





CENTER ACTIVITIES


<p>BOSWELL 332 Stonycreek Street Boswell, PA 15531 Center Manager: Carol Turner Lunch Served: 11:30 AM Phone: 629-9926 E-mail: cturner@somersetaaa.org Hours of Operation: Monday 8:30 AM-1:30 PM</p> 	Available Activities: Ping-Pong Table, Pool Table, Volunteer Opportunities, Group Activities, Trivia, Brain Changers, Exercise Equipment, Computer Access/Classes, Cards and Wii Games APPRISE by appointment 1st Monday of every month.				
	<p>February 1</p> <p>8:30 Socialization Exercise Wii Games</p> <p>10:30 Meadow View Nursing Home- Hypothermia with Sally McClintock</p> <p>11:30 Lunch 12:00 Nickel Bingo</p>	<p>February 8</p> <p>8:30 Socialization Exercise Wii Games</p> <p>10:30 Unison Health Communicating with your doctor with Audra Casino</p> <p>11:30 Lunch 12:00 Nickel Bingo</p>	<p>February 15</p> <p>President's Day</p> <p>Center Closed!!!</p>	<p>February 22</p> <p>8:30 Socialization Exercise Wii Games</p> <p>10:30 Tribute to Our Presidents</p> <p>11:30 Lunch 12:00 Nickel Bingo</p>	


<p>CENTRAL CITY 103 Sunshine Avenue Central City, PA 15926 Center Manager: Carol Turner Lunch Served: 11:30 AM Phone: 754-5615 E-mail: cturner@somersetaaa.org Hours of Operation: Mon - Fri 9:30 AM - 2:30 PM</p> 	Available Daily: Socializing, Cards, Volunteer Opportunities, Exercise Machines, Computer, Crafts & Puzzles. Apprise Counseling available by appointment 2nd Monday of every month.				
	<p>February</p> <p>1 Reminiscent Corner Presidents Trivia</p> <p>2 Ground Hog Day</p> <p>3 10 AM Exercise Van to Bi Lo</p> <p>4 Birthday Lunch</p> <p>5 Van to Somerset</p> <p>8 Valentines Day Trivia</p> <p>9 Center Trip to the Meadows or the Rivers Casino</p>	<p>10 10 AM Exercise Van to Ideal Market/Conzattis</p> <p>11 Valentines Day Party Crown Our King and Queen</p> <p>12 Van to Galleria</p> <p>15 President's Day Center Closed!!</p> <p>16 Tribute to Our Presidents</p>	<p>17 Eat Early 10 AM Exercise Van to Somerset</p> <p>18 10 AM Music by Rich Hagens</p> <p>19 Van to Windber</p> <p>22 Meadow View Nursing Home Hypothermia with Sally McClintock</p>	<p>23 Ways to Deal with Change Van to Walmart in Richland</p> <p>24 10 AM Exercise Van to Market Basket</p> <p>25 APPRISE by appointment for Property/Rent Rebates</p>	<p>26 Van to Galleria</p>

<p>CONFLUENCE 700 Reynolds Street Confluence, PA 15424 Center Manager: Betty Mancini Lunch Served: 11:30 AM Phone: 395-5117 E-mail: bmancini@somersetaaa.org Hours of Operation: Mon -Fri 9 AM - 2 PM</p> 	Available Daily: Socialization, Volunteer Opportunities, Current Events, Health Tips, Crafts, Computer Use, Tutoring, Exercise Equipment, Brain Builders, Puzzles, Games, Music, Wii Games 9 AM Coffee Social, Current Events, Wii Games, Daily Trivia				
	<p>February</p> <p>1 Reminisce "Potatoes & Eggs" 12:30 Bingo</p> <p>2 Ground Hog Day 10 AM Theology 12 Noon Bingo 12:30 Grocery Shopping</p> <p>3 10 AM Exercise 12:30 Bingo</p> <p>4 "Winter Words" 12:30 Bingo</p> <p>5 Frivolous Friday Van to Somerset</p>	<p>8 Do You Know The Names? 12:30 Bingo</p> <p>9 10 AM Audrey- Medi Home Health 10 AM Theology 12 Noon Bingo 12:30 Grocery Shopping</p> <p>10 10 AM Exercise 12:30 Bingo</p> <p>11 9:30 Oil Painting w/Ken Corson cost \$25 person 12:30 Bingo</p>	<p>12 Frivolous Friday Van to Pechins</p> <p>15 President's Day Center Closed!!</p> <p>16 10 AM Theology 12 Noon Bingo 12:30 Grocery Shopping</p> <p>17 10 AM Exercise 12 Noon Van to Somerset</p> <p>18 12:30 Bingo</p>	<p>19 Frivolous Friday Van to Uniontown</p> <p>22 10 AM Audra- Unison 12:30 Bingo 5:30 Van to Uniontown- Dave Dahl Music</p> <p>23 10 AM Conemaugh Home Health- Avoiding Falls 12 Noon Bingo 12:30 Grocery Shopping</p>	<p>24 10 AM Exercise 12:30 Bingo</p> <p>25 12:30 Bingo</p> <p>26 Frivolous Friday Van to Somerset</p>


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<p>CONEMAUGH TOWNSHIP 120 Whistler Street Hollisople, PA 15935 Center Manager: Maretta Thomas Lunch Served: 11:30 AM Phone: 479-2216 E-Mail: mthomas@somersetaaa.org Hours of Operation: Mon - Fri 9:30 AM - 2:30 PM</p> 	Available Daily: Exercise machines, Volunteer Opportunities, Socializing, Cards, & Puzzles				
	Daily: Word Search Puzzle				
	February				
1 Exercise; Bingo	9 Exercise; Bingo	15 President's Day Center Closed!!	22 Exercise; Bingo Start to Bring Baby Pictures in for Contest	24 10:30 Preschool Visit 12:15 Wii Bowling	
2 Exercise; Bingo	10 12:15 Wii Bowling	16 Exercise; Bingo Donut Day	23 Exercise; Bingo Word Search- World Capitals	25 Quilting Exercise Baby Picture Contest	
3 12:15 Wii Bowling	11 Catered Lunch Quilting; Exercise 12:15 Rich Hagen	17 12:15 Wii Bowling			
4 Birthday Lunch Blood Pressure Quilting; Exercise	12 Valentine Party Wear Red or Pink Lunch	18 Quilting; Exercise Older Than Dirt Quiz			

<p>MEYERSDALE 120 North Street Meyersdale, PA 15552 Center Manager: Cinda Yinkey Lunch Served: 11:30 AM Phone: 634-0713 E-Mail: cyinkey@somersetaaa.org Hours of Operation: Mon - Fri 10 AM - 3 PM</p> 	Available Daily: Bingo, Cards, Puzzles, Dominoes, Books, TV, Games, Bike, Treadmill, Arm Bike & Wii Games Bingo Daily at 11AM Blood Pressures are taken twice a month				
	February				
2 10-11:30 AM- APPRISE	9 10-11:30 AM- APPRISE	15 President's Day Center Closed!!	19 Word Search- President's Day	25 10-11:30 AM- APPRISE	
3 Exercise with Bryan	7 PM Night Bingo	16 10-11:30 AM- APPRISE	22 11 AM Bingo	26 Word Search- First Love	
4 10-11:30 AM- APPRISE	10 Exercise with Bryan	17 Exercise with Bryan	23 10-11:30 AM- APPRISE		
5 Word Search- February Babies Van to Somerset	11 10-11:30 AM- APPRISE	18 10-11:30 AM- APPRISE	24 Exercise with Bryan		
8 11 AM Bingo	12 Valentine's Day Party Word Search- Valentines' Day Van to Johnstown				

<p>SOMERSET 1338 South Edgewood Avenue Somerset, PA 15501 Senior Services Director: Sandy Nicholson Lunch Served: 11:30 AM Phone: 445-7772 E-Mail: snicholson@somersetaaa.org Hours of Operation: Mon - Fri 8 AM - 3 PM Wii Games Available Daily</p> 	Available Daily: Full-size Pool Table, Exercise Equipment, Cards, Games, Volunteer Work, Computer Classes and Socializing				
	Wii Games Available Daily - Military Support Group contact Gladen Maust (814) 893-5686				
February					
1 Wii Games/Cards	4 Birthday Lunch 11 AM Exercise with Bryan	11 11 AM Exercise with Bryan	18 8 AM Assemble Newsletter	24 10 AM Bingo	
2 Ground Hog Day 10 AM Computer	5 Wii Games	12 Wii Games	19 Wii Games	25 10 AM Meeting for Caregivers	
3 10 AM Bingo	8 Wii Games/Cards	15 President's Day Center Closed!!	22 11 AM Bulletin Board Trivia	26 11 AM-This Was The Year	
	9 10 AM Computer	16 10 AM Computer	23 10 AM Computer		
	10 10 AM Bingo	17 10 AM Bingo			

CENTER ACTIVITIES

<p>CENTER FOR LIFE 700 Fifth Street, Suite 200 Windber, PA 15963 Senior Services Director: Eleanor Pile Lunch Served: 11:30 AM Phone: 467-5912 E-Mail: epile@somersetaaa.org Hours of Operation: Mon - Fri 8 AM - 4 PM</p> 	<p>Available Daily: Early Morning Coffee Social Group, Breakfast served 7:30 AM - 10:00 AM, Socializing, Indoor Walking Track, Cards/Games, Jigsaw Puzzles, Volunteer Work, Current Events and Memory Teasers 2:30 PM Pinochle - Exercise Equipment now available - Tue Weekly Computer Class</p>				
	February				
<p>2 11 AM Controlling High Cholesterol-CVS Pharmacy</p> <p>3 10:45 Laughter Club-Colonial Courtyard "Laughter Is The Best Medicine" Exercise</p> <p>4 Birthday Lunch</p>	<p>9 Center Trip to Wheeling Downs Casino</p> <p>10 10:30 Bring in a picture of your Valentine-Presently or Long Ago</p>	<p>11 11 AM Choosing a Continuing Care Community-PA Insurance Department</p> <p>12 Valentine's Day Party 10:45-"Love Songs" by Art DiLoreto</p>	<p>15 President's Day Center Closed!!</p> <p>16 10 AM Mardi Gras Party-Music by Ed Rzepka</p> <p>17 Ash Wednesday</p> <p>18 11 AM Avoiding the Winter Blues-Unison</p>	<p>23 10:30-Windy Mountain</p> <p>24 6:30 PM-Center for Life Party-Music by Rich Hagens</p> <p>25 12:30 Bingo</p>	

<p>Come In and Try Our Wii Fit Program</p>	<p style="text-align: center;">Available Weekly at Center For Life: APPRISE: Every 3rd Tuesday by appointment</p> <p>Mon: 9 AM Crochet Class; 9:30 AM Poker; 10:30 Strong Bones Exercise Class 12:30 Pinochle Club; 12:30 Cribbage</p> <p>Tues: 10:30 Body Strengthening Class; 12:30 Bingo; 12:30 Wii Bowling 12:30 Mahjongg; 7 PM Advanced Computer Class</p> <p>Wed: 9:30 AM Poker; 12:30 Bingo; 12:30 Pinochle Club; 9:30 AM Intermediate Computer Class; 10:30 AM Advanced Computer Class; 1 PM Beginner's Computer Class; 6:00 PM Camera Class All classes open to the public and FREE;</p> <p>Thurs: 9:30 Free Chair Massage; 10:00 Free Tai Chi Class; 12:30 Bingo</p> <p>Fri: 9:30 Chorus; 9:30 AM Poker; 10:30 Strong Bones Exercise class; 12:30 Pinochle Club; 12:30 Cribbage</p> <p>Every 1st and 3rd Friday - Doctor Ordered Blood Work 8AM - 10AM 2nd Tuesday, 3rd Wednesday, 4th Thursday - Free Blood Pressure Checks</p>
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Rockwood Seniors Club

February 24, 2010 @ Noon
Town Hall
Weather Permitting!!
Covered Dish

Please call
Katherine Livengood
at (814) 352 - 7655
for details

**New Members
Always
Welcome!!!!**

<p style="font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">A A A C E R T I F I C A T E</p>	<p style="text-align: right;">1338 South Edgewood Avenue, Somerset, Pennsylvania 15501 Phone: (814) 443-2681 or 1-800-452-0825 Fax: (814) 445-4398 E-mail: webmaster@somersetaaa.org</p> <p style="text-align: center; font-weight: bold;">Agency on Aging of Somerset County</p> <p style="text-align: center; font-size: 0.8em;">County Commissioners- Pamela Tokar-Ickes John P. Vatauk James C. Marker</p>
<p>* * * * *</p>	<p>This certificate entitles _____ to # _____ meals and may be used at any one of the seven Somerset County Senior Community Centers.</p> <p>Authorized by _____ Expires _____</p> <p>This Senior Center Gift Certificate is not redeemable for cash.</p>
<p>Gift Certificates such as the one above are available at each senior center for any number of meals. These make good gifts for loved ones, family, friends for holidays, just to say you care, and are very nice and easy to obtain.</p>	