookmobile, BINGO

Wi-Fi available

CENTRAL CITY AREA SEN-

103 Sunshine Avenue
Central City, PA 15926
Senior Center Manager: Chris Saylor
Phone: (814) 754-5615
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

1st Joke Day—Bring your best today
 2nd National Forgot Day-Forget about everything you forgot
 3rd Last day to purchase your Senior Picnic ticket 📅
 4th Center Closed—Independence Day 🌟
 7th Birthday Lunch 🎂
 7th 10:30 🎵 Music with Ed Cominsky
 10th 10:30 Bingo with Community Life
 15th Meadows Trip—Call to 814-467-5912 to reserve

16th National 🌭 Hot Dog Day
 21st 10:30 🎵 Music with Tom Voytas
 21st 12:00 Bingo with Windber Woods
 23rd Vanilla 🍦 Ice Cream Day
 25th Center Closed-Senior Picnic
 28th 🍫 🥛 Chocolate Milk Day



Monday & Wednesday: 10:00
 Exercise Class

Monday-Friday:
 Bingo

Bible Study Class:
 1st & 3rd Saturday at 11:00 AM AND every other Tuesday at 5:00 PM

EVERYONE IS WELCOME !

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, BINGO

Wi-Fi Available

3rd Last day to purchase your Senior Picnic ticket 📅
 3rd 12:00 Ice Cream Social with Melissa from Hilltop Heights
 4th Center Closed-Independence Day 🌟
 7th National Strawberry Sundae Day
 8th 12:00 Blood Pressures with Windber Hospice
 10th 12:00 Music with Billy Stoppe
 16th 12:00 Strawberry Sundaes
 16th National 🌭 Hot Dog Day
 17th Christmas in July Scavenger Hunt

23rd Vanilla Ice Cream Day
 24th 12:00 Music with Tom & Carolyn
 25th Center Closed-Senior Picnic
 31st Trivia Pursuit



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

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

Thursday: 9:00
 Quilting

July 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

1st Joke Day-Bring your best today
 2nd 10:30 🎵 Music with Sheilah
 3rd Last day to purchase your Senior
 Picnic ticket 📄
 4th Center Closed-Independence Day
 ☀️
 7th Birthday Lunch 🍰
 11th National Blueberry Day

16th National 🌭 Hot Dog Day
 22nd 12:00 Music with Billy Stoppe
 23rd Vanilla 🍦 Ice Cream Day
 25th Center Closed-Senior Picnic
 28th 🍫 🍵 Chocolate Milk Day

**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

2nd 10:00 Sing Along
 3rd 10:00 Patriotic
 Party
 4th CLOSED Independ-
 ence Day
 7th Birthday Lunch
 10th 10:00 Craft

11th 10:00 Music with Billy
 Stoppe
 14th 10:00 Music/ Tom &
 Carolyn
 16th 10:00 USA History Triv-
 ia
 17th 10:00 Craft

21st 10:00 Sing Along
 23rd 10:00 Root Beer
 Floats
 24th 10:30 UPMC Hospice
 Seminar & Activity
 25th CLOSED Senior Picnic
 at Bakersville Fire Hall
 28th 10:00 Beach Party

Monday-Friday:
 11:00 Bingo, Wii Games
 (unless otherwise noted.)
TUESDAY: Geri-Fit
WEDNESDAY: Word
 Search Puzzles

SOMERSET SENIOR CEN-

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

4th CLOSED-Independence
 Day
 9th 10:30 Music with Eric
 Harris
 10th 10:30 \$10 gift for
 White Elephant game
 14th 10:30 Community Life
 presents music by Paul the
 Entertainer
 15th 10:30 Bobbie from
 UPMC

Decorate July Christmas
 cookies
 16th 10:30 Music with
 Denise Baldwin
 18th 5:00 Game Night
 25th Senior Picnic at
 Bakersville Fire Hall
 27th 5:00 Potluck Dinner
 28th Last Day to reserve
 for Birthday lunch Aug 4th

30th Ugly Sweater -
 T-shirt Day
 Independence Day
 Lunch

Friday Fundays will
 be every Friday
 weather
 permitting.

🎄 We will be
 celebrating
 CHRISTMAS IN JULY!

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

1st Joke Day-Bring your
 best today
 3rd Last day to purchase
 your Senior Picnic ticket
 📄
 4th Center Closed-
 Independence Day ☀️
 7th Birthday Lunch 🍰
 9th 10:30 🎵 Music with
 Gary Lee

11th National Blueberry
 Day
 15th Meadows Trip-Call
 to reserve or see Mary
 or Chris
 16th 10:30 🎵 Music
 with Billy Stoppe
 16th National 🌭 Hot
 Dog Day
 18th Christmas in July

23rd Vanilla 🍦 Ice
 Cream Day
 25th Center Closed-Senior
 Picnic
 28th 🍫 🍵 Chocolate
 Milk Day
 29th 12:00 Bingo with
 Windber Woods
 31st 10:30 🎵 Music with
 Denise Baldwin

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

	<p>1</p> <p>Stuffed Cabbage Mashed Potatoes Peas Banana Granola Bar Milk</p>	<p>2</p> <p>Vegetable Lasagna Mixed Green Salad w/Ham Pineapple Tidbits Italian Bread Margarine Milk</p>	<p>3</p> <p>Chicken Rice Soup Tomato Salad Apricot Halves Whole Grain Crackers Milk</p>	<p>4</p> <p><u>CLOSED</u> <u>FOR</u> <u>INDEPENDENCE DAY</u></p>
<p>7</p> <p><u>BIRTHDAY LUNCH</u> Baked Ham Pineapple sauce Au Gratin Potatoes Corn Fruit Cup Applesauce Raisin Cake Milk</p>	<p>8</p> <p>BBQ Chicken Seasoned Whole Mini Potatoes Chuckwagon Vegetables Tropical Fruit Dinner Roll Margarine Milk</p>	<p>9</p> <p>Beef Stew Pickled Egg/Beets Mango/Papaya Rye Bread Margarine Milk</p>	<p>10</p> <p>Creamed Chicken over Biscuit Peas & Carrots Fresh Orange Peanut Butter Cookie Milk</p>	<p>11</p> <p>Hot Turkey Sandwich Parslied Red Potatoes Sliced Carrots Cranberry Salad Milk</p>
<p>14</p> <p>Hot Dog on Wheat Bun Wax Beans Potato Salad Watermelon Applesauce Milk</p>	<p>15</p> <p>Stuffed Shells w Sauce Italian Cauliflower Diced Pears Wheat Dinner Roll Margarine Milk</p>	<p>16</p> <p>Chili w/Cheese French Fries Coleslaw Mandarin Oranges Corn Muffin Margarine Milk</p>	<p>17</p> <p>Salisbury Steak Brown Rice Pilaf Mixed Vegetables Fresh Apple Milk</p>	<p>18</p> <p>Country Fried Pork Loin Fritter/Gravy Roasted Seasoned Red Skin Potatoes Prince Edward Vegetables Diced Peaches Milk</p>
<p>21</p> <p>Beef Barley Soup Kidney Bean Salad Quartered Fruit Whole Grain White Bread Margarine Milk</p>	<p>22</p> <p>Chicken Pot Pie Mixed Green Salad w/Egg Cantaloupe Chunks Dinner Roll Margarine Milk</p>	<p>23</p> <p>Ham loaf Pineapple Glaze Scalloped Potatoes Green Beans Blueberry/ Pineapple Cup Oatmeal Cookie Milk</p>	<p>24</p> <p>Chicken Cordon Bleu w/Gravy Mashed Potatoes Succotash Fresh Pear Rye Bread Margarine Milk</p>	<p>25</p> <p><u>CLOSED</u> <u>FOR ANNUAL</u> <u>SENIOR PICNIC</u></p>
<p>28</p> <p>Chicken Parmesan Provolone Cheese Spaghetti Sauce Italian Blend Vegetables Citrus Salad Whole Wheat Bread Margarine Milk</p>	<p>29</p> <p>Vegetable Beef Soup Macaroni Salad Cherry Mixed Fruit Cup Whole Grain Crackers Milk</p>	<p>30</p> <p>Haddock Wedges Mini Perogies Confetti Rice Clementine Milk</p>	<p>31</p> <p>Ham, Green Beans & Potatoes Church Slaw Applesauce Wheat Dinner Roll Margarine Milk</p>	

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 that the menu might change due to typos or other unexpected issues.

Health & Wellness, It's time to start using those Farmer Market Vouchers!

FARMERS MARKET COALITION

Why Farmers Markets?



Stimulate Local Economies

Growers selling locally create **13 full time jobs** per \$1 million in revenue earned. Those not selling locally create 3.



Locally-owned retailers, such as farmers markets, **return more than three times as much of their sales to the local economy** than do chain competitors.

Chain
Locally-owned



Preserve Farmland & Rural Livelihoods

The U.S. loses an acre of farmland a minute to development.

The 7 Seattle farmers markets hosted by the Neighborhood Farmers Market Alliance support **9,491 acres of farmland in diversified production.**

25% of vendors derive their sole source of income from the market.



Increase Access to Fresh Food

\$18.8 million in SNAP benefits (food stamps) were spent at farmers markets in 2014. That's fresh food for low-income Americans and increased revenue for local farmers.

USDA reports that **produce prices at farmers markets are lower**, on average, than grocery stores prices.

Markets bring fresh food to the neighborhoods that need it most.



Support Healthy Communities

A study showed that shoppers have more than **three times as many social and informational encounters** at farmers markets than they do at national chain supermarkets.

Proximity to farmers markets is associated with lower body mass index (BMI).



Stay Cool and Safe This Summer. Visit Your Local Cooling Center

As temperatures rise, it's important to stay cool and safe. Cooling centers provide a comfortable and air-conditioned environment for those who need relief from the heat. These centers are open to everyone and offer a safe space to escape the summer heat. Whether you're looking for a place to relax, hydrate, or simply cool down, your local cooling center is here to help. Remember to check the operating hours and locations of the nearest cooling centers in your area. Stay cool, stay safe, and take care of yourself and your loved ones this summer!

Somerset Senior Center
1338 South Edgewood Avenue,
Somerset
814-445-7772

Meysdale Senior Center
120 North Street, Meysdale
814-634-0713

Central City Senior Center
103 Sunshine Avenue,
Central City
814-754-5615

Conemaugh Township Senior Center
959 S. Main Street, Hollsopple
814-470-2216

Windber Senior Center
700 Fifth Street, Suite 200,
Windber
814-467-5912

Confluence Senior Center
700 Reynolds Street, Confluence
814-395-5117

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf> and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

2025 Income	
1 person	\$28,953
2 people	\$39,128
3 people	\$49,303
4 people	\$59,478
5 people	\$69,653
6 people	\$79,828
7 people	\$90,003
8 people	\$100,178

This institution is an equal opportunity provider.

Be Aware of Senior Scams

Throughout the year, it is always wise to be cautious of scams that target seniors. NEVER give out your personal information over the phone, even if the caller claims to be from a federal agency, bank or a company that you have done existing business with. If you not sure about the company, verify information about them with the Better Business Bureau.

Is your Senior Newsletter
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Check the expiration date
below your address



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

www.somersetaaa.org

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reaching out, making a difference

Area Agency on Aging
of Somerset County

