






# the Center *insider*

THE LATEST NEWS FROM THE AVONMORE, EAST VANDERGRIFT, AND NEW  
KENSINGTON CENTERS FOR ACTIVE ADULTS  
DECEMBER 2017

**Bonnie Dudek, Director**

## IN THIS ISSUE

<p><b>Avonmore Center (page 10)</b> 458 Railroad Ave. - P O Box 153 Avonmore, PA 15618 (724) 697-4014 <b>Karen Stonebraker, Manager</b></p>	<p> ► WEEKLY CALENDAR</p>
<p><b>East Vandergrift Center (page 13)</b> 400 McKinley Ave. - P O Box 446 East Vandergrift, PA 15629 (724) 568-2692 <b>Dominica Wilson, Manager</b></p>	<p> ► PRIMETIME HEALTH</p>
<p><b>New Kensington Center (page 2)</b> 1039 Third Ave. New Kensington, PA 15068 (724) 335-8597</p>	<p> ► LUNCH MENU</p>

## Center Hours

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

## 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](http://www.WTAE.com).

**Centers Closed  
December 25  
Christmas Day**



**NEW KENSINGTON CENTER  
WEEKLY CALENDAR**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9:00 Crafts	9:00 Crafts	9:30-11:30	9:30-12:00	9:30-11:30
9:30-11:30	10:30-12:30	Treasure	Treasure	Treasure
Treasure	Treasure	Corner	Corner	Corner
Corner	Corner	12:00 Lunch	12:00 Lunch	12:00 Lunch
10:00-12:00	11:30 Lunch	*See H&W	12:30-2:30	12:30-3:30
12:00 Lunch	12:30 Public	Schedule	Crochet Class	Cards (500)
*See H&W	Bingo	Below	1:30 Silver	*See H&W
Schedule	* See H&W		Chords	Schedule
Below	Schedule		*See H&W	Below
	Below		Schedule	
			Below	

**SPECIAL DATES  
TO REMEMBER**

**Dec 5 @ 10:30**  
Veterans of Foreign  
Wars (VFW)

**Dec 7 @ 10:30**  
Alle-Kiski Health  
Foundation

**Dec 12 @ 10:30**  
Clear Captions

**Dec 19 @ 10:00**  
Logan Place/Bayberry/  
Traditional Holiday  
Divine

**Dec 21 @ 12:00**  
Birthday Luncheon

**HEALTH & WELLNESS**

**Monday** – Yoga (10:00), Color & Conversation (10-12:00), Indoor Walking (1:00), Tai Ji Quan: MBB (1:00)

**Tuesday** – Brain Games (10:00) , Mahjong (12:00)

**Wednesday** – Nutrition Education (10:30), Indoor Walking (1:00), Tai Ji Quan: MBB (1:00)

**Thursday**– Tai Ji Quan: MBB (10:45), Advanced Line Dancing (12:30)

**Friday** – Blood Pressure Readings (9-11:00) , Indoor Walking available all day

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



## NEW KENSINGTON CENTER

### Center Events

#### **Veterans of Foreign Wars (VFW) Dec 5 at 10:30-11:30**

Linda Eshenbaugh returns to the center to help veterans, their widows or widowers and dependents explore benefits that may be available to them. Linda's affiliation with the Butler VA Healthcare allows her to assist you in completing the paperwork processes involved as well. Linda will be at the center on every first Tuesday of the month.



#### **Alle-Kiski Health Foundation Dec 7 at 10:30**

Representatives will be joining us, to talk about major programs that are provided within their organization. Health & wellness, Wellness Education, health resource and referral services, first responder support, substance abuse prevention, and many other programs. Light refreshments will be served.

#### **Clear Captions Dec 12 at 10:30**

Tracey Sealock will be attending our center to give information, and sign up anyone interested in her organization. Clear Captions enables anyone with hearing loss or that is on the verge of losing their hearing communicate easier with the most advanced captioning phone system available.

#### **Logan Place/Bayberry Dec 19 at 10:00**

Community Relations Manager Katie Slezak will be in to talk about the program she represents. Senior living community, they develop individual care plans to meet the needs of each resident.

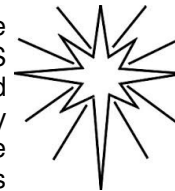


#### **Traditional Holiday Divine Dec 19 at 11:30**

As is our tradition we will once again be offering, The special meal of "stuffed Pork Chops with gravy, Whipped potatoes, Broccoli florets and Apple Pie, sign up by December 12<sup>th</sup>, join us for a fun day at the center.

#### **Twinkle Little Star!!**

Our Annual Christmas Star campaign is fully on deck .You're invited to participate by returning the enclosed CHIRSTMAS STAR to the center in an envelope provided with a suggested donation of 5.00. You may decorate your STAR or simply place your name or another greeting on it. All STARS will be hung on the tree in the dining room. A list of the participants names will be included in our February 2018 newsletter. Thank you in advance for your consideration of a donation to the center and may you enjoy all of the many festivities of the holiday season!



## NEW KENSINGTON CENTER

### **Birthday Luncheon: December 21 at 12:00**

Celebrate your December birthday while enjoying lunch and a gift for members who sign up by December 12<sup>th</sup>. Not your birthday month? Sign up for lunch and help celebrate anyway! As always, the Cake & Ice Cream will be provided and served by Sammi from Belair Health & Rehabilitation after



### **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 December 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!!

October 2017 Winner: Tim Walker



### **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 decaf coffee and hot chocolate mix.



A monetary donation has been made to the center in memory of Dorothy Williams.

Dorothy's name will be added to our Memorial Wall.

## News for All Centers

### Advisory Council Meetings

Avonmore: Thursday, December 21 @ 12:30 p.m.  
East Vandergrift: Thursday, December 28 @ 8:30 a.m.  
New Kensington: Monday, December 11 @ 1:00 p.m.

### Board of Directors Meeting

No meeting scheduled for December

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### BINGO

Avonmore: Penny Bingo, Tuesdays @ 12:30  
25 Cent Bingo, Fridays @ 12:30  
Evening Bingo, Monday Dec 18 @ 6:30 p.m.

East Vandergrift: Bingo, Wednesdays @ 1:00

New Kensington: Public Bingo, Tuesdays @12:30



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### COMPUTERS FOR SENIORS

**Word Application Class**

**Basic Computer Class**

**Email Class**

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



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### Why is my mailing label yellow?

If the mailing label on your newsletter is highlighted, please renew your 2017 membership by December 31 in order to continue receiving your newsletter at home.

## NEWS FOR ALL CENTERS

### **Is it time to replace your Carbon Monoxide (CO) Detector?**

This is the time of year we are reminded to test and replace the batteries in our Smoke Alarms. We also want to draw attention to our Carbon Monoxide Detectors.

Did you know that the sensor in a CO Detector wears out? Current lifespan is between 5-10 years. Some of the newer models will signal you when it is the end of life (EOL) for the instrument. Other older models may not alert you of EOL.

The newer models will list a build date on the back of the detector and the life expectancy. If your model does not have this information, and you do not know how old it is, you should probably replace it.

There are models that use replaceable batteries, household electrical power with a battery backup, and even a self contained 10 year lithium battery with a 10 year sensor. Some detectors have a digital display to show the current reading as well as the peak reading.

There are different types of sensors but many experts recommend a “fuel-cell electro-chemical” sensor type and with a “peak” level memory to alert you to the highest level of CO present. According to the “Family Handyman” the “fuel-cell electrochemical” sensor is far more sensitive to CO and less prone to false alarms than models from just 10 years ago.

Please follow the directions of whichever CO detector you purchase for proper installation and operation.

## The Director's Corner

DECEMBER 2017

By Bonnie Dudek



The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

You do not have to be on public assistance, do not have to have an unpaid heating bill and you can either rent or own your home to receive help.

In addition to cash grants sent directly to your utility company or fuel provider in amounts ranging from \$200-\$1000 based on household size, income, and fuel type crisis grants are also available if you have an emergency situation and are in jeopardy of losing your heat. Crisis situations include: broken heating equipment or leaking lines that must be fixed or replaced, lack of fuel, termination of utility service, or receiving notice that your service will be shut off within 60 days. For oil and propane heated homes, a less than 15 day supply of fuel is also considered a crisis situation. You can receive more than one crisis grant, as necessary, during the season until the maximum benefit of \$500 is reached.

2017-2018 LIHEAP income guidelines are as follow:

1 person in household: \$18,090      2 persons in household: \$24,360

\*add \$6,270 to the income guidelines for each additional person in the household.


You have several options to apply for LIHEAP assistance and applications are now being accepted and will continue to be accepted until April 6, 2018.

Pick up an application at our Avonmore, East Vandergrift or New Kensington centers or any of our 8 satellite meal sites on the day of our monthly luncheon.

Apply online at: [www.compass.state.pa.us](http://www.compass.state.pa.us)  
Call the statewide LIHEAP hotline at 1-866-857-7095  
Visit your local County Assistance Office

**AVONMORE CENTER  
WEEKLY CALENDAR**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9:00 Quilting	9:00 Quilting	9:00 Quilting	9:00 Quilting	9:00 Quilting
11:30 Lunch	9:30 Games/ Puzzle/Cards	11:00 Speaker (if available)	11:30 Lunch	9:30 Games/ Puzzle/Cards
12:30 Puzzle/ Games/Cards	11:30 Lunch	11:30 Lunch	12:30 Games/ Puzzle/Cards	11:30 Lunch
1:00 Crafts	12:30 Penny Bingo	12:30 Puzzle/ Games/Cards		12:30 25-Cent Bingo
	2:30 Snack			2:30 Snack

<b>SPECIAL DATES TO REMEMBER</b>	<b>HEALTH &amp; WELLNESS</b>
<p><b>Dec 1 @ 10:00</b> S.A.I.L. Continues</p> <p><b>Dec 2 @ 5:00</b> Pizza Party Bingo</p> <p><b>Dec 4 @ 9:00</b> Seniors For Safe Driving Class</p> <p><b>Dec 13 @ 10:00</b> Book Club</p> <p><b>Dec 13 @ 11:00</b> Speaker/Presentation</p> <p><b>Dec 13 @ 11:30</b> Birthday Luncheon</p> <p><b>Dec 18 @ 6:30</b> Evening Bingo Please bring something to share!</p> <p><b>Dec 19 @ 11:30</b> Christmas Party w/ Children's Clinic</p> <p><b>Dec 21 @ 12:30</b> Advisory Meeting</p>	<p><b>Tuesday</b> - Senior Yoga (9:00)</p> <p><b>Thursday</b> - Blood Pressure Screenings (12:00)</p> <p><b>S.A.I.L.</b> - Monday, Wednesday, Thursday (10:00-11:00 a.m.)</p> <p>Coloring every day at 10:00</p> <hr/> <p><b><u>S.A.I.L. (Stay Active and Independent for Life)</u></b> This new program continues in December. It is being offered every Monday, Wednesday and Thursday (unless there is a conflict or change). Come in and see what it's all about. Everyone is welcome!</p> <hr/> <p><b><u>Book Club</u></b> Come join us for this month's meeting on Wednesday, December 13 at 10:00 am. Our book selection is <i>Loving Frank</i> by Nancy Horan.</p>  <hr/> <p><b><u>Card Sharks</u></b> Wednesday nights, check with the Center for time &amp; place.</p>



## AVONMORE CENTER

### Center Events

#### Evening Walk

Thank you to all of our faithful Tuesday evening walkers. Because of the time change, we are ending it at this time. We hope to see everyone in the Spring. Have a safe winter. Please feel free to come into the Center and participate in our exercise programs if you do not want to be a couch potato this winter. Call or stop in the Center for more information or to check them out. Everyone is welcome.

#### Senior Center Membership

Thank you to everyone who has renewed or joined new in 2017. All of your support is appreciated. This is the last month of 2017, and now we begin to think about our new year in 2018. Please consider renewing your membership or joining new in January for the new upcoming year. Thank you!

#### Monthly Evening Bingo

Our Monthly Evening Bingo is scheduled for December 18 at 6:30 p.m. Please plan on attending and bring something to share for our Christmas Evening Bingo. Everyone is welcome.

#### Christmas Get Together

Please plan on being here for the Center Christmas Party on December 19<sup>th</sup>. The meal is the stuffed pork chop lunch provided by the County. Make your lunch reservation before December 13<sup>th</sup> and plan on staying for the festivities. Let's get together and celebrate the season. The Children's Clinic will be here for your entertainment. **\*Due to the party, there will be NO Penny Bingo or Yoga Class this day.** Call today to make your reservation. I hope to see you all here!!

#### Pizza Party Bingo

There will be a Pizza Party Bingo held at the Center on Saturday, December 2. Doors open at 5:00. Pizza, salad and a beverage will be served at 5:30 with bingo starting at 6:00. Your \$20 admission covers 5 (6-card) regular games, 5 (6-card) special games and 1 (3-card) jackpot, 2 slices of pizza, salad and beverage. A free door prize ticket will be given for each paid admission. A free 3-card jackpot will be given if you pre-register. Call the Center at 724-697-4014 to sign up and receive your free jackpot. There will also be a 50/50 raffle drawing, Cherries instant tickets, and additional door prizes.



**AVONMORE CENTER**

**Thank you! Thank you!**

Thank you to everyone who participated and supported our Annual Hunter's Breakfast, the RSVP Sock/Hat/Used Coat Drive and sent in your bakeless bake sale donations. All of your support is greatly appreciated.

*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 support.*

Congratulations to our volunteer Gina Emricko for being the recipient of the National Point of Light Award. Point of Light embraces the challenge of tackling a community need through volunteer service. Thank you Gina for all the help and love you have given so generously to us.



**December Birthdays**

Beverly Carnahan  
Edward Christy  
Justine Davison  
Mark Deemer  
Melvin Fowler  
Monty Fowler  
Rachel Garzone

Kathy Hopkins  
Catherine Norman  
Susan Porter  
Harold Stonebraker  
Lidia Todarello  
Bertha Zapotoczny



Birthday Luncheon is Dec 13 sign up by Dec 6

## EAST VANDERGRIFT CENTER



### December Birthdays



Eleanor Kulczycki  
Daniel Munson  
Margaret Phillips  
Virginia Redmond  
Ray Steffanina  
Eleanor Steffanina  
Lois Stobert

Anyone who has an December 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.

### **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.**

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### **Line Dancing**

Regular Line Dancing is on Mondays @ 11:00. Participation has been growing. If you are interested, please come by and try it.



If you have any suggestions on a trip for us to take contact Dee at the center and express your ideas.

**EAST VANDERGRIFT CENTER**  
**Weekly Calendar**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
12:00 Lunch	9:00 AM	9:00 AM	9:00 AM	9:00 AM Cards
12:30 Cards (Scat)	Cards	Cards	Cards	12:00 Lunch
12:30 Mah-jongg	12:00 Lunch	11:30 Lunch	12:00 Lunch	
	12:30 "500"	1:00 Bingo	12:30 Cards (Scat)	
	Cards		12:30 Mah-jongg	
	12:30 Cards (Scat)			

**SPECIAL DATES**

**Nov 27 @ 10:30**  
Holiday Cards for Hero's

**Dec 5 @ 11:15**  
Clear Captions Talk

**Dec 7 @ 9:00**  
Rivers Casino Trip

**Dec 8 @ 12:45**  
Afternoon Card Party at  
12:45 p.m.

**Dec 11 @ 10:30**  
Holiday Cards for the VA

**Dec 14 @ 11:00**  
Crafter with Sandy

**Dec 15 @ 1:30**  
Bel Air Bingo

**Dec 19 @ 9:00**  
Christmas Party

**Dec 21 @ 11:00**  
Christmas Craft

**Dec 22 @ 4:00 p.m.**  
Evening Cards

**HEALTH & WELLNESS**

**Monday** – Tai Ji Quan: MBB (9:30), Zumba (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), Exercise Video (10:15)

**EAST VANDERGRIFT CASINO TRIP  
to The Rivers**

Departure Time: 9:00 a.m.  
Arrival Home: 4:30 p.m.  
December 7, 2017  
Price \$25.00



You get \$20 in free play and \$5.00 off your meal.

We will leave from the parking lot between the Vandergrift Fire Hall and St. Gertrude's 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.

## EAST VANDERGRIFT CENTER

### Center Events

#### PAINTING with DEE

Painting with Dee will be Thursday December 28th at 10:30 a.m. please sign up by December 22nd at 4 p.m. so that all supplies will be bought the cost is \$2 for members and \$5 for non-members this money goes towards supplies to keep this event going.



#### Crafts

Craft Day with Sandy will be Thursday December 14th at 11:00 a.m. Please plan on attending and sign up no later than Monday December 11th so that she will know how many to plan for supply wise. Sandy always has a wonderful craft planned for our center.



Christmas crafts with Dee will be December 21st at 11 a.m. please sign up no later than Monday December 18th at 4 p.m. so that I may know how many to expect.

#### CARDS . . . CARDS . . . CARDS

- \* Tuesdays - 500 Cards @ 12:45
- \* Friday Dec 8 - Afternoon 500 Card Party @ 12:45 p.m. Please bring some friends and enjoy the fun.
- \* Friday Dec 22 - Evening 500 Card Party @ 4:00 p.m. Bring your friends and a snack for an enjoyable time.

#### Learning Calligraphy with Santa Marie

There will be no calligraphy this month and will return to its normal scheduling after March.

#### Christmas Party

Our Christmas party is December 19th starting at 9 a.m. we will begin with games until 11 a.m. then we will proceed with Christmas pass around followed by our \$5 gift exchange at 11:30 you must bring a \$5 gift in order to participate in the \$5 gift exchange. Afterwards we will have lunch at 12 p.m. and at 1 p.m. we will have our Christmas Bingo please bring a \$1 gift for every card you plan on playing. Snacks and refreshments will be available throughout the day. Please sign up for lunch no later than Monday December 11th at 4 p.m.

#### Holiday Cards

It's that time of year again. We will be doing are holiday cards for Heroes as well as holiday cards for the southwestern VA Nursing Home. Holiday cards for Heroes will take place November 27th at 10:30 a.m. holiday cards for veterans will be on December 11th 10:30 a.m. please plan on attending so that we may fill out as many cards as possible this year!

**UPCOMING TRIPS IN 2018** - Pittsburgh's National Aviary, Farmer's Inn, Carnegie Museum of National History & Flight 93