Walk... It's good for you
(see pages 12 and 13)
Feeling Stretched as a Caregiver?

Are you a caregiver? Do you sometimes feel as though you are just stretched too thin? Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself.

This program helps family caregivers reduce stress, improve self-confidence, better communicate their feelings, balance their lives, increase their ability to make tough decisions and locate helpful resources.

Do something for yourself. Join the classes, which consist of six sessions held once a week. Two experienced Class Leaders conduct the series. Many of the leaders are experienced caregivers themselves, who have successfully applied the techniques they teach. Interactive lessons, discussions and brainstorming help you take the “tools” you choose and put them into action for your life.

You will receive a book, The Caregiver Helpbook, developed specifically for the class. You will find it to be an outstanding personal caregiver resource for the future.

Classes will be held at the First Christian Church, 615 E. Beat St., Washington, PA from 6:00 to 7:30 p.m. Sessions are held every Wednesday and begin on October 1, 2014. For more information or to register, contact Kristen Jackson at 1-888-300-2704 Ext 4418 or kjackson@swpa-aaa.org. Class size is limited and pre-registration is required.

This series is co-sponsored by the Southwestern PA Area Agency on Aging, Inc., and the First Christian Church of Washington, PA.

Support Group Meetings
See newly formed Fayette County and regular monthly Mon Valley area Caregiver Support Group meeting dates, times and locations on Page 11.

Thank you to our generous contributors

Thank you to the following generous Senior Times’ contributors for their support of our mission to provide quality information to older adults in southwestern Pennsylvania.

The names of all contributors are acknowledged in the Senior Times unless anonymity is requested. Contributors that make donations up to $25 are recognized as “DONORS.” Contributors that make donations from $26 to $49 receive “PATRONS” recognition. Contributions of donations that are $50 and over are recognized as “SPONSORS” of the Senior Times.

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Cora Straight
In Memory of Father, Kenneth Straight, Sr.
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In Memory of Brother, Kenneth Straight, Jr.

Attention Uninsured and Underinsured Seniors

The Pennsylvania Department of Health in Washington, Fayette and Greene Counties has a limited supply of pneumococcal vaccine that they are offering to seniors who are 65 years of age and older who have no health insurance or who have insurance that does not cover the cost of the vaccine. For more information or to find out if you are eligible for this vaccine, please contact the Health Department in Washington (also for Greene County) at 724-223-4540, or the Fayette County office at 724-439-7400.
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Rarely do you hear the words “baby boomers” without hearing that 10,000 of them turn 65 years of age each day, the outcome of which is a number that creates inevitable change in needs as well as services. The vast span in the ages that now define the term “older adult,” makes it difficult to keep up, not only for the individual, but also for the providers of services. In addition to the different needs that the baby boomers have relative to those older adults who have been coping with the results of aging for decades, there are environmental, economic, and technological changes that make keeping pace more of a challenge.

On Thursday, September 18, the 26th Annual Washington County Senior Expo will take place at Washington Crown Center, 1500 West Chestnut Street, Washington, Pa. More than 130 agencies, businesses and organizations—federal, state and local—will be on hand to provide information, free health screenings, flu shots and a multitude of items of interest to older adults.

The Senior Expo is co-sponsored each year by the Southwestern PA Area Agency on Aging, State Senator Timothy Solobay, State Representatives Jesse White and Brandon Neuman, and the Washington County Board of Commissioners Larry Maggi, Diana Irey Vaughan and Harlan Shober, Jr.

“Just as the aging population is constantly changing and shifting, so are the demands that are naturally placed on the benefits and services intended to meet the changing needs. The one factor that remains constant, however, is that consumers need an opportunity to hear what is available now, and providers want a forum in which to explain their products and services. The Senior Expo is designed to serve that purpose,” said Senator Solobay.

“This is a great opportunity for the senior citizens in our community to learn about programs that can help in every aspect of life,” added Representative Neuman.

“Free, fun and informative, the annual Senior Expo is an event that should not be missed,” said Representative White. “It’s rare that so many local organizations and elected officials are all under the same roof at the same time, so this is truly a wonderful opportunity for seniors to stop by, have all of their questions answered, and have a good time in the process.”

Complimentary coffee and pastries will be available during the morning hours.

WJPA’s Live Remote with Radio Personality Pete Povich will begin at 10 a.m.

The stage will be near the Macy’s end of the Mall where, at 10:30 a.m., Southwestern PA Area Agency on Aging Executive Director Leslie Grenfell, will be joined by co-sponsoring elected officials to offer a welcome to the Senior Expo.

“The Senior Expo is one of my favorite events,” Commissioner Maggi said. “It is such an honor to serve our senior population and I look forward to meeting and seeing everyone there.”

“I am honored to be a part of this annual event highlighting services to our seniors, our greatest asset in Washington County,” added Commissioner Irey Vaughan.

“We are proud that the county commissioners have the opportunity to help sponsor this event. We are pleased to have a number of county offices represented at the Senior Expo to offer assistance to the senior community. Seniors need information and this is a great place to find it,” Commissioner Shober concluded.

The schedule includes area vocalist Bobby Shawn, who will perform on stage at 11:15 a.m. At 1 p.m., Silver Sky Duo, George Suhon and David Stirk, will perform followed by the announcement of the winners of several prize drawings, including two Harrisburg trips for two, at 2:15 p.m. Senior Expo corporate sponsors include Columbia Gas of Pennsylvania, Comcast, and Range Utilities. For more information on the Senior Expo, call the AAA Washington County office at 724-228-7080. Washington Senior Expo 2014 Vendors AARP Pennsylvania AARP Tax Preparation Advanced Orthopaedics & Rehabilitation Advanced Surgical Hospital Advantage Home Health Services

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MUST HAVE PROOF OF AGE
Greene County Senior Expo at Fairgrounds on October 3

Greene County residents will be pleased with the announcement that state Sen. Tim Solobay, Rep. Pam Snyder, Greene County Commissioners Chuck Morris, Archie Trader and Blair Zimmerman, along with the Southwestern Pennsylvania Area Agency on Aging, Inc. will host the third annual Greene County Senior Expo on Friday, October 3 at the Greene County Fairgrounds.

“The Greene County Senior Expo is a one-stop shop for important information for our older residents,” Senator Solobay said. “Today’s seniors are healthier and more active than ever before, and there are many changes on the horizon at both the state and national levels of government. This expo will provide participants with resources geared toward their interests and needs.”

The Senior Expo will feature vendors who will provide health screenings and materials on available programs of interest to older adults. Rep. Snyder expressed her enthusiasm and support for the Senior Expo. “Because of the rural nature of the county, the Senior Expo offers access to important services, such as health screenings and flu shots that might otherwise be difficult to obtain,” she said.

Commissioner Chuck Morris noted that the county commissioners are happy to be able to provide the perfect venue to help make the event accessible. “Commissioners Trader and Zimmerman and I are very pleased to partner with Senator Solobay, Representative Snyder, and the Southwestern Pennsylvania Area Agency on Aging on this very important event at the county fairgrounds,” he said. “We hope many senior citizens in Greene County take advantage of this opportunity.”

There is no charge to attend the Greene County Senior Expo, which will run from 10 a.m. until 2 p.m. and will include morning refreshments and lunch, compliments of CONSOL Energy. Door prize drawings will begin at 1 p.m. The Greene County Fairgrounds is located between Route 21 (Roy Furman Highway) and Route 188 (Jefferson Road) at 107 Fairgrounds Road, Waynesburg.

For more information, contact:
• Sen. Solobay’s Canonsburg office at 724-746-3762 or at the Washington office at 724-223-2114 or the Greene County office 724-627-9802.
• Representative Snyder’s Waynesburg office at 724-627-8683, or at the Carmichaels office at 724-966-8953, or at her Brownsville office at 724-785-8477.
• Greene County Commissioners at 724-852-5210
• Southwestern PA Area Agency on Aging, Inc. office in Waynesburg at 724-852-1510.

Jefferson Seniors support “Stuff the Bus”

Jefferson Senior Satellite Center members were pleased to take part in the Greene County United Way Annual “Stuff the Bus” Program by donating 67 backpacks and a large box of school supplies. Stuff the Bus is designed to supplement school supplies for lower-income children. Pictured from left to right are Sharon Lippencott, Freda Pyle, Pat Lawrence, and Melaney Dufalla.
Social Security to continue issuing verification letters out of field offices

In August, the Senior Times published a notification from the Social Security Administration that benefit verification letters, with few exceptions, would soon no longer be provided at Social Security field offices. More recent information has been issued noting that “to ensure there are no detrimental consequences,” the Social Security office has decided to continue to provide benefit verification letters out of their field offices until further notice. Social Security will revisit the implementation of the change periodically, until such a time as consumers become more accustomed to using their online tools and data exchanges.

For security and privacy reasons, however, Social Security has eliminated the issuance of Social Security number printouts in their field offices.

2014 Senior & Veterans Fair

State Representative Timothy S. Mahoney will sponsor the 2014 Senior & Veterans Fair on Friday, October 24, at Uniontown Mall, 1368 Mall Run Road, Uniontown.

There will be refreshments, door prizes, health screenings, and vendors who will answer questions and provide information for seniors and veterans. For more information, contact Rep. Mahoney’s constituent service office at 724-438-6100.
Senior Action Council picnic held at Ten Mile Creek

In spite of the early morning torrential rains, the joint Senior Action Council (SAC) picnic hosted by the Greene County SAC at Ten Mile Creek Park, Millsboro, on August 20, was a success complete with music, dancing, good food, games, bingo, door prizes, and educational material courtesy of Fayette, Greene and Washington Counties Link to ADRC. Lorenzo Harris offered the invocation before the picnic meal. After which, Celestine Harris and Claudette Hatcher called bingo with the assistance of Hilda Lewis and Charleszine Ponton. Margaret Cox and Carolyn Capozza conducted a Sharing of the Wealth. Darlene Garrett was the DJ for the day with music that inspired picnickers to dance at their seats as well as to rise for the occasion. Monetary prizes and recognitions were awarded by Juanita Jones, Mary Ann Hall, Yvonne Tracy and Zella Howard.

Geraldine Williams, Toni Colland and Claudette Hatcher demonstrate their dancing skills to the “Casper Slide” at the Senior Action Council picnic.

After everything was ready, grillmasters Henry “Jack” Jackson and Lorenzo Harris took the time to sample the hotdogs that they prepared.

Yvonne “Bunny” Tracy distributes “Eating and Exercising for Better Health.”

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John S. Beachler, MD
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Seniors—Don’t wait vaccinate

For most people, getting the flu means feeling achy and feverish for a week or so, but for people 65 years and older, the flu can be much more serious. People in this age group are at high risk for severe flu illness and complications. In fact, for severe flu illness and complications in the United States last season flu virus last season did not work as well as expected to protect people 65 and older. If that news left you asking yourself whether getting a flu vaccine this season is still worthwhile for people 65 and older, the answer is absolutely and unquestionably, “Yes!”

There are plenty of reasons for people 65 and older to get a flu vaccine this season, and the main reason is that vaccinations remain the first, best and most important step in protecting against flu illness and its complications.

While the benefits of flu vaccination can vary—particularly among people 65 and older—studies show that vaccination can provide a range of benefits, including reducing flu illness, antibiotic use, doctor’s visits, lost work, and even helping to prevent hospitalizations and deaths.

In fact, a recent study by CDC and Vanderbilt University experts found that flu vaccination reduced the risk of flu-related hospitalization by nearly 77 percent in study participants 50 years of age and older during the 2011-2012 flu season.

Other studies have found that flu vaccination reduces the risk of death in older adults. For people with certain underlying heart conditions, several studies indicate that flu vaccination can reduce the risk of a heart attack. Overall, there is significant evidence to support the benefits of vaccination in people 65 and older.

If you are in this age group, there are two flu vaccine options available to choose from this season: the standard flu shot and a high-dose flu shot made and approved specifically for people 65 years of age and older.

The high-dose vaccine contains more antigen (the part of the vaccine that helps your body build up protection against flu viruses) than the regular flu shot, and this extra antigen is intended to produce a stronger immune response in seniors. CDC does not have a preference for which vaccine seniors should get this season. “Either the regular flu shot or the high-dose vaccine are perfectly acceptable options for people 65 and older this season,” said Dr. Alicia Fry with CDC’s Influenza Division. “The important thing is to get vaccinated because it’s still the best protection currently available against the flu.”

Flu season in the United States can begin as early as October and last as late as May.

If you ever had a serious allergic reaction to eggs or to a previous dose of influenza vaccine, or if you have a history of Guillain Barré Syndrome (GBS), you should talk with your doctor before you take the vaccine.

If you are ill at the time the shot is scheduled, you should also talk with your doctor or nurse about whether to reschedule the vaccination.

If you take the vaccine.

Looking for a great place to call home?

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Age and income guidelines apply. Call today to schedule a visit or for additional information:

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Bridge Street Commons
Waynesburg, PA 724-627-4145

Heritage House of Houston
Houston, PA 724-745-7480

Flu continued on page 9
You are unhappy with your vision
• You are uncomfortable driving at night or reading
• Your lifestyle is changing because of your vision change
• You have been told or suspect you have cataracts

Call today for an evaluation.
Many patients of “early” cataracts can be greatly helped by simply changing their eyeglass prescription and therefore can wait to have their cataracts removed.

If you do need cataract surgery, it will be performed at the Spartan Surgery Center by Dr. Michael Rom, a Cleveland Clinic trained eye surgeon.

Call Today to make an appointment for an objective, honest opinion on the condition of our eyes.
Another scam...Had a call the other day

A Senior Times reader called to inform us that she had received three calls from someone who said, “This message is from the IRS. If you are (deceased name withheld), we need you to call the IRS at 1-302-506-9728. Make sure you don’t disregard this message. Call before the IRS takes any legal action against your name. Call back as soon as possible to 1-302-506-9728.” Each time, the message was repeated before the line was disconnected.

The imposter was making the call to our caller’s life partner who had passed away in 2007. Our caller had the telephone number changed into her name, but was not sure how to respond so she looked in the blue pages of the Washington County 2013-14 telephone book. Under United States Government, she found the Tax Fraud Criminal Investigation Division. When she called the number—1-800-829-0409—she was electronically advised to leave a message...which she did. Soon, she received an automated call back that advised her that in order for her to talk to them, she would have to pay. How much? She said that she was so surprised that she quickly hung up. She said she couldn’t remember if it was $9 a minute or nine minutes for some other amount of money.

Our caller wanted to know what she should do. She called Pennsylvania Attorney General’s toll free Elder Abuse Hotline at 1-866-623-2137. She was pleased to reach a live person, but disappointed that all they could do was contact the Pittsburgh office to have that office send her a complaint form.

In an effort to verify the information, our staff contacted the first two telephone numbers that the caller gave. When the first line was answered, the response was, “Sorry, this number is not in service.” The second Tax Fraud number did not allow us to leave a message. When it was answered, a recording quickly spewed an elaborate message about qualifying for a free medical alert system and then into an offer for $100 in rebate vouchers. Then, the recording said, “Please hang up.”

The caller, basically, did all the right things. When you receive a call from someone you do not know regarding something personal, more than likely, you should just hang up, which she did. She proactively tried to report what she assumes was an attempt to scam her out of something. In addition to the above calls, calls to the IRS were unsuccessful. Telephone numbers were no longer in service; calls that were answered, with recordings, did not allow callers to talk to anyone. Attempts were made to reach various IRS numbers listed online. However, in each case, recordings indicated that calls were not being accepted...If you have access to a computer, you may also report fraud online at http://www.irs.gov/Help-&-Resources.

What more could the caller do? Get the answers to your questions by attending Identity Theft and Scams Seminars being offered at Washington and Greene County senior centers.

What more could she do?
The caller is 67 years old. Staff asked if she attended a senior center. She said that she had recently joined the Canonsburg Senior Center. The good news is that many of the Washington County and Greene County senior centers are hosting “Identity Theft and Scams Seminars for Seniors” being sponsored by Senator Tim Soloby, in cooperation with the Attorney General’s office. Canonsburg is offering their seminar on Wednesday, October 1, at 10:30 a.m.

Several others were detailed in the August Senior Times.

Remainidng Identity Theft and Scams Seminars for Seniors are being held as follows:

Washington County:
Wed, Sept 3, 11:15 a.m.
Riverside Place
303 Chamber Plaza
Charleroi, PA 15022

Thu, Sept 25, 11 a.m.
Center in the Woods
130 Woodland Court
Brownsville PA 15417

Wed, Oct 1, 10:30 a.m.
Canonsburg Senior Ctr
30 E. Pike St.
Canonsburg PA 15317

Greene County:
Thu, Sept 4, 12:15 p.m.
Waynesburg Com Ctr
1505 Morris St.
Waynesburg PA 15370

Wed, Sept 17, 10:15 a.m.
Jefferson Sr Sat Ctr
190 Washington St
Jefferson PA 15344

Tue, Sept 30, 12:15 p.m.
Carmichaels Act Ctr
100 Nemacolin Rd.
Carmichaels PA 15320

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Did You Know?

What is Pooling vs. Unitization??

• “Pooling” combines small tracts together making them sufficient enough for the granting of a well permit.

• “Unitization” is the joining of mineral or leasehold interests that will contain a “common place of supply.”

Questions?
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724-483-9336 MARK SMITH
The Colorful World of Showboat
—Come Lose Your Blues!

The good old days of showboat entertainment floating up and down the river may be gone, but not in the Mon Valley.

The 28th annual production of the Mon Valley Annual Variety Show, more widely known as Showboat, will be held on Friday, October 10, at 7 p.m. and Saturday, October 11 at 2 p.m., at the Charleroi Area High School, 100 Feksen Drive, Charleroi. The tickets are priced at $6.00 each.

Don’t miss this opportunity to join seniors and young people, alike, who share their talents as entertainers, while giving back to the community through their generous donations.

The steering committee is still interested in seeing new entertainers. Join by signing up for an audition to entertain or join in support of this fundraiser by attending the “The Colorful World of Showboat—Come Lose Your Blues.”

For more information, contact Senior Center Specialist Alice Grimes at 724-258-9511.

CANNED LAUGHTER  SIT ON A RIVER MOUTH  OR SEASON FALL, OR SEASON

Action Clapper board
Actors Crew
Actresses Cue cards
Cameras Cut
Cancelled Detective
Canned Laughter Director
Cast Doctor
Chase scene Drama

Explosions Renewed
Green room Script
Live audience Shootout
Premiere Sitcom
Producer Villains
Props Western
Rehearsal

See Answers on page 13

The primary purpose of the Showboat production is to raise funds to support the Diversified Human Services, Mon Valley area Home Delivered Meals Program. The program serves approximately 500 homebound individuals a day, five days a week.

Contact one of our Area Representatives at 724-745-4413 or visit us at www.gaydosmonument.com

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Aerobic Activity Helps Build Bigger Brains
People already suffering mild cognitive impairment benefit most.

Aging Laboratory. “The relationship between physical activity and brain health is pretty robust and has been demonstrated in healthy older adults, but we haven’t known much about its impact in people with MCI who have the greatest risk for dementia.”

Heart Rate

According to the American Heart Association, your maximum heart rate is about 220 minus your age (155 beats per minute for age 65, for example). When you start an exercise program, such as brisk walking, you should aim for about 50% of that maximum. As you get into shape, gradually increase until you’re achieving about 85% of maximum.

A few high blood pressure medications lower the maximum heart rate and thus the target zone rate; check with your physician.

Stop

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Wellness & Fitness Event

The 3K Walk, Sit and Fit, Feel Good Bingo and Picnic will all be part of the 2014 Wellness & Fitness Event taking place at Sampey Park, Perryopolis, on Friday, September 19. There is a $3 cost. Sign up at local Fayette County senior centers for Fayette Area Coordinated Transportation to the park. Pick up at senior centers will be at 8 a.m. For more information call Debra Molnar, Fayette County, SWPA Area Agency on Aging Secretary, at 724-430-4603, or call your local senior center.
National Senior Center Month kicks off walking program

September is National Senior Center Month. The theme is “Experts at Living Well.” That makes September a perfect time for senior centers in Washington County and their UPMC for Life partner to kick off a walking program that will demonstrate the theme, as well as increase the size of the participants’ brains—specifically the hippocampus. According to a Tufts University Health & Nutrition August 2014 publication, aerobic activity, such as brisk walking, increases the size of the hippocampus, a key part of the inner brain involved in forming, storing and processing memory.

With this in mind, (pun intended) senior centers in Washington County, in cooperation with UPMC for Life, are encouraging members, as well as the surrounding communities to join in walking programs that will culminate with a walk at the National Health and Fitness Day celebration sponsored by UPMC for Life on May 27, 2015, at Consol Energy Park, Washington, Pa.

Southwestern PA Area Agency on Aging, Inc., Aging Services of Washington County, Washington Area Senior Citizens Center, Inc., and SPHS Aging Services are developing host location walking schedules that will include parks, schools and trails where residents of the surrounding communities will have the ability to “link up” with walkers on route.

The following centers have already set schedules and walking themes in support of the Experts at Living Well concept.

Bentleyville Senior Center will begin the first walk with a “Fall Crawl” through Richardson Park on September 17, 2014. McGuffey Senior Center will have a “Pumpkin Parade” around the McGuffey High School on October 15. McDonald-Cecil Senior Center will follow up on November 19 with the “Turkey Trot” on the walking trail in Cecil Township. Peters Township Satellite will host the “Eggnog Jog” at the Recreation Center walking track on December 17. Burgettstown Senior Center will take their walk into 2015 with a “Spring Sprint” around the center of town on April 15.

Don’t hesitate to join in, become an Expert at Living Well and boost the size of your brain while in the process.

For more information, contact your local Washington County senior center.

GREENE COUNTY WALK TO END ALZHEIMER’S

The Greene County Walk to End Alzheimer’s is on Saturday, September 20, 2014, at Washington Park, 283 Dunn Avenue, Washington, Pa. Start out with registration at the Stone Pavilion where more than 300 people from Washington and the surrounding areas have pledged their support by participating in this year’s event to raise awareness and funds to fight the disease. Registration begins at 9 a.m. and the one-mile social walk starts at 9:30 a.m.

Participants are invited to remain after the walk for breakfast, entertainment and prize drawings.

The brain has 100 billion nerve cells and each combines with others to make up a design of networks that perform special tasks such as thinking, learning and remembering. In Alzheimer’s disease, as in other types of dementia, increasing numbers of brain cells deteriorate and die. Please don’t sit in the dark after it happens or sit and wait for it to affect you and your family. Move to make a difference by taking part in this fundraiser.

For more information or to register to walk, call Abby Spreng at 412-261-5040 or email aspreng@alz.org. You may also register online at alz.org by clicking on “Join a Cause,” and following the prompts.

If you cannot take part in the Walk to End Alzheimer’s, when you are invited to make a donation, please give generously.

Answers from page 11

We all have a reason to Walk to End Alzheimer's!

The Alzheimer’s Association’s annual Walk to End Alzheimer’s will take place on Saturday, September 13, 2014, at Washington Park, 283 Dunn Avenue, Washington, Pa. Start out with registration at the Stone Pavilion where more than 300 people from Washington and the surrounding area have pledged their support by participating in this year’s event to raise awareness and funds to fight the disease. Registration begins at 9 a.m. and the one-mile social walk starts at 9:30 a.m.

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The Alzheimer’s Association’s annual Walk to End Alzheimer’s will take place on Saturday, September 13, 2014, at Washington Park, 283 Dunn Avenue, Washington, Pa. Start out with registration at the Stone Pavilion where more than 300 people from Washington and the surrounding area have pledged their support by participating in this year’s event to raise awareness and funds to fight the disease. Registration begins at 9 a.m. and the one-mile social walk starts at 9:30 a.m.

Participants are invited to remain after the walk for breakfast, entertainment and prize drawings.

The brain has 100 billion nerve cells and each combines with others to make up a design of networks that perform special tasks such as thinking, learning and remembering. In Alzheimer’s disease, as in other types of dementia, increasing numbers of brain cells deteriorate and die. Please don’t sit in the dark after it happens or sit and wait for it to affect you and your family. Move to make a difference by taking part in this fundraiser.

For more information or to register to walk, call Abby Spreng at 412-261-5040 or email aspreng@alz.org. You may also register online at alz.org by clicking on “Join a Cause,” and following the prompts.

If you cannot take part in the Walk to End Alzheimer’s, when you are invited to make a donation, please give generously.
Employ Older Workers Week

The average age in the United States is rising, and the composition of the workforce is rising with it. By 2020, it is estimated that workers 55 and older will make up 25% of the U.S. civilian labor force. In addition, individuals, whether by need or desire, are tending to remain in the workforce longer and choosing to retire later. The result is that a number of workers over the traditional retirement age of 65 is increasing markedly and by the year 2020 it is expected to make up more than 7% of the American labor force by 2020.

Employ Older Workers Week is September 21 through 27 this year. The purpose is to recognize the vital role of older workers in the workforce, to increase awareness of this labor segment and to develop innovative strategies to tap into it.

Employ Older Workers Week also showcases the Senior Community Service Employment Program (SCSEP), created in 1965 as part of the Older Americans Act. SCSEP, which provides on-the-job skills training to unemployed individuals 55 or older with limited financial resources, is the nation’s oldest program of its kind. Since its inception, SCSEP, administered by the Department of Labor, has helped over one million older Americans enter the workforce.

County Commissioners’ Proclamations of Older Workers Week

Fayette County Commissioners will offer their proclamation of Employ Older Workers Week on Tuesday, September 16, at 10 a.m. in the Public Service Building, 22 E Main St., Uniontown.

The Greene County Commissioners proclamation will be on September 17 at 10 a.m. in the Commissioners Meeting Room, 93 East High Street, Waynesburg.

The Washington County Commissioners proclamation will be on Wednesday, September 17, at 2 p.m. in the Public Meeting Rooms 103-104, Courthouse Square, Washington.

**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... 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... Members attended Senior Day at the Fayette County Fair. Our group placed third in best attendance and second in the scavenger hunt. Emma Jane and Arnold Davis placed second in the Couples Maried the Longest contest and Loretta Newell placed third in the Best Legs contest. A good time was had by all... If you are interested in joining us on the bus trip to Lancaster scheduled for Nov. 19 and 20, call Emma Jane Davis at 724-529-2530... Happy September birthdays to Evelyn Claycomb, Dora Ganoe, Bob Puchyr, Mary Lois McKnight and Jeanie Lohr...

**BULLSKIN**

52 Medsger Road
Connellsville, PA 15425
724-887-0655

-Mary Rhodes

... Our annual Volunteer Appreciation Dinner will be held on Tuesday, Oct. 21... We welcome our newest members Joseph and Hannah Mellinger, James and Diane Santmyer and Ronald and Candace Pinkosky... Happy September birthdays to Joyce Begonia, Florence Clarkston, Mildred Fry, Mabel Gaddis, Janet Harrold, Howard Haugh, Sandra Hubert, Barb Johnson, Helen Johnson, Barbara Kuhn, John Mondock, Jane Myers, Virginia Owens, Diane Santmyer, James Santmyer, Gladys Smith, Carol Strother, Donald Taylor and Blaine D. Wingard... Happy anniversary to Gene and Phyllis Cunningham... 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 our activities successful... If you are interested in joining, call the Center at 724-887-0655 for more information. 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 Benecio

... Fall back into your own routine now that most grandchildren are back in school. It all starts with attending activities you enjoy at the Center... On Sept. 8, staff from Rep. Pete Daley’s will be at the Center to complete Property Tax/Rent Rebate applications from 9 to 11 a.m... On Sept. 10, OSPTA Home Care will conduct blood pressure readings at 11:30 a.m... On Sept. 11, at 11:30 a.m., the Fayette County Drug & Alcohol Program will present, “What’s in your grandchild’s backpack?,” a must-hear presentation for all... Mark your calendars for an exciting Harvest Fest fundraiser on Friday, Sept. 12, from 1 to 3 p.m. Tickets are $6 and include homemade soup and rolls/crackers. Enter the baking contest or cake walk, or simply enjoy the live musical entertainment. Desserts entered in the baking contest will be available for purchase after the announcement of the winners... On Sept. 13, a flea market will be held from 9 a.m. to 1 p.m... On Sept. 16, a Bingo Blast will begin at 1 p.m. Tickets are $7 and include a complete packet of cards. Extra packets and specials will be available. Bring a friend along and receive a free special card... On Sept. 19, join us for a “travel along via video” to a surprise location! A delicious breakfast buffet will be available for $2 per person... Our sincere gratitude to Peggy Herforth, Mon Valley YMCA health and fitness director, for the wonderful 4-week Sit N Fit program last...
SeniorCommunityCenterNotes

month... Roxi’s Salon is open Thursdays and Fridays by appointment. Call Roxi at 724-812-2560 to schedule... Come and be amazed by the view overlooking the river and the beauty of the leaves changing color...

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

-Geraldine Bricker

...Greetings... We are happy to welcome back several members who have been watching their grandchildren, nieces and nephews during the summer and have not been at our meetings... Congratulations to Barry Dawson, the winner of the July gas card drawing sponsored by Myers Catering. Barry is the son of member, Jean Dawson... On July 25, Clara Kendall, from The Baltimore Life Company, presented a very informative program. Geraldine Bricker won a Walmart Gift Card donated by Baltimore Life. We were happy to have Clara join us for a tasty lunch... On Aug. 20, we held our summer picnic at Hutchinson Park. A good time was had by all... We are happy to have Ruth Novotny back at the meetings... Happy September birthdays to everybody... We are happy to have Alice Hager back at the meetings... July was a great month for Paye Bettencourt to display her fabulous collection of Americana art on the birthday table. She also baked an angel food cake for the celebration. The birthday cake was donated by the Chalk Hill First National Bank... Sherri Lyons, from Amedisys, conducted blood pressure readings... Congratulations to Jessie Firestone and Joanne Weltz, winners of the gift certificates donated by Anna Renzi, from Somerset Trust Bank... Thank you to John and Gretchen McGuire for sharing a variety of seedlings to plant, which are now producing in our gardens... Thank you to Asa Tribble and Betty and Brian Trapnor for sharing their abundance of tomatoes with those of us who do not have gardens!... Also, thank you to our friends at the Bruderhoff who have been so generous with their bounty!... Carey Kerrs, from Amedisys, presented an informative program on the importance of Living Wills... Minnie Mitchell, Lois Mattay, Shirley Sigwalt, Sonny Gilson, Alice Hager, Charlene Wineman, Mary Silbaugh, Jackie Teets, Dottie Durschlag and Flora Mae Humbert had a fun time on Senior’s Day at the Fayette County Fair. Flora Mae found the most items in the Treasure Hunt. We stayed to enjoy the wonderful musical program... There was a good turnout for the One Room School Reunion which was held at the Center recently. What a good time was had meeting old friends and swapping stories...

PERRY POLIS
P.O. Box 562
Perryopolis, PA 15473
724-736-2250

-Arleen Barth

...Thank you to all who have been sharing their fresh garden veggies... After all the garden work is done, we have to continue to stay limber by participating in the Healthy Steps in Motion exercises led by Shirley and Phyllis on Mondays and Thursdays at 10 a.m.... Join in the daily schedule of fellowship and assembling of jigsaw puzzles or any of the following activities. On Mondays, cards are played at 9:30 a.m. and again in the afternoon... If you play an instrument or like to sing or just enjoy listening, please join us on Tuesdays from 1 to 4 p.m. and enjoy a fun time with Pickin’ N Grinnin’ led by George Stewart... Our regular bingo is played on Wednesdays and Fridays beginning at 9 a.m.... We also have ceramics classes every Thursday... Jaynee King’s Hair Salon is open on Wednesdays, Thursdays and Fridays. Please call for an appointment... We welcome retired nurse, Connie Novak, who conducts blood pressure read-
Senior Community Center Notes

is welcome at our Super Bingos on September 3 and 17, starting at 9 a.m... Please check the September Senior Moments publication for more activities and workshops... We wish all of our September birthday friends a very happy birthday... If you have any ideas for new projects or speakers, please talk to Jaynee King, center specialist, or one of the committee members or submit your idea in our new suggestion box... Welcome everyone with a big smile and a hello... School is open so please watch for the children running about...

POINT MARION
Railroad Street
Point Marion, PA
15474
724-725-5680
-Elise Almgren

... The Golden Pointers were happy to have an additional meeting date during the month of July. One more day to have a good time and socialize... Although we did not have any July birthday celebrants, we still enjoyed our great enter-
tainers Vern Eberhart, Sr., Vern Eberhart, Jr., Chuck Secina and Alex Volek and a beautifully decorated cake provided by United Bank... We gained two new members with more on the way... Is it still summer? Walnuts are already falling from the trees...

UNIONTOWN
137 N. Beeson Avenue
Uniontown, PA 15401
724-437-6050
-Doris Wagner

... We are in need of a volunteer activities director. We would like to keep the Center a fun place to relax and enjoy. We know there are a lot of talented people in our group. If you are interested in the position, or for more information, please call the Center... On July 1, Sherrie, from Amedisys, conducted blood pressure screenings. She was assisted by Carol Myers... On July 2, we held a Fourth of July celebration. Dave Dahl provided great music for our listening and dancing pleasure. Thank you, Dave. We have had many requests for Dave to return... On July 14, staff from SeniorLIFE called bingo and awarded prizes... The monthly birthday party was held on July 23. Thank you to United Bank for donating the delicious cake enjoyed by all... Also on July 23, Nick, from Walgreens, presented a program on Shingles and the vaccine available... On July 24, Brandy, from Amedisys, presented a program on fall prevention... On July 25, we enjoyed an evening dance with music provided by DJ Ken Lindsey. Darlene Goldsmith and the dance committee did a great job... Members enjoyed Senior Day at the Fayette County Fair on July 30. It was great to see our friends from the other centers. We placed first with the number of members in attendance - 28. We are so proud of everyone who showed up and enjoyed the festivities!... On Aug. 12... We enjoyed a trip to The Meadows Casino on Aug. 13... Members made a donation to the Back to School Picnic at Bobtown United Methodist Church picnic on Aug. 17...

CARMICHAELS
100 Nemacolin Road
Carmichaels, PA 15320
724-966-2290
-Mary Yoney

... Summer seemed to pass quickly. Hope everyone enjoyed it... On July 1, Jill Peth, from the Greene County Library System, visited and played Science Jeopardy with members... On July 3, we celebrated the Fourth of July. Site Council provided refreshments and the past board members called a bingo and awarded special prizes... Also on July 3, Rachelle Kamenos, from Amedisys Hospice, conducted blood pressure readings... On July 11, an AARP Smart Drivers Program was held at the Center... On July 15, Hazel Bradshaw, RN, from the Washington-Greene County Library System, registered members for a reading program incentive. All reading counts whether book, newspaper, Senior Times, or magazine. A stamp is earned for each item read. Let’s keep aware of what is going on around us, keep our brains working, and win a prize for our efforts!... We happily welcomed Nancy Riggle, SWPA Area Agency on Aging Greene County Supervisor, and Abby Spreng, Outreach Coordinator with the Alzheimer’s Association, Greater Pennsylvania Chapter, who visited the Center to promote the annual Walk-to-End Alzheimer’s. This year’s event is scheduled for Saturday, Sept. 6, at 9 a.m., at Wana Park in Carmichaels. We hope members will participate... We come away from our Wednesday lunches with smiles because of the time together and things we have shared... It was great to hear that our satellite center passed the annual inspection with “excellent team building skills”... Also, we were excited that our efforts to “stuff the bus” resulted in 67 backpacks and lots of...
Senior Community Center Notes

September 2014 Senior Times

School supplies for neighborhood students as they start a new school year. Job well done!... Talk about teamwork! Much of this month’s article is being written because of notes taken by Melaney Dufalla and Lonnetta Pitcock... Our volunteers, our friends, make this center work... New members such as Dorothy Cunningham bring a whole new sweetness to our time together... If you are in our area, consider this your invitation to join us. We would love to have you!

MT. MORRIS
Box 43
Mt. Morris, PA 15449
724-324-5396

-Chris Jarrell
... On Aug. 4, members enjoyed playing bingo... Several members have registered to participate in the summer reading program conducted by the Greene County Library System... On Sept. 14, at 12:15 p.m. Senator Timothy Solobay is sponsoring a seminar entitled, “Identity Theft and Scams Seminar for Seniors” at the Waynesburg Community Center... Invite a friend to come to the Center with you!

WAYNESBURG
1505 Morris Street
Waynesburg, PA 15370
724-627-6366

-Betty Grove
... Farmer’s markets are held weekly at the Center on Wednesdays from 10 a.m. to 2 p.m... Beginning Sept. 11, we will hold a Game Night at the Center on Thursdays from 4:30 to 7:30 p.m. Come out and have fun playing Rummikub, cards and Wii games such as Let’s Make a Deal and Family Feud. Pizza and drinks will be served... Tickets are currently available for the annual Cash Bash on October 5 at the Carmichaels Activity Center. This event is held with the Carmichaels Activity Center. Tickets are $20 per person and may be purchased at either Center... A trip to Lancaster to view the production “Moses” at the Sight and Sound Theater is planned for Oct. 17 and 18. The cost is $245 per person. For more information and contact details, please call the Center at 724-627-6366... Hope you have a great September!

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

-Elise Patasky
... The July cookie sale fundraiser was a great success! Thanks to Darla, Elsie, Kitty, Alice, Ginger, Annie and Jerie Drupp, our center coordinator, for baking. Also, thanks to all who bought cookies... $10 membership dues for those 60 years of age and older are payable at the Center. All dues and fundraising monies collected help to defray the Center’s operating expenses... The flea market table is doing very well. Several families have donated to our efforts and we have a variety of very nice items available. Christmas items will be available beginning in November. The public is invited to shop Monday through Friday between 9:30 a.m. and 3 p.m... We are selling an assortment of ten greeting cards for $2... Hostess Ann Keruskin provided delicious snacks for the 500 Card Club on July 15... On July 16, Nancy Brown, from the Greater Washington County Food Bank, provided information on programs available for low-income persons such as SNAP and LIHEAP... Members are busy knitting and crocheting warm hats and scarves for friends going through chemotherapy treatments and others with health issues. All are welcome to join our efforts every morning before lunch... The covered dish picnic will be held on Sept. 15 at the Ten Mile Creek Park Main Pavilion. If attending, please register at the Center to indicate what covered dish you will bring. Also, please bring a wrapped white elephant gift, the funnier the better, to be exchanged at the picnic before the bingo games begin. Herman Helay and his wife, Lillian, will be our guests. Herman will be playing the button box for our entertainment... BURGETTSTOWN
200 Senior Way
Burgettstown, PA 15021
724-947-9524

-Rosemarie Taylor
... Congratulations to Avice Barto who placed second in the 2014 Washington County Older Adult Spelling Championship... On July 31, we enjoyed rootbeer floats and “oldies music” played by Dan Urbanic. Joan Roman won the picnic basket donated by SeniorLIFE and Bob Tharp was the lucky winner of the basket donated by Famcare. Congratulations to both... On Aug. 4, blood pressure readings were conducted... On Aug. 6, we enjoyed a Lunch and Learn session... On Aug. 13, Emily Ronan, from SeniorLIFE, hosted a Grocery Bingo... On Aug. 20, staff from Amedisys visited the Center and played, “Name that Tune.” George Suhoen provided music for our listening pleasure... On Aug. 21, staff from Weirton Medical Center discussed different health screenings... On Aug. 27, Emily Ronan, from SeniorLIFE, hosted the monthly birthday celebration... On Aug. 28, Senator Timothy Solobay sponsored an Identity Theft and Scams Seminar for Seniors at our center... On Mondays, at 10 a.m., Nancy is teaching members how to knit fluffy scarves... Upcoming events include: Sept. 6, Community Health Fair at the Center, featuring free screenings, prizes and food, sponsored by St. Ann’s Health Ministries and Our Lady of Lourdes, 11 a.m. to 3 p.m.; Sept. 13, Walk-to-End Alzheimer’s, Washington Park Stone Pavilion, registration begins at 9 a.m.; and Sept. 18, Senior Expo 2014, Washington Crown Center, 10 a.m. to 3 p.m... Come, join us!

CANONSBURG
30 E. Pike Street
Canonsburg, PA 15317
724-745-5443

-Carolyn Dunklin
... The elections are behind us and our new officers are fired up and ready to go... Rachel, from the Frank Sarris Public Library, our community partner, explained the free and reduced classes offered at their facility... We hope to see you at the Walk to End Alzheimer’s on Sept. 13, at Stone Pavilion in Washington Park. Registration begins at 9 a.m. We have donated an Italian basket for the Silent Auction... Members...
are looking forward to the Canonsburg Oktoberfest from Sept. 19 through 21. The Center will have a craft table with items for sale. We will also hold a basket raffle. Come check us out!… Aloha! Grab your grass skirts and Magnum P.I. shirts and get ready to limbo! On Thursday, Sept. 25, from 10 a.m. to 1 p.m. we will hold a Luau. Lauren, from Amedisys, is sponsoring the party with treats, prizes, and a Corn bag toss tournament in the morning. Enjoy the afternoon with entertainment by Joe Diamond… The long-awaited Super Big Bingo will be held on Saturday, Sept. 27. Doors will open at 5 p.m. Ticket cost is $20. Jackpot of 1002 points, food, and prizes will be available. Don’t be left out of this bingo player’s fantasy!… On Oct. 1, we will host an Identity Theft and Scams Seminar for Seniors sponsored by Senator Timothy Solobay. Staff from the State Attorney General’s Office will present the program. Light refreshments will be served. Hope to see you there…. Members are looking forward to the Cash Bash on Nov. 30, at the South Franklin Fire Hall. Doors open at 11:30 a.m. Tickets are $25 and may be purchased at the Center… As always, we encourage you to attend and bring a friend.

CENTER IN THE WOODS
130 Woodland Court
Brownsville PA 15417
724-938-3554

-Theresa Brangard
… On Sept. 5, we will hold a game day at 1:15 p.m. on Mondays and Thursdays at 1:15 p.m…. Billiard lessons are available at 9 a.m. on Tuesdays. The chair dancing exercise group and Healthy Steps in Motion exercises both meet every Tuesday and Thursday at 9:30 and 11 a.m., respectively. Also, dartball is played at 1 p.m…. Oil painting classes are offered at 10 a.m. on Wednesdays… The Bible study group meets at 10:30 a.m. every Wednesday. The Basket Guild meets on Wednesdays at 1 p.m. Also, 500 Bid cards are played at 1:15 p.m. on Wednesdays… Join us at 1 p.m. every Thursday for the Jam session. You can sing along and dance!… Wii bowling is played at 9:30 a.m. on Fridays and Euchre is played at 1:15 p.m…. The beauty shop is open Wednesday through Friday, from 9 a.m. to 5 p.m. Call Robin at 724-938-3554, extension 127, to make an appointment… Massage therapy is available by appointment Wednesday through Saturday. Call Bethany at 724-678-3308 to schedule an appointment. Daytime and evening hours are available… Look for upcoming events, such as a Paint and Sip, ceramics classes and more, on our website at www.Centerinthewoods.org…

CROSS CREEK VALLEY
28 Clark Avenue
Avella, PA 15312
724-587-5755

-Rosemarie Parker
… Special thanks to our apple dumpling chefs Dominica Spataro, Ruth Georgeetti, Mary Ann Dhayer, Shirley Eakin, Pearl Powers, Dolores Powers, Wilma Decker, Emily Durbin and Monica Parker- Farrell, center coordinator, for all their hard work for our recent fundraiser… On Aug. 4, SeniorLIFE sponsored a Pokeno and Pizza Party… On Aug. 6, staff from SeniorLIFE presented a program on bullying… On Aug. 13, Becky Drake, from Rite Aid, presented a program on the shingles vaccine. Staff from the Caring Mission conducted blood pressure readings… On Aug. 20, a nutrition program was conducted by our center coordinator, Monica Parker-Farrell… On Aug. 27, we held a Lazy Days of Summer Party with entertainment by George Suhon… On Aug. 28, members attended an Identity Theft and Scams Seminar for Seniors sponsored by Senator Timothy Solobay at the Burgettstown Senior Center… Also, on Aug. 28, the Cross Creek Valley Rosies held their monthly meeting… On Sept. 3, we enjoyed a bountiful Blessing Harvest presented by Walter Danna and Liz Harper. Chefs included Walter and Margaret Danna, Ruth Georgetti, Liz Harper and Vince and Faye Starinsky… Happy birthday to all of our September celebrants… Always remember to whistle a happy tune…

DONORA
701 Meldon Avenue
Donora, PA 15033
724-379-6446

-Virginia Andrado
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…

FINLEYVILLE COMMUNITY CENTER
3547 Marion Avenue
Finleyville, PA 15332
724-258-9511

-Mary Kotula
… It is September. Back to school. Remember when?… The Forever Young group meets every Tuesday from 10 a.m. to 1 p.m…. On Sept. 9 and 16, SWPA Area Agency on Aging and SPSH Aging Services sponsored lunches will be served at noon…. On Sept. 9, join us for a Grocery Bingo… We will enjoy a covered dish luncheon on Sept. 23… We will not meet on Sept. 30… Happy September birthdays to Marabelle Conner and Norma…

Senior Community Center Notes
Smolick… The nicest place to be is in someone’s thoughts.

McDONALD/CECIL
Cecil Twp Municipal Bldg
3599 Millers Run Road
Cecil, PA 15321
724-743-1827

-Thelma Gall
… We are happy that our Pittsburgh Steelers are back in action and we wish them a winning season. Go Steelers!… We are looking forward to the Walk-to-End Alzheimer’s at Washington Park on Sept. 13.

Our center donated a basket of household products for the Silent Auction… On Wednesday, Sept. 17, we will begin participating in monthly fitness walks with other Washington County senior centers in anticipation of the May 2015 National Health & Fitness Day. Come walk with us and stay for lunch! Call the Center for monthly dates and times… On Sept. 27 and 28, the 27th Annual Fall Festival will be held in Cecil Township. Our center coordinator, Brenda Wacker, will attend with a smile and information to promote of our Center… On Tuesday, Sept. 30, at 10:30 a.m., Bob MacGregor, from CARIE, will present a program on Medicare fraud… A Big Harvest Bingo is scheduled for Thursday, Oct. 23. Call the Center for more details… We hope everyone had a great summer…

MIDWAY
304 Noblesstown Road
Midway, PA 15060
724-796-8671

-Rev. Brian Kilbert… The Midway Seniors met on Aug. 7 at the Midway Community Center… July and August birthday celebrants were recognized along with August wedding anniversary celebrants… Rev. Brian Kilbert shared a devotional on the Apostle Nathaniel and being children of truth… A donation was made to the Midway Fire Department for all the services they render to the community… President Edna Bain asked for a few volunteers to attend this year’s travel show, “Broadway and Beyond,” on Sept. 3 to scout out future shows and events the group may be interested in attending. A report will be read at the October meeting… Jean Baird shared some jokes and thoughtful readings… The entertainment for the day was arborist Ben Hartman, who shared his knowledge of how to grow healthy trees and shrubs… In September, we are scheduled to have musician Ron Retzer. Malone’s Flower Shop will present a program in October… We heartily invite all seniors to join us. We are a casual, fun-loving group that meets the first Thursday of the month at 11 a.m. for activities, lunch and socializing at the Midway Community Center. If you have any questions, call Edna Bain at 724-796-8671. Please join us and make our group even better… God bless you…

Monongahela, PA 15063
724-258-9511

-Alice Grimes… On Sept.2, Lois Thomas, SWPA Area Agency on Aging APPRISE Coordinator, presented a program on Medicare updates and led a question and answer session following the presentation… On Sept. 5, we welcome the very talented Dave Townsend for an entertaining afternoon. Cost is $5 per person and includes a sandwich, chips and drink. Call the Center for reservations… On Sept. 8, we will honor all grandparents with a special tribute at 11 a.m. Light refreshments will be served… On Sept. 25, Tiffany, from the Monongahela Library, will be at the Center for Throw Back Thursday. Everyone is welcome… On Sept. 26, a Pizza/Card Party will be held. Cost is $3.50 and includes pizza, side dish, dessert and beverage. Reservations are required… Daily activities include cards at 9 a.m., bingo at 11:30 a.m. followed by lunch which is served at noon. Lunch reservations should be made one day in advance… Bingo is called on Tuesdays at 1 p.m. and on Saturdays from 12 to 3 p.m… Hair by Laurel is open Wednesday through Friday, by appointment… Practices have begun for the annual Showboat Variety Show, which will be held on Friday, Oct. 10, and Saturday, Oct. 11, at Charleroi High School. All proceeds from this event benefit the home-delivered meals program. Call the Center for ticket and time information. We hope to see you there!… Till next time. Take care and may God bless…

PETERS TOWNSHIP
700 Meredith Drive
Venetia, PA 15367
724-942-5000

-Lisa Whittaker… The last summer picnic was held at Shelter 4 in Peterswood Park on Sept. 10, 4 to 6 p.m. Hotdogs and hamburgers will be provided. There is no cost, but please bring a covered dish to share. On Oct. 8, our entertainment will be magician, Joey Nuzum… On Monday, Oct. 20, flu shots will be administered from 11 a.m. to 2 p.m… On Friday, Oct. 24, join us for our mystery dinner featuring “Dial M for Mother.” Doors will open at 5 p.m. The buffet style dinner will begin at 5:30 p.m. Seating is limited. Reservations are required. Cost is $30 for residents/$45 for non township residents… On Nov. 12, our guest speaker will be from the Washington County Trolley Museum… On Nov. 13, a bus trip and tour of Bedford Springs is planned. Departure time is 7 a.m. and we will return at 7:15 p.m. Cost is $135 per person. The deadline to register is Oct. 6 and 35 people are needed for the trip. Call the office for more information…

RIVERSIDE PLACE
303 Chamber Plaza
Charleroi, PA 15022
724-483-5800

-Missy Georgakis… On Sept. 3, Senator Timothy Solobay sponsored a seminar entitled,
“Identity Theft and Scams Seminar for Seniors”… On Sept. 5, Bobby Shawn will perform at 11 a.m. Our pizza and pizza burger sale will be held on Sept. 5 and 19. The cost is $1.25 for plain pizza, $1.50 for pepperoni pizza, and $5 for a pizzaburger and a soda… On Tuesday, Sept. 9, Helen Andreas will conduct blood pressure screenings at 11 a.m.… Country singer, Donnie Cameron, will perform on Sept. 12 from 11 a.m. to 1 p.m.… Remember Murphy’s 5&10 Saturday Subs? They’re Back – 8” Sub is only $4.50 or 8” Sub, chips and pop is $5. We will be selling them on Sept. 12 from 11 a.m. to 1 p.m.… We are planning a trip to The Meadows on Monday, Sept. 15. Departure time is 9 a.m. and we will return at 5 p.m. Cost is $15… A trip to the Strip District is scheduled for Thursday, Sept. 18. We will depart from the Center at 9 a.m. and return at 3 p.m. Cost is $10… On Sept. 26, Kenny and Chip will perform oldies songs from 11 a.m. to 1 p.m.… On Sept. 27, we will hold a Flea Market from 9 a.m. to 1 p.m. Tables are available at a cost of $5… Come and enjoy a good movie with a drink and popcorn for $2 on Mondays at 1 p.m.… Our weekly activities include Zumba exercises, Mondays and Wednesdays, 4:45 p.m. to 5:45 p.m.; Euchre, Fridays at 1 p.m. and Saturdays at 6 p.m.; Bingo, Wednesdays, 1 p.m.; and Bible study, Tuesdays, 12:30 p.m.…