



the Center *insider*

THE LATEST NEWS FROM THE AVONMORE, EAST VANDERGRIFT, AND NEW
KENSINGTON CENTERS FOR ACTIVE ADULTS
FEBRUARY 2019

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)
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New Kensington, PA 15068
(724) 335-8597
Tara Kazmer, Manager

Promoting health and wellness
in active adults.



IN THIS ISSUE

- ▶ WEEKLY CALENDAR
- ▶ HEALTH & WELLNESS
- ▶ LUNCH MENU

Center Hours

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

Centers Closed

February 18 -
Presidents' Day


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	12:30 Penny	12:30 Puzzle/ Games/Cards	Schedule	12:30 25-Cent Bingo
	Schedule	Bingo	*See H & W	On Page 3	2:30 Snack
	On Page 3	2:30 Snack	Schedule		*See H & W
		*See H & W	On Page 3		Schedule
		Schedule			On Page 3
		On Page 3			
EAST VANDERGRIFT	9:00 Dotz	9:00 Cards	9:00 Cards	9:00 Cards	9:00 Cards
	9:00 Cell Help	12:00 Lunch	11:30 Lunch	12:00 Lunch	9:00 Dotz
	12:00 Lunch	12:30-3:30	1:00 Bingo	12:30 MahJongg	9:00 Cell Help
	12:30 Cards	Cards (500)	*See H & W	*See H & W	12:00 Lunch
	12:30 MahJongg	*See H & W	Schedule	Schedule	*See H & W
	*See H & W	Schedule	On Page 3	On Page 3	Schedule
	Schedule	On Page 3			On Page 3
	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	10:30-12:30	Treasure	Treasure	Treasure
	Treasure	Treasure	Corner	Corner	Corner
	Corner	Corner	12:00 Lunch	12:00 Lunch	12:00 Lunch
	12:00 Lunch	11:30 Lunch	*See H & W	12:30-2:30	12:30-3:00
	1:00 Bible	12:30 Public	Schedule	Crochet Class	Cards (500)
	Discussion	Bingo	On Page 3	1:30 Silver	*See H & W
	*See H & W	*See H & W		Chords	Schedule
	Schedule	Schedule		*See H & W	On Page 3
	On Page 3	On Page 3		Schedule	
			On Page 3		

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



HEALTH & WELLNESS - ALL CENTERS

AVONMORE

Monday - S.A.I.L. (10:00) - weeks 1, 2 & 4
Tuesday - Senior Yoga (9:00), S.A.I.L. (10:30)
Thursday - S.A.I.L. (10:00), Blood Pressure Screenings (12:00)
Friday - S.A.I.L. (10:00) - week 3

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), Blood Pressure (1st & 3rd Tuesday) (11:00)
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

Why is my mailing label yellow?

If the mailing label on your newsletter is highlighted, please renew your membership by February 28 in order to continue receiving your newsletter at home

COMPUTERS FOR SENIORS

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

NEWS FOR ALL CENTERS

Advisory Council Meetings

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

Board of Directors Meeting

Tuesday, February 26 @ 4:15 p.m. @ New Kensington

BINGO

Avonmore: Penny Bingo, Tuesdays @ 12:30
25 Cent Bingo, Fridays @ 12:30
Evening Bingo, February 25 @ 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:

February 6: Arnold Towers
February 7: Cloverleaf Estates (Delmont)
February 11: Export (Italian American Club)
February 12: McMurty Towers (Vandergrift)
February 14: Lower Burrell Manor
February 19: Slickville Civic Organization
February 20: Allegheny Township Community Building
Murrysville Village of Clover Ridge: NO LUNCHEON (Next Luncheon March 18)

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

Robert Anderson
Beverly Beveridge
Mariam Bowman
Arleen Gordish
Susan Kerchensky
Hope Magalich
Clara Mains
Marlene Nelson
Sam Riffer
Valentino Rudolph
Ludwig Sharek
Theressa Snyder
Sandra Umbaugh

East Vandergrift

Catherine Geer
Gloria Hone
Mildred Jablonski
Amelia Marhefka
RoseMary Moglia
Margret Walczak

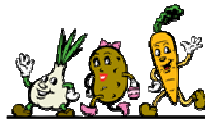
New Kensington

Gregory Mulvany
Joe Ditty
Gail Holm
Melanie Schuler
James McDade
Katherine McLean
Dale Fogle
Verlene Stonis
Jacqueline Regoli
Alyce Torkeo
Kenneth Jenkins
Donald Orłowski
Darryl Clay
Carina Lobel-West
Linda Ditty
Hazel Robinson
Jean Nader
Lynn Keitzer
David Mudrinch
Ida Sousa
Margaret Walczak

DIRECTOR'S CORNER

By Bonnie Dudek

The month of February gives us a lot of food for thought on the topic of good nutrition in relation to our hearts as the month is federally designated American Heart Month in the United States. The first February designated as American Heart Month was in 1964 and while we have seen many changes in our food choices and food processing procedures in the past 55 years, some basic things have not changed in relation to eating heart healthy. Think back to how you were preparing foods in 1964 or which foods were on the table at meal time. While TV dinners were available, most families were still preparing fresh whole foods at home. Fresh carrots, beans and all sorts of other vegetables were purchased fresh or grown at home as opposed to frozen or canned. Getting back to the basics of a diet that is good for your heart can be easy. In today's market you can purchase fresh fruits and vegetables year round in the quantity you need. Try purchasing a couple fresh carrots, a floret of broccoli or a turnip or two. All are easy to clean and preparation can be as simple as simmering them in water. Strive for 8+ servings a day of fruits and vegetables along with healthy snacks like walnuts, pecans and almonds. For additional information on healthy eating, visit one of our center's or satellite sites and get to know our supervisors. All of them can help you explore our lunch menu and help you get on the track to good nutrition all year long!



BULLETIN BOARD

Rivers Casino Trip

Special day
February 19, 2019
Cost \$25.00
\$30.00 in free play is what you get back



The bus will leave the parking lot between Vandergrift fire hall and St. Gertrude church promptly at 9 a.m. Please be there by 8:45 a.m. so that the bus may leave on time. We will return by 4:30 p.m. All monies are due for the trip when signing up. Spots will fill up fast due to the special day.

Brown Bag Bingo – Saturday, February 16, 2019 – Doors will open at 10:30 a.m., lunch served at 12:00 and bingo will begin at 1:00 p.m. Cost is \$20.00 per person which includes your brown bag lunch (sliders, cold salads, chips, fruit cup, cookie, beverage, and more, plus your bingo pack of 15 games (9 regular, 6 specials, & Jackpot) and door prize tickets. Pre-register by February 8 and receive a free Jackpot. Everyone is welcome. Call the Avonmore Senior Center at (724) 697-4014 to sign up.



AVONMORE CENTER

Seniors For Safe Driving Class – Anyone who is due to take their refresher course in 2019, please contact Karen at the Center. This program is available to persons 55 and over to receive a discount on their car insurance. Course details are at the Center. The class is being held on March 18th beginning at 9:00 a.m. Cost is \$16.00. Please sign up for lunch by March 13th. Call and sign up for the class at the Center. Everyone is welcome to attend.

AVONMORE CENTER

Monthly Evening Bingo – February 28th @ 6:30 p.m. Our monthly Evening Bingo will be **permanently moved** to the **fourth (4th) Monday** of the month. Please plan on supporting us and attending. Everyone is welcome to join us! You do **NOT** have to be a member to attend. Please help me **keep** this activity going by showing your support!

Card Sharks – Every Wednesday evening @ 6:00 p.m.

The SAIL (Stay Active and Independent for Life) Program – The Center will continue to offer this program in February. There are a lot of conflicts due to the Income Tax appointment in February & March. Please check with the Center for the scheduled days and times each week. It will be offered three days a week for 13 weeks. This program will help improve your strength and balance, which will ultimately help you feel stronger. We want you to stay independent and active. Arleen Gordish will be the instructor for this program. Everyone is welcome.

Senior Center Membership – It is that time of the year for our 2019 Center Membership renewal campaign. Your 2018 membership expired on December 31, 2018. I hope everyone will renew their dues or join and support the Center. Come in and renew your 2019 membership by March 31, 2019 and sign up for a Members **ONLY** dinner to be held on April 24, 2019. Seating is limited to 100, so don't delay. Please call the Center for details and to sign up.

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

Monthly Center Raffle – Each day that you attend lunch, you will be entered into a raffle to win a \$25.00 Visa gift card. The drawing will be held at 12:00 on February 28, 2019. Winner need not be present. Lunches must be ordered by 1:00 p.m. on Wednesday of the preceding week.

Weekly Gift Card Promotion – Attend lunch on 3 consecutive days in a week and be entered into a weekly drawing for a \$5.00 gift card. Winner need not be present. To be eligible for the drawing, participants must attend lunch on at least one of the following day combinations: Monday/Tuesday/Wednesday, Tuesday/Wednesday/Thursday, or Wednesday/Thursday/Friday.

Chinese Auction Raffles - Thank you to everyone who purchased tickets and supported our Chinese Auction in December. Your support was greatly appreciated.

AVONMORE CENTER

Future Events

Special Invitation Bingo (March)
Seniors Safe Driving Class (March 18)
Members Only Dinner (April)
5K Walk (May)
Summer Picnic Bingo (June)
Annual C&B Fashion Show (June)
Annual Hoagie Sale (July)
Pizza Party Bingo (August)
Annual Open House & Festival Bingo (September)
Bakeless Bake Sale (October/November)
Annual Chili Cook Off (November)
Holiday Bingo (December)

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-

AARP Income Tax Assistance – Tax Preparation is available again this year. Tax payers are reminded to maintain accurate records, bring this year's tax package, income, interest, dividend statements, and copies of last year's federal and state income tax returns when they seek help. Assistance will be available by appointment only. Those individuals who do not have an appointment will be asked to return at a later date. Our appointments begin on Wednesday, February 13th. Please call the Center at 724-697-4014 or stop in to schedule your appointment.

SPECIAL DATES TO REMEMBER

February @ 10:00 a.m. – Avonmore Free Public Library Book Club (**Please call the Center for date & time**)

February 14th @ 11:30 a.m. - Birthday Luncheon & Free Valentine's Day Bingo

February 16th @ 10:30 a.m. – Brown Bag Bingo

February 18th – CENTER CLOSED Due to Presidents' Day!

February 21st @ 12:30 p.m. – Advisory Meeting

February 25th @ 6:30 p.m. – Monthly Evening Bingo

Valentine's Day Free Bingo

Sign up for lunch by Wednesday, February 6, 2019 and stay for a free Valentine's Day bingo on Thursday, February 14, 2019. You must sign up for lunch and be present to play bingo (participant's must play their own cards). Call the Center at (724) 697-4013 to sign up for lunch and bingo.

EAST VANDERGRIFT CENTER

Crafts— Crafts with Sandy will be on February 14th at 11 a.m. Please be sure to sign up for this event so that she will have all the supplies needed. Sign up no later than Wednesday January 2nd at 4 p.m. We must have at least 3 people committed to attend in order for her to come.

Meal Plan Goal

As another month goes past we continue to strive to meet our goal for the month. Our goal is still holding at 300 meals served for the month of February. We are in hopes that you all will participate in this so that our participants here at the center will be able to have a FREE Sundae Bar for every member and non-member that has eaten lunch throughout the month. January's meal plan goal, if met, will be on February 7th for the Sundae Bar. February's meal plan goal will be the first Thursday in March. We must meet our meal plan goal in order to have the Sundae Bar.

Blood Pressure Checks - On the first and the third Tuesday of the month we will have blood pressure checks at 11:00 a.m. Please come and get your blood pressure checked by our volunteer retired nurse.

BASIC CELLPHONE HELP - Mondays and Fridays at 9:00 a.m. Dee will be helping participants that need help doing basic functions on their cellphone. Whether you have a smart phone or basic phone, if you need help learning how to text, retrieve voicemails, make calls, take pictures and other simple functions, come on in. We hope to see you there!

CARDS . . . CARDS . . . CARDS

- * Tuesdays - 500 Bid @ 12:45
- * Friday, February 8 - 500 Bid afternoon card party @ 12:45 p.m.
- * No evening card parties until March.

Crocheting with Lanna - Crocheting with Lanna every Friday at 9:30, Come on down and have a crocheting social!

Diamond Dotz - Everyday starting at 9:00 a.m. Come on in and check out what we are doing. Diamond Dotz are taking over with their fun designs and making people relax.

Do you have a fundraising idea? Contact the Center and we will explore it!

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.**

Special Speaker Program - February 6th
at 11:00 am Danielle from the West-
moreland County Area Agency on Aging
will be at the center to give a 30 minute
talk on the services that the Aging of-
fice provides as well as answering any
question that you might have on those
services. Please plan on attending. This
will be a very informative talk.

February Birthdays

Anyone who has a February
birthday and comes to the birth-
day celebration lunch gets a cup-
cake on us after the meal is
served. Please call the center to
make your reservation by Febru-
ary 20th at 1pm.

SPECIAL DATES TO REMEMBER

Feb 5th
Blood Pressure Check @ 11:00 am
Feb 6th
Danielle from the Aging office to talk about
services and answer question @ 11:00am
Feb 8th
Afternoon Card Party @ 12:45pm
Feb 14th
Valentine's Day Party Bingo @ 1:00 pm
Feb 22nd - NO CARD PARTY
Feb 28th
Advisory Meeting @ 8:30 am
Bingo @ 1pm

TAXES - Tax season is upon us once
again. Please be sure to call the cen-
ter at 724-568-2692 and make your
appointment today. Spots fill up
fast! We will be starting Friday, Feb-
ruary 8th at 9:00 a.m. and will con-
tinue every Friday until the end of
March.

Upcoming Day Trips

We have new ideas brewing for
2019! If you have any suggestions on
where to take a Day trip to, contact
Dee at the center so we can explore
the options.

NEW KENSINGTON CENTER

Christmas Stars

Please accept our gratitude for your participation in our annual Christmas STAR fundraising campaign. A complete list of our donors is included with this month's newsletter.

TCE (Tax Counseling for the Elderly) offered by the Retired and Senior Volunteer Program (RSVP)

February 1 – April 12 Tuesdays 9:00-11:15 Fridays 12:00-2:15

By appointment only, call the center at 724-335-8597 to make your appointment. If you would also like to enjoy a lunch that day, please make sure you order your meal by 1:00pm on Wednesday of the proceeding week of your appointment.

Bankers Life Feb. 5 @ 10:30am

Coryn Neff, Insurance Agent will be at the center to help you understand your current Medicare Plan. It can be very confusing, so she will offer tips to make sure you have the best coverage that fits your budget. Coryn will educate and inform you about the variety of Medicare options available.

Alle-Kiski Health Foundation Feb 8 @ 11:00am

Representatives, whom are all retired nurses will be back at our center to give out information about their organization and will go over some information about the GI (Gastro intestine).

Monarch Hospice Feb 12 @ 10:30am

Lori Hank, Owner of Monarch Hospice is going to come to our center to talk about her company and to inform you of the reality and myths of hospice.

Valentine's Day Get Together Feb 14 @ 10-12

Come joins us at the center to celebrate Valentine's Day. There will be fun crafts and snacks. Following you can enjoy a hot lunch. Please sign up for lunch by 1:00pm Wednesday February 7th.

Pleasant Ridge Feb 19 @ 10:00am

Staff members from Pleasant Ridge are going to come visit us at the center and have a Prize Bingo, while providing you with some information about their facility.

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 February 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 February prize!

December 2018 Winner: Janice Pater

SPECIAL DATES TO REMEMBER

Feb. 5 – Bankers Life
Feb. 8 – Alle-Kiski Health Foundation
Feb. 12 – Monarch Hospice
Feb. 14 – Valentine’s Day Get Together
Feb. 18 – Center Closed “Presidents’ Day”
Feb. 19 – Pleasant Ridge Prize Bingo
Feb. 27 – Birthday Luncheon

Birthday Luncheon: February 27 @ 12:00

Celebrate your February birthday while enjoying lunch and a gift for members who sign up by February 20th. Not your birthday month? Sign up for lunch and help celebrate anyway! As always, the Cake & Ice Cream will be provided and served after everyone has enjoyed their lunch.

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, Decaf, sugar and sweet & low sweetener

Belair Feb 22 @ 11:30am-12:30pm

Samantha Callen, Admission Director from Belair will come to the center to perform Blood Sugar checks. She will do one before lunch and one right after lunch. Lunch is served at 12:00pm. If interested in attending please be sure to sign up for lunch by February 14th no later than 1:00pm.