



the Center *insider*

THE LATEST NEWS FROM THE AVONMORE, EAST VANDERGRIFT, AND NEW
KENSINGTON CENTERS FOR ACTIVE ADULTS
FEBRUARY 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
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New Kensington Center (page 14)
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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

February 19
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	(if available)	12:30 Puzzle/	Games/Cards
	Games/Cards	11:30 Lunch	11:30 Lunch	Games/Cards	11:30 Lunch
	1:00 Crafts	12:30 Penny	12:30 Puzzle/	*See H & W	12:30 25-Cent
	*See H & W	Bingo	Games/Cards	Schedule	Bingo
	Schedule	2:30 Snack	*See H & W	On Page 3	2:30 Snack
	On Page 3	*See H & W	Schedule		*See H & W
		Schedule	On Page 3		Schedule
		On Page 3			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-	12:30-3:30	1:00 Bingo	12:30 MahJongg	*See H & W
	Jongg	Cards (500)	*See H & W	*See H & W	Schedule
	*See H & W	*See H & W	Schedule	Schedule	On Page 3
Schedule	Schedule	On Page 3	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
	*See H & W	12:30 Public	Schedule	Crochet Class	Cards (500)
	Schedule	Bingo	On Page 3	1:30 Silver	*See H & W
	On Page 3	*See H & W		Chords	Schedule
		Schedule		*See H & W	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

Tuesday - Senior Yoga (9:00), Evening Walk & Exercise (6:00 p.m.)
Thursday - Blood Pressure Screenings (12:00)
Monday, Wednesday, Thursday (10:00-11:00 a.m.) - S.A.I.L.

Coloring every day at 10:00

EAST VANDERGRIFT

Monday - Tai Ji Quan: MBB (9:30), Zumba (9:30), Indoor Walking (10:15),
Line Dancing (12:30)
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)

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 Quann: 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, February 22 @ 12:30 p.m.
East Vandergrift: Thursday, February 22 @ 8:30 a.m.
New Kensington: Monday, February 12 @ 1:00 p.m.



Board of Directors Meeting

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

BINGO

Avonmore: Penny Bingo, Tuesdays @ 12:30
25 Cent Bingo, Fridays @ 12:30
Evening Bingo, Monday Feb 26 @ 6:30 p.m.

East Vandergrift: Bingo, Wednesdays @ 1:00

New Kensington: Public 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 membership by February 28 in order to continue receiving your newsletter at home.

NEWS FOR ALL CENTERS

Satellite Luncheon Dates:

Feb. 1st: Cloverleaf Estates (Delmont)

Feb. 7th: Arnold Towers

Feb. 8th: Lower Burrell Manor

Feb. 12th: Export (Italian American Club)

Feb. 13th: McMurty Towers (Vandergrift)

Murrysville Village of Clover Ridge (No luncheon in February. Next Luncheon March 19th)

Feb. 20th: Slickville Civic Organization

Feb. 21st: 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, Elaine Bargerstock. 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.

DIRECTOR'S CORNER

FEBRUARY 2018

By Bonnie Dudek

This information was taken from www.health.com

While deaths due to heart disease have dropped in recent years, it's still the No.1 killer of Americans.

The good news is that we know a ton about how to prevent cardiovascular disease, which includes both strokes and heart attacks.

It's clear that healthy eating and living (like exercising more!) can make a huge difference. The below superfoods for your heart when included in your diet will help keep your ticker happy for decades to come.

Salmon and other fatty fish such as sardines and mackerel, dark chocolate, citrus fruits, oatmeal, blueberries, soy, potatoes, tomatoes, nuts, legumes, extra-virgin olive oil, green tea, broccoli, spinach, kale and the list goes on and on. Visit the website for more offerings of superfoods available.

In addition, the American Heart Association website and the Academy of Nutrition website both offer fact based tips based on the most recent dietary recommendations to help you remain fit & active using dietary measures.

Watch for information at each of our three centers for a special program offered by the Westmoreland County Penn State Extension office which will be starting in March. The program, Seniors Eating Well will include food tastings, demonstrations and a vast amount of information on eating well. This popular program is a welcomed annual event at our centers and offers new course descriptions each year so I encourage you to attend, even if you have done so in the past.

Spring is just around the corner....Stay warm and I look forward to seeing you at one of our centers soon!

BULLETIN BOARD

EAST VANDERGRIFT CASINO TRIP to Rivers Casino

Departure Time: 9:00 a.m.
Returning Home: 4:30 p.m.
February 15, 2018
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 Church promptly at 9:00 a.m. Please arrive by 8:45 so that the bus may leave on time. All monies for the trip are due when signing. Your name will not go on the list unless you pay at that time.

AVONMORE Valentine's Day Free Bingo

Date: February 14
Time: Lunch starts at 11:30

Come join us for lunch at the Avonmore Center and stay for a free Valentine's Day bingo. There will be a total of 10 games played and the prize for winning a game will be a surprise.



This event is open to the public. All you have to do is call the Center by Wednesday, February 7 to sign up for lunch and you will automatically be signed up for bingo. (You must be present for lunch and only you can play your cards. No substitutes.)

Come and join us. We always have a great time!

AVONMORE CENTER

Senior Center Membership

It is that time of the year for our 2018 Center Membership renewal campaign. Your 2017 membership expired on December 31, 2017. I hope everyone will renew their dues or join new and support the Center.

Monthly Evening Bingo

Our Monthly Evening Bingo is scheduled for February 26 at 6:30 p.m. Please plan on attending and supporting the Center. Everyone is welcome whether a Center member or not.

Crafts

We continue to have crafts for sale at the Center made by our “crafting angels”. Stop in to see what we have. They make really nice gifts at a good price while supporting the Center. If anyone would like to come and participate in our crafts or have a good idea for a new craft, please stop in and talk to Karen or Theressa.

Pizzelle Sale

Thank you to everyone who supported the Center and ordered pizzelles. All of these funds raised by these fundraisers are used to keep our Center open and operational. We appreciate all of the support!

Valentine’s Day Free Bingo

A free Valentine’s Day bingo is being planned at the Center on Wednesday, February 14th for everyone who signs up for lunch and comes in. The deadline to sign up is February 7th. You can sign up for free bingo at the Center by calling at 724-697-4014. I hope everyone will attend and help us celebrate Valentine’s Day!! You must sign up for lunch and be present to play bingo.

AARP Income Tax Assistance

Begins February 14 by appointment only.
Call the Center to schedule an appointment.



AVONMORE CENTER

The Avonmore Free Public Library Book Club

Please call the Senior Center at 724-697-4014 for the next book club meeting date and time. Everyone is welcome to attend.



Card Sharks

We play every Wednesday night. Call or stop in at the Center for the time and Place. Everyone is welcome! Please join us and pass some idle time this winter and have some fun.



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

This program continues in February. 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 always welcome!

Future Events

- St Patrick's Day Party (March)
- Easter Candy Sale (March)
- Hoagie Sale (April)
- Pizza Party Bingo (April)

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.

SPECIAL DATES TO REMEMBER

- Feb 1 @ 10:00
S.A.I.L. Continues
- Feb 13
Valentine's Day Celebration
- Feb 14
Free Valentine Bingo
- Feb 22 @ 12:30
Advisory Meeting
- Feb 26 @ 6:30 p.m.
Evening Bingo
- Feb 27 @ 11:30
Birthday Luncheon

February Birthdays

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



Birthday Luncheon is Feb 27 sign up by Feb 21

EAST VANDERGRIFT CENTER

PAINTING with DEE

Painting with d will be Thursday February 22 at 10:30 a.m. please sign up by February 20 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 with Sandy Rollinger

Craft Day with Sandy will be Thursday February 8 at 11:00 a.m. Please plan on attending and sign up no later than Monday February 1 at 4:00 p.m. so that she will know how many to plan for supply wise.



CARDS . . . CARDS . . . CARDS

- * Tuesdays - 500 Cards @ 12:30
- * Friday, Feb 9 - Afternoon 500 Card Party @ 12:30 p.m. Please bring some friends and enjoy the fun.
- * Friday Feb 23 - Evening 500 Card Party @ 4:00 p.m. Cost is \$2 per person for the night of snacks, cards, and fun. Please bring some friends and enjoy the fun.

Learning Calligraphy with Santa Marie

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

Learn to Crochet

Anyone interested in crocheting should contact the Center. A class is forming for Friday mornings.

Income Tax Preparation

Starting February 8th and every Friday after that until the 13th of April from 9 a.m. to 12 p.m. By appointment only. Call the Center to make your appointment.

UPCOMING EVENTS, SPECIALS & FREE BINGOS

February 16 at 1:30 p.m. Bel Air bingo

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

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.**

February Birthdays

SPECIAL DATES TO REMEMBER

Feb 8 @ 11:00
Crafts with Sandy
Feb 8 @ 12:00
Birthday lunch
Feb 9 @ 12:45
Afternoon Cards
Feb 12 @ 9-12
Valentine's Day Party
Feb 15 @ 9:00
Casino Trip
Feb 16 @ 1:30
Bel Air Bingo
Feb 22 @ 8:30
Advisory Meeting
Feb 22 @ 10:30
Painting with Dee

Anita Carnabuci
Andy Douglas
Gloria Hone
Mildred Jabloski
Amelia Marhefka
Greg Mulvany
Margaret Walczak



Anyone who has an February birth-
day and comes to the birthday
celebration lunch gets a cupcake
on us. Please call the center to
make your reservation by Wednes-
day of the previous week.

NEW KENSINGTON CENTER

Veterans of Foreign Wars (VFW) – Tuesday, Feb 6 @ 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. Please note that Linda is available at the center every first Tuesday of the month.

Celebrate American Heart Month – Tuesday, Feb 13 @ 11:00-11:30

Visit with Katie Slezak, Community Relations Manager with Bayberry Place as she presents the program Healthy Heart offering tips on keeping your heart healthy.

The Truth about Hospice –Tuesday, Feb 20 @ 10:30-11:30

Paula Smith representing 365 Hospice will be returning to the center, by popular request, to continue educating you on the facts about hospice and how it may help you during the difficult time of caring for a loved one.

Physical Activity & Movement – Tuesday, Feb 27 @ 10:30

George Ifill returns to the center to facilitate a program offered by Gateway Health to help you explore ways to fit more physical activity and movement into your daily routine.

Christmas STARS

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

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

February 6 – April 13 Tuesdays 9:00-11:15 Fridays 12:00-2:15

By appointment only call the center at 724 335-8597 to make your appointment

SAVE THESE DATES:

March 6

The Blackburn Centers will be leading you in a fun game of Resident to Resident Feud. This game designed after the favorite gameshow family feud will address bullying among senior citizens and should prove to be a good time by all.

March 23

Save the date and plan to attend the special event we will be offering in partnership with the Allegheny-Kiski Health Foundation. This presentation titled Good and Bad Habits will explore assorted habits and help you determine which are good for you and which ones are not.

Watch our March 2018 newsletter for times and further details of the above pro-

NEW KENSINGTON CENTER

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, de café coffee and powdered coffee creamer.



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 2017 Winner: Helen Garner



SPECIAL DATES TO REMEMBER

- Feb 6
Veterans Benefits
- Feb 13
Healthy Heart
- Feb 20
365 Hospice
- Feb 21
Birthday Luncheon
- Feb 27
Gateway Health

Birthday Luncheon - Feb 21 @ 12:00

Celebrate your February birthday while enjoying lunch and a gift for members who sign up by February 13th. 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 everyone has enjoyed their meal.

