The Senior Games - Practice Makes Perfect!

(See Page 12)
Older Americans Month 2014
Safe Today. Healthy Tomorrow.

Since 1963, communities across the country have shown their gratitude to older adults by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation’s commitment to helping them stay healthy and active.

This year’s theme for Older Americans Month is “Safe Today. Healthy Tomorrow.” The theme is focused on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Fayette, Greene and Washington County Boards of Commissioners proclamations recognizing May as Older Americans Month are scheduled as follows:

Washington County – May 1, 10 a.m., Courthouse Square, 100 West Beau Street, Washington.

Greene County – May 7, 10 a.m., 93 E. High Street, Commissioners Room, First Floor, Waynesburg

Fayette County – May 15, 10 a.m., Fayette County Courthouse, 61 East Main Street, Uniontown □

Thank you to our generous contributors

The following is a tribute to the generous Senior Times’ contributors for their support of our mission to provide quality information to older adults in southwestern Pennsylvania.

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In Honor of our Mothers and Grandmothers

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In Memory of Brother, John Ritz, Jr.

Cora Straight
In Memory of Mother, Fannie Straight

In Memory of Father, Kenneth Straight, Sr.

In Memory of Brother, Kenneth Straight, Jr.

Correction to the April Senior Times
Mon Valley District 8-Ball Pool Tournament
Monday, May 12

*A Special Thank You...

To the Anonymous donor who most kindly recognized the efforts of the Senior Times’ staff by sending a generous donation. You are very thoughtful. We are very grateful.

NOTICE OF PUBLIC MEETINGS
The Southwestern PA Area Agency on Aging, Inc., Board of Directors will meet on the following dates in 2014:

Jun 3    Nov 20
Sep 2    Dec 2

The Southwestern PA Area Agency on Aging, Inc., Advisory Council will meet on the following dates in 2014:

Jun 5    Oct 2
Sep 4    Dec 4

For the location and time of the meetings, contact Leslie Grenfell, Executive Director, Southwestern PA Area Agency on Aging, Inc., at 1-888-300-2704, Ext. 4420.

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E-Mail: jdimio@swpa-aaa.org

The official registration and financial information of the Southwestern PA Area Agency on Aging, Inc., may be obtained from the Pennsylvania Department of State Bureau of Charitable Organizations by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.
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Farmers and their locally grown foods are at the heart of our quality of life. By taking part in the Farmers Market Nutrition Program you help a farmer and help yourself. The local produce that you buy is fresher and tastier because of its freshness. Shorter transportation to market means fewer bumps and fewer bruises. It means less energy consumption is used to bring the produce to you. In addition to being better for you, the produce of the local farmers is planted, raised, watered and harvested on farmland near you. Your purchases support the farmers and, in doing so, help to maintain the farmland, the families and the workers who make the food available to you.

PA Farmers Market Nutrition Voucher Distribution Scheduled

The Pennsylvania Farmers Market Nutrition Program (FMNP) is a cooperative effort including the Pennsylvania Department of Agriculture, US Department of Agriculture, the Pennsylvania WIC Program, the Southwestern PA Area Agency on Aging, senior centers and distribution sites to support the nutrition of consumers, as well as to support the economic needs of Pennsylvania farmers by stimulating sales at local farmer’s markets.

The program provides four $5 vouchers totaling $20 to eligible persons one time during the program year. The vouchers may be redeemed at area farmers’ markets from June 2 through November 30.

To be eligible for the FMNP vouchers, you must be 60 years of age or older by December 31 of the program year, and for this service area, you must be a resident of Fayette, Greene or Washington County. An eligible individual’s gross income, which includes interest, Social Security, wages, Black Lung, etc., must be at or below $21,590. For 2 persons in a household the income may be $29,101; a 3 person household income may be $36,612.

An eligible senior may authorize a proxy to pick up and use the FMNP vouchers as long as the benefits ultimately reach the eligible participant. However, proxy statements must be completed prior to picking up the vouchers. (Proxy statements are available at local senior centers and Area Agency on Aging offices listed on page 2 of this publication)

Seniors living in nursing or residential facilities, where meals are provided, are not eligible for the program.

Lost vouchers cannot be replaced. Although stolen vouchers may receive consideration for replacement.

Using the Farmers Market vouchers Produce from wholesalers is not eligible for purchases with the FMNP vouchers. To redeem your vouchers, visit a local farmers’ market. When you arrive, look for the PA Preferred logo as a sign indicating which farmers will accept the Farmers Market checks or vouchers.

Checks may only be used to purchase fruits and vegetables grown in Pennsylvania or produce that was purchased directly from an approved farmer from one of the neighboring states of Delaware, Maryland, New Jersey, New York, Ohio, and West Virginia.

Farmers may assist recipients in determining which produce is eligible for the program. A partial list of fruits and vegetables includes: apples, apricots, berries, cherries, grapes, melons, nectarines, peaches, pears, plums, artichokes, asparagus, beans, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, greens, kohlrabi, leeks, lettuce, mushrooms, okra, onion, parsnips, peas, peppers, potatoes, pumpkins (for eating), radishes, rhubarb, rutabagas, spinach, squash, sweet potatoes, tomatoes, turnips, yams, and zucchini. Fresh herbs (not growing in a pot) may also be purchased, if they are for cooking or flavoring.

Farmers cannot accept vouchers for citrus fruits such as lemons and oranges, tropical fruits such as bananas, pineapples and mangoes or processed foods such as jams, honey, cider or baked goods.
Continued from page 4

Uniontown Adult Rec. Ctr.
137 N. Beeson Ave.,
Uniontown
Fri, July 25, 1–4 p.m.
Mon, July 28, 1–4 p.m.

**Greene County**

**Bobtown Sat. Ctr.**
St. Ignatius Social Hall,
Bobtown
Tue, June 10, 9-11 a.m.

**Carmichaels Act. Ctr.**
100 Nemacolin Rd.,
Carmichaels
Thu, June 12, 9 – 11 a.m.

**Jefferson Sat. Ctr.**
190 Washington St.,
Jefferson
Wed, June 11, 9 – 11 a.m.

**Mt. Morris Sr. Ctr.**
Perry Twp Com. Center
Mon, June 9, 9–11 a.m.

**Waynesburg Com. Ctr.**
1505 Morris St.,
Waynesburg
Wed, June 11, 9 – 11 a.m.

**West Greene Sat. Ctr.**
106 Grange Rd.,
Wind Ridge
Thu, June 12, 9 – 11 a.m.

Look for additional Greene County sites, dates and times in the June publication of the Senior Times.

**Washington County**

**Bellmead Apartments**
(Residents only)
815 South Main St.,
Washington
Wed, July 2, 1 - 3 p.m.

**Bentleyville Sr. Ctr.**
931 Main St., Bentleyville
Tue, June 24,
9:30 –11:30 a.m.

**Beth Center Sr. Ctr.**
316 Station St., Vestaburg
Mon, June 23,
9:30 a.m. to 3:30 p.m.

**Burgettstown Sr. Ctr.**
200 Senior Way,
Burgettstown
Fri, July 11, 9:30–11 a.m.
and 12:30 – 2 p.m.

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Canonsburg Sr. Ctr.
30 E. Pike St., Canonsburg
Mon, July 21,
9 a.m.–1 p.m.

**Center in the Woods**
130 Woodland Ct.,
Brownsville
Mon, June 30,
9 a.m. –3:30 p.m.

**Chartiers Twp Sat. Ctr.**
2013 Community Dr.,
Houston
Tue, June 17,
10 a.m. – 1 p.m.

**Cross Creek Sr. Ctr.**
28 Clark Ave., Avella
Fri, July 18, 12– 3 p.m.

**Donora Sr. Ctr.**
700 Meldon Ave., Donora
Mon, June 23,
9 a.m.–12 p.m.

**Finleyville Sat. Com. Ctr.**
3547 Marion Ave.,
Finleyville
Tue, June 3,
9 a.m.–12 p.m.

**McDonald/Cecil Sr. Ctr.**
3599 Miller’s Run Rd.,
Cecil
Tue, July 22, 9 a.m.–1 p.m.

**McGuffey Sr. Ctr.**
105 Green St., Claysville
Thu, July 10, 9–11 a.m.
and 12–2 p.m.

**Monongahela Sr. Ctr.**
102 W. Main St.,
Monongahela
Wed, June 4,
9 a.m.–12 p.m.

**Peters Township Rec. Ctr.**
700 Meredith Dr., Venetia
Thu, July 17,
10 a.m.–12 p.m.

**Riverside Place**
303 Chamber Plaza,
Charleroi
Tue, June 10,
9 a.m.–12 p.m.

**Southwestern PA Area Agency on Aging**
150 W. Beau St., Ste 216,
Washington
Fri, July 25,
9:30–11:30 a.m. and 1–3 p.m.

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Thomas Campbell Sr. Ctr.
850 Beech St., Washington
Mon, June 23,
9 a.m.–12 p.m.

**Washington Senior Action Council**
John Wesley Church, Central Ave., Washington
Tue, June 17, 1:30 p.m.

**Washington Area Sr. Ctr.**
69 W. Maiden St.,
Washington
Tue, June 17,
10 a.m.–3 p.m.

Vouchers are redeemable only at participating farmers’ market/vendor sites. A list of participating farmers should be available when vouchers are distributed.

For more information on the Farmers Market Nutrition Program and participating farmers’ markets, contact your senior center in Fayette, Greene or Washington County. You may also call the Area Agency on Aging at 724-489-8080 or a county office at:

**Fayette County**
Uniontown
724-430-4603

**Greene County**
Waynesburg
724-852-1510

**Washington County**
Washington
724-228-7080

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**See the Celebrating a Healthy Harvest 2 recipe on page 8.**
Lois Thomas wins Department of Aging APPRISE Delta Award

Lois Thomas, Southwestern PA Area Agency on Aging APPRISE Coordinator for Fayette, Greene and Washington Counties, was selected by the Pennsylvania Department of Aging to receive the Delta Award during the Fourth Annual Bravo Awards presentation on April 10 at the Annual APPRISE Conference held in Gettysburg.

One of the highest Bravo Awards presented, the Delta Award is given in recognition of an APPRISE coordinator whose diligence and hard work resulted in marked program performance improvement.

In addition to applauding her performance, client service, innovation and collaboration with community organizations, Ms. Thomas will receive a modest grant to be used to support local APPRISE program performance, and she is invited to participate on a committee developed to address specific goals and activities that impact the statewide APPRISE Medicare health insurance counseling program.

Well done, Lois!

APPRISE is a health insurance counseling program offered through local Area Agencies on Aging to Medicare beneficiaries at no cost. The program is known as SHIP in most other states. APPRISE counselors are specially trained staff and volunteers who can answer your questions about Medicare and provide you with objective, easy-to-understand information about Medicare, Medicare Supplemental Insurance, Medicaid, and Long-Term Care Insurance.

Special current initiatives include seeking individuals who qualify for Extra Help with their Medicare prescription drug charges and increasing the number of volunteers certified in providing APPRISE Medicare counseling. For more information on APPRISE or to become an APPRISE volunteer, call 724-489-8080 or toll free 1-888-300-2704, extension 4438.

What is APPRISE?

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Greene County 1st & 2nd place Brain Games winners!

The Greene County 2014 Brain Games were held April 8 at the Carmichaels Activity Center. SeniorCare sponsored the event. Pictured left are: The Hot Flashers from Jefferson Senior Satellite Center, including Lonneta Pitcock, Joanne Sahady, Suzanne Swinchock, and Faye Ross, who took 1st place. Right: The Quilters from Waynesburg Community Center, including Louise Gapen, Patty Tharp, Donna Huffman, and Vicki Ansell, took 2nd place. Not pictured: The Golden Girls 2 from Jefferson, including Carol Thompson, Jean Stuchal, Margaret Sipcic, and Hazel Miscavitch, took 3rd place. The Smarty Pants from Carmichaels, including Millie Brown, Peggy Yoney, Sue Minor, and Theresa Stewart, took 4th. Congratulations!

Greene County Library System makes house calls!

Greene County Library System offers FREE delivery of library materials to residents of Greene County who are disabled or homebound and, who, because of long-term illness or advanced age, are physically unable to come to the library.

The library has a wide variety of large print and audio books. Does it sound like something you’d like to know more about? Call the Outreach Coordinator at 724-833-4633 or visit our website at www.greenecolib.org for more information.

Did you know?

If you are waiting for a tax refund from the IRS, you can find the status of your refund online at: https://sa2.irs.gov/irfof/lang/en/irfofgetstatus.jsp

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Did You Know?

• If you’ve been handed a “Blank Lease” to sign, reread the very first paragraph on page one - the one that says what you are giving away!

• Did you know that the paper entitled “Lease” is an offer to negotiate ONLY?

Questions?

roger@gaydoslegal.com www.gaydoslegal.com

Roger J. Gaydos
Attorney

Need to know more about Marcellus Shale? Call me or visit me at www.MarcellusExpert.com
Survive spring allergy season and beyond

As the weather warms up and flowers start to bloom, the season for pollen allergies moves into high gear. If you or a loved one suffer from symptoms of allergies, the following helpful tips and information, that you may not know, are from Benefits.gov.

Allergies are among the most common chronic conditions worldwide. Allergic reactions occur in the immune system when your body mistakes harmless substances as enemies. This causes antibodies to travel to cells releasing chemicals causing a reaction. Most symptoms occur in the lungs, throat, sinuses, and ears. Allergies can also cause asthma or increase the severity of pre-existing asthma conditions.

There are various types of pollen allergies that come into play around different seasons. According to the National Institute of Environmental Health Sciences, the most common and earliest pollen producers are tree pollens. Tree pollens can come as early as January in the South and as late as May or June in the North. Other pollens that may bring on allergic reactions include ragweed and grass pollens.

In general, to prevent pollens from causing an allergic reaction, follow these steps:

- Avoid the outdoors between 5 and 10 a.m., saving any activities for the late afternoon or after a heavy rain.
- Keep all windows in your home and car closed.
- Do not dry clothes by hanging them outside.
- Be aware that pollens can be carried inside on people and pets.

To view the current pollen and mold levels in each region, visit the National Allergy Bureau (NAB) at http://www.aaaai.org/global/nab-pollen-counts.aspx website. To locate a certified Allergist/Immunologist to diagnose and treat allergies, you can visit the Allergist/Immunologist locator on the American Academy of Allergy Asthma and Immunology (AAA1) website. 


Summer Squash Toss
From the PA Senior Farmers Market Nutrition Program voucher companion booklet

Celebrating a Healthy Harvest 2

Select squash that is small and firm. Avoid squash with soft spots, wrinkles or blemishes.

Makes 6 servings
1 lb. curly pasta, cooked
1 medium zucchini, sliced
1 small yellow summer squash, sliced
1/2 cup diced red Bell pepper
1/2 cup cooking oil
2 tsp. crushed garlic
2 tsp. oregano
1/2 cup grated Parmesan cheese

Heat oil in shallow frying pan over medium heat. Add garlic and Italian spices; simmer until garlic is light golden. Add zucchini, summer squash, Bell pepper and mushrooms. Cook until vegetables are cooked to desired doneness. Pour squash mixture over pasta, toss, add cheese, toss, serve.

Happy Mother’s Day!
by Cindy Bartolotta

Celebrate Mother’s Day by finding the first name of these TV moms. Do you know the name of the show they represent?


ANNIE Camden
CAROL Brady
CAROLINE Ingalls
CLAIR Huxtable
DONNA Stone
ELYSE Keaton
FLORIDA Evans
JANE Jetson
JUNE Cleaver
LOREAL Gilmore
LUCY Ricardo
MARGARET Anderson
MARGE Simpson
MARIE Barone
MARION Cunningham
MARTHA Kent
MAUREEN Robinson
MORTICIA Addams
OLIVIA Walton
PEGGY Bundy
ROSEANNE Connor
SAMANTHA Stephens
SHIRLEY Partridge
SOPHIA Petrillo

Happy Mother’s Day!
AAA Humanitarian Award

Last chance to submit a nomination

Don’t miss the opportunity to recognize that special volunteer in your life. The Southwestern PA Area Agency on Aging, Inc., Humanitarian Award is presented each year in recognition of one outstanding individual 55 years-of-age or older, from Fayette, Greene or Washington County, who has exhibited dedication and personal commitment to causes enhancing the well-being of older adults.

Each year, only one person receives this prestigious award. All nominees will be recognized at the Senior Games Victory Celebration and Awards Banquet on Thursday, June 26, at the DoubleTree by Hilton, Meadowlands, Washington. Complimentary banquet tickets are awarded to the winner and that winner’s volunteer history is detailed at the Banquet when the award is presented.

To nominate your candidate, contact a senior center in Fayette, Greene or Washington County, a Senior Action Council, the AAA county office, listed on page 2 of this publication, or call the corporate office at 724-489-8080, extension 4433, to ask for a copy of the official Humanitarian Award Nomination form and Criteria Qualifications.

Nominations must be received at the Southwestern PA Area Agency on Aging, Inc., 305 Chamber Plaza, Charleroi, PA 15022—no later than May 16, 2014.

Another successful Showboat production yields generous donation

Each year, the proceeds from the October Senior Citizens Variety Showboat production are donated to SPHS Aging Services for their home-delivered meals program. Steering committee members, (left to right) Sis Gray, Deborah Ritts, John Cheroki, SPHS Aging Services Monongahela Senior Center Specialist Alice Grimes, Betty Frick, Nancy Dunmeyer and Harvey Dunmeyer, recently met to present this year’s Showboat proceeds of $7,800. If you are interested in entertaining or in volunteering to assist with the next Showboat production, please contact Alice Grimes at 724-258-9511.

Armando Avolio Jr., MD
John S. Beachler, MD
Gregory B. Christiansen, MD
John M. Gibbons, MD
Patrick T. McCulloch, MD
Vincent J. Ripepi, DO
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Aging Services of Washington County hosts Volunteer Appreciation Luncheon

Pictured are a few of more than 350 volunteers who attended the Aging Services of Washington County Volunteer Luncheon at The Meadows Casino Triple Crown Banquet Room on April 22.

Mary Lynn Spilak, Director of Aging Services of Washington County, welcomed the volunteers and thanked them for their faithful assistance. Angie Deal, lay minister and McGuffy Senior Center Coordinator, offered a prayer for the blessing of the meal.

There were a number of special guests, including Washington County Commissioners Larry Maggi, Diana Irey Vaughan and Harlan Shober, Jr., and Leslie Grenfell, Executive Director of the Southwestern Pennsylvania Area Agency on Aging. Each expressed their appreciation to the volunteers for the valuable services they provide to the individuals, the organizations and the communities that they faithfully serve.

Thank you, Volunteers!

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Celebrate National Senior Health & Fitness Day® at Consol Energy Park—where the Wild things are

Seniors 65 and older are invited to Consol Energy Park in Washington, Pa., on Wednesday, May 28, to celebrate National Senior Health & Fitness Day. Plan to attend the event, from 10 a.m. to 1 p.m. It begins with the distribution of National Senior Health Day t-shirts—free while they last.

Watch or join in the Zumba demonstration and dance your way to good health. Participate in brain fitness exercises and learn how using your mind can keep you fit. Don’t worry about missing your morning walk, there is an organized jaunt around the park that will help you get your exercise in for the day. Take advantage of the preventive services, such as a blood pressure reading and bone density test. Enjoy music with friends and learn about a new health and wellness program, Fit for Life.

Look for the Link to Aging and Disability Resources Center (ADRC) and Southwestern PA Area Agency on Aging sign to ask if you qualify for Medicare’s Extra Help with your prescription drug costs. Staff can assist with submitting online applications at the event. Be ready to test your skills at Corn Bag Toss, the newest Senior Games competition.

Don’t miss this once a year celebration of an every day need for health and fitness.

Words of wisdom from famous women—

Happy Mother’s Day! May 11

Mothers...Here are a few thought provoking words of wisdom to have at your fingertips on Mother’s Day.

– Colette
The more I traveled, the more I realized that fear makes strangers of people who should be friends.

– Shirley MacLaine
The only thing I regret about my past life is the length of it. If I had my past life to do over again, I’d make all the same mistakes—only sooner.

– Tallulah Bankhead
Happiness is good health and a bad memory.

– Ingrid Bergman
As soon as you feel too old to do a thing, do it.

– Margaret Deland
Nature gives you the face you have at thirty. But it is up to you to earn the face you have at fifty.

– Coco Chanel

Having trouble paying your Medicare prescription drug costs?

YOU MAY QUALIFY FOR EXTRA HELP.

ELIGIBILITY GUIDELINES:

Single: Monthly income less than $1,459 with resources less than $13,440.

Married: Monthly income less than $1,966 with resources less than $26,860.

Even if your income is a little over, you should ask about Extra Help. Part of your additional earned income and pension is excluded.

Special assistance and online submission of applications for Extra Help will be available on National Health & Fitness Day, May 28, at Consol Energy Park (where the Wild Things are) and at the 2014 Senior Games on June 20 at Peters Township High School. If you are unable to attend the events:

Call APPRISE at 724-489-8080 or toll free 1-888-300-2704, ext. 4438, to ask about Extra Help.

Southwestern PA Area Agency on Aging

SPHS

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General Surgery: Pradeep Bhane, MD Howard Goldberg, MD

Oral & Maxillofacial Surgery: A. R. Khan, DDS, MD

Ear, Nose, Throat: Edward Stutard, MD

Pain Management: Jose Ramirez, MD Justin Petrie, MD

Podiatry: William Weisbrodt, DPM

Ophthalmology: Pradeep Bhane, MD

Specialties: Orthopedics, Gastroenterology, Podiatry, Oral Surgery, Pain Management, Ophthalmology, General Surgery, ENT

Southwestern PA Area Agency on Aging

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Let the Senior Games challenge you!

About the cover:
Pete Korica, Chartiers Township; Thelma Gall, Canonsburg; and Mary Jane Stewart, Westland, Pleasant Township, (pictured left to right) recently met at the Chartiers Houston Satellite Senior Center located in the new Chartiers Township Community Center at 2013 Community Drive, Houston. In addition to wanting to show off the beautiful new site, Mary Jane, the Center president, wanted to talk about this year’s Senior Games at Peters Township High School, 264 East McMurray Road, McMurray, on Friday, June 20, and to practice the newest Senior Games’ event, Corn Bag Toss.

Pete was the first to open up about his participation in the Senior Games. He said that although he likes competition, and he enjoys biking, his knowledge of the Games was limited. He said it was only recently that he began thinking about whether he would compete. As to the challenge at the Games, Pete became philosophical and paraphrased an old (Mark Twain) quote, “When we live our lives, we should live so that when we die, even the undertaker will be sorry.”

Thelma Gall, is active at the McDonald-Cecil Senior Center, including being the Center’s vice president. Thelma enjoys bowling, walking, biking, cards and bingo, and she said that she was looking forward to competing in the stationary bike, and, maybe, she would try the corn bag competition.

When asked about challenges, Thelma said, “My grandchildren are the real challenges in my life. I want to be able to help guide my grandchildren toward knowing how to be wonderful people.”

Mary Jane Stewart, led the group to a spot to practice the Corn Bag Toss and although it didn’t really require a stretching exercise, after Corn Bag Toss, Mary Jane suggested the three move outside for a stretch, noting that being prepared for the competition could be as important as entering.

Mary Jane, retired as a National Customer Service and Project Manager for 50 states, after 42 years with United Airlines. “I came back to the area to take care of my mother,” Mary Jane said. Although her mother, Dorothy Atchison, passed away three years ago, during the time that they spent together, Mary Jane remembers fondly that it was her mother who introduced her to the Chartiers Township Senior Citizens Center, where she eventually became president, and to a program called Take Off Pounds Sensibly.

Mary Jane said that now her challenge is to be able to participate in the one-mile walk every year. “This is my third year and I won the bronze medal last year,” said Mary Jane, who has also competed in the putting and stationary bike competitions.

The Senior Games
“Challenge Yourself” is the slogan of the 2014 Senior Games being held on Friday, June 20, at Peters Township High School, McMurray. Eleven official competitions, a PrimeTime Health Fair, a Senior Variety Show, Super Bingo, and homemade food and crafts are all part of this event-filled day.

Although there is no admission charge to attend the Senior Games, there is a $1 registration fee per competitive event. Registration forms are available at local senior centers and senior organizations and at the Area Agency on Aging locations and Administrative office listed on page 2 of this publication. Registrations forms and rules may also be downloaded from the Area Agency on Aging website at www.swpa-aaa.org. Pre-registration by June 13 is preferred for planning purposes; however, with the exception of Shuffleboard (with a closed registration as of June 6), participants may register for the remaining competitions at the Games—including the 50-yard dash, the one-mile walk, basketball toss, bocce, corn bag toss, football throw, horseshoes, putting, softball throw, and stationary bike.

The Opening Ceremonies and the Parade of Athletes begin at 9:30 a.m. Organizations planning to take part in the parade should have their units ready to line up at the stadium by 9:00 a.m. Whether you plan to compete in the Games or attend as a spectator, be sure to invite your children and grandchildren, friends and neighbors to join you at the 28th Annual Senior Games. You’ve enjoyed years of watching your children and grandchildren compete. Let them have the joy of watching you meet the challenge.

The competitions begin at 10:15 a.m. after the opening ceremonies and continue until 3 p.m. The 1-mile walk, 50-yard dash, bocce, corn bag toss, horseshoes, softball and football throws will be held in the stadium area; and the basketball toss, putting, shuffleboard, and the stationary bike competitions will be held in the gymnasium.

Joining the Southwestern PA Area Agency on Aging in sponsoring the 2014 Senior Games are Aging Services of Washington County and the Washington County Board of Commissioners. Major corporate sponsors include Highmark Blue Cross Blue Shield, UPMC for Life, Range Resources, Consol Energy, Hapchuk, Inc., Coventry HealthAmerica, SeniorLIFE, Private James Perry VFW Post 191, and Serenity Farms.

After the competition
Individual gold, silver and bronze medals are awarded at the Senior Games. Additional trophies and awards for the Senior Games and related competitions such as the Golf, Bowling, Dart Baseball, 500 Card and Eight-Ball Tournaments that occur during the weeks preceding the Games, will be awarded at the Awards Banquet at the DoubleTree by Hilton, Meadowlands, Washington, Pa., on Thursday, June 26. Banquet tickets at the price of $20 will be available late in May and will be on sale through June 17. The price includes dinner, followed by the awards ceremony, and music and dance entertainment by Dean Martin impersonator Robert Morelli.
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Senior Community Center Notes

Answers for page 8
Celebrate!

Happy Mother’s Day
May 11

FAYETTE COUNTY
BROWNFIELD
291 Banning Road
Dawson, PA 15428
724-529-2530

- Loretta Newell

… Our regular daily activities include cards at 8 a.m., dartball at 10 a.m. and lunch at noon. Dartball is played at 7 p.m. on Thursdays. We are looking for some new players. Please join us…

On the first, second and third Wednesday of each month, we enjoy SWPA Area Agency on Aging and SPHS Aging Services lunches. On the fourth Wednesday of the month, we hold a covered dish lunch… The business meeting is held on the first Wednesday of each month… A trip to Lancaster is planned for November. Anyone who is interested should call Emma Jane Davis at 724-529-2530… We will hold a Mother’s Day dinner this month… Happy May birthdays to Ken Ansell, Alice Niswonger, Chuck Niswonger, Don Porter, Emma Jane Davis, Doris Waters, Louise Cochran, Ruth Rittenour and Fanchon Pringle… Have a great month and a wonderful spring…

BROWNSVILLE
CROSSKEYS
302 Shaffner Ave
Brownsville, PA 15417
724-785-6180

- Alice Atzeni

… Hello… On March 21, a Safe Driver’s training was held. We had a very nice turn out… On March 26, the Site Council meeting was held… Daily activities include Wii bowling, cards and bingo. Ceramic classes are held on Tuesdays at 10 a.m. Every other Wednesday, blood pressure screenings are conducted… The Fayette County Brain Games were held at the Bullskin Center on Thursday, April 24. Results will be published in the next Senior Times… Happy belated April birthdays to LuAnn McDonald and Lealah Guerrieri… We are happy to see the budding trees and flowers…

BULLSKIN
52 Medsgar Road
Connellsville, PA 15425
724-887-0655

- Mary Rhodes

… Hurray it’s May… Happy Mother’s Day to all… We also honor all past and present military on Armed Forces Day… We held our annual Spring Rummage Sale on Saturday, May 3… On May 20, we will hold an Election Day Spaghetti Dinner fundraiser. For more information on these events, call the Center… Happy May birthdays to Faye Alton, Ernie Brown, Shirley Eckman, Margery Martin, Cecilia Pisula, Veronica Potoka, Donna Eagan, Peggy Shultz, Barbara Whittaker and Ken Zalenik… Happy anniversary to James and Rita Daniels… Foot of the Mountain performs at 10:30 a.m. on the first Thursday of each month… On the second Monday of each month, representatives from SeniorLIFE present a Watch and Learn program at 10:30 a.m. and host bingo after the program… Our lunches are served at 11:30 a.m. every Monday and Thursday, as well as every second Tuesday… We have exercise classes on Mondays at 10 a.m. Rummage sales are held on Mondays, Wednesdays and Thursdays from 10 to 11:30 a.m. Bingo is played every Wednesday. Early Bird is at 12:45 p.m. and regular bingo begins at 1 p.m. Food is available from the kitchen. We play 20 games of Nickel Bingo every Thursday after lunch. Come and enjoy the fun… Blood pressure readings are conducted by Fayette EMS on the first Thursday of the month from 10 to 11:30 a.m., and by Albert Gallatin Home Care/Amedisys every second Tuesday from 10 to 11:30 a.m. Thanks to all of our volunteers who help make all of our activities successful… If you are interested in joining, call the Center at 724-887-0655 for more information. We update our memberships in June. We will be happy to help you in any way…

CENTER ON THE HILL
100 Summit Road
Belle Vernon, PA 15012
724-930-8512

- Pat Beneccio

… Time to spring into the fun at the Center… On May 8, we will hold a Bingo Blast fundraiser from 1 to 3 p.m. The $5 ticket includes refreshments and a surprise jackpot… On May 12, we will host a Spa Day to celebrate Mother’s Day. Please bring a covered dish salad. The manucure supplies will be provid

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Specializing in All Types of Travel
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www.yourvacationconnection.net
ed. Gifts for the ladies who pre-register, compliments of our talented Craft Club... On May 13, April Wolfe, from Three Rivers Hospice, will present valuable information on hospice... On May 14, staff from OSPTA will conduct blood pressure screenings. Our heartfelt thanks to OSPTA for donating elastic bands for the Tuesday morning Sit and Fit sessions... On May 16, the “travel along via video” will venture to Portugal. Enjoy a delicious breakfast buffet for $2... Many thanks to Sue Daniels, Tai Chi instructor, for sharing her expertise during the recent Tai Chi program... Check out our Gem Tree, a perfect way to give back to the Center, by donating practical items used daily, and you will be entered to win lunch, compliments of the Center. The drawing is held on the last Monday of the month... Thinking about a new look? Roxi’s Salon is open Thursday and Friday, by appointment. Call Roxi at 724-812-2560 to schedule an appointment... Always remember, the success of a center depends on the efforts of its participants.

Thanks...

CONNELLSVILLE
100 E. Fayette Street
Connellsville, PA 15425
724-626-1515

-Patti Pritts
... Our recent bake sale and homemade soup sale fundraiser was very well received and quite successful. Thank you to Betty Nicholson and Doris Smith for making the delicious soups!... On April 10, our fundraiser featured Betty’s delicious fried dough... The Wii bowling season is in full swing. Our thanks to Ed Smith who is doing a great job of managing the teams... We are happy to welcome back Loretta Knospnnyder... We would like to thank staff from Amber House for sponsoring a monthly bingo... Ed and Doris Smith, Linda Brown, Janet Hiltabidel, Nina Gratson and Jane Snyder decorated the dining room tree for Easter... Join us for our many activities such as Wii bowling, bocce, shuffleboard, corn bag toss, cards and bingo... We are happy that spring and bocce season have arrived and it is time to get into shape for the 2014 Senior Games on June 20, at Peters Township High School. Come, sign up and join in the fun...

FAIRCHANCE CENTER IN THE BANK
63 West Church Street
Fairchance, PA 15436
724-564-0600

-Geraldine Bricker
... Our meetings are held weekly on Fridays from 10 a.m. to 2 p.m. We invite all seniors in the area to come and join us... It is always so good to walk in the door and smell the delicious aroma of the lunch that our fabulous cook, Margaret Kaputa, is preparing. We thank Margaret and the volunteers who help to serve and clean-up after the lunch... Happy May birthdays to Sue Sumege, Jean Dawson and Margie Gunnoc. A moment of silence was observed in remembrance of Charles “Chick” Karwatsky... God bless everyone...

MASONTOWN
22 S. Main Street
Masontown, PA 15461
724-583-7822

-Clara Delaney
... It is so nice to see the tulips blooming... On May 1, staff from the PA Department of Health presented a program on healthy habits... On May 13, a program on eye disease will be presented... On May 14, we will hold a Memorial Service for veterans and deceased members... Bingo is played after lunch every day... Every Wednesday, we offer a community breakfast to eat-in or carry-out for $3.50... On Thursdays, an alternate lunch meal is offered for $4 and can be delivered... A winner-take-all bingo is played on Mondays at 11:15 a.m. Amedisys staff conducts blood pressure screenings on the first and third Wednesday of the month... Balloon darts are played twice a month... Bunco is played on the last Wednesday of the month... Our ‘virtual trip around the world’ is enjoyed on the last Thursday of the month... May birthdays will be celebrated with cake and gifts on the last day of the month... Our team are busy practicing for the Senior Games on June 20...
Senior Community Center Notes

The Golden Agers meet on the second Tuesday of the month at 1 p.m. New members are always welcome… Come and enjoy a movie on Fridays at 1 p.m… Everyone is welcome at our Super Bings on May 7 and 21, starting at 9 a.m… Please check the May Senior Moments publication for more activities and workshops… We wish all of our May birthday friends a very happy birthday… June 9 is the tentative date for the Mother/Father Breakfast. Please register by June 4 if you plan to attend… Our center will serve as a hospitality center for the Perryopolis Bi-Centennial celebration in June. We will forward more information and a volunteer sign-up sheet as the time nears. This will be a great time to showcase our center and increase our membership… If you have any ideas for new projects or speakers, please talk to Jaynee King, center specialist, or one of the committee members… We wish all moms a very happy Mother’s Day…

POIN T MARION
Railroad Street
Point Marion, PA
15474
724-725-3680
-Elsie Ahlgren
… The Golden Pointers were excited to hold the combined birthday celebration and St. Patrick’s Day party on March 11. Tom Mankins was our lone birthday celebrant. We enjoyed entertainment provided by Vern Eberhart, Jr., Chuck Secina and Alex Vogel… On March 18, the Site Council meeting was held… On April 15, we held our Easter Party… We are happy that spring has finally sprung!…

UNIONTOWN
137 N. Beeson Avenue
Uniontown, PA 15401
724-437-6050
-Doris Wagner
… Spring is here. Time to get out and get going!… Please visit our center and join in our many activities and morning coffee… Bingo is played Monday, Wednesday and Friday mornings and again on Tuesday, Thursday and Friday afternoons… Dartball practice is held on Monday afternoons… Blood pressure screenings are conducted on Tuesday afternoons… Sylvia leads the Thursday sing-alongs… Card games and puzzles keep our minds sharp… We have a well-equipped fitness center to help keep our bodies fit… Delicious nutritious lunches are served daily… Birthdays are celebrated with cake and ice cream… We have parties and special entertainment for special events… Thank you to Cora Straight and Dominic Ritz for the beautiful dining room decorations… The variety store is open every day and you can get some very good buys… Bake sales are held monthly… This month’s volunteers are Christine DeFrank, Dorothy Kustron, Barbara Calvacante, Mary Golden, Betty Durso, Ruth Williams, Patty Kalinicick, Darlene Goldsmith, Norma Sherlock, Lou Poli, Sandy Richards, Dewey Shaffer and Arnold Bittinger… The hoagie sale was very successful. Members have requested that this fundraiser be held more often… We also had a successful cookie sale fundraiser… On April 16, we held an Easter Party… Upcoming events include the Mother’s Day party on May 14 and the Father’s Day Party on June 13…

CARMICHAELS
100 Nemacolin Road
Carmichaels, PA
15320
724-966-2290
-Mary Yoney
… On March 6, Bridget Dennison, from SeniorLIFE, presented a program about their services. Also on March 6, Rachelle Kamenos, from Amedisys Hospice, conducted blood pressure screenings… On March 7, Kimberly Michels, from Cornerstone Care, presented a program on the Health Insurance Marketplace… On March 17, we all wore green for the St. Patrick’s Day party. Site Council provided a great snack table. Congratulations, Raymond for wearing the best green outfit and winning a prize… On March 19, Angela Braun, from Ni Source, and Brynlynn Schwartz, from Columbia Gas, conducted a natural gas safety education program with assistance from Jack, Scott, Russell and Tony… On March 26, Nancy Brown, from the Supplemental Nutrition and Assistance Program, Washington and Greene Counties Outreach, presented a program on SNAP… On March 31, Samantha Maize and Courtney Nieszelski, from Waynesburg Uni...
Senior Community Center Notes

versity, presented a most informative program on the Greene County transportation program... Line dancing is held at 1 p.m. on Mondays... Happy belated birthdays to all March celebrants... Happy Mother’s Day... The May 2014 Senior Times put together a yummy dinner fundraiser. Enter- tainment for the evening was provided by Dave Clark, Bob Podish, Last Resort and Eulah Mae McGillicutty, a stand-up comedian. This was a fun time....

JEFFERSON 190 Washington Street Jefferson, PA 15344

- Colleen Valosen... On March 5, Stacy Stroman, Community Action Southwest Senior Services Coordinator, visited our satellite center and shared a lot of great information as she presented a wonderful overview of their services available. It’s always nice to get those reminders!... On March 19, many were sporting their “green,” shamrock decorations, supplied by the Site Council, adorned the tables and Joyce Faddis put together a yummy rainbow punch for our St. Patrick’s Day Celebration. “Top of the mornin’ to you,” always seems to be in the air at our place... Last year, our teams placed first and second in the Greene County Brain Games. We are wishing them lots of luck this time around, too. We are represented by Golden Girls #2, consisting of Carol Thompson, Jean Stuchal, Hazel Muscavitch, Margaret Cipcic and alternate Joyce Faddis. Our second team, the Hot Flashers, is made up of Lonnetta Piteock, JoAnn Sahady, Faye Ross, Suzanne Swinchock and alternate Lois Cottle. Brains and beauty, too, ladies!... On March 26, not only did we welcome a guest, Adelaide Guesman, but we are happy she asked for a membership form. We must be doing something right!... Looking back, March was a fun month with events that included presentations on the Supplemental Nutrition Assistance Program (SNAP) and Recipe for your Heart, along with the Volunteer Appreciation Dinner. There are lots of reasons to keep coming back!... Thanks to all our awesome, hard-working volunteers... Happy Mother’s Day to all moms from our center and yours. We are all so blessed just knowing you!... MT. MORRIS Box 43 Mt. Morris, PA 15449 724-324-5396

- Chris Jarrell... The Mt. Morris Senior Center is happy to announce its new operating schedule. Effective April 1, the Center is open Mondays, Wednesdays and Fridays, from 8 a.m. until 2 p.m. Lunch is served on these days only... Transportation is available through the Greene County Transportation Program... The Coffee Klatch continues to meet daily at 8 a.m... The March Bingo was enjoyed by all... On Monday, April 14, we held our Volunteer Appreciation Dinner... Happy spring!... WAYNESBURG 1505 Morris Street Waynesburg, PA 15370 724-627-6366

- Betty Grove... We are happy that spring is here... If you have not visited our Center, why not start? There are many activities available and we have lots of fun... Craft classes are held every Tuesday from 12:15 to 1:15 p.m. Attendance is growing. The cost is $3 per class. Our instructor, Melody, is very patient with those of us who have two left feet!... On Wednesdays, we play Minute It to Win It... SilverSneaker exercises are held on Wednesdays and Fridays... On Thursdays, we have Bible study and play Rummi-kub... Dartball is played on Fridays... Bob Podish provided the entertainment for our St. Patrick’s Day party... RNW provided the entertainment for our Easter party... On May 3, we held an all-you-can-eat spaghetti dinner fundraiser. Entertainment for the evening was provided by Dave Clark, Bob Podish, Last Resort and Eulah Mae McGillicutty, a stand-up comedian. This was a fun time....

WASHINGTON COUNTY BETH CENTER PO Box 151, 316 Station St Vestaburg, PA 15368 724-377-0000

- Wilda Dickey... Our newest activity is corn bag toss. We practice every morning and again after lunch as we prepare for this new event in the 2014 Senior Games on June 20. New members are welcome to call for lunch and come join us as we play this exciting new game... Our Easter candy fundraiser was very successful. Our workers crafted a variety of candies in a variety of shapes and forms. Thanks to all who supported this fundraiser. All proceeds benefitted the Center... On April 15 and 24, we held our famous soup night fundraisers. Soups were available to eat-in or carry-out. Thank you to everyone for your support... On May 23, we will host a Memorial Service open to the public. This memorial service is for any loved one lost, not just military family members. Anyone who wishes to have a loved one recognized during the interdenominational
Senior Community Center Notes

services, should contact the Center. The program will begin at 1:30 p.m. Light refreshments will be served following the service. A display containing photographs of loved ones with their names and military uniforms will be on exhibit. A small donation will be given to each family. Please call the Center for more information...

BURGETTSTOWN

200 Senior Way
Burgettstown, PA 15021
724-947-9524

-Rosemarie Taylor

… Spring at last! Our flowers are all in bloom. We welcome anyone who is interested in weeding the flower beds… On April 17, we held an Easter Bonnet Contest… On April 25, vocalist John Bigler stirred our memories as he performed old favorite songs… On April 29, we hosted the Washington District 8-Ball Pool Tournament… Happy belated birthday to all April celebrants… On May 1, we attended the Older Americans Month Proclamation Day at Courthouse Square… On May 6, our card players traveled to the Washington Senior Center for the Washington District 500 Bid Card Tournament… Join us on May 10 for a Day at the Races. Woody Alvarez will call the races and you will be able to bet on your favorite horses. Tickets are $5 and include lunch from 11:30 a.m. to 12:30 p.m., with races to follow… On May 16, Emma Gragan, a talented young singer, will perform classical, traditional and theatrical songs for our listening pleasure… Happy birthday to all May celebrants… Don’t forget we celebrate birthdays with a delicious cake from Emily, from SeniorLIFE, and Grocery Bingo… We have a busy schedule and welcome all who would like to join us and socialize. We play 500 Bid, Euchre, Thirty-One and dominoes. Other activities include pool, puzzle building, checkers, crafting and exercises. Come to the Center to make friends, keep busy and be happy… Happy Mother’s Day…

CENTERS IN THE WOODS

130 Woodland Court
Brownsville PA 15417
724-938-3554

-Heidi Hoffman

… The Spelling Bees will be held on May 5, 12 and 19, from 10 a.m. to 4 p.m. The top two spellers will represent the Center at the Washington County Senior Spelling Championship on May 27… Blood pressure screenings will be conducted on May 6 and 20 from 11 a.m. to 12 p.m. on May 15, “Do You Want to Weigh Less?” will be the topic for Talk with the Doc featuring Dr. Diane Enemis. Following the 10 a.m. program, a clinical dietitian will hold a questions and answers session. A free body fat screening will also be available… On May 17, we will hold a Pike Days Waffle Breakfast (waffle, sausage and beverage) from 7:30 to 10 a.m. The cost is $5… Please join us on May 19 at 11 a.m. for the Center in the Woods Spring Choir Concert… Central Blood Bank will conduct a blood drive on May 21 from 10 a.m. to 4 p.m. To schedule an appointment, please contact Terri Ward at 412-209-7076 or register at www.centralbloodbank.org… On May 28, the birthday celebration will begin at 11:45 a.m. followed by an afternoon movie and snack at 1:15 p.m. Cost is $2… On Saturday, May 31, an evening dance will be held from 6 to 10 p.m. Food will be available for purchase. Cost is $7… Piano lessons with Judy are available every Monday at 9 a.m. Call 724-785-6959 for more information…

CHARTIERS TOWNSHIP

2 Buccaneer Drive
Houston, PA 15342
724-745-8866

-Gerry Checonsky

… A special thanks to all who made our first Ramp Festival possible. A good time was had by all. Thanks to Margaret Danna and Vince and Faye Starinsky for also preparing food samples. We hope to see you again next year!… A special thank you to our peanut butter cookie fundraiser bakers Domenica Spataro, Ruth Georgetti, Mary Ann Dhayer and Monica Parker-Farrell, center coordinator… Farmers Markets were held on April 2 and 16… On April 9, a program on the Supplemental Nutrition Assistance Program (SNAP) was followed by our monthly business meeting… On April 9 and 12, blood pressure screenings were conducted… On April 12, we traveled to Walmart… On April 16, staff from Amedisys presented a program on their services… Also on April 16, Emily Ronan, from SeniorLIFE Washington, sponsored a Grocery Bingo… On April 22, members attended the Aging Services of Washington County Volunteer Appreciation Luncheon… On April 23, a long-term care program was presented… Also on April 23, we enjoyed the Easter Party with entertainment provided by George Suhon… The Cross Creek Valley Rosaries met on April 24… On April 30, we held an Appreciation Luncheon for our student volunteers from Cornerstone Mennonite School. The Kitchen Band from the Grove Presbyterian Church provided musical entertainment… On May 1, we attended the Older Americans Month Proclamation Day at Courthouse Square and presented the Washington County Commissioners with a selection of our homemade peanut butter fudge… On May 7, the Older Americans Month Celebration was held with musical entertainment provided by George Suhon… On May 28, a Memorial Day Program will be conducted by American Legion Post 643… Happy May birthdays to Kate Sporka, Melvin Polen, Joann Edwards, Florence Beho, Mary Ferrari, Mary Diamond, Helen Minda and Theo Zatta, Sr… Always remember to whistle a happy tune…

DONORA

701 Meldon Avenue
Donora, PA 15033
724-379-6446
**Senior Community Center Notes**

- **Joan Reis**
  
  … We have line dancing on Mondays and Wednesdays at 10 a.m.… Bingo is played on Mondays and Wednesdays at 11:30 a.m.… On Wednesdays, we play Paper Bingo from 1 to 3:30 p.m.… On the second Tuesday of each month, we enjoy a trip to the Meadows. The bus leaves at 8:30 a.m. and returns at 4:30 p.m. Call **Harry Haught**, center specialist, for more information.… On Tuesdays and Thursdays, we play Pokeno… We play 500 Bid cards once a month…

- **Mary Kotula**
  
  … On May 6, 13 and 27, we will enjoy SWPA Area Agency on Aging and Diversified Human Services (DHS) provided lunches… On May 6, blood pressure screenings will be conducted by staff from Healthy Directions… A 10-minute exercise session is held prior to the start of our weekly meetings… On May 27, there will be a discussion regarding the annual Indoor Picnic planned for June 24… We will also enjoy a performance by soloist, **Carmen LoPresti**…

- **Carolyn Prendergast**
  
  … We will also enjoy a performance by soloist, **Carmen LoPresti**… Happy May birthdays to **Beverly Henry**, **Ester Messonier**, **Jim Rothner**, **Judy Trypus** and **Carolyn Prendergast**… Good friends are hard to find, harder to leave and impossible to forget…

- **McDonald/Cecil**

  Cecil Twp Mun Bldg
  3599 Millers Run Road
  Cecil, PA 15321
  724-743-1827

  - **Thelma Gall**
    
    … On March 29, Jean Ciaffoni, Marlene Mitchell, Alice Calabro, Marion Hull and Thelma Gall attended the breakfast at the DoubleTree by Hilton sponsored by Barry and Linda Andrews, from the PA Alliance for Retired Americans. The speakers were quite impressive. Remember to get out and vote! We can make a difference… We are very proud of the recent facelift our center received. We have a new floor, new cabinets, new brochure holder, new registration table and new large bulletin board. Our thanks to Cecil Township for the improvements and to **Naomi Bistarkey** for writing the letter that got the ball rolling! Thank you… Another new undertaking is a Walking Club. Every Monday morning after SilverSneaker exercises, we take advantage of the Montour Trail which is in our backyard. Also, you can walk in the park which has a nice walkway which is flat and paved…

  - **Albert Miller**
    
    …Did the April showers bring May flowers?… On May 1, we attended the Older Americans Month Proclamation at Courthouse Square… On May 2, we traveled to the Bentleyville Senior Center for the Washington District Wii Bowling Tournament… On May 5, a Grocery Bingo was held… We cannot forget our Mother’s Day Celebration on May 9, with musical entertainment by Ferris & the Fireballs… On Saturday, May 10, we will hold a Pancake Breakfast from 7 to 10 a.m. Both regular and buckwheat pancakes, along with sausage, scrambled eggs, home fries and a beverage will be available for a Love Offering. All are welcome… On May 13, at 12:30 p.m., a Paint Party with **Diane Adams** is planned… Also on May 13, **Hazel Bradshaw**, from the Washington Health Center, will conduct a nutrition education seminar. We always enjoy **Christina** and her informative talks… Also on May 8, **Sam Baer**, from SeniorLIFE, will be here to help us celebrate Mother’s Day… **Frank Petrarca**, **Carol Kuzemko**, **Marion Hull** and Thelma Gall have been practicing to represent the Center at the Washington County Senior Spelling Championship on May 27…

- **MCGUFFEY**

  105 Green Street
  Claysville, PA 15323
  724-663-4202

  - **Alice Grimes**
    
    …Our new Bible Study group will meet on Wednesdays at 11 a.m… We will pay tribute to all mothers with a special Mother’s Day Program…

- **Monongahela**

  102 W. Main Street
  Monongahela, PA 15063
  724-258-9511

  - **Mary Kotula**
    
    … On May 1, we attended the Older Americans Month Proclamation at Courthouse Square… On May 2, we traveled to the Bentleyville Senior Center for the Washington District Wii Bowling Tournament… On May 5, a Grocery Bingo was held… We cannot forget our Mother’s Day Celebration on May 9, with musical entertainment by Ferris & the Fireballs… On Saturday, May 10, we will hold a Pancake Breakfast from 7 to 10 a.m. Both regular and buckwheat pancakes, along with sausage, scrambled eggs, home fries and a beverage will be available for a Love Offering. All are welcome… On May 13, at 12:30 p.m., a Paint Party with **Diane Adams** is planned… Also on May 13, **Hazel Bradshaw**, from the Washington and Greene County Blind Association, will present a program… On May 20, we will take a shopping trip… On May 26, we will hold our birthday party… On May 27, **Hilda Ailes** will represent our center at the Washington County Senior Spelling Championship…

**MONONGAHELA**

102 W. Main Street
Monongahela, PA 15063
724-258-9511

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724-430-2020

**James P. Gallo, M.D.**

Eye Physician and Surgeon

**Uniontown and Highlands Hospitals**

724-430-2020

**Senior Eye Care Specialist**

**Cataract/Laser Surgeon**

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**Uniontown and Highlands Hospitals**
Senior Community Center Notes

and Pizza Burger sales are on May 16 and 30. The charge is $1.25 for Plain Pizza, $1.50 for Pepperoni Pizza and $5 for a Pizza Burger and a can of Pop… Also, country singer Donnie Cameron will entertain on Friday, May 16, from 11 a.m. to 1 p.m… On Monday, May 19, there will be a trip to the Meadows. The cost is $15. The bus will leave the Center at 9 a.m. and return at 5 p.m… Remember Murphy’s 5&10 Saturday Subs? They’re back! 8” Subs are only $4 or an 8” sub, chips and pop for $5. We will be selling them on Friday, May 23, from 11 a.m. to 1 p.m… On May 30, Kenny and Chip will entertain with “oldies songs” from 11 a.m. to 1 p.m… Every Monday is Movie Monday. Join us at 1 p.m. to watch a good movie. Cost is $2 and includes popcorn and a beverage… Zumba exercise is every Monday and Wednesday from 4:45 to 5:45 p.m… Bingo is called on Wednesdays at 1 p.m… Card players enjoy Euchre every Friday at 1 p.m. and every Saturday at 6 p.m…

VENETIA COMMUNITY CENTER
800 Venetia Road
Venetia, PA 15367
724-941-6956
-Erma Grego

… Prior to our meetings, blood pressure screenings are conducted from 11 a.m. to 12 p.m. by a nurse from The Caring Mission, Washington. Please come and take advantage of this great service… On May 8, the Peters Township High School Choir, under the direction of Mr. Pirotti, will perform for our entertainment… On May 22, Master Gardener Alan Popey will be our guest speaker. Mr. Popey will conduct a question and answer session after his presentation, so bring your gardening questions!… Mark your calendars for these important dates to remember: June 12, our picnic at Peterswood Park, and June 20, Senior Games at Peters Township High School… Happy May birthdays to John Cushey, Loretta Cushey, Esther Messonier, James Roethiner and Charles Telban… Happy anniversary to John and Rose Marie Forbes… All are welcome to join us. Lunch reservations are requested. Call 724-941-6956 to register. Waiting to hear from you!...

Memorial Day
May 26

FARMER’S ALMANAC
JUNE 2014
Temp. 66° (avg.); precip. 4.5” (1” above avg.) 1-5 Sunny, turning hot. 6-10 T-storms, then sunny, cool. 11-17 A few t-storms, cool. 18-20 Sunny, hot. 21-26 T-storms, then sunny, cool. 27-30 Heavy t-storms, then sunny, cool.