Happy St. Patrick's Day!

Visit: www.swpa-aaa.org
Save the date—

Spring is coming, and along with spring comes the beginning of the Senior Games season and Older Americans Month and all of the activities that surround them. If you want to take advantage of some of the upcoming events that the season has to offer, mark the following dates on your calendar and make your plans…

April 13 – Monday, 1 p.m. Greene County Brain Games will be held at Carmichaels Activity Center, 100 Nemacolin Road, Carmichaels.

April 16 – Thursday, 9:15 a.m. Fayette County Brain Games will be held at Center on the Hill, 100 Summit Road, Belle Vernon.

April 21 – Tuesday, 10 a.m. Fayette County Commissioners’ Older Americans Month Proclamation, Public Service Building, 22 E. Main St., Uniontown.

April 22 - Wednesday, 1:30 p.m. Washington County Older Adults Spelling Competition will be held at Courthouse Square, 100 West Beau Street, Washington. Rooms 103-104.

May 7 – Thursday, 10 a.m. Washington County Commissioners’ Older Americans Month Proclamation, Courthouse Square, 100 West Beau Street, Washington. Rooms 103-104. (9:30 a.m. Photo Opportunities)

May 19 – Tuesday, 9 a.m. registration with a 9:30 a.m. shotgun start. Annual Senior Golf Tournament will be held at Chippewa Golf Club, Bentleyville. The Rain Date is May 26. See the April issue of the Senior Times for details and registration information. Individuals who attended last year will receive registration information in the mail.


June 17 – Wednesday, 9:30 a.m. Senior Games Opening Ceremony and Parade of Athletes kick off the event at Waynesburg Central High School, 30 Zimmerman Drive, Waynesburg. (see page 4)

June 25 – Thursday, 5 p.m. Senior Games Victory Celebration & Awards Banquet, Carmichaels and Cumberland Township Fire Department Banquet Hall, 420 West George Street, Carmichaels. Doors open 4 p.m. Dinner at 5 p.m.

Visit the Senior Times online
To visit the Senior Times online, go to the Southwestern PA Area Agency on Aging website at www.swpa-aaa.org. Click on the Senior Times for previous issues and advertising.

NOTICE OF PUBLIC MEETINGS
The Southwestern PA Area Agency on Aging, Inc., Board of Directors will meet on the following dates in 2015:

May 5 Sep 1 Dec 1
Jun 2 Nov 19

The Southwestern PA Area Agency on Aging, Inc., Advisory Council will meet on the following dates in 2015:

Apr 2 Sep 3 Dec 3
Jun 4 Oct 8

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.

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. Contributors of donations that are $50 and over are recognized as “SPONSORS” of the Senior Times.

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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.
The University of Pittsburgh’s Center for Aging and Population Health has identified “10 Keys to Healthy Aging” and has created an educational program that will be presented by the Southwestern PA Area Agency on Aging’s PrimeTime Health and APPRISE Medicare Health Insurance Counseling Programs to individuals 60 years of age and older.

Medicare covered preventive services
“Welcome to Medicare” Visit
Annual “Wellness” Visits
Abdominal Aortic Aneurysm Screening
Alcohol Misuse Screening
Bone Mass Measurement
Cardiovascular Screenings
Cervical and Vaginal Cancer Screening
Colorectal Cancer Screenings
Depression Screening
Diabetes Screening
Diabetes Self-Management Training
Flu Shots
Glaucoma Test
Hepatitis B Shot
HIV Screening
Mammogram (screening for breast cancer)
Medical Nutrition Therapy Services
Obesity Screening/Counseling
Pneumococcal Shot
Prostate Cancer Screenings
Sexually transmitted infections screening/Counseling
Smoking Cessation (counseling to stop smoking)

Another reason to take 10 Keys to Healthy Aging

The older adult population in the United States is expected to double over the next 30 years. This rapidly growing segment of society is already influencing all age groups in almost all walks of life. One way to overcome the image of frailty that sometimes appears with age is for older adults to take ownership of their health.

Learn the 10 keys that will help you take more control of your health by attending these workshops offered at no charge at the Burgettstown Senior Center from 9 to 11:30 a.m. beginning Thursday, March 26, and continuing for five consecutive Thursdays until April 23.

Are you looking for the motivation, the time and the education that might help you live a longer and healthier life?

PrimeTime Health will present the keys to healthy aging, including how to maintain healthy bones, joints and muscles; how to combat depression; how to lower LDL cholesterol; how to stop smoking; immunizations; cancer screenings; information on socialization; regulating blood glucose, lowering blood pressure; and being physically active.

The APPRISE program will follow by providing correlating Medicare covered preventive services.

There is no charge for the program. Seating is limited and registration is required.

Don’t miss the opportunity to take more control of your life. In addition to weekly incentives, participants attending all sessions receive the companion book and are eligible for a gift card drawing.

For more information, call 724-745-7327.
The Greene County Senior Games Task Force is busy making plans for the 2015 Southwestern PA Area Agency on Aging (AAA) Senior Games to be held this year on Wednesday, June 17, 2015, at the Waynesburg Central High School, 30 Zimmerman Drive, Waynesburg.

The theme chosen by the Senior Games Task force is “energy” and the slogan, “Energy for Life,” was selected not only to promote the ongoing energy of seniors who maintain an active lifestyle, but also to highlight the influence of the energy industry in Greene County.

If you are 50 years of age or older, from Greene, Fayette, or Washington County, or are the member of a senior center within these counties, you are eligible to participate. The competitions include the 50-yard dash, the one-mile walk, basketball toss, bocce, corn bag toss, football, horseshoes, putting, shuffleboard, softball throw, and stationary bike.

The public is invited and there is no admission to attend the Senior Games. The Opening Ceremonies and Parade of Athletes begin at 9:30 a.m. at the school stadium. The Task Force is encouraging all senior centers and all organizations that work with and include seniors, such as the Senior Action Councils, Golden Agers, Red Hatters, retired teacher’s organizations, senior fitness groups, and veteran’s organizations, to make plans to march in celebration of the Senior Games.

If you or your organization are interested in taking part in the Parade of Athletes, contact Minnie Boles at 724-852-2893, ext. 545.

Whether you compete or whether you are at the Games as a spectator, your day will be filled with additional activities at the PrimeTime Health Fair, the Senior Variety Show, Super Bingo, and food and craft booths.

Health-care providers, organizations and businesses interested in participating in the PrimeTime Health Fair may contact this year’s Greene County coordinator, Bridget Dennison at 724-966-2290.

Senior organizations interested in sponsoring food and/or craft booths are invited to contact Tina Raber at 724-627-6366.

If you, or your organization, are interested in performing at the Senior Variety Show, please contact Betty Grove at 724-627-6366.

Official registration forms and information packets will be sent to senior centers by April 1. If your organization is interested in being added to the mailing list, please contact the Area Agency on Aging administrative office at 1-888-300-2704 or 724-489-8080, extension 4430. When the materials are available individuals will also be able to download the registration forms and rules online at www.swpa-aaa.org.

Joining the Southwestern PA Area Agency on Aging in sponsoring the Senior Games are Community Action Southwest and the Greene County Board of Commissioners. Additional information, as well as corporate sponsors will be included in future issues of the Senior Times.

Competing in the Senior Games?

“The principle is competing against yourself. It’s about self improvement, about being better than you were the day before.”

~ Steve Young

Senior Games related events

Various related team and individual competitions such as the golf tournament at Chippewa Golf Club, 8-ball pool tournaments, dartball tournaments, 500 bid card tournaments, traditional bowling tournaments at the Meadows Lanes, and Wii bowling tournaments begin late in April and continue through early June. Dates and locations will be included in the April Senior Times.

2015 Pennsylvania Senior Games and 2015 National Senior Games

The 2015 National Senior Games will be held in the Bloomingtom/Minneapolis/St. Paul, Minnesota area, July 3 - 16, 2015.

Qualified athletes will be able to register for the 2015 National Senior Games when the state(s) they qualified in are listed on the NSGA website.

The dates and location for the 2015 Pennsylvania Senior Games are not available at this time, however, on-line registration is expected to be available in March 2015.

For more information and for links to state senior games website, visit www.nsga.com.

APPRISE presents

“Get Ready for Medicare”

Is Medicare a mystery to you? If the answer is yes, plan to attend “Get Ready for Medicare.”

If you are thinking about retirement or what happens when you turn 65, or if you become disabled before turning 65, or, if you are already on Medicare and the coverage is still not clear to you, attend the Southwestern PA Area Agency on Aging (AAA) APPRISE “Get Ready for Medicare” program on Tuesday, April 7, at 305 Chamber Plaza, Charleroi, in the SPHS Board Room.

Learn the different parts of Medicare and what each covers; find out about Extra Help and who is eligible and more.

Offered by the AAA, the presentation will begin at 5:15 p.m. to accommodate individuals who work during the day and it will last approximately 1 hour. There is no cost. There will be light refreshments. Space is limited, please call 724-489-8080, ext. 4430, if you are planning to attend.
It is time for the 36th annual Southwestern PA Area Agency on Aging Humanitarian Award campaign to find one outstanding volunteer whose commitment—with an emphasis toward older adults—stands out among the other exceptional volunteers also nominated for the award.

If you want to let someone know how much you value their volunteer work, nominate that person for an award that will forever distinguish him or her as a Humanitarian. Every candidate cannot win; only one person may receive this prestigious award each year. But, every candidate will be a part of an elite group of individuals nominated for the award.

All the nominees’ names will be announced when the Humanitarian Award is presented at the Senior Games Victory Celebration and Awards Banquet, on Thursday, June 25, at the Carmichaels and Cumberland Township Fire Department Banquet Hall, 420 West George Street, Carmichaels, Pa.

To qualify for the Humanitarian Award, an individual must be a volunteer 55 years-of-age or older and must reside in Fayette, Greene or Washington Counties. The volunteer chosen to receive the Humanitarian Award is selected from nominations submitted by senior centers and senior organizations, as well as by any individual who wants to recognize a volunteer whose gifts of time exemplify the qualities of a humanitarian.

Standards by which nominees are judged include:
- Dedication to causes that enhance the well-being of the older adult population;
- Active participation in efforts to initiate social change among the elderly;
- Recognition for having sensitivity toward older adults in need;
- Involved as a leader in organizations devoted to improvements in the delivery of human services to the elderly;
- Ability to articulate concerns and act as a spokesperson for the older adult population;
- Advocating on behalf of causes that benefit all ages within the community;
- Displaying personal compassion and commitment through volunteerism in activities and programs designated for the elderly; and
- Volunteerism in any work related to elderly needs and concerns.

Take the time to write a nomination. Nomination forms will be available after March 15 at local senior centers, Senior Action Councils, the AAA county offices, listed on page 2 of this publication, and at the corporate office by calling 724-489-8080, extension 4433.

The completed nominations must be received by Johnetta Dinio, Southwestern PA Area Agency on Aging, Inc., 305 Chamber Plaza, Charleroi, PA 15022, no later than May 12, 2015.

Nominations sought for 2015 Humanitarian Awards

Humanitarian Award

The following are the Humanitarian Award winners for the past 15 years. Please note that previous winners are not eligible to win again and, therefore, should not be nominated.

2000 Teresa Coulter
2001 Ruth R. Thomas
2002 Joseph Rodriguez
2003 James E. Grubbs
2004 Julius J. Franks
2005 James Sokoloff
2006 Phillip Appolonia
2007 Shirley Zahand
2008 Ann Husovitz
2009 Patricia Lemley
2010 Jerry McBride
2011 Rita Hritz
2012 Robert Willison
2013 Charles Cieszynski
2014 J. Bracken Burns, Sr.

Armando Avolio Jr., MD
John S. Beachler, MD
Gregory B. Christiansen, MD
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**Protect yourself with Healthy Steps**

Are you afraid of falling? This winter’s record cold temperatures may have kept you indoors, but it was that fear of falling on the ice that kept many from venturing out even when the sun did shine long enough to take the temperature above freezing.

There are several risk factors, beyond the ice, that may combine to cause you to fall. For instance, if you have had a previous fall, balance or walking; if you are at risk. However, research shows that you can prevent falls by:

- Getting regular health screenings and follow-up care.
- Making small, low-cost changes in your home.
- Exercising regularly because studies show that people who exercise regularly are less likely to fall. In addition, if you exercise and you fall, you are less likely to be hurt.
- Having an injury from a fall, such as a hip fracture, can be devastating. Half of the people who break a hip in a fall do not fully recover. One out of 3 people over the age of 65 fall at least once each year. The statistics are alarming. Take part in Healthy Steps for Older Adults (HSOA) and learn about how to make your environment safer and change the statistics.

**Southwestern PA Area Agency on Aging’s (AAA) PrimeTime Health program** is partnering with Masontown Senior Center, 22 S. Main Street, Masontown, on Tuesday, March 24, from 9:30 a.m. to 2:30 p.m., to provide a HSOA fall prevention program for individuals ages 60 and older.

This comprehensive, one-day workshop screens individuals, addresses environmental safety, balance, strength, flexibility, and endurance exercises; nutrition, foot health, side effects of medication, vision/hearing, health status, social connectedness, and mental, as well as spiritual well-being.

To register, or for more information, call Patti Mounts at 724-745-7327.

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**Teresa Osborne Acting Secretary of Aging**

Governor Tom Wolf nominated Teresa Osborne for Secretary of Aging. In his nomination, the governor cited her work as a catalyst in the effort to enact “Peggy’s Law,” which was designed to enhance Pennsylvania’s response to elder abuse and exploitation. Ms. Osborne also helped form a four-county, non-profit Northeast Behavioral Health Care Consortium (NBHCC), which implemented Pennsylvania’s mandatory managed care program serving over 90,000 members who receive Medical Assistance. Osborne also served on the Mayor’s Task Force on Law Enforcement & Mental Health in the City of Scranton. Teresa Osborne is a native of Scranton and is serving as the executive director of the Luzerne/Wyoming Counties Area Agency on Aging (AAA). She previously served as chancellor and chief operating officer of the Diocese of Scranton, and prior to that was executive director of the Lackawanna County Department of Human Services and executive director of the Lackawanna County AAA. She has over two decades of experience in working with and advocating for the elderly and the disadvantaged and has volunteered with numerous not-for-profit and community organizations focused on improving and maintaining the health and well being of older adults. She was recognized by Marywood University with their Recent Graduate Award, received the Legion of Honor Award from The Chapel of Four Chaplains, and was recognized as a Northeast Woman of distinction by the Scranton Times-Tribune. She earned her Bachelor of Social Work degree and Masters of Health Service Administration from Marywood University.

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**March Caregiver Support Group Meetings**

The Southwestern PA Area Agency on Aging (AAA) Fayette County Caregiver Support group will meet on Monday, March 9, from 1 to 2:30 p.m. at the Fayette County Community Center, Building B Board Room, 137 North Beeson Avenue, Uniontown, Pa.

The Mon Valley Caregiver Support group will meet on Monday, March 16, from 1 to 2:30 p.m. at 300 Chamber Plaza, Charleroi, in the SPHS Board Room. Lois Thomas, AAA APPRISE Coordinator, will speak at both meetings where she will discuss APPRISE and assistance available with Medicare issues.

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Care that exceeds expectations
Something different...A new kind of broccoli takes the spotlight

From the American Institute for Cancer Research Test Kitchen by Dana Jacobi

The deliciousness of the dark, kale-like leaves that grow around a head of broccoli has been an open secret among home gardeners and farmers’ market shoppers for ages. But even those in the know have been frustrated by the limited availability of broccoli leaves since most growers simply discard them.

Now, though, sold as BroccoliLeaf, they are appearing at supermarkets, and I hope so many people try them that they become as popular as kale. I could try them that they become and I hope so many people card them.

But even those in the market shoppers for ages. Gardeners and farmers' open secret among home gardeners and farmers. Growth of broccoli has been an that grow around a head of broccoli leaves since phytochemicals.

One serving provides all the vitamin C and vitamin A you need for the day and loads of B vitamin folate, calcium and potassium. As a cruciferous vegetable, broccoli leaves also contain an abundant assortment of cancer-fighting phytonutrients, and in good amounts. Nature put all this goodness into broccoli leaves and the brand BroccoliLeaf happens to be organic.

These broccoli leaves look like a cross between a heavily veined collard leaf and some kind of kale, but not any actual, specific kind. Its dark, intense color tells you it is loaded with nutrients. One serving provides all the vitamin C and vitamin A you need for the day and loads of B vitamin folate, calcium and potassium. As a cruciferous vegetable, broccoli leaves also contain an abundant assortment of cancer-fighting phytonutrients, and in good amounts. Nature put all this goodness into broccoli leaves and the brand BroccoliLeaf happens to be organic.

Broccoli leaves taste sweeter than kale, with none of its bitterness, and are more tender than collard greens or kale. It is also a versatile vegetable. Putting its elongated, fleshy leaves through full-out culinary tryouts, I can say broccoli leaves make good salads, are excellent in soups and stews, and they go with everything from beans and eggs to pork, poultry and salmon.

Broccoli leaf is also easy to cook. I hope you will try this simple, Italian way to braise it. See what you think of this old but new leafy green.

**Braised Broccoli Leaves**

1 bunch broccoli leaves (12-14 oz. with stalks or 1 bunch BrocoLeaf)

1 Tbsp. extra virgin olive oil

2-3 garlic cloves, peeled

and each cut lengthwise into 5 slices

½ cup water

Salt and freshly ground black pepper

Lay a leaf on work surface with stem toward you. Run tip of small, sharp knife down both sides of center vein, then grasping stem, lift it and vein away from leaf and discard. Fold leaf in half lengthwise and set aside. Repeat, stacking stemmed leaves.

Stack 6 halves horizontally on work surface with curved side toward you. Roll leaves into a long tube. Using a large knife, cut leaves crosswise into 1/2-inch strips; there will be 6 to 7 cups.

In large skillet, heat oil over medium-high heat. Add garlic and cook, turning it several times, until it just begins to color, 1 to 2 minutes. Add greens and cook, stirring until they look shiny and dark and have collapsed, about 1 minute. Pour in 1/2 cup water. Spread greens over bottom of pan, cover tightly and cook 5 minutes. Uncover, and cook, stirring often, until all moisture has evaporated, 4 to 5 minutes. Turn off the heat, season braised greens to taste with salt and pepper. Makes 4 servings.

Per serving: 57 calories, 3.5 g total fat (<1 g saturated fat), 5 g carbohydrate, 3 g protein, 2 g dietary fiber, 24 mg sodium

**AICR Health Talk**

Navigating juice labels requires careful reading. For example, “100% cranberry juice” must be exclusively cranberry juice; “100% juice, cranberry” cannot contain added sugar, but may be a blend of several juices, and cranberry need not dominate. Since the juice of some fruits, like grapes, tends to be naturally higher in sugar and sweeter tasting than an equal amount of other juice, producers often use grape and apple juice concentrates as the primary juice in a blend, even when the label lists another fruit, such as cranberry, peach or raspberry, as the juice flavor and name. Read the label. Juice drinks or cocktails – not 100% juice – may have a small amount of real fruit juice, but also contain added sugars like beet and cane sugar and high fructose corn syrup. These beverages lack the nutritional benefits of 100% juice.

Q: How do I know how much weight to use for strength training?

A: Strength training (also called weight or resistance training) strengthens muscles and bones, improves insulin function and is vital for true fit-

See Health on page 10

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www.gaydosmonument.com
Brownfield Senior Satellite Center recognizes couples at Valentine’s Day event

A celebration of Valentine’s Day and the couples whose marriages are long lasting is always a treat at the Brownfield Senior Satellite Center. This year, on February 11, there were 128 people who met for the annual Valentine’s Day Party. Within that group, there were 39 couples honored for having been married 30 years or more and eight of the couples celebrated anniversaries in excess of 60 years.

Ralph and Rennie Grubbs, the couple fourth from the right on the photo at the top, married for 68 years and counting, have been married the longest of all the couples pictured. Entertainment was provided by Dave Dahl who plays music and “calls figures” for these active seniors, many of whom enjoy square dancing. Dave Dahl and his wife, Evelyn, the third couple from the right in the top photo, were also among those honored.

What is the secret?

Is there a secret to being happy in marriage? If you ask couples who have been together for many years, some will say, “a good sense of humor,” while others will say, “Be kind to your in-laws.” The following are some additional suggestions:

1. Be as kind as you were when you started dating.
2. Become best friends.
3. Say “I love you” as often as possible.
4. Be honest. Don’t sweat the small stuff and have good sex.
5. Limit outside influences.
6. Give small tokens that express your affection.
7. On occasion, take time to be alone.
8. Be realistic. No one can give you 100 percent of what you need.
9. Don’t take one another for granted.
10. We is great, but remember that you have to be your own person.
11. Relationships are two sided. Speak and listen.
12. Accept that it is ok that no marriage is perfect.

Washington Area Senior Center remembers veterans with Valentines

Washington Area Senior Center members collected Valentine cards for veterans who are patients at the Veterans Hospital in Oakland. Pictured are Jack Lusk, who took the cards to the American Legion Post 175 for delivery, and Mary Emma Porter who organized the card drive.
Tax assistance appointments fill quickly

The Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) Programs are a cooperative effort between the Internal Revenue Service (IRS) and AARP. If you have not already made an appointment, it may be too late. Appointments fill quickly.

The following list of confirmed sites provide tax assistance at no charge for basic tax counseling and preparation help. The service is available for individuals who meet eligibility criteria. Complex returns will not be completed at the VITA sites.

Appointments are required at most sites. When making an appointment, ask about eligibility. VITA/TCE personnel are trained to help taxpayers with Federal tax returns in the 1040 series, as well as State income tax returns. Volunteers do not handle complicated tax matters or prepare business returns. A limited number of sites offer additional assistance, such as help with Property Tax/Rent Rebate forms and PACE applications.

Some of the sites offer electronic mailing; others must complete paper returns, which the taxpayer must mail. When making an appointment, ask about the method of submitting the tax forms. If you will be filing electronically and you want direct deposit for a refund, you will need your bank account and routing numbers. State Property Tax/Rent Rebate and local wage tax returns must be personally mailed.

Individuals seeking help are advised to bring:
1. Proof of identification and social security card
2. Last year’s tax returns
3. All W-2s, 1099s and/or other income statements
4. Information on credits and deductions
5. The current year’s tax package
6. If filing for the Property Tax/Rent Rebate, original stamped 2014 property tax receipts and rent receipts.

TAX COUNSELING SITE LISTING

FAYETTE COUNTY

Center on the Hill
Mon and Wed through 04/13/15
9 a.m. to 2 p.m.
724-930-8512

Perryopolis Sr Center
Mon through 04/13/15
9 a.m. to 2:00 p.m.
724-736-2250

Uniontown Mall
*Please Note Revision
Mon and Wed, through 04/15/15
9 a.m. to 3 p.m.
No appointment needed

GREENE COUNTY

Community Action Southwest
Wed, through 4/15/15
Those with earned income only
Call PA 211 for appointment

Waynesburg Com Ctr
Mon & Wed, through 04/15/15
8:30 to 10:30 a.m.
724-627-6366

WASHINGTON COUNTY

Bentleyville Sr Center
Fri, Mar 13, 27; Apr 3
9:15 a.m. to 3:30 p.m.
724-239-5887

Beth Center Senior Ctr
Fri, Mar 6, 20; Tues, Apr 7
9:15 a.m. to 2 p.m.
724-377-0000

Burgettstown Sr Ctr
Tue, Thu, through 04/15/15
10:00 a.m. to 3 p.m.
724-947-9430, Ext. 3100

Donora Public Library
Tue and Thu, through 04/14/15
9:00 a.m. to 3 p.m. By Appointment only
Call PA 211 for appointment

Herkitage Pub Library
Wed, through 04/15/15
10 a.m. to 3 p.m.
724-379-7940

McDonald/Cecil Sr Ctr
Mon, Tue, Thu, through 04/15/15
10 a.m. to 3 p.m.
724-743-1827

Midway Senior Satellite Center
Tue, Feb 10, 24; Mar 10
724-796-8671

Peters Twp. Public Library
Wed and Thu, through 04/09/15
1:15 - 3:15 p.m., 5:30 - 7:30 p.m.
724-941-9430, Ext. 3100

Monessen Sr Center
Tue and Thu, through 04/14/15
11 a.m. to 3 p.m.
724-379-7940

Heritage Pub Library
Wed, through 04/15/15
10 a.m. to 3 p.m.
724-250-4993

Riverside Place
Fri, through 04/15/15
10 a.m. to 1 p.m.
724-483-5800

The Bible Chapel
Mon – Fri, through 04/15/15
8:30 a.m. to 2 p.m.
Walk-ins only. Not by appointment
For more information, call 1-800-829-1040

Washington Sr Center
Mon, Tues, Wed, Thu, through 04/15/15
8:30 a.m. to 12 p.m.
724-222-8566

WESTMORELAND COUNTY (partial)

Monessen Sr Center
Tue and Thu, through 4/14/15
9 a.m. to 12 p.m.
724-684-6105

Rostraver Pub Library
Wed, through 4/15/15
10 a.m. to 2 p.m.
Sat, 9 a.m. to 1 p.m.
724-379-5511

NOTE: The February Senior Times erroneously listed Thomas Campbell in Washington County as a VITA site. The service will not be offered at Thomas Campbell this year.□
Seton Hill University student dietitians attend Area Agency on Aging orientation

On January 29, 2015, Dawn Morrell, Southwestern PA Area Agency on Aging’s Registered Dietitian, conducted an agency orientation for the junior student dietitians in the Seton Hill Nutrition Education and Health Promotion Class. Pictured l to r) are students Megan Schall, Chelsey Tordella, Janelle Craig, Randi Fedela, Tori Vallana, Mary Ecker, Hannah James, Stacie Sliwoski, Jen Springborn, and their instructor, Tracy Bowman.

March is National Nutrition Month®

Q: I need cash! Can I sell my future royalties (+/- $500.00 per month) to another person, at a discounted present lump sum?

A: Yes!
Example: I assign my royalties for the next five years to “X” in exchange for $25,000.00 to me now. “X” receives an average of $500.00/month for the next five years or, +/-$30,000,000.

On January 29, 2015, Dawn Morrell, Southwestern PA Area Agency on Aging’s Registered Dietitian, conducted an agency orientation for the junior student dietitians in the Seton Hill Nutrition Education and Health Promotion Class. Pictured l to r) are students Megan Schall, Chelsey Tordella, Janelle Craig, Randi Fedela, Tori Vallana, Mary Ecker, Hannah James, Stacie Sliwoski, Jen Springborn, and their instructor, Tracy Bowman.

Roger J. Gaydos, Attorney
www.MarcellusExpert.com

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ness. Some studies suggest that beginners often start with weights too light, and that will not give you the maximum benefits. On the other hand, weights that are too heavy are not safe. Whether you use free weights, Nautilus-type machines or elastic bands, you should work with a weight or resistance that you can lift at least eight times using proper form while maintaining normal breathing according to the Centers for Disease Control and Prevention. When you can lift it more than 12 times (or perhaps more than 15 times if you are an older adult or have been advised for health reasons to stick to lighter weights lifted more times), switch to weights five to ten percent heavier, or the next smallest increment. For example, if you’ve been lifting a two-pound weight, move up to three pounds; if you’ve been lifting 10 pounds, move up to 12 pounds. For overall safety and best results, proper form is crucial, so make sure you are learning your technique from someone properly trained.

Q: I’m confused about all the different types of fiber. What is functional fiber?
A: You’re right – it is confusing. Growing research shows that fiber is not all the same. Functional fiber is isolated fiber added to a food or supplement. Dietary fiber refers to fiber that occurs naturally in foods, including vegetables, fruits, grain products, legumes, nuts and seeds.

Regardless of whether fiber is added to a food or occurs there naturally, different forms seem to differ in potential health benefits. Some types of fiber may help reduce problems with constipation. Other fiber tends to form a gel within the digestive tract, binding up cholesterol and helping to reduce its level in the blood. Still other fiber is a type that bacteria in the gut can ferment. This creates compounds that emerging research suggests may help keep colon cells healthy and reduce inflammation.

More work is needed to better understand all these potential roles.

The fiber added to fortified foods (like certain breads, cereals, yogurts and more) tends to be inulin or gums. These fibers provide different health benefits than the dietary fibers from whole grains, vegetables, fruits, beans, nuts and seeds.

Laboratory studies can isolate individual types of fiber to study the ways they may reduce risk of cancer, heart disease and diabetes. But trying to interpret results from studies with people can be complicated. That’s because foods contain a mixture of different types of dietary fiber, and these foods also tend to be good sources of a variety of vitamins, minerals and natural plant compounds (phytochemicals). That makes it hard to tell how much of the link between high-fiber diets and better health comes from fiber, from these other healthful substances, from their combined effects, or even from a potential help with weight control from these foods.
Governor Tom Wolf recently directed the Department of Human Services (DHS) to submit a letter to the federal government withdrawing the “low-risk” health care package known as the “Healthy” option from further federal consideration.

“Our approach will alleviate confusion, remove unnecessary red tape, and streamline the system so that people can see a doctor when they are sick and health care professionals have more time to concentrate on providing quality care,” said Governor Wolf.

Complications under Healthy PA are said to have resulted in people not receiving important treatment, confusion among recipients, and special populations being placed into the wrong plans, which jeopardized coverage.

For instance, individuals receiving active treatment for drugs and alcohol were moved into the private coverage option (PCO) rather than the appropriate plan due to a glitch in the system. Because most private plans do not cover addiction and mental health treatment, thousands of people did not receive their care. ["Inquirer, Pa.'s Medicaid expansion wreaks chaos for addiction and alcohol treatment providers, 1/26/2015]

There was also confusion among a large group of applicants, as well as a backlog, partly due to the DHS asking people to supply detailed personal information, such as bank statements, vehicle value, and retirement account information, despite this information not being required under Medicaid expansion. ["Inquirer, Applying for Pa. Medicaid expansion? Wait in line, 1/15/2015]

Furthermore, special populations, such as women receiving breast cancer screenings, were incorrectly moved into the PCO when they should have been placed under a different plan. This resulted in approximately 90,000 women at risk of losing access to women’s health care coverage. ["Post-Gazette, Thousands of Pennsylvania women could lose some health coverage, 10/24/2014]

While the state transitions to the less complicated and simpler full Medicaid expansion, the commonwealth will continue to provide individuals with appropriate health care coverage and no coverage will be immediately impacted by the decision. Over time, DHS will eliminate the use of the health screening tool put in place under Healthy PA and restructure benefit packages from three plans to one.

“We are committed to ensuring an orderly and efficient transition for every Pennsylvanian receiving health care coverage through the commonwealth,” said DHS Acting Secretary Ted Dallas. “We are already at work making changes to our eligibility systems that will take effect this spring. This will enable us to transition individuals participating in the General Assistance and SelectPlan programs to the new health plan.”

The department is also working with the commonwealth’s health care providers and hospitals to transition individuals enrolled in the PCO to the Adult package. This transition will occur over a longer period of time to ensure that individuals are clearly informed of these changes and they do not experience any gap in coverage.

**Who qualifies for coverage under Medicaid expansion?**

In addition to individuals who qualified previously, Pennsylvanians ages 19 to 64 with incomes up to 138% of the Federal Poverty Level (FPL) may be eligible for coverage under Medicaid expansion.

**How does Medicaid expansion differ from Healthy PA?**

Medicaid expansion will allow for eligible adults to be placed into one streamlined Adult package. This will increase continuity of care and reduce unnecessary processes to make individuals eligible for uncomplicated health care coverage faster.

**What do I do if I want to apply for Health Insurance?**

If you do not have health care coverage, you can apply online at www.compass.state.pa.us. [*Statement sources.*]

Daylight Saving Time
Sunday, March 8, 2 a.m.
Clock moves forward.
March means Spring has arrived. March and Spring are two words that show movement. Find the other ‘moving’ verbs below. Enjoy!

Amble, Meander, Slither
Canter, Mosey, Sneak
Charge, Prance, Spring
Creep, Propel, Sprint
Dart, Run, Stroll
Fly, Rush, Tiptoe
Galloping, Saunter, Waddle
Glide, Scamper, Walk
Hurry, Shuffle, Waltz
March

Answers page 14

Moving Right Along!
by Cindy Bartolotta

The theme for the 16th Annual Black History Celebration on February 16 at Washington Area Senior Center was “Rising Above—Lessons Learned from the Tuskegee Airmen.” Prestine Robinson, the president of the Washington County hosting Senior Action Council, welcomed the combined Fayette, Greene, Washington and Mon Valley councils, as well as their guests. After the invocation offered by Reverend Patricia Cherry, Juanita Prentice led the Councils in singing Lift Every Voice and Sing, the Negro National Anthem.

Thelma Russell introduced the Mistress of Ceremonies Southwestern PA Area Agency on Aging Washington County Supervisor Kathy Costantino who talked about the Tuskegee Airmen and presented a video documentary about the Airmen, authored by Doug Sicchitano.

W & J student, Kelsee Bain, read stories about the Airmen from a brief theme titled book, Rising Above—Lessons Learned from the Tuskegee Airmen. The book, dedicated to the Tuskegee Airmen, who became known as the Red-Tailed Squadron, detailed the history, barriers and principles of these brave black pilots, mechanics and technicians of World War II who helped to defeat Nazi Germany and end segregation.

Join the Senior Action Council
For information on the Senior Action Council and how you can become a member, contact the Area Agency on Aging listed on page 2 of this publication.
Osteoporosis in aging...Protect your bones with exercise

Bones feel solid, but the inside of a bone is actually filled with holes like a honeycomb. Bone tissues are broken down and rebuilt all the time. While some cells build new bone tissue, others dissolve bone and release the minerals inside.

As we get older, we begin to lose more bone than we build. The tiny holes within bones get bigger, and the solid outer layer becomes thinner. In other words, our bones get less dense. Hard bones turn spongier, and spongy bones turn spongier. If this loss of bone density goes too far, it’s called osteoporosis. Over 10 million people nationwide are estimated to have osteoporosis.

It’s normal for bones to break in bad accidents. But if your bones are dense enough, they should be able to stand up to most falls. Bones weakened by osteoporosis, though, are more likely to break.

“It’s just like any other engineering material,” says Dr. Joan McGowan, an NIH expert on osteoporosis. If you fall and slam your weight onto a fragile bone, “it reaches a point where the structures aren’t adequate to support the weight you’re putting on them.” If the bone breaks, it’s a major hint that an older person has osteoporosis.

Broken bones can lead to serious problems for seniors. The hip is a common site for osteoporosis, and hip fractures can lead to a downward spiral of disability and loss of independence. Osteoporosis is also common in the wrist and the spine.

The hormone estrogen helps to make and rebuild bones. A woman’s estrogen levels drop after menopause, and bone loss speeds up. That’s why osteoporosis is most common among older women.

Men get osteoporosis, too. “A third of all hip fractures occur in men, yet the problem of osteoporosis in men is frequently downplayed or ignored,” says Dr. Eric Orwoll, a physician-researcher who studies osteoporosis at Oregon Health and Science University. Men tend to do worse than women after a hip fracture, Orwoll says.

Experts suggest that women start getting screened for osteoporosis at age 65. Women younger than age 65 who are at high risk for fractures should also be screened. Men should discuss screening recommendations with their health care providers.

Screening is done with a bone mineral density test at the hip and spine. The most common test is known as DXA, for dual-energy X-ray absorptiometry. It’s painless, like having an X-ray. Your results are often reported as a T-score, which compares your bone density to that of a healthy young woman. A T-score of -2.5 or lower indicates osteoporosis.

There’s a lot you can do to lower your risk of osteoporosis. Getting plenty of calcium, vitamin D, and exercise is a good start, Orwoll says.

Calcium is a mineral that helps bones stay strong. It can come from the foods you eat—including milk and milk products, dark green leafy vegetables like kale and collard greens—or from dietary supplements. Women over age 50 need 1,200 mg of calcium a day. Men need 1,000 mg a day from ages 51 to 70 and 1,200 mg a day after that.

Vitamin D helps your body absorb calcium. As you grow older, your body needs more vitamin D, which is made by your skin when you’re in the sun. You can also get vitamin D from dietary supplements and from certain foods, such as milk, eggs, fatty fish, and fortified cereals. Talk with your health care provider to make sure you’re getting a healthy amount of vitamin D.

Exercise, especially weight-bearing exercise, helps bones, too. Weight-bearing exercises include jogging, walking, tennis, and dancing. The pull of muscles is a reminder to the cells in your bones that they need to keep the tissue dense.

Smoking, in contrast, weakens bones. Heavy drinking does too—and makes people more likely to fall. Certain drugs may also increase the risk of osteoporosis. Having family members with osteoporosis can raise your risk for the condition as well.

The good news is, even if you already have osteoporosis, it’s not too late to start taking care of your bones. Since your bones are rebuilding themselves all the time, you can help push the balance toward more bone growth by giving them exercise, calcium, and vitamin D.

Several medications can also help fight bone loss. The most widely used are bisphosphonates. These drugs are generally prescribed to people diagnosed with osteoporosis after a DXA test, or to those who’ve had a fracture that suggests their bones are too weak.

Researchers are trying to develop drugs that increase bone growth. For now, there’s only one available: parathyroid hormone. It’s effective at building bone and is approved for women and men with osteoporosis who are at high risk for having a fracture.

Another important way to avoid broken bones is to prevent falling and occasions for fracture in the first place. Unfortunately, more than 2 million so-called fragility fractures (which wouldn’t have happened if the bones had been stronger) occur nationwide each year. “To reduce the societal burden of fracture, it’s going to take a combined approach of not only focusing on the skeleton but focusing on fall prevention,” says Dr. Kristine Ensrud, a physician-researcher who studies aging-related disorders at the University of Minnesota and Minneapolis VA Health Care System.

Many things can affect the risk for a fall, such as how good a person’s balance is and how many trip hazards are in the environment. The kind of fall matters, too. Wrist fractures often occur when a person falls forward or backward. “It’s the active older person who trips and puts her hand out,” McGowan says. Hip fractures often arise when a person falls to the side. Your hip may be strong enough to handle weight that goes up and down, but not an impact from another direction.

“That’s why exercise that builds balance and confidence is very good at preventing fractures,” McGowan says.

National Institutes for Health funded researchers are looking for better ways to tell how strong your bones are, and how high your chances are of breaking a bone. For now, though, the DXA test is the best measure, and many seniors don’t get it. Ensrud says. If you’re concerned about your bone health, she adds, “Ask your health care provider about the possibility of a bone density test.”

March is National Colon Cancer Awareness Month

Know these truths about colorectal cancer

In many cases, colorectal cancer can be prevented. Still, it’s one of the 5 most common cancers in men and women in the United States. Know the following facts about colorectal cancer and get the life-saving tests you need, when you need them.

Colorectal cancer is just as common among women as men. Each year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 die from it.

In many cases colorectal cancer can be prevented. Colorectal cancer almost always starts with a small growth called a polyp. If the polyp is found early, doctors can remove it and stop colorectal cancer before it starts.

These tests can find polyps: double-contrast barium enema, flexible sigmoidoscopy, colonoscopy, or CT colonography (virtual colonoscopy). Talk to your doctor about which test is best for you.

Other ways to help lower your chances of getting colorectal cancer:

- Get to and stay at a healthy weight throughout life; stay lean without being underweight.
- Be physically active; limit the time you spend sitting, lying down, watching TV, etc.
- Eat at least 2½ cups of vegetables and fruits each day.
- Choose whole grains over refined grain products.
- Limit the amount of red meat and processed meat you eat.
- If you drink alcohol, limit the amount to 1 drink per day for women, 2 per day for men.
- Don’t use tobacco in any form.

African-American men and women are diagnosed with and die from colorectal cancer at higher rates than men and women of any other US racial or ethnic group.

The reason for this is not yet understood.

About 90% of all colorectal cancers are found in people age 50 and older. For this reason, the American Cancer Society recommends you start getting checked for this cancer when you are 50.

People who are at a higher risk for colorectal cancer – such as those who have colon or rectal cancer in their families – may need to begin testing when they are younger.

Colorectal cancer is often highly treatable. If it’s found and treated early (while it’s small and before it has spread), the 5-year survival rate is about 90%. But because many people are not getting tested, only about 4 out of 10 are diagnosed at this early stage when treatment is most likely to be successful.

Ask your doctor when you should start getting tested and how often you should be tested. □

Answers from page 12

Remember St. Patrick’s Day

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Senior Community Center Notes

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. Dart-ball 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 luncheon… The business meeting is held on the first Wednesday of each month… All seniors are welcome… We observed a moment of silence in remembrance of Ruth Rittenour, one of our oldest members… We will fill children’s Easter baskets this month… Happy March birthdays to Pat Gabelt, Lorna Porter, Audrey Arison, George Brown, Linda Cottom, John Nudo, Ruth Sig-walt, Carl Ansell, Bill Ferris, Wilda Keffler, Corrine McKnight and Joyce Lint… Happy an-iversary to Kenny and June Ansell… Hope you are safe and warm…

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

-Mary Rhodes

… Did you like Punxsutawney Phil’s prediction?… The Bullskin El-ementary student council delivered homemade val-entines to our members. Thank you!… Our Va-len-tine King and Queen were crowned during the Big Tuesday celebration… Thank you to John Shar-baugh for his assistance with tax preparation and property tax/rent rebate applications… A happy birthday and a happy an-iversary go out to all of our March celebrants… 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 avail-able from the kitchen. We play 20 games of Nickel Bingo every Thursday af-ter lunch. Come and enjoy the fun… Blood pressure readings are conducted by
Senior Community Center Notes

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 Benecchio
... The Valentine cookie/ candy sale was a huge success. How lucky we are to have such a dedicated Site Committee and volunteers. Thank you to everyone who participated... On March 9, Joanne Latkanich, from Rep. Pete Daley’s office, will be at the Center to complete property tax/rent rebate applications... On March 11, Lisa Fisher, from OSPTA, will conduct blood pressure screenings at 11:30 a.m... On March 17, Donna Hatalowich, from Mon Valley Hospital, will present a program on arthritis at 11:15 a.m. Also on March 17, we will hold a homemade pie sale... Nancy Riggle, SWPA Area Agency on Aging Greene County supervisor, will visit the Center on March 18 to provide preliminary information about the 2015 Senior Games scheduled for Wednesday, June 17, at Waynesburg Central High School... On March 20, join us as we travel along via video to Spain. Enjoy a delicious buffet for only $2... On March 26 and 27, from 9 a.m. to 1 p.m., an AARP Driver Safety Program will be presented. Cost is $15 for AARP members/$20 for non-AARP members... On March 31, the American Red Cross will conduct a blood drive from 9:30 a.m. to 3 p.m. Please donate and help to save a life... Roxi’s Salon is open, by appointment only, Thursdays and Fridays. Call Roxi at 724-812-2560 to schedule... Looking forward to seeing you this spring!...

CONNELLSVILLE
100 E. Fayette Street
Connellsville, PA 15425
724-626-1515
-Nina Gratson
... The Site Council held a very successful home-made soup sale fundraiser. Five different varieties of soups were made and donated by Paul Perich, Linda Brown, Doris Smith, Judy Blackstone, Betty Nicholson and Patti Pratts. Connellsville Senior Tigers director. Thank you to all for a job well done... The Queen for the Day was crowned during our Valentine celebration. She was presented with flowers and candy... We are eagerly waiting for spring to begin our bocce season and prepare for the 2015 Senior Games... The Wii bowling league, managed by Ed Smith, is in full swing... Get-well cards and birthday cards were mailed to our home-bound members... Bingo is called daily at 11 a.m. and on Tuesdays again at 1 p.m... The flea market, managed by Ike Bontrager, is doing well... Many activities are offered daily at the Center. Stop in for a visit, stay for lunch and join members in the many different activities...

EAST END UNITED COMMUNITY CTR
150 Coolspring Street
Uniontown, PA 15401
724-437-1660
-Janet Jones
... On Jan. 19, the second annual Martin Luther King, Jr., Day Breakfast and Day of Service were held. Ms. Nancy Lee was honored for her outstanding service to the Center... On Feb. 21, the NAACP Black History Month celebration was held... A Calendar party will be held on March 21. Call the Center for more information... We extend an open invitation to all seniors who would like to join us at our regular Silver Generation meetings every Wednesday from 10 a.m. to 12 noon. Snacks are always provided... Feel free to contact Matthew Crutchman, East End United Community Center executive director, for additional information. Check us out on Facebook!...

EVERTON
Everson VFW Graff St
Everson, PA 15631
-Katharine L. Taylor
... The Everson Senior Citizens met on Jan. 21 at the Everson VFW... Bonnie Raygor presided over the meeting in the absence of President Joe Eckman... Our kitchen staff prepared a delicious lunch... After the meeting, Tim Fesh called bingo... A fun time was had by all... Our meetings are held on the third Wednesday of the month from 11 a.m. to 2 p.m. Please remember to call Joe Eckman if you were not at the last meeting or if you will be a guest at our next meeting... New friends are always welcome.

FAIRCHANCE CTR
IN THE BANK
63 West Church Street
Fairchance, PA 15436
724-564-0600
-Geraldine Bricker
... Greetings... Did March come in like a lion or a lamb?... Happy March birthdays to Mabel Brownfield, Mary Ann David and Bonnie Hick... All seniors are welcome to join us on Fridays from 10 a.m. to 2 p.m. The meetings are opened with the Pledge of Allegiance and the Lord’s Prayer, followed by group exercises. Educational programming and entertainment programs are presented, after which we play Nickel Bingo... Once a month, Patty Clemmer, from Amedisys, conducts blood pressure screenings. We appreciate this service... Lunch, prepared by our good cook, Margaret Kaputa, is served at 12 p.m. Members take turns serving the meals and cleaning up afterward... On some days, bingo is called again after lunch... The monthly fundraiser is a gas card raffle to be drawn on March 17. Thank you to Barton’s Flower Shop for printing the raffle tickets. All proceeds benefit the Center... It is always good to see our friends every week. Thanks to all who attend weekly... If you would like to make some new friends, come and join us... Until next month; God bless...

HAYDENTOWN
236 Haydentown Hill Road
Smithfield, PA 15478
724-569-2378
-Tammy Rhodes
... On Jan. 21, Kathy

Let us help.

Personal care, shopping and errands, medication assistance, appointment escorts, housekeeping, companionship, meal preparation and emergency response technology.

Call 724-884-1300

www.SrCareatHome.org

Caring for an aging family member at home?

Employment opportunities for responsible & compassionate adults.
Senior Community Center Notes

BEREGI, from SeniorLIFE, presented a program about estate planning… On Jan. 28, we held our birthday celebration. Our celebrant was Lorraine Rhodes. We played Crazy Bingo and donated the prizes to the Domestic Violence Center… Upcoming events include: March 11, Wear Green Day and play Green Crazy Bingo; March 18, Spaghetti Day with entertainment provided by The Eberharts; and March 25, Covered Dish Dinner… Please, join us each Wednesday at 11 a.m. Happy St. Patrick’s Day!...

MOUNTAIN CITIZENS
Box 105
Farmington, PA 15437
724-329-4260
-Alice Hager
… We were happy to hold the birthday celebration in January. Happy belated birthday wishes to Lois Mattay, Lois Rose, Georgia Harris and Shirley Shumm. The Steelers theme table was decorated by Beulah Thomas and Patricia Lin and a delicious cake, donated by First National Bank, Chalk Hill, was enjoyed by all… Caitlin Driscoll, from the Better Business Bureau, presented a program on telephone and mail scams targeting seniors. To have your telephone number placed on the Do Not Call registry, you can call 1-888-382-1222 or register on-line at www.donotcall.gov…

PERRYPOLIS
P.O. Box 562
Perryopolis, PA 15473
724-736-2250
-Arleen Barth
… Are you bored from being homebound due to the nasty weather? Come and join 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, 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 come on Tuesdays from 1 to 4 p.m. and enjoy Pickin’ N’ Grinnin led by George Stewart… Our regular bingos are on Wednesdays and Fridays beginning at 9 a.m…. We also have ceramics every Thursday… Jaynee King’s hair salon is open on Wednesdays, Thursdays, and Fridays. Please call for an appointment… Retired nurse, Connie Novak, will conduct blood pressure screenings the first Thursday of the month… The Site Committee meets on the first Monday of the month… Everyone is welcome at our Super Bingos on Wednesday, March 4 and 18, starting at 9 a.m… Enjoy a movie on Fridays at 1 p.m. Please check the March Senior Moments publication for more activities, and the monthly bulletin for other workshops… We wish all our March birthday friends a very happy birthday… Our annual Auction/Tea fundraiser will be held on March 26 at 1 p.m. Cost is $2. Come and enjoy an afternoon of fun… Please use our suggestion box for any ideas for new projects or speakers… Welcome everyone with a big smile and hello… Have a happy and safe St. Patrick’s Day…

POINT MARION
Railroad Street
Point Marion, PA 15474
724-725-3680
-Elsie Ahlgren
… We were happy to meet twice during the month of January… Our birthday celebrations were Rose Darnell and Mark Pekor. We enjoyed entertainment by Vern Eberhart, Sr., Vern Eberhart, Jr., and Chuck Secina. A good time was had by all at the birthday celebration… That groundhog did not have a good prediction did he?…

UNIONTOWN
137 N. Beeson Avenue
Uniontown, PA 15401
724-437-6050
-Carol Myers
… We are happy to welcome new Fayette County Community Action Agency employee, Crystal Barnhart, aging program manager… Our bake sale fundraisers are held on the first Thursday of the month. Please participate to help the Center… A sing-along with Sylvia is enjoyed on Thursdays from 10 to 11 a.m… Every Friday, we wear red in support of our military troops… Happy belated January birthdays to Ann Grant, William Mandell, Mary Golden, Mark Durham, Margaret Brown, John Alexander and Barbara Cavalcante… On Jan. 15, the Site Council met with our new president, Darlene Goldsmith, and vice-president, Sil Poli, presiding. Good luck to both… On Jan. 22, Brenda Collins, from Anova Health Care Services presented a very informative program about our eyes… On Feb. 13, a Valentine’s Day party was held. We enjoyed music provided by a disc jockey and light refreshments… We are sorry to say goodbye to Mary Wilson, who recently retired from Fayette County Community Action Agency… Welcome to our newest members Ronald and Libby Smith, Samuel Fuester, Ruth Fuester, Alvin Patterson, Julia Williams, Mamie Krichbaum and Michael Santi. We hope to see you often at the Center… Please remember to pay your monthly dues… Volunteers for the home-delivered meal program are still needed…

GREENE COUNTY
BOTTOWN
Box 46
Bobtown, PA 15315
724-839-7133
-Kitty Myers
… Rachelle Kamenos, from Amedisys, visited the Center and conducted blood pressure screenings… Thank you to SeniorLIFE for the donation of donuts for our meeting… We are collecting canned goods for the Dunkard Township Food Pantry… Happy belated January birthdays to Alma Franks, Richzelina, Tiber Namet and Jack Kovalic… We enjoyed a visit from Jill Peth, from the Greene County Library system…

CARMICHAELS
100 Nemacolin Road
Carmichaels, PA 15320
724-966-2290
-Mary Yoney
… Happy belated birthdays to our January celebrants… On Jan. 9, Site Council held their meeting. Also, Rachelle Kamenos, from Amedisys, conducted blood pressure screenings… On Jan. 15, Jill Peth, from the Greene County Library System, presented a program entitled, “Ask the Librarian.” Jill showed us how to use Facebook and other social media on our electronics and helped us research our ancestry… On Jan. 21, Paige Anderson, Community Action Southwest care manager/ombudsman, visited and held a question and answers session. Paige can be contacted at 724-852-2893, ext. 544… Also on Jan. 21, we enjoyed a visit with Frances Spishock, a nurse from Ruby Memorial Hospital and current student at Shepherd University… On Jan. 23, Becky and Tracy, from Golden Living Center, presented a program entitled, “Facts about Falls”… On Jan. 26, Taylor Basinger and Mandy Eddy, Waynesburg University nursing students, presented a program on medication reconciliation and clinical blood pressure screenings… On Mondays and Wednesdays, we enjoy Wii bowling… Exercise classes are held on Tuesdays and Thursdays… Thank you to all of our kitchen workers, all meal-on-wheels drivers and volunteers, and those who work at the Center daily… Happy St. Patrick’s Day!...
Senior Community Center Notes

down soon and our attendance should improve… Healthy Steps in Motion exercise classes are held on Tuesdays and Thursdays, from 9 - 10 a.m., at the Center. Your new year’s resolution to get fit can begin or continue right here!… Wednesday is our day to get together. Whether we arrive at 9:30 a.m. for cards and Wii games, 11:30 a.m. for lunch, or 12:30 p.m. for bingo, the day offers various activities to make the time special… Our Site Council keeps things fun for holidays and St. Patrick’s Day will be no exception. Get ready to “green” it up a bit on March 18 and be Irish for a day… Spring begins two days later; another reason to wear that beautiful new-life color!… The hours of daylight increase each day and we seem to have more happy events to share… Bill and Terri Wilson welcomed a second granddaughter… Monnaruth Tennant was blessed with a new grandson… Margie Shaffer beamed with the birth of her granddaughter… We are happy that Don Broadwater, Jane Ross and Barb Kelly are back in full swing. Blessings all round!… We offer our thanks to Steve Dulaney for the update on the Greene County Transportation Program; to Joyce Faddis for helping Pat Lemley and for calling bingo; to Suzanne Swinchock for taking notes; to SeniorLife for donating ice cream; to First National Bank for donating birthday cake; and to all of our volunteers for their help and cooperation… Enjoy your senior center. Get out and share good times with your senior friends…

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

-Chris Jarrell
… On Feb. 2, we enjoyed several games of bingo. Congratulations to winners, Betty and Jerry Fox… In February, Jill Peth, from the Greene County Library System, presented a program entitled, “Ask the Librarian”… We thank the Mt. Morris American Legion and the Mt. Morris Lion’s Club for their recent donations. We greatly appreciate their support!… Come out and join us… Until next time, keep well and God bless…

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

-Elsie Pataski
… Our members continue to crochet hats for cancer patients and residents of personal care and nursing homes. Thank you to this special group for donating their time and talents. We also thank all of our friends who have donated fabric and yarn to keep us well-supplied for our various projects… We made decorated chocolate-covered pretzels for our February fundraiser. Thanks to all who supported this successful event… On Feb. 13, we held a Valentine’s Day Social. Members enjoyed a cake walk, games and light refreshments. A good time was had by all… On March 17, we will hold a St. Patrick’s Day Social… On Saturday, March 21, at 1 p.m., we will have a covered dish get together… Join us for “Soup Night” on Tuesday, March 24, at 5 p.m. followed by several games of bingo. Cost is $2 to dine in/$3 for take-out. Please sign up, in advance, at the Center…

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

-Rosemarie Taylor
… On Jan. 29, we had lots of fun at our Crazy Dress day and birthday celebration. Kelley, from SeniorLIFE, judged the many original dress ideas and brought a delicious birthday cake for us to share. Mary Diamond and Jack Davis were the women’s and men’s winners. To top off the festivities, Pat Heiserman, a guitarist, singer and song writer, provided the afternoon entertainment… On Feb. 2, staff from Jeffrey’s Drug Store conducted Dermavue skin analysis… On Feb. 12, we held our Valentine’s Day party. Happy belated Valentine’s birthday to Charlie Lange… On Feb. 18, lunch and learn art classes were held… On Feb. 19, staff from Weirton Medical Center presented information on combating winter ailments… On Feb. 21, we held our Saturday Big Bingo fundraiser… On Feb. 23, a program on nutritional facts on labels was held… On Feb. 25, SeniorLIFE hosted a Grocery Bingo and birthday celebration… On Feb. 26, we enjoyed a dartball tournament with the team from Canonsburg Senior Center… Regular activities include cards, dartball, pool, Bible study, sing alongs, bingo, Wii bowling, puzzles, SilverSneakers® exercises and more! Delicious lunches, prepared by Debbie Hammond, are served daily. Call in your reservation before 10 a.m. and join us…

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

-Carolyn Dunklin
Senior Community Center Notes

... We are anxious to spring forward one hour on March 8... On March 11, Lauren, from Amedisys, will conduct a St. Patrick’s Day craft session... The monthly business meeting will be held March 12, at 10 a.m. You must be present to win the monthly drawing... On March 12 and 26, Ralph’s Produce will be available at the Center... We have been invited to attend the Shamrock Bingo at Broadmoor Assisted Living on March 16. They will provide transportation for members; however, you must register by March 13... Join us on March 17, for our St. Patrick’s Day celebration. We are asking that everyone wear green. The St. Patrick’s Youth Choir and their director, Lucy, will perform some of our favorite songs. Sam Baer, from SeniorLIFE, will bring cupcakes for all... On March 18, we will welcome a new speaker, Matt High, from Southern Care, who will present a program on hospice... We are excited to begin Ethnic Food Days at the Center on the third Thursday of each month. Join us on March 19 to sample traditional Irish food. This should be a good time... On Saturday, March 21, we will hold a double feature movie matinee. Call the office for more information... Don’t forget our bingos are every Wednesday from 12:30 to 3 p.m... The birthday celebration is held on the last Monday of the month... Please remember to pay your membership dues ($5)... Remember, you are always welcome at the Center and please, bring a friend... CENTER IN THE WOODS 130 Woodland Court Brownsville PA 15417 724-938-3554 -Theresa Brangard ... Game Day begins at 1:15 p.m. on March 6. Cost is $2... The monthly card party will be on March 11. Cost is $2... On March 17 and 31, staff from Amedisys will conduct blood pressure screenings at 11 a.m... On March 28, we will hold our monthly dance with Sound of Country. Cost is $7. Food and beverages are available for purchase... Come enjoy the Center in the Woods Choir Easter concert on March 30, at 11 a.m... The birthday celebration will begin at 12 p.m. on March 31, with entertainment by Kenny and Chip... Piano lessons are available on Mondays at 9:30 a.m. Call Judy Hess at 724-785-6959... Watercolor painting classes are held on Mondays at 10 a.m... Choir practice is every Monday from 1 to 2 p.m... Billiard lessons are available on Tuesdays at 9 a.m... Chair dancing exercises are held Tuesdays and Thursdays at 9:30 a.m... Healthy Steps in Motion exercises begin at 11 a.m. on Tuesdays and Thursdays... Dartball practice is every Tuesday at 1 p.m... Bingo is called on Tuesdays and Thursdays at 1 p.m... Oil painting classes are held on Wednesdays at 10 a.m... Bible study begins at 10:30 a.m. on Wednesdays... The Basket Guild meets on Wednesdays at 1 p.m... Every Thursday, you can sing along and dance at the jam session at 1 p.m... Wii bowling is played on Fridays at 9:30 a.m... On Mondays and Thursdays, Bridge is played; on Wednesdays, 500 Bid; and on Fridays, Euchre. All card games begin at 1:15 p.m... The Beauty Shop is open Wednesday through Friday. Call Robin at 724-938-3554, ext. 127, to schedule an appointment... Look for more information on our website www.centerinthewoods.org... CHARTERS TOWNSHIP 2013 Community Center Drive Houston, PA 15342 724-745-8866 -Marlene Kencec ... Our January meeting was well-attended... A moment of remembrance was observed for a long-time member, Francis Wylie... Ninety congregate meals, prepared by the kitchen staff from Canonsburg Senior Center, were enjoyed by all... Our guest speaker was a representative from Rite-Aid Pharmacy. Our monthly meetings will continue to focus on good health... Bingo is called on Tuesdays and Fridays at 10:30 a.m... We have begun a Duplicate Bridge group on Thursdays, which meets at 10:30 a.m... The dates of our upcoming meetings are March 17, April 21 and May 12 (one week early due to Election Day)... Please contact Betty McElhany at 724-745-5612 if you would like to join our group!... CROSS CREEK VALLEY 28 Clark Avenue Avella, PA 15312 724-587-5755 -Rosemarie Parker ... We are counting the days until spring... On Feb. 2, we enjoyed a Polkno and Pizza party sponsored by SeniorLIFE... On Feb. 3 and 17, we watched movies in the afternoon... On Feb. 4, we enjoyed a visit from Southern Care Hospice staff... Farmers markets were held on Feb. 4 and 18... On Feb. 11, Sharon Rice, from The Caring Mission, conducted blood pressure screenings... On Feb. 13, we enjoyed a Valentine’s luncheon... On Feb. 18, Sherri Harrington, from Transitions Healthcare, presented an educational healthcare program... On Feb. 26, the Cross Creek Valley Rosses held their meeting... Plans are underway for our 2015 Food Fest. More information to come... Happy March birthdays to Mary Kuzyck, Jean Karikas, Wanda Powers, William Reed, Pat Meloy, Jim Chase, Catherine Martincheck and Sandra Lyke... Always remember to whistle a happy tune... DONORA 701 Meldon Avenue Donora, PA 15033 724-379-6446 -Joan Reis ... We have line dancing on Mondays and Wednesdays at 10 a.m... Paper Bingo is played on Mondays and Wednesdays at 11:30 a.m. On Wednesdays, we play Paper Bingo again 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 one Thursday each month... FINLEYVILLE COMMUNITY CENTER 3547 Marion Avenue Finleyville, PA 15332 724-258-9511 -Mary Kotula ... On March 3, 10 and 17, we will enjoy SWPA...
Senior Community Center Notes

Area Agency on Aging and SPHS Aging Services lunches at 12 p.m. Before lunch, Sit and Be Fit Exercises begin at 10:15 a.m., an early bird bingo is called at 11 a.m. followed by a special program… On March 17, don’t forget St. Patrick’s Day and the wearing of the green… On March 24, we will hold a pizza party… Happy March 24, we will hold lunches at 12 p.m. Be happy, everyone smiles in the same language…

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

… On March 3, Suzie, from Manor Care, was at the Center and played a trivia game with members… Don’t forget to spring forward one hour on March 8… On March 10, Sam Baer, from SeniorLIFE, will host bingo and bring cupcakes to share. We love when Sam comes to visit… On March 11, the monthly business meeting will be held at 12 p.m.… Rachelle, from Broadmore, has invited us to a Shamrock Bingo on March 16. They will provide transportation for us; however, you must register by March 13… On St. Patrick’s Day, Lauren, from Amedisys, will bring treats and conduct a holiday craft session… On March 19, Matt, from Southern Care, will present a program on hospice… On March 26, we hope to join members at the Burgettstown Senior Center for the “10 Keys to Healthy Living” educational workshops presented by SWPA Area Agency on Aging Prime-Time Health coordinator Patti Mounts and Lois Thomas, APPRISE coordinator. The workshops will be held on Thursdays, from 9 to 11:30 a.m. for the next five weeks… On March 31, we will hold the birthday celebration. Thank you, in advance, to Rachelle, from Broadmore, for the birthday cake… A warm smile is the universal language of kindness…

MCGUFFEY
105 Green Street
Claysville, PA 15323
724-663-4202
-Angie Deal

… We are not happy that Punxsutawney Phil saw his shadow!… On March 2, we held a Grocery Bingo… Ralph’s Produce will be available on Wednesday, March 11 and 25… On March 12, we will hold the monthly business meeting… We will be giving away something green at our St. Patrick’s Day party on March 17, so be sure to wear something green. A bit of history, just before the 1798 Rebellion in Ireland, if you wore a shamrock in your hat, it signified your support for the Rebellion. Hence the saying “the wearing of the green”… Spring begins on March 20, and what better way to welcome warmer weather than with a Spring Fling… The birthday celebration will be held on March 30…

MIDWAY
304 Noblestown Road
Midway, PA 15060
724-796-6628

-Rev. Brian Kilbert

… On Feb. 12, the Midway Seniors met with red hearts a plenty decorating the center for Valentine’s Day… We were very happy to welcome back President Edna Bain. President Bain reminded everyone about the upcoming trip to see the Lennon Sisters at the Palace Theater in Greensburg and, also, announced the possibility of a May 4 - 8 trip to the Smoky Mountains with the Burgettstown Senior Center… February birthdays and anniversaries were celebrated… Happy anniversary to Bob and Marcia Bish…

Rev. Brian Kilbert shared a devotional for the Lenten season… Jean Baird provided the afternoon’s entertainment… Members enjoyed our annual “hobo soup” luncheon… We heartily invite any seniors to join us. We are a casual, fun-loving group who enjoy singing and playing games. Please call 724-796-6628 or 724-796-8671 if you would like more information…

We will welcome back keyboardist Jack Giaconel for our March meeting and The Kitchen Band will perform in May…

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

… The annual St. Patrick’s Day party will be held on March 17 at 1 p.m. Cost is $2.50. Please call for reservations and don’t forget to wear green… On March 20, we will spring into the season with a Spring Card party from 1 to 4 p.m. Cost is $4 and includes sandwich, side, dessert and beverage. Please call for a reservation… Call the Center for information on our monthly Meadows trips, craft sessions and upcoming dates for John Koval: One-Man Band performances… Daily activities include cards at 9 a.m. and after lunch, and bingo at 11:30 a.m. Please call one-day in advance for lunch reservations… Laurel’s Beauty Shop is open by appointment Wednesday through Friday… Our Saturday bingo begins at 1 p.m… Until next time; think spring thoughts…

Hope to see you at the Center…

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

… Senior luncheons are held on the second Wednesday of the month (March 11 and April 8) from 12 - 2 p.m. Please bring a covered dish to share. During the second hour, entertainment or an educational program is enjoyed… Beginning this month, an 8-week Zumba Gold fitness session, for seniors age 50 plus, will be offered on Tuesdays, from 1:15 - 2:15 p.m., and Thursdays, from 10 - 11 a.m. Cost is $50/members and $75/non-members. Improve muscle strength, posture, coordination and mobility while rocking to golden oldies. Call the Center for more information… SilverSneakers®Muscular Strength and Range of Movement classes are held on Mondays and Wednesdays from 10:30 - 11:15 a.m. Yoga classes are held on Thursdays from 8:45 - 9:30 a.m. Cost is $80/members and $120/non-members, if not covered by health insurance. These
Senior Community Center Notes

are open to seniors age 65 and older. Call the Center for more information…

Join us for Pickleball, a low-impact mini-tennis sport that uses a wiffleball and paddle, on Mondays or Wednesdays from 11 a.m. - 1 p.m. Cost is $20/members and $30/non-members…

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

-Esther Meissonier

… Senior luncheons, provided by SWPA Area Agency on Aging and Aging Services of Washington County, are served at 12 noon on the second and fourth Thursdays of the month. All seniors are welcome. Please call Esther at 724-348-6504 to make a reservation… These delicious meals are prepared by the kitchen staff at Canonsburg Senior Center and transported to our center by our faithful volunteers. Kudos to them and to our kitchen volunteers who set the tables, serve the food and leave the kitchen in its usual condition ready for the next event. We appreciate you and we thank you!...

Sharon Rice, from The Caring Mission in Washington, conducts blood pressure screenings from 11 a.m. to noon… On Feb. 12, we were entertained by our own talented members, tenor, Don Roach and, accompanist, Elizabeth Jeffries… On Feb. 26, Gregg Batko, from First National Bank, presented a program on identity theft… Happy March birthdays

FARMER’S ALMANAC
APRIL 2015

Temp. 60° (5° above avg.); precip. 2.5” (1” below avg.)

1-4 Sunny; warm. 5-10 A few showers, turning warm. 11-16 Scattered showers, warm. 17-24 T-storms, then sunny, hot. 25-30 Showers, then sunny, cool.