

SENIOR REVIEW



OFFICE OF HUMAN SERVICES, INC
AREA AGENCY ON AGING
ELK, CAMERON & McKEAN COUNTIES
 Office of Human Services, Inc.—www.ohsaging.com
 Social Security—www.ssa.gov
 Medicare—www.medicare.gov
 IRS—www.irs.gov



POINTS OF INTEREST:

- 2020 Census
- 2020 Resolutions
- Retirement
- Senior Volunteers
- PDA Health & Wellness



2020



SENIOR CENTER NEWS:

BENNETTS VALLEY.....	7
DRIFTWOOD.....	11
ELDRED.....	13
EMPORIUM.....	16
FOX TWP.....	19
GREATER BRADFORD.....	24
JOHNSONBURG.....	29
JONES TWP.....	33
KANE.....	38
MOUNT JEWETT.....	44
PORT ALLEGANY.....	48
SAINT MARYS.....	53
SMETHPORT.....	56
MENUS.....	63

WHAT'S YOUR NEW YEAR'S RESOLUTION??

THIS YEAR

I will make a genuine and dedicated effort to



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.

New Year's Resolutions for 2020



"On New Year's Eve, the whole world celebrates the fact that date changes. Let us celebrate the dates on which we change the world."



2020



Wishing Judy Woelfel all the best
on her retirement!
(below: Kim Briggs and Judy)



Senior Center Volunteer and APPRISE Programs:

Kellie Rusciolelli, Coordinator

January Volunteer

Birthdays

Joe Burkes
Cassie Burlingame
Regina Caton
Ruth Coppolo
Laura Covert
Doris Dempsey
Joyce Dunworth
Jayne Erickson
Geo Freeburg
Guy Gerhart
Gerald Huff
Art Johnson
Kenneth Keefer
Susan Keefer
Charlotte Knopic
Judith Lachner
George Lavella
Mary Lazzo

Chester Landy
Alvin Lyon
Iva Miller
Dorothy Mosier
Donald Nelson
Ken Ostrum
Richard Parker
Mary Ann Pennington
Raymond Pettys
Dorothy Preshak
Karen Stone
Joyce Warmbrodt
Grace Yasurek
Doug Yingling



Welcome New Volunteers

Thomas Kreckel– Jones Twmsp SC
Martha Kreckel– Jones Twmsp SC



GENERAL ENROLLMENT PERIODS



INITIAL ENROLLMENT PERIOD (IEP)

The seven-month period when you are first eligible for Medicare. This is the three months before you turn 65, your birth month, and the three months following your birth month.



PART B GENERAL ENROLLMENT PERIOD (GEP)

If you miss initial enrollment, you can sign up for Medicare Part B between January 1 and March 31 each year.



OPEN ENROLLMENT PERIOD (OEP)

October 15 – December 7 each year. During this time you can switch from Original Medicare to a Medicare Advantage plan (with or without Part D included), enroll in a Part D plan, disenroll from Part D, or switch Part D plans.



MEDICARE ADVANTAGE DISENROLLMENT PERIOD (MADP)

January 1 – February 14 each year. You can leave your Medicare Advantage plan and return to Original Medicare and enroll in a stand-alone Part D plan.

Winterize to Prevent Falls



Below are five simple steps that YOU can take today to reduce falls among older adults and adults with disabilities in your community.

1

Raise awareness

Post and share this simple and colorful infographic—[6 Steps to Prevent a Fall](#)—from the National Council on Aging.

2

"Winterize" shoes, boots, and assistive devices

- Attach spikeless ice and snow shoe gripper sole covers to shoes for extra stability when walking on slippery surfaces. Look for these at sporting goods stores.
- Attach an ice gripper cane tip that has spikes on the bottom to penetrate the ice and secure a firm grip. Ice grip tips can be purchased online.
- Choose winter shoes with rubber soles to maintain traction on slippery surfaces.
- Try this inexpensive way to make [wheelchair snow tires](#).

3

Carry kitty litter for slick surfaces

Encourage older adults to [carry a zip top bag filled with a lightweight kitty litter](#) in their pocket and cast it out ahead of themselves on slick surfaces.

4

Screen older adults for fall risk

Health care providers: begin to check ALL older adults with the STEADI fall risk screening tool as part of your normal intake and reevaluation process. Learn more about administering the [STEADI screen](#) and using [evidence-based falls prevention programs](#) in your community.

5

Give the gift of falls prevention

Encourage adult children to give fall-proofing gifts to their parents:

- Fall alarm systems that are motion triggered without hitting a button
- Higher toilets in the home
- Replace multifocal glasses with single vision eyeglass lenses
- Grab bars in bathroom and next to outside steps or inside thresholds
- Install firm stair railings on both sides of stairways and set automatic lights over stairways and by outside entrances
- Cover the entryway to the home and provide a table to set down bags while finding keys
- Shorter days mean more time in the dark—give tiny flashlights to attach to keys, hats, and coat buttons

Bennetts Valley Senior Center January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>OHS Closed</i> <i>New Year's Day</i>	2 <i>Meal 2</i> 8:30 Morning Coffee break 11:00 WRC-Assessing Risk for Alzheimer's 11:30 HSIM Exercise 12:00 Lunch 12:30 Games of choice 4:00 Walking at BV School	3 <i>Meal 3</i>
6 <i>Meal 8</i> 8:30 Morning Coffee Break 11:30 HSIM Exercise 12:00 Lunch 12:30 Games of choice 4:00 Walking at BV School	7 <i>Meal 7</i> 8:30 Morning Coffee Break 12:00 Lunch AR: White Cake w/ Mmallow Cr. Frosting 1:00 Quarter Bingo 4:00 Walking at BV	8 <i>Meal 10B</i>	9 <i>Meal 9</i> 8:30 Morning Coffee Break 11:30 HSIM Exercise 12:00 Lunch 12:30 Games of choice 4:00 Walking at BV School	10 <i>Meal 6</i>
13 <i>Meal 15</i> 8:30 Morning Coffee Break 11:30 HSIM Exercise 12:00 Lunch 12:30 Games of choice 4:00 Walking at BV School	14 <i>Meal 12</i> 8:30 Morning Coffee Break 12:00 Lunch AR: Oranges In Jello w/whipped topping 1:00 Quarter Bingo 4:00 Walking at BV	15 <i>Meal 13</i> 4:30 Ice Cream Social 50/50 drawing	16 <i>Meal 14</i> 8:30 Morning Coffee Break 11:30 HSIM Exercise 12:00 Lunch 12:30 Games of choice 4:00 Walking at BV School	17 <i>Meal 11</i>
20 <i>Meal 18</i> 8:30 Morning Coffee Break 11:30 HSIM Exercise 12:00 Lunch 12:30 Games of choice 4:00 Walking at BV School	21 <i>Meal 20</i> 8:30 Morning Coffee Break 11:00 BP/BS Why Managing Med. Matters 12:00 Lunch AR: Choc. Pudding Pie 1:00 Quarter Bingo 4:00 Walking at BV	22 <i>Meal 10A</i> 4:30 Pot Luck	23 <i>Meal 19</i> 8:30 Morning Coffee Break 11:30 HSIM Exercise 12:00 Lunch 12:30 Games of choice 4:00 Walking at BV School	24 <i>Meal 17</i>
27 <i>Meal 21</i> 8:30 Morning Coffee Break 11:30 HSIM Exercise 12:00 Lunch 12:30 Games of choice 4:00 Walking at BV School	28 <i>Meal 24</i> 8:30 Morning Coffee Break 12:00 Lunch AR: Yellow cake w/P. Butter Frosting 1:00 Quarter Bingo 4:00 Walking at BV	29 <i>Meal 23</i>	30 <i>Meal 22</i> 8:30 Morning Coffee Break 11:30 HSIM Exercise 12:00 Lunch 12:30 Games of choice 4:00 Walking at BV School	31 <i>Meal 25</i>

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

Milk is served with each meal

Bennetts Valley Senior Center

149 Plum Street P.O. Box 77

Weedville, PA 15868

814-787-7888



January 2020



Congratulations Judy!!
Enjoy your retirement!!
We will miss you!



Left picture
Eleanor Green—BV
Center President
and Judy Woelfel



Right Picture—Bill
Orzechowski—
Executive Director
for Office of Human
Services



Bennetts Valley Senior Center

Celebrates Judy





Happy New Year
from all of us here at
Bennetts Valley
Senior Center!



FYI

Jan 2- No walking at BV School

Jan 3 - Walking resumes at BV School
Monday & Thursday —11:00— Stretch,
Strength & Balance

Tuesdays—1:00 Bingo

Jan 9 - 4:30 - Ice Cream Social and 50/50

Jan 16— 4:30 Pot Luck

These are just a few of the many activities at
the center.

Come and visit we would love to see you here.



DRIFTWOOD SR. CENTER

2020

Like us on
Facebook!

JANUARY

SCHEDULE OF EVENTS

Wednesday, January 1st

CLOSED—HAPPY NEW YEAR

Wednesday, January 8th

Sr. Center Meeting—11:00 am

Thursday, January 9th

Police Appreciation Day

Thank you to all who serve!

Tuesday, January 28th

Community Nurses

Free Blood Pressure & Blood Sugar Screenings & "Talk on Why Managing Medication Matters"

COMING IN FEBRUARY...

Community Nurses—Eat Right for Your Heart!

Valentine's Day Party



SENIORS ENJOYING THE OUTDOORS

When you live and breath Cameron County, hunting is a part of your life. Senior Citizen Red Dog is proud to display his harvest. A lot of man hours and a lot of physical activity goes along with the sport of hunting, and staying in shape is important to continue the sport year after year. Red Dog is always happy to share his stories and show pieces to the rest of the group. Never a dull moment when Red Dog is around.

OLD FOAGIE HOAGIES

TO BE ANNOUNCE - WATCHING WEATHER



IT'S ALWAYS WARM AT THE DRIFTWOOD SR. CENTER

Bad storm and your power goes out. No heat, no way to heat up a good meal? Well, there is no better place to go but to The Driftwood Sr. Center. Our generator will provide the power to help with all these things that you do not have at home, plus you will be with some good company and you might even find something fun to do. We are always open during our normal hours even in bad weather. Stop in and get warm and enjoy our center. Everyone is always welcome!





DRIFTWOOD SR. CENTER



PASTRY CHEF WAYNE!

Wayne Johnson made a special treat for everyone using fresh fruit and sugar free ingredients. Eating healthy is a positive step to independent living!



2019 CHRISTMAS COOKIE EXCHANGE

The 2019 Christmas Cookie Exchange was a huge hit. Over 20 women and one man joined together for a Sunday afternoon of food, fun and games and of course, exchanging cookie. What better way to meet new friends and of course get some really good cookies!



Happy New Years

Eldred Senior Center

January 2020 is a New Year for Resolutions

Phone (814) 225-4752
Open 8:00 am—2:30 pm



Monday thru Friday



Ask about APPRISE REFFERALS



ATA

Reserve a ride today

Call 1-866-282-4968 Reservation need to be made 24 hours in advance.

- Extra Notes
- Happy New Years
- Penny Bingo



HAPPY NEW YEAR

What are my Medicare rights?

No matter how you get your Medicare, you have certain rights and protections. All people with Medicare have the right to:

Be treated with dignity and respect at all times

Be protected from discrimination

Have personal and health information kept private

Get information in a way they understand from Medicare, health care providers, and Medicare contractors

Have questions about Medicare answered

Have access to doctors, other health care providers, specialists, and hospitals. Learn about their treatment choices in clear language that they can understand, and participate in treatment decisions. Get Medicare-covered services in an emergency . Get a decision about health care payment, coverage of services, or prescription drug coverage

Request a review (appeal) of certain decisions about health care payment, coverage of services, or prescription drug coverage. File complaints (sometimes called "grievances"), including complaints about the quality of their care.



Join us for Music with "Moose" at 10am. every other Thursday .

Extra Notes

Please join me with our computer class held on every Tuesday afternoon at 1:00 pm. This is free to the public age 60+. The class covers the basics that includes: turning on the computer, information searches, and setting up your own e-mail address, plus more. Please feel free to call 225-4752, sign up for a class today!

Don't 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. Get weighed-in on Thursday morning and keep track of your weight weekly. We wish assist you in taking charge of your health and weight one day at a time.

Eldred Senior Center



Ed and Pat working a 1000 piece puzzle.

Join our Penny Bingo every Thursday at 12:00 pm.



The Eldred Senior Center Birthday Corner

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

Dana Goldsmith Linda Clouser

Pat Tyler Bill Penoyer



- January 1 Center Closed Happy New Year
- January 2 Visiting Nurse presents @11 am.
- January 7 HSIM Exercise @10am.
- January 8 Community Nurse Presents "Managing Medications" @11am.
- January 8 Police Appreciation Day
- January 13 Eat Smart@11am
- January 15 Medicare @11am.
- January 17 5 Crown
- January 20 Puzzle group@10
- January 22 Visiting Nurse "Risks for Alzheimer's" @ 11am.
- January 23 Music with Moose @10am
- January 24 Wii Bowling/Golf @9:30am
- January 27 Current Events @10 am.
- January 30 Afternoon Bingo @12pm.

Eldred Senior Center



A HAPPY
NEW YEAR

*From the Eldred
Senior Center 2020*



The Eldred Senior Center Member's would like to wish you a Happy New Year! and hope your Christmas was Joyous.



Daily 5 Crown games at the Eldred Center at 12:00 pm.



Take Charge of your health and Join our Exercise on Tuesday mornings at 10:00am

Senior Moments

January
2020

By Kelly Spencer

COMING SOON

Wednesday, January 1st
Closed—Happy New Year!!

Thursday, January 9th
Police Appreciation Day!

Friday, January 10th
“Eat Smart/Live Strong” @ 11:45am

Tuesday, January 14th
Club Meeting @ 1pm!

Wednesday, January 15th
Supper Club @ 5pm!

Sunday, January 19th
Bingo @ 1pm!

Tuesday, January 21st
BP/BS Screenings @ 11-11:30am
“Managing Medications” @ 11:30am

Quote of the Month:

“YEAR'S END IS NEITHER AN END NOR A BEGINNING
BUT A GOING ON, WITH ALL THE WISDOM
THAT EXPERIENCE CAN INSTILL IN US.”

- HAL BORLAND

Emporium Senior Center

Weekly Activities:

Wii Tuesdays
Bingo & Bridge
Wednesdays

Healthy Steps in Motion

Thursdays
Adult Coloring
Thursdays

Scrabble Thursdays
Domino Fridays

New Year's Resolution

Be More Awesome than last year.



Emporium Senior Center



Emporium Senior Center BINGO

Here at the center, we play BINGO every Wednesday afternoon at 1 pm. We also play BINGO on the 3rd Sunday of every month at 1 pm!

Pictured Above Right is our fearless Bingo Caller, Don Zuback!
He does a great job and is looking rather festive in his new hat!



At our Thanksgiving Holiday Meal, we had a fun and festive time with 50 here for lunch. This panoramic picture shows a few of the amazing kitchen volunteers, as well as 40 of the 50 seated in the dining area. The other 10 were seated on the other side of the dividing wall and everyone seemed to have a lovely time together!

Emporium Senior Center



What a fun adventure this crew had going on a field trip to the movies! We headed to the Apollo Theater in St. Marys, PA to see the new Mr. Rogers movie at the Matinee showing. Matinee shows only cost \$3/person and if you are 62+, you can go see a movie there any time for only \$3! Many of us also enjoyed some yummy popcorn while we watched the show!

Pictured L-R: George Andrus, Cindy Moore, Jon Ward, Don Zuback, Terri Zuback, Nancy Brown, and Chris Brown.

The more you grow into a helpful person yourself, the happier you'll find this world of ours is.

- Fred Rogers



If you haven't yet seen "A Beautiful Day in the Neighborhood", we highly recommend. The movie has been said to be "slow" by some, and maybe this is a true assessment to a point. I

actually think part of the beauty of this film is that it takes us back into a world of slower time and pace. In the film, they clearly depict Mr. Rogers as someone, who did not rush things—and more than things, he did not rush his time with people. In our crazy busy culture, it's a great reminder to slow down. Breathe.

Take time to treat others well.

Thank you for the important lessons, Mr. Rogers!

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

- 01-13 Community Nurses—BP &BS Screening @ 10:15 am
Presentation @ 11:15 am
Why Managing Meds. Matters
- 01-14 WRC - Pauline Gausman @ 10:00 am - Assessing Risk for Alzheimer
- 01-16 Wellness Committee - @ 10:00 am - Eat Smart, Live Strong
Session 1 Reach Your Goals
Step by Step.

- 01-07 Entertainment - Mad Music (Mike Doty) @ 10:30 am
- 01-14 Pound Bingo @ 10:30 am
Bloodmobile @ 1:30 pm
- 01-16 Club Meeting @ 10:30 am
- 01-20 Book Club @ 10:30 am
- 01-21 Entertainment - Jerry Cole @ 10:30am
- 01-31 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, Jan 1st. To ring in the New
Year !!

Tax Season is upon us call for your
appointment.

FOX SENIOR CENTER HERE'S WHAT'S HAPPENING



OH CHRISTMAS TREE OH CHRISTMAS TREE, HOW LOVELY ARE YOUR BRANCHES IN

New decorations for this year for our tree.

FOX SENIOR CENTER



Christmas Play with First and Second from Fox Elementary

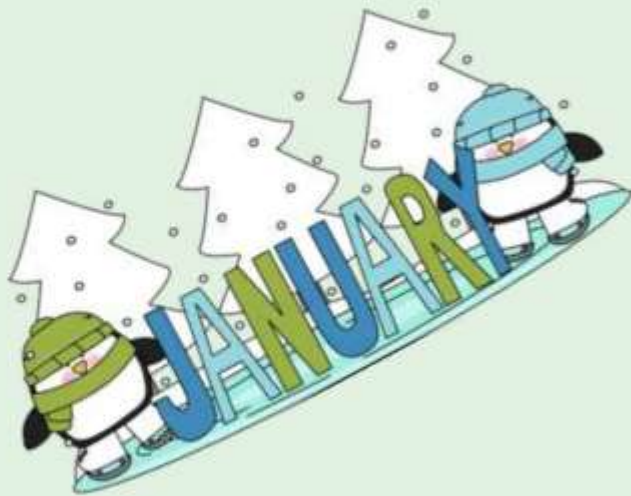


New music at Fox but with a few familiar faces



www.foxsenior.com

FOX SENIOR CENTER



01-11	Dorothy Mosier
01-16	Jacquelyn Himes
01-21	George Lavella
01-23	George Heigel



**THE GREATER BRADFORD
SENIOR ACTIVITY CENTER**

JANUARY, 2020



Happy New Year

**60 CAMPUS DRIVE
BRADFORD, PA 16701
MONDAY THRU FRIDAY
8:00 AM - 4:00 PM**

**MAKE US YOUR HOME
AWAY FROM HOME!**



THE GREATER BRADFORD SENIOR
ACTIVITY CENTER
SPEAKERS FOR JANUARY, 2020



1-02-20
VISITING NURSES
ASSESSING RISK 2020
12:30 PM



1-27-20
COMMUNITY NURSES
MEDICATION - WHY MANAGING
MEDICATIONS MATTERS
12:30 PM

1-27-20
COMMUNITY NURSES
BLOOD PRESSURE
BLOOD SUGAR CHECKS
11:30 AM

**THE GREATER BRADFORD
SENIOR ACTIVITY CENTER
SPECIAL EVENTS FOR JANUARY, 2020
COME AND JOIN US**

BINGO DAY

1-21-20

1:00 PM - 3:00 PM

ANNUAL TUREEN DINNER

1-25-2020

12:00 PM - 2:00 PM

EUCHRE TOURNAMENT

1-28-20

1:00 PM - 3:00 PM

RAFFLE DRAWING

1-30-20

12:30 PM

CERTIFICATE DRAWING

1-31-20

12:45 PM



**THE GREATER BRADFORD
SENIOR ACTIVITY CENTER**

JANUARY, 2020

BIRTHDAYS



1-09-20

Carol Zeigler

1-10-20

Ted Gross

1-12-20

Clair Butler

1-22-20

Fannie Parrott

1-23-20

Gordie Eddy

**THE GREATER BRADFORD
SENIOR ACTIVITY CENTER**

WISHES EVERYONE

A PROSPEROUS

2020



**HAPPY
New Year**



Johnsonburg Senior Center

January 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

January 2020

Health & Wellness

January 8-11:00 Nutrition Program "Eat Smart/Live Strong"
January 9-11:00 Blood Pressure/Sugar Screenings with CN
January 9-11:30 Presentation "Why Managing Medication Matters" with CN
January 14-11:15 Blood Pressure Screenings with KHHN
January 22-11:15 Blood Pressure Screenings with WRC
January 22-11:30 Presentation "Assessing Risk for Alzheimer's" with WRC

Weekly Activities

Monday

1:00 -1/6 & 1/20 Pinochle
12:30 -1/13 & 1/27 Brockway Cinch
1:00-Line Dancing

Tuesday

12:30-1/14 Membership Meeting
12:45-(cards) 500

Wednesday

9:00-Knitting
10:00-HSIM
1:00 -Cinch

Thursday

1:00-Sewing Club

Friday

12:30-Mexican Train
6:30-1/3, 1/17, & 1/31 Bingo

Music

with

"Still Kickin"

January 16th

Begins at 10:30

**Lunch Reservations
required**



Johnsonburg Senior Center
January Birthday's



1/1 Joyce Dunworth
1/1 Sally Smith
1/1 Linda Boulais
1/2 Nancy Shuey
1/2 Barb Pistner
1/2 Mary Lynn Smith
1/3 Kathy Rickard
1/10 Jane Erickson
1/10 Karolee Cummings
1/16 Georgeanne Freeburg

1/16 Charlotte Knopic
1/18 Dennis Lee
1/20 Joyce Warmbrodt
1/21 Judi Lachner
1/21 Rose Brendel
1/22 Lillian Bliskey
1/22 Maryann Pennington
1/26 Julia Benson
1/27 Sam Guaglianone
1/28 Cecelia Miller



Johnsonburg Senior Center
Activities



Thanksgiving
Dinner
We also enjoyed
"Mad Music"
with Mike Doty



Puzzle Done



It's beginning to
look a lot like
Christmas!



JONES TOWNSHIP TIMES

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

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

JANUARY 2019	
1/7	11:15 "Medicare- ABN's- Advance Notice of Noncoverage"
1/9	11 AM Membership Meeting
1/14	11 AM Community Nurses BP/BS 11:30 "Managing Medications"
1/16	11 AM WRC Nurse- BP Screen 11:30 "Assessing Alzheimer's Risk"
1/21	11 AM OVR Heidi Pierce "Your Vision"
1/23	10 AM Cinch Tournament
1/28	11 AM Eat Smart- Live Strong Kick-off



JANUARY BIRTHDAYS

1/3	Art Johnson
1/16	Chuck Hoyt
1/24	Dorothy Preshak
1/31	Mary Lazzo

**JANUARY 1ST-
 OHS CLOSED
 HAPPY NEW YEAR!**



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



JONES TOWNSHIP ACTIVITIES - SINGING DUTCHMEN



**JONES TOWNSHIP-
GAMES, COLORING PLACEMATS**



**JONES TOWNSHIP ACTIVITIES -
THANK YOU 2019 VOLUNTEERS!**



Kane Senior Center

January 2020



YOUR HOME AWAY FROM HOME!!



“Jumping into January!”

January

Fun January Facts

- The flower symbol is the **Carnation**.
- January's birthstone is the **Garnet**.
- Did You Know...**
- Albert Einstein and Charles Darwin both married their **cousins**.
- in 1984 a Canadian farmer tried renting advertising space on his **COWS**.
- a pound of **houseflies** contains more protein than a pound of beef.

-the **male** seahorse carried the babies until they hatch-not the female.

-the male **Ostrich** can roar just like a lion..

-**Mountain Lions** can whistle.

-**Cows** kill more people than sharks do.

-**Cats** have 32 muscles in each of their ears.

-**Butterflies** taste their food with their feet.

-**Tarantulas** can live without food for more than two years.

-the **tongue** of a blue whale weighs more than most elephants.

“Who Knew?”

In This Issue:

- . **Breakfast Club**
- . **January Birthdays**
- . **It's a Beautiful Day in the Neighborhood.**



Breakfast Club to Kaffe Sol...^{Kane}

One of our most favorite things to do at the Kane Senior Center is to share life together. With the pending winter weather, we decided to change our Supper Club to a Breakfast Club. This month we headed off to Mount Jewett to Kaffe Sol. We had such a nice time and it was so much fun sampling some Swedish fare.

We will be back as it was DELICIOUS!!



More Kaffe Sol

Kane



More Kaffe Sol...

Kane



January Birthdays



- Ellie Troutman
- Sally Anderson
- Marion Larson
- Mabel Johnson
- Don Blair
- Ruth Truden
- Karen Stone
- Tom Dinger
- Phyllis Swanson
- Carol Compton

- Jerry Cole
- Mary Brzezinski
- Curt Hartman
- Don Nelson
- Walt Nelson
- Jim Remick
- Sue Anderson



Kane

"It's a Beautiful Day in the Neighborhood!"

Recently the Kane Senior Center Adventurers went off to St. Mary's and we found out it is a BEAUTIFUL day in our neighborhood. We took advantage of the \$3.00 discount at the APOLLO theatre and saw the touching movie about our beloved Mr. Rogers. We then dined at Hoss' together. Yumm-o!!! Where will our next adventure be?!?

There is nothing better than sharing life together as a family!!



More Mr. Roger's...

Kane



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

HAPPY NEW YEAR

**The Center
will be closed
January 1st**

January 2020

1/07	12:30 Bingo
1/08	12:30 Reminisce
1/08	1:00 Mountaineers
1/14	12:30 Bingo
1/14	12:30 Kane Hosp. Blood Pressures
1/15	12:30 Joke Day
1/15	12:00 McKean VN- "Assessing Risk for Alzheimer's."
1/20	11:00 CN-BP/BS 11:30 "Why Managing Medication Matters."
1/21	12:30 Current Events
1/22	12:30 Bingo
1/28	12:30 Bingo
1/29	12:30 Poetry Appreciation

JANUARY BIRTHDAY

1/17 Jeanne Verolini

The following pages have pictures of the completed roof and our beautiful kitchen renovations. Also, the local preschool kids visited us and heard Miss Harriet read "The Mitten" by Jan Brett. Each child picked a pair of mittens made by Harriet Moore, LaRue Smith and Sally Barnhart.



What's New



Mount Jewett Senior Center



Friends



Mount Jewett Senior Center



Other Activities



2020 Nutritional Presentations
"Eat Smart / Live Strong"
will be held 1/3, 1/10, 1/17 & 1/24 at
11:00



Medicare information
will be provided on
Monday, January 13th
at 12:30

Healthy Steps in Motion
Mondays and Fridays at
10:30

Monthly Birthday Party
January 23rd at 12:30.
Please Join us for cake.

Yoga every
Thursday
at 1:00

Mount Jewett Senior Center

PORT ALLEGANY SENIOR CENTER

JANUARY 2019 NEWSLETTER

MONDAY—FRIDAY, 8:30—2:30PM



*ALL ARE WELCOME
HERE*

SPECIAL DATES:

Wed.	Jan. 01	All day	Center Closed, Happy New Year!!
Tue.	Jan. 07	11:00	Strength & Stretch, Bingo to follow Lunch.
Wed.	Jan. 08	12:45	Craft
Thu.	Jan. 09	11:00	Strength & Stretch, Bingo to follow Lunch.
Tue.	Jan. 14	11:00	Strength & Stretch, Bingo to follow Lunch.
Wed.	Jan. 15	11:00	Community Nurses
Thu.	Jan. 16	11:00	Strength & Stretch, Bingo to follow Lunch.
Thu.	Jan. 16	12:45	50 Plus Club to meet.
Mon..	Jan. 20	10:00	Birthday Party Music with Carl & JoAnn
Tue.	Jan. 21	11:00	Strength & Stretch, Bingo to follow lunch
Thu.	Jan. 23	11:00	Strength & Stretch, Bingo to follow lunch
Tue.	Jan. 28	11:00	Strength & Stretch, Bingo to follow lunch.
Thu.	Jan. 30	11:00	Strength & Stretch, Bingo to follow lunch.

Port Allegany



CRAFTING &
DECORATING,
OH MY,
WHAT FUN!

January Birthdays!

- Jan. 07 Betty Yerger
Jan. 19 Mitzi Haskins
Jan. 20 Ray Petteys
Jan. 25 Laura Covert
Dec. 22 Bob Russell
Dec. 29 Thelma Mattison
Dec. 31 Linda McMichael



**ANOTHER YEAR
LOOKS GREAT ON
YOU!
God Bless and Many
More!**



*Thank you to all
who join us at the
Center,
God bless you &
Happy New Year!*



St. Marys Senior Center

72 Erie Avenue (across from parking garage on Depot Street)

Marien Stadt Place

St. Marys, PA 15857

814-781-3555

llamb@ohsaging.com

Monday—Friday 8-4

Lesia Lamb, Director



Mondays Pinochle 12:45

Tuesdays Healthy Steps in Motion

Exercise class 10:15—11:15

Cards 12:45

Wednesdays 12:45 Hand & Foot

Thursdays Cards 12:45

Fridays Healthy Steps in Motion

Exercise class 10:15—11:15

Pinochle 12:45

Sunday, January 26 1:00

Public Cards CINCH

Monday—Friday 8:00—10:00am

we offer Continental breakfast.

Monetary donations

are appreciated.

Stop in for a current menu and schedule of activities & events.

Activities are subject to change



Senior Centers

are

CLOSED on

January 1



Make your Lunch Reservations

by 12:45 the day before

at the latest. Lunch is served at 11:45.

CELEBRATE

Age

St. Marys Senior Center



St. Marys Senior Center
 "Where good friends grow
 Like wildflowers..."



2020 membership dues

\$12 is payable for your 2020 yearly dues. Payment can be put into the metal box on Leah's desk. Make checks payable to SMSC. Just write your name and month & day of birth on an envelope that includes your money.



\$12



Tuesday, January 28

Peanut Butter Day

Yellow Cake with

PB Frosting

lunch: Turkey Sandwich



January 1 CLOSED

January 7 12:15

Program: "Assessing Risk for Alzheimers"

January 9

Police Appreciation Day

January 26 1:00 Public Cards

January 27 Community Nurses

10:15 – 11:15 BP and sugar screenings

11:15 Program:

"Why Managing Meds Matters"

January 28

Peanut Butter Day

Laptop Available for Your Use

APPRISE counseling available.

Call for an appointment.

Check at the center for activities that may be added to the January 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..."

**HAPPY
NEW YEAR!**



2020

Best Wishes in the

New year

**to all our area
Senior Center
Members, Center
Directors, and
OHS Staff.**



**We had a blue, blue, blue,
blue Christmas.**





JANUARY 2020

**SMETHPORT SENIOR
CENTER**

EXERCISE

Every Tues & Thurs @ 1

BINGO

Every Tues @ 10

PINOCHLE

Every Tues @ 1

CLASSY CRAFTERS

Every Wed @ 1

Carl & Joanne

Jan 8 @ 11

KARAOKE

Jan 3, 10, & 24, 31 @ 11

VISITING NURSES

Assess Alzheimers Risk

Jan 9 @ 11

JUDY MARQUART

Jan 15 @ 11

GENE SHUNK

Jan 17 @ 11

DOUG & RED

Jan 22 & Jan 29 @ 11

COMMUNITY NURSES

Managing Medication

Blood Press/Sugar @ 11

Jan 29 @ 11:30



**YET ANOTHER NONAGENARIAN
MR MERLE DIBBLE. IT IS EASY TO
SEE WHY MERLE SEEMS SO YOUNG;
AT 90 YEARS OLD HE HAS A
WONDERFUL SENSE OF HUMOR.**



Elaine Summerday and Leonard Norville of the Bradford Library Books and Barks Senior Outreach program presented a tale on “The Magic Snowflake” a book written by Elaine. The presentation was complete with a song also written by Elaine in the back of the book and a legend that explained how precious even a simple lump of coal can be. Each participant received a velvet bag that contained a lump of coal and a linen bag with a snowflake puzzle.



**TWO MERRY ELFS
SCOTT SOLIWODA
AND ADAM SPEARS
PUTTING UP OUR
CHRISTMAS ANGEL.
THANKS FELLAS!**





SUE TOWNSEND AND JOAN HARDENSTINE WITH THE WREATH THAT SUE TAUGHT THE GROUP TO MAKE. HELEN, SUE, AMI, CAROL, JOAN AND BRENDA ENJOYING ANOTHER ONE OF SUE'S PROJECTS.





**Happy New Year
(A Poem by Don Ross)
It is time for a New Year
Resolution
So lets come up with a solution
To get rid of the earth's pollution
Before it dissolves into dissolution
So lets bring good luck about
By eating a dish of sauerkraut
So Happy New Year everybody
May your life's path be clear
And not be muddy!**





CHRISTMAS CRAFT SHOW 2019





January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>OHS Closed</i> <i>New Year's Day</i>	2 <i>Meal 2</i> Salisbury Steak w/ Gravy Cheddar Mashed Potatoes Green Peas Wheat Dinner Roll Tossed Salad w/ Broccoli and Cauliflower	3 <i>Meal 3</i> BBQ Chicken Breast Green Beans Macaroni Salad Fresh Tangerine Wheat Bread
6 <i>Meal 8</i> Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Pears	7 <i>Meal 7</i> Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Fruit Cocktail	8 <i>Meal 10B</i> Chili Corn Bread Muffin Mixed Vegetables Banana/Pineapple Mix	9 <i>Meal 9</i> Italian Wedding Soup Egg Salad on Wheat Bread Tomato, Cucumber, Onion, Green Pepper Salad Raspberry Applesauce	10 <i>Meal 6</i> Pork Roast with Gravy Baja Tossed Salad Peas & Carrots Rice Pilaf Wheat Dinner Roll
13 <i>Meal 15</i> Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	14 <i>Meal 12</i> Barbecued Pork Ribs Baked Potato w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll	15 <i>Meal 13</i> Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Tomato Juice Wheat Bread	16 <i>Meal 14</i> Lasagna Italian Bread Tossed Salad 1 1/2 cups w/ Broccoli and Cauliflower	17 <i>Meal 11</i> Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/Yogurt Wheat Bread
20 <i>Meal 18</i> Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	21 <i>Meal 20</i> Cheeseburger/Wheat Bun Chopped Onion - 1 Tbs Potato Salad Baked Beans Mandarin Oranges	22 <i>Meal 10A</i> Chicken Florentine Buttered Noodles Peas and Carrots Sliced Peaches	23 <i>Meal 19</i> Goulash w/ Grated Cheese Cinnamon Pears Tossed Salad w/ Broccoli and Cauliflower	24 <i>Meal 17</i> Lemon Pepper Fish w/Tartar Sauce & Lemon Rice & Barley Medley Green Peas Coleslaw
27 <i>Meal 21</i> Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	28 <i>Meal 24</i> Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Beef Soup Broccoli Slaw	29 <i>Meal 23</i> Chicken & Vegetables in Gravy over Biscuit Tossed Salad w/ Broccoli and Cauliflower	30 <i>Meal 22</i> Stuffed Pepper in/Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	31 <i>Meal 25</i> Sloppy Joe Wheat Bun Chuck Wagon Corn Diced Pears w/ Blueberries

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

Milk is served with each meal

OHS MEAL CALENDAR

February 2020

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