



the Center *insider*

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

JULY 2017

Bonnie Dudek, Director

IN THIS ISSUE

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



▶ WEEKLY CALENDAR



▶ PRIMETIME HEALTH



▶ LUNCH MENU

East Vandergrift Center (page 13)
400 McKinley Ave. - P O Box 446
East Vandergrift, PA 15629
(724) 568-2692
Dominica Wilson, Manager

New Kensington Center (page 2)
1039 Third Ave.
New Kensington, PA 15068
(724) 335-8597

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.

**CENTERS
CLOSED**



July 4

**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**

- July 6**
No Crochet Class
- July 11 @ 10:30**
Platinum Ridge
Free Bingo
- July 18, 25**
Eating Smart/Moving
More
- July 20**
Birthday Luncheon

HEALTH & WELLNESS

- Monday** – Yoga (10:00), Color & Conversation (10-12:00), Indoor Walking (1:00)
- Tuesday** – Brain Games (10:00) , Mahjong (12:00)
- Wednesday** – Nutrition Education (10:30), Indoor Walking (1:00)
- Thursday**– Yoga (9:00-10:30), Tai Chi for Arthritis (10:45-11:30), 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.

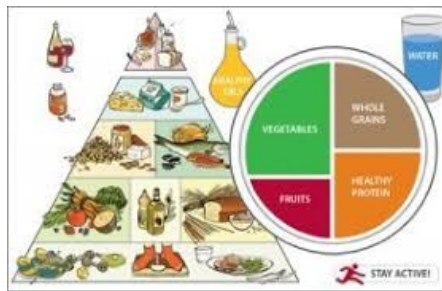
Memorial Wall: A monetary donation has been made to the center by Jean Nader in memory of Tess Schmaley. Tess's name has been added to our Memorial Wall.

NEW KENSINGTON CENTER

Center Events

July 18, 25 10:30-11:30 - Eat Smart/Move More

Mark your calendar and plan on attending this educational series presented by Oneida Sedok, Nutrition Education Advisor EFNEP/PA Tracks. Oneida will be presenting healthy eating tips, performing cooking demonstrations, offering food tastings and answering all of your questions pertaining to eating smart. In addition, new this year, she will be helping you discover additional ways to stay active and move more.



Platinum Ridge Center for Rehabilitation & Healing **FREE PRIZE BINGO July 11 10:30-11:30**

Plan on a fun game of prize bingo every second Tuesday of the month as Kelly Montgomery, Director of Admissions at Platinum Ridge calls the numbers and hands out fun prizes for the winners.



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 powdered coffee creamer (any brand), and decaffeinated tea bags. Please drop your donations off at the center office.



NEW KENSINGTON CENTER

Birthday Luncheon: July 20 @ 12:00

Celebrate your July birthday while enjoying lunch and a gift for members who sign up by July 11. Not your birthday month? Sign up for lunch and help celebrate anyway! As always, the Cake & Ice Cream will be provided and served by Stephanie Farneth, Admissions Director for Belair Health & Rehabilitation after everyone has enjoyed their meal.



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 July 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!!

May 2017 Winner: Barb Remo



News for All Centers

Advisory Council Meetings

Avonmore: Thursday, July 20 @ 1:00 p.m.
East Vandergrift: Thursday, July 28 @ 8:30 a.m.
New Kensington: Summer Break (No Meeting)

Board of Directors Meeting

Tuesday, July 25 @ 4:00 p.m. in New Kensington

BINGO

Avonmore: Penny Bingo, Tuesdays @ 12:30
25 Cent Bingo, Fridays @ 12:30
Evening Bingo, Monday July 17 @ 6:30 p.m.

East Vandergrift: Bingo, Wednesdays @ 1:00

New Kensington: Bingo, Tuesdays @12:30



COMPUTERS FOR SENIORS

Word Application Class

Basic Computer Class

Email Class

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 2017 membership by July 31 in order to continue receiving your newsletter at home.

NEWS FOR ALL CENTERS

2017 Farmers' Market Nutrition Program

Eligible seniors interested in receiving four \$5.00 vouchers (\$20 total) to purchase produce grown in Pennsylvania are encouraged to participate in this program sponsored by the Pennsylvania Department of Agriculture. Age and Income guidelines are as follows: You must be age 60 or older by December 31, 2017 and meet income guidelines of up to \$22,311 for a single person and \$30,044 for a couple. Income for all individuals residing in a household must be considered.

Please bring proof of age and residency with you. A Driver's license, photo ID card, AAA transportation card, birth certificate and utility receipts are examples of acceptable forms of proof. SOCIAL SECURITY and MEDICARE CARDS ARE NOT ACCEPTED.

Homebound individuals may have someone apply for them with the required documentation. Proxy forms will be available at the centers. Please pick up a proxy form BEFORE the date of the sign up you will be attending. The Proxy forms need to be completed prior to receiving the vouchers and signed by the participant and proxy designee receiving the vouchers.

There is a one-time sign-up for each individual per season. The scheduled local sign-ups are listed below.

Allegheny Township (136 Community Building Rd. Leechburg))
July 19

VFW Post 92 (1601 Wildlife Lodge Rd. Lower Burrell)
July 20 10:00-12:00

You may receive your vouchers at any Westmoreland County distribution site. Please call one of our 3 centers to inquire of additional locations and dates/times.

The Director's Corner

JULY 2017

By Bonnie Dudek

As the transition of the organizations Director's position continues, I would like to thank my boss of 12 years, Kathy Mazur, for her guidance as I prepare for my new duties. I look forward to working closely with David Sloan to assure the continuation in efficiency that we have all become accustomed to.



I would like all of you to know how excited I am to have this opportunity to increase my ability to continue serving the older adults of our communities. In the near future, I will be visiting each of our centers and outreach meal sites to get to know you and inquire of your visions for the future of your centers.

I will be working closely with our volunteer Board of Directors to fulfill the mission statement of the organization and look forward to their future accomplishments.

And as the excitement of it all continues....It is with great pleasure that I announce Selma Shipman as the Supervisor of the New Kensington Center. Selma brings with her an extensive background in customer service and working directly with people. Selma's desire to work for the better of older adults in the community will serve both her and our participants well as she continues the current programming offered at the center, while developing new programming for you all to enjoy. Selma will take leadership of the New Ken center officially on July 1st. Please help us welcome her to our team!

**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 Penny Bingo	12:30 Puzzle/ Games/Cards	1:00 Crafts	1:00 25-Cent Bingo
	2:30 Snack			2:30 Snack

SPECIAL DATES TO REMEMBER	HEALTH & WELLNESS
<p style="text-align: center;">July 3 @ 10:00 S.A.I.L. Begins</p> <p style="text-align: center;">July 3 @ 12:30 Fourth of July Bingo</p> <p style="text-align: center;">July 10 @ 10:30 Penn State Nutrition w/Antonia</p> <p style="text-align: center;">July 13 @ 12:30 Calligraphy</p> <p style="text-align: center;">July 17 @ 6:30 a.m. Evening Bingo</p> <p style="text-align: center;">July 20 @ 1:00 p.m. Advisory Meeting</p> <p style="text-align: center;">July 25 @ 11:30 Birthday Luncheon</p>	<p>Tuesday - Senior Yoga (9:30), Evening Walk & Exercise (6:00 p.m.)</p> <p>Thursday - Blood Pressure Screenings (12:00)</p> <p>S.A.I.L. - Monday, Wednesday, Thursday (10:00-11:00 a.m.)</p> <p>Coloring every day at 10:00</p>
	NUTRITION NEWS
	<ul style="list-style-type: none"> ◆ Mixing Good with the Bad: Cholesterol ◆ Superfood Spotlight: Blueberries ◆ An Attitude of Wellness ◆ Walking for Your Health
	Book Club
	<p>Please check the Center for date and time of the next meeting.</p> 
	Card Sharks
	<p>Wednesday nights, check with the Center for time & place.</p> 

AVONMORE CENTER

Evening Walk w/Arleen

Tuesday evening at 6:00 pm in the Center parking lot for a one hour 2 mile walk through Avonmore.

Senior Center Membership

Thank you to everyone who has renewed their Senior Center Membership dues for 2017. If you have not renewed so far, you will have a reminder label on your newsletter. Please stop in at the Center or you can drop it in the mail. As always, thank you for your continued support!

Monthly Evening Bingo

Our monthly evening bingo is scheduled for July 17th at 6:30 p.m. Please help me keep this evening activity going by planning on attending. I need to see your support to continue it.

Tribute Star

Purchase a star In Memory of (Red) or In Honor of (Blue) a loved one for \$3.00. It will be displayed on our Avonmore Tribute Wall. Thank you for supporting the Avonmore Senior Center and this fundraising effort.

Special 4th of July Bingo – July 3rd

The Center will be having a special 4th of July Bingo on Monday, July 3rd. You must sign up for lunch for that day to be eligible to play. Please call the Center at 724-697-4014 or stop in to sign up. Everyone is welcome to make your lunch reservation and come in to have some fun. Lunch reservation deadline is Tuesday, June 27th. Hope to see you all here.



Calligraphy Class

The Calligraphy Class with Santa is scheduled for Thursday, July 13th at 12:30 p.m. Everyone is welcome. Sign up at the Senior Center and sign up for lunch also.

Painting Class

The Painting Class is scheduled for Wednesday, July 26th at 10:00 a.m. Everyone is welcome. Please sign up at the Center, so we can buy the necessary supplies. Remember to put in your lunch reservation and join us for lunch.

Craft Classes

Crafts are being held on July 3rd and 24th for anyone interested in helping us create some crafts to sell at our Open House in September. Everyone is welcome to join us for some fun and good times. No special skills are required. I hope you will plan on attending.

AVONMORE CENTER

S.A.I.L. (Stay Active and Independent for Life)

This is a new program beginning July 3 at 10:00 and will be offered every Monday, Wednesday and Thursday for 7 weeks (10:00-11:00). This is a program that will help you be strong, have better balance, and feel better ultimately helping you to stay independent, active and prevent falls. Arleen Gordish will be the instructor for this program.



Future Events

Two NEW Exercise programs (SAIL & MFBB) beginning in July/August and September/October (details in this newsletter and future newsletters), Trivial Pursuit Bingo in August

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.



July Birthdays



Pauline Anderson
Richard Carnahan
Susan Casella
Rozanne Ghiardi
Debbie Moore
Richard Olex
Rita Pendylshok

Dennis Platko
Imogene Rearick
Neila Riggle
Dennis Shoupe
Diana Tamski
Phyllis Thounhurst
David Topper

Birthday Luncheon is July 25th sign up by July 19th.

EAST VANDERGRIFT CENTER



July Birthdays

Gwen Barney
Marion Carney
Emma Depancis
Betty Henry
Santa Marie Klingensmith
Alyce Faye Phillips
Linda Rollinson
Evelyn Smeltzer
Andrea Wicks



Anyone who has a July 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

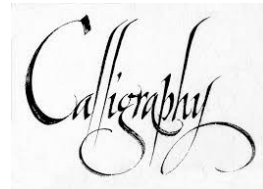
Every Wednesday at 1:00 p.m.
18 Regular games
5 Specials games
2 Jackpots
1 Quickie
AT A GREAT PRICE!!!!
HOPE TO SEE YOU THERE!



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

Learning Calligraphy with Santa Marie

July 6th & 20th at 11:00 a.m. Santa Marie will be here teaching basic Calligraphy. Stop at the Center or call to sign up.



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

July 6 @ 11:00
Calligraphy

July 11 @ 11:00
Penn State Nutrition

July 13 9:00-12:00
Picnic Carnival

July 14 @ 12:30
Afternoon Card Party

July 18th @ 11:00
Medicare Seminar

July 20 @ 11:00
Calligraphy

July 21 @ 1:00
Bel; Air Bingo

July 27 @ 9:00
Smicksburg Trip

July 27 @ 10:30
Painting with Dee

July 28 @ 8:30
Advisory Meeting

HEALTH & WELLNESS

Monday – Moving for Arthritis (9:30), Zumba (9:30), Indoor Walking (10:15), Line Dancing (12:30)

Tuesday - Moving for Arthritis (9:30), YMCA Exercise (10:15)

Wednesday - Yoga (10:00)

Thursday - Moving for Arthritis (9:30), Indoor Walking (10:00)

Friday - Indoor Walking (10:00), Exercise Video (10:15)

EAST VANDERGRIFT CASINO TRIP
Rivers Casino

Departure Time: 9:00 a.m.
Returning Home: 4:30 p.m.
August 17, 2017

Price \$25.00
You get \$15 in free play and \$5.00 off your meal.



Pick up will be in the parking lot between the fire hall and St. Gertrude's Church in Vandergrift. The bus will leave promptly at 9:00 a.m. All money for the trip is due when signing up.

EAST VANDERGRIFT CENTER

PAINTING with DEE

Thursday, July 27th at 10:30 a.m. What are we painting you ask? Who knows! Sign up by the 21st so that I may have all supplies needed for that day.



** There will also be a Painting with Dee at the Avonmore Center. If you would like to attend please call Karen at 724-691-4014 so that she can sign you up!**

CARDS . . . CARDS . . . CARDS

- * Tuesdays - 500 Cards @ 12:30
- * Friday July 14th - Afternoon 500 Card Party @ 12:30 p.m. Please bring some friends and enjoy the fun.
- * Friday July 28th - Evening 500 Card Party @ 4:00 p.m. Please bring some friends and enjoy the fun.

Moving for Arthritis

We are excited to offer an expanded exercise program from the YMCA. Moving for Arthritis will now be offered on Mondays, Tuesdays, and Thursdays at 9:30 a.m. We will still have the regular YMCA exercise program on Tuesdays at 10:15.

Learning Calligraphy with Santa Marie

Thursday July 6th and 20th at 11:00 a.m. Santa Marie will be here teaching Calligraphy classes. Stop in and sign up.

Penn State Nutrition Classes

Antonia will be back again starting July 11th at 11:00 a.m. with Penn State's yearly informational classes. Please plan on attending.

Upcoming Events

September 7th—Trip to the Zoo - Sign up today spots are going to fill up fast.

SPECIALS & FREE BINGOS

July 18th - Health Insurance Store Informational Seminar with Slideshow at 11:00 a.m.

July 21st - Bel Air Bingo at 1:00 p.m.

July 27nd - Platinum Ridge Bingo at 1:00 p.m.

B I K I N G

Join us as we bike the Roaring Run Trail. We leave from the Kiski Ave Ext. parking lot on Wednesdays at 9:00 a.m.

