

January 2012 Center Activities

BOSWELL AREA SENIOR CENTER

Center Manager:

Carol Turner
Phone: (814) 629-9926
E-mail: cturner@somersetaaa.org

Hours of Operation:

Monday 8:30 AM-1:30 PM

Available Activities:

Ping-Pong Table, Pool Table, Volunteer Opportunities, Group Activities, Trivia, Brain Challengers, Exercise and Wii Games.

Medicare Counseling by appointment 1st Monday of every month

2 Center Closed in Observance of New Year!!

9 8:30 AM Socialization
Wii Games
10:30 AM Unison
Health with Audra
Casino
11:30 AM Lunch
12:00 Nickel Bingo

16 Martin Luther King Jr. Day
Center Closed!!



23 8:30 AM Socialization
Wii Games
10:30 AM Gateway
Insurance with
John Kamler St.
Francis University
Health Research
Specialist with
Tina Trimbath
11:30 AM Lunch
12:00 Nickel Bingo

30 8:30 AM Socialization
Wii Games
10:30 AM Bureau of
Blindness with
Susan Davis &
Sunny
11:30 AM Lunch
12:00 Nickel Bingo

CENTRAL CITY AREA SENIOR CENTER

Center Manager:

Carol Turner
Phone: (814) 754-5615
E-mail: cturner@somersetaaa.org

Hours of Operation:

Mon - Fri 9:30 AM - 2:30 PM

Available Daily:

Socializing, Cards, Exercise Machines, Volunteer Opportunities, Computer, Crafts & Puzzles

MEDICARE Counseling available by appointment 2nd Tuesday of every month

2 New Year's Day
Observed
Center Closed!!
3 Reminisce about
New Years &
Traditions
4 10 AM Exercise Class
Van to Bi Lo
5 The First ever
January Trivia &
Much Much More
Van to Somerset
6

9 10:30 AM St. Francis
University Health
Research Specialist-
Tina Trimbath
10 Rivers Casino Trip
Call to Sign Up
754-5615
11 10 AM Exercise Class
Van to Ideal Market
& Conzattis
12 Word Searches &
Trivia Fun
13 Van to Galleria
16 Martin Luther King
Jr. Day
Center Closed!!

17 Podiatrist Dr. Marc
Schmerin
18 Eat Early
10 AM Exercise Class
Van to Somerset
19 Music by Rich Hagens
20 Van to Windber
23 Birthday Lunch
& Birthday Jingo
24 Search & Rescue with
Amy Kister
25 10 AM Exercise Class
Van to Market Basket
26 10:30 AM Sharades
27 Van to Gallaria

30 Passport to Safety
with Somerset
Hospital
Occupational
Therapy
31 Trivia Day

**Monday thru Thurs-
day-Zumba 6:30-7:30
PM; Exercise 6-8 PM**

CONEMAUGH TOWNSHIP AREA SENIOR CENTER

Center Manager:

Debbie Bench
Phone (814) 479-2216
E-Mail dbench@somersetaaa.org

Hours of Operation:

Mon - Fri 9:30 AM - 2:30 PM

Available Daily:

Exercise machines, Socializing, Volunteer Opportunities, Cards, & Puzzles

Daily: Word Search Puzzle

MEDICARE Counseling 1st Monday of the month by appointment

2 New Year's Day
Observed
Center Closed!!
3 Bingo, Exercise
4 Hidden Picture
5 Free Blood Pressure
Check
Gina with Exercise
Quilting
6 Word Search
9 Bingo; Exercise
10 Bingo; Exercise
United Health Bingo-
Audra

11 Fill-In
12 Gina with Exercise
Quilting
12:00 Jerry Intihar
13 Word Search
16 Martin Luther King Jr
Day
Center Closed!!
17 Bingo; Exercise
12:00 Diabetic
Nutrition Education-
Jocelyn Brant
18 Trivia
19 Gina with Exercise

Quilting
John Wolfe/Diane
20 Word Search
23 Birthday Lunch
Exercise; Bingo
24 Nail Parlor-Bonnie
Emma Straple
Bingo-Exercise
25 Word Scramble
26 Gina with Exercise
Quilting
27 Word Search
30 Bingo; Exercise
31 Bingo; Exercise

**Monday-Word Search,
Exercise, Socialize,
Bingo**

**Tuesday-Exercise,
Socialize, Bingo**

Wednesday-Socialize

**Thursday-Exercise,
Socialize, Quilting**

**Friday-Socialize, Word
Search**

**1st Thursday-Blood
Pressures by Windber
Home Care**

CONFLUENCE AREA SENIOR

Center Manager:

Betty Mancini
Phone: (814) 395-5117
E-mail: bmancini@somersetaaa.org

Hours of Operation:

Mon - Fri 9 AM - 2 PM

Available Daily:

Socialization, Volunteer Opportunities, Current Events, Health Tips, Crafts, New Tread Mill, Computer Use, Tutoring, Exercise Equipment, Brain Builders, Puzzles, Games, Music, Wii Games
9 AM Coffee Social, Current Events, Daily Trivia; Noon Daily Bingo.

**Mondays-Medicare Counsel-
ing by Appointment**

2 New Year's Day
Observed
Center Closed!!
5 10:30 AM Somerset
Home Health Jane
Lowry Blood Pressures
12 Noon Bingo
6 Frivolous Friday
Van to Somerset
9 10 AM Medi Home
Health Audrey Sadler
12 9:30 AM Oil Painting
w/Ken Corson
12 Noon Bingo

13 Frivolous Friday
Van to Pechins
16 Martin Luther King Jr
Day
Center Closed!!
18 12 Noon Van to
Somerset
20 Frivolous Friday
Van to Uniontown
23 Birthday Lunch
26 10 AM "Passport to
Safety"-Amy Pyle
12 Noon Bingo
27 Frivolous Friday
Van to Somerset

31 10:30 AM
Conemaugh Home
Health w/Carol
Collins

**Monday-Medicare
Counseling by
appointment; 10 AM
Exercise; 12:30 Bingo**

**Tuesday-10 AM Theology
class w/Pastor Hay**

12:30 Grocery Shopping

**Wednesday-
10 AM Exercise,
12:30 Bingo**

Thursday-12:30 Bingo

**Friday-Frivolous Friday
10 AM Exercise**

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MEYERSDALE AREA SENIOR CENTER

Center Manager:

Cinda Yinkey
Phone: (814) 634-0713
E-Mail: cyinkey@somersetaaa.org

Hours of Operation:

Mon - Fri 10 AM - 3 PM
11 AM Bingo Monday through Friday
Available Daily: Bingo, Cards, Puzzles, Dominoes, Books, TV, Games, Bike, Treadmill, Arm Bike & Wii Games
Bingo Daily at 11 AM, Blood Pressures are taken twice a month

- 2 New Year's Day Observed
Center Closed!!
- 3 10-11:30 APPRISE
- 4 Exercise
- 5 Conemaugh Home Health-Blood Pressures
- 6 Word Search Puzzle
- 10 6:30 PM Night Bingo-Weather Permitting

- 11 10-11 Medication & Meal Planning-Joyce Ruborsky
- 12 Ice Cream Social & Bingo
- 13 Van to Johnstown
- 16 Martin Luther King Jr Day
Center Closed!!
- 17 10:30 Auction
- 19 Conemaugh Home

- Health Blood Pressures
- 20 Word Search Puzzles
- 23 10:15 Passport to Safety-Somerset Home Health-Amy Pyle
- 24 6:30 PM Night Bingo
Weather Permitting
- 27 Word Search Puzzles

Daily:
11 AM Bingo
Tuesday/Thursday
(by appointment):
10-11:30 AM Medicare Counseling & Rebates
Wednesday:
10:30 AM Exercise

SOMERSET AREA SENIOR CENTER

Center Manager:

Beth Hollis
Phone (814) 445-7772
E-Mail: bhollis@somersetaaa.org

Hours of Operation:

Mon - Fri 8 AM - 3 PM

Available Daily:

Full-size Pool Table, Exercise Equipment, Cards, Games, Socializing, Volunteer Work, Wii Games, and Computer Classes
Available Daily

Military Support Group contact
Gladden Maust (814) 893-5686

4th Monday Medicare Counseling upstairs by appointment. Call 443-2681

- 2 New Year's Day Observed
Center Closed
- 4 Bingo; Computer
- 5 10-11 AM Search & Rescue
- 6 Bingo
- 9 Bingo
- 11 Bingo; Computer
- 12 10-11 AM Elena Gary-Subject: "Diabetes & You"
- 13 Blood Pressure Check
Bingo
- 16 Martin Luther King Jr Day
Center Closed!!

- 18 Bingo; Computer
- 19 10-11:15 AM Jane Lowry-Somerset Home Health-Passport to Safety
- 20 Bingo
- 23 Bingo
- 24 10-11 AM Stephanie Faidley-Subject: "The In's & Out's of Coumadin"
- 25 Bingo; Computer
- 27 Blood Pressure checks
Bingo
- 30 Bingo

Daily:
Monday:
10 AM Bingo
6 PM Military Support Group
Wednesday:
10 AM Bingo
Computers
Thursday:
6 PM TOPS
Friday:
10 AM Bingo

CENTER FOR LIFE

Senior Services Director:

Eleanor Pile
Phone: (814) 467-5912
E-Mail: epile@somersetaaa.org

Hours of Operation:

Mon - Fri 8 AM - 4 PM

Available Daily:

Early Morning Coffee Social Group,
Breakfast 8:00-10:00 AM

Socializing, Indoor Walking Track, Cards/Games, Jigsaw Puzzles, Volunteer Work, Current Events and Memory Teasers

2:30 PM Pinochle
Exercise Equipment now available
Tuesday Weekly Computer Class

We now have Table Tennis -
Come in and Form a Team

Come In and Try Our Wii Fit Program

Every Monday 6:00 PM Game Night:
Poker, Pinochle, Wii, Scrabble,
Rummicube, Hearts, Mexican Train

Line Dancing Classes Fridays 6 PM

- 2 New Year's Day Observed
Center Closed!!
- 4 Trivia Fun & Prizes
- 5 10:30 AM Music Show by Jerry Intihar
- 6 6 PM Movie Nite & Refreshments-Free to the Public
- 9 10:30 AM Nail Parlor-Windber Home Health & Hospice
- 10 Center for Life trip to Meadows Casino
- 11 9:30-11:30 AM 50's & 60's Sock Hop Music by Walt McClelland
- 12 Hot Chocolate on a Cold Day
- 16 Martin Luther King Jr Day
Center Closed!!
- 17 11:15 AM Presentation on Brethren Home Community Windber

- 18 9:30 AM Passport to Safety-Somerset Home Health
- 19 11 AM The Occupational Therapy Program at Windber Care
- 23 Birthday Lunch
- 24 Joke Day
- 25 6:30 PM CFL Dance-Music by Rich Hagens
- 26 10:30 AM Satrycon-Variety Show
- 30 Trivia Fun & Prizes
- 31 10:30 AM Flight '93 Slide Presentation by Wallace Miller
Somerset County Coroner

3rd Tuesday of each month at 9 AM Book Club.
Accepting new members.

Available Weekly at Center For Life:

Medicare Counseling: Every 3rd Tuesday by appointment

Mon: 8 AM Tap Dance Class; 8:30 AM Poker; 9 AM Crochet Class; 10:30 Strong Bones Exercise Class; 12:30 Pinochle Club; 12:30 PM Cribbage; 3 PM Table Tennis Lessons; 6 PM Game Night
Tues: 10:30 AM Body Strengthening Class; 12:30 Bingo; 12:30 Wii Bowling;
Wed: 8 AM Tap Dance; 8:30 AM Poker; 12:30 PM Bingo; 12:30 PM Pinochle Club; 9:30-10:30 AM Internet Computer Class; 10:30-11:30 AM Advanced Computer Class; 1-2 PM Beginner's Computer Class; All classes open to the public and FREE
Thurs: 7:00 PM Digital Camera Class; 9:30 AM Free Chair Massage; 10 AM Free Tai Chi Class; 12:30 PM Bingo; 12:30 PM Mahjongg
Fri: 8:30 AM Poker; 9:30 AM Chorus; 10:30 AM Strong Bones Exercise Class; 12:30 PM Pinochle Club; 12:30 Cribbage

Every 1st and 3rd Friday -
Doctor Ordered Blood Work 8-10 AM

1st Tuesday, 2nd Wednesday, 3rd Thursday -
Free Blood Pressure Checks-Windber Home Care