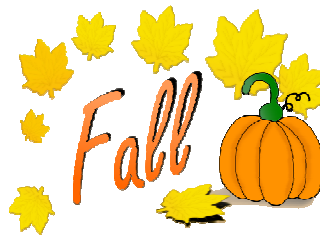


# October 2018 Center Activities

## BOSWELL AREA SENIOR CENTER

**332 Stonycreek Street  
Boswell, PA 15531**  
**Center Manager:** Beth Hollis  
 Phone: Mon. (814) 629-9926 or  
 Tues.—Fri. (814) 445-7772  
 E-mail: [bhollis@somersetaaa.org](mailto:bhollis@somersetaaa.org)  
**Hours of Operation:**  
 Monday 8:30 AM-1:30 PM  
**Daily Activities:**  
 Pool Table, Volunteer Opportunities.  
**Wi-Fi Available**

- 1 10am Sally from Meadowview
- 1 11am Durell from Senior Life
- 8 Columbus Day - Center Closed
- 15 9a-11a Flu clinic with Rite Aid
- 22 10am Music with Rich Hagens
- 29 10:30a Community Health Choices w/ UPMC
- 29 Halloween Party—Wear A Costume & Win Prizes



### Monday Activities:

12 PM Bingo



## CENTRAL CITY AREA SENIOR CENTER

**103 Sunshine Avenue  
Central City, PA 15926**  
**Center Manager:** Carol Turner  
 Phone: (814) 754-5615  
 E-mail: [cturner@somersetaaa.org](mailto:cturner@somersetaaa.org)  
**Hours of Operation:**  
 Mon - Thurs 9AM - 2:30 PM, Closed Friday  
**Daily Activities:** Exercise Machines,  
 Volunteer Opportunities, Computer and  
 Crafts  
**Wi-Fi Available**

- |  |   |  |
|--|---|--|
| 1 10:30 Music with Denise Baldwin        | 11 10:30 Battle of the Sexes                          | Pneumonia & Shingles Clinic                            |
| 2 10:30 Music with John Wolf             | 15 10:30 Somerset Hospital Free Blood Pressure        | 23 10:30 Somerset Trust Fraud Protection               |
| 3 Van to BiLo                            | 16 10:30 Laurelwood Care Center Bingo w/ Gwen Michaux | 25 10:30 First National Bank / Budgeting, Credit Score |
| 4 10:30 Somerset Hospital Social Workers | 17 Van to Somerset                                    | 29 Music by Tom Voytas                                 |
| 9 Rivers Casino Trip. Call to sign up    | 18 Covered Dish                                       | 30 10:30 Battle of the Sexes                           |
| 10 Van to Ideal Market and Conzattis     | 22 9:30 - 11:30 Flu Shot,                             | 31 Name That Tune                                      |

**Monday: 10-11a Geri-Fit**

**Monday: Thursday-Exercise Equipment and Zumba 6-8 PM**

**Wednesdays : 10 AM Exercise class w/Jan**

**Bible Study Class—2nd Thursday of the month**

## CONEMAUGH TOWNSHIP AREA SENIOR CENTER

**959 South Main Street  
Hollsopple, PA 15935**  
**Center Manager:** Christine Saylor  
 Phone (814) 479-2216  
 E-Mail: [csaylor@somersetaaa.org](mailto:csaylor@somersetaaa.org)  
**Hours of Operation:**  
 Mon - Thurs 9:00 AM - 2:30 PM  
 Closed Fridays  
**Daily Activities:** Wi-Fi, Exercise Equipment, Volunteer Opportunities, Cards Games  
**Geri Fit - Tuesdays at 10 AM;  
 Exercise Class Thursdays at 10AM**

- |                                 |                                 |  |
|---------------------------------|---------------------------------|--|
| 1 Washington DC trip            | 15 12p Music with Josh Reid     | 24 9:30 - 2:30 AARP Refresher Driving Course |
| 2 10am Computer class           | 16 10a Computer class           | 30 10a Computer class                        |
| 2 12p Crochet circle            | 16 12p Crochet circle           | 31 Halloween Costume Contest                 |
| 3 12p Bingo                     | 18 12p Music with Tom & Carolyn |  |
| 8 Closed Columbus Day           | 22 12p Bingo                    |  |
| 9 10a Computer class            | 23 10a Computer class           |  |
| 11 11a Somerset blood pressures | 23 12p Crochet circle           |  |



**Mon & Thurs. : 9AM to 2PM Exercise Room**

**Tues.: 10 AM Geri Fit**

**Thurs.: 9-11 Quilting; 10 AM Exercise Class w/Jan**

**2nd Tues. of Month: AP-PRISE Counseling by Appt.**

**Wii Bowling**

## CONFLUENCE AREA SENIOR CENTER

**700 Reynolds Street  
Confluence, PA 15424**  
**Center Manager:** Julie Yinkey  
 Phone: (814) 395-5117  
 E-mail: [jyinkey@somersetaaa.org](mailto:jyinkey@somersetaaa.org)  
**Hours of Operation:**  
 Mon—Thurs 9:00 AM - 2:30 PM  
 Closed Fridays  
**Daily Activities:** Volunteer Opportunities, Crafts, Computer Use, Tutoring, Exercise Equipment, Puzzles, Games, Music, Wii Games  
**9 AM Coffee Social, Noon Bingo;**  
**Wi-Fi Available**

- |                                  |   |                      |
|----------------------------------|---|----------------------|
| 1 Washington DC trip             | 10 12p Music with Pastor Sam McClintock | 19 Uniontown trip    |
| 2 10a Appraise                   | 11 10a Geri Fit, 5p Volunteer Dinner    | 22 10a Geri-Fit      |
| 3 Word Search                    | 12 Trip to Pechins                      | 24 Craft Day         |
| 3 10a Blood Pressures & Geri-Fit | 15 10a Geri-Fit                         | 25 Trip to Flight 93 |
| 4 10:30a Flu/Pneumonia shots     | 16 Blood Pressure                       | 26 Trip to Somerset  |
| 8 Closed Columbus Day            | 18 10:30a Mary Seng - Insurance         | 29 10a Geri-Fit      |
|                                  |   | 31 Halloween Party   |

**Monday-10 AM Exercise**

**Tuesday-10 AM Theology class w/Pastor Dean; 6:30 PM Tootsie Rollers**

**Wednesday-10 AM Exercise, Thursday-10 AM Exercise, 11AM Wii Games; 6:30 PM Tootsie Rollers**

**MEYERSDALE AREA SENIOR CENTER**

**120 North Street  
Meyersdale, PA 15552**  
**Center Manager: Cinda Yinkey**  
 Phone: (814) 634-0713  
 E-Mail: [cyinkey@somersetaaa.org](mailto:cyinkey@somersetaaa.org)  
**Hours of Operation:**  
 Mon - Thurs 9:30 AM - 3 PM  
 Fri 9:30 AM - 1:30 PM  
**Daily Activities:** Cards, Puzzles, Volunteer Opportunities, Exercise Equipment, Bingo at 11 AM  
 Tues & Thurs. APPRISE, Wed. Exercise Class; **Wi-Fi Available**

- |    |                                     |    |  |    |  |
|----|-------------------------------------|----|--|----|--|
| 1  | Washington DC trip                  | 11 | Exercise equipment with personal coach | 24 | Exercise equipment w/ personal trainer |
| 2  | 10:30a B/P w/Lori                   | 12 | 11a Bingo juice & snack                | 26 | 10:30a Senior Box                      |
| 3  | 11a Grocery Bingo bring a food item | 16 | Computer class                         | 29 | 5-7p Night Bingo                       |
| 4  | 10:30a Medicare 101                 | 22 | Mary Seng Insurance                    | 30 | 10:15a B/P w/ Hospice                  |
| 8  | Closed Columbus Day                 | 23 | Free Blood Pressure w/ Amy             | 31 | Halloween Party - dress up for a prize |
| 9  | 11a Bingo                           |    |  |    |  |
| 10 | Wii Game                            |    |  |    |  |

**Mon., Tues & Thurs.:**  
11AM Bingo  
**Tues.& Thurs.:**  
APPRISE by Appt.  
**Wed. & Fri. :** 11 AM Juice Bingo  
**Mon.— Fri.:** Wii Bowling  
 SPRING Wii Bowling

**SOMERSET AREA SENIOR CENTER**

**1338 S Edgewood Avenue  
Somerset, PA 15501**  
**Center Manager: Beth Hollis**  
 Phone (814) 445-7772  
 E-Mail: [bhollis@somersetaaa.org](mailto:bhollis@somersetaaa.org)  
**Hours of Operation:**  
 Mon - Fri 8 AM - 3 PM  
**Daily Activities:** Exercise Equipment, Cards, Games, Volunteer Opportunities, Wii Games, Bingo 9:30 AM  
 Military Support Group, 6:30PM Mondays contact Gladen Maust (814) 893-5686  
 Wed. & Fri: Beginner Crochet Classes  
 Healthy Steppers: Wed & Fri 12:15 PM;  
 TOPS: 6 PM Thursdays  
**Wi-Fi Available**

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|----|--------------------------------|----|---------------------------------|----|---|
| 1  | Washington DC trip             | 18 | 12:30p Tai Chi for Arthritis    | 29 | 12:30p Wii Bowling                                      |
| 2  | 12:30p Wii Bowling             | 19 | 10:30a Music w/ Rich Hagens     | 31 | 9a-12p Flu Shot clinic w/ Rite-Aid. Please call sign up |
| 3  | Ice Cream Social               | 22 | 12:30p Wii Bowling              | 31 | Halloween Party—Wear A Costume to Win Prizes            |
| 4  | 12:30p Tai Chi for Arthritis   | 23 | 1p Blind Support group          |    |   |
| 8  | Closed for Columbus Day        | 24 | 10:30a Music w/ John Wolfe      |    |   |
| 11 | 12:30p Tai Chi for Arthritis   | 25 | 9a-1p Mandy Menser Massage \$10 |    |   |
| 12 | 10:30a Music w/ Denise Baldwin | 26 | 10:30a Music with Heaven Bound  |    |   |
| 15 | 12:30p Wii Bowling             |    |                                 |    |   |



**Center Highlights:**  
 \*Tai Chi for Arthritis :Class size is limited. Please call in advance to register.  
 \*Computer classes will be starting. Please contact the center to register and for more details!

**CENTER FOR LIFE**

**700 Fifth Street, Suite 200  
Windber, PA 15963**  
**Center Manager:**  
 Jessica Alexander  
 Phone: (814) 467-5912  
 E-Mail; [jalexander@somersetaaa.org](mailto:jalexander@somersetaaa.org)  
**Hours of Operation:**  
 Mon - Fri 8 AM - 4 PM  
**Daily Activities:**  
 Early Morning Coffee Social Group, Breakfast 8:00-10:00 AM  
 Indoor Walking Track, Cards/Games, Jigsaw Puzzles, Volunteer Opportunities, Exercise Equipment  
 Every Tuesday at 6:00 PM—Game Night: Poker, Pinochle, Wii, Scrabble, Rummicube, Hearts, Mexican Train  
 Wii Wheee Event every Thursday at 6 PM.  
 Line Dancing Classes Fridays 6 PM  
**Wi—Fi Available**

- |    |                              |    |                                |
|----|------------------------------|----|--------------------------------|
| 1  | Washington DC trip           | 18 | 10:30a Grocery Bingo           |
| 2  | 10:30a Halloween Craft       | 23 | 10:30a Music w/ John Wolfe     |
| 3  | 10:30a Game Day              | 24 | 10:30a Game Day w/ Senior Life |
| 8  | Closed Columbus Day          | 30 | 10:30a Trivia Day              |
| 9  | 10:30a Prize Bingo           | 31 | Halloween Costume Party        |
| 10 | 10:30a Music w/ Bob Spinelli |    | Dress up to win a prize!       |
| 11 | 10:30a Bingo w/ Senior Life  |    |                                |
| 16 | 10:30a Game Day              |    |                                |

**Available Weekly at Center For Life:**  
**Mon:** 8 AM Tap Dance Class; 8:30 AM Poker; 10:30 Strong Bones Exercise Class; 12:30 Pinochle Club  
**Tues:** 10:30 AM Body Strengthening Class; 12:30 Mahi Jong; 12:30 Wii Bowling; 12:30 Bingo  
**Wed:** 8 AM Tap Dance; 8:30 AM Poker; 12:30 PM Bingo; 12:30 PM Pinochle Club; 9:30-11:30 AM Computer Class-Intermediate and Advanced Windows 7 and Windows 8.1; 12:30 Bingo  
**Thurs:** 10:00 AM Free Tai Chi Class; 12:30 PM Mahjong; 12:30 Bingo; 6 PM Game Night  
**Fri:** 8 AM Tap Dance Class; 8:30 AM Poker; 9:30 AM Chorus; 10:30 AM Strong Bones Exercise Class; 12:30 PM; Pinochle Club—All classes open to the public and FREE

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

