



the Center *insider*

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

APRIL 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.



IN THIS ISSUE

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- ▶ HEALTH & WELLNESS
- ▶ LUNCH MENU

Center Hours

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

CENTERS CLOSED

**NO SCHEDULED
CLOSINGS IN APRIL**


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
	*See H & W Schedule On Page 3	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		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.



HEALTH & WELLNESS - ALL CENTERS

AVONMORE

Tuesday - Senior Yoga (9:00), Evening Walk (6:00)
Thursday - Exercise Class (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 (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 Quan: MBB (10:00), Advanced Line Dancing (12:30)

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

Chronic Disease Self Management Program

If you are enrolled in the CDSMP being held at the New Kensington Center, the April dates are 4/4, 4/11, and 4/18 at 9:30-11:30.

NEWS FOR ALL CENTERS

Advisory Council Meetings

Avonmore: Thursday, April 20 @ 10:00 a.m.
East Vandergrift: Thursday, April 26 @ 8:30 a.m.
New Kensington: Monday, April 9 @ 1:00 p.m.



Board of Directors Meeting

Tuesday, April 24 @ 4:15 p.m. in New Kensington

BINGO

Avonmore: Penny Bingo, Tuesdays @ 12:30
25 Cent Bingo, Fridays @ 12:30
Evening Bingo, Monday Apr 16 @ 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 April 30 in order to continue receiving your newsletter at home.

NEWS FOR ALL CENTERS

Satellite Luncheon Dates:

April 4: Arnold Towers

April 5: Cloverleaf Estates (Delmont)

April 9: Export (Italian American Club)

April 10: McMurty Towers (Vandergrift)

April 12: Lower Burrell Manor

April 16: Murrysville Village of Clover Ridge

April 17: Slickville Civic Organization

April 18 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 Bargarstock. 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

April 2018

By Bonnie Dudek

DON'T BE A STATISTIC

Sign up for a free falls prevention workshop today

Did you know that every 11 minutes an older Pennsylvanian is hospitalized due to a fall?

Falling is the leading cause of injury-related hospitalizations for older adults, resulting in +50,000 annual hospitalizations in Pennsylvania alone. It is a major threat to independence, accounting for almost half of admissions into nursing homes.

But...falling can largely be prevented.

Avonmore, East Vandergrift and New Kensington Center's for Active Adults are offering Healthy Steps for Older Adults (HSOA), a falls prevention workshop that includes a personal assessment on participants' risk of falling, tips on home safety and proper footwear, information on exercises to increase strength and balance, and nutrition tips to help build stronger bones.

WHO: Adults who wish to decrease their chance of falling

WHAT: A falls prevention class provided by the Pennsylvania Department of Aging's Health & Wellness program

WHEN & WHERE: **April 6** 10:00 – 2:00

Avonmore Center for Active Adults/speak to Karen Stonebraker
458 Railroad Avenue, Avonmore
724 697-4014

April 20 10:00-2:00

East Vandergrift Center for Active Adults/speak to Dee Wilson
400 McKinley Avenue, East Vandergrift
724 568-2692

April 27 10:00-2:00

New Kensington Center for Active Adults/speak to Tara Kazmer
1039 Third Avenue, New Kensington
724 335-8597

To register, call the center of the program date you would like to attend.

PREVIOUS CLASS PARTICIPANTS ARE WELCOME. For more details on PDA Health & Wellness visit www.aging.pa.gov/wellness.

A portion of this article was received from Bridgett Schickel, Senior Center Services Director III of the Westmoreland County Area Agency on Aging.

BULLETIN BOARD

EAST VANDERGRIFT CASINO TRIP to The Meadows

Departure Time: 9:00 a.m.
Returning Home: 5:30 p.m.

April 19, 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 Pizza Party Bingo

Date: April 21

Doors Open at 5:00 p.m.

Pizza at 5:15 p.m.

Bingo Starts at 6:00 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 with your paid admission.

Registration deadline is April 18th.

Seniors For Safe Driving

Is there anyone who is due to take their refresher course in 2018, please contact Karen at the Avonmore Center. This program is available to persons 55 and over to receive a discount on their car insurance. Course details are at the Avonmore Center. The class is being held on April 23rd beginning at 9:00 a.m. Cost is \$16.00. Please sign up for lunch by April 18th. Everyone is welcome.

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. Thank you to everyone who has renewed or joined so far. We appreciate the support!

Monthly Evening Bingo

Our Monthly Evening Bingo is scheduled for April 16 at 6:30 p.m. Please plan on attending and supporting the Center. Everyone is welcome whether a Center member or not.

Evening Walk With Arleen

Our Tuesday Evening Walks will be starting back again this month. Please join us every Tuesday evening at 6:00 p.m. for a one hour, 2 mile walk through Avonmore. Everyone is welcome.

Pizzelle Sale

Due to the success of our pizzelle sale in January, we are planning on another one at our Open House during the Avonmore Festival Weekend in September. Keep an eye on future newsletters for details. Thank you!!!

Easter Candy Sale

The Center will continue to sell candy for a fundraiser while supplies last. Please come into the Center to see our unique and delicious candy provided by our local "candy angel". Thank you to everyone who has supported the Center so far and purchased candy. All of your support is greatly appreciated.

AARP Income Tax Assistance

The AARP Income Tax Assistance will continue until April 4th by appointment only. Call the Senior Center to schedule an appointment now.

Healthy Steps Workshop

Calling all Avonmore Center members!! Please sign up for a Healthy Steps in Motion program being held on April 6th at the Avonmore Senior Center. I need a minimum number of participants to sign up for the program. Lunch deadline is March 28th. This special 4 hour seminar will include speakers, workshops and a lunch break. Please call the Center to sign up.

Annual Hoagie Sale

The Senior Center is having their Annual Hoagie Sale. Order your hoagie by Monday, April 9th. Pick up on Thursday, April 19th. Hoagies will be made again by Sprankles Market. There is a choice of Ham, Turkey, Roast Beef or Traditional Deli. Order forms are at the Center. Please stop in or call at 724-697-4014 to order. The cost is \$7.00. Thank you for your support.

AVONMORE CENTER

The Avonmore Free Public Library Book Club

Our next Avonmore Free Library Book Club book will be *Unlikely Pilgrimage of Harold Fry* by Rachel Joyce. It is a novel of unsentimental humor, and profound insight into the thoughts and feelings we all bury deep within our hearts. The next meeting will be April 18 at 10:00. Everyone is welcome!

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 have some fun.

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

This program may tentatively restart in July. Please call or check in at the Center for the details.

Senior Citizen’s Luncheon

It is once again time for the Annual Senior Citizen’s Luncheon at the Kiski Area High School. The Student Council will be holding the event on Wednesday, April 25, 2018 for the residents of Kiski Area School District. Pick up at the Avonmore Senior Center will be at 12:00 noon. Sign up at the Center to reserve your lunch. Reservations must be made by April 11, 2018.

Future Events

- Volunteer Appreciation Dinner (May)
- Penn State Nutrition Classes
w/Antonia (May & June)
- Pizza Party Bingo (August)
- Senior Center Open House (Sept)

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

- Apr 6 @ 11:30**
HSOA Program
Birthday Luncheon
- Apr 16 @ 6:30 p.m.**
Evening Bingo
- Apr 19**
Hoagie Pick Up
- Apr 20 @ 10:00**
Advisory Meeting
- Apr 23 @ 9:00**
Seniors for Safe Driving Class

April Birthdays

- | | |
|------------------|-------------------|
| Margie Burns | Joseph Palmiscno |
| Velma Christy | Joan Posney |
| Diann Curcio | Barry Rumbaugh |
| Dolores Colledge | Julie Sieczkowski |
| Ed Hazlett | Jennie Townsend |
| Sharon Jaworskyj | Judy Wolford |
| Stephen Nelson | |

Birthday Luncheon is April 6 sign up by March 28

EAST VANDERGRIFT CENTER

PAINTING with DEE

Painting with Dee will be Thursday April 26 at 10:30 a.m. Please sign up by 4:00 p.m. on April 23 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

Crafts with Sandy Rollinger will be April 12 at 11 a.m. Please sign up no later than Monday April 9 by 4 p.m. so that she will know how many to plan for supply wise.

CARDS . . . CARDS . . . CARDS

- * Tuesdays - 500 Cards @ 12:45
- * Friday, Mar 9 - Afternoon 500 Card Party @ 12:45 p.m. Please bring some friends and enjoy the fun.
- * Friday Mar 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.

Crocheting with Lanna

Crocheting with Lanna will be every Friday at 9:30 a.m. until further notice. Please contact the Center so you will know what supplies you will need to bring with you. Lanna will be teaching us beginner steps for crocheting. So if you are just learning, or even if you already know how come on down and sign up. It is sure to be fun.

Hoagie Sale

It is that time of year again. HOAGIE TIME! Orders are due to the center with payment by 3:30 p.m. on March 26th. Your order will be ready for pick up Wednesday April 4, you may come in at any time. We will have Italian and Turkey hoagies available for \$7.00 each.

UPCOMING EVENTS, SPECIALS & FREE BINGOS

April 3 @ 11:00 a.m. Dennis Biava will be here to give a talk on "Wills & Trusts"

April 5 @ 9:00 a.m. After Easter Party

April 20 @ 1:00 p.m. Bel Air Bingo

BIKING

Biking will return in May. Our regular trail is Roaring Run. In 2017, we also traveled to Kittanning, the Rockland Tunnel on the Allegheny River, West Newton, and Moraine State Park. Hope to see you in May.

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 DATES TO REMEMBER

Apr 3 @ 11:00
Wills & Trusts Talk

Apr 4
Hoagie Pick Up

Apr 5 @ 9:00
Easter Party

Apr 12 @ 11:00
Craft

Apr 13 @ 12:45
Afternoon Cards

Apr 19 @ 9:00
Casino Trip.

Apr 20
Healthy Steps Workshop @ 10:00
Bel Air Bingo @ 1:00

Apr 24 @ 11:00
Penn State Nutrition

Apr 26
Advisory @ 8:30
Painting @ 10:30

Apr 27 @ 4:00
Evening Cards

April Birthdays

Rose Ann Ashbaugh
Mark Blanciaki
Lois Bowser
Patricia Buchanan
Al DelVecchio
Ruth Jeroski
Majorie Kaiser
Patricia Kocon
John Marquez- Meza
Richard Moody
Vincent Spelock
Sue Talmage
Mary Ann Wuyscik



Anyone who has an April 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.

NEW KENSINGTON CENTER

Greetings,

I am really enjoying the New Kensington Center and learning about everyone that comes in. I get much enjoyment from our members and guests, and, I am continuing to learn new things! Thank you everyone for the wonderful welcome!

I am looking to add more members to my Council. We have our meeting every second Monday of every month at 1:00. I can always get new ideas on how to make our center better and more active.

The New Kensington Center appreciates all the wonderful donations. Thank you so much!

Tara

Healthy Steps for Older Adults - April 27 (4-hour work shop) @ 10-12 (lunch) 12:30-2:30

Sign up before April 17 for this fun, exciting workshop. This annual offering will feature guest speakers, interactive skills assessments, wiggle breaks and other tips in order to prevent falls. Registration will begin at 9:00 AM. Enjoy a FREE continental breakfast while you are registering!

Belair Health and Rehabilitation - April 10 @ 10:30

Becky Shoop from Belair Health and Rehabilitation will come and talk about how their Center provides a full range of skilled nursing services for many that suffer from prolonged acute or chronic illnesses.

Westmoreland County Food Bank - April 17 @ 10:30

Lauren Hill, SNAP Outreach Coordinator from the Westmoreland County Food Bank will come and speak. The mission is to enable all Westmoreland County residents who are hungry or at risk of hunger to have ready access to food.

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.



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 April 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 April prize!

February 2018 Winner: Connie Parotta

SPECIAL DATES TO REMEMBER

Apr 10
Belair Health and Rehabilitation

Apr 17
Westmoreland County
Food Bank Speaker

Apr 4,11,18
CDSMP

Apr 25
Birthday Lunch

Apr 27
Healthy Steps for Older Adults

**April Birthday Pizza Party -
April 25 @ 12:00**

Members who sign up by April 17 are invited to celebrate and receive a gift in honor of their April birthday. Not your birthday month? Sign up for lunch anyway and enjoy a cupcake after everyone has enjoyed their meal.

April Birthdays

- | | | |
|--------------------|---------------------|-------------------|
| Kay Post | Barbara Shaw | Elanor Varesco |
| Mary Pat Valarik | Rose Baker | Marlene Winschell |
| Marneese Nicholson | Mary Pedatella | Karen Miketic |
| Dolores Theriault | John Dunbar | John Shremshock |
| Shirley Redman | Roberta Witrosky | Elaine Celko |
| Alvina Cogswell | Lillian Misko-Coury | Garry Garrison |
| Margaret Rawlinson | Carole Hess | Sue Landis |
| Janet Darkey | Korena Stragand | Cheryl Sell |
| Robert Griger | Barbara Drennen | |