

# SENIOR REVIEW



*OFFICE OF HUMAN SERVICES, INC  
AREA AGENCY ON AGING  
ELK, CAMERON & McKEAN COUNTIES*

Office of Human Services, Inc.—[www.ohsaging.com](http://www.ohsaging.com)  
Social Security—[www.ssa.gov](http://www.ssa.gov)  
Medicare—[www.medicare.gov](http://www.medicare.gov)  
IRS—[www.irs.gov](http://www.irs.gov)



POINTS OF INTEREST:

- \*2020 Census
- \*Groundhog Day
- \*Ugly Christmas Sweater
- \*Senior Volunteers
- \*PDA Health & Wellness



*Friday, February 14, 2020*

*Happy  
Valentines  
Day*

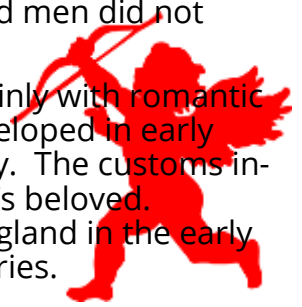
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Saint Valentine’s Day, also known as Valentine’s Day, is observed on February 14 each year. It is celebrated in many countries around the world.

St. Valentine’s Day began as a liturgical celebration of one or more early Christian saints named Valentinus. Very few facts are known about St. Valentine. He was a priest in Rome who was martyred about AD 269 and buried on the Via Flaminia (the road leading from Rome over the Apennine Mountains). The most popular martyrology states that he was a priest near Rome in about the year 270 AD, a time when the church was enduring great persecution. His ministry was to help the Christians to escape this persecution and to provide them the sacraments, such as marriage. The Roman Emperor Claudius II supposedly forbade marriages of soldiers to grow his army, believing that married men did not make for good soldiers.

Contemporary Valentine’s Day is connected mainly with romantic love. The modern Valentine’s Day customs developed in early modern England and spread in the 19th century. The customs include sending cards, flowers, chocolates to one’s beloved. Paper Valentine cards became so popular in England in the early 19th century that they were assembled in factories.



Please be advised the 2020 Census will begin on April 1, 2020.

Once you receive an invitation to participate, there will be three ways to respond:

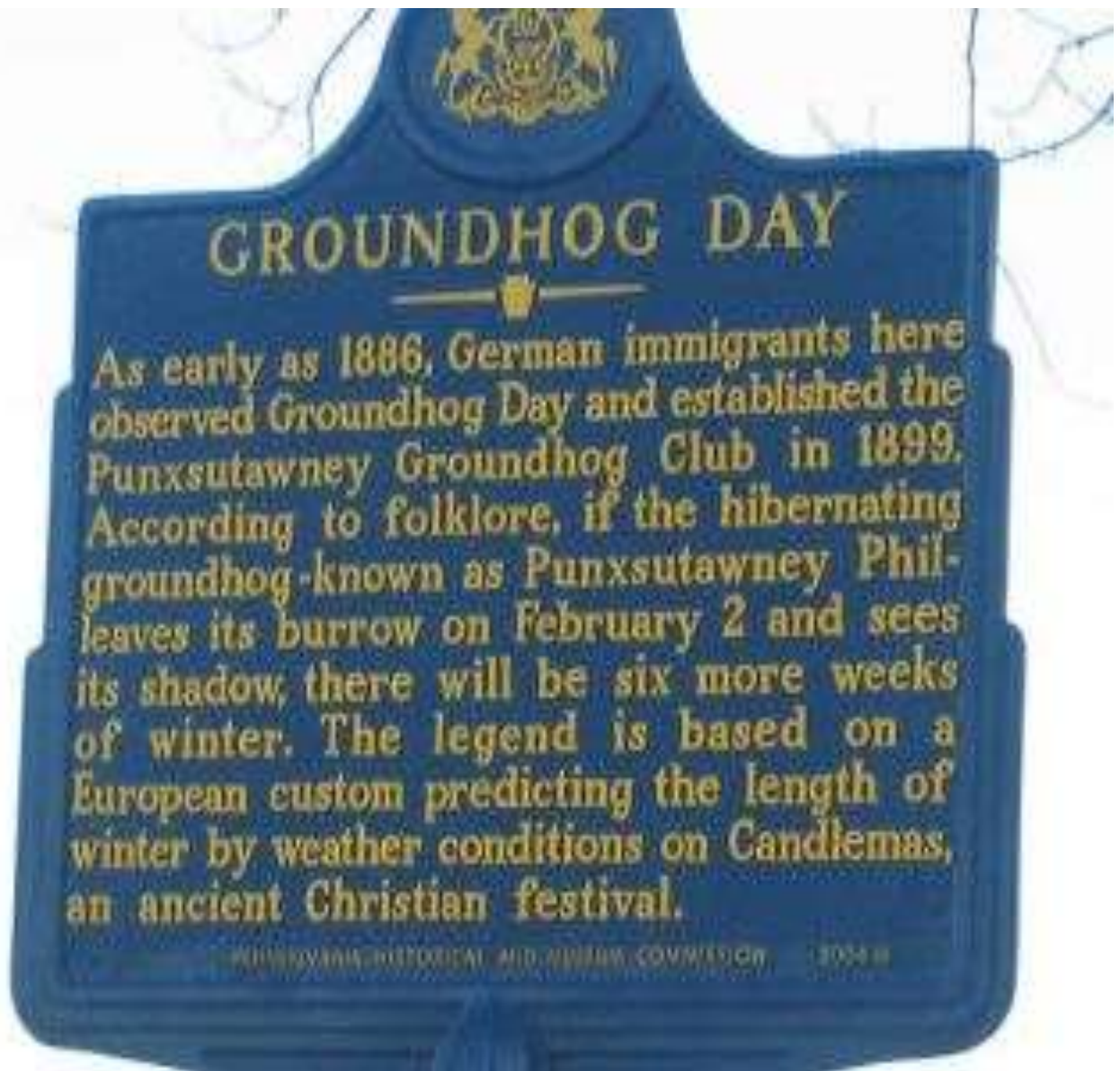
- . Online
- . Phone
- . E-mail

Be aware that if you do not respond, someone will come to your home to get your response.

You can find out more information on the website - [2020Census.gov](https://2020Census.gov).

# GROUNDHOG DAY

*February 2nd*





# Ugly Christmas Sweater



(above)  
 BROOK BOWER, BILL  
 DECKER &  
 JULIE ANTHONY



(Left) Janet Redmond  
 & Kim Briggs

(Right) Julie

WINNERS:  
 118 CENTER—JANET  
 108 CENTER—JULIE





(above)  
Veronica Burrs,  
Anna Kreckel—J-Burg Senior  
Center Director  
& Betty Gapinski



SANTA AND HIS ELF  
VISITS THE  
JOHNSONBURG SENIOR CENTER





# Senior Center Volunteer and APPRISE Programs:

Kellie Rusciolelli, Coordinator

## February Volunteer

### Birthdays

Judy Daniels  
Howard Fielding  
Mona Fowler  
Walter Gavazzi  
Patty Geyer  
Bonnie Huckabone  
Richard Johnson  
Robert Johnson  
Laurie Kisko  
Kathleen Lewis  
Mary Jean Mattiuz  
Robert Mattiuz  
Marjorie McGavisk  
Shirley A Moore  
Joyce Reinard  
Leonard Roboski  
Michael Swanson  
Phyllis Walter  
Debra Warmbrodt  
Don Zuback



**We Love our Volunteers!**



## When can I join, switch, or drop a Medicare Advantage Plan?

When you first become eligible for Medicare, you can sign up during your Initial Enrollment Period.

If you have Part A coverage and you get Part B for the first time during the General Enrollment Period, you can also join a Medicare Advantage Plan at that time.

Your coverage may not start until July 1.

Between October 15–December 7, anyone with Medicare can join, switch, or drop a Medicare Advantage Plan. Your coverage will begin on January 1, as long as the plan gets your request by December 7.

If you drop a Medigap policy to join a Medicare Advantage Plan, you might not be able to get it back. Rules vary by state and your situation.

Always review the materials your plan sends you (like the “Annual Notice of Change” and “Evidence of Coverage”), and make sure your plan will still meet your needs for the following year.

## **New!** Can I make changes to my coverage after December 7?

Between January 1–March 31 each year, you can make these changes during the

### **Medicare Advantage Open Enrollment Period:**

If you're in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage).

You can disenroll from your Medicare Advantage Plan and return to Original Medicare. If you choose to do so, you'll be able to join a Medicare Prescription Drug Plan.

If you enrolled in a Medicare Advantage Plan during your Initial Enrollment Period, you can change to another Medicare Advantage Plan (with or without drug coverage) or go back to Original Medicare (with or without drug coverage) within the first 3 months you have Medicare.

During this period, you **can't**:

Switch from Original Medicare to a Medicare Advantage Plan.

Join a Medicare Prescription Drug Plan if you're in Original Medicare.

Switch from one Medicare Prescription Drug Plan to another if you're in Original Medicare.

You can only make one change during this period, and any changes you make will be effective the first of the month after the plan gets your request.

## **Important!**

**Thinking about joining a Medicare Advantage Plan between October 15– December 7, but aren't sure? The Medicare Advantage Open Enrollment Period (January 1 – March 31) gives you an opportunity to switch back to Original Medicare depending on which coverage works better for you.**



## Heart Healthy Soluble Fiber – Oatmeal



Oatmeal in all its varieties – instant, quick cooking, old-fashioned, and steel cut – is a whole grain that contains a power house of heart healthy soluble fiber that can help lower blood cholesterol. Instant and quick cooking are simply cut smaller and rolled thinner to cook faster. To help lower cholesterol, all it takes is ½ cup of oatmeal (measured dry) each day.



Oatmeal is a good source of dietary fiber. For people not used to eating foods high in fiber, it is always wise to start adding fiber rich foods slowly. Increasing fiber intake gradually should help minimize gas or bloating. Add a tablespoon of dry oatmeal to yogurt for a fiber boost. It is always important to drink plenty of fluids to help the fiber do its work.



Oatmeal is a whole grain food. Rolled oats is one of the few cereals that is a whole grain in its most commonly eaten form. The outer hull is removed leaving the rest of the oat grain intact. The oats are then steamed and rolled. Rolled oats is a nutritious whole grain food, a natural source of fiber, protein, complex carbohydrate, iron, and antioxidants.



Oatmeal can be eaten at any time of day to get the cholesterol lowering benefits. In addition to hot oatmeal for breakfast, you can use dry rolled oats to make trail mix. Oatmeal can be added to smoothies, soups, stew, salads, and even peanut butter and jelly sandwiches. You can replace up to ½ of the flour in recipes with oat flour. Just whirl oatmeal in a blender to grind it. Oats make a crispy coating for meat, chicken, or fish: simply dip meat or fish in egg white, coat with oats, then bake in the oven.



### Important Things to Know About Oats



Research suggests eating oats may help control appetite. The soluble fiber in oats absorbs a considerable amount of water, slowing down the digestive process.



The American Diabetes Association recommends eating whole grains. Soluble fiber, such as found in oatmeal, may help smooth out blood glucose levels.



Recent studies show a significant reduction in blood pressure with an increase in dietary fiber.

*From: the Quaker Oats Health Institute*

*PDA Health and Wellness Program*



# Bennetts Valley Senior Center

149 Plum Street P.O. Box 77

Weedville, PA 15868

814-787-7888

February 2020

## **VOLUNTEERS NEEDED!!**

Home Delivery Drivers

Kitchen Help

BINGO Callers

If you would like to volunteer call the center to get more information. 787-7888 We would love to have as a member or volunteer.

Grandma's Laughs & Tid Bits



**Embarrassing our kids,  
that's just one of the  
services we offer!!!!!!**

MEMBERSHIP DUES \$10.00  
FOR THE YEAR CAN BE PAID  
NOW. Stop by the center to  
pay or to join.



FYI

Monday & Thursday — 11:00 —  
Stretch, Strength & Balance

Tuesdays—1:00 Quarter Bingo

Feb. 6— 11:30 WRC Program —  
"Heart Attack "

Feb 12 — 4:30 — Ice Cream Social and  
50/50

Feb. 18— 11:30— Program —" Eat  
Right for Your Heart "

Feb. 19 — 4:30 Pot Luck

Walking @ BV School 4:00 Mon,  
Tues. and Thurs.

## Kids On Love and Marriage

### HOW DO YOU DECIDE WHO TO MARRY?

"You got to find somebody who likes the same stuff. Like if you like sports, she should like it that you like sports, and she should keep the chips and dip coming." Alan, age 10

"No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with." Kirsten, age 10

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### WHAT IS THE RIGHT AGE TO GET MARRIED?

"Twenty-three is the best age because you know the person FOREVER by then." Camille, age 10

"No age is good to get married at. You got to be a fool to get married." Freddie, age 6

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### HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

"Married people usually look happy to talk to other people." Eddie, age 6

"You might have to guess, based on whether they seem to be yelling at the same kids." Derrick, age 8





Bennetts Valley Senior Center

Welcome to our newest volunteer Geraldine Ireland. Stop by and say  
"Hello ", she would love to meet you!!

Thank you Gerri for all your help and having that smile on your face every  
time you walk though the door. We are very happy to have you here.



# DRIFTWOOD SR. CENTER

**FEBRUARY**

Like us on Facebook!



## POLICE APPRECIATION DAY

January 9th was Police Appreciation day and here at The Driftwood Sr. Center we sincerely appreciate our police force. A special cake was sent to the State Police barracks to show our appreciation and give them a treat! Special thanks are sent to all that serve our community to keep us safe.



## SCHEDULE OF EVENTS

### Wednesday, February 5th

Sr. Center Meeting—11:00 am

### Wednesday, February 12th

CLOSED—Lincoln's Birthday

### Monday, February 17th

CLOSED—President's Day

### Tuesday, February 25th

Community Nurses  
Free Blood Pressure & Blood Sugar Screenings & "Eat Right for Your Heart"

## THANKS FOR OUR CENTER OFFICERS

Many thanks go out to our 2020 center officers. We appreciate the time they take to make sure our center runs smooth!

President: Earl Stickel

Vice President: Jim Teats

Secretary / Treasurer: 

Devorah Miller



## NEW YEAR & NEW INFORMATION

If you have not received your Medicare & You 2020 booklet in the mail, you can pick one up at The Driftwood Sr. Center. We also have LIHEAP information, health information, community information and so much more!

**GET IT HERE!**

OLD FOAGIE HOAGIES

TO BE ANNOUNCE - WATCHING WEATHER



# DRIFTWOOD SR. CENTER



## MEMORY GAME FUN!

Memory Game is a fun way to share memories and help our minds stay healthy. The cards are pictures of our current and past members. Each player takes a turn and tries to find two matching cards. It is harder than you think! Come & see some great old photos and play along!



## THERESA BRINGS A TREAT!

What a treat Theresa Tuckey brought for the group. Everyone enjoyed the nutritious cinnamon rolls right out of the oven.



## SO HAPPY WE MADE THIS BIRTHDAY SPECIAL!

Randy Johnson celebrated his 80th Birthday at the end of August and The Driftwood Sr. Center made it special. We had a cake for Randy and invited all his friends. Little did we know it would be his last. Randy suddenly passed away on December 13th and it was a real shock to everyone. We are so glad that we made his last birthday special and will always have fond memories of Randy and his special day.

Randy L. Johnson, 70, of 36 Clinton St., Driftwood, PA died at UPMC-Presbyterian, Pittsburgh, PA on Friday morning (December 13, 2019). He was born on August 27, 1949 a son of the late Frank and Elizabeth E. Saxton Johnson.

Randy graduated from Cameron County High School and worked at GKN for many years.





# Eldred Senior Center

February 2020 is the month for  
Love and Romance



169 Main St.  
(814) 225-4752  
Open 8:00 am. -2:30 pm.  
Monday thru Friday



# Happy Valentine's Day



- Extra Notes
- HSIM exercise
- Medicare

APPRISE REFFERALS  
PLEASE call for an appointment



ATA  
Reserve a ride today  
Call 1-866-282-4968



Join our 5 Crown game daily at 12pm.



Join us here at the Eldred Senior Center with Darwin and Company every Monday at 10:00 am



## Extra Notes

Please join our free computer class held every Tuesday afternoon at 1:00 pm. This is a class is for those who are age 60 and older. This class includes; turning on the computer, information searches, and setting up your own e-mail address, plus more. Please call 225-4752, and sign up for a class today! Do not forget our HSIM exercise class every Tuesday morning at 10:00 am. This class includes education and demonstrations of healthy exercises which are done within a group setting. Our goal is to reduce falls, learn new exercises, build strength, flexibility and improve balance. You can take charge of your health and weight one day at time.





**February 2020 is the month for Love and Romance**  
**Eldred Senior Center**



Join our free computer class every Tuesday at 1:00



Join our Healthy Steps In Motion Exercise group with our instructor JoEllen every Tuesday morning

**The Eldred Senior Center Birthday Corner**

*I would like to say **HAPPY BIRTHDAY** to the following Eldred Senior Center Members*



*Ann Payne Brigetta Mason JoEllen Killie  
 Judy Daniels John Lafferty Deanna Taylor*



February 3 Puzzle Group@10am
February 4 HSIM Exercise @10am.
February 5 Visiting Nurse presents "Heart Attack" @11am
February 7 Wii Bowling@10am.
February 10 Current Events@10am
February 11 500 Cards
February 12 Community Nurse presents "Eat Right For Your Health @11am Free Blood Pressure and Blood Glucose Screen
February 14 Happy Valentine's Day Wear Red
February 19 Rent Rebate Assistance 9:30 am to 11:00 am
February 20 Afternoon Bingo @12pm.
February 21 Wii Bowling/ Wii Golf @10am
February 24 Current Events@10
February 26 Medicare Appeals
February 28 Music with Moose @10am



# Eldred Senior Center



Ed working on getting a strike.



Joe Ellen waiting for the grand total.



Dollie is ready to go!



Happy Valentine's Day



Kathy concentrating on her aim.



Join the 500 game every Tuesday Afternoon starting at 12:00 pm



Join the Eldred Members every Thursday for Penny Bingo starting at 12:00 pm. Bring your Pennies!



# Senior Moments

February  
2020

By Kelly Spencer

## COMING SOON

Tuesday, February 4th  
February Birthday Celebrations

Tuesday, February 11th  
Club Meeting @ 1pm

Wednesday, February 12th  
Closed for Lincoln's Birthday

Sunday, February 16th  
Bingo @ 1pm

Monday, February 17th  
Closed for President's Day

Tuesday, February 18th  
BP/BS Screenings @ 11am  
"Eat Right for Your Heart" @ 11:30am

Wednesday, February 26th  
Rent Rebate Workshop with  
Martin Causer's Office @ 9:30-11:30am



**Congratulations and welcome to our new board president, Ann Wheaton! We thank Ken Ostrum for his over 13 years of service as president, as we also look forward to the new ideas Ann will bring to the table!**

Quote of the Month:

DURING THIS SEASON OF LOVE FOCUS ON LOVING MORE THAN JUST THOSE CLOSEST TO YOU  
*Love Everyone.*

## Emporium Senior Center

### Weekly

### Activities:

**Wii Tuesdays**

**Bingo & Bridge**

**Wednesdays**

**Healthy Steps In Motion**

**Thursdays**

**Adult Coloring**

**Thursdays**

**Scrabble Thursdays**

**Domino Fridays**

## Emporium Senior Center



For Thanksgiving, some of our Wii Bowlers aimed for lots of Turkeys—Sam Smith getting 8 turkeys in 3 games!

Bowlers pictured: Nancy Brown, George Andrus, Sam Smith, and Adeline Burkhouse

## Emporium Senior Center



The Mountain Melodies graced us with beautiful music at Christmastime and we so enjoyed it! They even provided little jingle bells and maracas for us to play along!

Pictured Above: Mountain Melodies Members  
Participants Pictured: George Andrus, Nancy Brown, Betty Hockey,  
Louise Cooney, Josie Sarick, and Pat Pearson



## Emporium Senior Center



# Happy 1st Anniversary to Don & Terri!

It isn't too often that two of your seniors fall in love over a game of Thursday Scrabble, grow in love, and get married! We did not get to celebrate at their wedding last year, so we decided to celebrate their 1st Anniversary Milestone as a married couple!



We were so blessed to have 43 kindergarten students visit us in December! They sing quite a few songs and do such a great job! Thank you for visiting!

# Fox Township Senior Center



FOX TOWNSHIP  
 SENIOR CENTER  
 365 MAIN STREET  
 KERSEY, PA 15846  
 Phone: 814-885-8111  
 Fax: 814-885-6011  
 HRS 8:30 - 2:30



## ACTIVITIES

### PRIMETIME HEALTH PROGRAMS

- 02-10 Community Nurses - BP and BS Screening @ 10:15 am  
 Presentation @ 11:15 am  
 "Heart Healthy Diet"
- 02-11 WRC - @ 10:00 am  
 What is a Heart Attack
- 02-27 Eat Smart/Live Strong @  
 10:00 am Wellness Committee

- 02-07 Cash Bash - 10:30 am Jim Shaffer
- 02-04 Pound Bingo @ 10:30 am
- 02-11 Entertainment—Still Kickin 2 10:30 am
- 02-12 Closed—Lincoln's Birthday
- 02-14 Entertainment - Valentine's Day Dance Party— Jim and Val Shaffer and Friends
- 02-17 Closed - President's Day.
- 02-18 Entertainment - Jerry Cole @ 10:30 am
- 02-20 Club Meeting @ 10:30 am
- 02-25 Entertainment - The Friday Niters @ 10:30 am



# FOX TOWNSHIP SENIOR CENTER



## **WEEKLY:**

Mondays:  
10:30 - HSIM  
Cards and Games

Tuesdays:  
10:30 - Entertainment

Wednesday:  
10:30 - Bingo  
1:00 - Bible Study  
W/Rev Karen Trask

Thursday:  
10:00 - Crocheting & Knitting  
Cards and Games

Friday:  
Cards and Games

**NEW DEMENTIA SUPPORT GROUP**  
Every 3rd Thursday of the Month  
Time: 6:30 - 8:00 P.M.  
Call the center for information

## **DATES TO REMEMBER**

The Fox Senior Center will be closed  
on Wed. Feb. 12th and Mon. Feb.  
17th.

It's Tax Time, call to make an ap-  
pointment.

# FOX SENIOR CENTER HERE'S WHAT'S HAPPENING DANCING



The Center will be having a Valentine's Day Dance Party on Valentine's Day, Feb. 14th. Music and Dancing will start at 10:30 am. A Special Door prize will be chanced off, along with 50/50.

## Finger Food





# THE FOX SENIOR CENTER

## FUTURE EVENTS

Cinnamon Roll Sale, will be held on Friday, Jan. 31st. 10:00 -1:00 \$4.00 1/2 Doz. Tray.



Our Annual Easter Egg Fund Raiser is in the works, ingredients, volunteers, and time schedules are being discussed.



# FOX SENIOR CENTER



02-02	Mary Ann Dollinger
02-04	Bob Mattiuz
02-06	Philip Wingard
02-08	Sonia Wright, Martha Micale, Judy Knabb
02-10	Ted Gardner
02-11	Howard Fielding
02-16	Janet Blessel
02-19	Sandra Samick
02-20	Barb Rajchel
02-21	Charles Dollinger, Betty Rutigliano
02-25	Pat Sheeley, Kathleen Lecker
02-26	Mary Jean Mattiuz, Donna Girts





**THE GREATER BRADFORD  
SENIOR ACTIVITY CENTER, INC.  
FEBRUARY, 2020**



**60 Campus Drive  
Bradford, PA 16701  
(814) 368-4412  
Monday thru Friday  
8:00 AM - 4:00 PM**

**MAKE US YOUR HOME AWAY FROM HOME**

**THE GREATER BRADFORD  
SENIOR ACTIVITY CENTER  
SPECIAL EVENTS**



*We will be closed on February 12 and February 17, 2020  
In observance of Lincoln's Birthday and  
President's Day*

*February 24, 2020  
Representative Martin Causser's Office  
Will be here to do Property Tax/Rent Rebates  
9:30 AM - 11:00 AM*



*February 28, 2020  
Elf Fund  
Certificate Drawings  
12:45 PM*





**THE GREATER BRADFORD  
SENIOR ACTIVITY CENTER  
NEW YEAR'S EVE PARTY  
BRINGING IN 2020**



*Happy New Year*





**THE GREATER BRADFORD  
SENIOR ACTIVITY CENTER  
VALENTINE'S PARTY  
FEBRUARY 14, 2020**

**LUNCH - 12:00 PM  
50-50  
LIVE MUSIC  
DOOR PRIZE**

**COME AND JOIN US  
RESERVATIONS  
NEEDED BY  
FEBRUARY 12TH**

*happy*  
*Valentine's*  
*day*

*heart brushes*



# **THE GREATER BRADFORD SENIOR ACTIVITY CENTER**

## **BIRTHDAYS FOR FEBRUARY, 2020**



**THE GREATER BRADFORD  
SENIOR ACTIVITY CENTER**





**Johnsonburg Senior Center  
February 2020**



430 Center St. Johnsonburg, Pa. 15845  
Center Director: Anna Kreckel  
Phone & Fax: 814-965-5638  
Email: akreckel@ohsaging.com

Join us for a continental breakfast  
8:00 am to 10:00 am  
Offering help with, Property Tax/Rent Rebate  
APPRISE/Medicare Referrals, LIHEAP,  
&  
many other areas of  
public service



Check us out on Facebook  
@  
New Johnsonburg Senior Center page

**Johnsonburg Senior Center  
February 2020**



**Health & Wellness**

**February 6-11:00 Blood Pressure/Sugar Screenings with CN**  
**February 6-11:30 Presentation "Eat Right for Your Heart" with CN**  
**February 11-11:15 Blood Pressure Screenings with KHHN**  
**February 19-11:15 Blood Pressure Screenings with WRC**  
**February 19-11:30 Presentation "Heart Attack" with WRC**

**Weekly Events**

**Monday**  
1:00 -2/3 Pinochle  
12:30 -2/10 & 2/24 Brockway Cinch  
1:00-Line Dancing

**Tuesday**  
12:30-2/11 Membership Meeting  
12:45-(cards) 500

**Wednesday**  
9:30-Knitting  
10:00-HSIM  
1:00 -Cinch

**Thursday**  
1:00-Sewing Club

**Friday**  
12:30-Mexican Train  
6:30-2/21 Bingo

**Blood Mobile**  
**Friday February 14**  
**10:00am-3:00pm**



**The Senior Center is closed**  
**Wednesday February 12th**  
**Lincoln's Birthday**  
**&**  
**Monday February 17th**  
**Presidents Day**





Johnsonburg Senior Center  
February Birthday's



# BIRTHDAYS THIS MONTH

- 2/2 Eileen Weber
- 2/6 Bob Fidler
- 2/6 Diane Zelechowski
- 2/20 Debbie Warmbrodt
- 2/22 Barb Czekai
- 2/26 Patty Geyer
- 2/28 George Farr



Johnsonburg Senior Center  
Christmas Fun



Christmas time puzzle

Twass the month of December  
Kathy King provided holiday music. Santa and his elf came to visit.  
Headstart kids stopped by to sing a tune and were excited to see Santa.  
The tables were set all festive, with favors too.

Christmas decoration donated by the Norlin family won by Joyce Warmbrodt



# JONES TOWNSHIP TIMES

DAISY SUTTER, DIRECTOR  
 320 FARIES STREET / PO BOX 380  
 WILCOX PA 15870  
 PHONE/FAX: 929-5443

TUES., WED. & THURS. (8:30 AM TO 2:30 PM)

February 2020	
2/4	11 AM Eat Smart– Live Strong - Challenges and Solutions
2/6	11:15 “Medicare– Cardiovascular Care”
2/11	11 AM Community Nurses BP/BS 11:30 “Eat Right for Your Heart”
2/12	<b>OHS CLOSED- LINCOLN’S BIRTHDAY</b>
2/13	11 AM Membership Meeting
2/18	11 AM Eat Smart– Live Strong - Colorful Classic Favorites
2/20	11 AM WRC Nurse– BP Screen 11:30 “Heart Attack”
2/25	11 AM Eat Smart– Live Strong- Eat Smart– Spend Less
2/26	11 AM UPMC Kane Nurse BP
2/27	10 AM Cinch Tournament



## February Birthdays

2/7	Ron Stanley
2/15	Nancy O'Rourke
2/17	Sue Smith



## WEEKLY ACTIVITIES AT JONES TOWNSHIP SENIOR CENTER



Tuesday: Bingo 1 PM  
Wed: Exercise 10:30  
Wednesday: Dominoes 1PM  
Fourth Thursday of Month: Cinch  
Activities: DVD Chair Dancing,  
HSIM, Cards, Wii Bowling and  
sports, Music, puzzles



## FOOD SAFETY TRAINING- FOR KITCHEN VOLUNTEERS

MARCH 2020





# JONES TOWNSHIP ACTIVITIES - CHRISTMAS FESTIVITIES





# JONES TOWNSHIP ACTIVITIES - CHRISTMAS FESTIVITIES





**JONES TOWNSHIP-  
CHRISTMAS MEAL**





Kane Senior Center

February 2020



YOUR HOME AWAY FROM HOME!!



## "Fabulous February!"



### Fun February Facts

- The flower symbol is the **Primrose**.
- February's birthstone is the **Amethyst**

#### Did You Know...

- John Quincy Adams went "**skinny-dipping**" every morning of his life in the Potomac when he was president.
- US President Andrew Jackson fought in dozens of **duels** to defend his wife's honor.

-it is believed President Zach Taylor died because of some **bad cherries and milk** he had eaten.

-President Franklin Pierce was **arrested** for running over a woman while he was riding a horse.

-President Andrew Jackson **made his own suits** while he was President.

-US President Ulysses S. Grant **smoked at least 20 cigars every day**. In 1885, he died of throat cancer.

-US President Grover Cleveland had a **small tumor** removed from his mouth-it is currently in a museum in Philadelphia.

"Who Knew?"

### *In This Issue:*

- **Pre-School Program**
- **Law Enforcement Day!**
- **February Birthdays**





# A Pre-School Christmas

*Kane*

Every year the Kane Senior Center is visited by the Kane Community Pre-School from the Lutheran Church.

They perform their Christmas Program for all of us...I guess you could say we are their dress rehearsal!! There is nothing more precious than hearing those little voices sing about Christmas JOY!!



# More Pre-School Fun!!

*Kane*





*Kane*

## "Let's hear it for Our Men and Women in Blue!"

Recently, the Kane Senior Center hosted several State Troopers and Chief Boyer from the Kane Police Department as part of National Law Enforcement Day! We asked Jill Grosch, State Representative Martin Causer's aid to come also. Jill made a beautiful presentation to both sets of officers on behalf of Representative Causer. The Officers were treated to their lunches as well as a delicious cake. We are so grateful for all they do to keep us safe in our little town of Kane as well as throughout McKean County.



## February Birthdays



Robert Johnson  
Judi Zelina  
Laurie Kisko  
Missy Hartman  
Shirley A. Moore  
Phyllis Walter  
Jim McCormack  
Joyce Reinard  
Bonnie Geer  
Richard Johnson



# "More Law Enforcement Day!"

*Kane*



**THANK YOU**



# Mount Jewett Senior Center

8 East Main Street, P.O. Box 7105

Mount Jewett, PA 16740

814-778-5547 (M-F) 8:00am-2:30pm

814-778-5547



## February 2020

2/03	11:00 CN-BP/BS 11:30 "Eat Right for Your Heart"
2/04	12:30 Current Events
2/04	11:00 Food Safety Training
2/05	12:30 Bingo
2/11	11:00 Food Safety Training
2/11	12:30 Trivia
2/11	12:30 KCH Blood Pressures
2/14	12:30 Bingo
2/18	11:00 Food Safety Training
2/18	12:30 Bingo
2/19	12:30 Reminisce
2/19	12:30 WRC- "Heart Attack"
2/25	11:00 Food Safety Training
2/25	12:30 Joke Day
2/26	12:30 Bingo

**The Center  
will be closed  
2/12 & 2/17**

### FEBRUARY BIRTHDAY

2/3 John McLaren  
2/6 Mary Ann Pritchett  
2/20 Glendora Norberg  
2/23 Mary Lou Stidd  
2/23 Arlene Warren

Jill Grosch will be here on 2/18 from 1:00-2:00pm to assist individuals with Rent Rebate applications.



# ***Fellowship***



# **Mount Jewett Senior Center**





# ***Friends***



# **Mount Jewett Senior Center**



## ***Other Activities***



**2020 Food Safety Training**  
**11:15 –11:45 am on Tuesdays**  
**For those interested in volunteering in**  
**the kitchen at the Center.**



**HAPPY**  
**VALENTINE'S DAY**

**Medicare information**  
**will be provided on**  
**Monday, February**  
**10th at 12:30**

**Healthy Steps in Motion**  
**Mondays and Fridays at**  
**10:30**

**Monthly Birthday Party**  
**February 27th at 12:30.**  
**Please Join us for cake.**

**Yoga every**  
**Thursday**  
**at 1:00**

**Mount Jewett Senior Center**



**PORT ALLEGANY SENIOR CENTER**

**FEBRUARY NEWSLETTER**

**MONDAY—FRIDAY, 8:30—2:30PM**



*ALL ARE WELCOME HERE*

**SPECIAL DATES:**

<b>Tue.</b>	<b>Feb. 04</b>	<b>11:00</b>	<b>Strength and stretch</b>
<b>Wed.</b>	<b>Feb. 05</b>	<b>11:00</b>	<b>Community Nurses.</b>
<b>Sun.</b>	<b>Feb. 09</b>	<b>12:30</b>	<b>Pot Luck Dinner</b>
<b>Tue.</b>	<b>Feb. 11</b>	<b>12:45</b>	<b>Bingo</b>
<b>Wed.</b>	<b>Feb. 12</b>	<b>All day</b>	<b>Center closed</b>
			<b>Lincoln's Birthday</b>
<b>Thu.</b>	<b>Feb. 13</b>	<b>11:00</b>	<b>Karaoke</b>
<b>Fri.</b>	<b>Feb. 14</b>	<b>11:00</b>	<b>Valentine's Day Party</b>
<b>Mon.</b>	<b>Feb. 17</b>	<b>All day</b>	<b>Center closed</b>
			<b>President's Day</b>
<b>Tue.</b>	<b>Feb. 18</b>	<b>11:00</b>	<b>Hooky Poky</b>
<b>Thu.</b>	<b>Feb. 20</b>	<b>12:45</b>	<b>50 Plus Club meeting</b>
<b>Mon.</b>	<b>Feb. 24</b>	<b>11:00</b>	<b>Birthday Party with cake and music</b>
<b>Tue.</b>	<b>Feb. 25</b>	<b>12:45</b>	<b>Bingo</b>
<b>Wed.</b>	<b>Feb. 26</b>	<b>1:00</b>	<b>Rent Rebate with Martin Causer</b>

***EVERY TUESDAY AND THURSDAY IS STRENGTH  
AND STRETCH AT 11:00 AND EVERY TUESDAY  
AT 12:45 IS BINGO, ALL WELCOME***





## National Law Enforcement

### Appreciation Day

There are not works big enough.

There is not a hug strong enough.

There is not a smile wide enough.

All we can offer is thank you.

Port Allegany

## February Birthdays!

Feb. 06      Mona Fowler  
Feb. 07      Gary Daugherty  
Feb. 08      Leonard Roboski  
Feb. 19      Virginia Russell  
Feb. 20      Judy Bush  
Feb. 26      Richard Lewis  
Feb. 27      Kathryn Gotshall



***ANOTHER YEAR  
LOOKS GREAT ON  
YOU!***

***God Bless and Many  
More!***







*Bye-Bye Santa, see  
you next year!*

*We will all be good  
we promise.*



*Thank you to all  
who join us at the Center!  
Chai, Coffee and Conversation all  
day!*

**St. Marys Senior Center**

72 Erie Avenue  
Marien Stadt Place  
St. Marys PA 15857  
814-781-3555  
llamb@ohsaging.com  
Monday—Friday 8-4  
Lesa Lamb, Director



<b>Mondays</b>	
Pinochle	12:45
<b>Tuesdays</b>	
Healthy Steps in Motion	
Exercise class	10:15—11:15
Pinochle	12:45
<b>Wednesdays</b>	
Hand and Foot	12:45
<b>Thursdays</b>	
Pinochle	12:45
<b>Fridays</b>	
Healthy Steps in Motion	
Exercise class	10:15—11:15
Pinochle	12:45
<b>Sunday, February 23</b>	
Public Cards—Cinch	1:00
<b>Monday—Friday</b>	
8:00—10:00am	
Continental breakfast	
Monetary donations appreciated	
Stop in for a current menu and schedule of activities & events.	
<i>Activities are subject to change.</i>	



**Remember to pay your 2020 dues, still just \$12**

***SUPPORT OUR CENTER***

Make your Lunch Reservations by 12:45 the day before at the latest. Lunch is served at 11:45. Please be early.





*The members of the St. Marys Senior Center wish you  
A wonderful  
Valentine's Day filled  
with Sweet Surprises.*



**St. Marys Senior Center**

*"Where good friends grow  
Like  
wildflowers..."*



**Valentine Party**

Friday, February 14  
Order your lunch early.



BBQ Ribs  
Baked Potato  
Coleslaw  
Mandarin Oranges  
Strawberry Cake with  
Strawberry Whipped Topping



Warm Up this Winter  
at your local Senior Center.

Great lunches, friendly faces, fun activities,  
educational programs, exercise groups  
and happy center directors!!

Ride the ATA Bus!!  
Phone your local center for  
more information.



February 7  
**"Wear Red Day"**

February 11 12:15  
"Heart Attack"

February 12 CLOSED

February 14  
Valentine Party



February 17 CLOSED

February 23  
Public Cards 1.00

February 24  
BP and sugar screenings: 10:15—11:15  
Community Nurses @ 11:15  
"Eat Right for Your Heart"

To be announced:  
Kitchen Training Class

*APPRISE counseling available— help  
with Medicare questions. Call for an  
appointment.*

*Check at the center for activities that  
may be added to the  
February calendar.  
Have an idea for an activity  
—let us know*

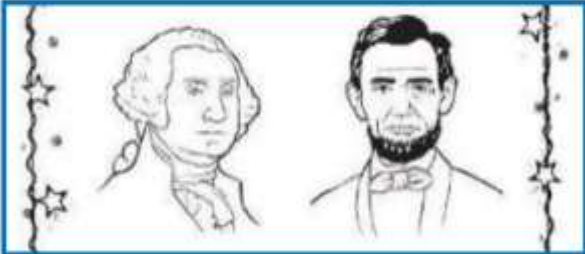
*Stop in for a visit!*



**St. Marys Senior Center**  
*"Where good friends grow  
 Like wildflowers..."*  
 781-3555

**SMSC CLOSED**  
 Tuesday, February 12  
 Lincoln's Birthday  
 Monday, February 17  
 President's Day

**"EAT SMART-  
 LIVE STRONG"**  
 Tuesdays, February  
 4,11,18,25 10:00—11:15  
 Learn about healthy  
 eating during our  
 exercise classes.



by Margaret Cagle

We have been blessed in America  
 By our God's almighty hand.  
 We should be ever thankful  
 For the freedom in our land.

Passed to us is a great heritage  
 From past leaders in our nation.  
 Many prayed, seeking God's guidance  
 Through wars and much tribulation.

We've had some great presidents,  
 Who have led in an honorable way.  
 We give them tribute and honor  
 On their own very special day.

We celebrated Washington's birthday  
 In the past throughout our land.  
 Some states honored Lincoln too.  
 For the Union, he took a stand.

In the nineteen-eighties, we changed.  
 We now call it Presidents' Day.  
 In February, the third Monday,  
 Honor to our presidents, we pay.

What can we do to truly observe  
 This special Presidents' Day?  
 Thank God for blessing our nation  
 And for the President, we can pray.

**Yearly Kitchen Volunteer  
 Update Class...**

February date to  
 be announced.  
 Everyone that helps in the kitchen  
 needs to attend.

**New Helpers  
 are needed !!!**





**St. Marys Senior Center**  
*"Where good friends grow like wildflowers..."*



*Healthy  
Steps in  
Motion  
Class*



**National Law Enforcement Appreciation Day**

**January 9, 2020**

This day is dedicated to all members of law enforcement to recognize their commitment & service in our community.



The Office of Human Services treated these officers to lunch at the St. Marys Senior Center on 1-9-2020.

PtIm. Chris Smith, Sgt. Anthony Pistner, Chief Tom Nicklas, PtIm. Larry Smith, PtIm. Derrick Welsh

Also in photo are Lesa Lamb, Director, Leah Meyer, Treasurer, Shirley Dippold, President, Leah Kerchinski, Vice President and Mary Kay Frey, Secretary.



# February 2020



SMETHPORT SENIOR CENTER

## HEART HEALTH MONTH

JOKE DAY EVERY MONDAY

HSIM  
EVERY TUES & THURS @ 1

BINGO EVERY TUES @ 10

PINOCHLE EVERY TUES @ 1

CLASSY CRAFTERS  
EVERY WED @ 1

WELLNESS COM MEETING  
Feb 3rd @ 11

WELLNESS PROGRAM  
EAT RIGHT LIVE STRONG  
REACH YOUR GOALS  
Every Wed @ 1

BOOKS & BARKS  
CHOCOLATE  
w Bradford Library's  
Elaine and Lynn  
Feb 5 @ 10

Music Every Wed & Fri @ 11  
Carl & Joanne Feb 5  
Karaoke Feb 7. & 21  
Red & Doug Feb 14 & 28  
Judy Marquart Feb 19

SENA KEAN NURSES  
HEART ATTACK  
Thurs Feb 13th @ 11

PROPERTY TAX REBATE HELP  
by Causers Office Feb 19 @ 1

**VALENTINE DAY PARTY**  
**FRI FEB 14TH @ 1**

Community Nurses  
Blood Pressure/Sugar  
Wed Feb 26 @ 11  
EAT RIGHT FOR YOUR HEART  
@ 11:30

FOOD SAFETY TRAINING  
Every Mon & Thursday @ 1



**DON'T SIT ALONE COME MAKE A GNOME.  
CAROL AND JERSEY GROOMING THEIRS.**

**ELDERBERRIES CLUB MEETING FEB 11TH @ 1**



**Marilyn Straight and her family  
visiting from Texas; Plus President Ami.**





## **Ground Hog Day**

**(A poem by Don Ross)**

**Ground Hog Day is fast  
approaching;  
Let's hope Sammy needs no  
coaching.**

**Let's hope his prediction rings  
quite true;**

**That the air is warm and the sky is blue;  
Which means that Winter is almost  
through!**

**Otherwise Sammy will end up as Ground  
Hog stew!**

**(Its all up to Sammy ...  
Meanwhile....  
stay warm in your pajammy!)**





Holiday Spirit

A "YARD" OF GNOMES



H  
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P  
E

SUE  
INSTRUCTING  
MARILYN HOW  
TO "HONE" A  
GNOME :-)



JOY



P  
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Now even  
gnomes have  
cell phones.



MARGE & MERLE & DOUG  
ONE MORE TIME BEFORE DOUG'S  
SHOULDER REPLACEMENT SURGERY



CELEBRATION



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MEMBERS OF THE SMETHPORT SENIOR CENTER  
CHRISTMAS CAROLING AT SENA KEAN BEFORE LUNCH  
A JOYOUS TIME WAS HAD BY ALL!







THEN BACK TO THE CENTER FOR HOT CHOCOLATE AND MARSHMALLOWS.



WHO SAYS OUR SWEATERS ARE UGLY? UGLY SWEATER DAY PARTICIPANTS POSE FOR A PRETTY PICTURE.







On January 9th we celebrated National Law Enforcement Appreciation Day compliments of the Office of Human Services Area Agency on Aging who expressed their appreciation for the service our law enforcement provides by offering a congregate meal to County Detective Ryan Yingling; Detective Linda Close and Chief of Police Pat Warnick in appreciation. Pictured above are Center President Ami Shavalier Officer Warnick and Center Vice President Bill Hungiville. Thank you.

## February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 <i>Meal 1</i> Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread	4 <i>Meal 2</i> Salisbury Steak w/ Gravy Cheddar Mashed Potatoes Green Peas Wheat Dinner Roll Tossed Salad w/ Broccoli and Cauliflower	5 <i>Meal 3</i> BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread	6 <i>Meal 4</i> Spaghetti & Meatballs Italian Bread - 1 slice Tossed Salad 1 1/2 cup w/ Broccoli and Cauliflower	7 <i>Meal 5</i> Chicken Salad Tomato Slices, Lettuce Wheat Bread Garden Vegetable Soup Diced Peaches w/ Yogurt Topping
10 <i>Meal 8</i> Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Pears	11 <i>Meal 7</i> Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Fruit Cocktail	12 <i>OHS Closed</i> Lincoln's Birthday	13 <i>Meal 9</i> Italian Wedding Soup Egg Salad on Wheat Bread Broccoli Slaw Raspberry Applesauce	14 <i>Meal 12</i> Barbecued Pork Ribs Baked Potato w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll
17 <i>OHS Closed</i> President's Day	18 <i>Meal 15</i> Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	19 <i>Meal 13</i> Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Tossed Salad w/ Broccoli and Cauliflower Wheat Bread	20 <i>Meal 16</i> Sauerkraut & Pork Whipped Potatoes Apple/Pear Compote Rye Bread - 2 slices	21 <i>Meal 11</i> Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/ Yogurt Wheat Bread
24 <i>Meal 18</i> Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	25 <i>Meal 20</i> Cheeseburger/Wheat Bun Chopped Onion - 1 Tbs Potato Salad Baked Beans Mandarin Oranges	26 <i>Ash Wednesday</i> Lasagna Florentine (Meatless) Italian Bread Baja Tossed Salad w/ a Hard Boiled Egg	27 <i>Meal 12 B</i> BBQ Pulled Pork Wheat Sandwich Bun Broccoli Cauliflower Salad Peach Fruit Cup w/ Coconut	28 <i>Meal 17</i> Lemon Pepper Fish w/Tartar Sauce & Lemon Rice & Barley Medley Green Peas Coleslaw

Subject to change, check with your center director for a complete menu  
Milk is served with each meal

# OHS MEAL CALENDAR



## March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>Meal 21</i> Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	3 <i>Meal 22</i> Stuffed Pepper in Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	4 <i>Meal 24</i> Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Beef Soup Broccoli Slaw	5 <i>Meal 23</i> Chicken & Vegetables in Gravy over Biscuit Tossed Salad w/ Broccoli and Cauliflower	6 <i>Lenten Meal</i> Egg Salad Wheat Bread Chunky Style Tomato Soup Saltine Crackers Cold Pea Salad
9 <i>Meal 1</i> Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread - 1 slice	10 <i>Meal 4</i> Spaghetti & Meatballs Italian Bread - 1 slice Tossed Salad 1 1/2 cup w/ Broccoli and Cauliflower	11 <i>Meal 3</i> BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread	12 <i>Meal 2</i> Salisbury Steak w/ Gravy Cheddar Mashed Potatoes Green Peas Wheat Dinner Roll Tossed Salad w/ Broccoli and Cauliflower	13 <i>Lenten Meal</i> Tuna Salad Tomato Slices, Lettuce Wheat Bread - 2 slices Garden Vegetable Soup Diced Peaches w/ Yogurt Topping
16 <i>Meal 8</i> Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Sliced Pears	17 <i>Meal 7</i> Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green Beans Whipped Potatoes Fruit Cocktail 	18 <i>Meal 9</i> Italian Wedding Soup Chicken Salad Wheat Bread Broccoli Slaw Raspberries in Applesauce	19 <i>Meal 6</i> Pork Roast Gravy Baja Tossed Salad Peas & Carrots Rice Pilaf Wheat Dinner Roll	20 <i>Lenten Meal</i> Lemon Pepper Fish Macaroni and Cheese Stewed Tomato Medley Banana/Pineapple Mix
23 <i>Meal 15</i> Pasta Fagioli Cheese Slice Wheat Dinner Roll Fruit Cocktail w/ Strawberries	24 <i>Meal 12</i> Barbecued Pork Ribs Baked Potato w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll	25 <i>Meal 13</i> Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Tomato Juice Wheat Bread	26 <i>Meal 11</i> Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/Yogurt Wheat Bread	27 <i>Lenten Meal 14</i> Lasagna Florentine (Meatless) Italian Bread Tossed Salad 1 1/2 cup w/ Broccoli, Cauliflower, and a Hard Boiled Egg
30 <i>Meal 18</i> Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	31 <i>Meal 16</i> Sauerkraut & Pork Whipped Potatoes Apple/ Pear Compote Rye bread - 2 slices			

Subject to change; check with your center director for a complete menu

Milk is served with each meal

# OHS MEAL CALENDAR