

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
- Senior Volunteers
- PDA Health & Wellness



SENIOR CENTER NEWS:

BENNETTS VALLEY.....	7
DRIFTWOOD.....	11
ELDRED.....	13
EMPORIUM.....	16
FOX TWP.....	19
GREATER BRADFORD....	25
JOHNSONBURG.....	31
JONES TWP.....	35
KANE.....	40
MOUNT JEWETT.....	46
PORT ALLEGANY.....	50
SAINT MARYS.....	55
SMETHPORT.....	58
MENUS.....	64



March 17, 2020
Happy St.Patrick's Day !



3/8/20
Daylight
Saving Time



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.

Senior Center Volunteer and APPRISE Programs:

Kellie Rusciolelli, Coordinator

March Volunteer

Birthdays

Marge Adams
Katherine Allegretto
Pat Bloam
Barb Bowley
Darryl Cassel
Elizabeth Cheattle
Virginia Corio
Bev Fielding
Betty Gapinski
Eleanor Green
Diana Hollabaugh
Walter Johnson
Wayne Johnson
Gordon Johnson
Liela Kronenwetter
Bob Lilja
Larry Malacarne
Joanne Mattie
Floyd McAfoose
Dorothy McNutt

Lee Michel

Josephine Moyer

Jane Nolan

Mary Kay Pavlock

Kathleen Payne

Josephine Peterson

Shirley Schneider

Harriet Stahlh

Barb Stine

Charles Veronesi



WE
♥
OUR
Volunteers

Thank you!!

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.

Nutrition: It's a Matter of Fact National Nutrition Month®

NUTRITION:
**IT'S a
MATTER
OF FACT**

AMERICAN DIETETIC ASSOCIATION
www.eatright.org

WORD SEARCH

Words may be found vertically (up and down), horizontally (across), and diagonally (corner to corner).

B O K C H O Y P W W F O D J E V H Z X E
 Z O H T T A V O C A D O E L C N D M A A
 N X X U V M A C K E R E L V M K J H Y L
 W P G Q N C A U L I F L O W E R B A Q Q
 V L A M R R C N O F G R I T S S P Z S N
 L H A O Y O B R O K R A O U E A T E C S
 F Q D Z U M J I E P U I Z I P L O L A N
 G B S Z N A T C V C H B R N W Z F N L D
 A Y Z A B I U O Z C W R D E G S U U L G
 R P A R D N F T A U E D D C G I L T O C
 B I R E E E R T J B C Y Y T H X A C P U
 A D T L K G S A P D E C R A W I C O S A
 N T I L W I A S K N L P H R F C T R C S
 Z E C A P N A W O L R J D I R K O N U P
 O V H M Z R F H A Z W F O N N B S B C A
 B T O R T I L L A J F P J E G I E R U R
 E B K S E W A T E R C R E S S U V E M A
 A U E P U W R P A R S N I P S L L A B G
 N B S P A G H E T T I B K L S W I D E U
 S L X V E A L B K I W I V X I V D Q R S



artichokes
 asparagus
 avocado
 bok choy
 cauliflower
 cornbread
 cucumber
 garbanzo beans
 grits
 hazelnut

honeydew
 kiwi
 lactose
 mackerel
 mozzarella
 nectarine
 okra
 papaya
 parsnips
 pistachio

raspberries
 ricotta
 romaine
 scallops
 spaghetti
 tofu
 tortilla
 veal
 watercress
 zucchini



FACT OR FICTION?

Nutrition Quiz

Circle the correct answer.

1. The amount of calories needed daily is the same for everyone. **FACT OR FICTION?**
2. Eating carbohydrates causes weight gain. **FACT OR FICTION?**
3. Doing some physical activity is better than doing none at all. **FACT OR FICTION?**
4. Sugars found naturally in fruit and milk are the same as sugars added to foods, like candies and cookies. **FACT OR FICTION?**
5. Portion sizes have increased over the years. **FACT OR FICTION?**
6. Only fresh produce is considered to be a good source for fruits and vegetables. **FACT OR FICTION?**
7. Oils, which are a source of fat, provide important nutrients. **FACT OR FICTION?**
8. Vegetarian diets are not appropriate for certain age groups. **FACT OR FICTION?**
9. Everyone should take a multivitamin mineral supplement. **FACT OR FICTION?**
10. All sources of nutrition information are credible. **FACT OR FICTION?**

“Eat Right When Money’s Tight ” programs will be presented at all of the senior centers in March, National Nutrition Month. Check your center’s schedule for the date and time. Your center director will be sent the answers to this quiz.

PDA Health and Wellness Program

Bennetts Valley Senior Center

149 Plum Street P.O. Box 77

Weedville, PA 15868

814-787-7888

March 2020

SENIORS TEXTING CODE:

ATD: At The Doctors
BFF: Best Friend Fell,
BTW: Bring the Wheelchair,
BYOT: Bring Your Own Teeth,
FWIW: Forgot Where I WAS,
GGPBL: Gotta Go Pacemaker
Battery Low,
GHA: Got Heartburn Again,
IMHO: Is My Hearing-Aid On,
LMDO: Laughing My Dentures Out,
OMMR: On My Message Recliner,
OMSG: Oh My! Sorry, Gas,
ROFLACGU: Rolling On Floor
Laughing And Can't Get Up
TTYL: Talk To You Louder.



Tax Time

Call the center to schedule an appointment.

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



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, volunteer or both.



FYI

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

Tuesdays— 1:00 Quarter Bingo

March 5— 11:30 When Money is
Tight—You can Still Eat Right

March 11 — 4:30 — Ice Cream Social
and 50/50

March 17— 11:30— Program- Keep
and Eye on Your Eyes

Dress in Green for Good Luck!

March 18 — 4:30 Pot Luck

Walking @ BV School 4:00 Mon,

Happy 99th Birthday Harold Smith

Harold was born on Gardner Hill on 2-11-1921. He was the child of George and Hatti (Timblin) Smith. Harold is the oldest of 8 children. He has 3 sisters still living and one brother. Harold married Carolyn (Huff) Smith and they have been happily married for 77 years. Harold has 4 children, 9 grandchildren, 15 great grandchildren and 1 great, great grandson. Harold was raised on a farm and became a Coal Miner by trade. He is a former Forest Fire Warden and was a member of the OCC. Harold volunteered at our center as a delivery driver for meals to the home bound for over 15 years. Harold, in his younger days was an avid outdoors man. He loves to watch sports and is a fan of the Steelers and Pirates. He also enjoys watching old westerns.



Bottom picture is 5 generations of the Smith Family.

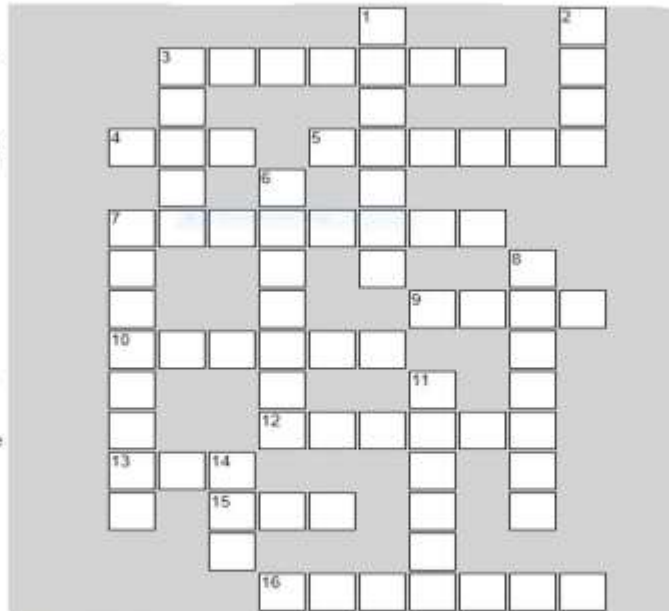
We wish Harold a Happy Birthday filled with joy and happiness.



Bennetts Valley Senior Center

ACROSS CLUES

3. Saint Patrick is the patron saint of this country.
4. Lively Irish folk dance
5. According to legend, St. Patrick drove these legless reptiles out of Ireland.
7. The three-leaf clover that's a symbol for Ireland
9. It's what's in the pot at the end of the rainbow.
10. A blight destroyed this very important crop resulting in the Great Famine.
12. The capital of the Republic of Ireland
13. Both an Irish Setter and a rose are this color
15. "May the road rise to meet ___" - an Irish blessing



DOWN CLUES

16. He's a saint and March 17 is his day.

1. The leprechaun's pot of gold is at the end of one.
2. Do this to the Blarney Stone to get the gift of gab
3. What everybody is on St. Patrick's Day
6. _____ isle - Ireland's nickname, due to its lush green landscape

7. Somebody who herds sheep, as Saint Patrick did in his youth
8. Kiss this Stone to get the gift of gab
11. A shamrock is the three-leaf type of this plant, the four-leaf type is lucky, they say
14. They pour it in the Chicago River on St. Patrick's Day

©Courseware Solutions
Wordville.com - Have Fun With Words!



Police Appreciation Day

Bill Orzechowski - OHS Executive Director and Trooper Bruce Morris enjoying lunch at Bennetts Valley Senior Center.

Thank you to Trooper Morris and all of the men and women who are always there to keep all of us safe day after day.

Bennetts Valley Senior Center



QUARTER BINGO
EVERY TUESDAY @
1:00 P.M.

YOU CAN'T WIN IF YOU DON'T PLAY!



DRIFTWOOD SR. CENTER



Like us on
Facebook!

MARCH



MARCH

SCHEDULE OF EVENTS

Wednesday, March 4th

Sr. Center Meeting—11:00 am

Tuesday, March 24th

Community Nurses
Free Blood Pressure & Blood Sugar Screenings & "Keep an Eye on Your Eyes"

Monday, March 30th

Cole Memorial Hospital
Donna Thomas talks about "When Money's Tight, You Can Still Eat Right"



COMMUNITY NURSES TEACH US RIGHT!

The Community Nurses discussed "Why Managing Medication Matters". This was a very interesting subject and everyone was refreshed on the subject. Blood sugar and blood pressure screenings were available and everyone loves this service each month.

OLD FOAGIE HOAGIES

TO BE ANNOUNCE -
WATCHING WEATHER



APRIL 18TH TROUT SEASON



OPENING DAY

The Driftwood Sr. Center is the place to be before and after the stream on the opening day of trout season. Hot coffee, the best breakfast sandwiches in town, hot soup and so many more goodies. We will be opening starting at daylight and look forward to seeing our regulars and all the new fisherman and guests! Just out for a drive, stop in and enjoy our company.



In Memory of Randy Johnson

DRIFTWOOD SR. CENTER



HELLO!

Sally Bailey just wanted to say "Hello" to all her friends & family.



Stop in & play some games!



EASTER EGG MAKING

The week of March 9th will be the week of Easter Egg making at the Sinnemahoning UMC. Most of the seniors take part in this annual event and have lunch at the senior center. Come & join in on the fun!



Happy Birthday



DORIS DEMPSEY CELEBRATES 80TH BIRTHDAY

What better place to celebrate your 80th birthday but at The Driftwood Sr. Center. Doris enjoyed over 40 guests and family for her special day. Food, fun and company were on the schedule and a great time was enjoyed by all!



Doris's most un-favorite food is green beans. Earl got her a bag full so that she could try new recipes and maybe find a way she likes them. This special gift was a hit and we believe even though Doris does not like green beans, it was her favorite gift of all!



March 2020 Eldred Senior Center

*Eldred Senior Center
"May the Luck of the Irish
be with you"*



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



Review Highlights

Happy St Patrick's Day
HSIM
Birthday Corner

APPRISE REFERRALS EVERY
Friday afternoon
from 1:00 pm to 2:30 pm

ATA

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

Reservation need to be made 24
hours
in advance.



Eldred Members in celebration of Officer
Appreciation Day From left to right Sherry Southard,
Rose Lasher Gert Whipkey and Police Chief Donald
Nies Thank You for your service and having lunch



The Eldred Senior Center would like to say
THANK YOU to our nurses for your care and
your wonderful presentations.



Extra Notes



Please join our free computer class held every Tuesday afternoon at 1:00 pm. This is a free computer class that is offered to the public 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!

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. The group can be more effective when in combination with our weight wise, which is every Thursday morning. Get weighed-in and keep track of your weight weekly. We wish to assist you in taking charge of your health and weight one day at a time.



Eldred Senior Center



**Join our HSIM
exercise eight week
program on
Tuesday mornings
starting April 21st at
10:00 am.**



The Eldred Senior Center Birthday Corner

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

Sue Kriner

Dave Baker

Judy Baker

Junc Kio

Dolores Lafferty



March 2 Current Events
March 3 HSIM Exercise @10am
March 4 Visiting Nurse Presents "You can Still Eat Right When Money is Tight" @11am.
March 5 Afternoon Bingo @12pm
March 9 Puzzle Group
March 11 Community Nurse Presents "Keep and Eye on Your Eyes" @11am Free Blood Pressure and Blood Glucose Screen @10:30am
March 12 5 Crown @ 12pm
March 13 Wii Bowling/ Golf @9:30am
March 17 Happy St Patrick's Day
March 18 Medicare
March 19 Music with Richard @10:30 am
March 23 Darwin and Company "Ole Time Country Music" @10am
March 24 HSIM Exercise @10am.
March 26 Afternoon Bingo @12pm



Eldred Senior Center



Wii Bowling



Janet taking aim on the 10th frame.

Come in and Join our 500 card game every Tuesday afternoon at 12pm

Play a game of 5 Crown Monday afternoon at 12:00 pm.



Join us every Monday with Darwin and Company at 10:00 am.

HAPPY ST. PATRICK'S DAY

Join us for Penny Bingo every Thursday at 12 pm.



Senior Moments

March
2020

By Kelly Spencer

COMING SOON

Tuesday, March 3rd

March Birthday Celebrations

Sunday, March 8th

Daylight Savings Time Begins—Spring forward!

Tuesday, March 10th

Club Meeting @ 1pm

Saturday, March 14th

Hot Sausage Fundraiser (Details TBA)

Sunday, March 15th

Bingo @ 1pm!

Tuesday, March 17th

BP/BS Screenings @ 11am

"Keep an Eye on Your Eyes" @ 11:30am

Thursday, March 19th

Hello Spring!

Emporium Senior Center

Weekly Activities:

Wii Tuesdays

Bingo & Bridge

Wednesdays

Healthy Steps in Motion

Thursdays

Adult Coloring

Thursdays

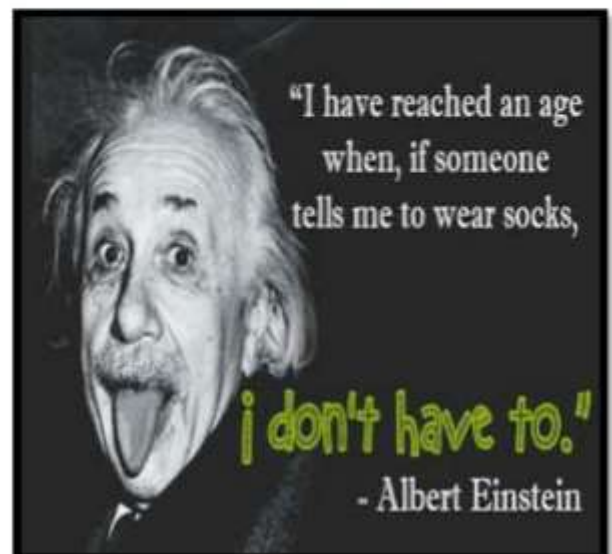
Scrabble Thursdays

Domino Fridays

Quote of the Month:



Fridays have been busy as ever around the center, as Tax volunteers busily help so many in the community, to get their taxes done! Thank you to these amazing volunteers and all the time and effort they put forth every week!



Emporium Senior Center

Police Appreciation Day!



The Emporium Senior Center was glad for the opportunity to celebrate our community's wonderful police officers! All state and local officers were invited for lunch, generously paid for by the Office of Human Services. The center had a special cake and some small gifts of appreciation to thank the officers for all that they do.



We had 5 state officers: Chris Bock, Oliver Bachman, Seth Fragale, Matt Salisbury, and Sergeant Christine Fye.

We also had local Police Chief Dave Merritt and Sherriff Al Neyman.



Emporium Senior Center

**P
O
L
I
C
E**



**A
P
P
R
E
C
I
A
T
I
O
N**

Thank you for all you do for our community!



Our Center is getting a new mascot, Baby Spencer, who is due to arrive on April 3rd, 2020! Here at the center, we have been having fun trying to guess some details about the baby before he or she is born!

Do you want to get in on the fun?

Email kspencer@ohsaging.com to give your best guesses:

- * Boy or Girl
- * Date of Birth
- * Length and Weight

We've also had lots of fun name suggestions!

Current Statistics: **68 % Girl & 32% Boy**

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

MARCH

PRIMETIME HEALTH PROGRAMS

03-09	Community Nurses - BP/BS Screening @ 10:15 am Health Program "Keep an Eye on Your Eyes"
03-10	WRC - " Eat Right when Money's Tight" @ 10:00 am
03-16	Eat Smart/Live Strong @ 10:00 am Wellness Committee.

- 03-03 Entertainment - Mad Music - Mike Doty @ 10:30 am
- 03-10 Pound Bingo @ 10:30 am
- 03-17 Entertainment - Still Kickin @ 10:30 am
- 03-19 Club Meeting @ 10:30 am
- 03-24 Entertainment - Jerry Melvin Cole @ 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

Tues Mar. 31, last day to make Lunch
Reservations for the Holiday Meal.

Blood Mobile

Mar., 10th

2:00 - 6:30

Walk-ins welcome

Reminder - Healthy Steps for Older
Adults Workshop will be held on
April 20th sign up now.

FOX SENIOR CENTER



Winter blues got you down, get up, get moving and come to the Senior Center to pay your 2020 Dues.

The Fox Senior Center has many Activities to chase those blues away. Come in and stay any day.

And yes, its TAX SEASON, call the Center to schedule your appointment today.



FOX SENIOR CENTER

NEW OFFICERS AT FOX

New Officers Voted on for the 2020 - 2021 Term

President - Geraldine Wolfe
Vice President - Daniel Jacob
Treasury - Mary Jean Mattiuz
Secretary - Elizabeth McAfoose

Board - Larry Malcarne
Carol Shefcyk
Floyd McAfoose

Thank You for all dedicated time.

FOX SENIOR CENTER



3/1	Floyd McAfoose
3/2	Bob Mader
3/5	Shirley Schneider
3/7	Aldo Morelli
3/8	Jim Shaffer
3/12	Anne Herzing
3/16	Fred Couch
3/17	Patty Moyer
3/18	Beverly Fielding
3/19	Ted Schneider
3/21	Thomas Sensenig
3/24	Louie Parisi
3/25	Norma Fischer
3/28	Larry Malacarne
3/30	Karen Schatz, Bob Lilja

FOX SENIOR CENTER



Fox Senior Center
March Fund Raiser.
Chocolate Peanut Butter
and Coconut Easter
Eggs. \$10.00/ Doz
\$6.00 1/2 Doz . Orders
due by Mar 27th. Mon-
ey due on Pick-Up Day
April 8th

Order Yours Now.

THE GREATER BRADFORD SENIOR ACTIVITY CENTER

MARCH, 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**

**SPRING IS
IN THE AIR!!!!**



THE GREATER BRADFORD SENIOR ACTIVITY CENTER SPECIAL EVENTS MARCH, 2020

3-3-2020
Caregiver Appreciation Day
12:45 PM

3-4-2020
Hug a GI Day
12:45 PM

3-10-2020
Find a Pay Phone Booth Day
12:45 PM

3-11-2020
Johnny Appleseed Day
12:45 PM

3-17-2020
St. Patrick's Day Party
10:00 AM - 12:00 PM

3-18-2020
Bingo Day
12:45 PM

3-24-20
Spring Party
10:00 AM - 2:00 PM

3-25-2020
Waffle Day
12:45 PM

3-31-2020
Euchre Tournament
12:45 PM - 2:00 PM





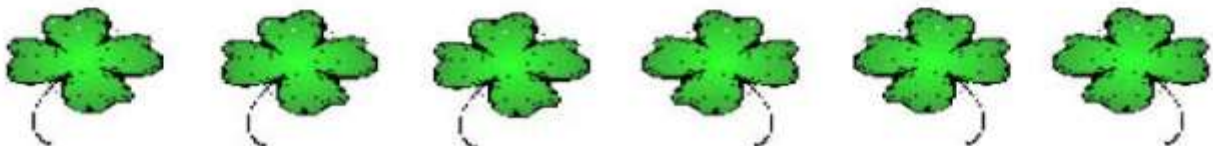
**THE GREATER
BRADFORD SENIOR
ACTIVITY CENTER
SPEAKERS FOR
MARCH, 2020**

3-5-2020
McKean Visiting Nurses
Eat Right When Money's Tight
12:30 PM

3-12-2020
Director
Nutrition Fact or Fiction Quiz
12:30 PM

3-23-2020
Community Nurses
Blood Pressure/Blood Sugar Checks
11:30 AM

Community Nurses
Eyes - Keep an Eye on your Eyes
12:30 PM



**THE GREATER BRADFORD
SENIOR ACTIVITY CENTER
"WARM IT FORWARD McKEAN
MITTENS, HATS, SCARVES,
SOCKS AND GLOVES"**



WARM IT FORWARD McKEAN IS A COUNTYWIDE EFFORT TO RAISE

AWARENESS ABOUT HOMELESSNESS AND HOUSING ISSUES IN THE AREA



**THE GREATER
BRADFORD
SENIOR ACTIVITY
CENTER**

*A best friend
is like a
Four leaf clover;*

**ST. PATRICK'S
DAY PARTY
MARCH 17, 2020**



*Hard to find and
Lucky to have*

**HAPPY
ST. PATRICK'S
DAY!!**

**50-50
Door Prize
Live Music
10:00 AM
Lunch - 12:00 PM**



**Call for a lunch
reservation
(814) 368-4412**



**THE GREATER
BRADFORD SENIOR
ACTIVITY CENTER
MARCH BIRTHDAYS**



3-3	CAROL HENKE	3-9	PAT HARRINGTON	3-24	NANCY KINNEY
3-5	MARY ELLEN BUSHEY		JEFF SANDERSON	3-26	DON HIMES
3-8	VIRGINIA COMILLA	3-18	DON WARNER	3-30	JOYCE JORDAN

**Johnsonburg Senior Center
March 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
March 2020**



Health & Wellness

March 5-11:00 Blood Pressure/Sugar Screenings with CN
March 5-11:30 Presentation "Keep an Eye on your Eyes" with CN
March 10-11:15 Blood Pressure Screenings with KHHN
March 18-11:15 Blood Pressure Screenings with WRC
March 18-11:30 Presentation "When Money's Tight, You Can Still Eat Right" with WRC
March 31-11:30 Presentation with PA Department of Health

Weekly Events

Monday
1:00 -3/2, 3/16, & 3/30 Pinochle
12:30 -3/9 & 3/23 Brockway Cinch
1:00-Line Dancing

Tuesday
12:30-3/10 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
6:30-3/6 & 3/20 Bingo

**March 8
Daylight Savings Time**



**Music with
the Shaffer's
Tuesday March 24th
10:30 am**



**St Patrick's Day
Tuesday March 17
Wear Green**

Spring begins March 19th



Johnsonburg Senior Center



3/5 Barb Bowley
3/13 Joe "Moe" Cardoni
3/16 Patty Golebieski
3/17 Pat Bloam
3/17 Dave Rettger
3/17 Pat Vanatta
3/20 Mary Kay Pavlock
3/25 Harriet Stahl
3/26 Barb Stine
3/29 Betty Gapinski
3/31 Rich Jacobs



**Johnsonburg Senior Center
Recent Activities**



We celebrated
Law Enforcement Appreciation
Day with
Chief of the Johnsonburg Police
Dept.
John Clopp
The Johnsonburg SC Board
provided the cake decorated by
Elk Co. Foods



Headstart kids made bird feeders out of
bagels and hung them in the tree and
bushes in front of the Senior Center



We had music and fun
with
"Still Kickin"



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)

March 2020	
3/3-3/5	Thank you volunteers! Daisy off
3/10	11 AM Community Nurses BP/BS 11:30 "Eat Right for Your Heart"
3/11	11:15 "Medicare- Cardiovascular Care"
3/12	11 AM Membership Meeting
3/17	10 AM Food Safety Training for Kitchen Volunteers
3/19	11 AMWRC Nurse- BP Screen 11:30 "Money's Tight - Eat Right"
3/24	11-1 Medication Collection- Meet Elk County Representatives
3/25	11 AM UPMC Kane Nurse BP
3/26	10 AM Cinch Tournament
3/31	10:30 Group Dump Cake Baking

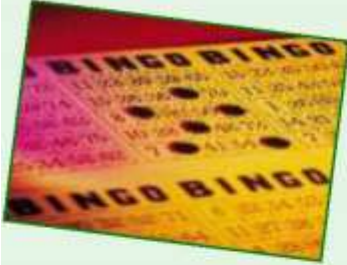


March Birthdays

3/2	Mary Steudler
3/10	Daisy Sutter
3/18	Liela Kronenwetter
3/27	Donna Hasney
3/31	Kaki Allegretto



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 17, 2020

MARCH 24, 2020
MEDICATION
COLLECTION
11 AM- 1PM

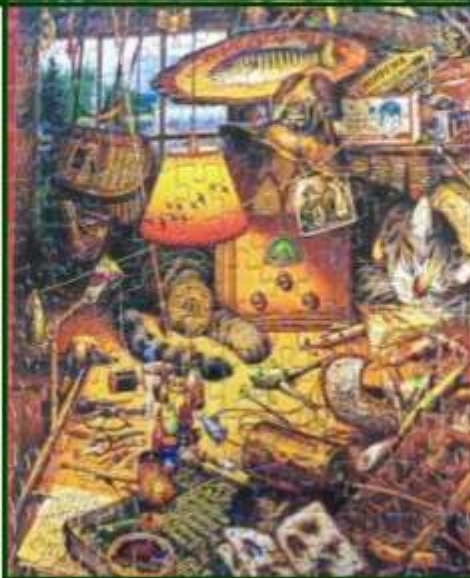
-Unused/ Expired
- Please black out your
name, RX number



JONES TOWNSHIP ACTIVITIES - PUZZLES



We love doing puzzles!
Shown above (clockwise) are
Liela Kronenwetter, Dotty
Preshak, Donna Hasney,
and Kay Rhodes. We've gone
to the cats lately, finishing a
sewing room, a kitchen
cupboard, and a fisherman's
den with it's very own helper
kitty.



JONES TOWNSHIP ACTIVITIES - THE THINGS IT TAKES TO RUN A SENIOR CENTER



Do the dishes, fix the furnace, plow the parking lot, decorate, count the money— just a few of the jobs that go into keeping our center humming! We appreciate all our volunteers, the cleaning lady, our helpful landlords at the Township, the ATA drivers, the plumbers/ HVAC guys that come so promptly, and those who plow.



JONES TOWNSHIP- THE THINGS IT TAKES TO RUN A SENIOR CENTER



Jim delivers food from the kitchen. Visiting nurses take blood pressures, and blood sugars, and give health and wellness talks.

Kane Senior Center

March 2020



YOUR HOME AWAY FROM HOME!!



"Marching into March!"



Fun March Facts

-The flower symbol is the **Daffodil**.

- February's birthstone is the **Aquamarine**.

Did You Know...

--Abraham Lincoln has 4 **National Park Sites** named after him.

-Thomas Jefferson invented the **swivel chair**.

-President Andrew Jackson taught his **parrot** how to curse.

-President William H. Harrison had a **pet goat** that lived in the White House.

-James Buchanan was the only U.S. President that **did not** get married.

—Abraham Lincoln was a **wrestler**.

-President Warren G. Harding lost the **White House China** in a poker game.

-In 1973, President Jimmy Carter claimed he saw a **UFO**.

-George W. Bush was once a **Head Cheerleader**.

-30 United States Presidents served in the **U.S. Army**.

"Who Knew?"

In This Issue:

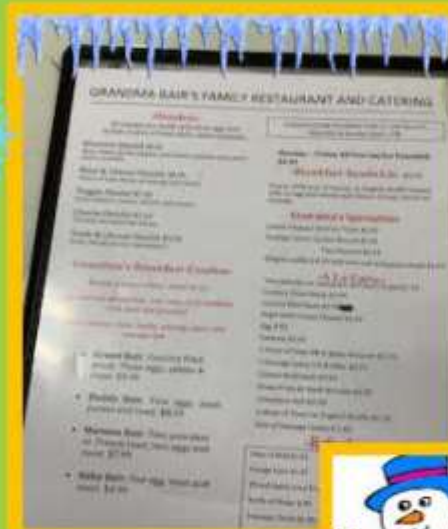
- Breakfast Club
- Valentine Fun
- March Birthdays
- More Valentine Fun



"Breakfast Club Fun!"

Kane

Recently, several of us brave souls from the Kane Senior Center trekked off to Gramma Bair's Restaurant in Kane for a delicious breakfast. Though the weather was frightful...we had such a very nice time sharing life together. Next month....who knows where we shall head but for sure it will be in Kane!!





Love is in the Air!

Kane



When asked what they LOVE the most...our Kane Senior Center sweeties said.....



Fem loves her family. Donna loves her Freddy (married 51 years)



Mystery Woman loves her family and her husband (51 years) Kathy loves her husband (51 years) and family.



Dixie loves her family and her fur babies.



Mary loves her family and friends.



Pete loves nature.



Vonny loves chocolate and Elvis.



More Love.....

Kane



Bev loves her family.
(Married 60 years)
Kathy loves she just had her 4th Great Grandchild. (Married 52 years)



Jim loves music.



Pup loves hi's Dory. (71 years)



Tom loves Molly, Pat and Emily.



March Birthdays



- Kathy Payne
- Dee Greville
- Audrey Towns
- Jim Vantine
- Clyde Garris
- Tom Dalton
- Diana Hollabaugh
- Frances Haight
- Loretta Niklas
- Patricia Vantine

- George Chatmon
- Dan Troutman
- Josie Peterson



And Even More LOVE!!!

Kane



Walt loves my wife Sissy (6 years) Susie loves Robert Fuller.



Larry and Shar love each other and their families.



Paul and Bonnie love each other (6 months)



Stu loves his kids!



Rol loves all the nice looking women!!



Monk loves America!

Love...Love...Love

Kane



Don loves his family.



Keith loves Lola



Judy loves Wrestling.
Audrey loves horseback riding.



Joyce loves Dillion and her family.
Judy loves Bosco and her family.
Steve loves his family and his Sr.
Center Friends.



Valentine's Day

Norm loves the Lord.
R.D. loves his house and Brody,
the dog.
John loves his family and the Sr.
Center Gang.



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



March 2020

3/03	12:30 Current Events
3/04	12:30 Bingo
3/10	12:30 Bingo
3/10	12:30 KCH Blood Pressures
3/11	12:30 Reminisce
3/11	1:00 Mountaineers Meeting
3/16	11:00 CN BP/BS 11:30 "Keep an Eye on Your Eyes"
3/17	12:30 Bingo
3/18	12:30 Joke Day
3/18	12:30 McKean VNA- "When Money's Tight, You Can Still Eat Right"
3/24	12:30 Trivia
3/25	12:30 Bingo
3/31	12:30 Current Events

MARCH BIRTHDAY

3/8 David Thompson

We are continuing to work on renovations at our center. On the "What's New" page, you will see pictures of our newly painted walls and new LED lights. We will be done when the new carpet is installed in the next few weeks.



Fellowship



Mount Jewett Senior Center



What's New



Mount Jewett Senior Center



Other Activities



**Medicare information
will be provided on
Monday, March 9th at
12:30**

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



**Monthly Birthday Party
March 26th at 12:30.
Please Join us for cake.**

**Yoga every
Thursday
at 1:00**

Mount Jewett Senior Center

PORT ALLEGANY SENIOR CENTER

MARCH NEWSLETTER

MONDAY—FRIDAY, 8:30—2:30PM

814-642-2101



*HAPPY
ST. PATRICK'S
DAY*



ALL ARE WELCOME HERE

SPECIAL DATES:

Tue.	Mar. 03	11:00	Strength and stretch
Wed.	Mar. 04	11:00	Community Nurses "When Money's Tight, You Can Still Eat Right." Music with Pat
Sun.	Mar. 08	12:30	Pot Luck Dinner
Tue.	Mar. 10	11:00	Bingo
Wed.	Mar. 11	11:00	Hokey Pokey and Music with Pat
Tue.	Mar. 17	11:00	Dancing the Irish Jig
Wed.	Mar. 18	11:00	Puzzles and Games, Music with Pat
Thu.	Mar. 19	12:45	50 Plus Club Meeting
Mon.	Mar. 23	11:00	Music with Carl and Joanne and Birthday Celebrations
Tue.	Mar. 24	11:00	Bingo
Wed.	Mar. 25	11:00	Music with Pat
Tue.	Mar. 31	11:00	Bingo and Strength and Stretch



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

All are
ENJOYING
the **NEW**
FURNITURE

Port Allegany



Sunday,
March 8, 2020
Don't Forget!



March Birthdays!

- Mar. 04 Ginny Corio
- Mar. 07 Jane Nolen
- Mar. 14 Esther Harner
- Mar. 22 Joanne Campbell
- Mar. 23 Gloria Chelgreen
- Mar. 23 Lorraine Hazen
- Mar. 23 Carol Campbell
- Mar. 23 Steve Morrison
- Mar. 29 Dorothy Moore
- Mar. 29 Vesta Rossette
- Mar. 24 Mary Lou Hoffman
- Mar. 31 Gerry Miller



ANOTHER YEAR LOOKS GREAT ON YOU!

God Bless and Many More!



*Thank you to all
who join us at the Center!*

*Chai, Coffee and Conversation
all day!*

Need a Ride? ATA 1-866-282-4968

St. Marys Senior Center

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



March

Mondays

Pinochle 12:45

Tuesdays

Healthy Steps in Motion
Exercise class 10:15—11:15
CINCH or other game 12:45

Wednesdays

Mexican Train Domino Game 12:45
Hand and Foot 12:45

Thursdays

Pinochle 12:45

Fridays

Healthy Steps in Motion
Exercise class 10:15—11:15
Pinochle 12:45

Monday—Friday

8:00—10:00am
Continental breakfast
Monetary donations
appreciated

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

Activities are subject to change.



Happy St. Patrick's Day

PARTY
On the
17th

Welcome Spring



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



March is:
NATIONAL
NUTRITION
MONTH



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



*Warm up
at the
the senior center.*



March 10 12:15
"When Money is Tight, You can still
Eat Right"

March 17
St. Patrick's Day Fun

March 23
10:15—11:15 BP and sugar
screenings
11:15 "Keep and EYE on your
EYES"

March 29 1:00
Public Cards

March 31
Deadline to order the
Easter Holiday Meal on April 7

*Laptop Available for Your Use
APPRISE counseling is offered.
Call for an appointment.
Check at the center for activities that may
be added to the March calendar.*

Have an idea for an activity—let us know

Stop in for a Visit!

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

SUPPORT OUR CENTER

**Make checks payable
to SMSC.**



**March 8 -
Daylight Saving
Time Begins**



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



**SMSC
Valentine
Tree**



SPRING BEGINS MARCH 19TH



March 2020

SMETHPORT SENIOR CENTER

NATIONAL NUTRITION MONTH



- AARP TAX PREP EVERY MONDAY
By Appointment Only
- HSIM
EVERY Tues & Thurs @ 1
- BINGO EVERY TUES @ 10
- PINOCHLE EVERY TUES @ 1
- FOOD SAFETY TRAINING
EVERY MON & THURS @ 1
- CLASSY CRAFTERS
EVERY WED @ 1
- LINE DANCING
EVERY THURSDAY @ 2:00
- Music
Every Wed & Fri @ 11
Carl & Joanne March 4
Karaoke March 6, 13, 27
Gene Shunk March 20
Doug & Red March 18, 25, 2
Judy Marquart March 27
- VISITING NURSES
Money Tight—Eat Right
March 12 @ 11
- ST PATRICK'S DAY PARTY
March 18h @ 1
- Community Nurses
Blood Pressure/Sugar
Thurs March 25 @ 11
Keep Your Eyes on Your Eyes
@ 11:30
- MARCH BIRTHDAYS
BIRTHDAY PARTY
March 27 @ 1
- DAYLIGHT SAVINGS TIME
BEGINS MARCH 8th

ONE OF OUR FAVORITE WELLNESS PROGRAM COMMUNITY NURSES MS CHAR SHELNICK WHO PRESENTED A VERY INTERESTING PROGRAM ON THE IMPORTANCE OF MANAGING YOUR MEDICATIONS. CHAR IS ALSO A NUTRITIONIST AND SHE WAS SURE TO MENTION THE IMPORTANCE OF ASKING YOUR DOCTOR AND/OR PHARMACIST ABOUT WHEN TO TAKE YOUR MEDICATIONS TO AVOID POTENTIAL FOOD INTERACTIONS.

ELDERBERRIES CLUB MEETING MARCH 10TH @



Back from his first solo gig at the Eldred Senior Center Richard Parker sporting a big grin in his new black chapeau. Looking good Richard!

If you are interested in some Karaoke at your center one day a month. Richard Parker and Ed Althouse will be happy to come and entertain your “troops.”





OUR FIRST EAT SMART LIVE STRONG PROGRAM "REACH YOUR GOALS STEP BY STEP" WAS A WONDERFUL SUCCESS AND WELL RECEIVED BY THE PARTICIPANTS. ONE COMMENT RECEIVED INDICATED THAT THEY MORE FULLY UNDERSTOOD THE IMPORTANCE OF ANY FORM OF EXERCISE OVER NOTHING AT ALL AND WHAT A SIMPLE FORM OF EXERCISE MIGHT BE.





B
E
F
O
R
E

A
N
D

A
F
T
E
R



**Our colorful President Ami Shavalier and her technicolor Hair.
Ami exemplifies her "young at heart" attitude in everything she does.**

**"Fairy tales can come true
It can happen to you, when you're young at heart
For it's hard, you will find
To be narrow of mind if you're young at heart

Don't you know that it's worth
Every treasure on earth to be young at heart
For as rich as you are
It's much better by far to be young at heart

And if you should survive to a hundred and five
Look at all you'll derive out of being alive
And here is the best part, you have a head start
If you are among the very young at heart"**

Len Norville & Elaine Summerday presented yet another stupendous program on the Cacao Bean and Chocolate from

around the world. Melt in your mouth amazing!!!! Thank you.





RELATIVELY NEW TRADITION MONTHLY BIRTHDAY PARTIES. A VERY HAPPY BIRTHDAY TO ALL OUR JANUARY FRIENDS!



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

April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>Meal 20</i> Cheeseburger/Wheat Bun Chopped Onion Potato Salad Baked Beans Mandarin Oranges	2 <i>Meal 19</i> Goulash w/ Grated Cheese Cinnamon Pears Tossed Salad w/ Broccoli and Cauliflower	3 <i>Meal 17</i> Breaded Fish Filet w/Tartar Sauce & Lemon Rice & Barley Medley Green Peas Coleslaw
		6 <i>Meal 1</i> Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread - 1 slice	7 <i>Holiday Meal</i>  Roast Turkey Stuffing w/Gravy Whipped Potatoes Holiday Mixed Vegetables Cranberry Sauce	8 <i>Meal 23</i> Chicken & Vegetables in Gravy over Biscuit Tossed Salad w/ Broccoli and Cauliflower
13 <i>Meal 25</i> Sloppy Joe Wheat Bun Chuck Wagon Corn Diced Pears	14 <i>Meal 2</i> Salisbury Steak w/Gravy Cheddar Mashed Potatoes Green Peas Wheat Dinner Roll Tossed Salad w/ Broccoli and Cauliflower	15 <i>Meal 3</i> BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread	16 <i>Meal 4</i> Spaghetti & Meatballs Italian Bread Tossed Salad 1 1/2 cup w/ Tomato and Cucumber	17 <i>Meal 5</i> Chicken Salad Tomato Slices, Lettuce Wheat Bread Garden Vegetable Soup Diced Peaches w/ Yogurt Topping
20 <i>Meal 8</i> Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Sliced Pears	21 <i>Meal 7</i> Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Honeydew	22 <i>Meal 9</i> Italian Wedding Soup Egg Salad on Wheat Bread Tomato, Cucumber, Onion, Green Pepper Salad Raspberries in Applesauce	23 <i>Meal 6</i> Pork Roast Gravy Baja Tossed Salad Peas & Carrots Rice Pilaf Wheat Dinner Roll	24 <i>Meal 10 B</i> Chili Corn Bread Muffin Mixed Vegetables Banana/Pineapple Mix
27 <i>Meal 15</i> Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	28 <i>Meal 14</i> Lasagna Italian Bread Tossed Salad 1 1/2 cup w/ Tomato and Cucumber	29 <i>Meal 13</i> Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Watermelon Wheat Bread	30 <i>Meal 12</i> Barbecued Pork Ribs Baked Potato w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll	

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

Milk is served with each meal

OHS MEAL CALENDAR