



the Center *insider*

THE LATEST NEWS FROM THE AVONMORE, EAST VANDERGRIFT, AND NEW
KENSINGTON CENTERS FOR ACTIVE ADULTS
NOVEMBER 2018

Bonnie Dudek, Director

Avonmore Center (page 10)
458 Railroad Ave. - P O Box 153
Avonmore, PA 15618
(724) 697-4014
Karen Stonebraker, Manager

East Vandergrift Center (page 12)
400 McKinley Ave. - P O Box 446
East Vandergrift, PA 15629
(724) 568-2692
Dominica Wilson, Manager

New Kensington Center (page 14)
1039 Third Ave.
New Kensington, PA 15068
(724) 335-8597
Tara Kazmer, Manager

Promoting health and wellness
in active adults.



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Center Hours

Monday thru Friday
8:30 - 4:00
Closed Saturday, Sunday &
Holidays

Centers Closed

November 12 -
Veterans Day
November 22 -
Thanksgiving

Center Closings

Closings for any reason will be announced on WTAE. Please watch for the center name (Avonmore, East Vandergrift, or New Kensington). Closing announcements will scroll across the bottom of your TV screen. You can also find closings at www.WTAE.com.

WEEKLY CALENDAR - ALL CENTERS

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
AVONMORE	9:00 Quilting	9:00 Quilting	9:00 Quilting	9:00 Quilting	9:00 Quilting
	11:30 Lunch	9:30 Puzzle/	11:00 Speaker	11:30 Lunch	9:30 Puzzle/
	12:30 Puzzle/ Games/Cards	Games/Cards	(if available)	12:30 Puzzle/ Games/Cards	Games/Cards
	1:00 Crafts	11:30 Lunch	11:30 Lunch	*See H & W	11:30 Lunch
	*See H & W Schedule On Page 3	12:30 Penny Bingo	12:30 Puzzle/ Games/Cards	*See H & W Schedule On Page 3	12:30 25-Cent Bingo
		2:30 Snack	*See H & W Schedule On Page 3		2:30 Snack
		*See H & W Schedule On Page 3			*See H & W Schedule On Page 3
EAST VANDERGRIFT	12:00 Lunch	9:00 Scat	9:00 Scat	9:00 Scat	9:00 Scat
	12:30 Scat	12:00 Lunch	11:30 Lunch	12:00 Lunch	12:00 Lunch
	12:30 Mah- Jongg	12:30-3:30 Cards (500)	1:00 Bingo	12:30 MahJongg	*See H & W Schedule On Page 3
	*See H & W Schedule On Page 3	*See H & W Schedule On Page 3	*See H & W Schedule On Page 3	*See H & W Schedule On Page 3	
NEW KENSINGTON	9:00 Crafts	9:00 Crafts	9:30-11:30	9:30-12:00	9:30-11:30
	9:30-11:30 Treasure Corner	10:30-12:30 Treasure Corner	Treasure Corner	Treasure Corner	Treasure Corner
	12:00 Lunch	11:30 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch
	1:00 Bible Discussion	12:30 Public Bingo	*See H & W Schedule On Page 3	12:30-2:30 Crochet Class	12:30-3:00 Cards (500)
	*See H & W Schedule On Page 3	*See H & W Schedule On Page 3		1:30 Silver Chords	*See H & W Schedule On Page 3
				*See H & W Schedule On Page 3	

Center Membership: Open to person's age 50+. \$24.00 for a full 12 months.

**YOUR
MEMBERSHIP
MATTERS**

HEALTH & WELLNESS - ALL CENTERS

AVONMORE

Monday - S.A.I.L. (10:00)
Tuesday - Senior Yoga (9:00), Evening Walk (6:00)
Wednesday - S.A.I.L. (10:00)
Thursday - S.A.I.L. (10:00), Blood Pressure Screenings (12:00)

Coloring every day at 10:00

EAST VANDERGRIFT

Monday - Tai Ji Quan: MBB (9:30), Indoor Walking (10:15), Line Dancing (11:00)
Tuesday - Tai Ji Quan: MBB (9:30), YMCA Exercise (10:15)
Wednesday - Yoga (10:00)
Thursday - Tai Ji Quan: MBB (9:30), Indoor Walking (10:00)
Friday - Indoor Walking (10:00)

Coloring every day at 10:30

NEW KENSINGTON

Monday - Yoga (10:00), Color & Conversation (10:00-12:00), Indoor Walking (1:00), Tai Ji Quan: MBB (1:00)
Tuesday - Brain Games (10:00), MahJongg (12:00)
Wednesday - Nutrition Education (10:30), Indoor Walking (1:00), Tai Ji Quan: MBB (1:00)
Thursday - Tai Ji Quan: MBB (10:00), Advanced Line Dancing (12:30)
Friday - Blood Pressure Readings (9:00-11:00), Indoor Walking available all day

NEWS FOR ALL CENTERS

Advisory Council Meetings

Avonmore: Thursday, November 15 @ 12:30 p.m.

East Vandergrift: Thursday, November 15 @ 8:30 a.m.

New Kensington: Monday, November 4 @ 1:00 p.m.

Board of Directors Meeting

Tuesday, November 27 @ 4:15 p.m. in New Kensington

BINGO

Avonmore: Penny Bingo, Tuesdays @ 12:30
25 Cent Bingo, Fridays @ 12:30
Evening Bingo, November 19 @ 6:30 p.m.



East Vandergrift: Public Bingo, Wednesdays @ 1:00
Payouts are \$10 for regular games, \$15 for specials

New Kensington: Public Bingo, Tuesdays @ 12:30
Payouts are \$10 for regular games, \$15 for specials

Satellite Luncheon Dates:

November 1: Cloverleaf Estates (Delmont)

November 7: Arnold Towers

November 8: Lower Burrell Manor

November 12: Export (Italian American Club) No lunch in November -
next lunch December 10

November 13: McMurty Towers (Vandergrift)

November 19: Murrysville Village of Clover Ridge

November 20: Slickville Civic Organization

November 21: Allegheny Township Community Building

As a reminder, the meal ordering guidelines and meal donation procedures are the same at our satellite sites as they are at our 3 main centers. All meals are served at 12:00 PM. Stop by one of the above locations on the date listed and meet our Outreach Supervisor, Mary Steere. She will show you where the meal reservation sheets are located thru out the month so she can have your meal ready for you the following month.

NEWS FOR ALL CENTERS

Center Birthdays

Avonmore

Minnie Altman
Hannah Andritz
Miriam Banks
Janet Bevilacqua
Connie Canaan
Judy Culp
Ted Culp
James Gordish
Frances Hamilton
Frannie Harner
Sophia Hazlett
Nancy Kerchensky
William Muffley
John Platko
William Porter
Cora Shoupe
Brenda Strutzman
Leroy Walters
Florence Ziemianski

East Vandergrift

George Baird
Roger Crawford
Patty Hovanik
Ed Kolakowski
Mary Lou Stuchel
Sue Talmage
Andrea Wicks

New Kensington

Jacque Curll
Gary Domanski
Mayme Bailey
Roberta Yaklich
Faith Clayton
Linda Mosbery
Minnie Pryor
Maryann Oleniacz
Marilyn Green
Christie Brown
Gloria Hollibaugh
Marian Mowbray
Frank Miller
David Koedel
Connie Parrotta
Gail Tyson
Alice Sloan
Frank Monteleone
Donna Curll
Roberta Merrick
Valerie Beer
Patricia Gardone
Beverly Hutchison
Yvonne Wilson
Jeff Hunt
Mary Krebs
Dorothy Wise

COMPUTERS FOR SENIORS

Computer classes will be scheduled at the request of the individual Centers.

Why is my mailing label yellow?

If the mailing label on your newsletter is highlighted, please renew your membership by November 30 in order to continue receiving your newsletter at home.

DIRECTOR'S CORNER

November 2018

By Bonnie Dudek

Fall is here and it is one of the nicest times of the year at our centers. The Supervisors are busy planning holiday festivities for you to enjoy and all of the centers are decorated in the beautiful colors of the season. As is our tradition, each of the centers will once again be participating in the Westmoreland County Area Agency on Aging Guardianship Unit Secret Santa program. Please check at each of the centers during the month of November for a display of gift suggestions. This heartwarming opportunity to furnish a gift for one of our area's most lonely neighbors is a rewarding way to kick off the holiday gift giving season.

Each of our centers will be offering a special menu on Monday November 19 celebrating the Thanksgiving Holiday. What a great way to enjoy turkey, stuffing and pumpkin pie without all of the fuss and leftovers! Please consider inviting some friends to join you and order your meals at the center you wish to dine at by Wednesday November 14.

The Westmoreland County Area Agency on Aging is asking for your help in identifying ways to improve transportation so they may make recommendations to Westmoreland Transit. I encourage all of you to visit a center or satellite this month and fill out a survey. Our staff will be glad to assist you if needed and will make sure your survey is submitted so that you may be heard. If you have a special circumstance that prevents you from visiting one of our locations to complete a survey, please call the center of your choice and a survey will be mailed to you.

Remember to check your winter supplies such as snow shovels and sidewalk salt and have your automobile checked for tire condition and wiper fluid. Throw a blanket in the back seat, and make sure the flashlight in your car has good batteries. Most likely you are not ready to think about winter weather as you are reading this but this is Western Pa. and snowy weather always seems to be unpredictable as to the time it may arrive!

BULLETIN BOARD

RIVERS CASINO TRIP

When: Tuesday, December 4th SPECIAL DATE

Cost: \$25.00

You will get **\$30.00** in slot play.

Departure Time: 9:00 a.m.

Est. Return Time: 5:00 p.m.



We will depart from the parking lot between the Vandergrift Fire Hall and St. Gertrude Church promptly at 9:00 a.m. please be there by 8:45 a.m. so that the bus may leave on time. All monies for trip are due when signing up. Your name will not go on the list unless you pay at that time.

AVONMORE Pizza Party Bingo

Date: December 1

Doors Open at 4:30 p.m.

Pizza at 5:30 p.m.

Bingo Starts at 6:30 p.m.



\$20 for 6 cards of all games except Jackpot (3-card), pizza, salad, beverage, snacks, door prizes. We'll also have a 50/50 raffle, instant tickets and additional door prizes (tickets \$1). Additional cards are \$5.00 and extra Jackpots are \$2.00.

Minimum payout is \$10 for regular and \$20 for specials. Payouts will increase based on the number of players present.

If you pre-register you will receive 1 (3-card) Jackpot free.

Registration deadline is November 29th..



Get ready to gain an hour of sleep. **Daylight Savings Time** is about to end on Sunday, November 4. It is time to set your clocks back an hour for the beginning of **Eastern Standard Time**.

AVONMORE CENTER

Monthly Evening Bingo – November 19th @ 6:30 p.m. Everyone is welcome to join us! You do not have to be a member to attend.

Senior Center Membership – Calling all un-renewed Senior Center Members. You only have one more month to renew your dues for 2018 and avoid having your name removed from our newsletter mailing list. Please stop in or mail your dues ASAP. Thank you to everyone who has supported the Center with your 2018 Senior Center Membership.

Flu Shot Clinic – Thank you to Kim Giovanelli and the Allegheny Valley Hospital for doing our Flu Shot Clinic in October. We really appreciate having this service provided at the Center.

Annual Open House – Thank you to everyone who supported us during our Open House. The Home Entertainment Raffle Ticket winner was Denise Veselicky.

The Avonmore Free Public Library Book Club will be meeting at the Senior Center sometime in November. Please call the Senior Center @ 724-697-4014 for details.

The SAIL (Stay Active and Independent for Life) Program continues in November. We will be meeting **three (3)** days a week. The usual days will be Monday, Wednesday and Thursday for one hour. Since, occasionally there is a conflict, please call the Senior Center to check the date and time. This month will conclude our first 13 week session.

Annual Hunter's Breakfast – November 26th from 5:00 a.m. – 8:00 a.m. The menu will include pancakes, sausage, egg casserole, juice and coffee. Cost is \$5.00. Please support the Center with your attendance. Everyone is welcome to attend, Hunter or not!!! All hungry people welcome!!

Bakeless Bake Sale – Please send in or drop off your donation for our Annual Bakeless Bake Sale during the month of November. An envelope is enclosed in your newsletter. Your support and generosity is greatly appreciated. Thank you.

The Annual RSVP Used Coat/New Sock Drive will be going on during the month November. Please drop your donations off at the Senior Center between the hours of 8:30 a.m. – 4:00 p.m. Thank you for your generosity. The RSVP Program from WCCC is collecting new socks, hats and mittens for their Sock Drive for the needy. They will also take gently used coats.

AVONMORE CENTER

The Westmoreland County Area Agency on Aging Guardian Unit Secret

Santa Gifts – Please help one of your lonely neighbors celebrate the season by providing a gift this holiday. Visit your Center in November to see the list and pick the gift you would like to provide. If you would like additional details about the program, you can call the Center @ 724-697-4014 and talk to Karen. You may also make a monetary donation towards the purchase of a gift. Thank you.

Happy Veterans Day - Thank you to all of our community and area Veterans for your service. We really appreciate all of your sacrifices.

Future Events

Bakeless Bake Sale (October/November)
Annual RSVP Used Coat/New Sock Drive (October/November)
Pizza Party Bingo (December 1)
Chinese Auction (December 17-31)
New Year's Eve Party (December 31)

Please look for other events in the upcoming newsletters and stop in the Center for the details and sign ups. We appreciate all of your sup-

SPECIAL DATES TO REMEMBER

November 4th – Daylight Savings Time Ends

November 7th @ 11:00 a.m. – Medicare/
Pace Info Presentation/Speaker

November 12th – Center Closed/Veterans
Day

November 15th @ 12:30 p.m. – Advisory
Meeting

November 16th @ 11:30 a.m. - Birthday
Luncheon

November 19th @ 6:30 p.m. – Monthly Eve-
ning Bingo

November 22nd - Center Closed/Happy
Thanksgiving!!

November 26th @ 5:00 a.m. – 8:00 a.m. -
Annual Hunters Breakfast

Card Sharks

We play every Wednesday night at 6:00 p.m. Call or stop in at the Center for the time and place. Everyone is welcome! Please join us and have some fun.

Evening Walk - The time change means we are suspending our weekly evening walk. Thank you to everyone who walked over the Spring & Summer! We'll see you in the Spring of 2019!

EAST VANDERGRIFT CENTER

Painting Class

Painting will be November 29th at 10:30 a.m. Please sign up no later than November 27th at 4:00 p.m. to that we may have all supplies needed for that day. There is a \$2.00 fee for members and a \$5.00 fee for nonmembers so that we may get the supplies needed to keep the class going.

Crafts

Thursday November 8th at 11:00 a.m. Crafts with Sandy Rollinger. Please sign up no later than Monday November 5th.

CARDS . . . CARDS . . . CARDS

- * Tuesdays - 500 Bid @ 12:45
- * Friday, November 9 - 500 Bid afternoon card party @ 12:45 p.m. Please bring some friends and enjoy the fun.
- * Friday evening 500 Card Party @ 2:00 p.m. November 23 ****NEW TIME****.

Crocheting with Lanna

Crocheting with Lanna at 9:30 a.m. every Friday until further notice. Come on down and have a crocheting social!

UPCOMING EVENTS and SPECIALS

November 29th - Day Trip to Phipps Conservatory **** DATE CHANGED****

East Vandergrift is now starting a GOAL PLAN for lunches served!

Our goal for lunches served in November will be 310. Everyone who participates in the lunch program in the month of November will be eligible to come to our FREE make your own Sundae Bar as a thank you for helping us reach our goal. We are planning on doing this monthly with a new goal every month. This event will be on the 2nd Thursday in December after lunch and will be followed by a picnic bingo. We are encouraging everyone to sign up for lunch and the Sundae Bar is a great reward! Please call the Center today and sign up for a lunch!

Diamond Dotz

Every morning at 9:00 a.m. until further notice.

MEMBERS SPAGHETTI DINNER

Thank you to Naser Foods and all of our volunteers that pulled this event off. It could not be done without you!

Hoagie Sale - Thank you to everyone that participated!

EAST VANDERGRIFT CENTER

BINGO

Every Wednesday at 1:00 p.m.
18 Regular games
5 Specials games
2 Jackpots
1 Quickie
AT A GREAT PRICE!!!!
HOPE TO SEE YOU THERE!



Now paying
**\$10.00 payout on
regular games
and \$15.00 for
every third game.**

Annual Guardianship Secret Santa

Please contact the center if you would wish to participate in this event.
All gifts that are bought will need to be turned into the center no later
4:00 p.m. Monday December 3rd. Thank you in advance.

East Vandergrift's Christmas Party!

December 18 - will start at 10:00 a.m.
10:00 - Games
11:00 - Christmas Pass Around
11:30 - \$5.00 gift exchange
(Must bring a \$5.00 gift in order to participate in the exchange)
12:00 - Lunch
1:00 - Christmas Bingo
(Must bring a \$1.00 gift for every card that you will be playing)

November Birthdays

Anyone who has an November birthday and comes to the birthday celebration lunch gets a cupcake on us. Please call the center to make your reservation by Wednesday of the previous week.

SPECIAL DATES TO REMEMBER

Nov 1st After Halloween Party @ 10
Nov 8th Crafts @ 11
Nov 9th Cards @ 12:45
Nov 15th advisory meeting @ 8:30
Nov 23rd Cards @ 2
Nov 29th Day Trip @ 9 & Painting @ 10:30

NEW KENSINGTON CENTER

This year's Open House is one that we will never forget. We got to honor a long time member Kelly Gasbarra, before he moved to Oklahoma City. Kelly has been a part of this center for 43 years! In the town of New Kensington, September 20, 2018 was proclaimed of Kelly Gasbarra Day by the Mayor, Tom Guzzo. Thank you everyone who came to celebrate with Kelly and made this day very special for him!

November 30th is National Mason Jar Day which commemorates an ingenious invention that's been bringing families together for generations. Here at the Center we will do a morning of crafting with Mason Jars. Please join us at the Center for this fun craft. Please call or stop in to the center to sign up. Ask for Tara when signing up also ask about staying and having lunch with us that day!

Senior Helpers – November 6 @ 10:30am

Tim Beckes, The president and Owner of Senior Helpers will be at our center to talk about all of the Senior Care they have available. Senior Helpers specialize in Alzheimer's and Dementia, Parkinson's, Companion and Personal Care.

Penn State Extension – November 8 @ 11:00am

Esther Ulery M.S. Ed., Tobacco Prevention/Cessation Specialist is coming to the center to give information or create some interest on quitting tobacco use.

Always Best Care – November 13 @ 10:30

Paula Smith, Client Outreach Manager from Always Best Care senior services. Always Best Care provides non-medical in-home care, free independent and assisted living referral services, free memory care referral services, and Philips Lifeline Medical Alert Service. They have strong relationships with hospitals, social workers, senior communities and senior resources across the state of Pennsylvania.

Community Life – November 20 @ 10:15

Cindie Phillips, Marketing Manager from Community Life will be visiting our center for a prize bingo. Community Life offers a wide range of wellness education. Programs can be tailored to fit you specific needs. These programs are designed to enhance individuals' quality of life.

Breakfast at the Center – November 5 @ 9:00

Please join us at our Center for another Breakfast. We will be serving eggs, hash browns, bacon and sausage, toast and enjoy a cup of juice or coffee. Please sign up at the Center or call and ask for Tara.

NEW KENSINGTON CENTER

JOIN US FOR LUNCH, WIN A PRIZE!!!!

For our luncheon guests age 60 and older. Order your meal in advance and come in to enjoy lunch on any day in November to be entered into a FREE raffle for a neat prize on display at the center. This fun way to enhance your dining experience is being offered to encourage you to take advantage of a healthy, balanced meal and enjoy the company of others. The more you Dine, the more chances you have of winning!!

MORE CHANCES TO WIN: Order lunch for a friend and bring them to dine with you. Each of you will receive 2 chances on that day to win the November prize!

September 2018 Winner: Mary Kay Stewart

SPECIAL DATES TO REMEMBER

November 5- Breakfast at the Center
November 6 – Senior Helpers
November 8 – Penn State Extension
November 12 – Center Closed
November 13 – Always Best Care
November 19 – Community Life
November 22 – Center Closed for Thanksgiving
November 30 – National Mason Jar Day
November 30 – Birthday Luncheon

Birthday Luncheon: November 28 @ 12:00

Celebrate your November birthday while enjoying lunch and a gift for members who sign up by November 21st. Not your birthday month? Sign up for lunch and help celebrate anyway! As always, the Cake & Ice Cream will be provided and served.

Help us Stock the Pantry!! Many of you have asked us to let you know when we are in need of coffee, creamer and other coffee serving supplies. We are grateful for all of your donations to our cause of serving a great cup of coffee here at the center. The need at this time is for regular coffee, sugar and sweet & low sweetener.

2018 Secret Santa

It is that time of year that we offer you the opportunity to provide a gift for one of our local seniors who are being cared for by the Westmoreland County Area Agency on Aging Guardian Unit. This year we have 5 females over the age of 60 and 1 male over the age of 60. Come visit the center or call 724-335-8597 for suggested donations. All donations must be taken to the New Kensington Center by November 30 and all gifts must be “as new”. Thank you!