

SENIOR Times

Age Well, Live Long!

Southwestern Pennsylvania Area Agency on Aging, Inc.
providing senior services in Fayette, Greene & Washington Counties

Est. 1974

National Volunteer Month



*Thank You
Volunteers!*

Call your local Southwestern PA Area Agency on Aging for services and supports for seniors.
Toll free 1-800-734-9603 or visit www.swpa-aaa.org

SENIOR TIMES REVIEW BOARD

- Fayette County Carolyn Capozza
Greene County Rev. James Cherry Pat Lemley
Mon Valley Linda Pankiewicz
Washington County Gay Massey Pat Ross Mary Jane Stewart

Publisher: Southwestern PA Area Agency on Aging, Inc., an affiliate of Southwestern PA Human Services, Inc.

Editorial Staff: Mary Harris Kristen Jackson Kelly Juba Robbie Spaziani Judi Dubs

Ads Manager: Judi Dubs

Opinions or ideas expressed through "Letters to the Editor," or guest columns, are not necessarily those of the editorial staff or the Senior Times, nor does advertising in this publication constitute endorsement by the Senior Times, or the Southwestern Pennsylvania Area Agency on Aging, Inc. The Senior Times reserves the right to decline an advertisement for any reason.

Editorial and advertising copy cannot be reproduced without prior permission from the Southwestern Pennsylvania Area Agency on Aging, Inc.

- Southwestern Pennsylvania Area Agency on Aging, Inc.
Corporate Office 888-300-2704 or 724-489-8080
Fayette County Office 724-430-4603
Greene County Office 724-852-1510
Washington County Office 724-228-7080

The project is funded, in part, by the Pennsylvania Department of Aging.

The Senior Times is a monthly publication designed to bring you news about information on services available to you, people you know and those you would like to meet, and activities you enjoy. The publication is online at www.swpa-aaa.org. If you would like to receive it, at no charge, via email, send your contact information to seniortimes@swpa-aaa.org. Write to:

Senior Times Southwestern Pennsylvania Area Agency on Aging, Inc. 305 Chamber Plaza Charleroi, PA 15022-1607 Circulation 39,000

www.swpa-aaa.org E-Mail: seniortimes@swpa-aaa.org

Celebrating OUR Administrative Professionals

Behind every successful office is an organized and dedicated Administrative Professional, and Administrative Professionals Day is the perfect time to recognize the essential role they play in supporting older adults and those who serve them!

In addition to their operational expertise, our Administrative Assistants are often the first voice a caller hears or the first face someone sees. They bring patience, empathy, and professionalism to every interaction, helping to create a welcoming and reassuring experience for individuals who may be navigating complex or challenging situations.

Their ability to juggle multiple priorities while maintaining a calm, supportive presence is invaluable in our work with older adults and their families. Often working behind the scenes, administrative staff keep everything running smoothly by ensuring that communication flows seamlessly between older adult service consumers, families, our staff, and community partners. They coordinate schedules, manage communications, solve problems, and support staff every step of the way.

As we celebrate Administrative Professionals Day this month, the Southwestern Pennsylvania Area Agency on Aging, Inc. extends our sincere appreciation to our administrative staff for their dedication and commitment to our mission. Their work strengthens our ability to serve older adults, caregivers, and the community each day, and their impact is felt in every connection made and every service delivered.

The Senior Times extends a warm thank you to its donors

Thank you to those who choose the Senior Times as a means of remembering and paying tribute to their loved ones. Your generous contributions make this monthly publication possible.

The names of all contributors who support our mission to provide quality information to older adults in southwestern Pa. are acknowledged in this space, unless anonymity is requested.

Those who make donations of up to \$25 are recognized as "DONORS." Those who generously give between \$26 and \$49 receive "PATRONS" status. And individuals who donate \$50 or more are recognized as "SPONSORS" of the Senior Times.

Sponsor Anonymous

Sponsor Anonymous



FARMER'S ALMANAC APRIL 2026 Temp. 58° (2° above avg.); precip. 4" (1" above avg. east, 1" below west). 1-11 T-storms, some heavy east; warm. 12-18 Rainy periods, cooler. 19-24 Scattered t-storms, turning warmer. 25-30 Sunny, then isolated showers; cool.

NOTICE OF PUBLIC MEETINGS The Southwestern PA Area Agency on Aging, Inc., Board of Directors will meet on the following dates in 2026: May 5 September 1 December 1 June 2 November 19 The Southwestern PA Area Agency on Aging, Inc., Advisory Council will meet on the following dates in 2026: April 15 September 16 December 9 June 17 October 21 For the location and time of the meetings, contact Mary Harris, Executive Director, Southwestern PA Area Agency on Aging, Inc., at 1-888-300-2704, Ext. 4420.

Donation Coupon *Please use this coupon to make personal donations of support, as well as for recognitions of birthdays or special honors and for offering memorial tributes. Make your donation payable to: SWPA AAA Mail to: Southwestern PA Area Agency on Aging, Inc. Senior Times 305 Chamber Plaza Charleroi, PA 15022-1607 Amount of Donation Type of Donation Name Address Zip Email May we print your name as a donor? Are you a member of a senior center?

Thank You The official registration and financial information of the Southwestern PA Area Agency on Aging, Inc., may be obtained from the Pennsylvania Department of State Bureau of Charitable Organizations by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

Volunteers ARE the Heart of our programs!

April is National Volunteers Month. Volunteering is a way to learn new skills, make new friends, and stay active and healthy, while helping others. Volunteers play an essential part in many of our programs.

In-Home Meals Program In-Home Meals are an important part of the Southwestern Pennsylvania Area Agency on Aging's (SWPA AAA) Nutrition Program. The program ensures access to balanced, nutritious meals, especially for those with limited mobility. Regular, reliable meals help prevent malnutrition and support chronic disease management. Drivers are needed to deliver meals Monday through Friday in many different communities.

Senior Community Centers At our Senior Community Centers, volunteers play a vital role in creating welcoming, vibrant spaces where older adults can stay active, engaged, and connected. By assisting with activities, leading classes, serving meals, or simply spending time in conversation, volunteers help reduce social isolation and foster a strong sense of belonging. Their presence also allows staff to expand programming and provide more personalized attention, enhancing the overall quality of services. Just as importantly, volunteers bring energy, diverse skills, and community connection into the center, helping transform it from a service location into a true hub of social life and well-being for older adults. PA MEDI Health Insurance Counseling Volunteers receive ongoing specialized training and work with the SWPA AAA PA MEDI Coordinator to provide accurate, unbiased health insurance counseling to Medicare Beneficiaries. They help individuals understand coverage options, compare plans, identify cost-saving opportunities, and avoid common pitfalls or potential fraud. During complex periods like enrollment, PA MEDI volunteers of-

After my knee replacement at UPMC Washington, I was home in a matter of hours



When it became harder for Rob to keep up with his granddaughter, he knew he needed a second opinion for his knee pain. So he went to UPMC Washington, where he found advanced joint care for everything from sports injuries to chronic pain. He also had access to the latest treatments, including same-day joint replacement and innovative recovery techniques, all without traveling far from home.

UPMC | WASHINGTON Learn more about Rob's story at upmc.com/Washington

Senior Action Council Black History Celebration 2026

The 25th annual Senior Action Council Black History celebration was held on February 27, 2026 at the William Hickman Post #762 American Legion in Connellsville, PA. The event was hosted by the

Fayette County chapter of the Senior Action Council (SAC) with support from the Southwestern Pennsylvania Area Agency on Aging (SWPA AAA). Ms. Carolyn Capozza, Fayette County SAC president welcomed guests to the event. She recognized Washington County SAC chapter president, Andrew Goudy. Jamie Moore, the SWPA AAA Fayette County Supervisor, greeted the group and acknowledged the staff who were in attendance. Rev. Louis E. Ridgley, Jr. offered the invocation and led the group in the Pledge of Allegiance. Minister Belinda Nicholas led the group in the singing of the Black National Anthem, "Lift Every Voice and Sing." Minister Nicholas also performed a vocal solo.

Ms. Capozza introduced the keynote speaker for the day, Rev. Terry Vassar, President, Fayette County NAACP. In Rev. Vassar's message, titled "One Voice", he stressed the importance of remaining committed to one another, the changes that our new generation needs to make and the continued need to pray for peace and love. Ms. Sally Samuels performed an expressive dance. Share the Wealth and door prize winners were announced. Rev. Ridgley closed the event with a benediction.



Become a Volunteer!

If you are seeking a way to get involved and give back to your community, consider becoming a volunteer for one of our programs! If you are interested in becoming an In-Home Meals driver or volunteering at a Senior Community Center, contact the senior center nearest to you for more information. Contact the PA MEDI Coordinator at 1-888-300-2704 if you would like to find out how to become a Volunteer PA MEDI Counselor. To learn more about becoming a Volunteer Ombudsman, reach out to the Long-Term Care Ombudsman program at 1-855-450-2274 or email ombudsman@swpa-aaa.org. You can also find out more information about volunteering at the Southwestern Pennsylvania Area Agency on Aging's website: www.swpa-aaa.org.

Falls Prevention program coming to the Connellsville Senior Center

Every second of every day, someone aged 65 or older falls in the United States, reports the Centers for Disease Control and Prevention (CDC). Fall injuries are treated at the emergency room every 13 seconds and claim a life every 20 minutes.

Falls don't "just happen," and people don't fall just because they get older. Often there is one or more underlying causes, and risk factors such as medications, health conditions or environment can greatly increase the chance of a fall.

You can learn to prevent falls in the Healthy Steps for Older Adults (HSOA) workshop being hosted by the Connellsville Senior Center, located at 100 East Fayette St, Connellsville, PA 15425. This free workshop, sponsored by the Southwestern PA Area Agency on Aging Health & Wellness program, will be held on Wednesday, April 8, 2026 from 9:30 AM to 2:30 PM.

The workshop discusses various aspects of falls prevention, including home safety modifications, safe footwear, nutrition for bone health, exercise, medication management, and physician communication.

Participants receive a free book full of tips and ideas to help decrease the risk of falls. Lunch will be provided, then a falls risk screening is conducted. Participants are given a risk assessment which they can share with their doctor or family members.

Please call 724-489-8080 ext. 4405 to register. Space is limited so pre-registration is required.

SPARTAN HEALTH SURGICENTER

www.spartansurg.com

Serving the Mon Valley since 2005, Spartan Health Surgicenter is a freestanding, Medicare-certified, Joint Commission accredited, ambulatory surgery center located off of Coyle Curtain Road in Carroll Township.

Spartan strengthens the convenience of health care in the Mon Valley Community by providing greater health care in the Mon Valley Community comfort, more privacy and a relaxed environment for ambulatory surgery center patients.

- Easily accessible from Toll Hwy 43, I-70 & Route 88
- Accept Medicare and most insurances
- Experienced physicians, nurses and anesthesiology staff
- State-of-the-art equipment and procedures
- Joint Commission Accredited
- FREE and convenient parking
- Comfortable waiting area for families

SW PA Area Agency on Aging's Senior Golf Tournament coming in May!

The Southwestern Pennsylvania Area Agency on Aging (AAA), Inc.'s annual Senior Golf Tournament will be held on Tuesday, May 19, at the Chippewa Golf Club in Bentleyville.

Sign-in begins at 8:30 a.m. on the veranda. Tee time is 9:30 a.m. sharp, with a shotgun start. Entry fee is \$37 per person, which covers the registration fee, the green and the golf cart fees. Refreshments will be available for purchase from the clubhouse.

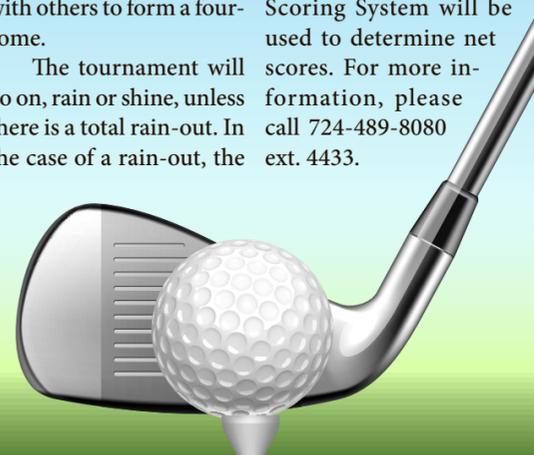
All Fayette, Greene and Washington County residents aged 50 and older, along with those belonging to a senior center in those three counties, are eligible to participate. Those who golfed in 2025 should receive their invitation to this year's tournament in the mail. Golfers from outside of the three-county area are welcome to play but are not eligible to win.

Age group categories begin at age 50 and continue in five-year increments through 90-plus. Medals will be awarded to the male and female winner in each of nine age group categories.

Advance registration is required! Registrations will be accepted through May 5th or until filled. Registration forms are available at your local AAA office and senior centers or may be downloaded at <https://www.swpa-aaa.org>. You may register as a foursome, or register as one, two or three individuals. If you register as less than a foursome, you will be grouped at registration with others to form a foursome.

The tournament will go on, rain or shine, unless there is a total rain-out. In the case of a rain-out, the tournament's make-up day is scheduled for **Tuesday, May 26**.

Skill prizes will also be awarded in both male and female categories for Closest to the Pin (Hole #17) and Longest Drive (Hole #4). The Callaway Scoring System will be used to determine net scores. For more information, please call 724-489-8080 ext. 4433.



2026 Senior Tournaments Coming!

The Southwestern Pennsylvania Area Agency on Aging, Inc. is planning several tournaments in 2026.

Upcoming tournaments will include

- 500-Bid Cards
 - Billiards
 - Cornhole
 - Euchre
 - Golf
- Trivia tournaments (will vary by county)

For more information, contact your local senior community center or the Southwestern Pennsylvania Area Agency on Aging at 724-489-8080

We're making it PERSONAL

Introducing Personal Loans from First Federal of Greene County.

Access up to \$25,000 with:

- NO collateral
- NO application fee
- NO closing costs
- Fixed-rate interest
- Flexible loan terms
- Simple application

This is a personal loan designed for your busy life. Visit us online, or contact a Loan Officer to find out more!

First Federal

savings and loan association of GREENE COUNTY

www.ffgc.bank

Member FDIC NMLS#458729

Specialties Include:

- Ophthalmology (Cataract, Glaucoma, Corneal)
- Pain Management
- Gastroenterology
- Orthopaedics
- General Surgery
- Podiatry

Now MMVTA Bus Service!

100 Stoops Drive, Ground Floor, Monongahela, PA 15063
724-483-2760 office
724-483-2762 fax

Patrick Garman, M.H.A. Executive Director
Jamie Farmer, RN Director of Nursing
Vincent Ripepi, D.O. Medical Director

Colon/Rectal: Steven Esser, MD

Orthopaedic Surgery: Derrick Fluhme, MD, Greg Habib, DO, Patrick McCullough, MD, Anthony Mustovich, DO, Ari Pressman, MD, Vince Ripepi, DO

Orthopedic/Spine: Jocelyn Idema, DO

Podiatry: Khoi Vo, DPM

General Surgery: Prakorb Isariyawongse, MD

Gastroenterology: Nicholas Bellicini, DO, Mark Cedar, DO, Bridger Clarke, MD, Jungmin Lee, MD, Lisa Oliva, DO, Theresa Schuerle, DO

Pain Management: Anthony Cuneo, MD

Your Financial Future

Gary W. Boatman
MBA, CFP

For many seniors in Western Pennsylvania, Social Security is the financial foundation of their retirement. Decades ago, retirement was often described as a "three-legged stool" made up of pensions, savings, and Social Security. Today, however, traditional pensions are far less common, leaving Social Security as the most dependable source of income for millions of retirees. Nationally, about half of seniors receive 50% or more of their total income from Social Security, and

for roughly one in four retirees it provides 90% or more of what they live on. In regions like Western Pennsylvania, where many retirees spent their careers in manufacturing, service jobs, or small businesses, these monthly checks often determine whether basic living expenses like housing, utilities, and groceries remain affordable.

Because Social Security plays such a large role in retirement income, the decisions families make about claiming benefits can have long-lasting financial consequences. Choosing when to start benefits,

coordinating spousal benefits, and understanding survivor rules can mean the difference of tens of thousands of dollars over a lifetime. Claiming too early, failing to coordinate benefits between spouses, or overlooking survivor benefits can permanently reduce the income a household receives. For widows and widowers especially, a well-planned Social Security strategy can help preserve financial stability at a time when household income often drops. That's why many retirees benefit from carefully reviewing their options before filing, because with Social Security, once a decision is made, it can be very difficult to undo.

Today's discussion is going to focus on retirement Social Security benefits. The first time you can start receiving them is at age 62. If someone who was born in 1960 or later made

this decision, they would be giving up over 30% of their monthly check at full retirement age. They would be receiving more checks than if they waited, so it is important to understand how the system works.

First Social Security looks at your 35 highest earning years of paying into the system. They use these totals to calculate your benefit at full retirement age which is based on the year that you were born. If you elect to start benefits before that date, you give up approximately 6.5% per year. If you wait until after that date until age 70, your monthly benefit increases by 8% per year. It is important to remember that this decision might affect both you and your spouse.

Social Security will look at the second person who applies on their own earnings record first. If this would produce a monthly

check of less than 50% of their partners they will receive half at their full retirement age. If it would be more than half, they will receive their own total. This is called a spousal benefit. Ex-spouses may be able to qualify if they were married for more than ten years and did not remarry. Upon the first death, one benefit will stop. While it will be the lower of the two, most living expenses will not go down. It is important to have a plan in place for when this happens.

Let's discuss some additional aspects of this decision. First, anyone below full retirement age is subject to an earnings test. If you earn more than \$24,480, you must pay back Social Security one dollar for every two above this amount. Second, people with large balances in retirement accounts such as 401k, IRAs and TSP may want to delay filing

to better manage their tax situation. Normally the person with the highest Social Security income should delay filing if possible because it can influence both partners' accounts. If you are in poor health, that should be factored into claiming strategies. I have had couples who have been together for decades and have never gotten married. If the survivor would get a lot less upon the first death, it might make sense to get married. You must have been married for at least nine months for the increased benefit to apply. If you have filed and then realize maybe you shouldn't have. You can pay Social Security back for up to one year and get a mulligan. Good Social Security planning can make a big difference in your financial life.

BBB Tax Tips

Doing taxes can be confusing, and tax scams are common during tax season, but you don't want to get tricked by a ghost tax preparer.

Here are 6 tips to stay safe and avoid being ghosted by a tax preparer:

Be wary of those offering fast refunds or large returns.

If someone promises quick refunds or big returns, be careful. Your return amount, deduction amount, or taxes owed are solely based on your past year's tax information and the current tax laws. The time it will take to receive your refund or tax notice will depend

entirely upon the IRS.

Don't sign your own tax return if asked by a tax preparer.

Never sign your own tax return if someone else prepared it. Legit preparers will sign it and include their PTIN.

Review your tax return.

Before you send it, look through your tax return to make sure it was signed properly by your tax preparer, that it's complete, and that your information appears to be accurate.

Only allow funds to be deposited into your personal accounts.

Some ghost preparers will have

funds deposited into their own accounts "to be later distributed." That can be a red flag.

Do your research.

Check BBB.org for complaints and reviews on tax services in your area. Be cautious of "pop-ups" and seasonal tax services. Don't be afraid to ask about their processes, credentials. The IRS has resources to help you check those credentials.

Report unusual activity.

If you see a ghost tax preparer or think something isn't right, tell your local BBB or use BBB's Scam Tracker.

Source: www.bbb.org

Embracing Wellness this Spring Season

April marks the onset of spring and two important observances dedicated to our overall well-being: National Move More Month and National Stress Awareness Month. These annual reminders allow individuals to prioritize their physical and mental health through mindful practices.

National Move More Month serves as a timely reminder for individuals to incorporate physical activity into their daily routines. Many of us have a predominantly sedentary lifestyle, where desk jobs and digital devices dominate our time, the importance of regular movement cannot

be overstated. Exercise helps maintain a healthy weight, prevents chronic diseases, and boosts mood and energy levels.

It is important to remember that physical activity isn't limited to rigorous gym sessions or intense workouts. It encompasses various forms of movement, such as walking, cycling, dancing, or even gardening. The key is to find activities that you enjoy and can easily incorporate into your daily life. Whether it's taking the stairs instead of the elevator or going for a stroll during lunch breaks, every small effort adds up to significant health benefits.

Complementing the physical aspect, National Stress Awareness Month shines a light on the importance of managing stress for overall well-being. In today's fast-paced world, stress has become a pervasive issue affecting people of all ages and backgrounds. Chronic stress not only takes a toll on our mental health but also manifests physically, contributing to a host of health problems.

During this month, individuals are encouraged to explore various stress-relief techniques and mindfulness practices to cope with life's challenges more effectively. This could include meditation, deep breathing exer-

cises, yoga, or engaging in hobbies that bring joy and relaxation. Additionally, fostering social connections and seeking support from loved ones can provide a valuable buffer against stress.

Physical and mental well-being are interconnected, and nurturing one aspect inevitably benefits the other. Let's embrace April as an opportunity to prioritize our health and well-being. By taking proactive steps to move more and manage stress effectively, we empower ourselves to lead fulfilling lives!

Source: <https://esmmweighless.com>

Honoring Service and Preserving the Legacy of Military Women



Established in 1997 at the entrance to Arlington National Cemetery, the Military Women's Memorial is the nation's only major monument honoring all women who have served in the U.S. Armed Forces. Through permanent and rotating exhibits covering every conflict from the American Revolution to the present, and by preserving uniforms, oral histories, photographs, and personal memorabilia, the Memorial ensures that the voices and experiences of women service members, from nurses to combat Veterans, are protected and shared.

Woman Veterans are

encouraged to submit their service records to the Memorial's Registry, ensuring their contributions, sacrifices, and stories become part of a permanent, publicly accessible archive. Registration is free and open to all women Veterans, including those who served on active duty, in the Reserve or Na-

tional Guard, and in related uniformed services. Taking a few minutes to register helps ensure future generations-historians, researchers, family members, fellow Veterans, and the public-can learn from and honor your service. It is a simple but powerful way to preserve your legacy and ensure your

service is remembered.

For more information, contact your County Veterans Affairs office:

Fayette County
724-430-1241

Greene County
724-825-5275

Washington County
724-228-6865

Did you know...

According to the U.S. Department of Veterans Affairs, more than 2.1 million women Veterans live in the U.S. today. In 2000, women Veterans were just 4% of the Veteran population, but by 2040, they are projected to make up 18% of all Veterans, making them the fastest growing group of Veterans.

We'll Help You Up and Down Stairs



- Straight and Curve Stairlifts
- New and Used models
- Free estimates

Call for a free brochure

275 Curry Hollow Road
Pittsburgh, Pa. 15236
(412) 653-6450 • 1-800-288-5625

BARRIER FREE STAIRLIFTS

Sheryl R. Heid,
Attorney at Law

Getting started on an estate and feeling overwhelmed?

Call us for help!

724-437-4700

Public Transportation Services. Come ride with us and we'll get you there!!!

FACT Fayette Area
COORDINATED TRANSPORTATION

Our Programs:

- Daily Fixed Route Services in Uniontown, Brownsville, Connellsville, Masontown, Fairchance and Farmington. Seniors may ride these Routes for free.
- Limited Weekly Fixed Route Services to Pittsburgh and Morgantown.
- Daily Sharded Ride Service (curb to curb service by appointment) to those who qualify.

If you need a ride, call (724) 628-7433. Visit our newly updated, user friendly website to stay up-to-date with the latest bus schedules, cancellations, and delays at www.factbus.com. Follow us on Facebook: FACT-Fayette Area Coordinated Transportation.

HEALTHY LIVES

START WITH A **GOOD NIGHT'S SLEEP.**

zecliner
Live. Sleep. Be Well.
FLEXTELL

Sleep Score **121%**
reported increase in overall sleep quality

- Power Headrest & Lumbar
- Performance Fabric
- Optional Heat & Massage
- Optional Technogel® Cooling Pillow

Whether you are recovering from an injury, dealing with a chronic condition, or simply looking for a comfortable and convenient chair, Zecliner® is the ideal choice that provides you with the support and assistance you need.

LOWEST PRICE GUARANTEED!

MON VALLEY'S LARGEST DISPLAY OF LIFT CHAIRS

HIGHWAY
APPLIANCES - FURNITURE - MATTRESSES
724-326-5616
highwayappliance.com

2214 Route 88 DUNLEVY Exit #40 off Interstate 70

75 Years! Since 1951

BBB

Since 1946

Recipe of the month



Chicken Salad

Flavorful, fast, and a great way to use leftover chicken!



Ingredients

- 3/4 C boneless, skinless chicken breast
- 1/4 C chopped celery
- 1 Tbsp lemon juice
- 1/2 tsp onion powder
- 1/8 tsp salt
- 3 Tbsp reduced-fat mayonnaise



Directions

1. Bake chicken, cut into cubes, and refrigerate.
 2. In a large bowl, combine the rest of the ingredients. Add chilled chicken and mix well.
- Tip: To reduce sodium, omit the 1/8 tsp of added salt.

Source: <https://www.nhlbi.nih.gov>

Weather Is Changing— Do You Have Flood Coverage?

Flooding is Pennsylvania's most common natural disaster. Flood damage can happen anywhere and at any time, even if your home or business is not located in a floodplain.

Floods can happen anywhere. Just one inch of floodwater can cause up to \$25,000 in damage.

Most home insurance does not cover flood damage. Flood insurance is a separate policy that can cover buildings, the contents in a building, or both.

Shopping for Flood Insurance

Start by learning about the different types of insurance. Your property may not be eligible for all types, but compare your options, shop around as much as possible, and decide what works best for your needs and budget.

Remember - the lowest premium may not always be the best option. Look at what's covered, what's excluded, and



how much you're deductible is. A plan that costs less but doesn't provide you with the coverage you need isn't really a savings.

Understanding Your Property's Risk

Your property's risk of flooding is most determined by the Federal Emergency Management Agency (FEMA). Though if you purchase a policy from a private insurance company, they may make their own assessment.

FEMA provides a Flood Map Service Center Tool at <https://msc.fema.gov/portals/home> that allows you to search for flood risk by

address.

Even if you are in a moderate-to-low-risk area, flood insurance can be a worthwhile investment, and you can buy flood insurance even if your property is not located in a floodplain.

In some cases - like those with a high risk of flooding - federal law may require you to have flood insurance in order to get a mortgage.

Waiting Period

More than likely, there will be a waiting period before your flood policy takes effect.

With insurance purchased through the National Flood Insurance Program, there is usually a 30-day waiting period. There are several exceptions to this, like if your policy is bought at the same time as you purchase a home, or a flood map is redrawn. In those cases, your policy may be effective sooner.

Insurance purchased from a private company typically has a shorter waiting period, like 10 to 14 days, though it can vary. Always ask your agent to confirm so you know what to expect and can weigh your options.

For more information, please visit <https://www.pa.gov/agencies/insurance/consumer-help-center/learn-about-insurance/flood-insurance.htm>

Medicare & Coordination of Benefits

It is important to know how Medicare works with other kinds of health or drug coverage and who should pay your bills first. This is known as "coordination of benefits." If you have Medicare and other health or drug coverage, each type of coverage is called a "payer." When there is more than one potential payer, there are coordination rules to decide who pays first. The first, or "primary payer," pays what is owed on your bills, then sends the remainder of the bill to the second, or "secondary payer." In some cases, there may also be a third payer. Make sure to give your doctor, hospital, and all other health care providers all of your medical cards to make sure your bills are sent to the right payers, in the right order. Whether Medicare pays first depends on several factors.

Remember: The insurance that pays first (primary payer) pays up to the limits of coverage. • The one that pays second (secondary payer) only pays if there are costs the first payer did not cover. • The secondary payer (which could be Medicare) might not pay all the uncovered costs. • If Medicare is the primary payer and your employer is the secondary payer, you will need to join Medicare Part B (Medical Insurance) before your employer insurance will pay for Part B services. The following insurance types

usually pay first: • No-fault insurance (including auto insurance) • Liability (including self-insurance plans and auto insurance) • Black lung benefits • Workers' compensation

If you live in Fayette, Greene or Washington Counties and have questions about Medicare coverage, please contact the local PA MEDI counselor at 724-489-8080, ext. 4438. PA MEDI services are available in every county in Pennsylvania.

KNOW WHO PAYS FIRST

• If you have retiree insurance (insurance from former employer): **Medicare pays first.**

• If you're 65 or older, have group health plan coverage based on you or your spouse's current employment, and the employer has 20 or more employees: **Your group health plan pays first.**

• If you're 65 or older, have group health plan coverage based on you or your spouse's current employment, and the employer has less than 20 employees: **Medicare pays first.**

• If you're under 65

and disabled, have group health plan coverage based on your or a family member's current employment, and the employer has 100 or more employees: **Your group health plan pays first.**

• If you're under 65 and disabled, have group health plan coverage based on your or a family member's current employment, and the employer has less than 100 employees: **Medicare pays first.**

• If you have Medicare because of End Stage Renal Disease (ESRD) (permanent kidney failure requiring dialysis or a kidney transplant): Your group health plan will pay first for the first 30 months after you become eligible to join Medicare. **Medicare will pay first** after this 30-month period.

• If you have Marketplace coverage and then age into Medicare (and keep your Marketplace plan): **Medicare pays first.**

This information is available at www.medicare.gov/supplements-other-insurance/how-medicare-works-with-other-insurance/which-insurance-pays-first.



In Medicine

We Restore
Motion

Orthopedics

Our highly specialized team of fellowship-trained bone and joint experts offers an array of complex surgical and non-surgical procedures and therapies. At WVU Medicine **Uniontown Hospital Orthopedics and Spine Center**, we deliver a personalized approach to meet each patient's goals.

[WVUMedicine.org/Uniontown](https://www.wvumedicine.org/Uniontown)

WVUMedicine

We believe healthy teeth are a vital part of a healthy body.

Take care of yours by visiting one of our dentists at Centerville Clinics.

We offer many services, including regular check-ups and preventative care, to meet your dental health care and treatment needs.

We participate in most insurance programs, including Medicaid, UPMC and Highmark. We provide our services regardless of a person's ability to pay.

Dental Services are provided at these Centerville Clinics locations.

Charleroi Medical and Dental Office

200 Chamber Plaza / Charleroi, PA

Connellsville Medical and Dental Office

601 South Arch Street / Connellsville, PA

Joseph A. Yablonski Memorial Clinic

1070 Old National Pike / Fredericktown, PA

Republic Medical and Dental Center

1006 Main Street / Republic, PA

Washington Family Doctors

37 Highland Avenue / Washington, PA

All of our dentists are accepting new patients, including seniors, adults, and children.

To make an appointment call 724-632-6801.



For more information, visit [centervilleclinics.com](https://www.centervilleclinics.com)

CENTERVILLE CLINICS

Affordable, High-Quality Healthcare for the Entire Community

ATTENTION SENIORS!

Thomas Campbell Apartments and Thomas Campbell North

Immediate openings for income based
efficiency units in TCA

Applicants for TCA must be 62 years & older

*Applicants for TCN must be 62 years & older
or on disability*



- Utilities Included
- On Site Resident Services
- Elevator Buildings
- On Site Laundry
- Section 8 Vouchers Accepted



724-225-2290 or 724-228-2855

Is your business trying to reach new
customers in Fayette, Greene and
Washington Counties?



Let us connect you!
Advertise in the
Senior Times!

For advertising rates, contact Judi Dubs,
Ads Manager, at (412) 708-7328

★ Making a Difference

Empowering the Hallways: The Vital Role of Resident Councils

In the quiet corridors of long-term care facilities, a powerful form of grassroots democracy is taking shape. Resident Councils - independent, organized groups of people living in nursing and personal care homes - are increasingly becoming the primary vehicle for residents to influence the policies and practices that govern their daily lives. While some facilities mistakenly treat these meetings as mere recreational activities, federal regulations and the Nursing Home Reform Law grant them significant weight as a formal mechanism for empowerment and self-resolution.

The law is clear regarding facilities certified for Medicare and Medicaid. These homes must provide a private meeting space and appoint a staff liaison approved by the council. Crucially, staff and administrators may only attend these meetings if they are explicitly invited by the residents. This privacy allows individuals to discuss concerns, develop suggestions for improving services, and resolve differences in their home without the pressure of facility oversight. Facilities are required to consider the views of the council and act promptly upon grievances, providing a clear rationale for their responses.

In Pennsylvania, the existence of an active resident council is often used by Department of Health surveyors as a measure of a facility's compliance. During licensing inspections, surveyors typically review minutes from the last three meetings to ensure the group is functioning effectively. Because of this, some facilities try to assume control by setting the agenda or facilitating the discussion. This is where the Office of the Long-Term Care Ombudsman steps in. Ombudsmen play a vital role in coaching residents to assume leadership roles and ensuring the meetings remain resident-directed.

While regulations are less comprehensive in personal care homes, the right to organize remains protected. Ombudsmen assist these residents in diffusing facility resistance and fostering a collaborative relationship with providers. By prioritizing resident-led communication, these councils transform the quality of life within the facility, ensuring that those who call these buildings home have a direct hand in how they are run. The Long-Term Care

Ombudsman is available to help strengthen resident councils and advocate for residents in long-term care settings. If you or someone you know needs confidential assistance from the Ombudsman, please call us today:
Fayette and Greene County:
 1-855-450-2274
Washington County:
 1-844-507-8898
 Always remember that Ombudsman services are confidential and free!

Caregiver's Corner

Providing a Helping Hand through our Medical Supply Loan Closet

Many local residents may not realize that the Southwestern Pennsylvania Area Agency on Aging Caregiver Support Program manages a Medical Supply Loan Closet. For almost two decades, the Loan Closet has been a valuable community resource designed to support older adults and caregivers during times of need. The Loan Closet provides gently used medical equipment such as wheelchairs, walkers, shower chairs, bedside commodes, canes, and other assistive devices, as well as unopened packs of donated incontinence supplies, at no cost, to individuals who may be recovering from surgery, managing a chronic condition, or caring for a loved

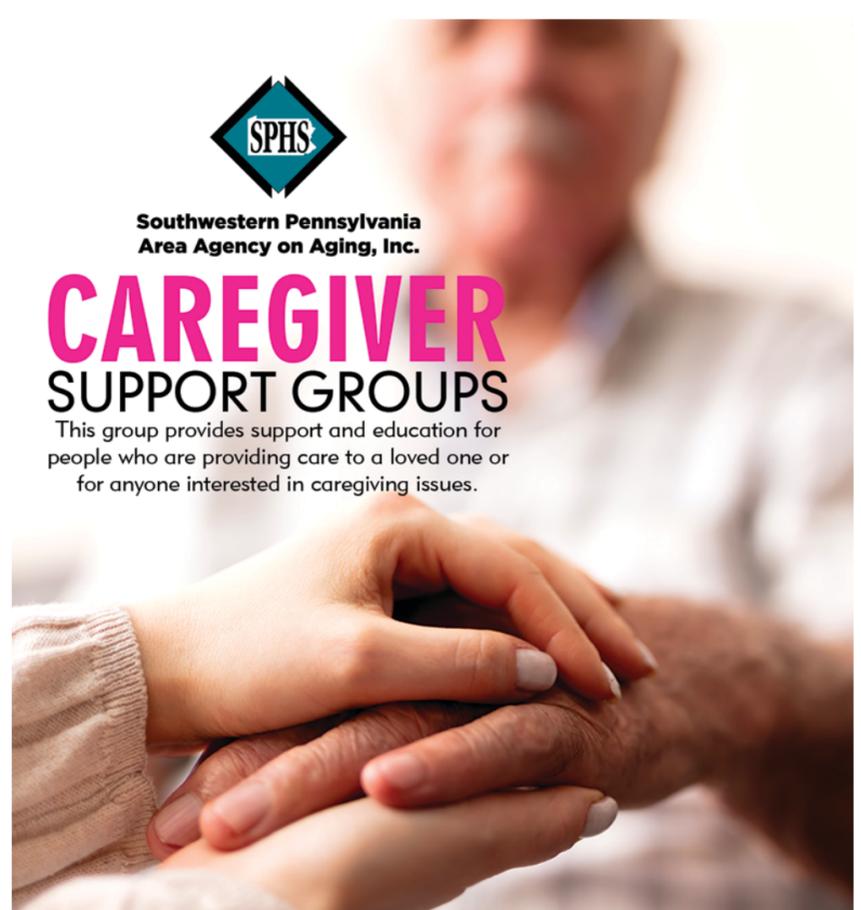
one at home. This program helps bridge the gap when insurance coverage is limited, equipment is delayed, or a short-term need arises. The Medical Supply Loan Closet is made possible through community donations, allowing equipment to be reused and redistributed to those who need it most and for extra incontinence supplies to not go to waste. By offering these items, the program not only reduces financial strain on families but also promotes safety and independence for older adults who wish to remain in their homes. Caregivers can feel reassured knowing they have access to essential equipment without the burden of unexpected expenses. The Loan Closet is open to the community and those interested in requesting or donating gently used medical equipment or unopened incontinence supplies are encouraged to contact the Area Agency on Aging. Through programs like the Medical Supply Loan Closet, our agency continues its mission of supporting older adults, empowering caregivers, and strengthening our community. For further assistance regarding the Medical Supply Loan Closet please call the Southwestern Pennsylvania Area Agency on Aging Information and Assistance department at 1-800-734-9603.



Southwestern Pennsylvania Area Agency on Aging, Inc.

CAREGIVER SUPPORT GROUPS

This group provides support and education for people who are providing care to a loved one or for anyone interested in caregiving issues.



OPEN TO THE PUBLIC	<i>Light Refreshments Served</i>
MON VALLEY THIRD MONDAY OF EACH MONTH SPHS JBM Boardroom 300 Chamber Plaza, Charleroi, PA 15022 1 PM - 2 PM	INDIAN HEAD SECOND THURSDAY OF EACH MONTH Indian Head Church of God 691 Indian Creek Valley Rd, Indian Head, PA 15446 1 PM - 2 PM
WASHINGTON COUNTY FIRST TUESDAY OF EACH MONTH Gathering Room at First Christian Church 615 E Beau Street, Washington, PA 15301 1 PM - 2 PM	WASHINGTON COUNTY ALZHEIMER'S CAREGIVER SECOND THURSDAY OF EACH MONTH Miraculous Medal CCD Activities Center 280 Hallam Avenue, Washington, PA 15301 6 PM - 7 PM
GREENE COUNTY ALZHEIMER'S CAREGIVER SECOND WEDNESDAY OF EACH MONTH Blue Prints Conference Room 58 E Greene Street, Waynesburg, PA 15370 1 PM - 2 PM	VIRTUAL SUPPORT Scan QR Code for quick access
FOR GRANDPARENTS & OLDER ADULTS CARING FOR CHILDREN LAST WEDNESDAY OF EACH MONTH SPHS JBM Boardroom 300 Chamber Plaza, Charleroi, PA 15022 10:30 AM - 11:30 AM	10 AM - 11 AM FEB 5 • MAY 7 • AUG 6 • NOV 5

Property Tax/Rent Rebate application open through June 30

The Department of Revenue opened the application period for the Property Tax/Rent Rebate program in mid-January. The Department is accepting applications for rebates on property taxes or rent paid in 2025. The deadline to submit your rebate application is June 30, 2026. Applications postmarked by that date will be accepted for processing. Forms and instructions are available online, information below. Eligible Pennsylvanians are encouraged to file their applications online through myPATH to ensure their rebates are processed as

quickly as possible. Spouses, personal representatives, or estates may file rebate claims on behalf of eligible claimants, now deceased, who lived at least one day in 2025. Please note that one-half of social security income is excluded. Property tax/rent rebate application forms and assistance are available at no cost through the Department of Revenue, the Southwestern Pennsylvania Area Agency on Aging, Inc. (SWPA AAA) and state legislators' offices. For more information on the program, visit www.revenue.pa.gov/ptrr. To download or request an

application, visit <https://www.pa.gov/agencies/revenue/ptrr/property-tax-rebate-program-forms-and-information>
 For assistance, or for more information, call the Property Tax/Rent Rebate Program or any SWPA AAA county office:
Property Tax/Rent Rebate Program: 1-888-222-9190
AAA Fayette County: (724) 430-4603
AAA Greene County: (724) 852-1510
AAA Washington County: (724) 228-7080
AAA Administrative Office: 1-888-300-2704

Feel like you're "Rolling the dice" when it comes to choosing Medicare coverage?

pennsylvania
Medicare Education and Decision Insight

can help increase your "odds" of choosing a health insurance plan that works best for you.

Our PA MEDI counselors offer free, confidential, unbiased assistance about Medicare health insurance and screenings for Medicare Savings and Extra Help Programs. Call the Southwestern Pennsylvania Area Agency on Aging today at **724-489-8080, ext. 4438**



This project was supported, in part by grant number 2201PAMAA-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

TOWNVIEW
Health & Rehabilitation Center

SPECIALIZING IN
NURSING & REHAB

300 BARR STREET | CANONSBURG, PA 15317
724.746.5040

April 18 – World Circus Day by Cindy Bartolotta



There's something exciting watching a circus move into a small town, settling in an open field. Tents are built, bleachers set up, rigging and nets checked, and then: the midway open. People enter and the magic begins. Celebrate World Circus Day!

- | | | | |
|-------------|------------------|-----------------|-----------|
| ACROBATS | HORSES | PASS | TICKETS |
| ADVANCE | HUMAN CANNONBALL | SIDESHOW | TIGHTROPE |
| ARENA | JUGGLERS | STRONGMAN | TRAILER |
| BIG TOP | KNIFE THROWERS | SWORD SWALLOWER | TRAPEZE |
| CLOWNS | LION TAMER | TENTS | UNICYCLE |
| CONCESSIONS | MAGICIAN | | |
| DOGS | MIDWAY | | |
| ELEPHANTS | PARADE | | |
| GRANDSTAND | RING MASTER | | |



S W O R D S W A L L O W E R S G O D S A
 T R A P E Z E D A R A P Y A W D I M N N
 S I E L E P H A N T S T A B O R C A O E
 T N L L A B N O N N A C N A M U H M I R
 R G E S T E K C I T S T N E T S C A S A
 O M T R A I L E R E M A T N O I L G S D
 N A G R A N D S T A N D P A S S O I E V
 G S S E S R O H S R E L G G U J W C C A
 M T I G H T R O P E P O T G I B N I N N
 A E L C Y C I N U W O H S E D I S A O C
 N R J S R E W O R H T E F I N K R N C E

See answers on page 18



Did you know?

Our Premium Hearing Aid Packages come loaded with benefits – at no extra cost!

- | | | |
|--|--|---|
| ✓ Hearing Aid Test Drive | ✓ Annual Check-Up with FREE Hearing Test | ✓ Rechargeable Options (Charger included) |
| ✓ 45-Day Return & 60-Day Exchange | ✓ Professional Cleanings & In-Office Repairs | ✓ Flexible Payments (Including 0% interest) |
| ✓ 3-Year Warranty + Loss & Damage Protection | ✓ Yearly Battery Supply & Maintenance Kits | ✓ Patient Loyalty Discounts |
| ✓ Loaner Devices As Needed | ✓ Latest Technology & Product Updates | ✓ Trade-In Options to Upgrade |
| ✓ Unlimited Adjustments | | ✓ Unlimited Acclimation Training |
| ✓ Ongoing Service & Support | | |

Call 724-222-9010 or scan the QR code to schedule your appointment.



3 Locations Serving the Greater Pittsburgh Area
Washington • South Hills • North Hills
swiftaudiology.com



-  Medical Care
-  Support Team
-  In-Home Care
-  Medications
-  Health & Wellness Centers
-  Rides to Appointments



Community LIFE helps seniors Live at home with medical, social, and in-home supports.

Find your LIFE here at 

1-866-419-1693

 www.commlife.org

TARENTUM • MCKEESPORT • HOMESTEAD • EAST END • LOGANS FERRY • BEDFORD • MON VALLEY • SOMERSET



Color your way to relaxation and wellness



Senior Community Center Notes

FAYETTE COUNTY

BROWNFIELD

291 Banning Road
Watson, PA 15428
724-529-2530

-Corrine McKnight

... Our center meets on Wednesdays at 10 a.m. and enjoys activities including Wii bowling... We enjoy lunches provided by SWPA Area Agency on Aging... On the first Wednesday of each month, we hold our monthly meeting... On the second and fourth Wednesday of the month, ten games of bingo are called... On the third Wednesday of the month, we enjoy cake to celebrate birthdays. Happy April birthdays to **Loretta Williams, Gene Knox, Sharon Hill, Jack Murtland, and Rhoda Sue**

Yanecko... Happy Anniversary to **Loretta and Thomas Williams...**

BROWNSVILLE CROSSKEYS

302 Shaffner Ave
Brownsville, PA 15417
724-785-6180

-Stephanie Crable

... On April 14, bingo will be called at 10 a.m. Bring a friend and join in the fun... On Monday, Tuesday, Wednesday, and Friday, lunch is served at 11 a.m...

BULLSKIN

52 Medsger Road
Connellsville, PA 15425
724-887-0655

-Lisa Wilson

... On Mondays and Thursdays, lunch is served at 11:30 a.m. followed by Nickel Bingo. Please call or arrive

by 10:30 a.m. to reserve a lunch... We welcome all seniors over 60 to become members. It is free to sign up... We have our pavilion, upstairs and downstairs halls available to rent for all events. Please contact the Center for rental rates... All members are invited to join us on Funday Fridays for some fun and relaxation... On April 2, SeniorLIFE will host Chair Yoga from 10 to 11 a.m... On April 4, we will hold our all-you-can-eat breakfast fundraiser and bake sale from 8 to 11 a.m. The cost is \$12 for adults and \$6 for children under 12. Children under 6 eat for free. Veterans can eat for free with proof of military ID... On April 6, Grocery Bingo will be called

at 10 a.m... On April 16, **Liz from Representative Ryan Warner's** office will assist with completing Property Tax and Rent Rebate applications from 10 a.m. to 1 p.m... On April 18, we will hold our spring craft vendor and flea market event from 9 a.m. to 2 p.m. Our kitchen will be open selling food from 9 a.m. to 2 p.m. If you would like a table, the first table is \$10 and the second is \$5. If you need electric it is an additional \$5. Please call the Center if you would like a table... On April 20, we will enjoy trivia with **Joe** at 10:30 a.m... On April 27, Bounce Bingo will be called following lunch... On April 30, we will enjoy a nutritional talk at 10:30 a.m. Follow us on Facebook at Bullskin Township Senior Center for more information...

CENTER ON THE HILL

100 Summit Road
Belle Vernon, PA 15012
724-930-8512

-Rick Swaney

... Spring into April!... Join us Monday through Friday to assemble puzzles, read a book, or just enjoy a cup of coffee and fellowship followed by lunch... Lunch is served Monday through Friday at 11:30 a.m. We would love to have you dine in with us. If you are interested in lunch, please call the Center at 724-930-8512 the day before to make your reservation... On Mondays, bingo is called at 10 a.m. and Euchre is played at 12:30 p.m. Both games are open to the public, so bring a friend and stop by and enjoy the fun!... We now have weekly chair exercises with **Barbara** on Tuesdays at 10 a.m. and Thursdays at 1 p.m. Classes are 45 minutes to 1 hour. Please call the Center to reserve your chair. Come and bring a friend!... On Tuesdays, from 9 a.m. to 12 p.m., you can practice your strike with Wii Bowling and get your exercise in with our

new chair exercise program at 10 a.m... The highlight of Wednesdays is our weekly jam session at 11 a.m. Bring your instruments and your singing voice and join the group. If you don't play an instrument or sing very well, that's ok, come enjoy the talent!... On Thursdays, from 9 a.m. to 12 p.m. you can sharpen your bowling skills with Wii Bowling, play Pinochle at 12:30 p.m., or catch the afternoon session of chair exercises at 1 p.m... The Canasta Club plays one Thursday of each month. Contact **Darlene Ondrejko** at 724-929-7263... Stop by and see **Roxi** at the beauty shop on Thursdays during normal center hours for cuts, wash, and sets. Need a perm or color, call and make an appointment at 724-930-8512... We are here to serve you, our local senior community. Let us know if there are topics you would like to learn more about, and we will seek out speakers. If you have a hobby or activity you would like to share or get a group together to share, let us know. Help us grow and serve our community better... Help make a difference for people like you...

CONNELLSVILLE

100 E. Fayette Street
Connellsville, PA 15425
724-626-1515

-Christina Tringhese

... April is here... On April 28, staff from **Representative Ryan Warner's** office will assist with completing Property Tax and Rent Rebate applications from 10 a.m. to 1 p.m... Bingo is called Monday through Friday... On Mondays, the first game of bingo is called at 10:30 a.m. and the second game is called at 11 a.m... On Tuesdays, one game of bingo is called at 11 a.m., grocery bingo is called at 12:15 p.m., and afternoon bingo is called at 1 p.m... On Wednesdays, the first game of bingo is called at 10:30 a.m. and the second game is

called at 11 a.m... On Thursdays, Magic Number Bingo is called at 10:45 a.m. and the second game is called at 11 a.m... On Fridays, the first game of bingo is called at 10:30 a.m. and the second game of bingo is called at 11 a.m... Lunch is served Monday through Friday at 11:30 a.m... We hope to see you at the center...

FAIRCHANCE CENTER IN THE BANK

67 West Church Street
Fairchance, PA 15436
724-564-0600

-Geraldine Bricker

... Greetings. Here we are in April already. It's time to start getting our gardens planted. We are so glad to have some warmer days after the bad winter that we had... Celebrate Easter on April 5... All seniors 60 or older are invited to join us on Fridays from 10 a.m. to 2 p.m. We start with the Pledge of Allegiance, the Lord's Prayer and a devotional reading by **Mary Ann David**... Some Fridays we enjoy a guest speaker. Nickel Bingo is called before and after lunch... On the fourth Friday of the month, **Rose Marie** presents nutrition education. We thank her for sharing with us... Happy April birthday to **Grace Chipps** who is our oldest female member. She will be 96 this year... Well until next month... Be safe have a Happy Easter. God bless all...

MASONTOWN

22 S. Main Street
Masontown, PA 15461
724-583-7822

-Donella Blair & Laurie Crawford

... We've hip-hopped right into April, and with warmer weather, we're excited to start making new friends. Come and join us for all our fun activities and programs. There is always something happening!... We will be taking table rental reservations for the All-Around Masontown Yard Sale on May 2. We

Senior Community Center Notes

will also be selling food and hosting our beloved bake sale. Be sure to stop by for some tasty treats... A huge thank you to everyone who participated in our basket raffle and breakfast with the Easter Bunny. Your kindness and generosity are greatly appreciated... We can't wait to see everyone again soon... Come join the fun and make new memories with us...

MOUNTAIN CITIZENS

Box 105
Farmington, PA 15437
724-329-4260

-Wanda Sherry

... Welcome to April 2026 in the beautiful Laurel Highlands Chestnut Ridge mountains and surrounding areas. Remember April showers bring May flowers... Our center opens every Tuesday and Thursday at 9 a.m. with a delicious, preplanned hot lunch served on both days at 11:30 a.m... On Wednesday nights from 6 to 9 p.m., bingo is called. The kitchen is open with food available to purchase... On the second Tuesday of each month, we celebrate birthdays with a decorated birthday table and birthday cake. Our April birthday table will be decorated by **Ruby Lear** and **Kathy Garber**. Our birthday celebrants this month are **Cherie Beal, Tammy Goudy, Debie Guthrie, David Herring, Brenda Rugg, Wanda Sherry, Mary Jane Smith, Lou Ann Stillwagon, Jackie Teets** and **Charlene Wineman**... On April 23, **James**, a physical therapist, will conduct exercises focusing on balance... On April 23, The Chosen Ones will entertain us with music... On May 9, we will hold a Mother's Day potted flower sale at 10 a.m.

Types and prices to be determined... Our center has an on-going flea market for members and guests to shop. If you have items that you would like to donate, bring them to the center on any Tuesday or Thursday... Our center accepts used batteries for recycling...

PERRYOPOLIS

P.O. Box 562
Perryopolis, PA 15473
724-736-2250

-Moira Kirk

... Hello April and hello spring from our center!... Happy Easter everyone!... Join us for some fun times and fellowship. All are welcome... On April 3, stop in and hop into Eastertime with Bunny Bingo... On Monday, Wednesday, and Friday, bingo is called between 10 a.m. and 2 p.m... On Mondays, join **Shirley** for some chair exercises at 11:30 a.m... On Tuesday and Thursday afternoons, our card club meets... On April 4 and 18, we enjoy a guest speaker from Fayette Coun-

ty Community Action Agency... On April 11, **Jennifer** from Amedisys Healthcare will present a program... Let us know if there are any topics you would like to hear about. If you have any hobbies or activities you would like to share, let us know and we can start a group. We are always open to new things... Soon everything will start growing, and on April 22 we celebrate Earth Day... We hope everyone has a blessed month...

REPUBLIC CROSSKEYS

North & Fairgarden Streets
Republic, PA 15475
724-246-7740

-Stephanie Crable

... Our center is open on Mondays, Wednesdays, and Fridays for lunch. Stop by for a hot meal and activities with friendly faces...

SMITHFIELD COLONIALS

14 Water Street
Smithfield, PA 15478
724-564-2934

-Janice Woods
... Happy April and welcome spring... On April 2, we will celebrate birthdays and anniversaries with cake and ice cream and take a chance or two on **Louise's** 50/50. **Pam Alderson** and **Joyce Flowers** will host our Easter program. Take a minute to remember the importance of this holiday and all that it stands for... Join us on April 7 at 10:00 a.m. at the Diner on the Main for breakfast and fellowship... On April 9, **Bob Hileman** and **Patty Burchard** will conduct blood pressure screenings in the library. Take a chance on **Elaine's** Basket Raffle and take a deep breath and get ready for exercises with **Steve**... On April 16, **Steve** will drive us crazy with his crazy bingo... On April 23, we welcome **Gretchen** from Fayette County Community Action Agency with another program full of information and entertainment... On April 30, **Tina Myers** will

host fun day... On Thursdays, we meet at the Community Center in Smithfield at 10 a.m. Come join us and bring a friend... Don't forget to get outside, take a walk, get some flowers planted and drink in the joy of another spring...

GREENE COUNTY

CARMICHAELS

125 Municipal Road
Carmichaels, PA 15320
724-491-2011

-Stacy Stroman

... The days are getting brighter, and the flowers are beginning to bloom. We invite you to spend the day at the Center and celebrate the joys of spring... We're open Monday to Friday from 8:30 a.m. to 1:30 p.m... On Monday, Wednesday, and Friday mornings we enjoy playing pool! We added another table... Bingo is called Monday through Friday at 11:00 a.m. and lunch is served at 11:30 a.m... Exer-

cise equipment is available to use... On April 7, **Rich Policz** will educate us on fire safety at 10 a.m... On April 17, Amedisys Hospice will present information about hospice at 10:30 a.m... On April 20, AmeriHealth Caritas will present a program on 25 Ways to Stay Healthy at 10:30 a.m... Don't forget to call 724-491-2011 to reserve your lunch the day prior and bring a friend or two...

JEFFERSON

190 Washington Street
Jefferson, PA 15344

-Colleen Valosen

... Since we survived all the snow this winter, a few April showers should be a piece of cake, right? As long as higher temps accompany them, we'll be singin' in the rain!... On April 1, enter at your own risk! We'll share stories about past April Fools Days but leave plenty of time for creating new ones. Think of a safe prank and hit us with it... On April 8, **Mrs. Fulk's** class would like to celebrate

Senior addiction recovery support

Let's travel together on your road to recovery!

Our Programs:

Senior Housing
Substance Recovery



75 East Maiden Street,
Washington, Pennsylvania
15301, United States

724-986-7364

www.serenityfarmsinc.org

WHY CHOOSE? EAT SMART, MOVE MORE, WEIGH LESS!

FREE
to Adults 60 and Over

MAKE HEALTHY CHOICES ABOUT EATING AND PHYSICAL ACTIVITY



Get Informed, Empowered & Motivated!

- 15-week online program
- Trained and experienced instructor
- Real-time, interactive, weekly sessions

Eat Smart | Move More
Weigh Less®
Online

For more information or to register:
Contact Kristen at 1-888-300-2704, ext. 4405
kjackson@swpa-aaa.org

SPHS SOUTHWESTERN PENNSYLVANIA
AREA AGENCY ON AGING

PDA Pennsylvania
Department of Aging

FREEDOM TRANSIT SENIOR SERVICE

FREE AND DISCOUNTED RIDES

Seniors 65+ can enjoy free bus rides and affordable door-to-door shared rides. Reliable transportation for seniors in Washington County, connecting you to the places that matter, from doctor's appointments to shopping and entertainment.



AFFORDABLE RIDES
Free fixed route bus and free or reduced shared rides



SERVICE AREA
Rides in Washington County and surrounding areas

Contact Us
724-223-8747

Visit Us
freedom-transit.org

Senior Community Center Notes

Easter with us. We hope everyone arrives wearing an Easter bonnet/cap that they've created so we can have our own Easter parade and fun to get warmed up for the activities they have planned... On April 15, we will focus on fish and game. If you have a story about that big one you caught or huge buck you were able to tag, be ready to share with us. Pictures of your successes are welcome! Let's dress like the hunters/fishermen we are and get a ticket to possibly bag the big prize of the day... On April 22, we will welcome **Marjorie Howard** and pay tribute to Bird Day. **Marjorie** is the retired president of the Ralph K. Bell Bird Club and will present a program at 10 a.m. Feel free to bring in pictures and figurines of your birds of interest. To add to our usual craziness, tweet like a bird when you enter and receive a tweet (treat)!... On April 29, we will celebrate Pretzel Day and I'm sure

that our welcome table will be highlighted with pretzel desserts. As an added treat, we'll supply soft, warm pretzels to those attending. We'll share some pretzel trivia and some laughs as we learn a little about this popular snack... Wishing everyone an awesome April and a very Happy Easter...

MT. MORRIS

Box 43
Mt. Morris, PA 15449
724-324-5396

-Stacy Stroman

... April is here, and spring is in the air! Come enjoy conversation, activities, and the warmth as we welcome this beautiful season together at the Center... We're open on Wednesdays from 8 a.m. to 2 p.m... Coffee and donuts are available weekly... Fellowship begins at 10 a.m. and lunch is served at 11:30 a.m... On Mondays, we offer free line dancing classes at 5:00 p.m... On April 1, we will host a vaccination clinic at 11 a.m. Registration forms must be completed before-

hand... On April 8, Amedisys Hospice will present information about hospice at 11 a.m... On April 15, **Rich Policz** will educate us on fire safety at 10 a.m... On April 26, a special bingo event will be held. Doors open at noon. Bingo will be called at 2 p.m. Tickets are \$25 pre-sale or \$30 at the door. It's 20 games per ticket and extra boards are \$10 each... Please be sure to call 724-324-5396 to reserve your lunch...

WAYNESBURG

1505 Morris Street
Waynesburg, PA 15370
724-627-6366

-Betty Grove

... Spring is in the air. We can't wait until it warms up some more. Most of our flowers are coming up... If you didn't bring in your old medications to the Take Back Program, you can take them to the State Police Building... Our center has been remodeled and looks amazing! Come and visit us... Don't forget our weekly exercise classes... On Mondays and Thursdays, we enjoy On the Move at 12:15 p.m... On Tuesdays, we offer line dancing lessons from 12:30 to 1:30 p.m... On Wednesdays, we enjoy yoga at 12:30 p.m... On Fridays, we enjoy Tai Chi at 12:30 p.m... On the first Thursday of every month, we show the

Oldies Concert Music DVDs from 1:30 to 3:30 p.m... On the second Thursday of every month, we watch movies from 1 to 3 p.m... On the third Thursday of every month, we enjoy a game day from 2 to 5 p.m... We enjoy parties each month with whichever holiday is during that month... In May, we will celebrate the Kentucky Derby with horseraces... Stay well and God bless you...

WEST GREENE

Harvey's Grange, R.D. 1
Graysville, PA 15337
724-428-3853

-Jean Wise

... We are looking forward to Easter after we enjoyed St. Patrick's Day... Our center meets on Thursdays from 9 a.m. to 2 p.m with lunch served at 11:30 a.m... Join us for Farkel, Cinch (card game), and bingo. Sometimes you may leave with sore sides from laughing so much... We are looking forward to beautiful Spring flowers that will be popping their heads through the cold ground soon...

WASHINGTON COUNTY

BENTLEYVILLE
931 Main Street
Bentleyville, PA 15314
724-239-5887

-Hannah Burns

... Lunch is served Monday through Friday at 11:30 a.m. Make sure you call a day in advance to reserve a meal... On Mondays, we enjoy chair exercises at 10:30 a.m... On Tuesdays, we are excited to start our Morning Walk and

Coffee Crew at 10:30 a.m., weather permitting, at Richardson Park here in Bentleyville. Enjoy a walk around the paved path or sit outside with us and enjoy the weather! Afterwards we will head back to the Center for coffee and lunch!... On April 1, we will enjoy a Funny Bunny party at 12:30 p.m., and an Easter and April Fools Party. Come join us for games and snacks... On April 2 and April 24, **Bridget** from SeniorLIFE will host Grocery Bingo... On April 6, we will hold our monthly meeting at 12:15 p.m. All members are encouraged to attend to find out what is going on within the Center... On April 7, **Pat Gavazzi** will conduct blood pressure screenings at 10:30 a.m... On April 8, **George Ifill** from Highmark will host My Plate Bingo at 10:30 a.m... On April 16, Quarter Bingo will be called at 10:30 a.m... On April 29, **Tracy** from Breathe PA will present a program on lung health at 10:30 a.m... On April 30, we will enjoy game day at 10:30 a.m. Join us for cards, Dominos, Yahtzee, Scrabble, or bring a new game for us to try out... Be sure to stop down for a calendar or check out our Facebook page to keep up with what's going on at the Center...

BETH CENTER

PO Box 151, 316 Station St
Vestaburg, PA 15368
724-377-0000

-Renee Presto

...Hello April! Spring has sprung at last, let the sunshine through! Sunshine makes everyone a little more caring, a little nicer, and a whole lot happier... At the Center our goal is to be happy and being together makes everything a little brighter... We are open Monday through Friday from 8:30 a.m. - 4:00 p.m. and lunch is served at 11:30 a.m. Please call 724-377-0000 to make your lunch reservation a day in advance... On April 1, **Bridget** from SeniorLIFE

will host Grocery Bingo at 10:30 a.m. **Bridget** always brings sunshine (and donuts) when she comes... On April 13, we will hold our monthly meeting at 12 p.m. Come on in and see what kind of brightness you can bring to the Center... On April 8, a representative from Breathe PA will present a program at 10:15 a.m... On April 10, Big Bingo will be called... On April 15, one of our members will host a little craft at 12:15 p.m. Crafting at the Center brings in a big crowd... On April 22, **Jamie** from Amedisys will host our monthly talk. Stay tuned for more updates... We have puzzles, daily bingo, cards, chair exercises, verse of the day, and question of the day Monday through Friday... We enjoy one of our community members and center members reading to us daily. He writes his own poetry and stories... On Monday, Wednesday, and Friday, we enjoy exercise class starting at 7 p.m... We would love to see some new, bright, smiling faces so stop on in, have some coffee, some lunch, play some games, relax, and enjoy...

BURGETTSTOWN

200 Senior Way
Burgettstown, PA 15021
724-947-9524

-Kristin Frazier

...We are so ready to welcome spring and look forward to being outdoors with our families and friends!... On April 2, we will celebrate Easter with an easter egg hunt at 10:30 a.m... On April 7, we will hold our board meeting at noon... On April 8, **Bridget** from SeniorLIFE will help us celebrate April birthdays with birthday cake and host Grocery Bingo at 10:30 a.m... On April 9, **Louie's Lifts** will present a program at 10:30 a.m. They are such a valuable non-profit in our community, and we look forward to welcoming them to the Center... On April 13,

Senior Community Center Notes

Gene Sprando will present a program on antique fishing lures at 10:30 a.m... On April 17, we will proudly host our veterans. Breakfast will be served at 9 a.m... On Mondays and Fridays, Silver Sneakers, starts at 1:15 p.m... On Tuesdays, Mahjong is played at 1:30 p.m... On Wednesdays, 500 Bid is played at 12 p.m... On Thursdays, Euchre is played at 12 p.m... On Fridays, Bible Study is held at 10:30 p.m., bingo is called at 12:00 p.m. and Silver Sneakers starts at 2:00 p.m... Pool is now being played on Mondays and Fridays at 12:00 p.m... Please call 724-947-9524 a day in advance to make your lunch reservations. Lunch is served at 11:30 a.m... Please check

our Facebook Page for a calendar with updated information...Happy Spring!...

CANONSBURG

30 E. Pike Street
Canonsburg, PA 15317
724-745-5443

-James Southern

...Spring has sprung, Easter is on the way, and brighter days are blooming at the Center. From puddles to polished thanks, to teamwork and patience, our center is back and shining beautifully!... On April 1, **Alex** from Community Engagement Association will present Save Your Dollars at 10 a.m... On April 2, staff from **Representative Jason Ortitay's** will host a meet and greet and present the Yellow Dot Program at 10 a.m... On April 7, staff from **Representative**

Jason Ortitay's office will join us again to assist in completing Property Tax and Rent Rebate applications at 10 a.m. Please make sure to sign up to ensure you have a spot and there's no waiting... On April 8, **Sam** from SeniorLIFE will host Grocery Bingo ... On April 13, **Ian Cushey** will host Technology Made Easy at 11:30 a.m. In our ever-evolving world in which we live, he will help us in that area!... On April 23, Canon McMillan students will visit and give back... On April 22, **Chris** from MediConnect is treating us to an Ice Cream Bar at 10:30 a.m... On April 24, our hero's breakfast will be held from 9 to 10:30 a.m. to show our appreciation to our well deserving veterans... With

so many wonderful events ahead, April is truly a month to gather, celebrate, and enjoy all the beauty spring brings!...

CENTER IN THE WOODS

130 Woodland Court
Brownsville PA 15417
724-938-3554

-Nanette Andre

... Happy Easter! We offer a full calendar of weekly activities for older adults looking to stay active and engaged... On April 24, we will hold a Spring Dance with **DJ Gary V** and dinner from 6 to 8 p.m. Tickets are \$25. Call **Elaine** at 724-938-3554, ext.103 for tickets or information... Each weekday we enjoy walking club starting at 8 a.m... On Mondays, we play dartball at 12:30 p.m... On Tuesdays, we enjoy chair exercises at 11 a.m. and bingo is called at 12:30 p.m... On Wednesdays, we offer painting group at 10 a.m., Bible study at 10:30 a.m. and Yahtzee at 12:30 p.m... On

Thursdays, chair exercises are held at 11 a.m., music jam at 12:30 p.m. and bingo is called at 12:30 p.m... On Fridays at 12:30 p.m., join us for Euchre... A nutritious lunch is served Monday through Friday at 12 p.m. Reservations are required at least one business day in advance by calling 724-938-3554... We are also seeking volunteers to deliver meals to homebound neighbors. Those interested in giving back to the community can contact **Elaine** at 724-938-3554, ext.103... We are a vibrant place for connection, wellness, and community service...

CHARTIERS TOWNSHIP

2013 Community Center Drive
Houston, PA 15342
724-485-2126

-Rick Kauffman

... Our first Business Meeting and Luncheon of the year will have a "Welcome to Spring" theme on Tues-

day, April 21, at 11 a.m. The Community Center will open at 10 a.m. **Pastor Richard Roberts** of the Edwards Chapel and his wife **Laura** will provide the entertainment. Our menu will be: Chicken breast with gravy, potatoes au gratin, heavenly peas and dessert Meal prepared by Metz Culinary Management with a suggested \$2 donation. Please call **Debbie Mulshen** (724-554-2485) before Thursday, April 16, to make your reservation. No calls will be made to members to ask if they're coming to the luncheon. Our upcoming activities are: Keep Moving exercise class, Mondays, 1 p.m.; Bingo, Tuesdays & Fridays, 10 a.m.; Grocery Bingo, Friday, April 10; 10 a.m., hosted by **Bridget Borelli**, SeniorLIFE's outreach coordinator, there is no charge and groceries are provided by **Bridget**; Playing Cards, Tuesdays, 1-4 p.m.; Card Making, Tuesdays, April 14

CONFER VISTA APARTMENTS

NOW ACCEPTING APPLICATIONS
for 1 Bedroom Apartments
62 & Older

Appliances included are new electric ranges and Energy Star refrigerators. Building and site amenities include a community room, laundry room, elevator accessible, and off-street parking adjacent to the building, and intercom-controlled access entry door.

APPLICATIONS AVAILABLE AT:

Confer Vista Apartments
98 Confer Vista Drive
Uniontown PA 15401

Please call 724.437.8659



724-489-0880

The Mid Mon Valley Transit Authority (MMVTA) provides public transportation service to community riders through repetitive, fixed-schedule routes.

Services: Park & Ride Lots • Bike Racks
Student Discounts • ADA Paratransit • Wi-Fi
Free 65+ Transit Program Reduced Fare
TraXster - Real Time Bus Information Services Alerts

USB PORTS

VULCAN FLYER FOR CALU STUDENTS!
For more info, visit WWW.MMVTA.COM



FREE TO OLDER ADULTS



ENHANCE
FITNESS®

and

TAI CHI
for Arthritis

1 YMCA Drive, Uniontown

Call 724-438-2584 for more information or to register

Enhance@Fitness and Tai Chi for Arthritis are group exercise programs for older adults that use simple, easy-to-learn movements that motivate individuals to get and stay moving (particularly those with arthritis).

Enhance@Fitness reduces the risk of falling and incorporates strength training to keep you strong and healthy.

SPACE IS LIMITED - CLASSES FILLING FAST - REGISTRATION IS REQUIRED.



Southwestern Pennsylvania Area Agency on Aging



Living with Joint Pain: Q&A with Dr. Jason Kinney

Q: What are common sources of joint pain in older adults?

A: Joint pain can have multiple causes, including autoimmune diseases, gout, tendonitis, or bursitis. However, one of the most frequent sources of joint pain I see in patients is osteoarthritis, or the breakdown of cartilage over time, which commonly affects the hips and knees.

Q: When should someone experiencing joint pain seek treatment?

A: A patient should seek treatment if they experience severe and sudden joint pain, especially after a fall or trauma, if the joint shows signs of infection, including redness, swelling, being hot or tender to touch, or if the pain interferes with quality of life or activities of daily living.

Q: What is one thing you wish adults, who are dealing with joint pain, knew?

A: The first thing is that living a healthy lifestyle, exercising and stretching regularly, and maintaining a healthy weight can significantly help with joint pain and decrease the risk of osteoarthritis.

Something else I would highlight is the impact mental health conditions can have on pain levels. For example, depression and anxiety can increase pain sensitivity, reduce pain tolerance, and make people less active, which can lead to stiffness and muscle weakness. They can also interfere with sleep, worsening fatigue and making it harder to stick to treatment plans.

Q: What do you hear most often from your patients during their appointments?

A: I have many patients who suffered with severe hip and knee arthritis for many years without seeking help because they feared they would need surgery or that nothing could be done to help them because it was just "old age." Then, after they recover from surgery or have a positive response to nonoperative treatment, I often hear that they wish they had sought care much earlier.

If you are experiencing joint pain and want to speak with a skilled provider about the treatment plan that is right for you, schedule an appointment with Dr. Kinney today at **724-912-7533** or visit **WVUMedicine.org/Uniontown/Orthopedics** for more information.



Senior Community Center Notes

Word Search Answers from page 12

S	W	O	R	D	S	W	A	L	L	O	W	E	R	S	G	O	D	S	A
T	R	A	P	E	Z	E	D	A	R	A	P	Y	A	W	D	I	M	N	N
S	I	E	L	E	P	H	A	N	T	S	T	A	B	O	R	C	A	O	E
T	N	L	L	A	B	N	O	N	N	A	C	N	A	M	U	H	M	I	R
R	G	E	S	T	E	K	C	I	T	S	T	N	E	T	S	C	A	S	A
O	M	T	R	A	I	L	E	R	E	M	A	T	N	O	I	L	G	S	D
N	A	G	R	A	N	D	S	T	A	N	D	P	A	S	S	O	I	E	V
G	S	S	E	S	R	O	H	S	R	E	L	G	G	U	J	W	C	C	A
M	T	I	G	H	T	R	O	P	E	P	O	T	G	I	B	N	I	N	N
A	E	L	C	Y	C	I	N	U	W	O	H	S	E	D	I	S	A	O	C
N	R	J	S	R	E	W	O	R	H	T	E	F	I	N	K	R	N	C	E

& 28, 5-7 p.m.; Chair Yoga, Wednesdays, 11 a.m.; Game Days, Wednesdays, 12:30 p.m.; T.O.P.S., Wednesdays, 4:30 p.m.; Senior Crafts, Thursdays, April 9 & 23; 12:30 p.m.; You can follow us on our Chartiers-Houston Senior Center Facebook page and also by accessing the Chartiers Twp. Community Center's website—www.chartiersparks.com ... For additional information, contact **Mary Jane Stewart**, President (724-745-8703); or **Angela O'Connor**, at the Chartiers Twp. Community Center (724-485-2126)...

CROSS CREEK VALLEY
28 Clark Avenue
Avella, PA 15312
724-587-5755

-Rita Grubbs

... Happy April everyone! Spring is peeking around the corner, the coffee pot is warming up, and there's always a seat at the table waiting just for you. Whether you're coming in for lunch, a laugh, a little luck at bingo, or just good company, we are so glad your part of our center family... On Mondays, nothing says start the week strong like Pokeno after

lunch. A little competition and lots of cheering... On Wednesdays and Fridays, our favorite game bingo is called after a delicious lunch. Bring your good luck charm, your best bingo voice, and get ready for some good-natured fun... On April 15 at 10:30 a.m., **Bridget** from SeniorLIFE will visit the Center with laughs, prizes, donuts and coffee. She always comes with lots of fun. Come early, grab a seat, and enjoy a sweet morning together... On April 24 at 11:00 a.m., **Mary Beth** will conduct blood pressure screenings to help us stay on top of our health. It's quick, easy, and always a good idea to know your numbers!... There's always a puzzle on the table waiting for someone to add a few pieces. There's always a story being told, laughter and support shared between friends... A delicious lunch is served Monday through Friday at 11:30 a.m. A \$2 donation is suggested for those 60 and older. Please remember to call the center at least the day before to order your lunch so we can be prepared and make sure there's plenty for everyone... If you haven't stopped in late-

ly, consider this your friendly invitation. If you've been coming in for years, thank you for making this place feel like home. We're always looking for new faces and new friends, and we always have a good time together. It's not just about the activities. It's about the people!... Here's to a month filled with blooming friendships, warm cups of coffee, and maybe even a lucky bingo card or two... See you soon!...

DONORA
683 Meldon Avenue
Donora, PA 15033
724-379-6446

-Calvalier LaRue

... April is a busy month for raising awareness, celebrating culture, and embracing the signs of spring's growth and life. April awareness includes Earth Day, Autism Acceptance Month, and Stress Awareness Month... On April 1, it's everyone's all-time favorite, consisting of practical jokes, hoaxes, and pranks. Remember being kind while having fun!... We would like to wish everyone a safe and Happy Easter... On April 13 at 11:30 a.m., Highmark will host My Plate Bingo. Everyone

Senior Community Center Notes

is welcome... On Mondays and Wednesdays, early bird bingo is called at 12:30 p.m. followed by thirteen regular games and seven specials... On Tuesdays, Wii Bowling fun starts at 12:30 p.m... On Thursdays, Pokeno is played at 1 p.m... On Fridays, we offer board games, cards, and puzzles. Come join in on the fun... Lunch is served Monday through Friday. Please call the Center the day before to reserve a meal. A \$2 donation is suggested... We always welcome new faces to join us for morning coffee hour from 9:30 to 10:30 a.m., or just relax and enjoy some good company. Happy April birthdays to **Martha Jackson, Joanne Hackinson, Belle Muia, and Samella Coleman!**...

McDONALD/CECIL
Cecil Township Municipal Bldg
3599 Millers Run Road
Cecil, PA 15321
724-743-1827

-Marlene Wilson

... Welcome Spring! After the cold, snowy winter, spring cannot come soon enough. We are looking forward to spring flowers and green grass... Now is the time to get outdoors again. Cecil Park has a great walking path. Try it someday. You'll enjoy the beautiful park... In April, we take time to recognize our volunteers at the Center. We appreciate all the hard work they do to make our center an enjoyable place for all... Remember April 1 is April Fool's Day... On April 8, our board meeting will be held at 12 p.m... On April 9, we will be entertained by ballroom dancers at 12:30 p.m... On April 14, donate a book to the Center's library for National Book

Day... On April 15, celebrate World Art Day and come view **Anita's** artwork. Don't forget that April 15 is income Tax Day! ... On April 21, we will enjoy horse racing with **Kelly** from Townview at 10:30 a.m... On April 22, celebrate Earth Day and join us with a walk around the park at 10:30 a.m... On April 23, **Sam** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On April 28, We Care Bingo will be called at 10:30 a.m... The Washington County Older Americans Month Proclamation Day will be held May 7. More information to follow... Enjoy the Spring weather...

MIDWAY
Center U.P. Church
110 Washington Avenue
Midway, PA 15060
724-796-0505

-Linda Matchett

... We are all enjoying the spring weather, fellowship, good food, and entertainment... In April, we hope to have the Guardian Angels present a program on ongoing plans for Veterans... Upcoming speakers will be from Heritage Public Library and Hess Physical Therapy... We continue to pray for our members who cannot attend due to physical conditions... We celebrated PI Day with a pie festival in Midway... Our monthly board meeting will be held on the first Thursday of the month in Midway at the Center Presbyterian Church Fellowship Room. All our welcome... Happy spring...

MONONGAHELA
102 W. Main Street
Monongahela, PA 15063
724-258-9511

-Mickelina Smith

... Spring has sprung! We will finally have some nicer

weather. So, get out of the house and enjoy it while you can... On April 3, we will enjoy our Easter Party from 1 to 4 p.m. There will be an \$8 fee to help with the cost. We will enjoy a DJ, food, drinks, snacks, games with prizes, tips and 50/50. So, hop on down and enjoy a wonderful dinner with friends... Lunch is served Monday through Friday at 12 p.m. Please call or stop in the day before by 12 p.m. to make your reservation. There is a suggested \$2 donation... On Mondays, we play Pokeno or games from 1 to 4 p.m. and we serve a small snack/meal at 2:30 p.m... On Thursdays, bingo is called, and we sell hotdogs from 1 to 4 p.m... On Fridays, **Ruth Pugh** holds Bible study from 11 a.m. to 12 p.m... Volunteers are desperately needed to drive and deliver meals to our seniors that are homebound and can't get out or around to prepare their own. It only takes a couple hours a day or even one day a week. Anything helps. Please give us a call so we can get you started on helping our seniors... Happy Easter and we hope to see you here on April 3 at 1 p.m...

RIVERSIDE PLACE
303 Chamber Plaza
Charleroi, PA 15022
724-483-5800

-Alexis Lovas

... April showers will bring May flowers. What a beautiful sight after the winter we had. Bring in some of your flowers to put in a vase on your table!... On Mondays and Wednesdays, join our Zumba class. Time to shape up for shorts and short sleeve shirts... We also have a fitness room available to workout... On Tuesdays, we play golf cards... On Wednesdays, Big Bingo is

called... On Thursdays, we enjoy craft day! Come on in and join the class and bring in some new ideas... On Fridays, we play Euchre. Come in for a fun and relaxing game... On April 17, we will hold our sub sale. Make sure to order yours in advance... We serve a delicious and nutritious lunch Monday through Friday. Call the day before to make a reservation...

VENETIA COMMUNITY CENTER
800 Venetia Road
Venetia, PA 15367
724-228-6996

-Shawn Arent

... We are so happy April is here. The longer days and warmer weather are just what we need. Consider coming in for a visit if you are looking for something to do... We are open the second and fourth Thursday of each month. Our doors open at 11 a.m., lunch is served at 12 p.m. and planned activities begin

at 12:30 p.m. We would love for you to join us... A lot of people are not aware of us, so let's spread the word!... On April 9, we will enjoy some delicious pot roast. Following lunch, **Chris** from MediConnect will present a program and will answer any questions... On April 23, we will enjoy pulled turkey with gravy. Following lunch, **Dan** will call bingo... For more information, call 724-228-6996. Meal reservations or cancellations should be made no later than two days before the meal date. Please call the number listed above...

WASHINGTON
69 W. Maiden Street
Washington, PA 15301
724-222-8566

-Amy Mieczkowski

... Welcome April... On April 1, we will continue watching the medical drama "The Pitt" season 1, episodes 5 and 6 at 12:15 p.m... On April 8, we will enjoy live entertainment with **Hey Joe** at 12:15 p.m... On April

15, **Alex** from Work Mon-ey will host bingo at 12:15 p.m... On April 22, test your knowledge with Senior Jeopardy at 12:15 p.m... On April 24, Caring Mission will conduct free blood pressure screenings at 10 a.m... On April 29, **Bridget** from SeniorLIFE will host Grocery Bingo at 12:15 p.m... April is National Volunteer Month, and we appreciate all our volunteers. Thank you!... On Mondays, we play dartball at 12:30 p.m. and enjoy Silver Sneakers' with muscle strength and cardio at 10:30 a.m... On Tuesdays we play Euchre at 12 p.m... On Wednesdays, we have Bible study at 9:30 a.m... On Thursdays, we enjoy Silver Sneakers' with cardio, muscle strength, and yoga starting at 9 a.m. and Card club (500 Bid) at 12:30 p.m... On Fridays, bingo is called following lunch... April is for blooming, inside and out...

SOUTHWESTERN PENNSYLVANIA AREA AGENCY ON AGING

Open your heart and your home.

Provide adults with a caring family by becoming a Domiciliary Care provider!

Domiciliary Care provides offer living arrangements in their own home for those unable to live alone because of physical or mental impairment. Provides receive \$1,334.96 a month per individual in their home.

For more information scan the QR code of call 724-489-8083 ext: 4617 • 1-800-411-5655 ext. 4617

**One fall
could
change
everything.
This stairlift
keeps me
safe.**



\$200 OFF
your next stairlift

Expiration date: May 1, 2026
Must present coupon upon estimate request

**WE OFFER STRAIGHT
AND CURVED STAIRLIFTS**



**FAYER
FAMILY
ACCESSIBILITY
SOLUTIONS**

www.homecaremods.com

Free Estimates: 412-495-0907

General Help Line & After

Installation Support: 412-924-8229

**“I can go up and down my stairs
with confidence again—no fear,
no strain, no risk.”**



**HIGHLY RATED BY
LOCAL CUSTOMERS**

See our reviews online!