



the Center *insider*

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

JULY 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.



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- ▶ HEALTH & WELLNESS
- ▶ LUNCH MENU

Center Hours

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

CENTERS CLOSED

July 4
Independence 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
	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.

**YOUR
MEMBERSHIP
MATTERS**

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

Please note that the current series of Tai Ji Quan: MBB at the East Vandergrift and New Kensington Centers ends on Monday, June 4. Our full Health & Wellness schedule will resume in July.

NEWS FOR ALL CENTERS

Advisory Council Meetings

Avonmore: Thursday, July 23 @ 12:30 p.m.
East Vandergrift: No meeting in July
New Kensington: Monday, July 9 @ 1:00 p.m.



Board of Directors Meeting

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

BINGO

Avonmore: Penny Bingo, Tuesdays @ 12:30
25 Cent Bingo, Fridays @ 12:30
Evening Bingo, July 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 July 31 in order to continue receiving your newsletter at home.

NEWS FOR ALL CENTERS

PLEASE TAKE A MINUTE TO FILL OUT THE SHORT SURVEY INSERTED INTO YOUR NEWSLETTER AND HELP US PLAN OUR NEXT ALL CENTERS EVENT. SEE THE SURVEY FOR INFORMATION ON HOW TO SUBMIT YOUR GREAT IDEAS. THANK YOU IN ADVANCE FOR HELPING MAKE OUR CENTERS ATTRACTIVE TO THE COMMUNITIES WE SERVE!

Satellite Luncheon Dates:

July 4: Arnold Towers (No Luncheon next Luncheon on August 1)

July 5: Cloverleaf Estates (Delmont)

July 9: Export (Italian American Club)

July 10: McMurty Towers (Vandergrift)

July 12: Lower Burrell Manor

July 16: Murrysville Village of Clover Ridge

July 17: Slickville Civic Organization

July 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

July 2018

By Bonnie Dudek

The following information was obtained from Penn State Extension. To read the full article visit <https://extension.psu.edu>

Ecotherapy- An Affordable Prescription for Better Health

Your cultural background and society you live in influences many aspects of your daily life. For example, Americans have come to expect that when they see their health provider for an ailment, they will receive a prescription for a medication. Imagine your surprise if your primary care provider handed you a prescription indicating you should engage in 30 minutes of physical activity in a park-like setting several days a week!

Health care providers in the United States are increasing their use of the unconventional but effective practice of prescribing Ecotherapy. Ecotherapy as it is termed refers to growth and healing by interacting with nature. The term was first introduced in a 1996 book authored by Howard Clinebell, "Ecotherapy: Healing Ourselves, Healing the Earth" in which he describes strategies helpful in dealing with a variety of modern stressors. Ecotherapy often involves nature walks where patients are instructed to focus on key elements such as the sound of water in streams or rivers, sound of chirping birds and sights of trees, leaves and wildlife. Ecotherapy doesn't necessitate a visit to your healthcare provider or an actual prescription and is easy to initiate. You can get started today by participating in the two structured outdoor activities offered at our centers. The Avonmore center offers an evening walk on Tuesdays at 6:00 PM and the East Vandergrift center hosts a biking group at the Roaring Run Trail parking lot in Apollo at 9:00 AM on Wednesday's. Make plans to get outside for at least 30 minutes every day. Chances are in a few days you will start to see the benefits!

BULLETIN BOARD

EAST VANDERGRIFT CASINO TRIP to Rivers Casino

When: Tuesday, August 14th

Cost: \$25.00

You will get \$30.00 in slot play.

Departure Time: 9:00 a.m.

Est. Return Time: 4:30p.m



We will depart from the parking lot between the Vandergrift Fire Hall and St. Gertrude 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.

AVONMORE Pizza Party Bingo

Date: August 4

Doors Open at 4:00 p.m.

Pizza at 5:15 p.m.

Bingo Starts at 6:00 p.m.

\$20 for 6 cards of all games except Jackpot pizza, salad, beverage, snacks, door prizes. have a 50/50 raffle, instant tickets and additional prizes (tickets \$1). Additional cards are \$5.00 and extra Jackpots are \$2.00.



(3-card),
We'll also
tional door

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 July 27th.

AVONMORE CENTER

Senior Center Membership

It is time to renew your membership dues for 2018! Please support the Center with your dues and attendance. Reminder labels have been added. Thank you for your support.

Monthly Evening Bingo

Our Monthly Evening Bingo is scheduled for July 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

Please join us every Tuesday evening at 6:00 p.m. for a one hour, 2 mile walk through Avonmore. Everyone is welcome.

Christopher & Banks Fashion Show

Our Annual Christopher & Banks Fashion Show and Dessert Bar is scheduled for Wednesday, June 27th at 7:00 p.m. Call the Center to sign up. A Dessert Bar is included in the cost of \$5.00. Everyone is welcome. Please support us and attend.

Avonmore Historical Society Bicycle Day

The center was open on June 2nd and participated in this event. Eleven people came in for bingo and there were six for the bike ride with Arleen at 1:00 p.m. Everyone had a great time. Thanks go out to the community for supporting the center during this event.

Hoagie Sale – The Senior Center is having a Second Hoagie Sale in July. Order your hoagie by Monday, July 16th. Pick up on July 26th. Hoagies will be made again by Sprankles Market. Please stop in or call at (724) 697-4014 to order. The cost is \$7.00. Thank you for your support.

Pittsburgh Pirates Game at PNC Park – A trip to the ball park is planned for Sunday, July 15th at 1:35 p.m. against the Milwaukee Brewers. The discounted ticket price is \$41.00 for Lower Infield Under Cover seats on the first or third base line. A minimum of fifteen is required to get the discounted price. Transportation will be provided by Byers Taxi Service. Total cost of the trip is \$56.00. Details are at all three Centers. Call the Avonmore Center to reserve your seat. The deadline for the ticket reservation & money paid is Monday, June 11th. Everyone from all three Centers are invited!

AVONMORE CENTER

The Avonmore Free Public Library Book Club

The Avonmore Free Public Library Book Club will be meeting at the Senior Center in July. Call the Center for the exact date & time. The next book will be "If the Creek Don't Rise" by Leah Weiss. Everyone is welcome.

Card Sharks

We play every Wednesday night at 6:00 p.m. Call or stop in at the Center for the time and place. Everyone is welcome! Please join us and have some fun.

Future Events

Pizza Party Bingo (August/December)
Senior Center Open House (September)
Chili Cook Off (October)
Hunter's Breakfast (November)
New Year's Eve Party (December)
Chinese Auction (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-

SPECIAL DATES TO REMEMBER

July 16th – Hoagie Orders Due

July 16th @ 6:30 pm – Monthly Evening Bingo

July 18th @ 11:00 am – Speaker/Presentation/Gateway Health

July 25th @ 11:00 a.m. – Speaker/Presentation/Sunrise Agency

July 26th – Hoagie Pick up Beginning @ 10:00

July 27th @ 10:00 am – Advisory Meeting

July Birthdays

Pauline Anderson
Richard Carnahan
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 20 sign up by July 11

EAST VANDERGRIFT CENTER

Painting Class

There will be no painting class in July, will return in August.

Crafts with Sandy Rollinger

Crafts with Sandy Rollinger will be July 12th at 11 a.m. please sign up no later than Monday July 9th at 4 p.m. so that she will have all materials needed for who will participate in the class.

CARDS . . . CARDS . . . CARDS

- * Tuesdays - 500 Bid @ 12:45
- * Friday, July 13 - 500 Bid afternoon card party @ 12:45 p.m. Please bring some friends and enjoy the fun.
- * Friday evening 500 Card Party @ 4:00 p.m. is cancelled until further notice.

Crocheting with Lanna

Crocheting with Lanna at 9:30 a.m. and will be every Friday after that until further notice. Please contact the center so you will know what supplies you will need to bring with you.

UPCOMING EVENTS and SPECIALS

August 2nd - Day trip to the Zoo

August 16th - Rivers Casino

BIKING

Our biking group meets at the Roaring Run Trail parking lot on Wednesdays at 9:00 a.m. Please check the web page at akvaac.org/ev.htm for last minute changes and go/no go decisions. If you have any questions, please call the center at 724-568-2692, and someone will get back to you.

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 Bingos and Events

July 5th Coin Bingo at 1:00 p.m.
July 17th Sunrise Healthcare Agency at 11:00 a.m.
July 19th Day Trip to the Aviary at 9:00 a.m.
July 20th at 1:00 p.m. Bel Air Bingo
July 26th at 9:00 a.m. Carnival please
sign up before July 17th
July 27th at 11:00 a.m. Medicare Fraud
Seminar

July Birthdays

Gwen Barney
Marion Carney
Rich Christy
Emma DePancis
Betty Henry
SantaMarie Klingensmith
Neva Morrow
Faye Phillips
Linda Rollinson
Evelyn Smeltzer
Judy Tvrdosky
Andrea Wicks

SPECIAL DATES TO REMEMBER

July 5th Coin Bingo @ 1:00
July 12th Craft @ 11:00
July 13th Afternoon Cards @ 12:45
July 17th Sunrise Healthcare @ 11:00
July 19th Aviary @ 9:00
July 26th Carnival @ 9:00
July 27th Medicare Fraud Talk @ 11:00



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.

NEW KENSINGTON CENTER

I would like to give a big thank you for all those who helped volunteer and those who came to celebrate our May Day Mixer event on May 5. It was a huge success and to see everyone work together to pull off this great event. The DJ @ DMW Entertainment really went above and beyond to make sure everyone was up and on their feet dancing! Our line dancers never stopped dancing!!! Tara

Bayberry Place - July 13, 11:00 AM

Katie Slezak, Community Relations Manager will revisit the Center with an Ice Cream Bar. While you are enjoying your nice cool treat Katie will talk about all the service that can be offered.

Pizza Party Bingo - July 14, 3:00 PM

Open to the public. Please join us for some Pizza and then Play Bingo. Sign up at the New Kensington Center. The doors will open at 2:00 PM.

Medicare Fraud Prevention - July 17, 10:30 AM

Bob MacGregor, SMP Volunteer from PA-Senior Medicare Patrol program at Center for Advocacy for the Rights and Interests of the Elderly (CARIE) will be making Presentation to our Center on the topic of Medicare Fraud Prevention.

Alle-Kiski Health Foundation - July 24, 10:30 AM

Sue, Register Nurse from the Alle-Kiski Health Foundation will be back at the Center to do a presentation on Understanding Parkinson's Disease. Parkinson's disease is a progressive disorder of the nervous system that impacts movement.

Sunrise Homecare - July 31, 10:30 AM

Shawn Fairman, Lead Case coordinator will come and talk about their services. The Case Specialists at Sunrise Agency Homecare are committed to help you make the changes needed in your life through their home health care services.

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 and sweet & low sweetener .

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 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!!

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 July prize!

May 2018 Winner: Barbara Drennan

SPECIAL DATES TO REMEMBER

July 4- Center Closed

July 13- Bayberry Place

July 14- Pizza Party Bingo

July 17- CARIE

July 24- Alle-Kiski Health Foundation

July 25- Birthday Luncheon

July 31- Sunrise Homecare

Birthday Luncheon: July 25, 12:00

Celebrate your July birthday while enjoying lunch and a gift for members who sign up by July 18th. Not your birthday month? Sign up for lunch and help celebrate anyway! As always, the Cake & Ice Cream will be provided and served.

July Birthdays

Janice Pater

Armelia Patrick

Vince Cirigliano

Judy Davis

Richard McCutcheon

Clenice Vincent

Ann Palmer

Mario Bucco

Judy Lucidi

John Harris

Timothy Walker

Kimberly Pola

Dorothy Campbell

Mary Colwell

Michael Sakaluk Sr

Ernestine Oliver

Mary Ann Justham