

# Welcome



To the  
**CENTER  
FOR LIFE  
SENIOR  
COMMUNITY CENTER**

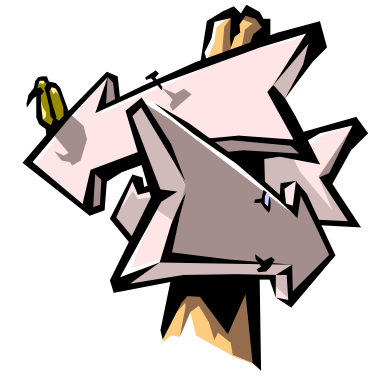


Located at:  
**700 Fifth Street, Suite 200  
Windber, PA 15963  
814-467-5912**

**Windber Center For Life  
700 Fifth Street, Suite 200  
Windber, PA 15963**



# DO YOU NEED DIRECTIONS?



Please feel free to call the Senior Center Services Director at 814-467-5912 during normal business hours.

*We look forward to seeing you!*

## FIND OUT MORE...

The “**SENIOR NEWS**” newsletter is a monthly publication that contains a schedule of monthly activities and a monthly lunch menu for the Windber Center For Life as well as the other six centers located in Somerset County.

If you would like to receive “**SENIOR NEWS**”, please contact the Area Agency on Aging of Somerset County at (814) 443-2681 or (800) 452-0825 or the Windber Center For Life at (814) 467-5912 to be placed on the mailing list.



## CENTER HISTORY

In December of 1999, the Area Agency on Aging of Somerset County formed a partnership with the Windber Medical Center to combine resources and relocated the Windber Area Senior Community Services Center to a newly constructed site within the Medical Center at 700 5th Street, Windber.

The center was appropriately named the “**Center For Life**” where senior citizens are encouraged to keep their minds, bodies, and spirits active and healthy to improve or maintain the quality and substance of their lives.

## ABOUT THE CENTER

The Windber Center For Life is operated by the Area Agency on Aging of Somerset County and is managed by Senior Services Director, Eleanor Pile.

The Center offers a welcoming, pleasant atmosphere where people can feel comfortable and valued. Activities are planned to lend to the enjoyable experience of the seniors who attend. No membership fee or county affiliation is required. The parking lot is well lit for safety during the evening hour programs and classes.

Transportation is available through Somerset County Transportation System Monday through Friday by calling 1-800-452-0241.



The center is  
handicapped accessible.

## THINGS TO DO

A pleasing variety of activities are scheduled every month including:

- \*Holiday and Birthday Parties
- \*Day and Evening Dances
- \*Art Class & \*Craft Class
- \*Educational Speakers
- \*Computer Class/Internet Access
- \*Day Trips & \*Picnics
- \*Wii Games
- \*Special Dinners
- \*Health Screenings
- \*Blood Pressure Checks
- Medication Management
- \*Exercise Classes
- \*Indoor Climate Controlled
- Walking Track
- \*Card Games
- Bowling League
- \*APPRISE Insurance Counseling
- \*Bingo
- \*Evening Events
- \*Entertainment
- \*Appointments with Medical Specialists
- \*Blood Draws
- \*Northern Branch Office  
of the Area Agency on Aging

## SUPPORT GROUPS

Caregivers Support Group

**\*\*Volunteer Opportunities  
...and much, much more!**

You may also contact us by e-mail:

**[epile@somersetaaa.org](mailto:epile@somersetaaa.org)**

Or search for us online at:  
**[www.somersetaaa.org](http://www.somersetaaa.org)**

## HOURS OF OPERATION

9:00 AM– 4:00 PM

**MONDAY – FRIDAY**

Breakfast served daily 7:30 – 10:00

Lunch served daily at 11:30.



**Note** - Please call by 12:00 the day before you plan to join us to reserve lunch.

## WHY SHOULD YOU VISIT US?

You will find friendship, entertainment, fun times, learning opportunities, and volunteer opportunities to brighten your daily routine. There are many different activities going on each day to suit a variety of tastes and many different classes offered to learn a new skill.

There is much laughter, singing, and wholesome fellowship to enjoy among other participants.

The Nutrition Department prepares delicious meals and a hot lunch is served daily.

We'd love to have you visit!

## NEED HELP?

Perhaps you have a question or need some direction with a personal issue you are facing. The Senior Services Director will provide you with information or help you reach someone to talk with who is able assist you.