



# the Center *insider*

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

APRIL 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)**  
1039 Third Ave.  
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

April 19  
GOOD FRIDAY

### 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](http://www.WTAE.com).

**WEEKLY CALENDAR - ALL CENTERS**

See Health & Wellness Schedule On Page 3

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>AVONMORE</b>	11:00 Current Events	11:00 Current Events	11:00 Current Events	11:00 Current Events	11:00 Current Events
	11:30 Lunch	11:30 Lunch	11:00 Speaker (if available)	11:30 Lunch	11:30 Lunch
	11:45 Daily Laugh	11:45 Daily Laugh	11:30 Lunch	11:45 Daily Laugh	11:45 Daily Laugh
	1:00 Puzzle	12:30 Penny Bingo 2:30 Snack	11:45 Daily Laugh	1:00 Crafts 1:00 Game Time (4th Thurs)	12:30 25-Cent Bingo 2:30 Snack
<b>EAST VANDERGRIFT</b>	9:00 Diamond Dotz	9:00 Cards	9:00 Cards	9:00 Cards	9:00 Cards
	9:00 Cell Help	12:00 Lunch	11:00 Speaker (if available)	12:00 Lunch	9:00 Diamond Dotz
	12:00 Lunch	12:30-3:30 Cards (500)	11:30 Lunch		9:00 Cell Help
	12:30 Cards		1:00 Bingo		12:00 Lunch
<b>NEW KENSINGTON</b>	9:00-12:00 Diamond Dotz	10:30-12:30 Treasure Corner	9:30-11:30 Treasure Corner	9:30-12:00 Treasure Corner	9:30-11:30 Treasure Corner
	9:30-11:30 Treasure Corner	11:30 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch
	12:00 Lunch	12:30 Public Bingo		12:30-2:30 Crochet Class 1:30 Silver Chords	12:30-3:00 Cards (500)

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



## HEALTH & WELLNESS - ALL CENTERS

### AVONMORE

**Monday** - Chair Exercise (11:15), MahJongg (1:00) - 2nd & 4th Monday  
**Tuesday** - Senior Yoga (9:00), S.A.I.L. (10:30) , Color My World (11:00), Chair Exercise (11:15)  
**Wednesday** - Chair Exercise (11:15)  
**Thursday** - Strong Bones (10:00), Chair Exercise (11:15), Nutrition Education (11:45), Blood Pressure Screenings (12:00)  
**Friday** - Color My World (11:00), Chair Exercise (11:15)

### EAST VANDERGRIFT

**Monday** - Tai Ji Quan: MBB (9:30), Indoor Walking (10:15), Line Dancing (11:00), MahJongg (1:00)  
**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), MahJongg (1:00)  
**Friday** - Indoor Walking (10:00)

### 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 April 30 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, April 18 @ 12:30 p.m.  
East Vandergrift: Thursday, April 25 @ 8:30 a.m.  
New Kensington: Monday, April 8 @ 1:00 p.m.

### Board of Directors Meeting

Tuesday, April 23 @ 4:15 p.m. @ New Kensington

### BINGO

Avonmore: Penny Bingo, Tuesdays @ 12:30  
25 Cent Bingo, Fridays @ 12:30  
Evening Bingo, April 29 @ 6:30 p.m.



East Vandergrift: Public Bingo, Wednesdays @ 1:00  
Payouts are \$10 for regular games, \$20 for specials

New Kensington: Public Bingo, Tuesdays @ 12:30  
Payouts are \$10 for regular games, \$20 for specials

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### Satellite Luncheon Dates:

April 3: Arnold Towers  
April 4: Cloverleaf Estates (Delmont)  
April 8: Export (Italian American Club)  
April 9: McMurtry Towers (Vandergrift)  
April 11: Lower Burrell Manor  
April 15: Murrysville Village of Clover Ridge  
April 16: Slickville Civic Organization  
April 17: 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, 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

Margie Burns  
Velma Christy  
Dolores Colledge  
Diann Curcio  
Ed Hazlett  
Sharon Jaworskyj  
Joseph Palmiscno  
Joan Posney  
Julie Sieczkowski  
Jennie Townsend

#### East Vandergrift

Rose Ann Ashbaugh  
Mark Blanciak  
Lois Bowser  
Al DelVecchio  
Majorie Kaiser  
Patricia Kocon  
John Marquez-Meza  
Ardel Milko  
Vincent Spelock  
Sue Talmage  
MaryAnn Wuyscik

#### New Kensington

Robert Sauro  
Diane Burkhart  
Marneese Nicholson  
Dolores Theriault  
Edward Witrosky  
Shirley Redman  
Yvonne Sabattini  
Alvina Cogswell  
Pat Anicka  
Marcia Lerch  
Margaret Rawlinson  
Janet Darkey  
Robert Griger  
Sigred Moore  
Barbara Shaw  
Rose Baker  
Sheila Thompson  
Roberta Witrosky  
Lillian Misko-Coury  
Carole Hess  
Korena Stragand  
Barbara Drennen  
Eleanor Varesco  
Florence Demetrio  
Mary Kay Lager  
Karen Miketic  
Henrietta Penchick  
Elaine Celko  
Gary Garrison  
Sue Landis  
Cheryl Sell

## MESSAGES

### DIRECTOR'S CORNER

By Bonnie Dudek

As National Volunteer week approaches, I would like to personally thank each and every one of you who have so graciously chosen our organization to offer your time to. Your commitment and loyalty to our staff and centers is truly amazing and inspiring. Each year, one of our organization's Volunteers is selected to be nominated for the PDA Volunteer Spotlight Award. That volunteer's name is submitted to the Westmoreland County Area Agency on Aging. Our County Agency then selects nominees who advance to the State level of the competition. I am thrilled to announce that our East Vandergrift Supervisor's choice of nominee is advancing to the State level. Patty Andring has shown excellence in customer service, reliability, work ethic and job performance over the many years she has volunteered at the center. Her positive Impact on not only our East Vandergrift team, but promoting a favorable image of our organization as a whole, are only a few of the points that Dominica and our East Vandergrift Advisory Council Chair, Katy Tedeski mentioned in their letters of support of Patty's nomination. Please watch for each of our center Supervisors to host special Volunteer Recognition Events at each of our centers in the coming weeks. If you are interested in learning more about volunteer opportunities at any of our centers, please feel free to stop in and visit with our center Supervisors who can help you determine what type of volunteerism best meets your interests. Who knows? Next year the spotlight may be put on you!

### The PRESIDENT'S DESK

I am pleased to announce that the Board of Directors welcomed two new members at its meeting in February: Karen Kuhlman from Avonmore and Rosalie Clark from New Kensington.

They join Lillian Coury, Richard Grance, Richard Greco, Joanne Cecchi, Robert Sauro, Maggie Ferney, Jim Hovanik, Pat Byerly, and Mary Ann Justham.

The Board represents the three Centers - Avonmore, East Vandergrift, and New Kensington and meets the 4th Tuesday of each month.

Welcome Karen and Rosalie!

## BULLETIN BOARD

**Popcorn Sale** - The **New Kensington** Center is having a popcorn sale going on until Friday April 12th. The popcorn will be from "The Popcorn Bag". There will be a small size for \$4.90 and a large size for \$6.90. Please call 724-335-8597 or visit the center for the flavors available and to place your order. Money is due at the time of ordering. We will be sure to have your delicious popcorn before Easter!

### Meadows Casino Trip

April 23, 2019

Cost \$25.00

\$20.00 in free play is what you get back

\$5.00 off your meal



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. Call the East Vandergrift Center 724-568-2692 to sign up.

**Volunteer Appreciation Luncheon** – The **Avonmore** Annual Volunteer Appreciation **Dinner** is being changed to a **Luncheon**. It is scheduled for Friday, May 10, 2019 at 11:30 a.m. All of the volunteers for 2018 will be recognized. Everyone is welcome to attend whether you volunteered in 2018 or not. Please make your reservations at the Avonmore Senior Center by Wednesday, May 1<sup>st</sup>. The lunch will be provided by the County. It consists of a Boneless Chicken Breast w/Mushroom Sauce, Butterscotch Yams, Chateau Blend Vegetables, Dinner Roll, Milk and Peach Cobbler Delight. The cost will be your normal Over 60 lunch donation or the Under 60 lunch charge of \$3.33. Please don't delay, sign up now. Call the Center at 724-697-4014 with any questions.

**Summer Picnic Bingo – Saturday, June 8, 2019** – Doors will open at 11:00 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 picnic lunch plus your bingo pack of 15 games (9 regular, 6 specials, & Jackpot) and door prize tickets. Pre-register by May 31 and receive a free Jackpot. Everyone is welcome. Call the Avonmore Senior Center at (724) 697-4014 to sign up.



## AVONMORE CENTER

**Monthly Evening Bingo** – April 29<sup>th</sup> at 6:30 p.m. Please plan on attending and supporting the Center. Everyone is welcome whether a Center member or not.

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

**The Strong Bones Exercise Class** will be offered in April instead of the SAIL (Stay Active and Independent for Life) Program. They will meet one day a week on Thursday mornings at 10:00 a.m. Everyone is welcome to attend.

**Senior Center Membership** – It is that time of the year for our 2019 Center Membership renewal campaign. Please renew or join and support the Center.

**The Avonmore Free Public Library Book Club** will meet at the Center sometime in April. Please call the Center @ 724-697-4014 for details.

**Cookies with the Commissioner – April 10, 2019** – Grab a cup of coffee or tea, pick out your favorite cookie, then have a seat and join Commissioner Gina Cerilli to discuss what's new in the County, the proper disposal of unused prescriptions and some of your concerns as seniors. See you on Wednesday, April 10<sup>th</sup> at 11:15 a.m.

**Healthy Steps Workshop** - Calling all Avonmore Center members!! Please sign up for a Healthy Steps in Motion program being held on May 3, 2019 at the Avonmore Senior Center. Lunch deadline is April 24<sup>th</sup>. This special 4 hour seminar will include speakers, workshops and lunch. Please call the Center to sign up.

**Senior Citizen's Luncheon** – The Annual Senior Citizens' Luncheon at the Kiski Area High School will be held on Tuesday, April 16. Lunch is provide for all residents of Kiski Area School District by the Student Council. Sign up at the Center to reserve your lunch. Reservations must be made by April 2. Pick up will be at noon at the Senior Center.

**Monthly Center Raffle** – Each day that you attend lunch, you will be entered in a raffle to win a \$25.00 Visa gift card. The drawing will be held at 12:00 on April 30, 2019. Winner need not be present. Lunches must be ordered by 1:00 p.m. on Wednesday of the preceding week. The February monthly winner was Dolores Colledge.

**AARP Income Tax Assistance** – Tax Preparation continues for one more week in April. Assistance will be available by appointment only. Please call the Center at 724-697-4014 or stop in to schedule your appointment ASAP. They are filling up fast!

**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. Call the Center for details. February's winners were Hope Magalich, Harold Stonebraker, Cora May Shoupe, Jeannie Orvosh, and Theresa Snyder.



## AVONMORE CENTER

### **Future Events**

5K Walk (May)  
Volunteer Appreciation Lunch (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 support.*

### **\*\* NEW \*\* Game Time**

This is a new activity to be held on the fourth Thursday each month starting March 28, 2019 at 1:00 p.m. Come in for an afternoon of games, refreshments, and fun!

### **\*\* NEW \*\* Craft Workshops**

The Center is exploring some craft workshops starting in mid-April. Please complete the survey included in your March newsletter and return it to Karen ASAP if you would like to participate.

**\*\*NEW \*\*Color My World** –Tuesdays and Fridays at 11:00 a.m. to color a page in our Creative Coloring Art Activity Books. All materials are provided.

### **SPECIAL DATES TO REMEMBER**

**April** @ 10:00 a.m. – Avonmore Free Public Library Book Club  
**April 3** – AARP Income Tax Assistance  
**April 4<sup>th</sup>** @ 2:30 p.m. – American Red Cross Blood Drive  
**April 10<sup>th</sup>** @ 11:15 a.m. – Cookies with the Commissioner  
**April 17<sup>th</sup>** @ 1:00 p.m. – Coloring Easter Eggs  
**April 18<sup>th</sup>** @ 12:30 p.m. – Advisory Meeting  
**April 24<sup>th</sup>** @ 4:00 p.m. – Members Only Dinner  
**April 25<sup>th</sup>** @ 11:30 a.m. - Birthday Luncheon  
**April 29<sup>th</sup>** @ 6:30 p.m. – Monthly Evening Bingo

**Evening Walk With Arleen** – Our Monday 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. In case of inclement weather, we will go inside the Senior Center. Everyone is welcome.

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

## EAST VANDERGRIFT CENTER

**Crafts** - Crafts with Sandy will be on April 11th 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 April 3rd at 4 p.m. We must have at least 3 people committed to attend in order for her to come

**Blood Pressure Checks – March 7 & March 21**

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!

**Meal Plan Goal** - As another month goes past we continue to strive to meet our goal for the month. Our goal will be 250 meals served for the month of April. 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. March's meal plan goal of 250, if met, will be on April 4th for the Sundae Bar. April's meal plan goal will be the first Thursday in May. We must meet our meal plan goal in order to have the Sundae Bar.

**Upcoming Day Trips** - On April 11<sup>th</sup> at 9:00 a.m. we will have a day trip to St. Nicholas's Church in Pittsburgh & the new Oakmont Bakery. We will stop for lunch at Steak n Shake. Please call Dee at the center for more information.

**Healthy Steps for Older Adults Program** - On April 5<sup>th</sup> starting at 10:00 a.m. we will have our annual HSOA Program for any person age 50 or older. We will have a variety of speakers throughout the day to discuss helpful tips on fall prevention. This program will run until 2:30 p.m. and will break for lunch at 12:00 p.m. Lunch will be Vegetable Lasagna with breadstick, peaches, and strawberries. If you are interested in attending please sign up no later than Wednesday March 27<sup>th</sup> at 1:00 p.m. so that we may sign you up for the class and lunch that day.

**PENN STATE NUTRITION SEMINARS** - Antonia from the Penn State Extension Nutrition Program will be at the Center for the final session of this year's series on Tuesday, April 2. For those participants who have attended this 5 week series, you will be receiving a special cooking related bonus gift. All others are welcomed to share in the food tastings and demonstrations of the day!

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.

### CARDS . . . CARDS . . . CARDS

- \* Tuesdays - 500 Bid @ 12:45
- \* Friday, April 11 - 500 Bid afternoon card party @ 12:45 p.m.
- \* Evening Card Party Friday, April 26 @ 2:00.

### Special Dates to Remember

April 2<sup>nd</sup> - Penn State Extension @ 11:00 a.m.  
April 5<sup>th</sup> - Healthy Steps for Older Adults @ 10:00 a.m.  
April 11<sup>th</sup> - Day Trip @ 9:00 a.m.  
Crafts @ 11:00 a.m.  
April 12<sup>th</sup> - Afternoon Cards @ 12:45 p.m.  
April 16<sup>th</sup> - Birthday Lunch @ 12:00 p.m.  
April 18<sup>th</sup> - Free Bingo @ 1:00 p.m.  
April 19<sup>th</sup> - Free Bingo @ 1:00 p.m.  
April 23<sup>rd</sup> - Meadows Casino @ 9:00 a.m.  
April 25<sup>th</sup> - Advisory Meeting @ 8:30 a.m.  
Free Bingo @ 1:00 p.m.  
April 26<sup>th</sup> - Evening Cards @ 2:00 p.m.

**BLOOD SUGAR READINGS** - A representative from Belair Health & Rehab Center will be at the center Wednesday April 24<sup>th</sup> at 11:30 a.m. to do blood sugar readings for any participants wishing to have one done. They will be here until 12:30 p.m. that day.

### April Birthdays

Anyone who has a April birthday and comes to the birthday celebration lunch gets a cupcake on us after the meal is served. Please call the center to make your reservation by April 10 at 1pm.

### 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. Participants at the Center bring their Diamond paintings to do together. Diamond Dotz are sweeping the nation with their fun designs. You can get them in all shapes and sizes and you can now even get them with your precious family photos. Come on in and check out what we are doing. Diamond Dotz are taking over with their fun designs and making people relax.

## NEW KENSINGTON CENTER

The New Kensington Center is looking to add more members to our Advisory Council. We meet once a month to talk about what's going on in the center and ways to make our center better. We meet the second Monday of every month. If you are interested please call Tara at the center or come to our next meeting on April 15<sup>th</sup> @ 1:00pm.

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

Tuesday April 2 & 9 9-11:15am Friday April 5 & 12 12-2:15pm

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.

### **Western & Southern Life April 2 @ 10:30am**

Edward Flowers, Registered Representative and Paula Bogin, Financial Representative from Western & Southern Life will be joining us to go over some great money saving tips.

### **Belair April 4 @ 10:30am**

Samantha Bindas, Admissions Development from Belair will be spending the morning here at the center to have a prize bingo, if you would like to stay and have lunch after bingo is over please sign up on or before March 27 @ 1:00pm.

### **Cookies with the Commissioner April 9 @ 10:45am**

Grab a cup of coffee or tea, pick out your favorite cookie, then have a seat to join Commissioner Gina Cerilli to discuss what's new in the County, the proper disposal of unused prescriptions and some of your concerns as seniors.

### **Volunteer Day April 12 11:00am-1:00pm**

One of the greatest gifts you can give is your time. National Volunteer week is April 7<sup>th</sup>-13<sup>th</sup> 2019. Our volunteers go above and beyond to help our organization. Please join us as we show our appreciation to all of our volunteers. Please call the Center @ 724-335-8597 or stop into the center if you are interested in signing up for lunch. We are serving Potato Crusted Pollock, seasoned Rosemary Redskins, Green beans and a biscuit. Sign up no later than April 3<sup>rd</sup> by 1:00pm.

### **United Health Care April 16 @ 10:00am**

Audra Casino, Community Outreach Specialist from United Health Care is returning back to the center to provide information about United Health Care and to answer any questions you may have.

### **Alle-Kiski Health Foundation April 30 @ 10:30am**

Representatives, whom are retired registered nurses, are coming to the center to talk about our feet. They will talk about the common foot elements, good foot hygiene and how to care for skin disorders.

## 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 2019 Winner: Janice Pater

### **Special Dates to Remember**

April 2 – Western and Southern Life  
April 4 – Belair  
April 9 – Cookies with the Commissioner  
April 12 - Volunteer Day  
April 16 – United Health Care  
April 18 – Belair  
April 19 – Center Closed “Good Friday”  
April 24 – Birthday Luncheon  
April 30 – Alle-Kiski Health Foundation

### **Birthday Luncheon: April 24 @ 12:00**

Celebrate your April birthday while enjoying lunch and a gift for members who sign up by April 17<sup>th</sup>. 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 April 18 @ 12:30pm**

Samantha Bindas, Admissions Development from Belair will be returning to the center to give us a nice treat after lunch. She will be providing root beer floats for us. If interested, please sign up for this delicious treat. You can also sign up for lunch. Please sign up by April 10 no later than 1:00pm.